

YOUR SPRING 2020 NEWSLETTER

The Cancer Support Centre



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COVID-19 & THE CENTRE



Jackie Price,
Centre Manager

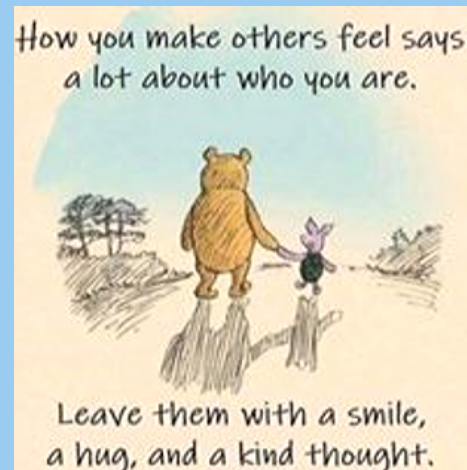
Welcome to the second edition of our newsletter, and thank you all for the lovely feedback on our first issue. We have incorporated some of the things you have asked for and we hope that you enjoy it.

I don't know about you but I have struggled with the dark nights and dreadful weather we have had, and not to mention the coughs and colds which keep doing the rounds!

In the midst of this, the **Cancer Support Centre** has remained a welcoming and uplifting place, with laughter very often being the first sound you hear!

That is very much down to you, our clients, volunteers and staff, coming and sharing your zest for life, and experiences - both the good and the not so good.

Sharing a smile and a laugh can lift the spirit and produce the endorphins we all need when we are feeling little down. This little picture was recently shared on Facebook and I think it says it all...



Marie Moore,
Chair Person

In 2020 we have continued to welcome and support anyone who has Cancer, or cares for them, to use the services provided by the Cancer Support Centre including help, advice, groups and therapies. We are helping over 500 people right now and the benefit they feel in their well-being is priceless and greatly appreciated.

I want to give some focus to the superhuman efforts to raise money to provide that help. A huge thank you is due to our fundraising team and our supporters who have run events through 2019/20, our groups who have used their talents to help us, the staff and trustees who have applied for grants and added new events to the calendar and launched a lottery and last but not least everyone who has donated their money, their skills or their time to help us.

Through those efforts the financial forecast at the end of January showed we were on track to raise £140,000 by the end of March. Something to be proud of. However, despite all those efforts, we were going to fall short of

OUR FINANCIAL SITUATION

the £160,000 we needed to break even and therefore we needed to find new ways to bridge the gap.

In our last annual report 2018/19 we had to report that our income through fundraising donations and grants was 88% of what we spent to look after our clients and to keep the doors of the charity open and we haven't been able to replace that shortfall of £18,000 either, despite our actions to economise and raise more.

We have had to make the decision to increase requested donation levels for groups and for wellbeing clients. We have written to clients about this and your reactions have been amazing and supportive. A massive thank you to everyone who has given a little or a lot.

We are rarely this blatant about asking for donations but our situation is getting tougher and as we often say in our Help Yourself workshops "Asking for help isn't weak, it's a great example of how to take care of yourself" or in this case take care of our clients. I need to make a plea for your help.

So how can you help us?

Sadly, today, we are in a different place. We have, due to Coronavirus, had to cancel our planned fundraising events for the foreseeable future and on the 18th March, we had to stop offering hands on therapies and groups.

Our focus has now moved to what we can offer in a different way. We are still offering some therapies by phone or video conference and we will set up virtual groups that you can join for a chat and activity so you can catch up with one another and break the isolation, but safely.

We are working on putting up resources for your use online too. We aim to help all the people linked to the Centre as much as we can, for as long as we can. We recognise all our lives and loved ones can be touched by the virus, the social distancing and the limitations that mean livelihoods are jeopardised. Please use what we make available. I want to give a huge 'thank you' to everyone who is working hard to create new materials and to be flexible and supportive in these times.

Raising funds was proving difficult before, but now, it is going to be a major challenge, so I need to make a plea for donations. Without fund raising events from our committee and supporters, all charities will be in the same boat competing for limited grants.

If you can help by either signing up to our lottery, giving what you can afford via standing order, making any donations or as we build our online resources, please do so.

The Cancer Support Centre wants to weather the storm and reopen the doors to welcome you all back.

I hope you understand and will be as generous as you can in the circumstances.

If you know of any businesses that could help us with a donation or to write bids for grants or can offer support with technology solutions, we will be so grateful too.

Please keep a look out on Facebook and our website for planned actives and new content that will help you. Let's work together to stay in touch, protect ourselves and to build our well-being while we have time to do so.

Thank you in advance for your continued help and support.

LOTTERY WINNERS

November 2019

Deidre	1st Prize
Ali	2nd Prize

December 2019

Sheila	1st Prize
Brian	2nd Prize

January 2020

Roy	1st Prize
Sue	2nd Prize

February 2020

Maureen	1st Prize
Jackie	2nd Prize

ARE YOU OUR NEXT WINNER?

JOIN THE CSC
70:30 LOTTERY
CLUB TODAY!

£24 annual fee



By Paige,
Chef Knows Best!

A scintillating blend of cauliflower, garlic and turmeric. This soup is thick and warming with a great depth of flavour and is simple and easy to prepare. It boasts some great health benefits and can be portioned and frozen for up to two months for a quick and easy to prepare meal.

As a result, it is a fantastic choice for cancer patients and anyone looking for a hearty, healthy and tasty meal.

HEALTH POINTS

- **Garlic, Curcumin** and cruciferous vegetables like **Cauliflower** may help reduce the rate of angiogenesis - the rate at which white blood cells divide and multiply, which is accelerated in cancer patients
- **Turmeric** is known widely for its antioxidant and anti-inflammatory properties because of the main active ingredient Curcumin. This may reduce the low-level inflammation that affects cancer patients and those suffering with heart disease, metabolic syndrome, Alzheimer's and other degenerative conditions and also aids with digestion
- **Black Pepper** contains Piperine which can help enhance the body's absorption of the Curcumin found in Turmeric. Black pepper and Curcumin have been praised for their anti-inflammatory, antioxidant and disease fighting properties.

Turmeric can counteract certain medications so please be mindful.

GOLDEN CAULIFLOWER SOUP

Ingredients:

- 30g butter or margarine
- 1 large cauliflower
- 1 large potato
- 1 large onion
- 2 sticks of celery (optional)
- 2-3 large bulbs of garlic (As much or as little as you like depending on your fondness for garlic)
- 400ml hot water
- 400ml milk
- Pinch of salt and black pepper
- 1 tablespoon of Turmeric powder

Method

1. Chop vegetables (into small pieces if you prefer a quicker cooking time)
2. Melt butter in saucepan and sauté onions, celery, garlic and salt for 5 minute.
1. Add cauliflower, potato, water and milk ensuring that the liquid does not exceed the height of the vegetables
2. Bring to the boil and simmer for 30-60 mins until vegetables are soft and beginning to break down
3. Add turmeric and stir. Use as much or as little turmeric as you like to achieve a pale or a rich gold colour
4. Blend and Serve

CSC RACE NIGHT RAISES £1500!

On Saturday 25 January 2020, **Boldmere St Michaels Football Club** hosted a **Cancer Support Centre Race Night** – the first of a couple of events planned for 2020.

In total there were eight races, all sponsored by eight of our valued business supporters who, in return, had their businesses advertised in the evenings program and links to the Centre's Facebook page and other media.

Each race had eight horses running who were 'owned' by individuals and businesses, with all the 'Owners' of the winning horses receiving a bottle of Fizz (donated by our Race Sponsors).

All horses and race sponsorships were sold in advance of the evening, but everyone who attended was able to bet on the night/per race.

50% of the monies raised on betting was donated to the Centre with the other 50% given back to the winners.

The atmosphere was electric as our hosts, Dave and Georgie, took the bets and played the film reels. The crowds cheered on their horses and were treated to a final race trading horses for pigs – hilarious!

A most enjoyable evening was had by everyone with tasty food, a few beers and rounded off with a raffle. In total, the event raised **£1,500** for the centre – a huge thank you to **Boldmere St Michaels** for hosting us and to everyone who helped, sponsored, bought horses, raffle tickets and attended.



By Julie Emery,
Trustee



AFTERNOON TEA FOR FUNDRAISING TEAM

Being a volunteer at the **Cancer Support Centre** brings its own rewards but from time to time it's good to pause and say **thank you to our fundraisers** for their stoic support of the Centre over many years.



So, on a dreary January afternoon, our fab ladies gathered at the home of **Jo Davis** (fellow fundraiser and floral demonstrator) to be treated to a very special afternoon tea, with sandwiches, lots of homemade cake, plenty of tea, and, most importantly fizz!

The ladies were each presented with a posy of flowers to take home to remind them of an afternoon filled with fun, friendship and flowers. **If you would like to join the fundraising team or support in any way at any of our events, please contact one of our Office Staff. We would love to welcome you and enjoy your company.**

By Jo Davis,
Fundraiser

VOLUNTEERS
are not paid
because they are
worthless, but
because they are
PRICELESS!

VACANCY

Trustee Commercial
Leadership/Support/Management,
Volunteer Role – Sutton Coldfield



THERAPISTS REPORT

By Roy Poller,
Trustee & Therapist

Supporting our clients on a 1:1 basis is a team of eleven highly skilled and dedicated therapists who provide a range of specific treatments proven to improve our clients physical and emotional wellbeing such as Aromatherapy, Bowen, Reflexology, Indian Head Massage and Hypnotherapy.

These techniques are proven to reduce pain, decrease tension and stress, help with recovery after surgery, ease anxiety, depression, alongside helping with sleep issues and fatigue. Our therapists work extremely hard to ensure that our clients receive the best levels of care, experience and outcomes.

As individual therapists they invest heavily in their own personal development, ensuring they are offering our clients the most up to date therapies and techniques. Most recently **Karen Taft** and **Judith Platt** have become qualified **Emmett Practitioners**, **Barbara Sylvester** has developed a new skill in **Tissue Release**, **Sue Weaver** has completed her **Shiatsu** Course, **Vicki Davis** is now a **Reiki Master** and in 2020, **Roy Poller** has received his diploma in **EMDR** (Eye Movement Desensitisation Reprocessing).

Our delivery of complimentary therapies comes from listening to the needs of our clients and understanding the importance of helping to reduce the symptoms of the treatments associated with a cancer diagnosis or surgery but also the side effects of medicines. We have evolved over the years to become a centre of excellence based on our knowledge of cancer, experiences, positive outcomes and established reputation.

Our approach is a holistic one that looks to work alongside conventional medicines, looking at all the ways the body and mind can be affected. Our therapists play a significant and vital role in helping our clients in their journey.



Since 2013 **Jo Davis** has been giving flower demonstrations with accompanying music, poetry and sometimes song 😊 for the benefit of the Centre.

These floral events have raised thousands of pounds for the centre as well as providing fun, beauty and light relief for many of our clients and their families and friends. Tea and homemade cake are always served by our fantastic volunteers and there is always the opportunity for a little retail therapy too; cards, clothes, cakes and crafts are for sale with many of the proceeds going to the centre.

All of Jo's floral creations that are created at the events are raffled off at the end so you may get to go home from a fragrant afternoon with your very own flower arrangement.

See **Page 8** for the next '**Flower Power**' Dates - they sell out fast!



FLOWER POWER 2020:

AWESOME AUTUMN

Saturday 26
September

CAROLLING CHRISTMAS

Saturday 21
November

All events held at Quinney
Hall, Canwell, B75 5SD.

Please call 0300 0120245
to your reserve tickets.

WELCOME TO OUR NEW VOLUNTEERS

By Deirdre Bell,
Service Manager

During the last few months we have been busy recruiting much needed volunteers to help the centre run effectively and become more streamlined.

We take great pleasure in welcoming **Emma S** and **Diane J** who will be providing office and reception support and **Elias A** who has recently started supporting the office as part of a temporary work placement.

We also welcome on board two wonder ladies, **Sonia C** and **Yvonne C** who joined us on the run up to Christmas and will help on an ad hoc basis at our fundraising events. They were straight in at the deep end and provided great support at the Asda Bucket Collection raising **£466** for the centre.

A special thank you to **Julie B** and her husband Phil who are working together with local businesses and have brought in extra donations and opportunities in the last few months.

Thank you to our Volunteer Coordinators **Julie** and **Theresa** for all your hard work and support.

HOMEOPATHY AT THE CENTRE

Despite the weather, Spring is nearly upon us! It is the time of year for looking forward, to new growth, warmer weather and enjoying being outdoors once more. What better time to revitalise our immune system and promote health. This is the perfect time of year to give ourselves a health MOT and what could be better than a trip to a homeopath.

What can be done to keep our immune system healthy throughout the coming months when we are surrounded by the entourage of coughs, colds, sore throats and flu?

Let us maintain our ambiance this Spring and revitalize our immune system with energy, a dynamic energy, from a dynamic medicine.



Homeopathy stimulates the immune system to become stronger, fitter and fight off bacteria and virus. Homeopathic medicines help to stimulate the body's own natural healing mechanism and it is a complementary and holistic medicine. Well what does that mean exactly? Homeopathy can be used alongside other treatments and will not interfere with the beneficial effects of conventional medicine. It also has the bonus of being safe, gentle, non-toxic and free from side effects.

Homeopaths try to treat the cause of the symptoms in order to eliminate them completely. The healing is stimulated from within, working with the body's own natural healing energy. The remedies I use are from a British Homeopathic Pharmacy, they are made from natural substances such as minerals and plants.

Homeopathy is a unique system of medicine based on firm principles. It was founded over 200 years ago although its origins were established in ancient Greece.

I discovered homeopathy when looking for a natural way to treat my new-born daughter's severe allergies. I had previously trained as a nurse and I had always thought there must be something else out there that would treat health in a non-harmful way. I quickly realised I had found what I was looking for.

Most people try homeopathy for the first time for recurring ailments, slow healing or as an additional treatment. I am happy to discuss any queries. Most people want to know what homeopathy can help with. The list is endless, so I find it best to explain that it can help with physical and general symptoms and illness but it has a particular affinity to mental and emotional symptoms such as insomnia, panic attacks and anxiety, to name but a few!

Here at the Centre, you can come for an hour initial appointment, where you can discuss what health problem bothers you the most, then I can come to a realistic plan of how homeopathy can help you.

This is my sixth year here at the centre. When I first came here to offer homeopathy, I noticed the centre had a strong ethos for well-being. The idea was that collectively, we work together to raise the energy, well-being, health and therefore happiness and quality of life for all our clients. It is such a successful model that I still work with those ideas in mind today.

AWARENESS MEETING RAISES FUNDS FOR CSC & PROSTATE UK

By Toni Lester



Shin Samrai & her supportive family hosted a 'Cancer Awareness Day' on Sunday 1 March at Sutton Golf Club to raise awareness about the devastating impact cancer can have on not only on the person diagnosed but also on their family & friends.

Representatives from two charities, The Cancer Support Centre and Prostate UK were

invited to give presentations. Lead therapist **Roy Poller** and Client Advocate **Toni Lester** represented the **Cancer Support Centre** and spoke about the work and activities the centre provides for cancer patients and their families.

Toni gave a brief outline of the reasons why the centre places so much emphasis on offering relaxation techniques: the fact that this helps reduce the effects of chronic stress by lowering levels of cortisol and adrenaline, the 'Fight & Flight' hormones. This then provides the body with an environment where vital cell repair work can take place.

Roy then explained how to perform a simple relaxation using the breath before proceeding on to explain why self-hypnosis and deep relaxation have much in common and that hypnotherapy is a valuable tool in aiding deep relaxation and not just a stage gimmick.

A huge Thank you to Shin & her family who raised nearly £600 for the Centre as well as providing a generous donation to Prostate UK.

REIKI MASTERS REUNION

Wars, ethnic cleansing, dramatic climate changes, floods, wildfires, storms, viral epidemics, global warming, loss of rainforests and ecosystems – we could go on and on. It is a bleak legacy we leave future generations and it is a depressing state of affairs. What, if anything, can we do?

As Reiki practitioners, perhaps more than we may imagine, especially if we look at Deepak Chopra's book, 'The Seven Spiritual Laws of Success.' This visionary man says:-

'....If we collectively have our attention on the same law each day, we could soon reach a critical mass of successful people which could transform life on Planet Earth' - Deepak Chopra

Well, as the Master's Re-Union occurred on a Saturday, and Saturday corresponds to the 'Law of Dharma' or Life Purpose, the theme was set for the Re-Union Day.

Our 'Guest of Honour' was Reiki Grandmaster, Jan Jamieson, who helped us understand better



what the Law of Dharma required of us – mainly, 'How to serve others'.

Well, as Reiki Practitioners we can all send 'Distant Healing' which is one of our unique talents and, by sending this healing to the saving of Planet Earth, World Peace, and A Reduction in Global Warming to 'Net Zero' Carbon Emissions we are blending our talents to the service of others!

A big **thank you** to the 10 Reiki Masters who attended and to those who joined in Mind & Intent.

No wonder we were all in need of the Buffet Lunch and Home-made cake after that momentous task!

By Toni Lester

COVID 19 UPDATE

We are all being made aware of the situation in the UK and worldwide about the spread of Coronavirus. People with cancer and their families might feel especially worried about the virus, as cancer and its treatment can lower your ability to fight infection. We will aim to provide links to key information from official sources and keep you up to date with the steps the Centre is taking so you are in the best position to look after yourselves.

[KEEP LOOKING AT OUR FACEBOOK & WEBSITE FOR UPDATES](#)

16/03/2020 The government updated the guidance on Coronavirus. Now the general public are being advised to avoid non-essential contact.

Households are being asked to self-isolate for 14 days if anyone in the household has symptoms.

Vulnerable people are now being told shielding for 12 weeks from this weekend will be advised. This includes over 70's and people with underlying conditions.

Summary of Public Health England Advice

Group/Action	Wash hands more often	Household isolation for 14 days*	Self-isolation for 7 days**	Social mixing in the community***	Having friends and family to the house	Use remote access to NHS and essential services****	Vary daily commute and use less public transport	Home working
0 – 69	Yes	Yes	Yes	Advised against	Advised against	Advised	Advised	Advised
70+	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Any age Member of vulnerable group with an underlying health condition ¹	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Pregnant women	Yes	Yes	Yes	Strongly advised against	Strongly advised against	Strongly advised	Strongly advised	Strongly advised
Those with serious underlying health conditions	As above, but further bespoke guidance will be provided by the NHS next week							

As you enter this stage in your journey, your immune system is weakened its best to limit or stop social contact. We all need to take sensible precautions.

Over the page check the advice about the Coronavirus and Cancer. If you have any concerns please talk to your cancer team.

WHAT IS CORONA VIRUS?

The coronavirus is a flu like virus. It causes an illness called COVID-19 which can affect your lungs and airways. For most people, the virus won't cause serious problems. But for some people, the virus can have serious complications. People with cancer are among those at higher risk of complications. This is because cancer and treatment can weaken their immune systems.

DO YOU HAVE ANY OF THESE SYMPTOMS?



Difficulty breathing



Cough



Fever

If 'yes' please protect yourselves and others by staying home and searching 'NHS Corona virus' for advice and to access the 111 online Corona virus service or call NHS 111.

THE CANCER SUPPORT CENTRE CAN HELP

Unfortunately, the Centre has had to close, however we are still here for you! We are offering a variety of therapies over the telephone or video conference, and a range of groups in the virtual world. As well as putting together a host of resources on-line.

We will continue to offer all the help and support we can during this difficult time. Please make sensible decisions in line with your health condition. Look after yourselves and take necessary precautions advised by the NHS.

How can cancer and treatment weaken immunity?

The immune system protects the body against illness and infection caused by viruses like Coronavirus. Some people with cancer have a weak immune system which reduces their ability to fight these infections. This is because some treatments, like chemotherapy, can stop the bone marrow from making enough white blood cells. White blood cells are part of your immune system. This is most likely to happen during a course of cancer treatment, but the effects can last for some time afterwards.

Some types of cancer can also lower your ability to fight infection. This is usually cancer that affects your immune system like leukaemia or lymphoma. When your ability to fight infection is lowered the symptoms of any infection can be much more severe and may become dangerous.

What's the advice for people with cancer?

Talk to your cancer team if you have any questions or worries about the coronavirus. It's especially important that you follow NHS advice to reduce your risk of catching the coronavirus if you:

- ☐ are having or recently had cancer treatment
- ☐ have a type of cancer that lowers your immunity

Read the NHS advice here

<https://www.nhs.uk/conditions/coronavirus-covid-19/>

You should also follow the NHS advice if your relative or friend is having or has recently had cancer treatment. Or if, for any reason, a relative or friend might have a lower ability to fight infection.

Frequently asked questions

One Cancer Voice have produced some guidance about coronavirus for people with cancer. This includes some frequently asked questions and answers about coronavirus. **One Cancer Voice** is a group of cancer charities working together to give consistent advice and information.

Read the One voice advice on coronavirus for people with cancer

www.cancerresearchuk.org/sites/default/files/one_cancer_voice_advice_on_coronavirus_for_people_with_cancer.pdf

Latest guidance

The government is constantly reviewing the advice about coronavirus and will update it as necessary. We will update the information on this page if new guidance is issued.

The **NHS website** has all the latest information about the coronavirus and how to protect yourself.

Further information about the UK government response is available on the GOV.UK website.

This is your newsletter!

What would you like to know?

Do you have anything to share?

Anything you'd like to see?

Send your ideas and thoughts

to:

julie.emery@suttoncancersupport.org



**The
Cancer Support
Centre**

A place of sanctuary and support

**PLEASE BE SAFE & REMEMBER WE
ARE HERE FOR YOU!**