

Lifeline



THE NEWSLETTER OF THE CANCER RESOURCE CENTRE

Art Auction raises over £45,000



There was a real buzz in the air during the Centre's "Art Alliance" charity auction

as Centre patron Geraldine James joined bidders competing with each other for 106 original works by contemporary artists including Anish Kapoor, Maggi Hambling, David Shrigley and seven Royal Academicians.

The Art Alliance auction on 21st April at St James' Church Piccadilly raised in excess of £45,000. Never in our 21 year history have we had such an extraordinarily successful event.



Auctioneer Hugh Edmeades, from Christies, kept over 120 guests entertained during the evening with his wit and charm, and was astounded by the generosity and goodwill of our supporters who bought so enthusiastically!

The auction was "blind" in that the works were exhibited anonymously. This approach was successful in creating an exciting and anticipatory atmosphere. Only at the end of the auction did bidders find out which artist had contributed which piece.

A big "thank you" to all the artists who so generously donated their works, auctioneer Hugh Edmeades and the entire Art Alliance committee – Caroline Clark (Chair), Honor Brogan, Eleanor Steele, Sanna Dancy, Lydia O'Ryan and Francis Miller for their excellent efforts.

A senior curator at Tate Modern, who helped us enormously by asking several artists to donate works – including Anish Kapoor whose painting sold for £4,2000 – said of this special event.... "I am delighted to learn that the auction was such a success and for a very worthwhile cause... I've known many artists who have responded to the call for a donation with a 'yes'. I think it is so easy in this consumerist world to lose sight of the importance of working and supporting something that you believe in".



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Director's Column



In February and March we conducted a very high profile campaign to persuade Wandsworth Council not to remove our core grant. The bad news is that they did, along with grants to all the other groups including Wandsworth Bereavement Service and many luncheon clubs for isolated elderly people.

The good news is that the Centre has received a great deal of support which means, in the short term, we are able to increase our reserves which had become depleted over the previous year.

Our thanks to the organisers of the Art Alliance Auction which had such magnificent results! Thanks also to Wandsworth Primary Care Trust who have made grants over two years and have helped us to access a further grant from a charitable trust.

There is, therefore, no imminent prospect of having to reduce our services. We are looking at options for building the Centre's unrestricted income (to cover our core costs) which would enable us to move forward into the future with greater confidence.

We hugely appreciate all the lobbying and other supportive work that many people did to try to persuade the Council to change their mind. Thank you to everyone especially those people who took part in radio and TV interviews. While the decision wasn't changed, the publicity generated in the national and local media, including the appearance on ITV's London Tonight, has been very helpful in attracting much needed support for the Centre.

In March the Open University visited the Centre to film our complementary therapies for inclusion in a film about the use of therapies in cancer and palliative care. This 10 minute slot is going to be a terrific means of demonstrating the value of these services. The interviews with Centre members

are particularly powerful. Thank you to all those people who took part in the film.

We are delighted to be able to tell you that Macmillan Cancer Relief is going to fund our Asian Outreach and Information Project for three years from the end of July. The Project recently received very favourable comment in CancerBACUP's report *Beyond the Barriers; Providing Cancer Information and Support for Black and Minority Ethnic Communities* which praised it as a unique service spanning both community and hospital sectors. Our Asian Outreach Officer, Zulfika, was featured recently in *In Touch*, the in-house magazine of St Georges Hospital where she offers her services one day a week to Asian patients and their families.

Farewell...

.. to Suzanne Pirker who has done some excellent fundraising work for us in the past year. Suzanne leaves us to return home to the States. We thank her and wish her well for the future.

Welcome...

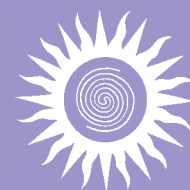
.. to our new fundraiser Jenny Moss. Jenny will be working Monday to Thursday. She is an experienced trusts fundraiser and also a part-time massage therapist. You will hear from her in the next newsletter.

Macmillan Information Officer News

Macmillan Cancer Relief is launching a new campaign in the near future called The Cost of Cancer. The emotional and practical effects of a cancer diagnosis are often recognised but there can also be financial effects if the person with cancer, or their carers, are unable to work full time or at all during treatment or because of the illness.

Did you know that Macmillan Cancer Relief can give one-off grants to people with cancer or those who are still affected by side effects from the disease or treatment?

For people who are on a low income or have savings of less than £8,000, it may be possible to apply for a small grant to cover the cost of items such as a new fridge, cooker or washing machine, or to pay utility bills if it is difficult to make ends meet.



The MIO at the Centre can help with confidential applications so if you know of someone who may find this helpful, contact **Fiona** on **020 7924 3924** (Mon & Thurs).

Macmillan Cancer Relief has also opened a Benefits Advice line to offer help and guidance to people with cancer or their carers and family. Contact: **0800 138 6568** (Freephone).

Thank you..... 1

A big "thank you" to everyone who donated books and tapes to the Centre library following the appeal in the last newsletter. We have been given almost 50 books which we are processing at present. Some are new titles and others add more copies to the most popular titles.

Asian Women's Support Group

On 22nd March the first Asian women's support group was held at the Centre. The support group was set up within the Asian Outreach project in response to Asian women who expressed a feeling of isolation and a great need to share their cancer experiences with others from a similar cultural background.

Five women attended the first group, now there are nine members and it is still growing. Since the first meeting the group has organised lunches and information sessions on specific topics, and outings are in the pipeline for this summer.

None of the sessions are formal as the group runs at its own pace. For most women it was the first time they were able to have such an open discussion, sharing each others experiences. The women have said they feel safe to explore their feelings and discuss fears and taboos about cancer that are faced in the Asian community.

Zulfika, our Asian Outreach Worker, says "It is exciting to see this group slowly evolve into a strong support network for each other, especially as a few members started the first steps towards this new experience with uncertainty and doubt."

For more information, contact **Zulfika** on **020 7978 6203** (Mon & Tues).

Fact File – Yoga

Yoga is an holistic system for creating harmony and balance on all levels of our being – physical, emotional, mental and spiritual. When this balance has been disturbed through serious illness, yoga can help to restore it.

Yoga postures work in various ways on all of the body's internal organs and systems as well as joints, muscles and ligaments. They improve posture, breathing, circulation, digestion and elimination as well as physical strength, stamina and flexibility. Yoga also provides simple relaxation techniques to reduce stress and anxiety and to bring stillness and peace.

Our emotions affect our breathing. When we are anxious, angry or frightened, our breathing responds by growing shallow and erratic. The reverse is also true. Yoga breathing exercises release tension, replenish energy and calm the mind, nerves and emotions.

Deeper rhythmic breathing is both calming and uplifting and so, by becoming aware of our breathing pattern and by consciously and gradually changing it, we can replace anxiety and stress with a measure of serenity and balance.

Taken together, the simple yoga breathing, stretching and relaxation techniques are a powerful way of increasing the well-being of people with cancer.

Yoga groups are held at the Centre each month. Our practitioners are experienced teachers who have worked with people affected by cancer for many years. They adapt yoga techniques to the needs of each individual person so that no-one is stretched beyond what they feel they can do.

Contact **Honor** or **Caroline** on **020 7924 3924** to find out dates and to book a place.

Thank you..... 2

Thank you to all of you who returned the questionnaires sent out with the Spring newsletter. It is always very helpful to get feedback from you, our users. You tell us where we are getting it right and where we need to improve our services.

Results will be published in the next newsletter.



Fundraising Focus

Celebrating Giving

Did you know you can raise money for the Centre just by getting older? These days many people prefer to ask for a gift to charity in lieu of birthday, anniversary or wedding presents. That is exactly what Home Visiting Service volunteer Celia Aston did. Celia's friends and family recently donated £440 to the Centre in recognition of her birthday.

The Centre's online donation provider, "Just Giving" also provides the facility to raise money or sponsorship for events, such as a special birthday or the British 10K, online – eliminating the need to chase money from sponsors after the event.

If you are interested in using the Just Giving website to raise money online for an event which benefits the Centre, please contact **Jenny** on **020 7924 3924**.

Student Fundraisers

Students from the Sir William Perkins's School in Chertsey, Surrey joined together to raise a fantastic sum of £636 for the Centre through a variety of activities and events. A big "thank you" to Bethan Archer (daughter of Centre Finance Manager, Megan) and all the students at the school for their tremendous efforts.

Touch of Health

Friends of the Centre and members of the public enjoyed sessions of Indian head massage, aromatherapy massage and reflexology as well as manicures and pedicures at our annual "Touch of Health" day on Sunday 23rd May. Classes in Pilates and yoga also proved very popular.

This successful event raised £966 for our Home Visiting Service. Thanks to all the Home Visiting volunteer therapists who generously offered their services and to The Vitality Centre which provided the perfect setting for the event as well as some staff therapists.

Flirt Fest

On 21st May 90 men and women gathered at an Islington pub for a singles night benefiting the Centre. The "Flirt Fest", organised by Lara Yude and Alison Pettifer, was in memory of their friend and former Centre member Toby Boulesteix and raised £435. A great time was had by all.

Potpourri Concert

In March members of the public enjoyed a Potpourri concert at All Saints' Church in Putney in support of the Centre. This wonderful event raised £560.

Many thanks to Alison Hunker and all of the musicians as well as to Centre and HVS therapist Viv Knowland for all their efforts.

Marathon Runners

Centre members Martin Bannister and Jocasta Lucas ran the Paris Marathon on 4th April to raise funds for the Centre. Martin raised £300 and Jo £310.

Centre supporter Simon Penney braved the cold and rain to run this year's London Marathon on behalf of the Centre – again – raising £450. Well done Martin, Jo and Simon!

Sponsor a British 10K Runner

Centre staff members Clara Crooke-Mosha and Fiona Charman will be taking part in the British 10K for the second time on Sunday 1st August.

If you would like to sponsor Clara or Fiona, you can do so online by going to the Centre's website at www.cancer-resource-centre.org.uk and following the links or by contacting **Jenny** at fundraising@cancer-resource-centre.org.uk for more information.

Centre's Home Visiting Service gets major support

The Centre gained a major new supporter last month. Following a visit earlier this year, the Trustees of The Henry Smith Charity have generously agreed to donate £15,000 a year for the next three years towards the running of the Home Visiting Service. The Service provides befriending, counselling, healing, massage and reflexology to those people housebound by cancer and their carers. Through the securing of this grant, access to these services is ensured for everyone, regardless of their financial means. We are very grateful to The Henry Smith Charity for their generous support.

The Centre still requires funding to maintain all its work for people affected by cancer. Please contact Jenny if you are involved with, or are aware of, any charitable trusts, groups or associations who may be interested in supporting the Centre.

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