

OLDHAM CANCER

SUPPORT CENTRE

NEWS

(Issue 3, January 2013))

Welcome to this issue of our Centre's Newsletter, and a Happy New Year to you all. I hope you enjoy reading about some of the events of the past six months. If any of you have any ideas for articles in our next issue, please let me know so that they can be included.

Pam Williams (Editor)

Message from the Chairman:



Welcome to 2013 - I hope that this year is a happy, healthy and prosperous one for you all. And also, of course, for our organisation.

As most of you will be aware, 2012 was a financially challenging year for us, and not only because of the general lack of money and funding available in the region. We received a huge shock when our rent was increased from £18,000 to £22,500 per year (a 25% increase!). We were already struggling to pay the

£18,000 plus other costs, as we have no official sources of on-going funding. This extra burden has become a massive worry.

Our money comes from in-house funding from various events which are organised by the Board of Trustees and by the Fundraising Committee. We also rely heavily on donations from local organisations and local individuals who kindly work hard to raise money for the OCSC.

When we thought that things were so bad that we might lose our premises, the Oldham Chronicle were a great support to us and through their newspaper helped to raise awareness of the work we do here. This helped us by bringing in messages of support from local councillors, the NHS, local communities and also individuals. This had a knock-on effect, bringing in some much needed funds which has enabled us to continue our work with those individuals and families who are affected by cancer. Although it is becoming increasingly difficult, the Trustees are absolutely committed to trying to find new sources of funding that will allow us to meet the ever-increasing demand for our services.

At our AGM in November 2012, two new Trustees were voted on to the Board. Both Joyce Hill and Richard Roberts have skills which will hopefully strengthen the Board and we hope they will be happy with us.

I'll close by sincerely thanking all those wonderful people and organisations who unstintingly continue to support us. We couldn't do it without you.

Beryl Vale (Chairman, Board of Trustees)

FUNDRAISING

Can you help?

Our main priority this year is to raise the funds to cover the cost of our rent to the NHS (£22,500.00), salaries for our Counsellors and Therapists, and all other on-going expenditures.

The Board of Trustees is applying to as many sources of funding as possible, but in the present economic climate this is becoming more and more difficult.

Our regular Volunteers do as much as they can to help support all of our fundraising events, but we really do need help from more people.

Our Fundraising Group meets once every six weeks on a Tuesday evening and the members are constantly trying to come up with new ideas for raising money.

So if you have some time to spare and/or you have a good idea for an event, please contact the Centre (0161 906 2940) for the date, time and place of our next meeting. You will be made most welcome.

*****SKILLS/TALENTS*****

If you are unable to offer us any of your time but could use your skills in, for example, baking, card-making, sewing, knitting, crocheting, jewellery making, or any other craft work, we would be extremely grateful for any items for our fairs and sales of work. Again, please contact the Centre if you can help.

Just before Christmas we were sorry to have to say good-bye to Therapist, Janice Boriss, and Counsellor, Carol Smith. We thank them both very much for the work they have done for OCSC and wish them well for the future.

THANK YOU

To the following people who have recently kindly made donations to the Centre:

- Irene and Dennis Greenwood (from a collection of 2p coins – fantastic)
- Carol and David Atkinson (celebrating their Golden Wedding Anniversary. Congratulations from all of us)
- Jacqueline Howell (the proceeds from a swear box!!)

Patients' Support Group

This new group for cancer patients (including those who have suffered from cancer in the last five years) will be starting on Wednesday, 30th January, 2013, from 11 a.m - 2.00 p.m. and will take place at the Centre at the same time on the last Wednesday of each month. Tea, coffee and biscuits will be served, but members of the group will be welcome to bring a light lunch with them if they choose.

The facilitators for the group will be Becky Norris (Chemotherapy Sister from Christie's) and Ros Royle (Counsellor at the Centre and former palliative care nurse)

The agenda for each month will be decided by the group members. Topics which have already been suggested include:

- meditation
- hand and/or foot massage
- nail care
- mouth care
- nutrition
- skin care

but anyone in the group will be able to put forward their own ideas.

The opportunity to speak to Ros or Becky on a one-to-one basis will also be offered, but in addition it is a chance to meet new people socially for a cup of tea and a chat.

Counselling

Hello, my name is Jane and I am one of the Counsellors here at the Oldham Cancer Support Centre. I am trained as a Person Centred Counsellor and am a member of the British Association of Counselling and Psychotherapy.

Initially I came to counselling through my other profession, which is teaching. Within my counselling I work with both children and adults.

It is my belief that all people should be respected and valued, and that when counselling takes place in a respectful relationship it can empower and enable people. This, in turn, allows them to discover their own way forward in a safe, confidential environment.

I thoroughly enjoy my work at the Centre, which I believe offers a valuable service to anyone who has been affected by cancer.

In the time that I have worked here I have seen at first hand the beneficial work that takes place across the whole of our organisation. I know that this has made a difference to so many people's lives.

It is an honour to be part of such an amazing team.



Jane Dowd (Counsellor)

Two evenings at the Home Guard Club

Our thanks must go once again to everyone at the Home Guard Club in Failsworth for allowing us to hold fundraising events there.

On September 14th we held our second potato pie supper and bingo evening, which was again very successful and raised £415.

And on December 7th we had our Christmas party there. By popular request we again enjoyed potato pie but this time it was followed by a selection of extremely naughty desserts – plus mince pies. Special thanks must go to the Failsworth Medical Centre staff (Sally Brown, Sam Casey and Carol Wood) who baked whole batches of mince pies for us. During the evening, as well as witnessing some very enthusiastic dancing, we held a raffle and also had some games of bingo and a quiz. The quiz was won by our own Jean Harrison and her friend – well done to the two brainboxes!!



Volunteers and friends at the Christmas party

THANK YOU

- to the Manager at Tesco, Failsworth, for a £10 store voucher which we used in one of our raffles.
- to the following people who donated items for us to sell:
 - ~ Vivian Coates
 - ~ Mrs V Manser
 - ~ Richard Crawley

Saddleworth Women's Institute

For the past two years we have been fortunate enough to be one of Saddleworth WI's three chosen charities. Along with the local Mountain Rescue Team and the Saddleworth playgroup for children with special educational needs, we have had funds raised for us by the members of this WI.

Last January we were each presented with cheques for £1,000 and this year we have each been given £1,250. What amazing amounts - and what an incredible amount of work the members must have put in. They have held a Diamond Jubilee party, a Shop Local Festival, car boot sales, themed evenings, raffles and guest speakers.

One celebrity speaker was writer and comedienne Helen Lederer, who gave an interesting and very amusing talk in July. Helen was happy to have her photograph taken by Pam, with the then WI President, Jennifer Whitworth, and agreed that we could use it in our Newsletter:



Helen and Jen

The new President, Jess Moreland, and the Vice-president, Tricia Leigh, welcomed Beryl and Pam to this year's presentation evening on January 9th. After receiving the cheque they were invited to stay for the rest of the evening and join one of the quiz teams - did our two intrepid Centre members excel? Sadly not!



Jess Pam Beryl Tricia

Everyone at the OCS Centre would like to send a huge thank you to every member of the Saddleworth WI for choosing us as one of its charities and also for working so hard to raise this amount of money. We are very grateful.

THANK YOU

To the following people for their donations:

- Mrs Min Ellerker
- Mrs J Margaret Heap
- Carol Lennox
- Nuala Pradey
- Nicola Siddall
- Kirsten Fretwell
- Sandra and David Butterworth
- Jean and Ray Samways

~ we really appreciate their generosity and support.

A Young Volunteer

Georgina Sanderson, who has been connected with the Centre since she was very young, recently persuaded her school to have a 'dress down' day and to donate the funds to OCSC.

Georgina is the daughter of Wendy, who is one of our longest-serving receptionist/volunteers.

As well as helping to raise over £1,300 at this event, Georgina always tries to turn out to help at events such as our Spring and Autumn Fairs, Potato Pie Suppers and Therapy Days.

Well done Georgina – and thank you so very much for everything you do.



BOOST... (from the left) Oldham Cancer Support Centre chairman Beryl Vale, pupil Georgina Sanderson, house manager Joanne Cleary and centre secretary Pam Williams

Our thanks must also go to Mr Meagher, Headmaster at Failsworth School, for allowing Georgina the opportunity to do this for us.

The Carers' Drop-in Group

The Carers' Group continues to meet on the last Monday of each month (10.00 a.m. - 2.00 p.m.) when a light lunch is provided. This group is for anyone who takes care of a member of their family or a friend who is not in good health (with any illness, not necessarily with cancer). It is designed to give Carers a break for a few hours, so if you would like to join them please just come along and ask for Shirley Ryder or Marie

Walmsley who both help to facilitate this group. You will be made very welcome.

Since the last issue of the newsletter, the group has visited the Willow Pool Garden for a day where they also had a lovely meal.

One month the group held a special party for two of its members - one who was sixty and the other who was eighty. Congratulations to both of them.

Paul Cassidy, the Director of Social Services in Oldham, visited one of their meetings. He was very informative and extremely supportive. He told the group members that if he could ever help any of them as individuals or as a group, they only had to contact him.

In December the Carers enjoyed a Christmas meal at Smokie's, where everyone had a good time.

Activities which are being planned for the next few months include having group members' first aid certificates updated, and also a visit to Gorton Monastery for a meal.

So don't forget, if you are taking care of a loved one who is ill, try to give yourself a short respite each month and join us at the Centre. We can guarantee that you will enjoy it.

THANK YOU

- Dr Gowan
- Sally Brown
- Carol Wood
- Sam Casey

who all work in the Failsworth Health Centre, for making wonderful cupcakes for our Autumn Fair and mince pies for our Christmas Party. They are now known to us at OCSC as the "Cake Queens".

Complementary Therapies

We now offer the following therapies:

- Massage
- Indian head massage
- Reiki
- Hot and Cold Stones
- Reflexology
- Hypnotherapy
- EFT (Emotional Freedom Technique)

The first six therapies are free to cancer patients or their carers/families. If they then wish for further therapies there is a small charge of £12 per session.

Counselling

These sessions are free for however long it takes for the client.

Please call in at, or phone, the Centre to make an appointment. Or you may be referred by your GP, a Macmillan nurse, Christie's or any other hospital or health professional.

THANK YOU

- To all the therapists who, yet again, gave so freely of their time on the fundraising Therapy Days held in September and November. Also to all the staff and volunteers who helped to make the two days such a success. Together with a raffle, the September event raised £500 and the one in November raised £429. Fantastic!
- To everyone who worked so hard to make our Autumn Fair such a great success. Held at the Broadbent Luncheon Club on Saturday October 27th it raised £977.70. So to everyone who helped and to all those who came along and supported us – thank you so very much. And a special thank you, as always, to the ladies from the Broadbent Luncheon Club for making it possible.

THE GREYHOUND INN

Just after Christmas we received a phone call from the landlady of the Greyhound Inn, Royton, to ask if our Chairman could attend their Quiz Night on January 15th to receive a cheque for our Centre.

Some months previously, Shane and Cath Clegg, the landlord and landlady, had decided that the proceeds from the Quiz evenings should be donated to a charity.

One of the regular quizzers, Margaret Heap, suggested that this should be the OCSC and showed them a copy of one of last year's Newsletters, which told everyone about some of the work that we do. So thank you Margaret!

On the 15th Beryl was presented with a cheque for £625:



Pam Shane Beryl

So a very big thank-you goes to Cath and Shane and all the Greyhound quizzers who made this possible.

Please remember that if you are affected by cancer in any way, you do not have to come to the Centre only if you are having counselling or a therapy. You are always welcome just to drop in for a cup of tea (or coffee) with our volunteers - with or without a chat!

My Journey with Cancer.....

..... began on 11th June 2010, a day that will remain in my mind for ever. It was on this day that I was diagnosed with Lobular Breast Cancer. During the following months I went through many emotions – of disbelief, anger, then positivity and hope.

The disbelief was that I didn't believe that this was happening to me; the anger was at what I was putting my daughters, partner and family through; the positivity was not letting this C thing get to me; and the hope was that I would have many more years ahead to spend with my family.

My treatment began four weeks after my diagnosis with a mastectomy and breast reconstruction, followed by seven chemo sessions and four weeks of radiotherapy. The worst part of my treatment was the chemo – having to lose all my hair plus going through the gruelling side effects which made me want to give up. I would not have been able to get through all this without the love and support of my daughters and partner who were my rocks.



Joyce Hill

After the treatment has finished you think "What now?" You have lost the support of your medical team and are left to try and get on with your life.

For me, I had lost all my confidence and could get very emotional for no apparent reason.

It was then that I found the Oldham Cancer Support Centre, which truly started to put my life back together. It was mentioned to me when I was undergoing my radiotherapy at the Christie centre in Oldham. My daughters had been urging me to undergo therapy as a way of dealing with what I had been through, so I thought I had nothing to lose by visiting the Centre.

I can honestly say that I haven't looked back since walking through the doors. I was welcomed with open arms and shown great kindness by all who worked there.

The therapies and counselling have been invaluable to me and I will be forever thankful for their help and support. I know that they are always there if I need them.

They have shown me and many others like me that there is life after a cancer diagnosis.

NB Joyce is now a valued member of the Board of Trustees at OCSC (Editor)

AFTERNOON TEA

An old fashioned afternoon tea was held at the Broadbent Luncheon Club on Saturday, 8th September.

Tables were set in the traditional way; a variety of sandwiches and cakes were served; and, of course, scones with jam and cream.

Everyone who came said how much they had enjoyed it - and wanted to know when the next one was!

The afternoon, together with a raffle, raised £326.05.

Thank you to everyone who helped in any way and also to those who came and supported us.

OUR NEW WEBSITE

We are so pleased to let you all know that we now have a new website. This has been designed and produced by Karen Mackle of Chadderton, who is our Treasurer's daughter.

She has spent many hours producing this for us and all in her spare time. We send her our very grateful thanks and want her to know how appreciative we are.

We hope to put more information on the site as time goes on, including when and where our fundraising events are.

When you log on you will find that bright, cheerful colours have been used - which will, hopefully, make you smile.

You will find us on:

www.oldhamcancersupportcentre.com

Future Fundraising Events

18th February (Monday) 7.30 p.m. at the Playhouse 2, Shaw - a production of 'Proof'. Tickets £8 - available from the Centre.

23rd February (Saturday) 9.30 a.m. - 3.30 p.m. Therapy Day at the Centre

27th April (Saturday) Spring Fair at the Broadbent Luncheon Club. 10.00 a.m. - 3.00 p.m.

3rd May (Friday) 7.30 p.m. A Psychic Evening with International Psychic/Medium **Gary Dakin**. Tickets £10. Concessionaries £8 (over 65's or unemployed). At the Home Guard Club.

24th May (Friday) 7.30 p.m. Bingo evening with potato pie supper. (Home Guard Club)

Other events are at the planning stage and when confirmed will be advertised at the Centre and on the web page.

Volunteer and Transport Organiser

My name is Denis Ryder and after I retired I wanted to put something back into the community and so I became a Volunteer at the Oldham Cancer Support Centre.

I completed several training courses and then offered my services as a volunteer driver. This entails collecting patients (who do not have any other means of travelling to the Centre) from their homes, and bringing them to the Centre. Once their treatment has been completed I return them home.

I find these experiences to be both rewarding and humbling.

I am also a member of the Centre's Fundraising Group. It is very difficult to keep on top of our required financial outgoings, but members of this group, together with other Volunteers, work very hard to do so.

In my spare time I enjoy reading, walking (and running!) and football. I am very family orientated and we take pleasure in being members of the National Trust.



Denis

THANK YOU

- for a donation from the Chadderton Section of the Catholic Women's League
- to Christine Martyniuk and the members of the School of Chemistry at Manchester University for fundraising for us
- to Mrs J C S Bailey and the uniformed groups at Hope Methodist Church for donating to us the collection taken at their Carol Service
- to Sweet Friday and the staff at Wenlock Way for doing a collection for us
- to Oisín Wood for completing a sponsored run
- to Doreen Renshaw and staff and customers at the Wagon and Horses, Hollinwood, for a collection made on our behalf
- to Andrew Street at Saltens Europe Ltd. for once again generously donating two items for our raffles – this time it was an electric kettle and toaster which was a great boost to our raffle at a fundraising event
- to the young people at The Challenge Network who did a 'pitch' for us and were successful in raising some funding
- To John Jubb and Sylvia Makin for holding a coffee morning in memory of John's wife and Sylvia's daughter, Collette. This raised £250 for the Centre
- To the Manager at Morrison's who donated wine and chocolates

Centre Opening Hours:

Monday	9.30 a.m. - 3.30 p.m.
Tuesday	9.30 a.m. - 3.30 p.m.
Wednesday	9.30 a.m. - 3.30 p.m.
Thursday	12.30 p.m. - 6.00 p.m.
Friday	9.30 a.m. - 3.30 p.m.

We will possibly be having a second late opening day in the future and/or be opening on Saturday mornings. This will only happen if there is a proven need.

BOARD OF TRUSTEES

<i>Beryl Vale</i>	<i>Chairman</i>
<i>Sandra Abbott</i>	<i>Treasurer</i>
<i>Pam Williams</i>	<i>Secretary</i>
<i>Diane Pleasant</i>	<i>Co-secretary</i>
<i>Joyce Hill</i>	<i>Trustee</i>
<i>Richard Roberts</i>	<i>Trustee</i>
<i>Carmel Hobbis</i>	<i>Trustee</i>
<i>Michelle Mellor</i>	<i>Trustee</i>
	<i>(co-opted)</i>

Thanks to Mike

It is with great regret that we announce the resignation from the Board of Trustees of Mike Crean. Mike has been the Volunteers' Representative Trustee for the past eighteen months and has always done excellent work for us. We are not losing Mike completely as he is hoping to stay on as the Friday afternoon Volunteer. So thanks for everything you've done Mike and we wish you good health in the future.



Mike

THANK YOU

- to Mr & Mrs Brigden for a donation in memory of Sheila Fitzpatrick
- to Pam & David Williams for a donation in memory of Ernie Mellor
- to Michelle Mellor and her team of colleagues at the NHS for a donation in lieu of sending Christmas cards to each other
- to Eddie & Pauline Hurrell for a donation in lieu of Christmas presents for two of their friends.

