

YOUR SUMMER 2020 NEWSLETTER

The Cancer Support Centre



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Jackie Price,
Centre Manager

We miss you!

Everything has changed since the last edition and we have all been working hard to ensure that we are still able to support you – our clients. We have moved to telephone appointments, talks, and chats over zoom and developed our own CSC HelpYourSelf YouTube channel.

Fundraising is now our main focus. With all our usual events being cancelled it is proving a challenge, especially having to compete with the support being given to the NHS (and rightly so) and the constraints of not being able to run the more social events we are used to. I cannot stress enough how much we need your help and support.

We do have a number of things you can get involved with so please have a read.

Be assured that as soon as government guidelines allow us to open the doors at the Centre we will be doing so. At present we are working on September as a target, but, as you know things change so quickly it may even be before that!

Is there something you can do to help?

We will be emailing you more regularly with what updates so that you can get involved if you wish to. **Please make sure you have signed up to get regular email updates–** <http://www.suttoncancersupport.org/event-calendar/> and click the button '*I would like email updates*'.

Now enjoy the news, take care, and stay safe!

ITS BEEN A CHALLENGING THREE MONTHS



Marie Moore,
Chair Person

I do hope you are all staying safe. The last three months have been a challenge for everyone. Shielding and lock-down have changed our lives.

We continue to offer our support to clients by phone, video meetings, our new YouTube channel, and of course, we still have our website, Facebook, and LinkedIn pages packed with information and links. We are also very excited to launch our phone app on the 6th July!

If you need help; please do not hesitate to get in touch. We will always do what we can to help you. We will continue to use our newsletter to share updates. A big thank you to everyone who has set up and run these resources.

We are very grateful to supporters and staff who have organised online events, donated and delivered items adhering to social distancing rules, and to those who made one-off or regular donations.

You are keeping us afloat!

We are planning to reopen when guidance allows us to. The service will be affected by the drastic drop in income we have experienced but we will be back, relaunching services with careful consideration of safety and government guidance.

In the articles that follow you will find many ideas on how you can help us to provide as much service as possible to our clients. Please help if and how you can.

Stay safe, stay involved and we look forward to seeing you all again.

WELCOME TO OUR NEW VOLUNTEERS

By Deirdre Bell,
Service Manager

The last couple of months have been a huge challenge for The Cancer Support Centre. We continue to operate remotely but as a result of this, we are missing our wonderful volunteers. We have been extremely fortunate to recruit two lovely new volunteers in the last month!

Welcome to Emma L, helping with Facebook posts and to Rebekah S recruited via the Furlunteer website to help us with virtual fundraising. Rebekah will work with Emma to support the Centre with a virtual fundraising schedule.

Liz J, our Monday afternoon reception volunteer has also offered to help with fundraising. A huge thanks to Liz who organised the extremely successful Band Night at Boldmere St Michaels Football Club, which was our last event prior to lockdown.

Thank you to Ali and Sarah who have been overseeing the talks, coffee, and chat respectively and a big thank you to Darrell who has been creating the new CSC App!

Watch out for further news and please do try out the App (more information within this newsletter).

Do get in touch if you can think of any new ways to fundraise or are able to support us going forward.



Darrell



Rebekah



Emma

NEW CSC HANDMADE FACE MASKS!

These reusable masks kindly made by our amazing volunteers are **available for local delivery or collection now** in packs of **three for £12**. Every pound raised will go towards helping to support the centre.

Place your order by emailing us at info@suttoncancersupport.org (Postage options are available for an additional fee).



FLOWERS, FLOWERS EVERYWHERE!

At the end of March, I was lucky enough to be called by a volunteer from a charity that cooks meals for local homeless people. In addition to collecting food from local retailers, there were many flowers going to waste and I was asked ... did I want them? Yes, I did!



Without further ado, I drove to Great Barr and collected them from a volunteer's house ... there were hundreds of wrapped flowers. I brought them home and spent a day and a half sorting them into hand-tied bouquets for our clients, volunteers and staff. Ali and I then divided the task of delivering them to addresses in Sutton Coldfield, Great Barr, Perry Barr and beyond. They were delivered by a knock on the door and then left on the doorstep to observe social distancing. It was a rewarding experience from start to finish and one I enjoyed very much.

By Jo Davis,
Fundraiser

Flowers always make people better, happier and more helpful; they are sunshine, food and medicine to the soul."

-Luther Burbank



HAPPY FLOWERS

Last year was the first time I had the idea of growing sunflowers from seed and selling them to raise money for The Cancer Support Centre. For me it is a double win as I so enjoy gardening, having lived in a flat for 10 years, plus I get to help raise monies for our beloved Centre.

It was rather nerve-racking and I prayed that my friends and family would buy them – they did! So much so, this year we went for more varieties and more sunflowers – who would not want more sunflowers?

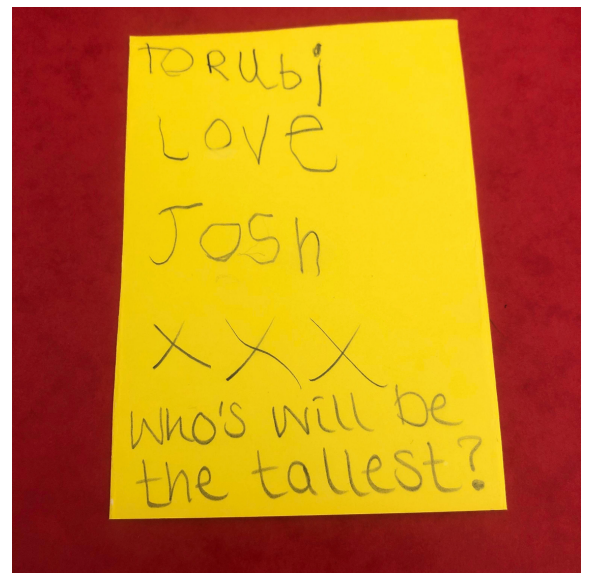
At the time of writing this article, with the help of great friends, we have had to sow more seeds that will be ready for the second wave of sales for the end of June. All have been SOLD and we have raised over £500 in sunflower sales! WOW! A huge thank you to all who have bought them.

Due to COVID-19 and my friends' children not seeing each other – one of the Mom's decided to buy their children's friends a sunflower each and have a competition to see who could grow the tallest – the growth continues.

They are enjoying catching up with each other on social media and measuring their sunflowers – how lovely is that!

I look forward to receiving photos of the sunflowers once they start to bloom around July/August. Keep a lookout next year for when we start 'Happy Flowers' again.

By Julie Emery,
Trustee



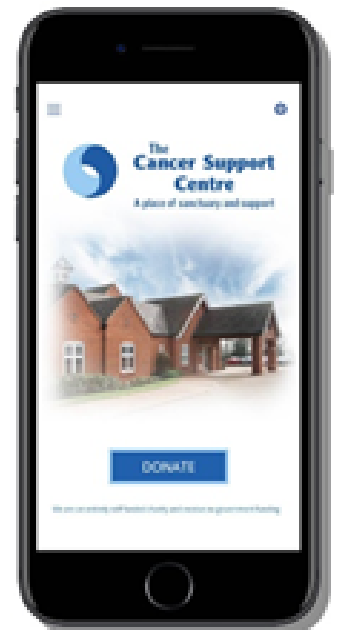
NEW CSC APP LAUNCHING 6TH JULY!

We are very proud to announce the up coming launch of the Sutton Cancer Support Centre Mobile App. It has long been a goal of the Centre to provide more support for our clients when they are away from Lindridge Road and I don't think that could be any more important than it is now in these challenging times.

We started by introducing the Help Yourself programme and at the end of last year, Jackie met Darrell of EaziApps. Darrell offered to help us develop our very own app and has been volunteering his time and expertise over the last 6 months.

What does the app do? It is full of information about the Centre, what we do, what's on, and how you can support us too. There is a chat function for you to connect with others in the Centre and a "check in" section where you can reflect on how you are doing each day. We also have links to our own resources, including our YouTube channel - https://www.youtube.com/channel/UCtDSerTVdvc_uW8PNVKa28w

Keep an eye on your emails for more information nearer the date!



COFFEE MORNINGS WITH A DIFFERENCE

Our lovely Sarah has been busy organising Zoom Coffee Mornings for everyone at CSC each Tuesday morning between 11 am & 11.40 am.

Each Tuesday has a different theme, ranging from Fun Quizzes, VE Day Celebrations, Volunteer's Week Celebrations & general catch up and gossip sessions,- check the CSC website for details.

The V.E Day celebration went with a swing and we had demonstrations of VE cakes set amidst the bunting and flags that decorated our kitchens. Liz Jones' lemon cakes iced with Union Jack flags looked good enough to eat & Toni made a Swiss roll that was a favourite recipe of Winston Churchill. Unfortunately, Virtual 'Coffee Mornings' require only virtual cake tasting!

If you cannot access Zoom Coffee & Chat connection via <https://zoom.us/j/500115933>, please contact Jackie or Deidre for help.



FEEL LIKE A HUG?

By Toni Lester

Order yourself & family some Reiki Distant Healing Every Saturday! In these difficult times, we all feel uneasy, afraid and in need of a hug. If you have received Reiki at the Centre, then you will know what Reiki feels like. If you have never received Reiki then imagine what a hug feels like. The Centre will be organising a 'Virtual Hug' of Reiki Healing Energy each Saturday morning.

Our Reiki therapists will be joining together to send Distant Healing each Saturday, between 10.30 am to 10.45 am, to everyone at CSC. That is clients, volunteers, therapists, Trustees & staff.

If you would like to feel this energy coming into you, then please sit or lie down and relax whilst we send the Reiki energy to you. Please contact Deidre to have your name added to our list.

Namaste Toni Lester, Reiki Master, CSC

LOTTERY WINNERS

March 2020

Sue	1st Prize
Josephine	2nd Prize

April 2020

Loretto	1st Prize
Matthew	2nd Prize

May 2020

Anne	1st Prize
Sue	2nd Prize

ARE YOU OUR NEXT WINNER?

JOIN THE CSC
70:30 LOTTERY
CLUB TODAY!

£24 annual fee

QUIZ TIME!

Every other Friday 7 - 8pm £4
(minimum donation) to join. Booking is essential.

Friday 3 July-

<https://www.chitzo.com/Events/ViewEvent/whatson-sutton-coldfield-community-event-quiz-time-.....5927>

Friday 17 July-

<https://www.chitzo.com/Events/ViewEvent/whatson-sutton-coldfield-community-event-quiz-time-.....5928>

Friday 31 July-

<https://www.chitzo.com/Events/ViewEvent/whatson-sutton-coldfield-community-event-quiz-time-.....5929>

Dont forget to book your place using the link above. You can also find the link on our Facebook page, or email info@suttoncancersupport.org

WHAT IS HYPNOTHERAPY?

The mind can be divided into 2 parts: the Conscious and Subconscious. It is said that the Subconscious mind is around 95% of the mind. It is the home to all your beliefs and emotions.

Using hypnosis, you can plant positive suggestions straight into the Subconscious mind, bypassing the filters of the Conscious mind allowing the suggestions to become more powerful. This is where we can work on changing limiting beliefs, negative thought patterns and bring about a stronger mindset.

Suggestions may be about confidence, working on reducing anxiety, enabling you with tools to help with stress, building resilience, positive visualisation i.e. seeing yourself with better health and a stronger future. The Subconscious mind does not know the difference between real and imaginary. When you visualise something with powerful imagery your Subconscious mind believes you can do it. This creates a positive mental state to achieve your goals.

The very process of hypnosis brings about a wonderful relaxed state. This is the easiest way to bring about a deep state of relaxation. I personally always teach people how to do 'self-hypnosis' so you can learn to help yourself. Please remember you cannot get 'stuck' in hypnosis it is a naturally forming state.

You will also find that when in hypnosis you are always in control and it is impossible to do anything against your better judgement.

For more information join the Friday CSC relaxation 'Zoom' or book a one to one session with our experienced therapist, Roy.



NEW!!!

JOIN THE 50/50 BINGO

**Starts Saturday 5 September 2020.
Get your numbers in now!**

HOW IT WORKS

- Choose 8 numbers between 1 - 59
- Every Saturday nights National Lottery main numbers will be marked off
- The first person/s to match all 8 numbers wins!
- 50% to the winner, 50 % to the Cancer Support Centre
- **Contact info@suttoncancersupport.org**



**By Paige,
Chef Knows Best!**

After giving his VE Day speech, Winston Churchill told his chef, Georgina Landemare, that he could not have got through the war without her & her wonderful recipes. The Swiss Roll was one of his favourite cakes.

Recipe:

- 3 eggs, at room temperature
- 3oz (100g) castor sugar
- 3oz(100g) self-raising flour

Filling:

- About 3 to 4 tablespoons raspberry or strawberry jam

Method:

- Preheat oven to 220C/425F/gas Mark 7. Line a 11x7in, (28x18cm) Swiss roll tin
- Whisk the eggs & sugar together in a large bowl until the mixture is light & frothy
- Sift the flour into the mixture, folding it in carefully
- Turn the mixture into the prepared tin, shake it gently to spread it evenly
- Bake for 10 minutes until golden brown & shrinks from the edge
- Whilst the cake is cooking, place a piece of non-stick baking paper, a little larger than the size of the tin onto a work surface, and sprinkle it with castor sugar
- Invert the cake on to the sugared paper. Loosen the paper from the bottom of the cake and peel it off
- Trim the edges of the sponge with a sharp knife and make a score mark 1 inch or 2.5cm in from one shorter edge. Be careful not to cut right through
- Leave to cool slightly, the spread with jam
- Roll up the cake firmly from the cut edge
- **Serve and enjoy!**



WE ARE COMPILING A RECIPE BOOK!

If you have any recipes you would like to share please send them to
**info@
suttoncancersupport.org**
and watch out for details..



On average, a Panda feeds for approximately 12 hours per day.

This is the same as an adult at home under quarantine, which is why we call it a "Pandemic"

JACKIE & TONI'S VISIT TO THE SIKH GURDWARA TEMPLE

What was Jackie, our Centre Manager at CSC, doing on Sunday 8th March between 10.30 am to 4 pm? The answer is bringing the existence of the Cancer Support Centre to the notice of one of the largest Sikh communities in the West Midlands.

Dr. Sukhder Singh, of the Sikh Doctors Association, invited Jackie to attend a Cancer Awareness Day that was being held at the Smethwick Gurdwara which is the largest Sikh temple in Europe with a community of over one thousand attending each week.

The Gurdwara was founded in 1961 by Dr. Singh's father, his friends & colleagues who put their hard-earned money together to buy and convert an old cinema into what is now a very impressive temple. It is a non-profit organisation which feeds, cares & forms a centre for the local Sikh community, serving free meals to anyone attending, whatever their faith.

Toni Lester accompanied Jackie along with Gordon Lester as our driver – he couldn't resist the thought of the samosas! Dr. Singh and his colleagues made us extremely welcome and took us to the main hall that had been set up with an area for talks and presentations. Another part of the hall was arranged with 10 individual tables, each table staffed by a GP who would give private advice to help individuals on cancer-related problems. The GPs would not diagnose but would encourage many of the older Sikh generation to seek out medical advice if they felt that was needed.

**By Jackie Price,
Centre Manager**

Arranged around the perimeter of this hall were different cancer organisations who were offering leaflets & information on different types of cancer. This is where we set up our stand.

With three of us manning the stand it enabled Jackie in particular, to 'build bridges' with many of the GPs and let them know the type of help CSC can offer.

A busy but worthwhile Sunday with some very tasty samosas to help the day along.



**We are still here
for you,
Stay Safe!
Your Cancer
Support Centre**