



Cancer Support Centre Sutton Coldfield

Newsletter Date
February - July 2009

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



From The Chairman

Let me begin with my Best Wishes to you all for 2009. We are all aware of the financial turmoil around us, but I am pleased to tell you that the Cancer Support Centre is in very good shape. We have all been very busy since I wrote my last report, and achieved a great deal.

In the autumn we had the Centre redecorated, and with funding from Awards for All bought new adjustable beds for the therapy rooms, also new Reiki chairs. We wanted to show all our supporters our improvements, so we organised an Open Day on November 21st, which was very well attended. Our MP, Andrew Mitchell was amongst the guests who joined us for lunch, and shown the facilities the Centre can now offer.

The Saturday before the Open Day was the date for our Annual Ball at Drayton Manor. It was a sell out success, and I want to thank Maureen and Bryan Farmer, and all their family and friends, who made it such an enjoyable evening. Over 250 people had a wonderful time, and we raised £4,423 for the Centre. I would also like to thank Maureen and Bryan again for opening their house for their Christmas Evening, raising an amazing £790. Very many thanks.

Our friends at the Hardwick Arms in Streetly continue to support our cause and during 2008 raised an astonishing £5250. I would like to extend my thanks to all of those involved.

On December 10th we had the Centre Christmas Lunch at the Old School House restaurant. Over 60 people attended and enjoyed an excellent lunch.

So we start 2009 in very good heart, I would like to welcome our third employee, Pat Brighton, who joins us in the position of Fund Raiser. Pat will be working part time for the Centre, with the Trustees and other volunteers, to raise the money we need to continue providing the high levels of support we provide for our Clients.

I would also like to welcome an additional Patron, Sally Ellis. Sally is well known locally for her past athletic achievements, and will help us to raise the profile of the Centre, and is willing to assist us in other, more practical ways. Sally has agreed to come to the Centre on the 19th March at 7.30 to advise all of those entering the Great Midlands Fun Run on behalf of the Centre how to get fit for the event .

2009 will have its challenges, as the funding from one of our major supporters, the Sutton Coldfield Municipal Charities is due to end. Their continued support over the last six years demonstrates their belief in the value of the service the Centre provides to the local community.

I will conclude with my thanks to Christine and Gill and all the volunteers who work so hard to make the Centre the very special place that it is.

David Dimeloe

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Library Books

Quite a lot of our books are missing, and they are very expensive to replace. It is important for all clients to have access to our information. Please would you check cupboards under beds etc to see if you have any which have not been returned.

Thank you

Holidays for 2009

Easter close down 9th April Re-open 20th April

May close down 25th Re-open 1st June

August close down 31st Re-open 7th September

Christmas closure still under discussion !

Meet our new fundraiser

We are pleased to welcome Pat Brighton as our part-time Fundraiser and Events Manager.

Pat has had a very successful career in Sales and has successfully fundraised for local clubs and organisations. Pat's many hobbies include gardening, tapestry, cooking and golf. She is a practising Reiki Master and Crystal Therapist. Her goal is to raise the profile and awareness of the Centre and to increase income as much as possible through community and corporate fundraising initiatives. Pat will welcome any ideas you may have that will help. [contact details below or ring the Centre 0121 321 1300]



Fundraising

Our fundraising events for 2009 are under starters orders with a **Night at the Races** on Friday 27th February. At only £5 per ticket it's a cheap, fun night out. Come as a group with family and friends and pool your bets – and winnings!! You can also own a horse and maybe win a prize. It's a way of having fun and helping to boost funds for the Centre at the same time. Or you could say it's a win, win situation for all!! Tickets are available from Pat or from the centre.

Look out for more events throughout the year.

We had many donations large and small last year which allows us to continue our work and we are grateful for and we hope you will be as generous in 2009.

Sharon Taylor
Fundraising Trustee

A Night At The Races



date	Friday 27 th February 2009
venue	Vesey Suite, Sutton Coldfield Town Hall.
time	7.30pm, first race 8pm Bar, raffle and silent auction

For more information contact
patricia.brighton@sky.com
or telephone 0121 308 6454



Fundraising events 2009 (Dates for your diary)

- Wednesday 18 March - 7:00pm - An Audience with Lynn International Clairvoyant Photograph Readings (Limited numbers) Tickets £10 in advance
- Saturday 28 March - 7:30 - Quiz Night - Four Oaks Tennis Club
- Sunday 31 May - Great Midlands Fun Run - Sutton Park
- Thursday 9 July - 7:30 - Sutton Chamber Choir - St James Church - In memory of Denise Bunn
- Friday 11 September - Firewalk - venue to be confirmed
- Saturday 3 October - Grand Annual Ball - Drayton Manor
- Thursday 22 October - An Evening with Jane Plant - Trinity Hall
- Saturday 21 November - Just Us Theatre Group - Whittington Church Hall



Spotlight on a therapy

The Bowen Technique

The Bowen Technique is a non-invasive holistic therapy consisting of a sequence of gentle moves over muscles and soft connective tissue, interspersed with short periods of rest to allow the body to respond.

The treatment takes approximately 45 minutes to an hour and most work can be applied through light clothing.

The Bowen Technique is not a massage and is generally considered to be a safe and effective tool, particularly useful when other treatments are unsuitable.

This is especially the case in acute or severe conditions where the client is very elderly or infirm and can help to improve the quality of life, for the terminally ill.

The Bowen Technique encourages re-alignment of the body, whilst promoting a deep sense of relaxation, helping people to lead a more comfortable and fulfilling life.

Benefits for people with cancer are a relaxing and lasting experience from a treatment that uses a gentle hands on holistic approach, helping to reduce feelings of anxiety and stress as well as pain, at a vulnerable time.

The Bowen Technique has a good record in treating:

- Anxiety and stress related conditions.
- Back pain, sciatic and spinal problems.
- Digestive and bowel problems such as IBS.
- Headaches and migraine.
- Asthma and respiratory conditions.
- Whiplash injuries.
- Joint problems such as tennis elbow, frozen shoulder, ankle and knee injuries.
- Infant colic, bedwetting.
- RSI and carpal tunnel.
- Sports injuries.
- Hay fever and ear and sinus problems.
- Chronic fatigue.
- Lymphatic drainage.

If you would like to experience this therapy please discuss suitability with your assessor and if recommended book an appointment at reception.

COURSES FOR SPRING 2009



February

- 4 19:00 - 21:00 "M"Technique Awareness Evening
14 10:00 - 16:00 Reiki Level 1 Day 2
26 19:00 - 22:00 Reiki Level 1
28 10:00 - 16:00 Relaxation and Visualisation for Therapies

March

- 5 My Story - Jane Plant - Prevent Breast Cancer Recurrence
7 10:00 - 16:00 Quantum Touch Live Session (for certificate)
8 10:00 - 16:00 Quantum Touch Live Session (for certificate)
12 19:00 - 22:00 Reiki Level 1
13 10:00 - 16:00 Reiki level 11
14 10:00 - 16:00 Heal your Life: Louise Hay
20 10:00 - 16:00 Reiki Level 11
21 10:00 - 16:00 Heal your Life: Louise Hay
27 **10:00 - 16:00 Body Image and Sexuality TBC**
Check the centre for details on this free course

April

- 24 10:00 - 16:00 Learning to relax/using visualisation
Course for clients, volunteers and general public

May

- 7 19:00 - 22:00 Reiki Level 2(1)
14 19:00 - 22:00 Reiki Level 2 (2)
16 10:00 - 16:00 Aromotherapy in cancer care
21 19:00 - 22:00 Reiki Level 2(3)

June

- 9 13:00 - 15:30 MacMillan Living with Cancer free 6 week course designed for people living with cancer
Booking forms available from the office.

REGULAR PROGRAMME

MONDAYS — THURSDAYS

Therapies by appointment

MONDAYS

Art Group 10:30 -12:30

Meditation Group 13:30 -14:30

WEDNESDAYS

Walking Group* 10:00

*Please contact Margaret or Anne via
0121 321 1300

Yoga with Sue 12:15 -1:15

THURSDAYS

Relaxation Group 11:45 -12:15

Guest Speaker 13:15 -15:15

Book Club** 15:15

**First Thursday of the month

Thought !

Change the way you look at
things and what you look at will
change.



FORTHCOMING EVENTS

Short programme for February to July 2009

(See posters at Centre for further details)

February

- 5 Food choice by Dosha (type) Ayurvedic Chef - Michelle *
12 Sing-along with Sara
19 Bhangra for Beginners
26 Improve Your Emotional Health & Well Being with Bach
Flower Remedies & Rescue Remedy - Alison

March

- 5 My Story Jane Plant - Prevent breast cancer recurrence
12 Sing-along with Sara
19 Deal with your Fears Tony/Julie
26 Spontaneous Easter Fayre –see notice board

April

- 2 Using Crystals to Enhance Your Everyday Life–Alison
9 Sing-along with Sara
23 Woodland Learning Garden Jo & co
30 Chinois (new therapy) - Sue

May

- 7 The Findhorn Experience - Mary
14 Sing-along with Sara
21 Dietary fats – Angela
28 Bank Holiday

June

- 4 Chat & Share
11 Sing-along with Sara
18 The secret of not worrying/my story*
25 Chat & share/lucky dip

July

- 2 Woodland learning garden
9 Sing-along with Sara
Sutton Arts Festival July 11th - 19th
13 Open Morning 10.30 - 12.30 Art Exhibition
16 Open Day 10 - 3pm Singing group 1:15
23 To be confirmed
30 Chat and Share lucky dip



Cancer Support Centre - Sutton Coldfield

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

The Centre is currently open Monday to Thursday from 10:00 - 16:30.

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

Station House, Midland Drive, Sutton Coldfield B72 1TU

Registered Company: 42028907

Registered Charity: 1089658