

CancerCare CONNECT



CancerCare
Registered Charity Number: 1120048



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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.



Welcome to the 40th anniversary edition of CancerCare Connect!

2023 is going to be a huge year for us as we celebrate forty years providing strength and compassion for people coping with the aftermath of a cancer diagnosis or bereavement, across north Lancashire and south Cumbria.

From the first ever CancerCare therapy session in a room at a Lancaster community centre, here we are four decades later with four dedicated centres covering an area stretching from Morecambe to Barrow and with dozens of staff and therapists utterly committed to helping local people.

Over the years, CancerCare has built up a reputation not only for care and compassion, but also for excellence and expertise which has made us the “go to” charity for doctors and clinicians seeking complementary care for their patients.

We have never rested on our laurels and have always strived to be innovative and daring, finding new ways to help people in the ever-changing societal landscape.

We launched services for children with specially trained art and play therapists and added in a Peer Support Group for older young people; when covid struck we took virtual therapy into people's homes.

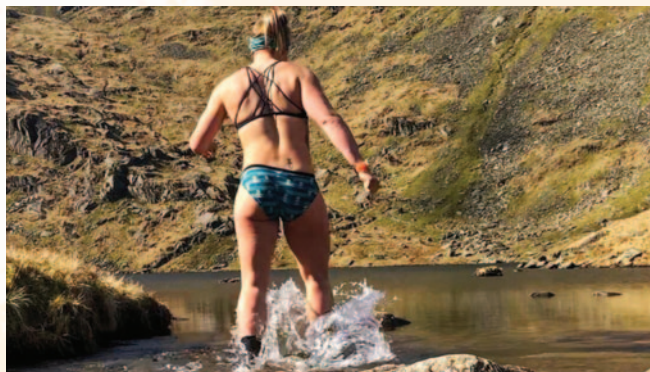


Alison with founder Professor Malcolm McIlmurray

From a germ of an idea of how to improve the mental health of cancer patients, to tens of thousands of men, women and children receiving life changing therapy. Thank you to everyone who has been with us and supported us on our journey.

Alison Stainthorpe
Chief Executive

Dare2Dip – a frighteningly frosty 40th fundraising challenge!



Throughout 2023 we'll be asking our supporters to plunge headfirst out of their comfort zone and into some very chilly water as part of our Dare2Dip campaign.

Whether you fancy a brisk bathe in a local lake or a quick polar paddle in the sea, we're inviting you to take the plunge and experience the exhilaration of immersion in cold water while doing something amazing for CancerCare.

Dare2Dip is a challenge for everyone. That's why throughout the year we'll be taking our cold-water therapy

pod out and about across North Lancashire and South Cumbria to enable local people, businesses and community groups to join the fun wherever they are!

The event is being supported by the team from Project Cold, an organisation that runs cold water swimming and therapy events across North Lancashire and beyond. Project Cold's "Dip a Day" campaign saw dozens of people take part in open water swimming challenges throughout March which raised more than £4,000 for us.

Sign up to Dare2Dip today and

we'll give you all the tools you need (from sponsorship forms to Facebook pages and more) to help you raise as much money as you can, to help us continue being there for everyone experiencing cancer and loss.

These are difficult times, but no one knows when they might need support. Every pound raised will make a difference to our work, so no one faces cancer or loss alone in our community.



For information on how to get involved with Dare2Dip, please visit cancercare.org.uk/news-and-events/dare-2-dip

Sophie's Story: Coping with the loss of a beloved mum

“I was finding day-to-day life difficult due to feeling overwhelmed by grief and trauma.”



Sophie James came to CancerCare for help following the death of her mum and “best friend” Siobhan.

Struggling to cope with the grief she was experiencing, Sophie's GP referred her to us for specialist bereavement counselling. Sophie began sessions with our therapist David James and was initially apprehensive about opening herself up to someone she didn't know.

“I was scared to be honest about my mental state and share my feelings, but my catastrophising had spiralled out of control. It was only after I had begun my sessions with David that I realised my grief was a contributing factor and making it worse,” said Sophie.

Over the coming weeks, Sophie gradually worked through her feelings of loss in the relaxed environment of our Slynedaes Centre.

“My thoughts were like a tangled web of sadness, so talking through things and feeling heard and understood, meant everything. I went through a noticeable transformation, from being closed off and afraid to someone who felt more in control.

“Sometimes what we needed to talk about was difficult, but it was important to relinquish myself and open up about the worst experiences. I knew I wouldn't have been able to do this without such a wonderful, caring expert like David,” said Sophie.

Sophie has since finished her therapy at CancerCare and while the loss of her mum has left a huge hole in her life, the raw pain she felt immediately after her death has eased.

“I love mum and miss her every single day. I still have my dark days like anyone, as there is no fix or ‘band aid’ for bereavement or mental illness, but I carry so much of what I learned from my sessions with me in my daily life, which helps me so much.”

Help us make amazing things happen!

A few fundraising ideas to help get you started!



Kellie Clark running the London Marathon

No one should have to face cancer or bereavement alone in 2023; your amazing support helps us reach hundreds of families and children from across our community each year.

But there is still so much we could do, with **your** help!

More than 90% of our funding comes from our supporters and every penny is directed back into keeping our services free of charge and available to help everyone coping with cancer or loss.

Here are just a few ways you could help today!

Get Involved

Fundraise for us! Your fundraising challenge can be anything you like – you could challenge yourself to walk 40 miles to mark our 40th Birthday or read 100 books this year, or maybe you fancy getting your heart rate up by joining one of our challenge events (there's an exciting one for summer just over the page!)

work possible by raising vital funds, so come along and join in the fun.

For more information, head over to cancercare.org.uk/get-involved

Celebrate with us!

Whether it's a special birthday, you've just got married or a new member of the family has arrived. Make these moments memorable, by giving the gift of strength to someone facing life after a cancer diagnosis and loss with a special donation.

If you would like to support us by marking your celebration with a special donation, please email Louise Holgate at fundraising@cancercare.org.uk.

Donate!

A little or a lot, it all matters. Making a donation is such a simple action but it's life-changing for people in our community. A £10 a month donation for a year could pay for our therapists to help two extra people through cancer or loss every month. Can you help us be there for more people through cancer and loss next month?

For more information about making a donation and how we use donations received from supporters, like you, visit <https://cancercare.lottery.safeandsecurewebservices.net/donate>

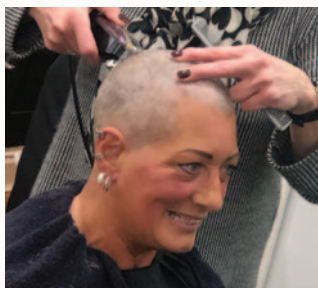
Every year, our amazing supporters make our

A 40th anniversary feast of community fundraising!

Supporters pull out all the stops for CancerCare

Bald for bravery

To mark her 60th birthday Rebecca Carroll-Atkinson from Preston went under the clippers and shaved her head as tribute to the people she has lost to cancer, raising more than £1,700.



"I felt excited and nervous but I feel proud to have done this for CancerCare. My hair will grow back but that is not the same for people who have lost their hair as a result of cancer treatment, so I feel humbled that this was a choice for me," said Rebecca.

Pub quizzers dig deep

Sally Coulson nominated us as "chosen charity" for the

monthly quiz night at the Bridge Pub, Dalton-in-Furness to say "thank you" for the support we provided her family during the covid pandemic. Sally also benefitted from our services to help her through the loss of her mum.

"After my mum passed I was offered free counselling and access to an online mindfulness course, and that has helped me to manage my grief and find a way to cope. Thank you CancerCare, without your help I don't know how hard the last 3 years would have been for my Mum and Auntie and also for myself. Nothing we raised would have been enough to show my heartfelt gratitude."

Fitness fundraiser

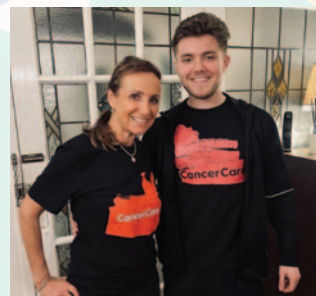
Fitness Instructor Sally Craig raised £830 thanks to a high-octane High Intensity Interval Training (HIIT) workout at Barrow Leisure Centre which saw 55 people "enjoy" three

intense 45-minute exercise sessions.

Dynamic duo

Mother and son Janet and George Silverwood from Morecambe raised a staggering £3,400 by taking part in the 4x4x48 challenge, which saw the pair run four miles every four hours for 48 hours around the town!

Fuelled by adrenaline and the incredible support of their friends and family, they were also joined on their feat of endurance by our former client and family friend Janet Butler whose story you can read on page 25.



Janet & George Silverwood

Fancy “getting your steps in” for CancerCare?

New “virtual” event to help you raise money while getting out and about!



Registration for our 4k for CancerCare step challenge is now open! If you're looking to get fit and do something amazing this summer for those facing cancer in our community then step on over and join the fun!

We're setting you the challenge to walk 4,000 sponsored steps a day over the month of August to help people through a cancer diagnosis and the people who love them.

Are you up for the challenge?

4k for CancerCare is a challenge designed for everyone! Whether you want to walk or run,

alone or with friends, you can complete the challenge your way.

We can't wait for you to see the amazing impact you'll have for the people, families, and young people we support across our community.

Are you ready to take steps to help someone through cancer and loss in your area?

For more information about signing up for this summer's 4k for CancerCare challenge, visit www.cancercare.org.uk/news-and-events/4k-for-cancercare or check out our Facebook page.



Inspirational Imogen

Paying tribute to a dearly loved dad

Launched in 2005, CancerCare's specialist children and young people's service has helped many hundreds of youngsters with specialist play, art and drama therapy.

In January 2017 Imogen Shellcross's dad John was diagnosed with blood cancer. While he was receiving treatment, the whole family came to us for support and Imogen was referred for play therapy to help her to process what was going on through creativity and talking with our therapists.

Sadly, John passed away in 2020 aged just 47 and since then, Imogen has thrown herself into a variety of exciting fundraising challenges, both to raise money for CancerCare and to honour her dad's memory.

Last year the pupils at Imogen's school, Highfield Priory near Preston, were asked to suggest a charity close to their hearts to be nominated as the school's Charity of the Year and Imogen penned a powerful piece in favour of CancerCare, talking about the huge difference we had made to her family at an incredibly difficult time.

She also bravely stood in front of an audience of more than 200 people at the school and spoke passionately about why they should choose us as the focus of their support.



A short passage from Imogen's speech read:

"When my dad stayed in hospital for a long time, CancerCare helped me learn and understand what was happening by play. CancerCare always says "have the strength to step forward" and this is how I am here today to tell you about this wonderful charity."

Imogen's speech was so inspirational, the pupils and teachers at the school decided that CancerCare was the charity they would like to be their Charity of the Year!

It is incredibly moving when our clients give something back to us, and even more so when it is a young person like Imogen. We can't wait to see what the school has in store.

Thank you Imogen!



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Lights on the Lawn

Gardens set aglow for in-memoriam event



The grounds of our Slynedales Centre were transformed into an enchanted garden as part of an uplifting evening of remembrance.

Dozens of people gathered in the early Spring sunshine for our Lights on the Lawn event which invited people to dedicate a candle in tribute to a lost loved one.

They were then invited to decorate a special candle jar and add a personal message before the jars were placed among the daffodils in the garden which, as the sun set, was set aglow with hundreds of lights and lanterns. Professional audio visual company Tech Hub also used specialist lighting to illuminate the surrounding trees to create a striking backdrop to proceedings.

The evening featured poems read by CancerCare staff while harpist Celia Briar provided an atmospheric musical accompaniment and local announcer Brian Porter acted as Master of Ceremonies.

Chief Executive Alison Stainthorpe said: "Many of the people who come to Slynedales for support enjoy the peace and tranquility of our wonderful gardens, so it seemed the perfect place for us to reflect and pay tribute to friends and family no longer with us."

Richard Montgomery attended the event to remember his wife Debbie.

"It is the anniversary of her death soon and the event gave us the opportunity to express how we feel as a family. We are so grateful for the support CancerCare gave to Debbie, especially in her final few weeks. I used to have to help her into the centre at Morecambe each week for her massage sessions, but upon leaving she would 'float' out of the building relaxed, happy and smiling. I have had counselling which has helped me to face losing Debbie, instead of hiding away," said Richard.

The event raised more than £2,200.



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Amanda's Gift For The Future

The importance of legacies for small charities



Around a quarter of CancerCare's work is made possible by Gifts in Wills. Amanda Wearing, who was helped by the charity last year, shared why she chose to include a gift in her Will and how important this legacy is to her and her family.

"After my husband, Simon, died of oesophageal cancer in 2022, I was heartbroken. Because of COVID, I hadn't been able to go with him to any of his appointments, scans or treatment sessions. It was horrendous."

Amanda chose to support CancerCare with a Gift in her Will after she accessed bereavement support with counsellor, David, at the charity's Slynedaes centre in Lancaster.

"I can't describe what a difference David has made to my life. Having someone to offload how I am feeling has just been brilliant. I've cried with him and laughed with him. Looking back, I was putting my feelings 'in a box' and not dealing with them, but when I go to CancerCare, I feel so comfortable and relaxed that it is easy to open up about anything and everything."

CancerCare relies heavily on donations. I felt I wanted to include them in my Will as I wouldn't have gotten through my bereavement without this vital service and the kindness of the staff and volunteers."

In 2021/2022, the charity has been grateful to receive Gifts in Wills ranging from £100 to £260,000. Every single gift makes a difference, helping to ensure that no-one in our community will ever have 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

Re-Fresh Peer Support Group

Marking five years providing support and fun for young people

As part of CancerCare's 40th anniversary year, we will also be celebrating the 5th birthday of our young people's peer support service.

Re-Fresh was borne from a 2018 research project looking at ways to support young people aged 11-17 as an alternative to formal one-to-one therapy.

The first group met once a week at Slynedales with one dedicated youth worker and a handful of young people affected by cancer or bereavement in their families enjoying weekly meetings and activity sessions.

Five years on and there are now six youth workers and similar groups in Kendal and Barrow. As well as the centre-based activities, Re-Fresh now runs a full programme of trips and experiences during the school holidays that have allowed them to develop their confidence and learn new life skills.

Since Re-Fresh started in 2018 it has helped more than 100 young people.

It's not just about having fun and supporting each other. The young people play an active role in deciding the direction of the group and they have drafted a new healthy eating policy



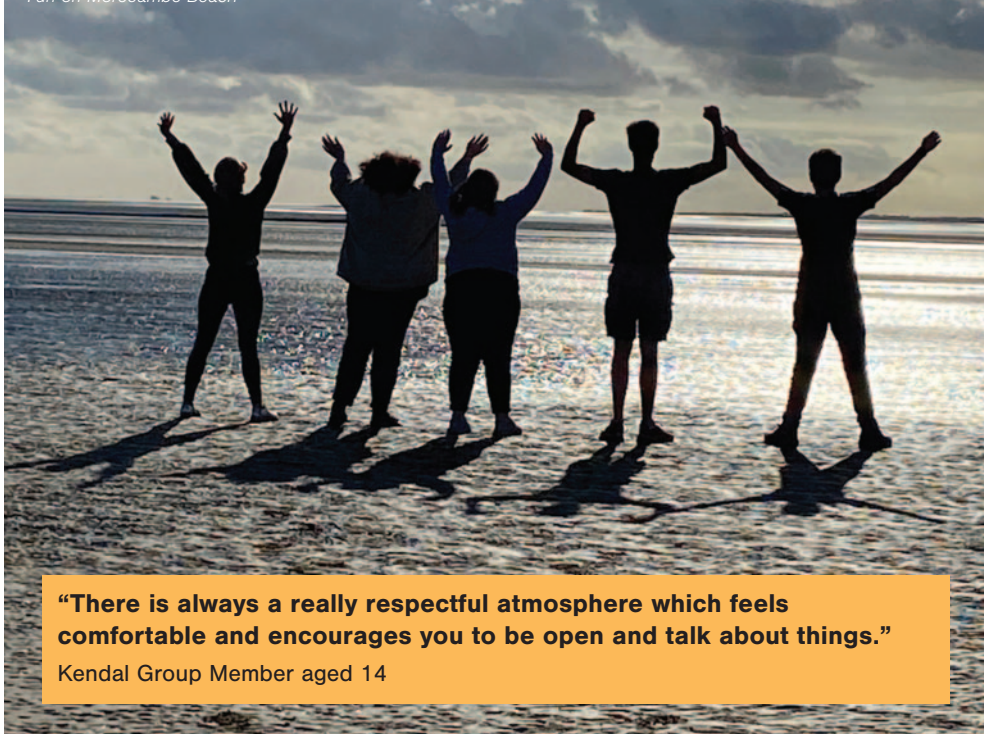


Appearing on BBC NWT's Children in Need programme



Mars exhibit

Fun on Morecambe Beach



“There is always a really respectful atmosphere which feels comfortable and encourages you to be open and talk about things.”

Kendal Group Member aged 14

for their cooking sessions and taken part in emotional and mental health workshops. Last year they played an active role in a council-led project to determine the issues affecting young people across our area.

The youth workers also work closely with our engagement team, going into schools to work with young people affected by the death of a classmate and to promote the work

CancerCare does to young people who may need help.

An exciting, and busy five years supporting young people and, more importantly, helping them to support themselves.

For more information:

<https://cancercare.org.uk/local-cancer-support-services/cancer-support-for-young-adults>

Join in the fun with CancerCare

Your exclusive guide to our events in 2023

From festive fairs to the blood-pumping Keswick to Barrow Walk, there's plenty for everyone to get involved with across CancerCare this year.



- [Keswick to Barrow](#) | Saturday 13th May
- [Sunset Cross Bay Walk](#) | Sunday 16th July
- [Chapel Island Walk](#) | Sunday 30th July
- [4k for CancerCare](#) | 1-31st August
- [Lancaster University Try-a-Tri](#) | Sunday 10th September
- [Kendal Christmas Fair](#) | Friday 17th November
- [Barrow Christmas Fair](#) | Saturday 25th November
- [Santa Dashes](#) | See our website for more.
- [Leighton Hall Christmas Fair](#) | See our website for more.

Further details about our upcoming events are available at: www.cancercare.org.uk

Feeling lucky?

You could win up to £5,000 and help people in our community facing cancer and bereavement at the same time.

From just £1 a week, you could make amazing happen for someone near you. Join our weekly lotto draw today and know that your money is being put to work immediately to ensure no one faces cancer or bereavement alone in 2023.

CancerCare Lottery



Good Luck!

For more information about the CancerCare weekly lottery draw and how to get involved, please visit cancercare.org.uk/get-involved/donate or email fundraising@cancercare.org.uk to find out more.

Katrina's Story: Supporting a whole family following a devastating loss

At CancerCare we pride ourselves on being able to offer our services, not just to people directly affected by a cancer diagnosis or bereavement, but the whole family.



We supported Katrina Lawson Evans and her children Daniel (age 12) and Eva (age 7) with counselling and specialist play therapy when her partner, and the children's father, Darryll sadly passed away as a result of stomach cancer in 2021.

Darryll's loss left the family devastated so Katrina got in touch with our Barrow Centre after hearing about us from a friend.

Eva was referred for art therapy, which involves a specially trained counsellor using art materials and play to gain an insight into a child's state of mind, while Daniel was offered more traditional talking therapy.

"Eva did lots of arts and crafts which made a massive difference to her. After 14 sessions Eva was in a such good place that she was finally happy enough to say goodbye to her dad. She also brought her artwork home of which we can keep forever.



"Daniel's sessions mainly involved talking and he worked through a special book each week. He made some

wonderful pieces of art including a sand glass, using colours that reminded him of his dad," said Katrina.

Katrina also benefitted from special parental support sessions which she said helped equip her with the techniques needed to support the children herself, in the future.



Last year, Katrina courageously told the story of how we helped her family, onstage in front of hundreds of people at our Chef Show fundraising event in Ulverston and in May she will be saying thank you to us by taking part in the iconic Keswick to Barrow Walk to raise money for us.



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Getting “revved up” about volunteering for CancerCare

Our trusty band of valued volunteers are beyond important to us. Their knowledge, skill and time - doing everything from staffing the reception desk to gardening - allows our staff to concentrate on what they do best, supporting our clients.

We have around 115 volunteers, including a small team of drivers responsible for bringing people to our centres for appointments and taking them home again. They perform a hugely important role ensuring people who may have limited access to public transport, or may be too poorly to drive, can still access the help they need.

Over the last 12 months our drivers, such as Lancaster-based Peter Hopwood, covered a tyre-busting 11,510 miles.

Peter initially came to CancerCare as a client back in 2016 and afterwards, as he had also recently retired, he decided he would like to dedicate some of his free time to helping others.

“After my recovery I wanted to give something back and I discovered that there were many possibilities but at the time there was a need for more volunteer drivers. This was a role that appealed to me as I had recently retired,” said Peter.

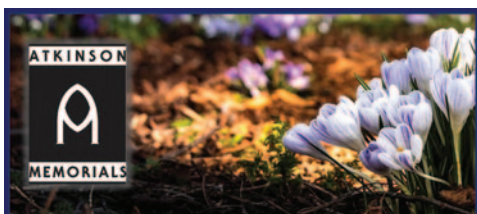
“It is a very enjoyable and fulfilling role. People are usually very appreciative and value having reliable and friendly transport door-to-door. As a driver this is very rewarding and many people enjoy a chat although I have made it a rule never to ask questions and it is soon clear what kind of conversations people enjoy.

“The role can sometimes be challenging especially if someone shares that they have a terminal diagnosis. However, basic kindness and thoughtfulness is all that is needed as well as being a good listener.

Volunteering for CancerCare is really good and there is something for everyone. I would encourage anyone who is interested to get in touch and give it a try!”

To find out more email Volunteer Coordinator
faye.hinde@cancercare.org.uk





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Janet's Story: Living a full and happy life after incurable cancer diagnosis

"It's bad enough to be told you have got breast cancer but to be told it has spread and there is no cure is absolutely terrifying."

Janet Butler from Morecambe was diagnosed with Secondary Breast Cancer (SBC) in 2019. Further scans revealed it had spread to her liver and bones, news which tore her world apart.

"The whole family were devastated and worried they were going to lose me. The fear of this disease affected me physically, mentally and emotionally. "I felt like my life was over," said Janet.

In need of some support, and with limited funds, Janet turned to CancerCare for help and she was referred for immediate hypnotherapy and counselling at our Slynedaes Centre.

"I needed help immediately, and being local was great. I needed counselling to get my head around the terminal diagnosis. I went on to have one-to-one therapy that was tailored to me and was excellent.

"CancerCare has really helped me on my journey, especially at the beginning when I needed it most, in a safe and supportive environment, said Jane.

Four years on Janet has started to recapture the things she loved in life before her diagnosis.

She now has a dog, something she had always wanted, and begun teaching Pilates again.



"I've started outdoor swimming which I absolutely love and makes me feel happy and alive. My daughter got married this year and it was one of the best days of our lives, and I can honestly say that I feel lucky to be alive and to be retired and to be surrounded by loving family and friends.

"I am living well with SBC and I feel grateful for every day. CancerCare has really helped me on my journey, especially at the beginning when I needed it most."

The Chef Show

Culinary masterclass brings community together for CancerCare

Food lovers from across Furness enjoyed a special night of comedy and cuisine and raised more than £19,000.

On Bonfire Night, more than 170 guests enjoyed a six-course meal specially created by six chefs from south Cumbria who showcased their skills live on stage in Ulverston!



The menu included an Amuse Bouche by Steve Harley from Poppies Café & Bistro, Watermelon Gazpacho by Mark Satterthwaite from Base, Salt Beets and Smoked Eel by Stuart Smith from Home by Simon Rogan, Pork Fillet, Cheek & Belly by Ash Wood from Castle Green Hotel, Treacle Roasted Lamb by Alan Forsyth from The Mill and Chocolate with Spiced Plum and Vanilla Mille Feuille by Zach Sharpe from Manor House.

The evening featured laughs aplenty from host and compere, comedy actor Garry Gifford and guests danced late into the night to tunes from DJ Pete Garbacz.

There was also a poignant presentation from former CancerCare client Katrina Lawson Evans who gave an emotional speech about how our team of specialist young people's therapists helped her children Daniel and Eva following the death of their father Darryll to cancer in 2021.



This was the second Chef Show and, in total, the two events have raised £31,000 for us. It also represents a real community effort thanks to all the local businesses, people and volunteers who give up their time, donate ingredients and loan us equipment for free.





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 Appointments: Mon - Fri 9am - 11am & 2.30pm - 6pm, Saturday 9am - 12pm

30/32 Crellin Street, Barrow in Furness LA14 1DU | **Telephone: 01229 829863**

Opening Times Barrow: Mon - Fri 9am - 6.30pm
 Appointments: Mon - Fri 9am - 12pm & 2pm - 6pm



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Anna's Story

How aromatherapy helped banish nightmares caused by grief

In 2021, Anna Driscoll from Kendal lost her much loved dad Pat to cancer. His death triggered nightmares which made it impossible for her to sleep properly, leaving her tired and so stressed it made things difficult at her job.

"It was a really difficult time and looking back, returning to work a week afterwards was a big mistake as I hadn't given myself enough time to grieve properly. I am the kind of person who just likes to get stuck in and get on with things but that didn't work," said Anna.

Anna knew she needed some support and presumed that counselling would be the best option. However, after getting in touch and discussing her issues with an assessor, she was offered aromatherapy massage as a way of addressing her problems sleeping.

Her first session, with Sandra Dacre at our Kendal Centre, made an immediate impact.

"The nightmares stopped after the first day and as, they went on, I began to feel very relaxed and with zero stress. Sandra is great. We have a bit of a chin wag at the beginning where I tell her what's been going on and how I am feeling so she can choose the oils to fit what's been going on, whether that is an energy boost or something else," said Anna.

Anna said she is now in a "much better place"

and urged anyone going through something similar to seek help and keep an open mind as to what they might actually need.

"I would say just get in touch. I wouldn't have even thought of having aromatherapy as a way of dealing with what I was going through but I am very glad I did," said Anna.

For more information about CancerCare services visit cancercare.org.uk or call 03330 150 628.



Super Stacey!

Therapist and fundraiser extraordinaire

No one embodies the community spirit at the heart of CancerCare more than our aromatherapist Stacey Smith.



Stacey has been one of our talented team of therapists for around six years, during which time she has provided massage, reflexology and reiki to hundreds of people in the Furness area.

As well as being dedicated to helping our clients, Stacey has also raised thousands of pounds for CancerCare using her imagination, energy and the culinary skills of her husband Stuart!

Over the last few years Stacey's schemes have included running a "clubbercise" event, dyeing Stuart's moustache blue and running this year's London Landmarks Half-Marathon which saw her raise £1,200!

Perhaps her biggest fundraising achievement was coming up with the concept of the Chef Show – six top local chefs cooking dinner live on stage for hundreds of people – and making it a reality.

The high-profile event has run at an Ulverston venue for the last two years and has seen a bespoke menu created by some of the area's

best chefs (including Stuart!) tantalise the tastebuds of two sell-out audiences.



To make the Chef Show happen Stacey, along with former Head of Fundraising Emma Athersmith, galvanised the support of businesses in the local community who donated time,

equipment and ingredients which she used to create a glitzy "ball-style" event with entertainment and live music.

The two Chef Shows raised a mouth-watering £31,000 combined.

Stacey said: "I love working for CancerCare as a therapist. Being able to help someone going through the toughest of times is both humbling and inspiring. I also love being able to give something back by fundraising in my spare time."



Scan the QR to see how fundraising can make such a huge difference to CancerCare.



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