

# our house news

A project by Northern Rivers Community Cancer Foundation & Our Kids

## Tenterfield Traveller

*The guests who come through Our House have all been through journeys.*

**P**eter Sainsbury, a resident from Tenterfield, is certainly top of the list of remarkable journeys that have come through the Our House doors.

Peter was one of our guests for nine weeks while undergoing treatment. British by birth, Peter attended university in London where he met Eve, his soon-to-be Dutch wife. They married, lived and worked in London until the mid '80s when Peter was offered a 'job too good to refuse' in New Zealand. And this job led onto a position with the Australian Film Commission.

Peter and Eve found Australia 'delightful' and planted roots in Sydney. After the boys left home for their own careers, this devoted couple made a radical decision to sell their home, leave their jobs and buy a 4WD Camper Van. After a course in off road driving, Peter and Eve set off traversing Australia, following the seasons. This adventure lasted four and a half years, during which time Peter and Eve grew even closer.

They continued their love of travel by doing a road trip from San Francisco, across the Rocky Mountains to Texas, and then through Canada.

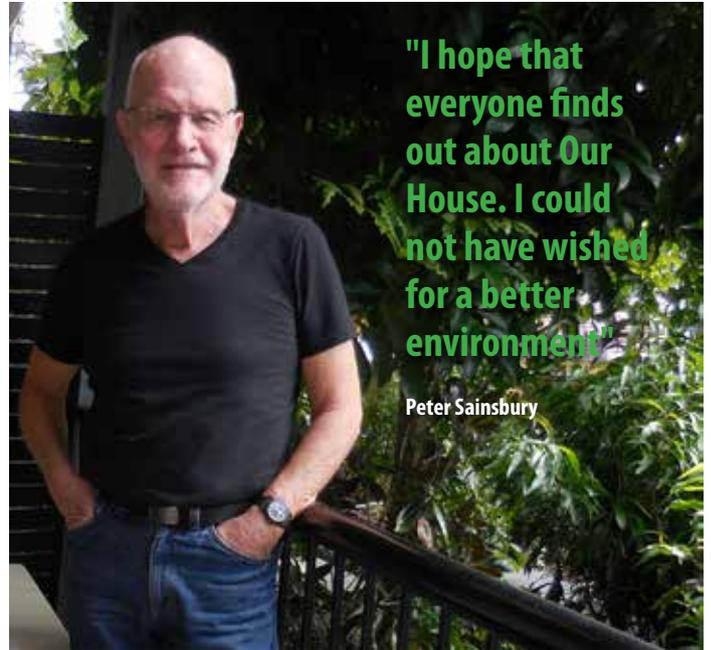
Eventually they settled in Tenterfield while Eve had a hip operation. They fell in love with Tenterfield and found a

40 acre property with a nearly brand new home. They have settled for a peaceful, quiet life working on the property, which is self-sufficient and completely off grid.

One year ago, Peter, while not presenting any symptoms, was diagnosed with prostate cancer and was 'extremely lucky' to be referred from Armidale to Lismore and to find Our House.

During Peter's stay he was amazed at the huge army of people in the community deeply involved in Our House. The wonderful groups who provide the social dinners where guests can meet each other were a highlight. He was also impressed by the many different groups, businesses and corporations that help Our House in so many ways.

Peter treasures the company and the support that he found



**"I hope that everyone finds out about Our House. I could not have wished for a better environment"**

Peter Sainsbury

during his travels in Australia. He loves how everyone in the bush helps each other out. Our House is a great example of this. To him Our House is stunning, an absolute miracle. He appreciates how clean it is, how everyone is so obliging and friendly and supporting.

How lucky we are to live in a country like Australia where people look after each other.

"I hope that everyone finds out about Our House. I could not have wished for a better environment. So relaxing - I just can't fault it. I will never forget being here," said Peter.

## Continuing to build a great foundation

**T**his year marks five years since Our House opened. More than 4,800 guests have stayed under the Our House roof. Recently the Board had great pleasure in bringing some of those who have contributed over the years together to celebrate and say thank you by updating the Friends of Our House honour wall.

From the Woodenbong Camp Draft to the Casino Lions, it was a joy to meet our donors, recognise them and explain how their donation has helped those who travel and need accommodation during their treatment.



## Surf's Up in Special Care

We would love you to meet one of our families who have been staying at Our House while their beautiful bub Minoa has been in the hospital's Special Care Nursery (SCN). Lauren Hill and Dave Rastovich, two pro-surfers live locally and enjoy our wonderful beaches and lifestyle. They have made Our House their home while Minoa is being cared for.

Lauren, talking about the birth of Minoa, said it was terrifying during the pregnancy as not all went as planned, and due to complications Minoa was born at 33 weeks.

"It was so good to hear him cry in theatre, and then to be able to hold him in the Nursery was incredible," Lauren said. "The nurses have been so wonderful, it is like a family. The love and care they provide for our babies is outstanding".

Both Lauren and Dave chose to have their bub in Lismore



as they had heard outstanding comments from friends about the care and the expertise of the Lismore Base Hospital midwives and the medical team. Our Kids has also played a major part, providing the equipment to care for Minoa in the SCN and enabling his parents to stay at Our House,

conveniently located across the road from the hospital.

"The thought and care that has been put into Our House shines through, it has been so peaceful for us during all that

*"It was so good to hear him cry in theatre, and then to be able to hold him in the SCN was incredible"*

has happened," said Lauren.

"The open space, the quiet, the breeze, the gardens, Our House has been a haven, we are so grateful to be able to stay so close while Minoa is in hospital," Dave said.

Lauren and Dave are staying at Our House until Minoa grows strong and ready to head home. We wish them great blessings for the future.

Thank you to all who helped us build Our House. It's a privilege to share these stories about the lives you have touched.

## Thank you Italo Stars!



Warren Walker, Rebekka Battista, Peter Warren and Steve Mackney

To those businesses, community groups and individuals who help us do

what we do each day, a huge thank you. We could not do this without you.

## Laser Sharp



Heidi and Jake Campbell and Steve and Karen Campbell who are not only amazing supporters of Our House but also support Our Kids, pictured at the Morgan's Our Kids Winter Ball

They say it takes a village to raise a child. For Our House we have learnt it takes a city to create a beautiful space for those coming to Lismore for medical treatment. One of our city champion businesses who have been with us from the start, helping in every way possible, is the team at Laser Plumbing.

Steve and Karen Campbell, along with their son Jake and their team of plumbers, help Our House with all its plumbing as well as volunteering and cooking social dinners for our guests. They also generously clean out our gutters and do our roof anchor certification inspections free of charge.

Thank you Laser Team, we love our tradies and we think you are amazing.



# Snapshots of community



 The Kyogle Golf Ladies have been touched by cancer and two of their members have stayed at Our House. As a way to give back, the ladies ran a Golf day to raise funds to help subsidise others who stay at Our House through our Hardship Fund. Pictured is Leanne Ivanusa, Margaret Murray and Cheryl Olive



 The QBE team has been helping out with Our House social dinners for many years. Rachel Willemsen is the champion who has helped rally the team from QBE. Pictured is Our House Chair Dr Chris Ingall surprising Rachel by saying thank you for her dedication to making Our House dinners so successful. Pictured: Em Fitzgerald, Sue Fitzgerald, Rachel Willemsen, Dr Chris & Jayden Hinshaw.



 Recently we had the pleasure of showing Bishop Greg through the Our House complex. Bishop Greg was truly amazed to see the welcome the Our House community gives to those coming to Lismore for treatment. Pictured are Dr Chris Ingall and Bishop Greg after the inspection.



 The Lismore Garden Club recently visited Our House and generously donated funds. They also enjoyed checking out our beautiful gardens. Thanks to our volunteer gardener Frank Skaines we got a tick of approval from Garden Club members.



 The students of Summerland Christian School and the team from Global Care hosted National Others Week - seven days where the students celebrated the power of kindness and being kind to others. The students raised more than \$1,200 to help pay for the breakfast packs given to our guests. Pictured is Rebekka Battista, Bluey, National Others Mascot and Mrs Joan Mckee.



 Our dear friends from Sanctuary Village have been busy these past few years, not only hosting a Christmas light spectacular, but also a magnificent Art Show. Both events raised more than \$4,000 for Our House. Pictured is Ruth Harrison, Manager of Our House and John Moloney from Sanctuary Village.



# Look Good, Feel Better



Pictured above is Kay Johnson, Melissa Tomson and Joy Chilcott

As a way to reach out to help our guests and those in the community, each month we host the Look Good Feel Better group. The Look Good Feel Better team is dedicated to teaching cancer patients how to manage the appearance-related side-effects caused by their treatment. All are welcome to participate in a practical workshop which covers

skin care, make-up and headwear demonstrations, leaving them empowered and ready to face their cancer diagnosis with confidence.

Each person who attends receives a Confidence Kit, full of skin care and make-up products donated by the cosmetic industry to use throughout the workshop and at home.

# Humans of Our House

We are very excited at Our House as we have welcomed our first family with baby twins to stay with us.

Meet Jake and Tegan from Lennox Head, parents of Elijah and Kalani, two beautiful boys born at just over 35 weeks. The twins are currently in Lismore Base Hospital's Special Care Nursery. Jake and Tegan found out they were having twins when they had the 20-week scan. They certainly weren't expecting to be introduced to two babies!

After being discharged from hospital, Tegan needed to be close to the bubs so she could provide three-hourly feeds. Our House was the solution.

"We have found Our House to be so close, so secure and it just feels like home. One of the housekeepers has twins herself and she's been such a support for us. And the other guests have been so welcoming, treating us like part of their family. Our



House has just been the most beautiful place to stay while my babies have been growing strong.

"The staff at the Special Care Nursery are also amazing. Whenever I come in to see the twins, the staff are so nurturing, and they've helped build my confidence about looking after my boys. It has just been so good to be so close to my babies," Tegan added.

Tegan and Jake, we wish you all the best and look forward to seeing pictures of your boys growing stronger all the time. Congratulations from all of us here at Our House and Our Kids!



# Classics for Cancer

The second Classics for Cancer performance was held in October. Led by Helen Spurgeon it was an intimate classical chamber music event held at St John's Woodlawn. This delightful afternoon raised vital funds for two local cancer charities - Cancer Compassionate Fund and Our House. More than \$2,000 was raised for each charity. Thank you to all involved. Pictured are Classics for Cancer's Mark Nash from Cancer Compassionate Fund, and Classics for Cancer organiser Helen Spurgeon, who through her work at North Coast Radiology sees firsthand how these two charities help improve the journeys of those with cancer.

## Yes I want to help Our House

I enclose cheque/money order for \$  
made payable to: **Our House**, or please charge my credit card.

Bankcard  Visa  Mastercard

Card No.

Expiry date / Signature \_\_\_\_\_

Name \_\_\_\_\_

Address \_\_\_\_\_

Postcode \_\_\_\_\_ Email \_\_\_\_\_

Phone \_\_\_\_\_

Organisation \_\_\_\_\_

Send to: Our House  
145 Laurel Avenue, Lismore, NSW 2480

Donations of \$2 and over are tax deductible.  
We will post a receipt to you.