

Support Groups Diary Dates

The following
Support Groups meet
in the Holistic Centre

The South Cleveland
Breast Cancer
Support Group
meets on the first
Wednesday evening
of the month except for
January, August
and December.

Meetings start at 7.00pm
For further information
contact 01642 285418
and 535935

The Brain Tumour
Support Group
meets on the first
Tuesday evening of
the month except for
January. Meetings
start at 6.00 pm
For further information
contact 01642 854347

The Maxillary Facial
Cancer Support Group
Let's Face It
meets on the second
Friday of every other
month - starting
February
at 2.00 pm.
For further information
contact 01642 850850
ext 5542

We do not receive
funding from any other
source.

We need help to fund
the centre.

We need you!

Do you want to
know more?

Can you help
in any way?

Contact the Centre

Thank you
for reading.

Farewell to two good friends

As some of you may know, Wayne and I are leaving for a new life in Spain. It has been a difficult decision, but we believe that we have made the right choice for us. We would like to take this opportunity to wish you all a fond farewell.



We have met some truly wonderful people here at the Centre over the years, patients, staff, volunteers, and we will miss you all more than you know. We wish each and every one of you, and the HCCC, every future success and you will all hold a special place in our hearts.



With love and thanks to you all - Wayne and Bernadette.

Headstrong

Headstrong is a service of Breast Cancer Care, but it is for any cancer patient who has lost their hair through either Radiotherapy or Chemotherapy. Headstrong is a free service provided at the Centre by trained volunteers, given on an individual appointment basis, on a Monday afternoon between 1.30 until 4.30pm. Each appointment lasts approximately an hour during which you will be shown scarf tying ideas and techniques with the opportunity to try on and find out which hats and scarves suit you best. We carry a range of headwear for you to purchase with prices at £2.00 for a scarf and hats at £3.00 through to £15.00. We recommend that you visit Headstrong before you start to lose your hair so you are prepared and know what is available in advance. Bring a friend or relative along to offer support. Headstrong is a service provided to offer alternatives to the wig that will be supplied to you. Please feel free to make an appointment to visit and see what is on offer with absolutely no need to make a purchase.

Phone the Centre to make an appointment.

I Wonder Update

I wonder what happened to all those people who read the "I wonder" article in the spring newsletter and thought "That's a good idea", and then put the newsletter down and didn't do anything about it, perhaps forgot about it? As a project it was certainly worth doing and it has brought some money in but not on the scale we had hoped for. Nevertheless the forms do continue to trickle in. Perhaps if you thought about joining in the scheme but for whatever reason you didn't get around to filling in a form, you might want to review your decision again, and put your form into that trickle. Forms are available from Heather at the Centre or ring John Graham on 01845 577188. As a reminder, in the last edition, I wondered if I would get 100 replies.

I asked if you would consider committing to give £2 per week for one year. That's less than a price of one drink at the pub each week. If a hundred people committed to £2 per week, it would raise £10,400 for the Centre and if most of them also signed for gift aid, we could also recover 28p in the £ from the tax man. That would give a total of about £13,000. We need to find over £100,000 per year to keep the centre going. The number of people who have committed is rising towards the number 20! Are you one of the other 80 ?????????? We'd love to hear from you.

John Graham (£2 per week fund co-ordinator).

Thank you to our sponsor for this newsletter

This edition of the Newsletter is sponsored by Pauline, Lee and Scott Davison with grateful thanks for all that the Centre provided for Kevin and his family during Kevin's illness.



Issue 9

June 2007

Registered Charity no.1056061

Hi everyone and welcome to the second newsletter of the year, half way through 2007, so let's have an update. One of the important things is that the Centre is closed on Friday for the moment as I am on long-term sickness absence. We haven't reduced the service, just jiggled things around a bit. Heather is doing an amazing job of managing the Centre, not an easy task on her own, but she is supported by our volunteers who are more than happy to help, so thank you to them.

Much of the work we do, as you know, is providing access to a range of complementary therapies for patients and their carers, but we also try and support them and there is a lot of talking over cups of tea when people come in with their worries or concerns. That's where we are blessed with some wonderful volunteers who have been through similar times. They won't want to be named but Denise and Judith take a bow! They have both experienced chemotherapy and radiotherapy and for a patient who is about to face the same to be greeted by someone who has been through it and come out the other end makes such a difference to them. Then there are Val, Marie, Ann and Pat, ladies who may not have a personal experience but have someone close who has. They all have a knack of putting people at ease and before long everyone seems more like friends - and they make a great brew!

Then there is the craft class, which has been run by Dorothy and assisted by Cynthia for the past four years. It's a great place to have a chat, make new friends, have a laugh, drink lots of tea and be creative - so thank you ladies for all you do to help both in the class and out of it. Then, we have lots of friends who are either part of the fundraising group or drop in to help and I would just like to say a big thank you for all your support - it has been much appreciated. There are too many of you to mention, you do it because you want to help patients, and make a difference and you do. I must also say thank you to all the practitioners who give 110% to their work in the Centre: they are exceptional and we are lucky to have them! And finally, there are the people who use the Centre. It has been my privilege to meet and get to know a group of very special people and their families over the last four years. Thank you for letting the Centre be a part of your life.

You may have realised from the tone of this that I will not be returning to the Centre. I am retiring in September (early that is!) and this will be my last newsletter. However, I shall not be disappearing off into the sunset (I get sea sick any way!) as I shall be coming to craft class myself and eventually becoming a volunteer and hopefully be of use to Heather. After all, I have learnt how to make a decent cup of tea over the years! So, I just want to thank everyone for their support over the past nine years and hope that you continue to support Heather in the same way. Bye for now, have a great summer and I'll see you around! PS Try and behave yourselves!!

Sue Stephenson - Manager, Holistic Cancer Care Centre



The centre is going through a time of change at present with Sue planning to take early retirement and two of our long standing practitioners, Wayne and Bernadette leaving us to take up residence in a new country. They will all be much missed by the users and staff at the Centre. Sue was the keystone of the Holistic Centre and has been involved in the project since we first thought about offering complementary therapies back in 1989. Although she is leaving her formal role as manager, Sue will still be part of the future of the Centre. I have been in post for 18 months now and want to reassure people that the ethos and philosophy of the centre will remain unchanged. Throughout the life of the Holistic Care Centre, personnel will change but the peace, tranquillity and the X factor that the Centre gives will be constant.

Another change is the new website is under development. In this age of computers we are asked more and more if we have a web site that people can refer to and the answer will very soon be yes. All the information about the Centre, the complementary therapies, the fund raising events and even our newsletter will be available on line. We are very grateful to Jim, a Centre user, and to Pat our volunteer for taking this project forward. Also to the Friends of the Holistic Cancer Care Centre, our fund raising committee volunteers, who are funding this project.

Please come into the centre for a cup of tea and a chat whenever you are passing this way, the door is always open.

Heather Goodwill - Deputy Manager Cancer Care Centre



Holistic means paying attention to the whole person, physically, emotionally and spiritually

The Holistic Cancer Care Project aims to provide a range of supportive therapies to complement the orthodox treatments of surgery, radiotherapy, chemotherapy or hormone therapy

Trained practitioners provide these therapies, all funded by the Project

Contact

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TS4 3BW

Tel 01642 854839
Fax 01642 854982

email sue.stephenson@stees.nhs.uk

Patrons

Elizabeth Carling
Stella M^cCartney
Les Bell
Steven Bell
Eugene McCoy
The Lady Gisborough

How do we raise the money we need to fund the Centre? Read On!!



Packing



Cycling



Singing



Running



Willing

**TAKE
ACTION**

Bags R Us

Some of the Centre's Volunteers responded to a last minute offer from M&S in Middlesbrough to bag pack in their store on Good Friday. Given that we had forty eight hours notice and it was a Bank Holiday, we did well, raising £730 in a few hours and enjoying lots of chat about the Centre with the shoppers. Hopefully M&S will invite us again sometime - like another store says, every little helps.

Away Match

As planned, the cycle ride from Middlesbrough FC to Manchester United FC took place in April in time to finish at Manchester for the away match on Saturday 21st. Unfortunately, one of the riders, Graham, took ill and had to withdraw but Mark and Richard Wheeler completed the event. Media coverage of the adventure was excellent on both sides of the Pennines, raising awareness of the Centre. Many thanks to all who were involved in the planning and to the two riders. Money is still coming in but it is anticipated that the event will raise in excess of one thousand pounds. Keep peddling!

Stars in their Eyes

A great night was enjoyed by all who attended a fund raising event at Hutton Rudby Village hall, organised by one of the Centre's practitioners, Lynne Gray. Local band, The Players (so called because they all play squash at Yarm Squash Club) provided their services free and gave the sixty nine people who attended on Saturday 26th May a brilliant night of entertainment. There was dancing, singing and general frivolity all evening and everyone had a thoroughly enjoyable time. Alastair Griffin also made a marvellous guest appearance to the delight of everyone who supported the event. A very big thank you to everyone who helped to raise £1,240 for the Centre: a fantastic outcome. Even the cleaning company, Squeaky Clean of Stokesley played a part by not charging (without being asked) for the cleaning and starching of some of the tablecloths that were used on the evening. Our photograph shows Alastair, from Fame Academy, with fans Lynne, Sue and Heather - every job has its perks ladies! Once again, a big thank you to all involved in this fun event.

(Half) Marathon Man

Russ McDonald ran the recent Redcar half marathon and raised a grand total of £802 for the Centre. Our picture shows Russ with Invista Textiles colleagues Lillian Thompson and Margaret Kirkby presenting the cheque to Heather. Lillian is a patient at the Centre and the inspiration for Russ to offer to help, and Margaret collected the cash. Truly a Team Effort. Thank you.

Thanks to Pat and Auntie Hilda

Pat Harbron mentioned the Centre in her will, leaving a ten thousand pound bequest to us. Our photograph shows Pat's Auntie Hilda presenting a cheque to Heather. Thank you.

Some Other Recent happenings

The Easter Coffee Morning at Great Ayton was a big success raising £925 Especially welcomed by the punters was the Easter Egg Tombola. Thank you to all who supported the event and donated the Easter Eggs. The Crathorne Arms gave £97, a left over from their golf day, the North York Lodge sent in £675 and Zetland Ladies £300. Mark Province of N&E Yorks donated £1000 and Ammonite Quilters £250. Paul Simmons raised £111 and Rebecca Mills £540, both through their running, and donations were received from Park Ladies, £50, and David Wood, £200. Just a flavour of some of the monies received. Thank you.

Walking on Fire is Cool! An update

You must have heard the phrase 'I'd rather walk on hot coals' - well now you can. A reminder that you can sign up for this event, astound your friends and raise some money for the Centre. The walk will be held here on site on Wednesday 31st October from 5.30pm. Some very easy training will be given the evening before. Want to take part? Contact the Centre, or volunteer and organiser Judith Pennington on 01642 285418.

Tea Vicar

Pat and Julie will host their usual Strawberry Tea on Saturday 14th July. As some of you will know, Pat and Julie committed to five years of fund with a target of £25K, to take place during the five years of Julie's treatment. Well the five years is nearly up and this will be the last Strawberry Tea. In the hope that we can have a big event, this year it will not be at the Old Vicarage but in the WI Hall in Wolviston. Come and enjoy a full cream tea in the glorious English sunshine (here's hoping) and the chance to spend your cash in a good cause: plant stall, craft stall, cake stall, raffle, tombola - all will be there. All we need is you. Help us to make this the best Strawberry Tea ever.

Details from the Centre or Pat on 01740644663.

Collecting in Northallerton

John Graham has organised a Street Collection to take place on Saturday 11th August in Northallerton. If you would like to help by standing in Northallerton High Street with a collecting tin then please telephone John as soon as possible on 01845 577188.

Autumn Coffee Morning

Following the success of the Easter Coffee Morning we will be holding an autumn event on Saturday 1st September in Great Ayton parochial church hall from 10.00am until noon. There will be goods on sale from local crafters plus the usual goodies of cake stall, raffle, tombola and plants. Want to help? Please donate some chocolate (bar, box, bag) to the Centre for the chocolate tombola, bake a cake for the cake stall or come along on the day. Tickets at £1 will be on sale in the Centre and include refreshments. See you there.

Tales, Songs and Music

Following the success of last year's event, we are pleased to give you advanced notice of the Fettle's appearance at an evening of Tales, Songs and Music.

As last time, this will be held in Hambleton Forum, Northallerton, on Saturday 8th December. Still at the planning stage, this event will definitely take place and details such as ticket price will be announced soon. Put the date in your diary!

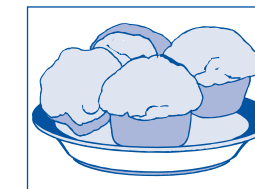
Centre Coffee Mornings

Our usual coffee mornings, held at the Centre on the last Friday of the month, have not been so well attended of late. Have we got it wrong? Is it time for a change? The next one will be here on the 29th June.

Let us know what you think.



Walking



Eating



Collecting



Supping



Singing

**TAKE
ACTION**