



**The
Cancer Support
Centre**

A place of sanctuary and support

JULY 2021 NEWSLETTER

Your Journey | Our Support | Your Choice



Marie Moore,
Chair Person

Hello Everyone,

I hope you are making the most of the start of the summer and the chance to enjoy some time outside to boost your wellbeing.

As restrictions lift, we are looking forward to helping as many people as possible that are affected by Cancer. Appointments are available to book 1:1 therapy which has stayed on offer throughout the pandemic and our virtual support continues too.

We are also looking carefully at how to reintroduce groups in person safely once the government allows us to gather indoors in groups over six.

A huge thank you to everyone who has donated so we can begin to open more. With continued contributions, we aim to return to full strength over the coming months.

***** STOP PRESS *****

The First lot of Sunflowers are now SOLD OUT!

Second bunch will be ready to go end of July – limited numbers!

More details on how to reserve yours, coming up in this month's newsletter.



We are delighted to let you know our recruitment campaign for Trustees has been successful. In our next edition, we will do a feature to welcome and introduce the new team members, we will be looking at the other volunteer roles needed to support our services next.

It will be amazing to see our existing volunteers begin to return and to welcome new volunteers to the community. Volunteers have always been a big part of our success and gain immense satisfaction from doing their part and making a difference.

In Volunteers week I hope you enjoyed hearing stories from some of our volunteers on our Facebook page.

Enjoy this quarter's newsletter. It includes a huge endeavor to cycle 500 miles to raise funds for the centre please sponsor the team if you can.

Stay safe and hope to see you at the centre soon.

Marie Moore, Chair of Trustees.



Jackie Price,
Centre Manager

I do hope you have been able to enjoy the great weather we have had this month – in between the torrential downpours!!

Remember a good dose of Vitamin D from the sunshine is really important for building your immunity, but do not get burnt.

It has been great to welcome more of you back to the Centre, hearing your stories and catching up with how you are doing. Check out the article about Client stories later.

This time we are sharing a recipe that is available on CSCHelpyourself from Kate. A delicious smoothie to boost your immunity, which tastes wonderful and has lots of good things in it.

On a slightly different note, I need your help. I am currently looking at the support we give - the what, and the how - taking the good things we learned pre Covid and the different ways we were able to support you over the past 18 months, to enable us to deliver the support you are asking for as we are able to open up more.

It would be amazing if some of you would share your thoughts with me about what works for you, and what you feel does not work quite so well. Please let me know what you think.

E:jackie.price@suttoncancersupport.org
or call the office: 0121 378 6295 to arrange a chat. Your feedback is essential in this.

Take care, Jackie.

CSC HELP YOURSELF NUTRITIOUS SMOOTHIE



Check out a delicious tasty smoothie full of anti-inflammatory and antioxidant ingredients.

Recipe:

- Fresh or tinned pineapple
- Spinach or kale
- Coconut oil
- Turmeric
- Cinnamon
- Coconut milk
- Hemp seed or Chia Seeds

Method: [Watch this video](#)

Kate shares lots of information about the benefits of each ingredient.

"I only put in a bit of spinach as I don't like it, but couldn't taste it. I will use more next time. Lovely subtle taste of pineapple. Love it!"



FROM ELECTRICIAN TO HOLISTIC THERAPIST

Roy is a self-employed Holistic Therapist trained in a wide range of different therapies such as Hypnotherapy, Life Coaching and Reiki. He uses these therapies to help The Cancer Support Centre's clients reach their full potential and be the best version of themselves.

He constantly upgrades his skill set and therapy range via regular CPD (Continuous Personal Development) and actively learns new techniques to offer our clients the best possible services.

Originally trained as an electrician, Roy was fascinated by how he could help people and made the decision to 'give up work' and retrain as a Holistic Therapist. He still says it is 'the best decision he ever made!'.

Roy became actively involved with The Cancer Support Centre in 2008 after meeting up with a former Trustee. Initially involved with providing therapies to The Cancer Support Centre's client base, he has been a Trustee for the majority of his time at the Centre, representing his fellow Therapists at board level and has also acted as Chairman for 3 years which included overseeing the move of the centre to its current Lindridge Road premises.

Roy offers both 1-2-1 appointments and group therapies, with his Friday afternoon relaxation group being one of our most popular.

In his spare time, he teaches lifesaving and rescue techniques to young people giving them the confidence to be safe in and around water. A father of two, he is currently supporting his children through their studies.



Here are just a few words of what his clients say about him ...

"Roy is like a tour guide to your own mind, he can take you to a calm place where you are in a state to receive information or words that can fight against the problems that brought you to him. You are not "under", he does not use anything but his own voice and calming/relaxing language that takes you to a trance like state.

You can talk if you wish, you are in control but he can say things to you in this trance that train the subconscious mind into believing the problem is not a problem anymore. He trained me to do this to myself at home and although I can't go as deep as I can go with Roy I still manage to get to a level of pure relaxation and my issues have definitely improved. I would recommend him to many people that have different mental or physical problems, I was at the end of exhausting all aspects of the health service to fix my bowels and yet Roy was the most successful."

ROYS THERAPIES

I use a blend of the different techniques, overlapping each other.



Hypnotherapy

In hypnosis, a client is more relaxed and open to suggestions and so able to change unhelpful patterns of negative behaviour.

NLP neuro linguistic programming

A wonderful way of changing the way we think, changing the way we talk to ourselves,

Life coaching

Tools to help us set goals and then reach them.

Teaching Reiki

To all levels Reiki 1 & 2 and Master level.

Psy-Tap

A great of different techniques to bring about change ... 'Impossible just needs a minor tap to make it I'm possible'

- TFT thought field therapy (tapping)
- VCART visual coding and repatterning techniques
- Hypnotherapy
- NLP

A set of easy-to-use techniques that can be applied to help the client.

EMDR eye movement and desensitisation reprocessing

It is a way to reset the process systems of the mind.

Russian doll technique

A brilliant way to work with a negative state and to be able to remove it completely.

Natural Healing or spiritual healing and Reiki healing.

Tapping into the 'Universal Life force' to help kick the clients own healing system.

Sunglasses case
£4.00

Mini Tote bag
£4.00

Drawstring bag
£4.00

Vegetable Storage bag -
large £ 4.00

Vegetable Storage bag -
medium £3.00

Vegetable Storage bag-
small £2.00

Clover bowl
£3.50

Make up bag
£5.00

Tissue Pouch
£1.50

Carry pouch with
belt clip £4.00

Bird table -
picnic table style
£10.00



To place an order please email:
info@suttoncancersupport.org

Registered Charity
Number 1089658

PAINT-ASTIC JOB



Well, redecorated offices that feel like new!!!

A big THANK YOU to Richard at Dulux Decorator Centre Sutton Coldfield for donating paint, brushes, and other equipment to The Cancer Support Centre for the redecorating of our offices. It looks and feels amazing!

Check them out: [Decorating Paint, Woodcare & Wallpaper | Dulux Decorator Centre](#)

And, we had a fabulous team from BNI who kindly volunteered to do the painting! You were all stars!!!

Huge thanks to....

Charles Sanders - Action Coach

Nikki Southwick-Gough - Oscar Pet Foods

Liz Garfitt - Masterplan Financial Limited

Charlotte Edwards - Edwards & Gray

Ruth Massey - TR Virtual

Shervonne Hamilton - Hamilton Property Partners

Morg Francis - Utility Warehouse

amazonsmile
You shop. Amazon gives.

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](#)



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
or call 0800 633 5323 to help today.**

CLIENT STORIES



We are looking for stories about your experience with the Centre. Many of you share with your Client Advocates and Therapists, but it is not captured. When you were able to meet in the café, you would share your experiences, and it would help others. They realise that they are not the only one to feel that way, and it can be really supportive and empowering.



Jane's Story (not her real name)

"I found a lump in March last year and dreaded having to go to the doctors as COVID was just kicking off. It was confirmed as stage 4 cancer, and I was told I needed to have the works: lumpectomy, chemo, and radiotherapy.

I was in a very dark place. My family lives away and I was on my own, self-isolating, unable to work, just me with my thoughts. Not a good combination. During chemo, one of the other patients told me about CSC, and the help you had been to her. I called, not expecting any help at all, but I was so wrong!

From the moment I spoke to you, I felt better. You were so kind and understood - that was what was so good. Everything was done over the phone, my assessment, and being able to talk things through with my client advocate.

Then 1:1 sessions for holistic talking therapy. Learning how to breathe and relax when my anxiety started was the best. I cannot put into words how much that helped me. I really do not know where I would have been if you had not been there. Thank you is not enough."

Can you share your story?

Whether you have cancer or are supporting someone. How did you feel before you knew about us? What helped you? What difference did we make for you? Is there anything specific that you want to share which may help another client? We would love to hear from you.

Get in touch. Write it down and send it to info@suttoncancersupport.org headed up 'My Story'. If you would rather pop in and tell us yourself, we can do it that way too.

Some will be used (written), others may be recorded from your written word – not your voice unless you want to – and shared on social media, to let others know we are here and how we can help.

You can put as much detail in as you wish, and we will never use your name.

Thank you.

CSC LOTTERY APRIL DRAW

**SUPPORT A LOCAL CHARITY
FOR LOCAL PEOPLE:
JOIN OUR LOTTERY TO SUPPORT
PEOPLE WITH CANCER**



**AND THE WINNERS ARE:
1ST PRIZE 27 - ANTHONY
2ND PRIZE 99 - NATHANIEL**

**ALL PROCEEDS TO CSC
ONLY £24 PER YEAR:**

**[http://www.suttoncancersupport.org/
csc-7030-club-lottery/](http://www.suttoncancersupport.org/csc-7030-club-lottery/)**

**OR EMAIL US:
info@suttoncancersupport.org**



Registered Charity
Number 1089658

VIRTUALLY CRAZY

So it seemed like a good idea at the time!

Crimson has a newly appointed Charity Committee and we all met to discuss ideas for fundraising. There were lots of ideas passed backwards and forwards, but due to Covid restrictions, a lot were simply not possible. A race across the UK was suggested with teams starting at different points and then racing “virtually” to the same finish point. But, hold on! If we’re going to do it, let’s make it into a real challenge.

Why not race across Europe, using the offices of our European colleagues as marker points along the way. The route was calculated, the rules were set – 3,000 miles in total. A maximum of 1,700 on a bicycle, scooter, exercise bike, or wheelchair, with the remaining 1,300 miles to be undertaken on foot, by swimming, or wheelchair. The aim was to complete this for the original “Freedom Day”, 21st June.

The buzz it created in the office was fantastic and The Challenge, as it became known, was the focal point of most conversations. 11 teams were formed, strategies discussed, WhatsApp Groups set up and allegiances made (and broken). On 28th March we all set off ... virtually!

The rivalry between teams was intense. It soon became apparent that two teams were in direct head-to-head competition to finish first! If one team went a few miles in front, within hours the other team had added a few miles and regained the lead. One person sat on an exercise bike and kept refreshing the Challenge webpage until they had regained the lead!



Rules were questioned, and stewards' inquiries were demanded!! But it was all (mostly) taken in good spirit and the main aim and focus was to raise money for our chosen charities and to simply have fun along the way.

We were all out, come rain or shine (even hail and snow); early morning runs were undertaken, people dusted off their previously forgotten bicycles, the exercise bikes were no longer being used as makeshift clothes airers – everyone was determined to put in the miles and complete the Challenge. We had tales of sore feet and bruised bottoms, dogs were walked incessantly, and walks to the local paper shop were logged in an effort to reach the dream 3,000 miles total.

I can honestly say it has been one of the highlights of our “lockdown” – everyone involved has given it their all. It has brought people together in a fun way and got us off the sofa and out into the fresh air. And of course, it has raised awareness and much-needed funds for two great charities along the way. A win-win situation all round. 😊

[DONATE ONLINE](#)

With love, from Crimson. **crimson®**

CSC LOTTERY MAY DRAW

**SUPPORT A LOCAL CHARITY
FOR LOCAL PEOPLE:
JOIN OUR LOTTERY TO SUPPORT
PEOPLE WITH CANCER**



AND THE WINNERS ARE:

1ST PRIZE 37 - MEL

2ND PRIZE 20 - JULIE

ALL PROCEEDS TO CSC

ONLY £24 PER YEAR:

**[http://www.suttoncancersupport.org/
csc-7030-club-lottery/](http://www.suttoncancersupport.org/csc-7030-club-lottery/)**

OR EMAIL US:

info@suttoncancersupport.org



Registered Charity
Number 1089658



Happy Flowers is Back!



Who doesn't love a sunflower? They beam happiness!

One of our Supporters (and her Mom) have again used their green fingers to grow from seed Sunflowers that are now for sale.

Friends and family have donated a number of plant pots – thank you so much they were in great demand!

Lichfield Garden Centre have very kindly donated a number of plant pots and trays too – most invaluable when the Sunflowers are being moved into the glorious sunshine and then tucked up for the evening to be put back out again the next day. A huge **THANK YOU**, they have saved so much time going back and forth!

They have been lovingly cared for and nurtured and 100% of the monies raised go to our wonderful Cancer Support Centre.

Get yours now by contacting Julie.Emery@suttoncancersupport.org





Happy Flowers



£4 each or 3 for £10



100% of monies go to our local charity ...
'The Cancer Support Centre', Lindridge Road

'We are Caring, Respectful, Supporting and value Choice. We respect and care for all our clients, volunteers and all those who support and work with the Cancer Support Centre. We are committed to supporting our clients to help themselves to heal in body, mind, and spirit. We enable every individual affected by cancer to exercise choice in the way they regain control of their life.'



Giant Sunflower
Height: 400cm (13ft)

You can put them in pots which will reduce their growth!



Flowers From End July to End September



CSC LOTTERY JUNE DRAW

**SUPPORT A LOCAL CHARITY
FOR LOCAL PEOPLE:
JOIN OUR LOTTERY TO SUPPORT
PEOPLE WITH CANCER**



AND THE WINNERS ARE:

1ST PRIZE 41 - DEBBIE

2ND PRIZE 3 - LIZ

ALL PROCEEDS TO CSC

ONLY £24 PER YEAR:

**[http://www.suttoncancersupport.org/
csc-7030-club-lottery/](http://www.suttoncancersupport.org/csc-7030-club-lottery/)**

OR EMAIL US:

info@suttoncancersupport.org











Registered Charity
Number 1089658

RIDING HIGH

What an achievement! 500+ miles of cycling through sun, rain, wind, storms and a million midges along the NC500 route through the beautiful stunning and at times bleak highlands of Scotland.

"We began planning and training in April and our mammoth task started on the 18th of June. Have you followed us on Facebook?"

The first day there was anticipation, excitement, and trepidation about what was to come in the next 8 days. With just one wrong turn through Inverness, we were on our way to the west coast. Roy and Matt on their bikes, Marie, and Gretta in "Vanessa" our transport and home base for the days ahead. We reached our first lunch stop, fed, watered, and reprovisioned Matt and Roy ready for the afternoon which was the daily pattern.

From Via To	Cycling Miles	Climb	Day	Weather
Merkinch nature reserve Inverness via Lochluichart Garve to Strathcarron	66.5	2077	1	
Strathcarron via Bealach-na-ba to Applecross and on to Kinlochewe	63.1	5548	2	
Kinlochewe via Badcaul to Ardmair	78.5	5118	3	
Ardmair via Lochinver to Clachtoll	37.1	2680	4	
Clachtoll via Laxford Bridge Lairg, to Eriboll	69.4	5558	5	
Eriboll via Reay to John O'Groats	77.4	5226	6	
John O'Groats via Borgue to Dornoch	76.1	3071	7	
Dornoch via Invergordon to the Muir of Ord	40	1201	8	
Totals	508.1	30479		

Our first camp was at Kinlochewe. Out came the insect repellent and we had to find a way to eat and drink through the midge nets over our faces. Pleased to say we mastered that. Aching muscles were sorted with ice and hot showers and as the days passed ibuprofen, freeze spray, and muscle rub were added to the list. The nerves were kicking in as Bealach na ba was tomorrow



Oh my did it live up to its reputation! The climb was ridiculous, the smell of burning clutches was in the air. First gear was not low enough for Vanessa on the single-track hairpin bends. With grit determination and the training sustaining them on the 6-mile climb, the boys made it to the top. The weather cleared and the view was to die for. "All downhill from here" was foolishly uttered.

Over the next few days, the climbs were unrelenting and some unsuspected like the 25 percent section leaving Clachtoll. The cumulative effort was starting to hurt and on the wet stormy days, we kept each other going and focused on why we were there; the Cancer Support Centre. Wringing the water from drenched cycling clothes before carrying on in the downpour.





Reaching the campsite on a clifftop in the high winds with neighbours saving us from flying over the edge by helping to pin the awning down. After we picked up the cyclists, we found the pegs had lifted so down came the awning! A takeaway and the England match revived us. After broken sleep, we were away again. John O'Groats was an iconic point and of course, we have the photo by the post. The end was in sight, the sponsorship was building and the anticipation of the planned whiskey tasting definitely helped motivation.

508 miles with climbs equalling the height of Everest are a once-in-a-lifetime achievement and one I am sure you will want to mark with a donation if you haven't already done so.

We have reached £2000+ and give a massive thank you to those fabulous donors. With your support, we want to reach £3000."

Please make the effort even more worth it and donate if you are able to.

DONATE



NEW CSC 70:30 CLUB LOTTERY

In aid of



**2 Monthly
Prizes
prize**

**Prize drawn 5th
of the month**

- ◆ All proceeds to The Cancer Support Centre to help support people affected by cancer
- ◆ £24 a year by standing order (£2 per draw)
- ◆ Choose your annual numbers up to 200 available
- ◆ Open to all (Participants must be over 16)

MORE DETAILS & SIGN UP

- ASK THE OFFICE
- CONTACT info@suttoncancersupport.org
- ON OUR WEB PAGE www.suttoncancersupport.org/clublottory

**Only £2
A
MONTH**

**70% to The CANCER SUPPORT CENTRE
30% to MONTHLY DRAW PRIZES**

The Cancer Support Centre, Lindridge Road, Sutton Coldfield, B75 6JB

Charity number: 1089858

www.suttoncancersupport.org

Company No: 4202897

We hope you've enjoyed the
July Newsletter
We welcome any feedback you may
have!

Enjoy the summer whatever the weather!

CSC opening days/hours are ...
Tuesday to Thursday
9.00am to 5.00pm



**The
Cancer Support
Centre**

A place of sanctuary and support