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## A welcome from Chief Executive, Alison Stainthorpe

## A very warm welcome to CancerCare's 2025 Connect newsletter



Dear readers,

I can't believe another year has whizzed by and I now have the privilege of welcoming you to our jam-packed annual newsletter for 2025.

This year we proudly celebrate 20 years of offering our Children and Young People's Service, a valuable and much-needed service supporting young people who have been impacted by cancer or any form of bereavement. Our offering is extensive, ranging from peer support groups to specialist counselling and play-/drama-based therapy for children and young people aged between three and 18.

When thinking about expanding our service offering, part of this process includes listening to feedback from our clients and therapists. This year, we have piloted our first therapist-led bereavement group at Slynedales in Lancaster. This was a great success and we are pleased to say we will also be offering this service in Barrow and Kendal. We were also proud to take delivery of a deep oscillation machine which you can read more about on page 5.

Over the past 12 months we've worked our way through a packed events calendar which included our exclusive fine-dining event, a 5\* Evening for CancerCare, multiple Santa Dashes, Cross Bay walks, wellbeing evenings, challenge events and most recently our glitzy 1920's themed Ball. For more details on our up-and-coming events and how you can sign up or get involved please read on.



Alison judging the dog show at CancerCare's Woof & Wag event.

It just leaves me to say thank you to you and our local community for all your support. Your backing ensures CancerCare continues to be here so that local people coping with cancer and bereavement will always have somewhere to turn. I hope you enjoy reading our 2025 newsletter.



# 20 years of providing children's services

## CancerCare has been a pillar of support for local children and young people affected by cancer and bereavement for two decades

While we hope no child or young person is affected by a cancer diagnosis or a bereavement, our doors are always open should someone require support through such upheaval.

For exactly two decades, CancerCare has been delivering our range of Children and Young People's Services (CYPS) within our local communities. In 2024 alone, we saw 230 young people enter our service.

Our Re-Fresh peer support group has been sporadically running in Lancaster, Kendal and Barrow since the summer of 2018, providing children aged 12 to 17 with a safe and friendly space to socialise and receive support.

Children can also benefit from one-to-one counselling. Our trained therapists are here to help each child access and understand their feelings and emotions so they can begin to process what's happening to them and those around them. Children are encouraged to embrace their creativity via drawing, arts and crafts and drama if this is how they wish to express themselves.

One of CancerCare's young clients is Lilly-Mae Grimes who has received one-to-one counselling at our Barrow Centre since 2023.



Lilly-Mae Grimes has been supported by CancerCare since 2023

Lilly has been supported by CancerCare after she lost several family members to cancer. Lilly's biological father and her two grandfathers all died within the space of 12 months. Her stepdad has also been diagnosed with terminal cancer.

"Lilly was really struggling and she has benefited from therapy so much," said Lilly's mother, Clare Galbraith. "I notice such a difference in her after her sessions; she's like a different child. Coming to CancerCare is an escape for her."

Lilly has since taken on the fundraising baton herself, raising over £1000 for both CancerCare and The Christie by selling her range of unique handmade pens, and personalised bookmarks, key rings and water bottles.

In 2024, Lilly also won 'Young Citizen of the Year' at the Love Barrow Awards.

# Innovation in massage therapy

## A deep oscillation machine has benefited clients receiving scar therapy treatment

We're constantly looking for new innovations that we can incorporate into our current service offering. One piece of non-invasive technology we recently introduced was a deep oscillation machine.

It has many clinically proven physiological benefits such as reducing pain and inflammation, reabsorbing swelling, encouraging wound healing, fibrosis reduction, improving quality of tissue, reducing oedema, and aiding detoxification and mobility.

It can be used in combination with routine surgery aftercare in oncology, and due to its gentle effect, it is used as a first line therapy for conditions including mastectomy.

CancerCare therapist Susannah Cogger is trained to use the deep oscillation machine: "It works at a deep level, down into the soft and connected tissue, whereas massage alone only works the top layer," Susannah says. "It's a deep yet gentle and powerful electromechanical therapy permeating up to 8cms in depth."



The deep oscillation machine works through massage at a deeper level

Susannah has used the machine to support a range of clients, mainly those who have had cancer surgery.

"I use the machine where there is visual scaring but also where a scar is tight and mobility is being reduced," she continues. "One client came to me with scarring that was affecting her ability to go on walks, something that was a big part of her life. Scarring often doesn't just affect the part of the body you can see, but also the internal body as the adhesions sit on other structures. This client couldn't breathe properly as the scar on her chest was making her ribs and breathing painful. The deep oscillation machine not only improved the look of the scar, but it massively improved her quality of life.

"The machine isn't painful at all; it's a gentle vibration in the tissue," Susannah adds. "It's safe to use on the face and eyelids if necessary, and on fragile skin."

Thank you to The Roselands
Trust, a small independent
grant making charity based in
South Lakeland which
supports organisations
throughout Cumbria and North
Lancashire, who generously
funded the machine.



## A gift for the future

Why I've added a gift in my Will for CancerCare

I lost my dear husband, John, in 2005 after nearly 49 years of a very happy marriage I was divastated

and unable to function properly, so deep was my grief. I'm spite of having a loving family around me I was unable to see a future for myself I was referred to CancerCare for greef counselling which was a life line.

apart from the counselling I joined in other activities which were on offer such as the art group and aromatherapy.

I soon looked forward to going to Stynedales. Everyone was so friendly and compassionate I met others in similar circumstances to myself and we were able to support each other.

There was such an air of calm and it felt like a second home. After my allocated time was up I still kept in touch,

eventually with the help of my good friend was able to run these mornings.

I feel so blessed to have been part of the blessed to have been part of the Stynedales family that I had to do something to help I set up a monthly donation and have left a legacy in my will

These have been staff changes over the past twenty years but the loving, caring atmosphere has remained and the welcome and the warmth still prevails

I cannot adequately express what a difference Slynedales has made to my life. They were there at the darkest time and brought me back into the light

Including a gift in your Will for CancerCare will ensure that no one in our community has to face cancer or bereavement alone.

The details you need to give to your solicitor or Will writer:

CancerCare North Lancashire & South Cumbria Slynedales, Slyne Road, Lancaster, LA2 6ST Registered charity number: 1120048

For more information call 01524 381820 or email anna.webster@cancercare.org.uk





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# Former clients help achieve record challenge total

## January Dare2Dip Every Day raised over £5500 thanks to a brave bunch of dippers

Nine participants, including former clients, signed up to our ultimate cold water challenge Dare2Dip Every Day in January 2025, with their efforts raising over £5500 (including Gift Aid), a challenge record.

This January was arguably the toughest month our dippers could have opted to take on since the challenge's inception in 2023 due to extremely cold and unpredictable weather and the appearance of Storm Éowyn in the middle of the month.



Sue Hanlon raised over £1500

Long-term supporter Sue
Hanlon raised over £1500
(including Gift Aid). Sue first
turned to CancerCare in 2014

after being diagnosed with breast cancer. Sue recently accessed further support after she received a diagnosis of secondary breast cancer of the bone and liver in December. This cancer is classified as treatable, but not curable.

"While I was sat at home feeling sorry for myself on Christmas Day, I saw CancerCare's Dare2Dip challenge and I decided to go for it," Sue explained. "I chose to take it on so CancerCare can continue to be there for people, including myself, when we need them. I don't like talking about my problems or asking for help, so coming to CancerCare has helped me deal with what I'm going through."

Gareth Wade was supported by CancerCare after the sudden and unexpected passing of his mother in December 2023.

Gareth was in a "dark place" at the beginning of 2024 and he began counselling sessions with CancerCare therapist Samreen.



Dipper Gareth Wade

Gareth raised over £600 (including Gift Aid) during Dare2Dip Every Day in January.

Gareth said: "I needed help getting my head around everything that had happened. I had eight counselling sessions with Samreen where we went over all the emotions I was feeling, and she explained why I was feeling the way I felt and how emotions change. She also gave me some great coping mechanisms. Without CancerCare, I wouldn't have been able to get out of the dark place I was in."

Looking to take part in a fundraiser for CancerCare?
Email our Fundraising Team at fundraising@cancercare.org.uk



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# Dave Day 2025! CancerCare involved in Barrow biker celebration

## Join us in Barrow for an epic weekend of fundraising and memory making



The Dave Day Weekend returns to Barrow for a second year

We were absolutely honoured to find out that we are one of two charities chosen to benefit from the proceeds of this year's Dave Day Weekend held on 21 and 22 June, alongside NSPCC Childline.

Dave Day is a celebration held in memory of the late TV chef and Hairy Biker Dave Myers, who sadly died from cancer in February 2024. In its second year, Dave Day will see thousands of members of the UK motorcycle community

come together to ride to Dave's hometown of Barrow. On the Sunday, North West Community Stars FC will be taking on a team of bikers at Barrow AFC's SO Legal Stadium.

Alongside this, the last motorcycle ridden by Dave in the final BBC Hairy Biker's series - Hairy Bikers Go West-was auctioned off in March with a third of the proceeds also coming to us. The 2023 BSA Goldstar sold for £15,800 to Dave's good friend Si Harrison.

CancerCare will be in Barrow on Sunday 22nd June, speaking to attendees, raising awareness of our services and celebrating Dave's legacy alongside the locals of Barrow and visitors.

Claire Mason, CancerCare's Head of Fundraising and Marketing, said: "CancerCare is extremely thankful to have been chosen as one of the charities to benefit from such a momentous event, celebrating the life and legacy of Dave. CancerCare run one of our four centres from Duke Street in Barrow and in 2024 we supported over 850 clients from the centre and in hospital, at a cost of approximately £114,000.



The late Dave Myers and fellow Hairy Biker Si King

"Hopefully, we'll make the local community even more aware of the help adults and children can receive from us if they have been impacted by the devastation of a cancer diagnosis or a bereavement."

To learn more about Dave Day 2025, please visit the official website daveday.org

## What CancerCare means to me

## A **Q&A** session with CancerCare's Legacy and Individual Giving Officer Anna Webster



Earlier this year, CancerCare's much-loved team member Anna marked helping 200 generous people leave a gift in their Will to CancerCare. Anna, who has worked at CancerCare for over a decade, knows how vital gifts in Wills are in helping us fund the support we provide to one in four people who turn to us for help at some point in their lives.

#### Q: What is a misconception about your role?

A: Some people might assume that

my job is just doom and gloom and whilst there are sad times, I find my work can mostly be joyful and uplifting. We have so many incredible supporters who give back in such a range of ways; by donating, volunteering, fundraising. Sometimes my job is just letting people know that there is a way to continue their support with a gift for the future.

#### Q: What do you love most about your role?

A: Firstly, the charity holds a special place in my heart. I also love talking to other people and hearing what CancerCare means to them. I feel so moved when I hear that someone has included CancerCare in their Will, and it is a privilege to talk to families when we receive a gift in the Will of their loved one, helping them to honour their memory. I see first-hand the difference the charity makes and so I can passionately assure people that their donation will make a real difference to people in our local community.

#### Q: Who can leave a gift in their Will?

**A:** Anyone! We are grateful for every gift in every Will, and whether you can afford to give 1% or 100% of your estate, your gift will mean future generations across North Lancashire and South Cumbria will always be able to turn to CancerCare. Of course, we understand that when making a Will, family and loved ones will always come first. However, once you've looked after those closest to you, including a gift to CancerCare can help many more people. There can also be tax benefits to adding a charitable gift in your Will.

#### Q: Why should I consider leaving a gift to CancerCare?

A: Some national charities are doing great research working towards a cure for cancer, but CancerCare's mission is to be there for local people whilst cancer still can turn lives upside down. Of course, it is so rare to find someone who has not been impacted by cancer or bereavement. The charity must keep going so that we can be here for as long as we are needed.

## Q: How do I know if my gift will be received by you?

A: I also work with solicitors and executors to help with the administration of a gift once probate is granted/after a supporter dies. This means making sure that the supporter's wishes are respected and the gift that they pledged to CancerCare reaches us safely and in a timely manner. Unfortunately, sometimes Wills aren't clear, or can be ruled invalid, so I always recommend that people speak to a solicitor or professional Will-writer to ensure that your wishes are carried out as you intend.

## Q: How do I start the process of leaving a gift in my Will?

A: If you'd like to add a gift in your Will for CancerCare, the most important bits of information to include are our name, address and registered charity number:

- CancerCare North Lancashire & South Cumbria
- Registered address: Slynedales, Slyne Road, Lancaster, LA2 6ST
- Registered charity number: 1120048 (England and Wales)

If you need any help, please don't hesitate to contact Anna on 01524 381820 or pop in to Slynedales for a cuppa and a chat

## Susan's story

## How hypnotherapy helped ease extreme grief

Susan Bourne sought out CancerCare's support after losing her husband, Mick, to lung cancer.

"We were very much in love, having been together for 22 years and married for 21," says Susan.

After Mick's passing, Susan was struggling to cope, as she explains: "I didn't know what to do with myself and I was crying all the time. I couldn't sleep. I couldn't eat and I lost a lot of weight. I thought my life was over."

Susan began sessions with CancerCare hypnotherapist Anne Marie, despite initially being apprehensive as it was completely unknown to her.

Susan continues: "Anne Marie has given me new techniques that I will use for the rest of my life. She helped me reflect on the positive things and if I came into my session talking about what had gone wrong in



Susan and her late husband Mick

the week, she would gently stop me and refocus my mind. I realise I can't change the past, so if something negative comes up I put that out of my mind and look to the future. If I get upset about Mick, I can stop myself and refocus on the present."

Since finishing hypnotherapy, Susan has taken part in an online mindfulness course, and she's gained more valuable coping mechanisms.

"I don't know what I would have done without CancerCare," Susan adds. "I would recommend hypnotherapy to anyone. It's completely changed my life, and I am so grateful for everything."

# CancerCare's 1920s knees up raises over £21,000

## The Great CancerCare Ball celebrated our year gone by in sublime style

After the triumph of our 40th Anniversary celebrations in 2024, the pressure was on to bring our supporters another memorable Ball event. Our 1920s-inspired evening, The Great CancerCare Ball, was certainly a night to remember, raising over £21,000 in the process. This final total included gifts and prizes donated in kind from supporters, businesses and staff.

Held at Morecambe FC's Mazuma Stadium, The Great CancerCare Ball was attended by supporters as well as past and present clients who joined together in their best Hollywood glamour-inspired outfits to celebrate the charity's year gone by. This year's celebration was generously sponsored by Aqua Engineering, local water safety specialists who are based in Morecambe.

The evening commenced with a welcome drinks reception before CancerCare's Chief Executive Alison Stainthorpe and Head of Fundraising and Marketing Claire Mason welcomed the guests.

Attendees were then surprised by the sudden presence of two wannabe Al Capone gangsters who were on a mission to break into the safe that stood in the middle of the dancefloor. They quickly scarpered when police sirens could be heard in the distance, meaning guests were then able to purchase golden envelopes

containing a four-digit code. Only one code broke into the safe which contained prizes including a voucher for Windermere-based Michelin-starred restaurant SOURCE, donated by Gilpin Hotel and Lake House, and a bottle of 12-year-old Glenfiddich whisky.

Ahead of the dessert course, guest speaker Di Berry, a former CancerCare client, spoke about her experience with cancer as well as the invaluable support she received from a therapist at CancerCare's Lakes Centre. You can read her story on page 19.

Mark Caudle from Penguin Events hosted the evening and brought a photobooth along for guests to enjoy. A silent auction, facilitated by Impulse Decisions, ran throughout the evening. Guests went home with some fantastic prizes which had been kindly donated by supporters and businesses. Poppin's Parties & Events dressed the room in feathers and pearls while Lauren Hall Photo and Video beautifully captured the night on camera.

The unique modern swing band Bertie & The Spiffs concluded the evening with their set which had the dance floor filled until the carriage call at midnight.

Claire Mason said: "We had an incredible evening celebrating another successful year of being there for local people in the area who

need us most. It was wonderful that everyone totally embraced the theme in their 1920s outfits and we are so grateful to every single attendee who joined us. We have once again been overwhelmed by the generosity of local people and businesses who donated to help the evening. Roll on 2026!"

Is your business interested in partnering with CancerCare on our next high-profile celebration? Email

claire.mason@cancercare.org.uk for more information





























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## **CancerCare**

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## Join the CancerCare family

## Our volunteers come from all walks of life and give their time for various personal reasons

Without volunteers who give up their time, our charity would not be able to keep the doors open. Volunteers join us for their own reasons and they offer their own unique set of skills. Our volunteers are a diverse group of people but they have one thing in common – they're passionate about CancerCare and all we do within the community.



Every single one of our volunteers is an essential member of the CancerCare family. There are many ways you could volunteer your time even if it's just an hour or two on an ad hoc basis - to CancerCare.

Perhaps you could spend an afternoon per week on reception in your local CancerCare centre or use your

talents as a crafter or baker to create produce for us to sell. Maybe you could take clients to and from sessions as a volunteer driver, or would be happy to represent CancerCare at fundraisers, supermarket collections and coffee mornings.

Currently, we have approximately 90 dedicated volunteers across the patch. If you're a caring and compassionate person who would like to give something back to a local charity, then consider joining our team of volunteers.

At CancerCare, we understand that you'll fit volunteering around current commitments, so we can arrange a schedule that fits in with you and your life. Full training will be provided and there's the opportunity to attend events with the team, too.

To apply to become a CancerCare volunteer, please email our Volunteer Coordinator Tina on tina.raso@cancercare.org.uk or call 01524 381820.









Registered Charity Number: 1120048

We support local adults and children dealing with cancer, life-shortening illness and bereavement



tct@cancercare.org.uk

www.cancercare.org.uk

Lancaster 01524 381820 Morecambe 01524 381820 Kendal 01539 735800 Barrow 01229 836926





## Di's story

## Former client Di Berry speaks of how CancerCare shone a light during a dark time

Heading to a routine mammogram appointment two years ago, Di Berry had no idea that her life was about to be turned upside down. Soon after, Di received the devastating news that she had breast cancer.

"It was difficult on many levels, the first being because I was a nurse and I felt horrified that I had not found the lumps in my breast," says Di. "I was reassured, though, that I couldn't have possibly felt them myself. The cancer was

Di sought out CancerCare's support after receiving a breast cancer diagnosis

caught very early and my only wish is for other women to go for their mammograms. It saves lives, including mine."

For Di, the fear and anxiety of receiving a cancer diagnosis was her biggest struggle.

"The mental battle was far worse than anything physical," she says. "I ended up having lumpectomies on both breasts followed by 10 sessions of radiotherapy. I was on medication for five years. The medication didn't help my mental health and five months after starting it I had to seek help."

Di was initially referred to CancerCare for lymphatic massage to aid with her lymphoedema.

"How I wished I'd come to CancerCare earlier," Di says. "It's amazing that the therapies and services are free to us. The lymphoedema massage was massively healing for me. I was also able to go to CancerCare and tell someone exactly how I was feeling, which was so powerful."

Di continues: "I'm lucky to have my support network around me, including my family and my church. I'm lucky, but I know many don't have the same or they don't want to talk to friends or family. I get it; cancer can take you to places you don't want to go."

Di, like so many clients, felt at ease as soon as she stepped into CancerCare's welcoming reception area. She explains: "I felt so comfortable being there, especially after so many clinical appointments at the hospital which often bring pain and bad news. CancerCare is so professional but it's bathed in compassion and understanding."

Di is a long-standing supporter of CancerCare. She recently told her story at The Great CancerCare Ball: "I hope CancerCare can continue to reach more people who might be missing out on the amazing help and support network they provide. I encourage everyone to support CancerCare so they can do for others what they've done for me."



# Prizes galore for long-term supporters

Meet the winners of our Summer and Winter Raffles, and how to get involved this year



Joanne and June are both long-term players of CancerCare's weekly Lottery.

Two long-standing supporters took home the big prizes in CancerCare's most recent Summer and Winter Raffles, formerly known as the Superdraws. CancerCare Lottery players are automatically entered into our Summer and Winter Raffles, giving them two extra chances to win cash prizes, hampers and event tickets.

Joanne Winder from Lancaster scored the summer prize.
Joanne has played the CancerCare Lottery since 2008, the same year she sought out our services after her mum died from bowel cancer.

She had a course of massage therapy before receiving bereavement counselling. Joanne's daughter saw a play therapist to aid her through the grief of losing her grandmother and Joanne's dad joined the woodworking group.

The Winter Raffle prize was landed by 88-year-old Bolton-le-Sands resident June Ralphson.

June was shocked to receive the phone call revealing her win. She said: "I couldn't believe it when I found out I'd got £500, an M&S hamper and two Morecambe FC tickets."

Members of June's family have previously received cancer diagnoses; her sister-in-law died from cancer 27 years ago and her great grandson was diagnosed with a brain tumour aged two.

If you'd like to take part in our Lottery and Summer



and Winter Raffles, please scan the QR code, visit

cancercare.org.uk/lottery
or fill in the enclosed
Summer Raffle tickets. The
Summer Raffle closes on
25th June.

# Support CancerCare, your way

Supporting your local cancer and bereavement charity has never been easier

Our extensive events calendar has something for everyone.

## **CancerCare Events**

- An Evening with The Guide to the Sands
   20th May
- Hadrian's Wall Trek 27th 29th June
- Cross Bay walk 20th July
- Chapel Island walk 2nd August
- AlannaFest 24th August
- Woof and Wag Kendal 30th August
- Great North Run 7th September
- Try-A-Tri 7th September
- Women's Wellbeing Evening Lancaster
  - 28th September
- Men's Wellbeing Evening Kendal 8th October
- The Betrayers 16th October
- ShadowLanz perform at The Platform
  - 25th November
- Santa Dash 30th November
- Kendal Christmas Fair 12th December
- Leighton Hall Christmas Fair 3rd December
- The Big Santa Dash 21st December

#### Ongoing events throughout the year:

- Every Step Counts walking challenge
- Dare2Dip Every Day January and October

#### Ways to donate: Donate by post

You can send a cheque by post alongside a completed donation form to

CancerCare, Slynedales, Slyne Road, Lancaster, LA2 6ST

#### Donate online

Visit cancercare.org.uk and follow the 'donate' link

#### Donate by phone

Our phonelines are open from 9am to 5pm Monday to Friday. Please use the following phone numbers for our centres:

 Lancaster
 01524
 381820

 Kendal
 01539
 735800

 Barrow
 01229
 836926

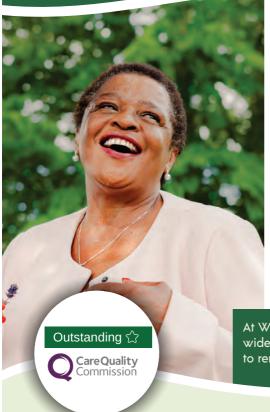
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