



Cancer Support Scotland

Tak Tent - Take Care

TAK TENT MATTERS

May 2012

Welcome

I hope you enjoy reading this month's newsletter and as ever, if you have any comments or would like to get involved, please let us know.

As you know the cost of mail has just gone up and in light of this increase and our pending move in the summer, we want to capture as many email addresses as possible. By using email as our principle method of communication we can save the organisation a lot of money. If you would like to receive our communications by email please email us your details to info@cancersupportscotland.org. However, if you do not have access to email we will continue to send communication by post, please ensure we have the correct address for you.

I would like to draw your attention to our Buy A Brick appeal. This is your chance to have your name on a plaque displayed on the centre wall. We only have a limited number of bricks so please make sure you order now.

Colin Graham

Chief Executive



Join our mailing list

INSIDE THIS ISSUE:

Welcome	1
Calman Centre Update	1
Fundraising Events—Update	2
Charity Support Nominations	3
Ever Considered Volunteering	3
Welcome to the Team	4
Thank You Radisson Blu	4
The Gartnavel Gathering	4
Buy A Brick	4
Service Update	5
Freephone Number	5
Raising Funds	5
Therapy of the Month	6
Team Update	6

Calman Centre Update



The Main Hall

The contractors have stated the completion date to be 27th July 2012. Shortly after this time we will officially take ownership and then we will move in. Massive progress has been made and it is great to see the ground floor taking shape and the internal cladding

is now in place. The stairs to the lower ground floor are now in place as are the internal walls for this floor. Much of the electrical wiring is in place and it currently looks like a lot of spaghetti!! The external walls of the extension are in place and the windows will be added shortly. The secret garden has been shaped and tiered and this will be a very sheltered space to be enjoyed. We have managed to recruit a volunteer interior designer to help pull some mood boards together. These will be available for viewing in our office so if you are interested in seeing the materials that are being considered please drop in. We have created a

shopping list of items needed and thanks to Danwood as they have purchased a 37" flatscreen TV to go into the group support room. We are also very grateful to Gal Gael who have offered to make bespoke occasional tables for us and also to Claremont Office Furniture who have offered us new desks and office chairs.

A list of other items will shortly be available to view from our website, so if you or your company would like to donate an item, then please do get in touch.

We have a number of site visit places available. These are held every second Friday and the last Tuesday of the month at lunchtimes. If this does not suit we can arrange a visit for you, we just need a few days notice.

We have accepted an invitation to be involved in Doors Open on the 15th & 16th September, we will be looking for volunteers to help us manage this event so if you have a few hours spare over this weekend please email

fundraising@cancersupportscotland.org

Fundraising - Events Update

Ignis 10K – Sunday 13th May 2012

Despite the dreich weather, our team of runners and walkers were out in full force, tackling the hills and spills of Glasgow's South Side and Pollok Park!



Our very own Shona Smith taking part in the Ignis 10K

We hope you all had a fantastic day and that your friends and family gave you some extra donations for heading out in such horrible weather!

Thank you to everyone who took part and who came along on the day to cheer on our team! Bring on the sunshine for next year!

Edinburgh Marathon – Sunday 27th May 2012

This Sunday we will be travelling east to cheer on our runners in the fastest marathon in the UK – the Edinburgh Marathon!

We are very pleased to be welcoming four Hairy Haggis Teams from our Corporate Partner in 2011 – Student Loans Company! And as well as this we will have some fantastic supporters tackling the Half and Full Marathons as individuals!

If you would like to join us at one of our cheering squads or at the finish line then please email fundraising@cancersupportscotland.org

To everyone who is taking part this Sunday – good luck and thank you very much from everyone here at Cancer Support Scotland!

Mens 10K – Sunday 17th June 2012

We've had a ladies-only 10K so far this year so it is only fair that we have a **mens**-only! Do you or anyone you know want to dust off those trainers and take part to raise money for Cancer Support Scotland? Registrations are still open so it isn't too late to get involved! Give us a call on 0141 211 0122, or email

fundraising@cancersupportscotland.org or visit <http://www.mhfs.org.uk/10K.php>

Good Luck!

Big Fun Run 5K – Saturday 14th July 2012

This summer, Cancer Support Scotland will be joining the organizers of the Big Fun Run 5K for the very first time and we hope you can join us too!

The event is a great day out for all the family and you can take part in the 5K by walking, jogging or even running.

If you would like to take part please call **0800 652 4531** or email

fundraising@cancersupportscotland.org

Come join us for some fun!

Rotary Club of Auchterarder & District

We would like to say a big thank you to the Rotary Club Auchterarder & District who, on the 17th May 2012, held a Golf AM AM to raise money for Cancer Support Scotland!

We hope you all had a fantastic day and thank you very much for thinking of us!

Murcar Links Golf Club

We are extremely pleased to say that Murcar Links Golf Club in Bridge of Don held a Medal Day on Saturday 19th May 2012 and fundraised for Cancer Support Scotland at the same time! We would like to thank them for all their support and we hope they had a great day!

Douglas Park Golf Club

A huge thank you to everyone who took part in Douglas Park Golf Club's Bridge Drive, and purchased from their Bottle Stall, which helped them to raise a wonderful £350 for Cancer Support Scotland. Your support is greatly appreciated.



Have fun whilst raising money!

Charity Support Nominations

We need your HELP – and your family, friends, work colleagues and neighbours help!



Your local **Asda** store is currently accepting nominations for charities to support. Please can you nominate Cancer Support Scotland by either going in-store and filling out a nomination form or logging onto www.asda.com and go to your local stores webpage. You will then find a section where you can nominate Cancer Support Scotland to receive a donation. The closest Asda stores to the centre are Maryhill, Bearsden, Govan and Clydebank but as we cover the whole of Glasgow & West Central Scotland please nominate us in your local store as well.

John Lewis, in Glasgow Buchanan Galleries, is also accepting nominations for local charities to support through their Community Matters scheme; they give out quarterly donations of up to £3,000 split between three charities. You can find their nomination forms in their catering area. Please pop in and nominate Cancer Support Scotland.

Sainsbury's are also looking for nominations for your favourite local charity. Again forms can be found in-store so please please help us by popping in to get your form and nominating us. Stores local to us include Partick, Crow Road and Braehead. If you need help filling out any of these forms please call or email Shona or any of the fundraising team.

Also if you or anyone you know works for **Johnston Carmichael** please ask them to vote for us to be their next Charity of the Year. Voting for staff is open until the end of May.

If you have any questions or great ideas on how we can fundraise with companies, please contact Shona Smith on 0141 211 0122 or email shona.smith@cancersupportscotland.org



Ever considered volunteering?

Want to learn new skills and meet new people whilst also supporting Cancer Support Scotland?

If you answered 'yes', then please consider Volunteering for us. Many companies encourage their staff to undertake volunteering and give them time off to do it. For example, **Hyman Robertson** support volunteering which enabled one of their members of staff, David Grier, to volunteer his time and help us build our new Buy-A-Brick website. We could never have done it without his support so thank you David; the first bricks have been laid!

Thanks also to **Morgan Stanley** who are currently advertising volunteering opportunities to



their staff. We're in the process of recruiting our first three eager volunteers who are going to undertake roles such as Project Management, Marketing and PR and becoming a Trustee of the Charity.

If your company would like to talk to us about volunteering opportunities, please do get in touch. As they say "the more the merrier"!

Welcome to the Team

We would like to wish a warm welcome to our newest corporate supporter 3rd Horizons. Running a range of leadership programmes, research and public policy events we are delighted at their commitment and enthusiasm. With entrants in the Ignis 10K and putting a team together for the Glasgow Half Marathon we look forward to helping them across the finish line. For more information or to see some of their up and coming events visit their new website at www.3rdhorizons.com Their next event in June will explore the future of technology with speakers from Google, USA.



Thank You Radisson Blu

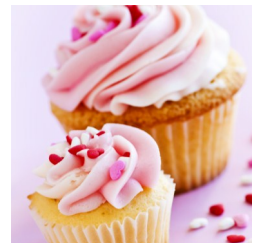


The Radisson Team

The wonderful staff at **Radisson Blu** on Argyle Street had been training hard over the last few months to take part in the Rezidor Relay Race. Organised by the hotel group the relay saw teams cycle between all the hotels from Scotland down to the south coast of England. After cycling around 60 miles between Glasgow and Edinburgh the team of 9 are well on their way to meeting their £1,000 target and we hope that they enjoyed their pampering and champagne at the end.

The Gartnavel Gathering

The 30th of May will see the Volunteers, Trustees, Staff as well as current and former interns of Cancer Support Scotland descend on the office for a bit of tea, coffee, cake and Calman. We will be taking this time to look back on the last 6th months of the charity and the progress that has been made by the organisation. With a tour around the new Calman Cancer Support Centre we will also be having a look at the first plans for the interior design. Photos to follow in the next newsletter.



The cakes are on us!

Buy A Brick and Leave Your Mark on The Calman Cancer Support Centre



Cathie and Bill Darroch were one of the first to Buy a Brick

In the last newsletter we let you know about our soon to launch Buy-A-Brick campaign. With the wonderful support of David at Hymans Robertson, who built our brand new buy-a-brick website, we have sold some of the first bricks to service users Bill and Cathie Darroch as well as supporters old and new. With 1000 bricks to sell we hope this campaign will help us raise the final £165,000 needed to buy and furnish the new centre. For a minimum donation of £50 your chosen dedication will be etched on a plaque in our private terraced garden. Donations of £250 and over will be recognised inside the centre on our glass Donor wall. The campaign is off to a fantastic start, featuring in the Evening Times, it is also helping to promote awareness of our wonderful services too. To take part check out our website at

<http://www.cancersupportscotland.org/take-care-appeal/buy-a-brick/>

where you can donate through our brand new website or download a donation form, fill it in and return it to the office. You can also use the form attached with this newsletter.

Service Update

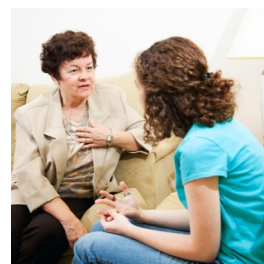


The number of new users to our service continues to rise!

Between November 2011 and April 2012 we welcomed 122 new service users to our Complementary and Talking Therapies. At the moment our two most popular complementary therapies are Reiki and Massage.

We are always looking for ways to improve and develop our service, especially in our new Calman Cancer Support Centre. To help us ensure that we provide the very best service for you, we have suggestion forms in our reception area, for you to let us know what you would like. You may also have recently received an email survey asking for your suggestions. If you have taken the time to complete one of these forms or emails, thank you. If not and you would like to contribute to the development of our service or just give us some feedback, the next time you are in our centre, ask Eve or your therapist and they will give you a form.

Every day we see the positive difference that our therapists make to people's lives, this is an example of just one person's comments ***"Fantastic place, very relaxed, everyone so lovely. Really helped me move on with my life. The visualisation course with May is brilliant!"*** - Abi, May 2012



If you have been affected by cancer and would like to make an appointment for one of our Complementary or Talking Therapies, please call and speak to Eve, she will be happy to arrange this for you.

New Freephone Number — **0800 652 4531**

We are delighted to let you know that we now have a new Freephone number so that it is even easier for you to get in touch with us. You can use this 0800 number as you would the 0141 211 0122 number, to make appointments etc.

The number is now active so please feel free (pardon the pun!) to use this number to get in touch with us.



Call us for free

Fundraising is just a click away!

1. **'Guess2Give'** is an easy and fun way for our supporters to raise more money through creating an online sweepstake for their event, everyone who guesses could WIN a cash prize! To sign up go to: www.guess2give.com and follow the instructions.
2. **'EveryClick'** can replace your current search engine and donate to charity with literally only a click of your finger! With no cost to yourself or the charity. To use 'Everyclick' as your default engine go to: www.everyclick.com and sign up!
3. **'Give as you live'** is an amazing affiliate programme of Everyclick which let's shoppers donate money to Cancer Support Scotland simply by continuing with their normal online shopping. Our very own Trust Officer Louise says "I have raised £7.62 through EveryClick and Give as you live in the past week, it is a great platform for shopping that helps raise money for charity all at the same time!" To sign up to and start using 'Give as you live' simply go to www.giveasyoulive.com and follow the instructions in 'Discover Give As You live'.
4. **'LocalGiving'** is a great way of donating to your favourite charity and for the month of May you can double your donation as the Scottish Community Foundation will also donate to us – it's Match Funding May! You can find us at www.localgiving.com/charity/cancersupportscotland and be sure to tell all your friends and family!

Therapy of the Month — Indian Head Massage

What is an Indian Head Massage?

Indian Head Massage stems from the science of health and medicine developed by Ancient Hinduism and has been used in India for quite some time. It is a relaxing therapy which heightens energy and concentration levels and leaves you feeling refreshed.



What happens during an Indian Head Massage session?

A session of Indian Head Massage will last between 20 and 45 minutes. You will be fully clothed and seated in a massage chair. It works on the scalp, neck, arms and top of the back down to the scapula, removing tension and loosening tight muscles. There are different pressures and techniques which are used to relax and invigorate.

What are the benefits of an Indian Head Massage?

Indian Head Massage is good for the body and mind. It stimulates blood and oxygen to the scalp and improves circulation, encouraging hair growth while relieving migraines, jaw ache or stress. It helps promote a good sleeping pattern, flushes out toxins from the body and reduces tension in the head and shoulders.

How much does it cost?

Our Indian Head Massage sessions are complimentary to anyone affected by cancer. However, each treatment costs the charity £40. If you would like to make a donation to pay for someone to have a treatment, or sponsor a number of sessions, please visit www.justgiving.com/cancersupportscotland or email fundraising@cancersupportscotland.org.

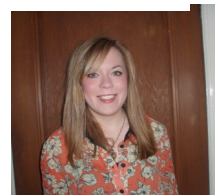
Team Update



David McFadden

Since our last edition, we have been joined by another two colleagues who are here on the Intern Programme. **David McFadden** joined us last month as our new Fundraising Intern and **Liz Gorrie** joined us this month as our new PR Intern. We are delighted to welcome them both and look forward to their input in their respective roles.

Welcome aboard guys!



Liz Gorrie

At the end of this month we will be welcoming **Angela Wassel** to the team as our Graphic Design Intern. Angela will be in the office 4 days a week helping us to get all our service and promotional materials up to date for the big move! Welcome to the Team Angela!

Johnpaul McCabe, our Fundraising Assistant, is leaving us on 7th June to join LGBT Youth Scotland. We would like to extend our best wishes to him for his new role. He has promised to Buy a Brick before he leaves! His replacement will be appointed shortly, please see our website for details. We will update you on his successor in the next edition.

Cris Salveta, one of the Trustees, has stepped down due to family commitments. Cris was very involved with the rebranding of the organisation, website and the charities marketing initiatives. I would like to extend my thanks to Cris and his wife Elaine for their help over the last few years and I know their support will continue for many more years to come. We are actively looking to recruit new trustees and to bring new skills to the Board.



facebook.com/cancersuppscotland



twitter.com/cancersuppscot



info@cancersupportscotland.org



www.cancersupportscotland.org

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 211 0122** or on the new Freephone number **0800 652 4531**.