



**Dear Friends and Supporters,**

I sincerely hope this newsletter finds you well, as it's certainly been a challenging time for all of us. Many will have fears for health, work and/or security and especially when the world in general seems at unrest. In addition, in Australia this is all following on from the bushfires, drought and floods.

I'm extremely proud of the volunteers, counselling team, ambassadors and board of Life Force. During diversity, and in this case a total lock-down, we have looked at the challenges and found solutions. We all had to change the way we were used to working.

As you are probably aware, we have moved our supportive care groups online. I'm proud to say that our participants did not miss access to our counselling team for even one week, and feedback has been extremely positive. As soon as it is viable we shall open our face-to-face group sessions again, and now in addition intend to continue running an online group.

This means that we can reach those who need Life Force support but live in regional areas and cannot get to a face-to-face meeting due to distance. We can also help people who cannot attend a meeting in person for any other reason, often ill health. A member who has moved interstate has expressed her gratitude at being able to be part of a Life Force meeting again and by continuing our online group we can provide her with ongoing support.

We have also recruited an Events Teams and are now delivering some fantastic events following our 25 for 25 theme, to celebrate year 25. Of course it has been impossible to run a physical event, but this clever team did not give up! We ran the virtual 'Coffee with your Bestie' event - thank you if you participated and donated. It kept us going!

We then ran the Mother's Day event with the fabulous products from Nourished By, which are natural and ethical. These are perfect for the cancer patient and still available.

And now we have Trivia online, on 19th and 20th June. Please choose a night and join us! Tickets are \$15, you play from home and if we make our target of 50 people per evening, 100 in total, that event will keep us online for another term.

To purchase your tickets, see the Trivia invitation attached and Facebook details at the end of this newsletter. The Events team are working to get the word out about Life Force on Facebook, Instagram and TikTok, so please follow us! They are also making regular contact with you through our customer relationship system.

**TRIVIA NIGHT LINKS:**

Friday, 19th of June (General Knowledge Trivia):

<https://bit.ly/2YcIvR2>

Saturday, 20th of June (Netflix Trivia):

<https://bit.ly/2YnZYWO>

**TIK TOK ACCOUNT:** [LifeForceCF](#)

**INSTAGRAM ACCOUNT:** [lifeforcecancer](#)

**FACEBOOK LINK:** <https://www.facebook.com/LifeForceCancerFoundation>

I would like to introduce you to the Events Team, our most recent Angels.

Paola, who is originally from Mexico, came to Australia three years ago to complete her degree. She recently obtained her Bachelor's Degree in Business, specialising in International Events Management. Paola's mindset is giving herself an opportunity of growth, so she decided to do something meaningful. Inspired by gratitude for this country and life itself, she was motivated to help others find peace and meaning. She felt the goals and causes of Life Force Foundation matched her interests and personal objectives, particularly after being conscious of her own aunt's experience with cancer.

Caroline's motivation for becoming a volunteer and joining the Life Force Cancer Foundation Special Events team, was to give back to a charity close to her heart. When Caroline was young her Mum was diagnosed with Breast Cancer and seeing the effects of treatment made her realise how crucially important it is to receive both emotional and physical support for the person, family and friends at this difficult time. Caroline is from the UK where she worked as a Marketing and Events Coordinator and enjoys seeing the results of the hard work that all of us have worked on together.

Preetha joins us from Nepal and has recently graduated with a degree in Bachelor of Business Administration. She feels that here at Life Force CF, with our team of wonder women, we have always striven to give the best of the best in making people feel the urge to be the better. Preetha believes that in a world full of chaotic feelings, finding hope energises one's feelings about the true meaning of life. Working for Life Force has given her hope for survival, a hope for a better tomorrow, and a hope that caring for someone other than your self is a true form of happiness

.Events Team first Physical Meeting after working together for three months.



Shubhangi volunteered to support Angel on the CRM system, as she felt Life Force Cancer Foundation was doing a great job by helping cancer patients.

She feels it's a great deed to help people who are so helpless and also it will help her to grow as an individual. I can attest that these smart, talented and committed women are a godsend to Life Force. They each give a minimum of 10 hours a week and have adjusted to a very difficult time to create online events until we can meet in person.



Life Force Online:

During this time of isolation and uncertainty thrust upon us by the Covid-19 pandemic, Life Force has responded to the needs of the cancer community by providing online weekly support groups via Zoom. Our weekly face-to-face support groups that have been running for many years in Sydney's eastern suburbs and inner west are now offered online. This means that other people living with cancer who are farther afield and constrained by distance, can also join the weekly meetings. Once we are able to resume the face-to-face meetings, we will inform everyone. However, it is our intention to continue online support going forward. This can be so helpful in supporting you to navigate this stressful time.

Please contact: Jane on 0412 643 751 if you would like to join.

In addition, Life Force is offering weekly online Qigong classes and Art Therapy sessions to reduce stress and aid recovery.

If you are interested in joining these group sessions please contact: Jilly on 0408 610 362.

So much has changed in the way cancer is now understood, diagnosed and treated since 1993 when the first Life Force support group began. Yet while many medical treatments become more effective, a diagnosis of cancer still brings fear and loss for many of us, and social changes in cities like Sydney, and in regional areas, create more isolation, and a feeling of being left behind as we try to heal and reclaim our lives.

Life Force Cancer Foundation continues to explore new ways to connect with the growing community of women and men who are reshaping their lives after a cancer diagnosis, during active treatment and in the months and years after.

Support for people living with cancer in Regional NSW:

From 2018 Life Force has expanded its services, introducing supportive care programs to Local Health districts across NSW, to provide support to the many patients and survivors living with cancer in rural communities.

Life Force's Regional Program reaches out to those in country NSW who need our support. The retreats that we run in country regions provide an intensive healing program That gives cancer patients ongoing and tangible skills to manage their emotional wellbeing through the days, weeks and months to follow. Due to the economic needs in the country, these programs are sponsored up to 100%.

Here are some responses from a couple of the participants. Read their stories below:

### **Feedback From our Participants:**

#### **Louise's story.**

This has been the best two days I have had since my cancer diagnosis. Thank you beautiful ladies for the nourishment to my soul, body, mind and entire being. I am taking away so much for being here. I feel restored, rejuvenated and revitalised. The love and nurturing from the facilitators and other participants will be with me forever. Much love and gratitude. I liked most being able to be myself and talk openly without holding back and sharing experiences with people who truly understand. How to describe this retreat - bliss, me time, sisterhood, support, hope, love, community, a new family, nature, empowerment, compassion and understanding.



#### **Michelina's Story**

I wanted to thank the Life Force Cancer Foundation for organising and facilitating and of course financing, the beautiful three-day retreat held at Bonny Hills NSW. As part of the group of 12 ladies that were so lovingly looked after, I'm a Breast Cancer Survivor.

This retreat was so fulfilling that I'm finding my words are not enough to describe the joy I felt during my stay. Everything from meals, accommodation, massages, art therapy, Qi Gong, Yoga, and Nature meditations were included in the pampering pack. But more than that the retreat facilitators were with us totally and wholly from the moment I arrived, to the moment I got picked up 3 days later. It was so peaceful and restful being with everyone, trying out new practices like art therapy and Qi Gong, sharing our experience with cancer and being allowed to be just me. And lastly to all the very generous people who donate time and money to the Foundation, I say Thank You Very Much, this retreat has changed my life.



Personally, I must say managing a NFP in this environment has its challenges, and especially when you are driven to succeed not just personally, but by duty. As the board and I are charged with overseeing the organisation and ensuring it is financially stable, so we are here to serve the patient, survivor and carer as Life Force has done for the past 25+ years.

LFCF must succeed to be able to deliver weekly support to vulnerable cancer patients. As an organisation we compete for sponsorship, and we now operate within a climate of scarce resources. As a board and with our volunteers, we have developed methods for raising funds, however some of our reliable funding is at risk due the recent economic consequences that have affected the whole country.

Securing sponsorships, bidding for grants and holding fundraising is what has kept Life Force CF delivering weekly support for over 25 years.

Unfortunately, we do have to ask for support from those who can give, and those who can give a little, example just \$2 a week from all of you would make a significant impact. As we are competing with other charities to achieve our mission, we believe we have an obligation to keep you informed as to how those funds are spent. Our only cost is for the practitioners who provide the much-needed support and every dollar raised goes directly to that cause: to run our support groups, and hopefully retreats.

As it is EOFY please consider Life Force Cancer Foundation when a selecting charity to support. One in two Australians will face a cancer diagnosis in their lifetime and with over 25 years' experience, we know the positive impact that group counselling can deliver. Because every dollar goes directly to supporting the person needing to attend groups, every single contribution makes a huge difference to LFCF. Be it \$2 a week, or a lump sum once a year, it's all-significant and right now critical.

If you haven't already join the "Friends for Life' club via this link; <https://lifeforce.org.au/how-you-can-help.html>

If you are a regular contributor we thank you sincerely and hope that you are getting enough updates though our now regular newsletter, Facebook and the Website. We would love to hear from you as well. So feel free to contact us though our contact address at any time.

<https://lifecycle.org.au/contact-us.html>

**Be well, be safe and be happy,**

**With Best Regards**

**On Behalf of the LFCF team,**

**Nina Witenden**

