



**Cancer Support Scotland**

**Tak Tent - Take Care**

Registered Charity No. SC012867

# TAK TENT MATTERS

February 2013

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## Welcome

A belated Happy New Year. With January over in a flash we look forward to better weather and longer evenings. We are delighted to be launching our Online Video Talking Therapy service later this month (*more information on page 2*). This new service will allow people to access our Talking Therapies who may find it difficult to get to our centre or who live in more rural parts. Our partnership with Macmillan and Glasgow Life continues to grow and expand and we hope to develop this further during 2013. Another new service being launched later this month is our Headstrong service in Partnership with Breast Cancer Care (see page 2 for more details).



Colin Graham

Once again we have devised a portfolio of fundraising events and activities. If you want to get fit why not take part in the Women's 10k in Glasgow in May or the Edinburgh Marathon (see page 8). Our adrenaline fuelled Zip Wire across the River Clyde in March (see page 7) is almost sold out so let us know ASAP if you would like to join the team. If this is not for you, why not organise your own fundraising event, we can help with ideas and offer you support, please just call the fundraising team for help.

Our weekly Lottery still proves popular and gives you the opportunity to win £100 every week for just £1. If you would like to join our lottery, please contact us and we will send you more information on how to join. Winners are announced each week by twitter and on our website. There is no need to claim as a cheque will be sent to you in the post (see page 6 for more details).

If you are passing, please do drop in and see us. Best wishes for 2013.

**Colin Graham**  
**Chief Executive**

## Green Fingred Volunteers

Despite three fantastic days of corporate partners volunteering their time to plant our new garden, we still have a good number of plants that are desperate to be planted!



Tesco Bank Volunteers

This would be a great corporate volunteering opportunity or team building event. Do you know of a team that would be keen to help us sometime in March? If so please contact David McFadden on 0141 337 8195 or email [david.mcfadden@cancersupportscotland.org](mailto:david.mcfadden@cancersupportscotland.org)

## Contacting Us

The re-direction of our old contact number has now ended. To contact us please call 041 337 8199 to contact the Calman Centre Reception or use our Freephone Number 0800 652 4531. You can also email us at [info@cancersupportscotland.org](mailto:info@cancersupportscotland.org)

If writing to us, our new address is:

Cancer Support Scotland, Calman Cancer Support Centre, 75 Shelley Road, Glasgow G12 0ZE. Should you wish to send us a donation, please make cheques payable to Cancer Support Scotland. Donations can also be made online via our website [www.cancersupportscotland.org](http://www.cancersupportscotland.org)

# HeadStrong Service comes to The Calman Cancer Support Centre



*A HeadStrong Consultation*

We are proud to announce that working in partnership with Breast Cancer Care we will be launching a new HeadStrong service on Wednesday 27<sup>th</sup> February.

HeadStrong is a free service which can help prepare you for the possibility of losing your hair due to cancer treatment.

You will be given a private appointment where a trained volunteer will talk through how to look after your hair and scalp before, during and after treatment.

## What is covered

You will be shown how to make the most of alternatives to wigs by using scarves, hats and other headwear. This practical session aims to find out which styles suit you best.

We want to make sure you leave feeling confident that you've found something that works for you.

## How to book

This service will take place in our Calman Cancer Support Centre every Wednesday afternoon from Wednesday 6<sup>th</sup> March.

We recommend you book an appointment before you start to lose your hair so you are prepared and know what is available in advance. You can attend as many times as you like and you are welcome to bring along a companion for support. If you would like more information about this service or to book an appointment please call 0141 337 8199 or 0800 652 4531, we will be happy to help you.



# New Technology Embraced

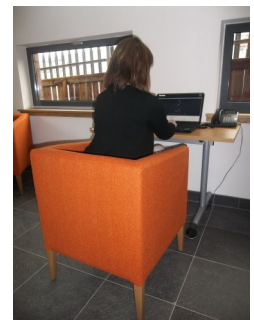
## Talking Therapy Opportunities for People Affected By Cancer Using New Technology

We are delighted to announce the launch of our new Online Video Talking Therapy Service.

Over the next 3 months we are running a pilot using Skype™ to enable people who cannot come to our Calman Cancer Support Centre, one of our Macmillan @ Glasgow libraries or Renfrew services to access our Talking Therapy service. Our Online Video Talking Therapy will mean people from all over Scotland who, due to geographical constraints or not feeling physically fit enough, will have access to our professional Talking Therapists.

The Online Video Talking Therapy will be conducted from our counselling room in The Calman Cancer Support Centre in the grounds of Gartnavel. It will be done under the same confidentiality guidelines as our face to face counselling, giving people peace of mind knowing that they can speak openly and that their conversations will be totally confidential.

This service will launch on Thursday 28<sup>th</sup> February. If you would like more information about this service, please check out our website [www.cancersupportscotland.org](http://www.cancersupportscotland.org) or to make an appointment call 0141 337 8199.



*Online Video Talking Therapy*

# Ever Thought About Leaving a Legacy?

Leaving a legacy is a big decision and discussing this with your loved ones will help. If you also include Cancer Support Scotland in your Will, you'll be giving them an extra gift. We understand leaving a legacy is a big decision, so let's talk it through. Please feel free to call and speak to Colin on 0141 337 8190. Your legacy no matter how big or small will make a real difference to the lives of people affected by cancer.

## Cancer Support Scotland (Tak Tent) — Complementary Therapies

At Cancer Support Scotland (Tak Tent) our mission is to provide emotional and practical support – on a one-to-one basis and through community based groups – to anyone affected by cancer including family, friends and carers. Tak Tent means 'Take Care' in old scots.

### What are complementary therapies?

Complementary Therapies are not medical treatments, they may be used along with medical treatment or on their own, to aid a person's feelings of wellbeing, relaxation, alleviate stress and they may also help them to alleviate muscular pain.

The Complementary Therapies we provide at our Calman Cancer Centre are Reiki, Aromatherapy, Reflexology, Chiropody, Stress Management, Guided Relaxation and different forms of massage including – Hot Stone, Full Body, Deep Tissue, Indian Head and Hand Massage. We also provide a range of complementary therapies at locations throughout Glasgow and one in Renfrew, this is with our partnership working with Macmillan Cancer Support and Macmillan@Glasgow Libraries.



Laura – one of our wonderful Therapist's

### What happens when you go for a complementary therapy?

At your first session you will be asked to complete an assessment form and your complementary therapist will go through this with you. Your therapist will also discuss what you would like to get out of your sessions. From your assessment form, your therapist will go through with you what she can offer you taking into consideration your medical history, any treatment you are having and any medication you are on. An example of this is, if you are going through chemotherapy therapy, you may be offered Reiki, a light massage or guided relaxation.



Inside one of our Complementary Therapy Suites

These are some of the comments we have received from people who have used our complementary therapies - "I can strongly recommend this to other people, it has helped me tremendously", "I couldn't have got through my cancer the same without it, I have never got as good help from anywhere else", "Very good and relaxing made me feel good about myself".

If you would like to find out more about our Complementary and Talking Therapies or Support Groups, you can check out our website – [www.cancersupportscotland.org](http://www.cancersupportscotland.org). If you would like to book an appointment at our Calman Cancer Support Centre or one of our Macmillan Libraries in Glasgow, please call 0141 337 8199 or drop in and see us at the Calman Cancer Support Centre.

## Helping more people throughout Glasgow

Working in partnership with Macmillan and Glasgow Life in their Macmillan @ Glasgow Libraries project we now have services at Dennistoun where our Complementary Therapist Siobhan offers aromatherapy, massage and reflexology and Ruth our counsellor provides Talking Therapy on a Monday. At the Bridge in Easterhouse where our Complementary Therapist is Anne, we can provide reflexology, massage, aromatherapy and Indian head massage.

At the Mitchell Library we have our Counsellor Frances who can provide Cognitive Behavioural Therapy.

We are hoping shortly to be introducing a Talking and Complementary Therapy Service to the Macmillan@ Glasgow Libraries service in Pollok.

This means that we can now provide an additional 672 sessions per year.



Talking and Complementary Therapies at Dennistoun Library



## Conference 2012 — Groups Workshops

At our annual conference last year we ran a workshop to help us establish "What makes a Cancer Support Scotland (Tak Tent) Support Group?" and "How we can support our existing Support Groups". Members of our support groups, staff, volunteers and members of our charity partners, all participated in the workshop.

We collated all of the comments and suggestions from the day and we have now broken them down in to a top 5 results:

- Regular communication - 2 way, information regarding events, Newsletter Input, main contact at Cancer Support Scotland
- Training for group facilitators
- Help to recruit guest speakers
- Marketing – help to raise awareness of groups and recruit new members
- Structured membership – standardised welcome packs, group guidelines regarding standards setting up and running a Cancer Support Scotland Support Group

The next step will be to invite members of the support groups together to discuss the results and how we can work together with them to achieve the outcomes.

At the end of the process we hope to have a clear definition of what a Cancer Support Scotland Support Group is and how we will support our existing and future groups to achieve this.



Groups Workshop at our 2012 Annual Conference

## Does your Van need a Holiday?



Alex Green — on the road

Do you have a Transit van, can you give it up for 4 weeks and would you like to be part of an amazing challenge?

A group of 6 men are cycling 1900km from Canterbury to Rome, some of them are doing this to raise money for Cancer Support Scotland. They are leaving Canterbury on 14<sup>th</sup> June 2013, but would need the van from the 12<sup>th</sup> June 2013.

They have all been training hard to achieve their goal and raising as much money as possible for

charity.

They have all done all of the hard work, now all they are looking for is someone who can donate a Transit van to help carry their supplies and spares.

If you would like to find out more about their challenge or volunteer to help them, please contact – Alex Green - [alex.green@baesystems.com](mailto:alex.green@baesystems.com) or [alexgreen21@hotmail.co.uk](mailto:alexgreen21@hotmail.co.uk)

If you would like to donate, please go to [www.virginmoneygiving.com/ALEX.GREEN21](http://www.virginmoneygiving.com/ALEX.GREEN21)

## Buy A Brick

Cancer Support Scotland's buy a brick campaign which was created by our corporate partners Hyman's Robertson has now helped to raise over £7,000 for the Centre and its services. The campaign has allowed people to place a dedication or short message on behalf of a loved one, partner, organisation or company – and create an everlasting memory.

If you would still like to have a brick dedicated then please get in touch as soon as possible via [www.cancersupportscotlandbuyabrick.org](http://www.cancersupportscotlandbuyabrick.org) or contact [fundraising@cancersupportscotland.org](mailto:fundraising@cancersupportscotland.org) for more information.



Our Buy A Brick Plaque

## Feed The Troops!

The official launch of our Soup & Sandwich Campaign for 2013 has now sprung into life! Promoting a healthy life through food is a grand way to get on board! We would love if you, your friends, your office or organisation would like to hold a Soup & Sandwich fundraising event on behalf of Cancer Support Scotland. It helps create a fun filled afternoon through enjoying a wee bit of lunch and a good natter between friends!

As a member of the S.A.S Brigade you need to be primed and ready to feed your troops! We can provide you with all the fundraising materials including packs, stickers, balloons and posters! Raising awareness of Cancer Support Scotland and getting as many troops along to join you is all part of the challenge.

If you host an event make sure you take plenty of pictures! Always good to see people enjoying a wee SAS event!

If you or your organisation would like to get involved with our S.A.S campaign

through holding an event, or require more information or an S.A.S pack, then please contact

[fundraising@cancersupportscotland.org](mailto:fundraising@cancersupportscotland.org) or call 0141 337 8199



*Judith Ralston Supporting SAS*

## Letsure are putting the 'Fun' into Fundraising



Our Corporate partners Letsure Limited are aiming to raise a fantastic £5,000 over the course of the year which will help to raise the vital funds which Cancer Support Scotland needs to continue providing complementary and talking therapies to those affected by cancer. The staff are looking to get involved as much as possible with the charity, through helping to raise awareness of our services whilst creating their own fundraising projects throughout the Glasgow area.

**LETSURE** The ladies of Letsure will be hosting their very own evening in the Calman Centre in April to raise money for Cancer Support Scotland, whilst having a bit of fun! The gents are also planning a race night in October! A team are also taking on our fantastic Zipwire event in March, whilst we have a lone runner from Letsure taking on the Mens Health 10k! Thank you to everyone involved for your fantastic support! If you would like to hire out the Calman Centre for your own event then please contact [fundraising@cancersupportscotland.org](mailto:fundraising@cancersupportscotland.org) for more information.

## St Enoch Centre well on the way to reaching £10,000 target

Thanks to the generosity of the people of Glasgow, our amazing volunteers and the wonderful carol singing of Golfhill Primary, St Roch's and Wester Cleddon Primary schools during December, the Charity of the Year Partnership with St Enoch Centre has now raised £5,000. We still have another six months of fundraising to take place and so we really hope that our £10,000 target will be achievable.

The next major activity will take place this Sunday the 10<sup>th</sup> February when toddlers will be toddling around the first floor of St Enoch Centre raising money for us. It's shaping up to be a great day – Hamley and Hatty Bear will be leading the Toddle Waddle and prizes will be given to the best dressed, first over the line and the child that has raised the most amount of money for us will win a

birthday party at Hamley's. If you'd like to volunteer come along on the day and meet us at 10:00 outside Mamas & Papas or if you'd like to just come and cheer on the kids please do come down – the Toddle Waddle starts at 11:00.



*One of our teeny weeny supporters*

## Volunteer Update

Cancer Support Scotland would like to say a huge thank you to all of our volunteers for their support in 2012 and beyond. It was certainly one of the most memorable years in the charities history with our move into the new Calman Cancer Support Centre. A move in which we would have been unable to achieve, without your continued support and hard work.

Over the winter period we have had so much volunteer support and we would like to thank all those who helped us from wrapping Christmas presents at St Enoch Centre, to becoming our new Meeter and Greeter's for the centre. Thank you once again.

Why not sign up for our volunteer bulletin to know what is going on? If you would like to volunteer for Cancer Support Scotland or require more information on the opportunities available then please contact [info@cancersupportscotland.org](mailto:info@cancersupportscotland.org) or call 0141 337 8199.



Two of our Volunteers at a recent St Enoch Centre Event

## The Lottery — 100 Reasons to Feel Lucky!

The Cancer Support Scotland Weekly Lottery Draw has been created to raise much needed funds to continue to support people who come to use our services at the Calman Cancer Support Centre.

You can help by becoming a Lottery Member and paying just £1.00 a week. Each entry gives you the chance of winning £100 – which would always come in handy!

Each weekly entry entitles you to one Unique Draw Number. This number is yours to keep for the dura-



Feeling lucky?

tion of your membership. You may of course have as many numbers as you wish – the more numbers the higher the chance to win!

The Winners in January 2013 are:

**4<sup>th</sup> January – S Bicknell**

**11<sup>th</sup> January – S Kidd**

**18<sup>th</sup> January – A Gaff**

**25<sup>th</sup> January – C Arbuckle**

Prizes are paid automatically by cheque - there is no need to claim. Winning numbers will be posted weekly on the Cancer Support Scotland website at : [www.cancersupportscotland.org](http://www.cancersupportscotland.org). Please contact [fundrais-ing@cancersupportscotland.org](mailto:fundrais-ing@cancersupportscotland.org) for more information or call 0141 337 8199.

## The Launch of our Tranquillity Trail

On Wednesday the 16<sup>th</sup> of January we joined up with Walk Glasgow to officially launch our Tranquillity Trail. Andrew Robertson, Chairman of NHS Greater Glasgow and Clyde, was there to cut the ribbon at the main entrance of the Beatson.

40 people turned up for the 45 minute tour of the Gartnavel campus which took in Bingham's duck pond and the stone waymarks which were carved especially for our trail.

The walk will take off from the Beatson at 1.15 every Wednesday as part of the Glasgow Health Walks Programme, which encourages people who aren't physically active to get moving. We hope to raise awareness of our location and services through our involvement with the programme.

The weekly walk is a lovely opportunity to get out for some fresh air and company, and we encourage people of all ages and fitness levels to join us.



Walk Glasgow leading the way!



## Foster Wheeler — Staff Services Day

Our partnership with Foster Wheeler continued over the winter period through activities within their workplace. Our volunteers helped bring some festive cheer to the office by bringing along lots of home baked goods for the workers to sample, and our volunteer therapists were also on hand to provide taster therapy sessions and spread awareness of the work we carry out.



*Festive Treats at Foster Wheeler!*

## The Wedding - Are you Invited?



This summer, a new and stand-alone event will be coming to Glasgow and it's all in aid of Cancer Support Scotland!

The Wedding will take place on Saturday 25<sup>th</sup> May 2013 from 6.45pm at the Hilton City Centre, Glasgow and it is the perfect excuse to put on your glad rags and round up your friends.

The Wedding will begin with a fabulous three course meal followed by a wonderful play that we know everyone will enjoy. As well as this there will be the opportunity to dance the night away and also bid on some fantastic auction items.

If you would like to attend The Wedding or to find out more, please call 0141 337 8199 today and ask to speak to a member of the fundraising team.

## Zip, Zip and Away!

Who can resist the chance to set yourself an exhilarating challenge in 2013! One such person who is taking on the challenge this year is Murray:

"I've completed army assault courses before but I've never done anything as big as this. I'm very excited about it; you don't get a chance to do this very often."

Murray's wife, Susan, was kind enough to sign Murray up as a Christmas Present to himself – what a brilliant idea! We are pleased to see that this year's Zipwire is almost fully booked and maybe there is a special someone you would like to sign up? Do you have anyone you think would benefit from a Birth-

day or maybe Valentine's Day present with a difference? Then take after Susan and sign them up today! Call 0141 337 8199 or email [fundraising@cancersupportscotland.org](mailto:fundraising@cancersupportscotland.org)



## Welcome to the Team

We are pleased to welcome our new Graphic Design Intern, Alan McGhee, to the Cancer Support Scotland team! Alan joined us on January 7<sup>th</sup> and has already created some fantastic work. He will soon be helping us create lots more materials that explain the services we provide so if you have any suggestions please do let us know! We hope you have a great 12 weeks with us Alan!



*Nicola McArthur*



*Alan McGhee*

Another great intern to start with us on January 7<sup>th</sup> was Nicola McArthur, our new Press & PR Intern. Nicola will be creating press releases and looking after all our social media so that more and more people can find out about us. If you have a story you would like to share with Nicola then please do give the office a call and she will be happy to help!

We said a fond farewell to our Fundraising Intern, Lynsey Neilson, on Friday 11<sup>th</sup> January. Lynsey was with us for 12 weeks and in such a short time became a huge part of the team. She helped us with our James Bond Premiere, Calman Centre Opening and generally being a great support to the whole team! We'd like to wish Lynsey the best of luck in her fundraising career and obviously ask that she stays in touch!

# The Real Cost to Cancer Support Scotland

***"Fear of cancer is in my mind at all times and this is the bit Cancer Support Scotland works on; it has helped to take away most of the fear", Bill***



For Bill we take away his fear. For Margaret we help her gain control of her life. We're a 'wee lifeline' for Anne. And for Gavin, Cancer

Support Scotland's Complementary and Talking Therapies are what have kept him going during his painful and debilitating treatment for cancer.

All our services are provided free of charge and are delivered by therapists trained to the highest standards. But with no big grants from Government and no rich celebrities to do fancy Christmas TV campaigns for us we rely on the generosity of individuals like you to help ensure we're still able to provide these services next week, next month and in 2013.

The need is urgent. It costs over £5,500 a week to ensure anyone affected by cancer including friends, family and carers can access our services. Please consider setting up a Direct Debit or making a one off donation to Cancer Support Scotland today. Your donation really can make a difference.

- Just £10 a month could help us train and support a Talking Therapist to spend time with Bill listening to his concerns.
- Or make a one off donation. £300 would enable us to buy tools so that we can cut the grass and sweep up the leaves in our new Sensory Garden. Visitors to our centre will therefore be able to feel a sense of calm and enjoy the benefits of our beautiful peaceful garden.

With your help we can provide the people of Scotland with cancer support services that really can make a difference to the lives of people like Bill.

## Want to get fit in 2013? We have lots of events to choose from

### Meadows Marathon

This is our first year taking part in the Meadows Marathon and we are very excited at the prospect of it! It is a fantastic event that takes in the sights and sounds of Edinburgh and there are several races to choose from:

**5K**

**Half Marathon**

**Full Marathon**

The event will be taking place on Sunday 3<sup>rd</sup> March 2013 so please do let the team know if this race takes your fancy!

### BUPA Great Women's 10K

Formerly, the Ignis Asset Management Women's 10K this fantastic running event will be taking place on Sunday



12<sup>th</sup> May 2013! The event will take a very similar format to previous years and the route for the day will be confirmed soon!

If you would like to sign up and take part in this wonderful event in aid of Cancer Support Scotland please visit <http://www.greatrun.org/Events/Event.aspx?id=9> today!

### Edinburgh Marathon

The biggest Scottish running festival of the year is almost upon once again! And spaces are running out fast so be sure to sign up soon for your chance to take part in an exceptional event that last year helped us raise over £5,000!!! To sign up today please visit:

<http://www.edinburgh-marathon.com/>



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## Get In Touch

Please feel free to get in touch with us should you have any comments about any of the content in this newsletter. We would be delighted to hear your thoughts and also any suggestions you may have for future issues. You can call us on **0141 337 8199** or on the Freephone number **0800 652 4531**.