

Life Force Foundation is a non-profit organisation providing emotional/psychosocial support for people dealing with the experience of cancer, through group therapy and meditation, counselling, special workshops and retreats.

Life Force Foundation

CFN 15707

ABN 61 068 056 682

DGR. 428809

EASTERN SUBURBS

NORTHERN SUBURBS

INNER WEST

P.O. Box 1663

Bondi Junction NSW 1355

Tel: (02) 9389 3834

Gabi Hollows

Patrons:

Prof. Michael Friedlander

Fax: (02) 8354 0096 Email: lforce@netspace.net.au Internet: www.netspace.net.au/~lforce

The Big Night Out...

Our annual fundraiser was once again a beautiful evening filled with good food, good wine, good friends and great entertainment. We are so grateful to our wonderful presenters who generously donate their time to support the work of LFF. Extraordinary performances were enjoyed from this fabulous line up: Mieke Buchan, Arthur Dignam, Alex Dimitriades, Lisa Forrest, Drew Forsythe, Sandy Gore, Tom Kenneally and Arky Michael. What a fabulous gift to us from some very special people! It was a fantastic night.

As always, an event like this could not have been possible without the tireless effort and generosity of a great many people. We are so grateful for your support.

Thankyou to everyone who helped to support the event and we are pleased to report that around \$22 000 was raised on the night. This means a great deal to us, as it helps to ensure that we can continue to provide the valuable program of services that we offer to cancer patients and their families.

Congratulations to all prizewinners

1st Prize in the raffle - the fabulous Yellow Gold Necklace with Baroque Pearl, valued at \$3000, compliments of Paspaley Pearls - was won by an ecstatic Sian Williams of Leichhardt.

2nd Prize - the 21 Speed Mountain Bike courtesy of Clarence Street Cyclery was won by a very happy Midi Stormont of Greenwich.

3rd Prize - the \$500 Women's Clothing Voucher from Reads of Woollahra was won by a delighted Lynn Parker of Sydney.



Acknowledgments for our Evening of Poetry & Prose

An event of this magnitude takes a lot of effort by many people. Life Force Foundation would like to thank the following individuals and organisations, many of whom donate year after year, for their generous contributions to our fundraiser.

2UE; Action Man Cleaning Services, Bronte; Amanda Gibson; Annandale Carpets, Annandale; Art On King, Newtown; Battaglia Plumbing Services, Ashfield; Bistro Moncur, Woollahra; Brown Sugar, Bondi Beach; Caitlin Foster; Callaghers Real Estate, Annandale; Clarence Street Cyclery; Collex Pty. Ltd.; Complete Painting and Maintenance, Quakers Hill; David Campese; Deirdre Grusovin; Djwarra Gunyah Hair; East Sail Sydney; Emergency Hot Water, Ashfield; Fighting Fit Health Consultancy; Fiona Haig, Hiss & Snakes; Fox Creek Vineyards; Frank Heslin; Garden Smart, Glebe; Grafitec Digital, Pennant Hills; Jaeger Fine Papers, Brookvale; Jennifer Laurence; J. H. Fisher & Sons Solicitors, Annandale; Jodhi Packer; Jon Hawley; Julie Drew; Kaffee Klatsch, Annandale; Longrain Restaurant, Surry Hills; Mercedes Benz of Sydney, Zetland; Michael Angangan; O'Leary Electrical, Fivedock; Paspaley Pearls; Pauline Chester; Reads Women's Wear, Woollahra; Riteway Food Store, Kensington; Scenic Hills Riding Ranch; Sky Line Glass, Glebe; Sue Adler; Susie Sherwood; Sydney Theatre Company; Tailored Events Catering; Tones Painting & Decorating, Casula; Vintage Cellars, Annandale; WDA, Chippendale; The Wharf Restaurant; Zotica Jewellery

NEWSLETTER

JUNE
2002

Please do not throw this newsletter in the bin. Pass it on to someone who may benefit from it, or give it to your doctor, dentist or other health professionals. You may wish to put the support group information up on a noticeboard. In this way you may be able to help someone in need. Thankyou.

Big Night of Poetry & Prose



Community Support

Our thanks to all those who show their care for others in their communities dealing with the experience of cancer by supporting the work of Life Force Foundation. You will notice the names of individuals and organisations from all over Sydney who have supported our fundraiser this year in the Acknowledgements for our Evening of Poetry & Prose, and others in the general Acknowledgements section. Make sure you make a note of who they are so that we can support them in turn.

Inner West Community Supports LFF

Over the years LFF has received wonderful support from the Inner West business community led by Callaghers Real Estate Director and Life Force Foundation Director, Cary Giezekamp and his wife Rosemary. Cary and his family are responsible for raising thousands of dollars of support every year through the Callaghers business network to help us continue our work with cancer patients and their

families, support for admin. and retreats and in particular substantial donations for our annual fundraising event year after year.

Eastern Suburbs Community Supports LFF

The Eastern suburbs business community have once again shown their support for people in their community affected by cancer, with a generous donation to Life Force Foundation from Mary Read of Reads Women's Wear Woollahra towards our fundraising event. And recently generous donations have come also from the Queen Street Deli, Woollahra, Queen Street Fruitshop, Woollahra, Chargrill Charlie's, Queen Street Woollahra, Paddington Fresh Foods, Oxford Street and The Paris Cakeshop in Bondi Road for our cancer volunteers evening and our annual afternoon tea held at the home of Katie Reid and Christopher Hazel who every year put on a wonderful treat for LFF members in the form of a free musical recital.

Manly Yoga & Meditation Centre (Satananda yoga)

This special centre is currently teaching a class for people living with cancer.

The class consists of gentle movements with awareness, relaxation, breath work and simple meditation practices.

All Life Force members are invited to attend a class free of charge during the period between June 1st through to August 31st.

The class is on Thursdays 10:45 - 12 noon. Please ring before 10am on the day if you wish to attend.

27 Pittwater Road, Manly. Ph: 9977 4725

Peer Support Group

Announcing a New and Exciting Research Project into Peer Support Groups for People with Cancer

As a result of a need identified by consumers, the University of Western Sydney, Westmead Hospital and the University of Sydney are conducting a new and exciting project that is looking at the nature and structure of peer support groups for people with cancer in NSW. The project is being funded by the NSW Cancer Council as a response to this need identified by consumers. This research is the first part of a larger study considering the factors which help to keep peer support groups afloat, and which result in the best outcomes for people who attend them.

Who will be involved in the research project?

The project team hope to interview group co-ordinators from all peer support groups in NSW.

What information will be asked?

Group co-ordinators will be asked about issues such as:

- the organisational structure
- format
- aims
- history
- concerns of the group.

Why do this research? How will it help?

It is hoped that this research will help to develop a more comprehensive description of groups. This information can then be given to health professionals and cancer patients to help them choose a peer support group that would be most suited to their needs.

How do we get involved?

To ensure that your support group is represented in this study please contact Laura Kirsten, Research Co-ordinator, on 9515 8949 or 9515 6580 or email lkirsten@student.usyd.edu.au for further information.

Angels Get-together

Our LFF Angels gathered at the home of Ann Christie in Woollahra for a get-together on Friday May 31, to thank them for their magnificent efforts which ensured the great success of our Evening of Poetry & Prose. Our thanks to Angel Ann for hosting this very lovely evening for 21 of our Life Force volunteers.

LFF Director, Pamela Chalmers and the mighty band of LFF Angels are to be congratulated for their marvellous work. It's a fantastic team who work very hard but with great enthusiasm and seem to have so much fun as they go about it. Great work.

Musical Recital

On Sunday June 2nd, Katie Reid & Christopher Hazel opened up their lovely home in Paddington to around 30 members of the Life Force family for an afternoon of beautiful musical entertainment. Katie assembled a group of wonderful musicians who gave us such pleasure and delight: Katie herself (piano); Adriana von Runic (flute); Matthew Samarin (violin); Beryl Potter (piano); Vanessa Downing (voice); James Legerwood (flute). What a great group of people!



Thank you from all the LFF family for this beautiful experience. This brings a little joy into the lives of people affected by cancer when they need it most.

Acknowledgements...

Our thanks to the following people for recent donations to LFF

- Chris Auchinachie
- Jan Bray
- Bresdra Pty. Ltd.
- Callaghers Real Estate
- Chargrill Charlie's, Woollahra
- Pamela Chalmers
- Chas Clarkson & Co.
- Ann Christie
- Maree D'Arcy
- Nicholas Grace
- Liz Harry
- Jenny Maunsell
- Cynthia Mitchell
- Paddington Fresh Foods
- Paris Cake Shop, Bondi
- Gabrielle Prentice
- Queen Street Deli, Woollahra
- Queen Street Fruitshop, Woollahra
- Ann Taylor
- Jenny Thomas



Art Therapy during term break:

The Creative Journey

Facilitator: Fiona Fitzpatrick B.Ed, M.A. (Art Therapy)

The Creative Journey is a series of art therapy workshops of 1.5 hrs each, designed to help cancer patients improve their lives by developing their own personal creativity.

The Creative Journey program is an integral part of the support services offered to people living with cancer by one of America's leading cancer organisations, the Memorial Sloan-Kettering Cancer Centre in New York. Life Force Foundation is pleased to be able to offer this program to its members.

Weekly from Monday July 1 to July 22. For details of time and venue contact the LFF office: 9389 3834.

Life Skill for Cancer Survivors Course

Next Life Skills for Cancer Survivors course to commence Monday July 22, 2002 for 6 weeks, 6.00 - 8.30pm at Ryde College of TAFE, Parkes Street, West Ryde.

This is a fantastic course. Contact LFF office on: **9389 3834 to register.**

Feedback from previous participants...

"Go do it – the people you meet there are caring and supportive and you will receive a lot of help to survive the rest of your life."

"A good way of getting more tools in the kitbag for ordinary people to cope with extraordinary circumstances."

"Fabulous!"

The course is conducted by LFF counsellor and group leader, Denise Lavell and clinical psychologist, Jessica Medd.

One of the added strengths of the course is the presence of Clinical Psychologist Michael Parle and Psychiatrist Mark Ryan of the Sydney Psychological Medicine Group as guest speakers on Communication and Relationship issues and aspects of coping with stress and worry. Participants find their sessions extremely helpful.

Life Force Foundation Support Groups

2002 Term Dates

Note: It is important to register for all support groups, before turning up, in order to check on numbers and confirm that details are correct. Phone the LFF no.: **(02) 9389 3834.**

Eastern Suburbs

meets weekly at:

**St. Joseph's Parish Centre
10 Albert St, Edgecliff**

Monday evenings: 5:45pm - 7:45pm

Term 3 July 29 to Sep 16 (8 weeks)

Term 4 Oct 21 to Dec 9 (8 weeks)

Northern Suburbs

meets weekly at:

**Mosman Community Centre
Cnr Short & Myahgah Sts, Mosman**

Wednesday evenings: 6.30pm - 8.30pm

Term 3 TBA (8 weeks)

Term 4 TBA (8 weeks)

Phone Jane Gillespie: 9960 3213

Inner West

meets weekly at:

**Annandale Neighbourhood Centre
79 Johnston St, Annandale**

Thursday evenings: 5:45pm - 7:45pm

Term 3 July 25 to Sep 12 (8 weeks)

Term 4 Oct 17 to Dec 5 (8 weeks)

Family & Carers Group

meets weekly at:

**Annandale Neighbourhood Centre
79 Johnston St, Annandale**

Monday evenings: 5.45pm - 7.45 pm

Term 3 July 29 to Sep 16 (8 weeks)

Term 4 Oct 21 to Dec 9 (8 weeks)