



Cancer Support Centre



Sutton Coldfield

September to
December 2008

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



Inside this issue:

From The Chairman

I am very pleased to tell you that internationally famous recording star **Tony Christie** has agreed to be our Patron. Tony lives in Lichfield and plays golf at Aston Wood and is extremely keen to support us. He asked me to pass on this message **“I am very pleased to accept the position of Patron of the Sutton Cancer Support Centre . I have met the Chairman and will visit the Centre as soon as I can to meet some of the clients ,volunteers and staff. I understand that the Centre does invaluable work supporting a large number of people suffering from all types of cancer and very much look forward to doing what I can to help with the work they are doing.”**



Further to this I am pleased to report that all is well at the Centre and we are providing care for a record number of clients. Christine Wright and Gill Kite, both do an excellent job looking after the complex administration of the centre and we are fortunate to have them both working with us. Our finances remain sound and we are trying hard to create a sustainable income stream. Sutton Municipal Charities who are long term supporters of ours have appointed Ernie Murray as their new Clerk, he has visited the Centre and was very impressed with the work we are doing. I will close by wishing all of you a good August break and look forward to seeing you in September.

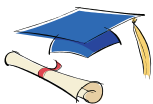
David Dimeloe

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What a great bunch !

A great big THANK YOU to all of the volunteers who work so hard to keep the Centre going. Without you we would be unable to continue offering the high level of service that we can for our clients



Well done Pam

Congratulations to Pam Bacon who achieved her Introduction to Counselling Skills Certificate awarded by Sutton College in July 2008. Pam is keen to become a volunteer at the Centre and has taken part in the 11 week course in order to achieve her ambition. Previously volunteers at the Centre have taken part in an internal counselling course in order to become volunteers.

Pam agreed to be our 'guinea pig' and attend the course after agreeing to take part in the trial and feed back to the Volunteers Coordinator, one of the trustees and Adrienne Hughes the Management Trainer who has designed the new induction programme that has been put into place for all new volunteers.

We are now offering this opportunity to all potential volunteers [and any current volunteers who are interested] who would like to take part in the course at the college. Please speak to Christine in the office if you are interested in finding out about the course or if you are interested in volunteering.



Dates for your Diary

- See notice board in Centre for more information
- Firewalk** at Sutton Rugby Club - 12th September
- Wine Tasting and Supper** at Buzzard Valley - 30th September
- Annual Ball** at Drayton Manor - 15 November
- Christmas Supper** at Maureen Farmer's - 6th December
- Christmas Lunch** - 10th December
- Carol Singing at ASDA** - 12th December and 19th December



Aromatherapy in Cancer Care

Aromatherapy is the controlled therapeutic use of essential oils to maintain and / or improve the health of body, mind and spirit.

Essential oils are aromatic non-greasy plant extracts composed only of the volatile molecules of the plant. The oils contain natural chemicals, which possess stimulant, anti-septic, anti-inflammatory and relaxant properties. Essential oils should always be used with care, preferably under the guidance of a professional Aromatherapist.

Therapeutic massage is a most effective way of receiving essential oils, which blended with carrier oil, combines the skilled touch of the Aromatherapist with the scent of the oils to enhance circulation, release muscular tension, reduce pain, and give a feeling of well-being.

Aromatherapy has a psychologically calming or uplifting effect due to the influence of the wonderful aromas because of the close relationship between the sense of smell and the brain.

It can be experienced in a number of ways e.g. hands or feet massage, an Indian head Massage, a facial or back massage as well as a body massage...

Benefits for people with cancer include the provision of a nice experience, which also supports the immune system before, during, and after medical treatments. Aromatherapy helps reduce feelings of anxiety and perception of pain, enhances wound healing, and can alleviate the side effects of chemotherapy and radiotherapy.

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



Fundraising

We now have a small dedicated fundraising team consisting of 3 trustees and 7 volunteers who are all working hard to raise money for the centre. There are a variety of events planned please see forthcoming events on the front page. We need to raise approximately £4,000 a month to cover our running costs. We would like to say a BIG thank you to everyone who has made a donation or raised funds on our behalf over the last few months. All

donations, large or small, are vital to enable us to continue providing a high level of service to both existing and new clients. Please contact the centre if you would like to find out about making a donation. A list of other



A big thank you to



The **Hardwick Arms in Streetly** who have raised a massive **£3,082.90** for the centre since June 2007. Also to **Angie Hines** who potted up two hundred plant pots and organised a BBQ and plant sale at her home raising a grand total of **£1,030.00**.

Would you like to organise a fundraising event on our behalf? For example organising a coffee morning

Stuck for an event idea? We can help you.



Once you have decided on your event contact the centre and we will be able to provide you with advice, collecting tins and promotional material to help you make the most of your event.



Recipe: Turn Any Cabbage Hater into a Cabbage Lover

The Following recipe is not only delicious but highly nutritious:

Cabbage contains the following:

Phytonutrients, these help protect you from free radicals (cancer causing agents) that can damage your cell walls.

Lactic acid, this can help disinfect your colon

Sulphuraphane an antioxidant which can help clear your liver of impurities.

Vitamin E, an antioxidant, keeps wrinkles at bay and skin glowing and healthy

Vitamin C, helps cells burn fat apart from other many benefits.

Vitamin A, important for eye health

Ingredients

- Half a head of cabbage **very finely shredded**
- 300gs celery **leaves finely chopped**
- 1 small onion **very finally chopped (the secret is in the chopping of all the veggies)**

Dressing

- 50ml good quality vinegar
- 200ml sunflower oil (or olive oil but this will change the taste slightly)
- 15ml fine white sugar
- 10ml fine white salt
- 5ml fine white pepper (black again alters the taste)
- 2½ ml mustard powder

Method

Place all ingredients into a large bowl.

Next prepare the dressing:

Combine all the dressing ingredients in a bottle with a tight fitting lid. Shake until completely blended and has the consistency of warm honey.

Pour this over the cabbage salad. Toss and allow it to stand for at least 10 minutes in the fridge.

Red cabbage also contains **Vitamin U**, one of nature's strongest weapons against gastric and intestinal disorders.

The celery leaves can help with insomnia and stress by reducing your levels of stress hormone, which helps to keep blood vessels open and relaxed.

Bon Appetit !



Time for Reflection : Don't Give Up

When things go wrong as they sometimes will,
When the road you're treading seems all uphill,
When the funds are low and the debts are high,
And you want to smile but you have to sigh,
When care is pressing you down a bit,
Rest, if you must, but don't you quit,
Life is queer with its twists and turns,
As every one of us sometimes learns,
And many a failure turns about,
When (s)he might have won had (s)he stuck it out,
Don't give up though the pace seems slow,
You may succeed with another blow.

From: *Senses: Reflections and beyond* : Girl Guiding UK



Christmas Holidays : 2008

The Centre will close on Monday 22 December 2008 and re-open on Monday 5 January 2009



Other Donations Received

(Donations have been rounded to nearest figure)

Other donations include

Sutton Charity Ball £1,000.

Breast Friends £1,000

A big THANK-YOU to everyone who has donated to the Centre and to our regular Fundraisers please keep up the good work!

The total amount received in donations since April this year is a wonderful

£12,453.00



Courses for Autumn 2008

Ring the Centre for more information

September:

Sat 6th Reiki I (Day 1) 10:00 - 4:30
 Wed 10th Crystals Evening 7:00 - 9:00
 Sat 13th Reiki I (Day 2) 10:00 - 4:30
 Sun 14th Reiki Share 10:00 - 1:00
 Fri 26th Counselling Skills 10:00 - 4:00
 Sat 27th Dowsing for Emotion 10:00 - 4:00

October:

Wed 8th Crystals Evening 7:00 - 9:00
 Sat 11th Complementary Therapists Day 9:30 - 4:30
 Sun 19th Reiki Share 10:00 - 1:00
 Tues 21st Living with cancer 1:00 - 3:00

November:

Tues 4th Living with cancer* 1:00 - 3:00
 Thurs 6th Awakening in the soul 7:30 - 8:30
 Tues 11th Living with cancer* 1:00 - 3:00
 Wed 12th Crystal Evening 7:00 - 9:00
 Thurs 13th Awakening the soul 7:00 - 8:30
 Tues 18th Living with cancer* 1:00 - 3:00
 Thurs 20th Awakening the Soul 7:30 - 8:30
 Sat 22nd Reiki 2 (Day 1) 10:00 - 5:00

December:

Thurs 4th Awakening the soul 7:30 - 8:30
 Wed 10th Crystal Evening 7:00 - 9:00
 Thurs 11th Awakening the soul 7:30 - 9:00
 Wed 17th Awakening the soul 7:30 - 8:30

* Living with cancer is a six week course being run by Macmillan volunteers and is free to anyone diagnosed with cancer -
 Call 0121 321 1300 for more information or ask in the Centre

Regular Programme

Mondays-Thursday

Therapies by appointment

Mondays

Art Group 10:30-12:30
 Meditation 1.30 - 2.30

Wednesdays

Yoga for Health 12.15-1.15
10.9.08-10.12.08

Walking Group*10:00
 Various meeting points ,
 Sutton Park. Contact Anne
 Findlay or Margret Essex
 via 0121 321 1300

Thursdays

Relaxation Group 11:45-12:15
 Guest Speaker 13:15-15:15

Book Club** 15:15

** First Thursday of the month



Forthcoming Events

Short programme for September to December 2008

(See posters at Centre for further details)

September 4th Introduction to Yoga with Sue Arnold [see Regular programme]
 September 11th Singalong with Sarah
 September 18th Growing and preparing your own herbs -Nora Lopez
 September 25th Open House newcomers welcome come along and make new friends
 October 1st Evening Swishing Party
 October 2nd Vibrant health and strength with living foods Pat Reeves
 October 9th Singalong with Sarah
 October 16th Dream Therapy with Lucy Ansell
 October 23rd Magic Pills Anthea Row
 October 30th General Chat and bring and buy—see poster for more details
 November 6th Open forum share your tips and tasters for healthy living
 November 13th Singalong with Sarah
 November 20th Iridology with Alan Payne [to be confirmed]
 November 27th Simply Christmas
 December 4th Stories in my pocket with Mary Moore
 December 10th Christmas Lunch
 December 11th Singalong with Sarah Carol singing practise tune up for Asda !
 December 12th Carol Singing at Asda Great Barr [see notice for times]
 December 18th Christmas Party
 December 19th Carol singing at Asda in Minworth [see notice for times]

Please support our Thursday events they are open to all and very enjoyable



Cancer Support Centre-Sutton Coldfield

The centre is currently open Monday to Thursday from 9:00-16:00

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