

CancerCare CONNECT



CancerCare

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Wood's Homecare provides professional and personalised home care services for clients living in South Lakeland and the surrounding areas.

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If you or a loved one are thinking about care and want to know how we can help, please do not hesitate to get in touch with a member of Wood's Homecare.



A warm welcome to our 2024 edition of CancerCare Connect



I want to start by saying a really big thank you to everyone who supports the charity in whatever capacity.

We have been proudly celebrating our 40th Anniversary over the last 12 months which included hosting Open Days at each of our four centres complete with timelines documenting the work we had undertaken in those areas. We presented at the Cancer Alliance Annual conference as well as at the inaugural Bereavement Conference in Carlisle to raise our profile and share what we do. And we ended the year with a celebratory sell out ball in March.

Last year was also our busiest to date: we received over 2,300 referrals resulting in over 2,000 clients receiving over 17,500 hours of support across our centres and hospital work – incredible!

At this time of year we are also looking ahead to a host of amazing fundraising events which you can get involved in, check out page 22 for more details and how you can take part in events such as our annual Cross Bay Walk, Chapel Island walk and much more. Maybe volunteering at an event might be more your thing. Our Volunteer Coordinator Faye would love to hear from you on faye.hinde@cancercare.org.uk

We are also giving you the chance to take part in our Summer Draw with some great prizes. Summer Draw tickets should be included with our newsletter or you can head online to cancercare.org.uk/lottery

I would like to say a heartfelt thank you for your ongoing support. Everything we do wouldn't be possible without you!!

Thank you.

Alison Stainthorpe
Chief Executive

Cressida's positive experience of scar tissue therapy



One of the specialist therapies we offer here at CancerCare is RESTORE scar therapy for clients who have undergone surgery.

As your body heals after an injury, scar tissue forms. Scar tissue is fibrotic and less mobile than pre-injury. Adhesions may form, sticking together layers under the skin.

RESTORE scar therapy is a non-invasive physical therapy developed to treat scar tissue, which can help stimulate the scar and the underlying tissue.

It can help reduce symptoms including pain, sensitivity,

numbness, limited movement or tightness, pulling or puckering scar tissue or scar adhesions.

Our trained therapists use scar massage and fascial techniques and provide self-care advice for caring for your scar at home.

Though ideally a scar therapy appointment should be booked in the first 6-12 months after an injury or surgery (even if you are not experiencing any unwanted complications), it is never too late to benefit from the treatment. It is effective in older scars too.

Whilst the treatment won't make a scar disappear, it can stimulate change to the scar tissue on the skin surface, and promote functional and cosmetic improvements.

Here are some pictures of

Cressida, who had a partial thyroidectomy in early 2023 where she was found to have thyroid cancer.

As you can see from the images, the swelling above the scar reduced significantly through the sessions. The top images were taken in January, before any massage. The bottom images were taken in March, after ten sessions with a CancerCare therapist.

Cressida said that not only did the sessions help physically, it was also helpful to talk to someone about the scar: what it looked like, how it formed, and how it would evolve.

"Someone acknowledging that there is something that they can help with was very nice. People want to be reassuring – "oh, I don't notice it" – but I could see it. It was also very tight; that feeling of tightness has improved and become more comfortable. I think I am feeling a bit more confident - I'm definitely back to wearing and enjoying my big earrings!"

Supporting children and young people across the Bay

CancerCare support children and young people from the age of 3yrs to 17yrs who have been affected by cancer, usually through the diagnosis of a close family member, or who have been bereaved through any reason.



We supported approximately 260 children last year across our 4 centres, which includes 228 children in 1-to-1 therapy and 58 children in group sessions.



Alongside our 1-to-1 therapy we organise group activities and peer support opportunities for young people aged 12yrs – 17yrs. The aim of this work is to have fun, enable young people who have experienced similar challenges in life to connect, reduce feelings of isolation and to break the taboos of talking about death, dying and cancer.



We support our school communities when there has been a sudden or unexpected death of a pupil, talking to friends and classmates, organising commemorative activities, and we take part in school health fairs and events that support the physical, emotional and mental wellbeing of children and young people.



If you would like more information about our children's services please contact us on 03330 150 628 or email tct@cancercare.org.uk.



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CancerCare launches the new therapist-led bereavement groups

It's important to us, at CancerCare, to listen to the needs of our clients, and the idea for therapist-led bereavement groups came from client and therapist feedback.

Clients recognised that they felt isolated and lonely in their grief. They had friends and family around them, but felt that these people often didn't "get it". Comments such as "it's been six months now, surely you feel better?" are born from people's fervent wish that the client feels better, but they end up stigmatising and isolating the bereaved person. This adds to the "weight of grief".



To be in the company of others who struggle with their grief is to experience the vastness and the individuality of grief. Clients can see that some of their thoughts and feelings are the same, and can feel that their grief is not "mental ill health" but actually a way we try to move through the loss of a loved one.

It can also provide a safe space for recognising and accepting other ways of grieving, some of that may feel challenging, but it brings opportunities for growth and connection.

CancerCare is launching a pilot scheme of therapist-led bereavement groups, held by two counsellors, and sessions will have an educational aspect like briefly explaining a theory of grief, then clients are free to share their own experiences.

Developing groupwork also stems from the ever-present pressure of increasing referrals and demands upon the clinical service, coupled with the challenges of funding. CancerCare offers professional expertise and compassionate service to those in need, sadly this is an increasing number of people.

Therapist-led bereavement groups are a cost effective way for us to provide a new valuable therapeutic experience to clients.

We are pleased to say that this pilot study and a further three groups have been made possible by a generous "Awards for All" grant.

For more information about when our groups will begin, please contact tct@cancercare.org.uk.

“Cancer changed our lives, but CancerCare changed them for the better”

Why John has pledged a gift in his Will for CancerCare

When Sharon Bruce was diagnosed with oesophageal cancer in 2015, life was forever changed for her and her husband, John.

“Sharon had been suffering with frequent Urinary Tract Infections and so she’d been to Lancaster Royal Infirmary for a scan.” says John. “We were joking with the radiologists, ‘better scan her all over, just in case’. The radiologist obliged and said ‘Results will be next week’, waving us goodbye”.

But one week later, Sharon got a call asking her to come back in so they could speak to her about her scan results. A few agonising days later, Sharon & John sat in front of the nurse, who told them the scans had uncovered a cancerous tumour.

Sharon underwent surgery to treat the cancer at Plymouth Hospital, with her and John moving in with daughter Lyndsay in Exeter, whilst she recovered, but when Sharon was well enough, the pair moved home, back up north to Heysham.

“We didn’t know how we were going to cope

with everything to be honest. We felt scared and alone and our finances were exhausted. Then one day, our oncology nurse told us about CancerCare,” said John.

“Sharon was able to have massage therapy, go to yoga, and then, later, join a craft group there. Everyone there was so friendly and helpful to us both. They gave us a new ‘oomph’ in our life.”

As Sharon’s illness progressed, she told John that she wanted to write a Will. “We decided that, after our children were provided for, we would give a percentage of our estate to two causes that brought a lot of joy to our lives when we were in desperate need; a Greyhound charity and CancerCare.”

“We knew that the funds would help people who find themselves in a similar situation in future, perhaps helping them to enjoy some of the happiness that CancerCare gave Sharon and I in our remaining years together”.

Sadly, Sharon Bruce died in September 2018, but John remains in contact with the team at



CancerCare, often popping in to the 'Hug in the Mug' cafe. "I will be forever grateful to everyone at CancerCare; staff, volunteers and friends. I know that including a gift in our Wills to CancerCare was what Sharon wanted, and our way of helping the next people who need CancerCare's support."

Gifts in Wills are vital to the work of CancerCare: they fund the support we provide to one in every four of the people who turn to the charity for support.

When you include a gift in your Will to CancerCare, you help ensure that no-one in our local community ever has to face cancer or bereavement alone.

If you would like more information about including a gift to CancerCare in your Will, please contact Anna Webster on 01524 381 820 or email at anna.webster@cancercare.org.uk

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Lights on the Lawn 2024

A Shining Display of Light at Slynedales

The grounds of our Slynedales Centre were illuminated with a shining display of light as part of a special evening of remembrance.



Around 100 people gathered for our Lights on the Lawn event which invited people to dedicate a candle in tribute to a lost loved one.

Those who made a dedication were invited to decorate a special candle jar, add a personal message and place it in amongst the flowers and trees in our garden which was lit with hundreds of lights and lanterns. The names & photographs of our loved ones

also have a special place on our online memory wall, which will be available to visit for the rest of the year.

Chief Executive, Alison Stainthorpe, said “We, here at CancerCare, understand the importance of remembering someone special and sharing memories of those we love. Our Lights on the Lawn remembrance event was the perfect setting to see so many people come and celebrate the lives of those they have lost.”



We were honoured to receive dozens of dedications for those who are no longer with us, but who live on in our memories and our hearts. We are touched by the generous donations of over £2,500 (including Gift Aid), which will help to ensure that those in our community coping with

cancer, life-shortening illness or bereavement will always have somewhere to turn.



We'd like to say a special thank you to our fantastic sponsors, Birchall Blackburn Law, whose support allowed us to host this event, and also to TechHub, Howard Haigh, Brian Porter and all our wonderful CancerCare volunteers who gave up their time.



If you'd like to talk to CancerCare about ways to honour your loved one's memory, call Anna Webster on 03330 150 628 or find out more at <https://cancercare.org.uk/get-involved/make-a-donation-in-someones-name>

Our 40th anniversary round up

A celebration of our 40th anniversary

2023 marked CancerCare's 40th anniversary - an opportunity to celebrate the charity's past, present, and future. And we kicked off the year with birthday celebrations!

Timelines were unveiled in each of our centres, showing how the charity developed: from a small telephone hotline in Lancaster to our four centres which offer support to thousands of people each year from across North Lancashire and South Cumbria.

We held an Open Day at 3 of our centres, and we welcomed past and present staff, volunteers, supporters, local dignitaries, healthcare staff, and members of the business community.

The Open Days proved an excellent opportunity to reconnect, and as a result a number of past supporters have taken up the fundraising baton again for CancerCare: including Jane Reedy, whose Big 5 Challenge in 2021 raised almost £5,000 in aid of

CancerCare and Cancer Research UK. Tim Farron MP raised £2,500 for CancerCare in his recent marathon.



The Open Days also prompted new support from the business community and facilitated better relations with existing and potential funding bodies.

We aimed for the year to celebrate the charity's achievements, and to raise awareness of our work - locally, regionally, and among the health community.



Supporters were encouraged to hold their own celebrations to raise funds, and we had a special, 80s-themed 40th anniversary logo which most of our regular fundraisers adopted for their events throughout the year.



The celebrations led to lots of new opportunities for CancerCare: our CEO, Alison, was invited to a major event in Carlisle Cathedral by the High Sheriff of Cumbria; the Mayors of Kendal and Dalton both offered fundraising support, and Lancaster and Fleetwood MP Cat Smith even wished CancerCare a happy birthday on the floor of the House of Commons!

We spoke at the Cancer Alliance Annual Conference and the Cumbria Bereavement Support Partnership Annual Conference about the work of the ReFresh Group. Along with Cancer Help Preston, we petitioned the Cancer Alliance for closer co-operation with

third sector providers. CancerCare staff were also invited to the opening of the new Cancer Unit at Royal Lancaster Infirmary.



Sarah and Mai in the Engagement team have worked to make the most of local opportunities to promote CancerCare. Sarah has been the first call for press comment, and has given radio interviews with Radio Cumbria in response to news of the cancer diagnosis received by the King, and the death of Hairy Biker Dave Myers. She was also interviewed by Rock

FM about the announcement by the Princess of Wales following her diagnosis.

The overall increase in profile throughout the year also attracted new support but of course also brought with it record referral levels, showing without doubt that CancerCare and its work is more prominent in public perception: and also that our services are still very much needed in our community.



The challenge now is to build on that success – and make sure that our 40th anniversary is a springboard to the sustainability needed to see CancerCare through the next 40 years.



A Community Fundraising success for Henry!

Giving back to a charity that has supported Henry and his family

In 2019, Henry Clark and his wife decided to start learning some new skills so enrolled on a barbering course. Whilst doing this his wife noticed he had a large mole on his neck that had previously been a freckle. Henry was urged to get this checked out at the doctors, which then led to his diagnosis of Melanoma. Henry had spoken with us at CancerCare but decided not to receive any support offered at this time.

Henry then had 4 surgeries over the course of the next 18 months to remove affected tissue around the area as well as ease some of his painful scars.

On 23rd December, just before Christmas, Henry was informed that the cancer had returned at stage 3, and had spread to his lymph nodes. Henry underwent a huge reconstructive procedure and a skin graft. As Henry already had an existing tattoo on his arm, he has now ended up with a snake head on his neck, and a headless snake tattoo on his arm! This has become a source of humour for Henry to have this new variation on his tattoo.

Having felt overwhelmed with the affect his cancer journey was having on him, and whilst undergoing oral chemotherapy treatment, Henry got in touch with us at CancerCare looking for some support. We were able to provide Henry with some counselling with Helen, with whom Henry developed a strong connection, and it was a space for him to talk freely about his worries and concerns.

“When we first learned about it, it took us by surprise. You naturally associate cancer with death. I spent 4 weeks whilst waiting for surgery googling survival rates, but that was just my reaction to it.”





CancerCare offered support to Henry, his wife, his children and other family members, as we know that a cancer diagnosis affects family, and friends as well. Once Henry was cancer free, healed enough physically and discharged from treatment, he decided he wanted to pay something back to CancerCare. We were so thrilled when Henry got in touch to say he was going to climb Mount Snowdon with some friends and colleagues to raise money for us. They did the climb in the pouring rain and smashed their target, raising an amazing £1,400 (including GiftAid).

However, on the way home from Snowdon, as Henry described as a 'cruel twist of irony', he received a phone call confirming news they had so hoped not to receive; his wife has now been diagnosed with cancer also.

We were amazed (and very thankful) by Henry's bravery when he decided he wanted to speak at our 40th Anniversary Ball in March, and he gave a very moving speech to a room of 150 supporters.

During his speech, Henry said: "You think your journey with cancer is over, but then something happens and now my wife has a cancer diagnosis which is just terrible as she will now have to have some surgery and undergo some lifestyle changes too. Already people from CancerCare have reached out with their support for us which is amazing."

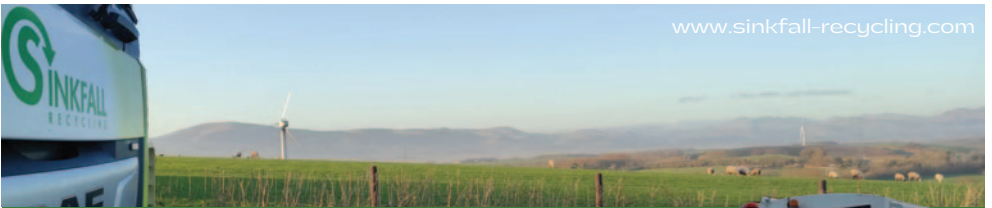
Thank you Henry. By fundraising, CancerCare can continue to support more people affected by cancer or bereavement.

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Give your time, and join our CancerCare family



Have you ever thought of joining CancerCare as a volunteer? Our wonderful team are a diverse bunch.

They range in age from 15 to 91, and come from all backgrounds: from retired

teachers and doctors to publicans, students, housewives, mothers, and artists.

“It gives people a good balance, and it is nice to do something for nothing to help others.”

All of them share their precious time to bring their skills to CancerCare and show care and kindness to our clients.



In the last year we have grown (pun intended!) our volunteer allotment gardener team, doubled our peer support volunteers, and now have over 40 crafters and expert bakers on our books!

We would like to continue expanding our volunteer team, particularly in maintenance and fundraising logistics. Can you help?

Maintenance Volunteers

Do you have a background in the trades – such as plumbing, joinery, painting and decorating? Are you skilled in DIY? Could you spare some time to help maintain our wonderful centres in Lancaster, Kendal, Barrow and Morecambe?

Fundraising Logistics Volunteers



Cross Bay Walk.

Could you help out at one of our many fundraising events? We might need help setting up our gazebo at a country fair, getting refreshments to our fun runners, or marshalling a

If you are interested in volunteering and sharing your skills and time, we would love to welcome you to our happy team here at CancerCare.

For more information about how you could contribute your time and skills please contact Faye Hinde, Volunteer Coordinator: faye.hinde@cancercare.org.uk or 03330 150 628.

“I enjoy baking and making things for CancerCare, it has helped grow my confidence and being creative and getting good feedback makes you feel better about yourself. CancerCare has made me more social.”



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New support group in Kendal set up by previous client, Una

‘Don’t Go It Alone’ offers help to those affected by cancer or bereavement

A new group to support people after bereavement launched in Kendal in April 2024.

The ‘Don’t Go It Alone’ Peer Support Group was initiated by a former CancerCare client, Una Bell, whose husband Geoff died of cancer last year.



After his death, she wanted to meet others to share experiences of the grief and loneliness she experienced – and with CancerCare’s support she has launched a friendly group to offer support and the opportunity to meet others who understand.

Una first started receiving counselling at CancerCare during her husband’s illness, to help her cope with her new caring responsibilities and the loss of their plans for the future. But after he died, she continued

counselling in “a state of shock, traumatised by what had happened.”

“It was during one session I expressed my frustration that there were no local bereavement support groups. Surely I can’t be the only bereaved person in Kendal!”

“Isolation and loneliness have been the hardest thing for me to endure since Geoff died. The loneliness has been crippling. I know I can’t be the only one feeling this way. CancerCare has been my lifeline. Right from the start I felt welcomed and comfortable, but I need to meet with others on this journey and I genuinely feel sharing experiences and being with others who truly understand is vital.”

As the group develops we will establish what those attending ‘need and want’. We will then be able to not only offer a friendly and inclusive support group, but also offer resources (e.g. books to borrow), signpost to other support services and perhaps periodically ‘host’ guest speakers.

If you’d like to come along to our ‘Don’t Go It Alone’ Peer Support meetings, or find out more about our Hug In A Mug group at Slynedales, please just call in, or contact Louise.Andrews@cancercare.org.uk

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Success for one of our regular Lottery players

Congratulations to Jackie Clarkson from Bolton-le-Sands, who has scooped the £5,000 CancerCare Lottery rollover jackpot.

A very excited Jackie popped in to our Slynedales centre this week to meet with Anna and collect her winning cheque. The rollover win came at a brilliant time for Jackie as she mentioned that she is expecting her first grandchild this week, we are sure some of the winning money will help her treat her new grandson, but we do hope she will treat herself too!

Jackie said "I thought I was dreaming when I got the call to tell me I'd won – it was a very nice surprise! I've been playing the CancerCare lottery for years. It's a good way to support my local cancer charity as cancer is a cause close to my heart."

The CancerCare Lottery is drawn every Friday and has a weekly 1st prize of £500, 2nd prize of £50 & five 3rd prizes of £10. Players also have the chance to win the Rollover jackpot, just as Jackie did, which increases every week that it isn't won, and could reach up to an impressive £5,000!

Entry to the CancerCare Lottery starts from just £1 per week, and these funds are extremely important to our charity, allowing regular income to help us to support local people affected by cancer or bereavement.



If you'd like to take part in our Summer Superdraw, for a chance to win £500 plus a luxury hamper, then go to cancercare.org.uk/lottery, scan the QR code or complete the enclosed lottery tickets.



There's plenty of ways to get involved

Your guide to our events in 2024/2025

- 'Every Step Counts' Virtual Fundraiser – all year
- 'Dare2Dip' Virtual Fundraiser – all year
- Cross Bay Walk – Sun 16th June
- 'Dare2Dip' Every Day – July
- Chapel Island Walk – Sun 11th August
- AlannaFest – Sun 25th August
- Woof & Wag Kendal – Sat 31st August
- Great North Run – Sun 8th September
- Try-a-Tri – Sun 8th September
- Well Woman Evening – October (Date TBC)
- 'Dare2Dip' Every Day – October
- Cumbrian Chefs for CancerCare – Tues 19th November
- Santa Dash – Sun 24th November
- Barrow Xmas Grotto – Date TBC
- Leighton Hall – Wed 4th December
- Big Give Week – 3rd-10th December
- BIG Santa Dash – Sun 15th December
- 'Dare2Dip' Every Day – January
- The Great CancerCare Ball – Fri 21st March

Ways to donate

Donate by post – You can send cheques by post alongside a completed donation form, to CancerCare, Slynedales, Slyne Road, Lancaster, LA2 6ST.

Donate by phone – Phone lines are open 9am-5pm Monday to Friday. Call 03330 150 628

Donate online – www.cancercare.org.uk

Donate in person – Drop in to one of our 4 centres and hand in your donation to one of our friendly volunteer receptionists.



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