



**The  
Cancer Support  
Centre**

**A place of sanctuary and support**

## MARCH 2021 NEWSLETTER

Your Journey | Our Support | Your Choice



**Marie Moore,**  
Chair Person

**Hello Everyone,**

**I am feeling positive, vaccines are rolling out, sanctions are due to slowly lift, and hopes are opening up along with the spring flowers.**

The centre has survived the worst challenges financially and operationally over the last 12 months, and continues to support people with Cancer which is amazing and must be recognised – Thank you all.

To reach people who could not visit us during our closure, and then our 3-day opening, we put lots of support on-line and offered phone appointments and video services. The fantastic news is that innovation and your generous support have meant we have actually covered our costs, and we will survive.

Our Board of Trustees is looking for new members to help lead us into the future. Could you or someone you know join us? Please check out the advert.



### **The Cancer Support Centre Volunteers**

Thank you to our wonderful volunteers who continue to provide fantastic support. Sophie with Facebook and Julie, Ann and Rosa our amazing eBay team.

Sue has joined the office team, helping Debbie and I with admin support on a temporary basis. Welcome, Sue, and thank you. We are looking forward to welcoming you all back sometime in the future.

*Deirdre Bell*

Our next challenge is to invest prudently in reopening the centre further once covid restrictions allow that. We will need to raise a significant amount of money to get back to full strength and to start up groups and a wider range of therapies again and keep them funded as the year unfolds.

I cannot wait until we can see more of you more often.

STAY SAFE AND STAY IN TOUCH.

**Happy Easter**

**Marie Moore, Chair of Trustees.**



**Jackie Price,**  
Centre Manager

Hi everyone

It is coming!

It is really good news that we are able to make plans to be able to bring back some more of the therapists, and therapies you find so beneficial. Many of you have been asking when you can book for reflexology and aromatherapy especially. Well, providing nothing changes, we will be opening the booking diary on 6th April to take bookings.

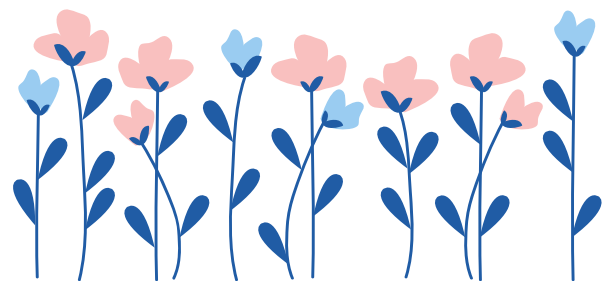
I have to say that this will be dependent on a) the opening date of 12th April not being changed by Government, and b) the Therapist Professional bodies' recommendations to their members. Fingers and toes crossed!

We miss seeing you all very much and are looking forward to welcoming you back to the Centre for drop-in and groups at some point. Unfortunately, this is still not possible, but until that time, remember we are here for you.

You can call the office Tuesday–Thursday to book your 1:1 appointments, and book in via the [website event calendar](#) for Virtual Yoga with Helen on a Wednesday and Relaxation with Roy on a Friday; and don't forget the [CSCHelpyourself YouTube channel](#), where you will find information about different therapies, as well as lots of other things. Check out the website [Latest News](#) for other things that you can join in with.

In this edition of the newsletter, make sure you check out the different things we are doing to raise funds, the CSC eBay shop, the Premium Homemade's, recycling - all things that you can join in with and help by promoting to your friends and neighbours!

Take care and stay safe, Jackie.



## EASTER EASY PUDDING - SPICY POACHED PINEAPPLE



**By Toni,  
Reiki Master**

### Recipe:

- 1x 10cm piece of root ginger peeled or 1 teaspoon of 'Ready Chopped Root ginger'
- 2 red chillies, deseeded & chopped or half a teaspoon of 'Ready chopped Chillies'
- Juice of half a lemon
- 100g honey
- 1 large pineapple

Jars of ready chopped chillies and ginger available from other supermarkets.



### Method:

Place the honey, ginger, lemon juice & chillies in a saucepan with 500 ml water & bring to the boil. Simmer for 10 minutes until the liquid starts to thicken a little. Meanwhile, prepare the pineapple, removing the skin and core and cutting it into slices. Add the pineapple to the liquid and poach it for about 5 minutes. Eat hot or cold. Delicious served with ice cream or yoghurt.



# PLOTTING A PATHWAY THROUGH THE PANDEMIC

As a business coach, I work with many local business owners to help them grow their business, build teams (and create jobs!) and to increase their profits. A big part of the support I provide is helping business owners to develop plans and strategies to market their business and to have a strong brand and product to create customer loyalty.

I am part of a number of local business networks and was privileged to meet Jackie from CSC at a Sutton Coldfield business networking group over 12 months ago. Jackie told me about the work of the CSC, and I subsequently went to visit the centre. I was impressed... and moved by the impact that the services obviously have on people that are fortunate to get help from the centre.

I wanted to help and could see how the support and strategies that help businesses could support the CSC to plan and grow, enabling more people affected by cancer to get help and support. So, I joined the CSC's strategic planning group, and our journey together began.

2020 has been tough for everyone, but particularly for charity organisations with the lack of normal fundraising events, which has meant pivoting to other ways of generating revenue to keep providing their invaluable support.

At our first strategic planning session, we started developing a plan for the next 90 days of running the centre, identifying the areas that needed to be developed.

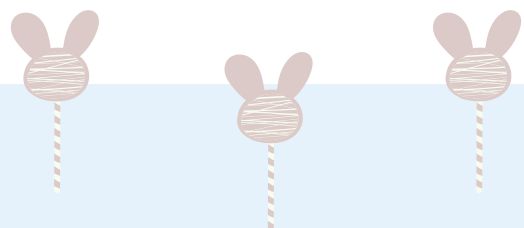


90-day planning forms the bedrock of our work with commercial businesses, and the CSC plan is no different, firstly creating our overarching objectives for the quarter before setting out goals and weekly actions required to achieve them.

Plotting a pathway through the pandemic with alternative fundraising, recruitment and adapted services are key objectives at present, essential to ensure continued support for clients.

The tireless work of all those in the team cannot be understated as well as the many volunteers who donate their time and expertise. I look forward to continuing the work with everyone at the centre to help make sure the centre continues to provide its outstanding service.

***Charles Sanders, ActionCOACH.***



## 12 MONTHS OF VIRTUAL REIKI

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 organises a 'Virtual Hug' of Reiki Healing Energy each Saturday morning, and March 23rd 2021, marked the 1st Anniversary of our sending love, healing & virtual hugs to everyone involved with CSC.

A Big Thank you to all our friends who join together each & every Saturday between 10.30 am to 10.45 am to send Reiki to everyone at CSC as well as for the end of this pandemic.

**If you would like to receive some Reiki, then please contact Deidre to have your name added to our list.**

**In Love, Light & Hope that  
'Tomorrow will be a Good Day'**

***Toni Lester, Reiki Master, CSC***



**amazon**smile  
You shop. Amazon gives.

THANK YOU FOR  
YOUR SUPPORT



To date, Amazon has  
donated a total of:  
**£126.00**

AmazonSmile customers can now support The Cancer Support Centre-Sutton Coldfield in the Amazon shopping app on iPhones and Android phones!

Simply follow these instructions to turn on AmazonSmile and start generating donations.

- 1) Open the Amazon Shopping app on your device.
- 2) Go into the main menu of the Amazon Shopping app and tap into 'Settings.'
- 3) Tap 'AmazonSmile' and follow the on-screen instructions to complete the process.

[DOWNLOAD THE APP](#)



# 500 MILES FOR THE CANCER SUPPORT CENTRE

**Roy Morning and Matthew Hayes are cycling the 500-mile North Coast route around the highlands of Scotland starting the 17th June 2021 to raise money for the Cancer Support Centre Sutton Coldfield.**



**Yes really!** It is actually 507 gruelling miles on a bike! The challenge is immense.

They will be in the saddle doing on average 63 miles, taking 6/7 hours a day for 8 days. If that isn't hard enough at times the gradient is often 12%+ and even reaches 20% in places.

Over 500 miles, they will climb almost 27000 feet; that is nearly as high as Mount Everest. The toughest section Bealach-na-ba is over 2000ft climbing alone.

This phenomenal challenge deserves your support, but when you understand the cause they are raising money for, maybe you will be moved to give even more?

Cancer has touched people they love, so they want to give to a charity helping people whose lives are affected by cancer right now.

Roy said, *"My wife Jeanette fought cancer for two years and sadly died in 2016. She had a few weeks of help from the Mary Ann Evans Hospice but until then we felt alone and had very little support. My partner Marie also had cancer. Her treatment finished in 2011 and thankfully she survived. She found and was helped by the Cancer Support Centre. I want to raise awareness so others know about their services. I, therefore, need to raise as much money as possible to ensure they can reach everyone who needs their help."*

Matthew is riding in memory of family and friends who have died from cancer and for all the people they left behind. He believes the charity is making a huge difference in helping people cope and regain their wellbeing while living with cancer. Marie Moore and Gretta Hayes are the backup crew and chief supporters.

The charity helps people to deal with the frightening news and the subsequent impacts on their emotions, wellbeing and of course the many physical side effects of the condition.

The attention is on living and coping now, rather than research for the future, they don't just focus on those needing palliative or end of life care, but all adults affected by cancer. The charity supports people before, during, and after their NHS cancer treatment.

When the surgery, radiotherapy and chemotherapy finish, the fear of cancer returning and the impacts of treatment can continue for a long time. This charity is there for you and your family throughout all of that. They offer therapies, groups, friendship, advice and information at the centre and online and just help you feel normal, which is a rare thing when you are going through cancer. They are amazing.

If you want to encourage Roy and Matthew during their training and drive them to achieve their awe-inspiring goal in June 2021 please donate. Every penny counts and if you can boost your donation by ticking gift aid too you will help the charity even more.

Updates on progress with donations, training, and the event itself will be posted on the Cancer Support Centre's Facebook page.

## HOW TO DONATE

[Virgin Money Giving page](#)

[On the Cancer Support Centre website](#) - QUOTE NC500

[Donate with PayPal Giving Fund](#)



## CLIENTS COMING BACK TO THE CENTRE.

At the centre, our main concern is the safety and wellbeing of all our staff, therapists, client advocates, volunteers and, of course clients coming into the building.

With the potential on 12th April of introducing more physical therapies, we are now in the process of going through all our risk assessments again to ensure that everybody can stay safe.

Any clients coming into the centre can feel reassured that everything is being done to ensure their safety and comfort.

This includes the rooms being cleaned between clients, a one-way system in place for coming in and out of the building and a COVID questionnaire the day before your appointment and again before entering the building.



# Help us raise funds through recycling from the comfort of your home



WAYS YOU CAN RECYCLE AND RAISE FUNDS



**FOR: Jewellery (including broken or damaged) and Banknotes (Foreign or UK outdated)**



**Request a freepost label to use on any envelope of an A5 size or smaller.**



**FOR: larger collections (over 20kg containing only Jewellery, foreign/uk outdated currency, mobile phones, cameras, used stamps and game consoles)**



**Request a collection sack free of charge which is then collected back at a time to suit you.**

**email [customerservices@recyclingforgoodcauses.org](mailto:customerservices@recyclingforgoodcauses.org)  
or call 0800 633 5323 to help today.**

# SPRING OUT OF LOCKDOWN CHALLENGE

[Crimson Limited](#) (a leading IT Solutions Consultancy and UK IT Recruitment Company) have nominated [The Cancer Support Centre](#) as one of two charities to raise money for during 2021. The second charity being [Centrepoin](#) (providing housing and support for young people who find themselves homeless).



The 3,000 miles can be covered by a combination of walking, running, cycling, swimming, rowing etc... and Teams will track their mileage via an app called Challenge Hound.

Staff/Friends/Family have formed Teams of 10 Miles that can be covered on land or water.

The challenge starts on 28th March and finishes on 21st June.

## Would you like to take part or donate?

Provide us with some much-needed emotional support?

Click the link below to read how you can help us achieve an amazing target of £10,000.00!

This is indeed a challenge for everyone, however, the comradery, fun and competitiveness will get us through ... hopefully 😊

## [FIND OUT MORE & DONATE](#)



With Crimson celebrating its 20th year of business in 2021, they wanted to do something big and came up with 'Spring out of Lockdown' ... a 12-week challenge travelling 3,000 through Europe 'visiting, virtually' several of its parent company's offices with a finish point at The Cancer Support Centre, Sutton Coldfield.

The 3,000 miles can be covered by a combination of walking, running, cycling, swimming, rowing etc... and Teams will track their mileage via an app called Challenge Hound.



**We need you ....**

**Do you want to make a real difference ?**



We are looking for a couple of new Trustees and Chair of Trustees to help with strategy and direction of the charity

Do you have the passion, drive and desire to make a difference for those affected by cancer ?

**Do you have at least a day a month to share your expertise in Business Strategy, Business Development, Marketing, IT, Fundraising ?**

Are you between jobs and want to add to your CV ?

**Find out more here about being a Charity Board Trustee or Chair [HERE](#):**

The Cancer Support Centre, Lindridge Road, B75 6JB Charity Number 1089658



# WHY YOU'LL LOVE DRU YOGA

Our Therapies

Find out more about

## Yoga with Helen

Every Wednesday starting at 12.30pm




## What is Dru Yoga ?

Dru Yoga is a graceful and potent form of yoga, based on soft flowing movements, directed breathing and visualisation. With its foundations set firmly in ancient yogic tradition, Dru works on body, mind and spirit to rejuvenate your whole being.

## Who's it for?

The group is open to all abilities and you can join in even if you have never done it before!

## Do I need anything special to join in?

Just wear something loose-fitting and bare feet. If you have a mat then you can use that but it is not essential. Helen sometimes uses a band, but the belt from a dressing gown works just as well.

Helen is a fully qualified Yoga teacher, and has been supporting clients at the Centre for many, many years.

For this group she offers Dru Yoga which works on the body and the mind.

"I have been doing the Yoga classes for quite a few years. I suffer from arthritis and find these sessions really help me, especially the stretching, meditation, and relaxation. The people who take part are really nice and friendly, and I would greatly recommend it."

**Check out the short video  
we have to find out more  
[HERE.](#)**

"I feel that yoga helps me to deal with stress and anxiety and I always feel calm, uplifted and energised after the session and I love the inspiring quote that Helen reads at the end of each session"

**The online session runs every  
Wednesday and starts promptly at  
12.30 pm.**

**You will need to book in [here](#) and  
we ask for a donation of £3  
to help cover costs.**

# EBAY: OUR EXPERIENCE



**Julie:** "The pandemic and lockdown left me with so much spare time, and having cleared out my house, garage and anything that moved, I was wondering what to do with it all!

Having volunteered at the Cancer Support Centre for over 5 years, mainly on reception but in recent times standing in as Volunteer Co-Ordinator, Deirdre knows me quite well, so asked me if I would help out with the site admin for eBay as they were trying to sell more donated items on the eBay site.

I could do this whatever time of day I fancied, whenever I had some free time, so I said yes, I would give it a go. Six months later, I am still here and we are selling quite a lot on eBay now. It does involve me logging on either on the computer or the eBay app on my phone numerous times each day. Some items sell for a couple of pounds, some for much more.

A lot of the hard work is done by Rosa and Ann, who photograph the items for sale and email me those along with detailed descriptions, as well as storing and washing lots of clothes!

As shops are closed at the moment, I do feel that eBay is busier at the moment, so we may not make quite as much money when things return to 'normal' ... but I have given up guessing what will sell and what won't. It constantly surprises me!

I do this alongside my new volunteer roles at a local food bank and marshalling at the Town Hall vaccine centre – this has all kept me busy and, more importantly, kept me sane."

**Rosa:** "When we started this project six months ago, I knew next to nothing about eBay, but I felt if I could help, I would give it a go, after all I wasn't doing much in these surreal times. We are a very small team of three with the support of the staff, and some trustees of the Cancer Support Centre.

We started by selling a few items of clothing and gradually it took off and the last three months have been frantic. We are now fast becoming a Department Store. It has been lovely being part of a team. We have been frustrated at times but on the whole, we have laughed and the messages between us just keep coming.

It is a win-win situation. It has kept me going through lockdown, it has raised much-needed funds for the Centre, and our buyers have received many a bargain.

We have dispatched parcels to towns and villages throughout all corners of the UK, which I have found fascinating. Many of the places I didn't even know existed. It has definitely been worthwhile."

# EBAY: OUR EXPERIENCE



**Ann:** "I had heard of eBay and have even bought the odd thing from a trader but always at a 'Buy it Now' price. Becoming an active member of a Triumphant Trio, storing the potential articles of sale, valeting, occasionally repairing, photographing, truthfully and accurately describing every measurable proportion and then forwarding the information for the Lister in Chief, has been a revelation and, mostly, very good fun.

When the online arm of the selling machine was first established back in the Summer it toddled along gently and gradually grew until the lead up to Christmas. Thereafter it took off at a level which was quite astonishing. Regularly taking from 3-9 items to the post office, buying online courier despatches and organising storage and packing like a branch of Amazon.

No more recycling of packaging materials, they were long used up. Donations of bubble wrap, tissue paper and parcel post bags made the whole thing a slick and business-like enterprise. A new competitive sport has been added to the Olympic list; soft furnishing and duvet wrestling. I'll leave your mind to boggle. It was basically a battle of wills. No contest, but an octopus would have found it easier.

January and February were excellent selling periods. We still seem to be maintaining a steady flow in and out of our spare bedrooms, and the change from heavy winter wear is slowly moving towards the lighter items of warmer weather and a happier social future.

## "The Centre has gained nearly £3000."

It has been doubly rewarding. The Centre has gained nearly £3000, but I have personally gained a busy and industrious period through those two dark and sometimes dreary months plus some insight into the fickle world of fashion whereby a beautiful, tailored jacket will struggle to reach £6 + postage and a cardigan with a well known and loved but lost high street brand label will sell for more than the original store price!

I still have my ultimate challenge, however, a range of sarongs in a variety of lovely floaty patterns plus two bikinis, just waiting for the right moment..... Perhaps I should have slipped them in with the Faux Fur coats.

Got to go, there is a bidding battle developing on a pretty folding walking stick. These ladies eh? "

Did you know we have an EBAY shop? [Click this link](#) to find us and grab yourself a bargain

If you have new/nearly new clothes or items that you would like to donate, please email us [CSCEbay@suttoncancersupport.org](mailto:CSCEbay@suttoncancersupport.org).

## **EBAY VOLUNTEERS NEEDED**



**The  
Cancer Support  
Centre**

A place of sanctuary and support

- **To store a small amount of new or nearly new clothes (10 items)**
- **Or small house hold items in very good condition prior to listing on EBay.**
- **Photograph items and any labels and email or WhatsApp to the EBay coordinator who will put up the listing online.**
- **When the item sells you will be notified.**
- **Wrap securely in appropriate packaging (provided by The Cancer Support Centre or re-use anything suitable)**
- **Take to the Post Office or local courier drop off point.**
- **Send your postage receipts to the Cancer Support Centre to be reimbursed.**

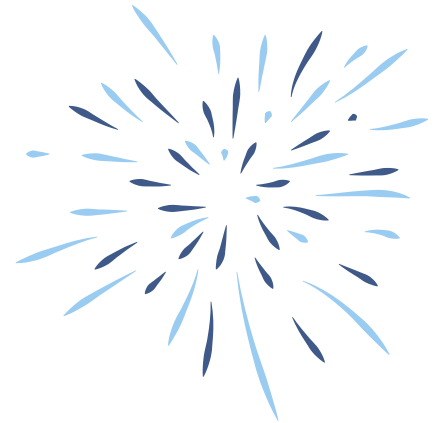
If you can help or would like more  
information please email:  
[Info@suttoncancersupport.org](mailto:Info@suttoncancersupport.org)

Registered Charity  
Number 1089658

# JOIN IN AND SUPPORT LOCAL PEOPLE

If you would like to join our monthly lottery  
please click on the link:

<http://www.suttoncancersupport.org/clublotttery/>



## LOTTERY WINNERS

### January 2021

Mike No. 112

**1st Prize**

Pat No. 30

**2nd Prize**

### February 2021

Sheila No. 25

**1st Prize**

Janet No. 113

**2nd Prize**

### March 2021

Eileen No. 100

**1st Prize**

Derek No. 68

**2nd Prize**

**YOU HAVE TO BE IN IT TO WIN IT**

**JOIN THE CSC 70:30 LOTTERY CLUB TODAY!**

Just £24 per year



## **PREMIUM GIFTS FOR EASTER OR A GIFT FOR YOU!**

**All proceeds to the Cancer Support Centre**

Please email: [info@suttoncancersupport.org](mailto:info@suttoncancersupport.org)

with your contact number OR send a message and we will call you back

**GLASSES CASES  
AVAILABLE IN ASSORTED  
COLOURS AND PATTERNS  
ONLY £4**



**MINI TOTE BAGS: 15cm x 10cm  
JUST THE BAG £4  
WITH FOIL WRAPPED MINI EGGS £5  
SMALL DRAWSTRING BAGS £4  
TISSUE POUCHES £1.50**



**ANTI FOG FACE MASKS £4  
AVAILABLE IN SMALL,  
MEDIUM AND LARGE.  
AVAILABLE IN VARIOUS  
COLOURS AND PATTERNS**



Charity number : 1089658  
Reg Companies House, Cardiff No :  
4202897

**Collection by  
arrangement at CSC  
carpark or postage  
available at cost**



We hope you've enjoyed the  
March Newsletter

Enjoy the Spring!

CSC opening days/hours are ...

Tuesday to Thursday  
9.00am to 5.30pm

**STAY SAFE, STAY WELL!**

