



Cancer Support Centre — Sutton Coldfield

Providing a place of sanctuary and support to all those affected by cancer.

A Special Recognition... goes out to our founder, Mavis Cunningham, and her loyal band of volunteers, without whom we would not be here today. We are forever indebted to Mavis and everyone who has helped over the years to offer a safe haven to cancer sufferers and their families. In an effort to further expand and improve upon our services, we welcome your suggestions, either by calling or emailing the centre.

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"Believing something is possible is to make it come true." **Friedrich Hebbel**

Inside this issue:

Meet Our Trustees	2
Fund-Raising The Bar	3
AGM Meeting	3
Upcoming Courses	3
Website Gets A New Look	3
Special Thanks	3
Upcoming Events	4
About The Centre	4

CSC Welcomes New Chairman...

Local businessman, David Dimeloe, has lived in Four Oaks for 9 years and is the Managing Director of Mackwell Electronics, a manufacturer of emergency lighting components within the FW Thorpe group. David was born in London and first came to the West Midlands in the sixties to study at Birmingham University, graduating in 1971 with a Ph.D. in Chemical Engineering. Whilst at university, David met his wife, Pat. They have two

grown up daughters, both living in London. David relates to the work of the Centre as his wife was diagnosed with bowel cancer in 2001. Fortunately, Pat has made a full recovery. In his spare time, David enjoys golf, skiing and various charitable activities. David was introduced to the Centre by our previous Chairwoman, Mavis Cunningham, who recently retired. His first visit to the centre was to present a donation from the local Round

Table and it was then he was invited to join the Trustees. As Chairman, David is very much looking forward to working with everyone involved at the Centre and providing support to the increasing number of people the Centre helps to cope with cancer.



Chairman: David Dimeloe

...And Volunteer Coordinator

Volunteer Coordinator:
Christine Wright



Hello everyone!
I joined the CSC on July 30th. This is a newly created post that I shall

hold for the next 3 years, developing the volunteer base, finding ways to give all volunteers ongoing support, encouragement and providing opportunities to develop new skills. There is much to do and no doubt there will be many challenges. However, if my experience over the last two weeks is anything to go by, I am

convinced we have the people, enthusiasm and ability to carry on the work of the centre, making sure we continue to go from strength to strength. I am really excited to work for an organisation that offers such a wonderful service and that has such strong support from the local community.

Receive the Gift of Therapy...

Friends and family may now purchase for clients treatment gift certificates, available in convenient £10 increments, by calling the Centre at 0121.321.1300.

Our Library is diminishing...

Please return any outstanding books you may have on loan, so that we may continue this valuable service.

Meet Our Trustees...

Anita Bridges



Occupation: Therapist. Previously involved in empowering groups and individuals to change their lives.

Year Joined CSC: 1999

Reason for Getting Involved: I joined as a Louise Hay Teacher & Hypnotherapist.

Inside Scoop: I have a law degree and various qualifications in business and community work as well as complementary therapies. I have 4 children and 9 grandchildren

Loretto Cattell



Occupation: Therapist

Year Joined CSC: 2003

Reason for Getting Involved: I love to celebrate life with the wonderful people at the CSC. Being able to practice hands-on therapies ensures that I am in touch with our clients and this influences my role as a trustee.

Inside Scoop: I hold a post graduate diploma in complementary therapy in cancer care.

Sue LeBlanc



Occupation: Therapist

Year Joined CSC: 2005

Reason for Getting Involved: I joined the Centre as a therapist and after having experienced cancer myself, I felt I could empathise with the clients and understand some of what they are experiencing.

Inside Scoop: I am qualified in Hypnotherapy/NLP, EFT, Reiki and Quantum Touch.

Debbie Turfrey



Occupation: Consultant Cardiac Anaesthetist & Intensivist

Year Joined CSC: 2007

Reason for Getting Involved: In addition to growing up in Sutton, I have been the education lead for my speciality and have a major interest in teaching and research. I hope to use my research experience to develop the Centre over the next few years.

Inside Scoop: I have a young family, but my major interest (outside of being a mum and going to work) is geology.

Toni Lester



Occupation: Therapist

Year Joined CSC: 2003

Reason for Getting Involved: To set up training sessions for clients and the general public.

Inside Scoop: I have a background in bio chemistry and turned my hand to complementary therapies in 2002 to practice at John Taylor Hospice and the CSC. I am qualified to practice Reiki, Indian Head Massage, Reflexology and Aromatherapy.

Fund-Raising The Bar...

The future of the Cancer Support Centre is totally dependent upon grants and donations, hence our latest initiative, "Time Share Sponsorships."

WE NEED volunteers to sell the weekly sponsorship packages to local businesses in exchange for lots of advertising and holistic therapy sessions.

If you would like to volunteer for this project or if you know of any local businesses that may be interested, please contact the centre at 0121.321.1300 or email cancersupportcentre@tiscali.co.uk.

AGM October 2007

The Cancer Support Centre will

be hosting its annual general meeting at the centre on Wednesday, October 17th, 2007, at 7:15 PM.

The meeting is open to anyone who is already a member, or anyone interested in learning more about the centre providing they RSVP to 0121.321.1300. Light refreshments will be served.

Energy Healing Courses...Limited Spaces, Book Today!

Reiki I

Saturday, October 13th &
Saturday, October 20th
10:00 AM—4:30 PM Cost: £80
Free to cancer clients. Both dates
MUST be attended.

Dowsing I for Health

Saturday, October 20th
10:00 AM—4:30 PM Cost: £40

Dowsing II for Emotions

Saturday, October 27th
10:00 AM—4:30 PM Cost: £40

For more information and to reserve your space, please call **Toni at 0121.308.2452.**

Quantum Touch

Sunday, September 23rd
10 AM—4 PM Cost: £40
Sunday, September 30th
10 AM—4 PM Cost: £40

For more information and to reserve your space, please call **Sue or Loretto at 0121.321.1300.**

Website Gets A New Look...

We're undergoing a redesign at suttoncancersupport.co.uk to bring you more up-to-date and helpful information.

If you'd prefer to receive your personal copy of our quarterly newsletter electronically, please visit us on the web to sign-up at suttoncancersupport.co.uk.

A Special Thanks To...

MACMILLAN...

for funding to pay for our newsletter.

VOLUNTEERING ENGLAND...

for our recent grant to employ Volunteer Coordinator, Christine Wright.

CLIENTS...

for your heartfelt feedback.

ANDREW MITCHELL...

for his continued support.



Seen here with David Dimeloe

ALL VOLUNTEERS, THERAPISTS & TRUSTEES...

who continue to keep our mission alive and thriving, we couldn't do it without you!

If you have any suggestions for future issues or suggestions in general to improve the centre, please use the suggestion box at the centre or email, to Sue LeBlanc's attention, info@suttoncancersupport.co.uk

Current Programmes and Upcoming Events...

DAILY PROGRAMMES

MONDAYS—THURSDAYS

Therapies by appointment

MONDAYS

Art Group 10:30–12:30

Meditation Group 13:30–14:30

WEDNESDAYS

Walking Group* 10:00

THURSDAYS

Relaxation Group 11:45–12:15

Guest Speaker 13:15–15:15

Book Club** 15:15

*Town Gate, Sutton Park

**First Thursday of the month

SAVE THE DATE!

10/10 - First Aid Training

10/17 - Annual General Meeting

21/12 - Carol Singing ASDA
Singers Needed

UPCOMING THURSDAY

GUEST SPEAKERS

- 6/9 - Smile Qi Gong Intro
13/9 - Singing for Fun
20/9 - Quantum Touch & Reiki Sampler
27/9 - Beginners Yoga 10:00
- Chat & Share
4/10 - Learning to Say No & My Story
11/10 - Singing for Fun
18/10 - Numerology
25/10 - Beginners Yoga 10:00
- Chat & Share
1/11 - Road to Joy
8/11 - Singing for Fun
15/11 - Homeopathy
22/11 - Nutrition for Health & Happiness
29/11 - Beginners Yoga 10:00
- Chat & Share
6/12 - Self-Defence
13/12 - Singing for Fun
20/12 - Christmas Party

UPCOMING EVENTS

Wednesday, September 19th
Painting on Porcelain - CSC

Saturday, November 10th
Annual Ball - Drayton Manor
£35 3-course meal & dancing

Wednesday, November 14th
Film Night - CSC

Saturday, December 8th
Christmas Supper - At Maureen's

Wednesday, December 12th
Christmas Lunch - Boat House
Special 3-course lunch
Sponsored by MacMillan

Thursday, December 20th
Christmas Party - CSC
Please bring food to share

To purchase tickets or for more information, please call the centre at 0121.321.1300.



Cancer Support Centre—Sutton Coldfield

Providing a place of sanctuary and support to all those affected by cancer.

Founded in October 2000 by Mavis Cunningham, a retired nurse and nursing lecturer, the Cancer Support Centre—Sutton Coldfield aims to provide a place of sanctuary and support for all those affected by cancer in the West Midlands and surrounding areas, including family members and close friends.

Working alongside the local health services, hospices and other cancer charities, the Cancer Support Centre takes a holistic approach by providing:

- Information & Library Resources • Traditional & Complementary Therapies • Group Activities
- Informative Talks • Courses • Therapist & Volunteer Training.

The Centre is currently open Monday through Thursday from 10 AM–4 PM.

For more information, to volunteer or make a donation, please call 0121.321.1300

or visit us on the web at www.suttoncancersupport.co.uk

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Phone: 0121.321.1300 • E-mail: info@suttoncancersupport.co.uk • Visit: www.suttoncancersupport.co.uk

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