



Cancer Support Scotland

Tak Tent - Take Care

Registered Charity No. SC012867

TAK TENT MATTERS

March 2013

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Welcome

Spring is in the air and the charity is gearing up for its busiest fundraising period of the year. The money raised during this period is vital to sustain both our existing and the new services that have been launched.

At the end of February we launched two new services. In partnership with Breast Cancer Care we launched a HeadStrong service (see page 2 for more details) and also our Online Video Talking Therapy using SKYPE (see below article for further details). Both these services add benefit to our current service provision and we expect the services will be well utilised.

I would also like to draw your attention to a couple of fundraising activities in the hope you might take part or pass on the information to others. The BUPA Glasgow Women's 10K takes place on Sunday 12th May in and around Bellahouston and Pollok Park (for further information see page 5). The Wedding event takes place on Saturday 25th May at the Hilton Hotel, this is a very special and different event. Tickets are on sale now, so book early to ensure you are at the Wedding of the year!! (see the back page for further details). And finally, if you would like to make a donation, leave a legacy or volunteer your time, please contact us.

Thank you for continuing to support the charity and if you have any comments or would like to supply an article for the next edition please do get in touch.

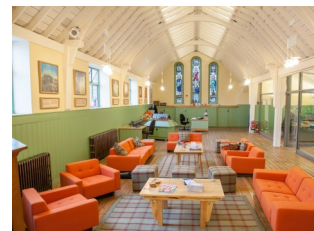
Colin Graham, Chief Executive

Doon the Water

Colin visited the Rothesay Support Group and Ardbeg Women's Fellowship to launch the Online Video Talking Therapy Service aimed at people living in rural locations or people who find it hard to travel to the Calman Centre or our Macmillan Outreach projects. This new service allows people to speak with our talking therapy team using SKYPE. Launching the service in Rothesay, Colin stated the importance of this new service as it allows people to access the counselling service without the hassle of travel, parking issues or cost. Our

new Online Video Talking Therapy service will allow us to provide up to 10 sessions per month. To take advantage of this service just email

info@cancersupportscotland.org or call 0141 337 8199 to book an online appointment, please note you must have a SKYPE account.



Cushion the blow!!

Thanks to the help and support of Marion McGinlay one of our supporters, we now have 12 new bespoke hand-made cushions, for use in our waiting area and talking therapy room. Thank you Marion.



Our fab new cushions!



Ardbeg Women's Fellowship

Support Group Visit

It was great to see such a good turnout at the Rothesay and Tighnabruaich joint support group meeting. It was great to hear the Support Group is going from strength to strength and numbers of people accessing the group is steadily rising. The group has a real buzz about it and their Support Group leader Myra encourages the group to

listen, speak openly and frankly. Over the next 12 months a concerted effort by the charity is being made to offer more support to the support groups, which will see a welcome pack for new support group members, support group promotional materials and dedicated resources just to name a few.

Launching of HeadStrong

A new free service to help cancer patients cope with the impact of hair loss was launched in March. Kaye Adams officially launched the partnership with Cancer Support Scotland and Breast Cancer Care to offer the Headstrong service. Our new service will see cancer patients offered a 1 hour appointment where they can discuss the impact of hair loss and be shown a range of alternatives to wearing a wig. The service will be run by trained volunteers some of whom have experienced cancer and its effects. Appointments are available every Wednesday afternoon and can be booked by calling 0141 337 8199.



Kaye Adams launching HeadStrong

Head & Neck Support Group Starts Up

12 people recently attended the inaugural meeting of the Head and Neck Support Group which took place in the Calman Cancer Support Centre. The meeting was also attended by members of the Throat Cancer Foundation and all have resolved to work together for the common benefit of exist-

ing and future patients. The Group is in its formative stages, but if you have been affected by Head and Neck cancer or know of someone who has and who might benefit from knowing more about this group, then please do get in touch.

Shortlisted

The Calman Cancer Support Centre has been shortlisted for the RICS awards in May! Fingers crossed we win an award as it would look lovely in our bookcase!

Save the Date

We have just had confirmation that this year's Annual Conference & AGM will take place on **Monday 7th October**. Further details in the next edition of Tak Tent Matters.

It's a Family Affair

Professor Sir Kenneth Calman opened the Macmillan GlasgowLife Hillhead Library Project on the 12th March. He spoke passionately about his love of 3 things – public libraries and the importance of them in the community as they bring people together, Macmillan Cancer Support which has supported his career over the last 40 years and the importance of Cancer Support Scotland and the work they do in support of patients, families and carers. He brought all this together to say this was a very special partnership between the three. He went on to commend all parties on this joint venture and wished it every success.



Susan Calman - Celebrity Ambassador

Susan Calman has accepted our invitation to become our latest celebrity ambassador. This will see her engage in social media by supporting us, hosting charity activities and allowing us to use her picture and quotes in the media.



Professor Sir Kenneth Calman

New Business Development

Craig McDermid of Murray Capital and Jack Ogston, formerly of Clydesdale Bank, have agreed to join a new Business Development Group with the aim of developing a range of new contacts for the organisation. Initially they will be approaching a number of Scottish Companies and Senior Business Leaders with the intention of generating new networks. The plan is to raise our profile within the Scottish business community in order to develop new income streams.

More information about this work will shortly be available on our website, please contact Colin Graham or Shona Smith on 0141 337 8199 .

Does Your Employer Support Charities?



Scottish Enterprise
Volunteers

Many companies support charities. Some do it through choosing a Charity of the Year, some encourage their staff to undertake fundraising activities whilst others will make a donation to a specific project. Do you know what the company you work for and that of your friends and family members do? Here are some of the ways our current partners support our work:

Staff at Barclays Bank recently raised £684 for us through a raffle and Barclays Bank matched it so we received £1368 which was fantastic.

St Enoch Centre chose us as their Charity of the Year and so far we've raised an amazing £12,577.

Network Rail made a £1000 donation after we submitted a funding application and they allowed us to hold bucket collections at Central Station which raised over £800.

Foster Wheeler gave us the opportunity to hold taster therapy sessions and a cake sale in their offices which is a great way to help raise awareness of our services.

And just last week we welcomed groups of volunteers from Scottish Enterprise and Shell to the centre who got stuck into preparing the gardens for spring and summer.

If you know of a company that encourages charitable giving or volunteering, please do get in touch with either David or Shona on 0141 337 8199 or email

david.mcfadden@cancersupportscotland.org — we'd love to hear from you.

SAS at The Calman Centre

The Calman Cancer Support Centre will host it's first ever Soup and Sandwich Event on 24th April 2013 between 11.30am and 2.30pm. You are invited to come along for some lovely grub and a good old natter. We will have tours running of the building and we will up-date you on service developments, as well telling you more about the SAS Campaign.

The Cancer Support Scotland team have acquired its very own S.A.S Brigade who will be on hand to serve our lovely visitors, with sandwiches kindly donated by our friends from Food Partners. We hope our event will encourage others to take part in our campaign in the future.

We are also looking to have lots of home baking for the event, so if you're a dab hand in the kitchen, would you be able to whip up a wee treat for

the event?

If you would like to attend our Soup & Sandwich Event or would like to help in any way then please contact

fundraising@cancersupportscotland.org or call 0141 337 8199 for more information.



Anyone for Soup?

Intern Activity

Sadly two of our lovely interns have recently left the team after their three months with the organisation. Thank you so much to Alan and Nicola for all their hard work. Alan created some very important materials for us including the new service and lottery leaflets and Nicola secured press coverage for the Toddle Waddle, Zipwire, Online Video Talking Therapies and the launch of Headstrong to name but a few!

Thank you to our interns once again, with your help Cancer Support Scotland can continue to grow and make a big difference.

Our newest intern Jennifer Little arrived in February, and has already been hard at work in the fundraising office looking after several of our key events including our Zipwire across the Clyde and our first ever Soup & Sandwich Event being held at the Calman Centre on 24th April. We would like to thank Jenny for all her hard work at Cancer Support Scotland so far, and I'm sure you would too – if you see her in the office please give her a wee hello!



Jen Little our new Fundraising Intern

Volunteer Activity



Some of our Volunteer Complementary Therapists at the St Enoch Centre

We would like to thank all of our volunteers who took part in the Glasgow Central Station bucket collections on 27th and 28th of February. We could not have asked for much more - getting

out your bed at 6am to greet the morning commuters was certainly rewarding! After the two days we collected an astonishing £843.23 from the Glaswegian public!

Thank you so much for all your efforts, not only did you help raise vital funds to help run our services

but you also helped with raising awareness of who we are and what we do.

And the other good news is that we've secured dates in June and September for further collections - so keep your eyes peeled for more information on dates and times!

Our amazing volunteers have been rather busy this month with various complementary therapy events taking place throughout Glasgow. The 'Moving Forward' event took place in the New Victoria Hospital to provide people with support after their cancer diagnosis. At the Beatson Oncology Fundraiser our therapists helped raise over £800 for the West of Scotland Cancer Centre. And we also had a wonderful volunteer provide much needed massages to the staff of Foster Wheeler and helped raise £164. Thank you once again for all your hard work.

Celebration Time for Bill and Mae: 01/03/63 - 01/03/13

On their Golden Anniversary, Bill and Mae Flaherty decided not to be lavished with gifts from their friends and family when celebrating a fantastic event in their lives, but decided instead to raise vital funds that allow Cancer Support Scotland to continue to provide complementary and talking therapies to people affected by cancer. The event took place at Killermont Bowling Club on the 9th of April and raised an amazing £768.00!

We cannot thank Bill and Mae enough for sharing this wonderful day with Cancer Support Scotland, especially since they had their four children and nine grandchildren there! We hope you and your family had a brilliant time!



Bill & Mae Flaherty

Scotch Broth Events

A group of young events management students from Glasgow Caledonian University hosted an evening of music, dancing and all things Scottish in a great event which took place at The National Piping Centre in March, with our very own piper Lochlann McKay piping in the guests. An old fashioned ceilidh was in full swing before long with the brilliant Furory Ceilidh Band delivering a great performance, much to the delight of the 100 people in attendance.

We cannot thank Scotch Broth Event's enough for all their hard work and enthusiasm on the evening. The merry band of students helped to raise over £300 for Cancer Support Scotland through collections, raffle and ticket sales. Thank you once again!



The Scotch Broth Event's Team

Mighty Sporting March!



Well done to all our runners who took part in the Meadows Marathon on March 3rd and the Kilomathon March 17th! What a fantastic start to our sporting calendar! Although March may not have been the sunniest month we still had some courageous souls strap on their trainers and brave the streets of Edinburgh! Have they inspired you to take on a sporting challenge in 2013? We have some fantastic events coming up that we hope will be in sunnier weather:

BUPA Women's Great 10K – Sunday 12th May – formerly the Ignis Asset Management 10K – this 10K takes in the sights and sounds of Glasgow's south side parks and is an amazing event for women of any sporting ability! Visit www.greatrun.org today to sign up and let the team know by calling 0141 337 8199 or emailing fundraising@cancersupportscotland.org



Edinburgh Marathon Festival – Saturday 25th & Sunday 26th May – a festival full of races of many different lengths! They have a 5K, 10K, Half Marathon, Full Marathon & Team Relay spread over the weekend and time is running out to sign up! The UK's fastest Marathon needs you to join them this year – visit www.edinburgh-marathon.com today!



Men's Health 10K – Sunday 16th June 2013 – who can resist a Father's Day with a twist? Fancy entering into this event for Father's Day? Or why not sign your Dad up as his Father's Day gift? Go on, you know he'll love it! www.mens10k.com

Alex Green

We are always very excited when someone sets themselves a personal challenge in aid of Cancer Support Scotland and it doesn't really get as challenging as a 1900 km cycle through the Alps to Rome!

As well as travelling such a long distance, Alex and his friends will also be facing the vertical challenge of travelling 7000ft UP the Alps!

Words can't describe how grateful the service users and team are that Alex is taking on such a daunting challenge and we hope you'll be able to show your support to him and his team by donating to their Virgin Money Giving page:

<http://uk.virginmoneygiving.com/ALEX.GREEN21>

Good luck Alex!



The challenge ahead!

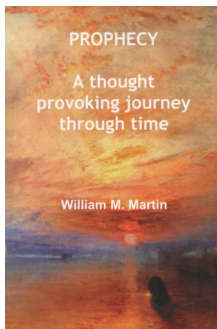
Zip, Zip and oh wait!

I'm afraid to say that the Scottish weather has played it's part again in what was to be a fantastic event! The ZipWire of the 24th March has unfortunately been postponed for a second time due to adverse weather conditions – aka gale-force winds! The correct decision was definitely made for the safety of all our Zippers but it means that they'll have to wait a little bit longer to take that fateful leap. The new date has been confirmed as Sunday 28th April 2013.



If you'd like to join us on the day and show your support to all the Zippers, please email fundraising@cancersupportscotland.org and we'll let you know where we'll be! Fingers crossed for sunshine!

Prophecy Book Launch



I am very excited to tell you of some support we have been receiving from one of our hard-working volunteers! William M. Martin-

I had been working on two books, one called Prophecy, a poetry book, which is thought provoking and somewhat different. Plus The 13th Disciple, a Prophetical Thriller, set in 2020. Published late 2013.

Prophecy has just been published, and is available shortly on Amazon and FeedARead (British Arts Council Sponsored).

Every book sold will make 35p for Cancer Support Scotland.

ISBN NO 9781782992318 Prophecy by William M Martin

<http://www.prophecybm.com/>

Have you ordered yours yet?

Grayson has written two books and Cancer Support Scotland are very fortunate to be receiving funds from these. Here William tells us more:

Working in hostile theatre overseas, I was thinking of a way that I could raise money for Cancer Support Scotland, BLESMA and Oregon Veterans Support Agency.

Gruffalo loves Soup and Sandwiches!



Gruffalo gets stuck in!

Lisa Murray and her lovely band of helpers at Linnvale Primary School in Clydebank held their very own Soup & Sandwich event at the end of March, much to the delight of the rest of the staff! Lisa and her friends put on a sublime taste experience with all their lovely soup creations from the Cancer Support Scotland S.A.S booklet along with plenty of home baking treats for the event. The event raised a fantastic £115.00 for Cancer Support Scotland, and we cannot thank Lisa enough for all her slaving away in the kitchen to make the event so good, we can certainly see that the crazy character The Gruffalo enjoyed his soup!



Lisa and friends

Clinical Hypnotherapy at the Calman Centre



Amanda Hope

Clinical hypnotherapy is one of our oldest, most natural techniques. It is used with a wide range of emotional, behavioural and physical conditions and is now generally accepted as a valuable support for people affected by cancer. A typical session would begin with an opportunity to talk, followed by some gentle relaxation. Guided relaxation helps to release stress and improve a person's ability to cope with life's challenges. It also seems to give the body a better chance to repair and recover from illness.

Amanda has been supporting clients affected by cancer for many years using hypnotherapy, privately, within the NHS and in partnership with cancer charities such as MASScot (Melanoma Action and Support Scotland). We are pleased that Amanda will be joining us at the Calman Centre from Monday 15th April.

Hypnotherapy can help in all sorts of ways and with a variety of problems. People with cancer, their families and friends come to see Amanda with a wide range of needs, such as:

- Fears around surgery and recovery
- Fear of needles, scans, hospital
- Difficulty sleeping
- Pain management
- Stress and anxiety
- Feelings of powerlessness and hopelessness
- Overwhelming negative thought patterns
- Side effects of treatment
- Difficulties around work during illness
- Confidence to speak to health professionals, family and work colleagues
- Fear of dying
- Fear of losing a loved one
- Bereavement

If you are affected by cancer and would like to make an appointment for hypnotherapy then please contact 0141 337 8199 or 0800 652 4531. You can also contact us via email info@cancersupportscotland.org

Macmillan Supporters — Steps to Help You Programme

Receiving a cancer diagnosis and going through treatment will be the toughest fight many people will face. Having family, friends and health professionals for support is essential, however we know that speaking to someone who has gone through the same experience is highly valued by those affected by cancer.

Being able to share concerns, problems and issues with someone who has gone through something similar not only helps cancer patients to feel they are not alone and but can also give them much needed hope during an uncertain time.

The Macmillan *Steps to Help You* programme is a new initiative from Macmillan Cancer Support where people who have been affected by cancer will offer support to people undergoing treatment. The volunteers with experience of cancer will be provided with comprehensive training which will equip them with the skills and confidence to listen and offer appropriate advice and support to cancer patients in specific areas such as nutrition, chemotherapy, radiotherapy and benefits.

Cancer patients will be matched with a Supporter who has experience of a similar type of cancer to ensure they can provide relevant and practical advice in approaching and dealing with a range of issues.

We would welcome enquires from anyone interested in finding out more about the Macmillan 'Steps to Help You' programme and becoming a Macmillan Supporter. Please contact Claire Garton, Macmillan Volunteer Manager, on 0141 211 4322 or claire.garton@ggc.scot.nhs.uk

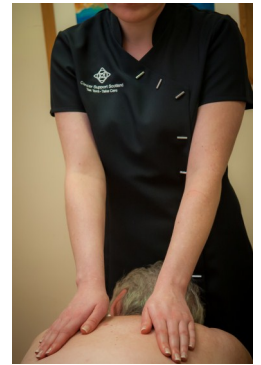


Advice and support is available to people affected by cancer

Did You Know?

Since moving into the Calman Centre last year our Complementary Therapists have been kept extremely busy as we have been able to offer more appointments than ever before. It may interest you to know a few of our service statistics. Figures relate to Nov 2012—March 2013.

- ◇ We have provided 611 complementary therapies in the new centre
- ◇ Massage proves to be the most popular therapy
- ◇ 1/4 of our service users have been Male
- ◇ 67% of our service users have been the person directly affected by cancer



Have you RSVP'd?

Have you saved the date? You don't want to miss the stand-out event of the year! The Wedding! Tickets are selling fast and prizes for the raffle and auction are coming in just as fast – it's fair to say that everyone in the Calman Centre is getting very excited!

To book your seats (£75 each) or table of 10 (£750) please call 0141 337 8199 or email thewedding@cancersupportscotland.org

The Wedding

Will be held on **Saturday 25th May 2013**
from **6.45pm** at the **Hilton City Centre**.

We will begin with a fabulous three course meal followed by a play where you and your friends are the guests. As well as this there will be the opportunity to dance the night away many surprises including some fantastic auction items.

Dress Code: Formal - Kilts, Tails, Evening Dresses all welcome

To support 'The Wedding' and this wonderful charity, it couldn't be easier. Tickets are priced at £75 each (table of 10 £750).

To purchase your tickets please,
call **0141 337 8199** or
email thewedding@cancersupportscotland.org
and a member of our fundraising team will reserve your seats.



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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**.

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