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Youth group member has some “royally” big plans



One of our former Youth Peer Support Group members is using her experiences as a springboard for a career helping people in the community.

“Counselling was ok and helped teach me some coping strategies, but Re-Fresh made a massive difference to my life. I was meeting other young people going through difficult stuff and I made a lot of friends through the group. Being with others dealing with the same things as you makes you realise you are not alone and there are others in similar situations and you can help each other,” said Alisha.

Alisha Potter is taking part in the Prince’s Trust Team Programme which aims to help young people aged 16 to 25 develop new skills and further themselves with training opportunities.

As part of it, Alisha has been completing a volunteer work placement at CancerCare which has seen her helping the youth team plan their summer activities.

Alisha first came to CancerCare in 2014 after losing her much-loved little brother Shaun who passed away at only seven years of age.

She began to struggle at home and at school and was referred to CancerCare for counselling. However, it was joining our Re-Fresh Young People’s Peer Support Group that had the most positive impact on her well-being.



This summer, Alisha got to meet the Prince of Wales on his visit to Morecambe Fire Station when she joined fellow members in giving him a presentation on their work.

She is also now planning for her dream career working with young people with special educational needs and we are all really proud to see her doing so well!



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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 perfect partnership spanning three decades

Lakeland Ltd helps us care for the community

Lakeland has marked the anniversary of its 30-year relationship with CancerCare with a £30,000 donation.

The donation brings the iconic kitchen and homeware company's total financial support to us, over the last three decades, to more than half a million pounds.



CancerCare CEO Alison Stainthorpe and Fundraising Director Emma Athersmith, with Lakeland PR Exec Bethany Stebbens (centre)

The relationship began in 1991 when Lakeland staff member Eileen Barnes, and her husband Arthur, were referred for aromatherapy massage following Arthur's cancer diagnosis.

Looking for a way to say "thank you" to us,

Eileen was granted permission to donate the money generated by the sales of returned goods, to CancerCare.

Judy Rayner, the wife of Lakeland owner and Chairman Sam Rayner was also involved in the campaign which raised the money to buy our centre on Blackhall Road in Kendal making it easier for people in South Lakeland to access therapy.

The mutual support continued when Lakeland Customer Director Michelle Kershaw was diagnosed with cancer. Michelle accessed CancerCare therapy services and when she sadly passed away in 2004, the company established a research fund in her name which helped set up a new service in Barrow.

CancerCare Director of Fundraising and Marketing Emma Athersmith said: "As an independent, local charity we rely on donations for more than 90% of the money we need to provide our services and being able to rely on generous and regular donations from such a high-profile organisation is absolutely invaluable for us. It shows their commitment to their local community and their staff, and we can't thank them enough. I hope it continues for many more years to come."



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Providing creative therapy for children

Our Children and Young People's Service is always keen on using inventive techniques to engage with children affected by cancer and who may be less responsive to traditional "talking therapies" and may better express their feelings through play and creativity.

Briony Elliott (Morecambe Centre)

Briony specialises in dramatherapy which can allow children, who may be experiencing difficult life situations, to explore their emotions through role play, storytelling and movement.

Briony became interested in the technique while studying for a degree in Drama and Theatre Studies which saw her spend a summer supporting people with additional needs.

She then completed a Masters in Dramatherapy which focused on how dramatherapy can help people process trauma and loss and rediscover their sense of self during the therapeutic process.

Her role at CancerCare involves working with younger children experiencing bereavement or with a family member who has been diagnosed with cancer.

Briony said: "Working as a therapist for children and young people is something I consider to be a huge privilege. Being alongside someone as they play,



create, process and reflect, while facilitating potential healing and growth, is a real honour and being invited into someone's imaginative world during our sessions is something I don't take for granted.

"CancerCare prides itself on being a non-clinical environment and it is wonderful to see the young people and their families welcomed with genuine warmth and compassion from the moment they walk through the door. The ethos of support and care really does filter through the entire organisation which makes CancerCare such an amazing charity."

continued overleaf...

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Tina Allonby (Barrow & Kendal Centres)

Art Therapist Tina has been working with CancerCare since 2020, helping children and young people who come to us.

Her work involves facilitating the child's self-expression through drawing, painting, crafting, clay modelling and sculpting from scrap materials.

"My primary approach is 'non-directive' which allows the freedom to explore and express

difficult thoughts and feelings through the use of art materials. This offers the client another 'language', non-verbal and symbolic, and for some it is often easier to use artmaking as a means of communicating and expressing their emotions," said Tina.

"By symbolising feelings in images, it can make them seem less threatening or overwhelming. The artmaking process and resulting work can then provide the focus for reflection and discussion," she added.

The art created by the client is confidential and stored securely as a record of their progress.

At the end of therapy, Tina reviews the journey with the client by looking through the artwork and their experience of creating it.

One of Tina's clients, 11-year-old Elizabeth, spoke of how art therapy helped her.

"When my mum was diagnosed with cancer I was really upset and didn't know what to do or say so I began coming to art therapy at CancerCare. It really helped me to express my feelings and explain how I was feeling in a welcoming environment."



Tina Allonby



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Client Story:

How aromatherapy helped Marie cope with the loss of her beloved mum

Before they come to us, many of our clients think that having an aromatherapy massage is all about relaxing and soothing away physical aches and pains. However, they soon discover the technique can have just as profound an effect on their mind as on their body.

Last year, Marie Robson from Kendal got in touch with us after her mum Jenny was diagnosed with terminal cancer. Sadly, she passed away very shortly afterward which left Marie and her family devastated.

“The suddenness of it all was a total shock to me and all my family as my mum was such a fit and active lady,” said Marie.

Marie felt in need of some extra support so she reached out to us and was referred for some aromatherapy with our therapist Sandra Dacre.

“I was a little unsure about aromatherapy at first as I had never tried it before, but I decided to give it a go. I liked Sandra from the moment I met her. She made me feel welcome and one thing she always did, and still does, is ask me how I am feeling as this depends on what oils she uses.



Marie Robson with dog Gem

“I just find that the time I spend with Sandra is really relaxing and we always seem to have something to talk about or share and she just makes me feel so much better. I often go into my session feeling a little anxious thinking of my mum, but I always come away feeling mentally relaxed and at peace with myself,” she added.

Marie also tried one-to-one counselling but found aromatherapy to be much more helpful.

“Sandra has really helped me through the last 12 months and I do not know what I would have done without her calmness and wise words,” said Marie.



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New event celebrates loved ones with poignant light and music show



A special celebration to remember lost loved-ones saw a north Lancashire lake illuminated with candles and fireworks and raised more than £6,600 for CancerCare.

In April, hundreds of people attended our first ever Lights on the Lake event at Capernwray Diving Centre near Carnforth to pay tribute to the memory of friends and family by dedicating a candle with a special, personal message of remembrance.

The candles were then set afloat on the water at sunset accompanied by the serene sounds of local band the Bay Brass Hooters with a special firework display providing the grand finale.

Organiser Kat Michaels said: "Due to the pandemic social distancing restrictions, many people were unable to say goodbye to people who passed away the way they would

have liked. We wanted Lights on the Lake to give people the opportunity to remember loved ones in a special way and there was a lovely atmosphere on the night as people gathered to share stories and memories of their loved ones."

Nicola Combe from Lancaster attended the event with her sisters to pay tribute to the memory of their dad who they lost last year.

Nicola said: "it meant so much as we weren't able to give him the goodbye we really wanted due to Covid restrictions. I also lit a special light for my husband Jim who was my inspiration. It was such a special night, and the music and fireworks were perfect, especially in the fabulous surroundings. Thank you to the CancerCare team for organising an evening which meant so much to so many."

Next year's event will take place on 1 April.

The logo for WCF Fuels, featuring the letters 'WCF' in a bold, blue, sans-serif font, followed by the word 'Fuels' in a white, italicized, sans-serif font inside a blue rounded rectangular box. The background of the entire advertisement is a scenic photograph of a river at sunrise or sunset, with a tree in the foreground and the sun low on the horizon, casting a warm glow over the water and surrounding landscape.

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Proud to support CancerCare

News in brief

Major milestone coming up!

2023 is big year for CancerCare as we will celebrate our 40th anniversary!

A lot has happened to CancerCare since we began offering support to local cancer patients one night a week from a hired room at Lancaster's Ryelands House in 1983. Next year we will be

New Barrow youth group

In May we extended our successful Re-Fresh Young People's Peer Support Group to Barrow.

Run by experienced youth worker Bex Goslin, the Barrow group is an extension of the groups in Lancaster and Kendal which have been running for a number of years and which have helped support dozens of young people coping with cancer and bereavement in their families or friendship networks.

marking four decades of helping people across Morecambe Bay with a year-long series of events and we would like you to get involved by telling us any special or poignant stories or experiences you may have of the charity.

You can email them to info@cancercare.org.uk

The Barrow Group meets each Wednesday from 4-8pm at the CancerCare Centre at 76 Duke Street, Barrow and enjoys a range of activities including cooking, gaming, arts and crafts. Re-Fresh also runs a full programme of school holiday trips and entertainment ranging from days out to Balckpool Pleasure Beach, camping and trips to the theatre.

For details email bex.goslin@cancercare.org.uk

Former CancerCare client launches book

Former CancerCare client Marisa Wray has published a book about her experiences of being diagnosed with breast cancer during the Covid pandemic.



Cancer, Covid and Me charts Marisa's experiences of cancer diagnosis and treatment during lockdown and she is donating a percentage of sales to CancerCare as we helped support her with counselling during her treatment and recovery.

The book is a brutally honest, uplifting and often humorous journal of her experiences ranging from undergoing implant surgery to shopping for mastectomy bras at the supermarket.

To find out more visit facebook.com/cancercovidandme





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Volunteers help make CancerCare tick

Their willingness to throw themselves into whatever task we throw at them allows us to concentrate on doing what we do best – helping people!

Our volunteers bring their life experience and skills to bear in a range of roles including on reception, driving clients to appointments and helping oversee fundraising events.

We caught up with Pam Green, a front desk volunteer at our Barrow Centre to find out why she loves giving up some of her spare time to help her local community.

“I first got involved in charity fundraising following my cancer treatment in 2014 and began planning and taking part in events supported by friends and family. My aim was to help anyone going through a cancer diagnosis and treatment, and their loved ones, to have access to the same kind of support as I did. I started volunteering at the local hospital and then I saw an opportunity to get involved with CancerCare. I had received complementary therapy here during my treatment which really benefitted my recovery and I think my experience can be valuable when talking to current clients.”

“My role involves making sure the client’s journey, from the minute they come in through the door until they leave, is as calm, positive, relaxed and beneficial for them as possible. I enjoy making them drinks especially the children who always enjoy a hot chocolate with marshmallows. Some clients prefer to be quiet whereas others like to chat so it’s important to tune into that. I also get involved with admin tasks and preparations for fundraising events.



Pam Green outside CancerCare Barrow

“Seeing the clients walk out after receiving their therapy more relaxed than when they came in is great. I also enjoy meeting new clients who may have struggled to make that first step to ask for help, but, with some reassurance, become very happy that they did. Being a former client, I know how important it is to offer a person centred service that provides some much needed ‘me time’ just for you.”

Four ways you can help us

Your support means so much

Each year it costs us £1.9m to deliver our services from our centres in Barrow, Kendal, Lancaster and Morecambe. We aim to provide these services free of charge to people in need of help, but to be able to do this, we rely on people like YOU to help raise more than 90% of the money we need.

Here are four ways you can help us support local people and their families...

1 Make a donation

Sounds obvious but by popping some coins in a collection tin, tapping your card on one of our contactless donation stations or filling out a direct debit for a monthly contribution you will help us pay our therapists, run group support sessions and take children out on fun activities and trips. If you would like to make a donation, simply fill in the form included with this magazine or visit cancercare.org.uk/get-involved/donate

2 Play the CancerCare Lottery

Our lottery is a hugely important source of income for us, and, as it is regular income, it allows us to plan well ahead throughout the year. Playing the Lottery is fun and it is easy to join and for as little as £5 per month, you will be in with a chance of winning top cash prizes ranging from £500 to £5,000! For more information visit cancercare.org.uk/lottery





3 Fundraise for us

From fun runs to dog walks, coffee mornings to mountain climbs. Our fundraisers go to extraordinary lengths to ensure we have the money we need to help our local communities. If you have a germ of an idea for a fundraising event, we can help you turn it into reality with everything you'll need to make it a success - from sponsorship forms to Facebook pages!

4 Gifts in Wills

Making a Will is one of the most important things you can do to ensure that your wishes are carried out and that your loved ones are provided for in the future. CancerCare has a special Will Writing service and we work in partnership with a number of trusted local solicitors who generously offer their services free of charge and instead of paying the solicitor's fees, the client is invited to make a donation to us. To find out more visit cancercare.org.uk/get-involved/leave-a-gift-in-your-will

**To find out more or make a donation visit
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Surge in clients comes with a cost

Record numbers seek support in busiest ever year

It is safe to say it has been a busy year at CancerCare. The graphics below demonstrate the increase in numbers of clients we have been experiencing over the last 12 months.

There are a number of factors which have caused this surge in people needing our support.

The opening of a new centre in

Morecambe last year, combined with the advent of new, online therapies during the Covid pandemic, means we are now effectively operating over five locations – albeit one in the “virtual” arena.

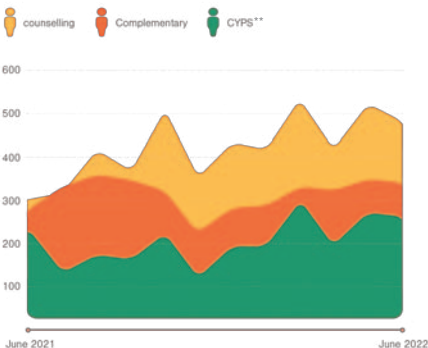
There is a greater awareness of our services and a greater need for them in the post-Covid landscape, with people being diagnosed with cancer at a later

stage. Also, people who were bereaved over lockdown are beginning to seek help now.

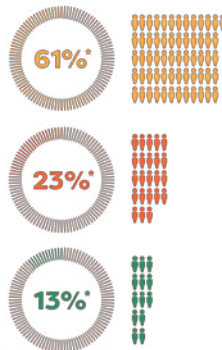
While this is good news, and allies with our mission as a charity to help as many people needing us as we can, the simple fact is that an increase in clients means an increase in running costs.

Looking at the figures, it costs £157,000 each month to keep CancerCare going. This equates to a staggering £1.8m every year.

One to one sessions at our centres



% increase of sessions



It is a common misconception that CancerCare’s costs are covered by the NHS, however, more than 90% of the money we need to pay for the services we provide comes from donations, Gifts in Wills, fundraising events and from people who play the CancerCare Lottery. Thank you for your continued support.

*Figures rounded up **Children & Young People’s Service




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CancerCare allotment beginning to bear fruit

New project explores the therapeutic benefits of gardening

This year we launched a brand-new project designed to help our clients benefit from the joys of gardening and growing.

Back in February we took over a large allotment plot at Ambleside Road in Lancaster for a new scheme called Thrive which is a social and therapeutic horticulture project for people affected by cancer, or mental health difficulties due to grief.



Over the last six months, staff and volunteers have been working hard to transform it from a neglected, overgrown plot to a productive patch which now boasts a new shed and raised beds which already has some encouraging signs of growth.

Engaging in gardening and horticulture involves physical exercise and encourages

people to connect with, enjoy and be part of the natural environment.



Project lead Sarah Drake said there was a real excitement about the potential of the plot.

“Our ultimate aim is for it to be used as a form of outdoor therapy for our clients, young and old, as there is a wealth of research about the therapeutic benefits of being outside in the fresh air, being active and combatting social isolation,” said Sarah.

We also hope it will have use for our young people’s bushcraft sessions, nutritional service and as a way to encourage men – who are less likely to use our support services such as counselling - to accept support in a way that may feel more comfortable to them.

The possibilities are endless!

Community fundraising

Meet some of the inspirational people who step out of their comfort zone for us!

We never cease to be amazed at the lengths people go to raise the money we need to ensure we are always there when someone finds the courage to call us for help. Here are just a few of the wonderful people who have helped us over the last 12 months...

Belle Gets a Bob - £600

Young Isabelle Livsey from Lancaster was inspired to lose her long locks after her best friend's mum, Katy Davies (one of our clients) was diagnosed with breast cancer.

She launched a "Belle Gets a Bob Challenge" which saw her get her hair cut in return for donations from well-wishers.

Isabelle said: "My grandma died from cancer a couple years ago and as soon as I heard about Katy having cancer, I knew straight away what I wanted to do.



Team Kemp smash it at the K2B - £3,000

In May we fielded our largest ever team for the Keswick/Coniston to Barrow Walk, with 80 people taking part in the iconic event for us.

This included Team Kemp, which featured eight young people under 16 years, and was organised by Kristel Kemp who ran the C2B for us to say “thank you” for supporting her family after her mum Wendy was diagnosed with throat cancer.

Kristel took part soon after hip surgery and kept herself going during the tough sections of the race by thinking of how bravely her mum coped with her cancer treatment.

The provisional date for next year’s event is 6 May 2023.



Five ladies take on Lakeland tribute to friend - £1,000

A group of friends took on a unique outdoor adventure in memory of their much-loved friend.

The 5-do-5 Windermere Challenge will see Julie Bland, Sarah Boyle, Julie Dugdale, Lynn Nelson and Lisa Smith pay tribute to their friend Amanda Wilson by running, dragon boat paddling, sailing, swimming and walking around Amanda’s beloved Windermere.

The group have been pals for around 20 years after bonding at the gates of their children’s school and they smashed their original target of £500, raising more than £3,000 which was split between us, Blackwell Sailing and Paddlers for Life.



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Opening Times Barrow: Mon - Fri 9am - 6.30pm

Appointments: Mon - Fri 9am - 12pm & 2pm - 6pm

Guests of honour at Queen's Jubilee Celebrations in Morecambe

June saw our Director of Fundraising & Marketing Emma Athersmith and counsellor Fiona MacDonald take part in Morecambe's record-breaking Big Jubilee Lunch.



Image courtesy of the Lancaster Guardian

More than 5,000 people sat down to enjoy afternoon tea on the famous Promenade as part of the celebrations to honour the Queen's Platinum Jubilee which saw hundreds of tables stretching 2.5km along the seafront. CancerCare was one of the event's "chosen charities" and we received £2,500 from ticket sales.

Emma and Fiona had a great time and were filmed for a BBC story, met presenter Gethin Jones and enjoyed sandwiches, scones and a glass of fizz to toast Her Majesty's major milestone.

Emma said: "It was a wonderful event and we were honoured to be invited to mark such a historic occasion for the town. Our centre on Northumberland Street has been open for more than 12 months and in that time, we have helped support hundreds of local people cope with the aftermath of a cancer diagnosis or bereavement. We will be putting this very kind donation to good use helping many more."



Gethin Jones, Fiona MacDonald and Emma Athersmith

CancerCare back on the wards

Massage therapists provide comfort and support to cancer patients in hospital

As well as delivering therapy from our centres, CancerCare therapists also go into hospitals to provide support on oncology units across Morecambe Bay.

The Covid pandemic put a two-year hold on us visiting patients in hospital to provide support to people receiving chemotherapy and palliative care.

However, In May last year therapists were finally allowed back onto wards and the demand for services has risen dramatically.

Andrea Husband is an aromatherapist who works at Furness General Hospital visiting patients who are undergoing chemotherapy and gives massages to help alleviate any discomfort and anxiety associated with their treatment.

“As a CancerCare therapist I have the opportunity to spend this quality time with patients. Just being there to listen to their

worries and life stories is often just as therapeutic as the aromatherapy massage. Many patients have said my visits take their mind off their physical pain and negative thoughts.

Andrea also helps to support end of life patients and the daughter of one of her clients, an elderly lady who died while in hospital, said her support had been invaluable.

Andrea said: “The lady was admitted to hospital with metastatic cancer and she died in hospital a week later. During her stay, she did not want her family to visit every day and they found great comfort in knowing that she had an empathetic therapist to talk to about her fears and wishes.

“I also visited with the family and was able to reassure them their mum had received wonderful care from the staff and found laughter and joy in her final days which they found very comforting.”



*Aromatherapist
Susannah Cogger at
Westmorland
General in Kendal*



*Andrea Husband
at Furness
General in Barrow*





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CancerCare

Calendar Girls Make May a Month to Remember!

Two local theatre groups put CancerCare centre stage raising thousands of pounds for us with their productions of Calendar Girls: The Musical.



The Lancaster Amateur Dramatic & Operatic Society (LADOS) and their Barrow-based equivalent (BODS) both performed their own versions of the show written by Tim Firth and Gary Barlow based on the true story of the Yorkshire WI ladies who decide to bare all to raise money for the local hospital.

The LADOS performance opened at the Lancaster Grand Theatre on 11 May and the group held bucket collections at each show, a special sale of specially crocheted sunflowers at a gala performance and cake sales at rehearsals.

A week later, the BODS production at Barrow's Forum Theatre also included collections for us as well as a sponsored head shave by cast member Neil Hastings

and the sale of sunflower paintings. The BODS cast also featured our very own hypnotherapist, and amateur thesp, David Faratian!

Both were wonderful shows; poignant, funny and with some tremendous songs and we were delighted both companies decided to use this wonderful show, about a community's response to cancer, to help us support local people with their own experiences of the disease.





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New specialist scar massage service launched

We are always striving to ensure that our therapists are equipped with the latest skills to ensure our clients receive the best care possible.

This summer, our massage therapists completed the RESTORE Oncology Scar Specialist certification which saw around 20 therapists learning more about scar tissue caused by cancer surgery and the best techniques to reduce sensitivity and pain, promote movement and understand the psychological impact of scars.



Emma Holly, Jenny Thistlethwaite and therapist Susannah Cogger

The three-day course at our Kendal Centre and saw them practise their skills “hands on” with CancerCare clients, learning scar massage, both dry and using oils, wax creams and gels, and also experiment with therapy tools and devices.

The sessions were led by Emma Holly, who has a clinical practice at Ten Harley Street and

has delivered similar courses at centres of excellence such as The Christie in Manchester.

CancerCare client Jenny Thistlethwaite from Ingleton volunteered to allow the therapists to practice their new massage techniques on the scarring she was left with following surgery in November last year.



Jenny said: “I had thought I was fine after the mastectomy but I now realise it made me feel completely different about my body and I was avoiding touching my scar. After surgery, you are advised at the hospital to massage the area but not really told how to do it or what products to use. Losing a breast is such a massive thing for a woman, psychologically and physically. Having the specialist massage today made me realise what a difference that taking care of the scar properly really can make and can also help it look, as well as feel, better.”

Dates for your diary

The Chef Show

Saturday 5 November
Coronation Hall, Ulverston | 5pm til late

Kendal Christmas Fair

Sunday 13 November
Stonecross Manor Hotel | 10am-4pm

Barrow Christmas Fair

Wednesday 23 November
The Forum, from 1pm

Santa Dash – Lancaster

Sunday 27 November
City Centre

Santa Dash – Morecambe

Sunday 4 December
Morecambe Promenade

Leighton Hall Christmas Fair

Wednesday 7 December
Leighton Hall nr Carnforth

Santa Dash – Kendal

Sunday 11 December
Kendal Leisure Centre

Santa Dash – Millom

Sunday 18 December
Millom Community Track

Lights on the Lake 2023

Saturday 1 April
Capernwray Diving Centre


Keswick/Coniston to Barrow Walk 2023


Saturday 6 May (provisional)





Lancaster Santa Dash 2021

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