



Cancer Support Scotland
Tak Tent - Take Care

Registered charity in Scotland SC012867.

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JULY 2015
NEWSLETTER

Registered charity in Scotland SC012867.

WELCOME

Summer has finally arrived and Cancer Support Scotland is all geared up for a host of service activity and fundraising over the coming weeks. Due to demand for our chiropody services we have doubled the number of available appointments. Further details are available on page 6.

Over the next few weeks we will be testing our new booking system, so when you call us we will be asking for some additional information. Once fully launched, the new service will allow you to receive text and email. We hope that having a new computerised booking system will make our patients' lives that wee bit easier. If you are affected by cancer, please call us on **0141 337 8199** to arrange an appointment.

Our Moscow to Houston cycle ride is back (see page 3). This 35-mile cycle is ideally suited to groups of friends or work colleagues who want a fun day out while raising money for Cancer Support Scotland. We have a new starting point in Moscow and a new finishing point at the Houston Inn where you will be treated to a burger and a vodka to keep the theme going.

Our AGM and Conference will be held in the Calman Centre on Monday, 21st September, from 10:30 – 14:00. It is free to attend and is aimed at cancer patients, family members, carers, health professionals and cancer organisations. You will find a booking form at the back of the newsletter. You will also find a membership form and we ask you to complete this if you wish to vote at the AGM.

There is no cost to becoming a member and it's well worthwhile as it ensures you will receive invitations to events and activities.

In every edition of the newsletter I seem to make a plea for you to set up a regular payment to Cancer Support Scotland and this edition will be no different! We are experiencing unprecedented demand for our services and as we don't receive any government funding we rely on the generosity of our donors. The simple fact is that if every person who receives our newsletter gives just £10 per month, we would be able to support another 450 cancer patients. To set up a regular payment please complete the form at the back of this newsletter. Thank you.

Finally, if you can help us by offering your company's support by nominating us as its Charity of the Year, matched funding or offering products or raffle prizes, we would love to hear from you. We are always on the lookout for companies who want to support a local charity.

Have a lovely Summer.



Colin Graham
Chief Executive

JULY 2015
NEWSLETTER



MOSCOW TO HOUSTON CYCLE RIDE!

Enjoy a brilliant morning cycling, raising money to help fund our services and enjoying a burger and a party. You'll feel great, so what's not to love?!

Sign up today to join us for our 35-mile cycle from Moscow (in Ayrshire) to Houston (in Renfrewshire). Whether you're a keen cyclist or your bike is gathering dust and in need of an outing, we would love to welcome you to join us on Sunday, 23rd August, for a fun day out.

We're looking for people to take part in the event so we can beat the **£27,000** we raised last year, and we need your help.

Do you know anyone who would like to join us? Please tell them to get in contact by calling **0141 337 8199** or emailing **fundraising@cancersupportscotland.org**.

There's more information, photos from last year and an online registration form on our website: **cancersupportscotland.org/events/moscow-to-houston/**

Hope to see you in Moscow!



TERRIFIC 10K RUNNERS!

Andrew Smith was one of our supporters in the Men's Health 10K on Sunday, 21st June. Andrew did fantastically well, zooming round the course in just 47 minutes and smashing his £500 target by raising **£1837**. Andrew's father sadly passed away in March, so he decided to run this 10K in his honour, and run for a cancer charity.

He said: **"As soon as I saw Cancer Support Scotland's website, I knew they provided something all those suffering from cancer and their families should have access to."**

We would like to thank Andrew and all our fantastic Men's 10K runners for dedicating so much time and effort to training and fundraising for us. We'll be announcing a grand total for the event soon, so keep your eyes peeled.



GREAT WOMEN'S 10K SUCCESS

We have some great news to shout about – our lovely ladies who took part in the Glasgow Great Women's 10K raised a massive **£5684**. This will allow us to provide **119 complementary therapies** – that's over nine days' worth of therapies. Well done girls for making such a huge impact!



GETTING DOWN AND DIRTY

Not everyone would fancy taking part in a gruelling 12 mile mud run, strewn with obstacles, including ones giving participants electric shocks. However, a group of 13 brave staff from **The Pond Hotel** decided to take on this challenge to raise money for us by taking part in a 'Tough Mudder' on Saturday, 20th June. After popping down the road to visit our centre, they decided they wanted to help us, and they certainly have, as they've raised an impressive **£2702**.

Two of our enthusiastic supporters also took on the challenge, so we'd also like to say a big well done and thank you to **Karen Dalby** and **Amy Semple** who raised **£552** and **£65** respectively. The word 'Tough' really undersells how demanding this event is, so we take our hats off to all our supporters who took part. Thank you for enduring such a testing event to raise money for us!

'FINNISH-ING' IN STYLE AT THE HELSINKI HALF MARATHON

A huge well done to **Joanna Fraser**, who took part in the Helsinki half marathon at the start of June and raised **£1393**. Well done Jo! We hope you enjoyed your trip to Finland.

Jo took part in the Great Scottish Run half marathon for us at Cancer Support Scotland and has continued to support us since then so she's a really fantastic fundraiser.

GREAT SCOTTISH RUN 10K AND HALF MARATHON

If you're feeling inspired by reading about our fundraising runners why not take on a 10K or half marathon yourself and raise funds for us? We have free spaces for the upcoming Great Scottish Run in the 10K and half marathon on Sunday, 4th October.

We're constantly looking for people to help us fundraise, so we can provide our services so if you know anyone who is interested in running (or interested in getting fit or taking on a challenge) please let them know about our free spaces – we would love to hear from them. Visit our website to find out more, email fundraising@cancersupportscotland.org, or call **0141 337 8199**.

CAN YOU HELP US?

The demand for our services is growing by 5% each month. We therefore need to increase the amount of money that we fundraise to provide our services free of charge. If you can spare just **£5 a month**, you would be helping us support local people who are affected by cancer. Please get in touch by calling **0141 337 8199** or by emailing **fundraising@cancersupportscotland.org** to discuss how you could help us. You can either donate by filling out the form at the end of this newsletter or via our website: **www.cancersupportscotland.org/donate**. Thank you.

INCREASING OUR SERVICES

We continue to grow our services and increase the number of people we support.

Over the past six months we have seen a large increase in the number of people accessing our services, and this has enabled us to support more people.

A breakdown of the figures shows:

- 33% more people are accessing our complementary therapy service
- 40% more are accessing our counselling service
- 45% more men are using our services
- 48% more people are getting support in the Calman Centre

To enable us to meet the growing demand of people who suffer the painful side-effects of chemotherapy, we are delighted to have doubled the number of chiropody appointments. They are now available from **09:00 – 16:15 on Mondays & Wednesdays**, and from **09:00 – 13:00 on Tuesdays**.

Our chiropody service is available to anyone diagnosed with cancer and who is suffering from the effects chemotherapy has on their feet and nails.



CANCER SUPPORT SCOTLAND'S COMPLEMENTARY THERAPY SERVICES ARRIVES AT CAMPBELTOWN

From this month our services in Argyle and Bute will include both Campbeltown and Rothesay. As part of our partnership with MacMillan Cancer Support and Argyle and Bute Council, we will be providing regular complementary therapy services in Campbeltown library.



INTRODUCING... ANN

(Counsellor, Thursdays)

"I took voluntary redundancy, suddenly, after 21 years working within Women's Aid mainly as a counsellor and wellbeing/addictions worker. This has created space for me to do supervision/counselling within a relationship counselling service, and become a counsellor with Cancer Support Scotland.

I am a person-centred counsellor with an interest in developing compassion (starting with ourselves). I am a writer, and have facilitated creative writing groups in different settings; writing can be a readily available/free therapeutic tool. The place I feel most at peace is swimming in an outdoor pool or loch, beneath the sky, with our dog."



SANDRA (Chiropodist)

"I have been working as a podiatrist for over five years, and I have been qualified as a nurse for over fifteen years. Through both careers I have experience of working within hospitals and care homes, and podiatry work in private care. I truly enjoy working with the public. Throughout my career as a podiatrist, I have worked with all age groups, and I have treated individuals with a variety of illnesses, including severe dementia, Parkinson's disease, lupus, rheumatoid arthritis, and HSMN."



KAREN

(Chiropodist)

We would like to wish Karen, our chiropodist, the best of luck, as she left us in July to have twins! She will be greatly missed by our team and everyone she helped during her time with Cancer Support Scotland.

WHAT OUR CLIENTS AND SUPPORTERS HAVE BEEN SAYING

We receive many cards and emails from supporters, and we thought we would share with you a few of their comments from last month...

"I would like to thank you all for the kindness and support you have given me over the last few months. The Calman Centre has been a sanctuary, and now I feel more positive for the future."

Mora

"I had great difficulty coping with my clinical cancer treatment, until I found Cancer Support Scotland, as its service provides a more holistic approach."

"The Beatson is very good at the cancer treatments, but not as experienced in supporting the emotional trauma of a cancer diagnosis. I believe the service provided is essential in the management and recovery from a cancer diagnosis, as it provides a more holistic approach, which should be an integral part of cancer treatment."

Anon

PILOT PROGRAMME

Do you have lymphoedema, and can you commit to six weekly, 60 minute appointments from 09:45? Would you like to take part in our 'Reflexology Lymphoedema' pilot?

Are you, or is someone you know affected by lymphoedema?

Our Calman Centre complementary therapists, Rachel and Elspeth, have recently trained in Sally Kay BSc (Hons) method of reflexology lymph drainage.

They are running a pilot study into the effects of Reflexology lymph drainage on clients affected with secondary lymphoedema in one arm following breast cancer treatment. They are looking for participants to take part, who can commit to attending the centre for six consecutive weeks on the same day and time each week.

What is lymphoedema?

Lymphoedema is defined as tissue swelling due to the failure of lymph drainage. The failure of

lymph drainage can be due to the lymphatic system being compromised due to some or all lymph nodes in an area being removed as part of cancer treatment or damage being caused by radiotherapy or other cancer treatments.

What is Reflexology lymph drainage?

RLD is an award winning reflexology technique which focuses on stimulating the lymphatic reflexes on the feet. The aim is to cause an effect on the lymphatic system in the body. It is a unique sequence that has been researched and developed by Sally Kay BSc (Hons) while working in cancer care. The results appear to support the theory of reflexology.

If you are interested in taking part in the study or would like further information please contact the centre on 0141 337 8199.

VOLUNTEERS' WEEK

Cancer Support Scotland was honoured to take part in Volunteer's Week 2015 – the national celebration of all things volunteer!

A whole host of businesses, communities and charitable organisations from all over the UK come together to celebrate the amazing work that volunteers do throughout the year, and the volunteers at Cancer Support Scotland are no different. Whether it's one of our counsellors helping someone come to terms with a cancer diagnosis, volunteers raising money to ensure we can continue providing our services, our complementary therapists easing someone's physical pain in one of our outreach centres, or volunteers helping with the administration and ensuring people are able to access appointments, our volunteers are a huge part of our charity, and we like to make sure they know this. Keep reading to see the kind of things we got up to in volunteers' week.



VOLUNTEERING MARKETPLACE

We were invited to the **Mitchell Library** to showcase what kind of roles and activities people can get involved in as a Cancer Support Scotland volunteer and the feedback was brilliant. Through this event, we recruited volunteers as counsellors, complementary therapists, receptionists, meet and greeters, and fundraisers, and are looking forward to welcoming them to our amazing team.

VOLUNTEER BBQ

Each Volunteers' Week, we host a barbecue at the centre as a 'thank you' to our volunteers – and the rain managed to stay away this year! There was a fantastic mix of complementary therapists and counsellors, fundraisers and support group members, admin assistants and receptionists, new volunteers and old volunteers which gave everyone a chance to meet some volunteers they had never met before. Our next volunteer celebration will be in December for the Christmas dinner – we look forward to seeing you all there.



BEAUTY CARE

Hi everyone. The last time I was going to write about all the great stuff

Defiant Beauty has to keep you cool during the hot weather, the weather broke and the rain and cold weather came back with a vengeance. If this happens again I hope you don't hold me responsible! At least just now, the rain is a bit warmer and the thunder is breaking the humidity.

At the Calman Centre, we have some great products to help you stay cool when you feel like you are about to melt into a greasy blob.

First off, we have a lovely, refreshing **Cool and Refresh Spritz**. It's a fantastic spray that can cool you down as it dries into your skin. It might also help if you, like me, find the heat in hospitals unbearable. It's the most wonderful feeling when you spray it onto your face and body and its cooling effect is so immediate.

We also have a **Mild Mint Foot Balm** which is so satisfyingly cool when your feet are too hot and swollen. You only need to use a small amount of balm as you can always add

more if you think it's necessary. If You rub it between your palms or fingers till it melts then spread it over your feet and relax into that wonderful feeling.

The Cool and Refresh Spritz is £20 for a 100g spray and the Foot Balm is £17.50 for 50g. The products may seem a tad expensive but the ingredients are as pure as it is possible to get and they are presented in glass jars.

I would like to mention if you already have some Defiant Beauty products, you could find the balms melting in their jars. This is not a problem. They melt because of the shea, coconut and cocoa butters in them. If you keep them somewhere cool they will solidify again. The products will not "go off" because of this process. It happens naturally and will not affect the product's shelf life.

I hope you all make the most of the good weather while it's here and enjoy whatever holidays you have planned.

Take care.

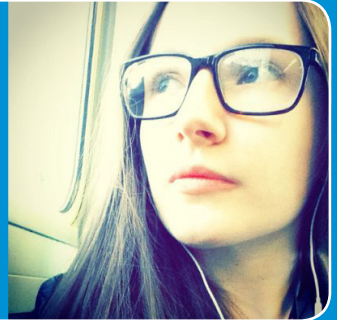
Morag

FRESH FACES

We have a full team of interns working hard to support the charity and gain skills and experience they can apply to the real world. Tom, Erin and Lucy all started mid-June and will be with us for 12 weeks and we're delighted with what they have accomplished so far. Find out more about them below.

ERIN

"Hello, I am Erin and I am one of the new fundraising and research Interns. Currently, I work as a verification adviser but want to continue my career in the charity sector. I have recently graduated with a Masters in Creative Media Practice and have a BA Honours in Social Sciences with Psychology. I have really enjoyed my first few weeks here working with the fundraising department."



TOM

"My name is Tom and I recently started here as Cancer Support Scotland's 'PR and Media Intern'. Since graduating with a journalism degree last September I've struggled to get a full time job and this internship with Cancer Support Scotland seemed like the perfect opportunity for me at this stage in my career."

The first few weeks have been excellent and I've learned a lot in the process. I have also been much more involved than I had expected, which is great. The internship lasts for 12 weeks and I'm certain that by the end of it I will have gained enough experience and knowledge to push on in a career in PR."



LUCY

"My name is Lucy and I have recently joined Cancer Support Scotland on the Fundraising Internship. I divide my time between the fundraising team and the graphic design team, where I help organise fundraising events, and design the artwork at The SHINE Agency."

After graduating with a degree in reproductive biology, I spent 4 years working in Australia. I am now keen to start a career in design and events, and the internship has given me the opportunity to combine my interests and gain invaluable experience for the future. I have really enjoyed working with all the friendly volunteers and staff at the centre."





WINE AND CHEESE NIGHT

As part of Lucy and Erin's fundraising internship they have organised a wine and cheese-tasting night on Friday, 14th August, here at the Calman Centre. It will be hosted by a professional wine connoisseur and as well as explaining the differences in the wines, he will also explain how to match them with a variety of cheeses. For further information or to buy a ticket, please call **0141 337 8199**.



GARDENING

Thank you to the team of Modern Apprentices from **Scottish Enterprise** who came along to the Calman Centre to work on our garden. The place is looking fantastic and just in time for the summer weather.

A VERY LUCKY MAN

In September 2013, I attended The Beatson for a course of treatment for bowel cancer. I received chemotherapy and radiotherapy each day for a period of five weeks.

As my home is some ninety miles by road from Glasgow, it was not feasible for me to travel to the hospital daily. Rather than take up a hospital bed, I was fortunate to be accommodated at the Pond Hotel.

So I found myself a long way from home, not feeling great and more than just a bit worried about my future.

Then I found my way to The Calman Centre...

To have such a marvellous, tranquil place to go to each day away from the hospital environment was absolutely tremendous. The friendly welcome I received immediately was reassuring and actually a little overwhelming. I took full advantage of the complementary therapies, (I think my wife was a little jealous when I phoned her each day to report my day's experiences), and if I just wanted a cup of coffee and to sit and read the newspaper, The Calman Centre was there for me.

In January 2014 I underwent successful surgery to remove my now much shrunken tumour.

So eighteen months since my treatment, life has been a bit challenging but now I am back on track. I have a new job as a part-time administrator with a charitable project in Tighnabruaich, close to my home, I am planning a holiday to the Algarve and life is good.

I am sure my visits to The Calman Centre and the support I received from Cancer Support Scotland have played a major part in my recovery, and I will not forget the kindness and support shown to me by everyone I met.

A big, big thank you from a very lucky man!

Richard Ingham

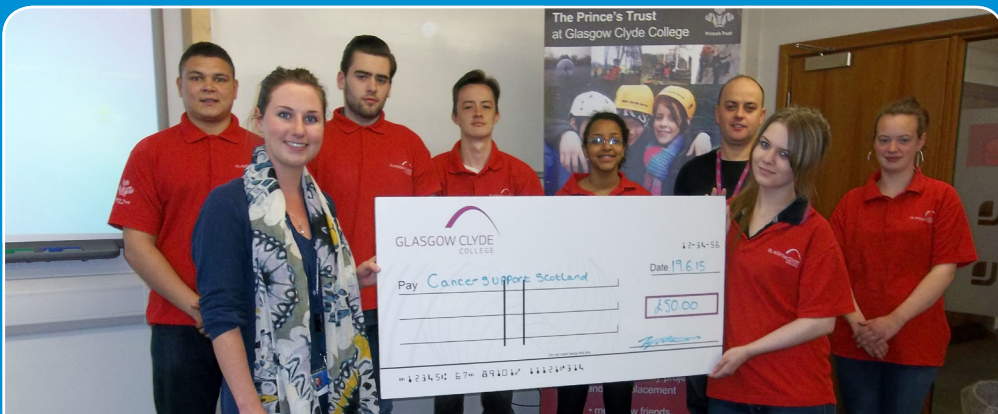


THE FACE AND VOICE OF CANCER SUPPORT SCOTLAND THANK-YOUS

Roll call – we're looking for five more people like Richard who will be happy for us to feature their face and a personal message of thanks that we can include as a thank you to people for taking part in fundraising events and/or for the donations they have made. We're looking for service users past and present as well as volunteers and/or staff members.

If you're happy to help, please get in touch, please email Lea-anne on:

lea-anne.warren@cancersupportscotland.org



Thank you to **Langside College's Prince's Trust Development Course** students who raised **£50** at their college fair by holding a tombola on our behalf. We look forward to working with the next Prince's Trust Development Course group later in the year.

Thank you to **City of Glasgow College** for their continued support over the last year by allowing our volunteer Andrew Crosbie to raise awareness of Cancer Support Scotland. Andrew also raised **£124.92** at the college which will help support our services.

A big thank you to **SQA Modern Apprentices** for hosting a Mad Hatter themed Chari-Tea Party at their Glasgow office on 2nd June. This raised vital awareness of our services and **£207.90**.

Thank you to **Renfrew High School Junior Social Enterprise Group** who also held a Mad Hatter style Chari-Tea Party on 22nd June. This was a great twist on our Chari-Tea Party campaign with everyone wearing Mad Hatter fancy dress and drinking from vintage tea cups and saucers. Renfrew High School successfully raised **£220**. They have raised a fantastic total of **£300** to support our services this school year and we look forward to working with them again next term.

If you would like to host a Chari-Tea Party at school, work or in your local community please call 0141 337 8193 or email kirsty.nimmo@cancersupportscotland.org for a free Chari-Tea Party Pack.

Westbourne Gardens Nursery School

chose Cancer Support Scotland as Charity of the Year. To kick off their fundraising activities we were kindly invited to go along to the nursery's performance of the Princess and the Pea from which proceeds of ticket and programme sales were donated to our services. Westbourne Gardens Nursery raised a brilliant **£210** and we raised vital awareness of the charity with some parents and staff signing up to volunteer with us.



ARE YOU A MEMBER OF A SPORTS CLUB IN GLASGOW?

We rely on support from our local community and we need your help now. Whether you are a member of a tennis, golf, bowling or football club, there are a number of ways to help Cancer Support Scotland:

- To enable us to spread awareness of the charity, we offer an inspiring talk service, which we can deliver to your club members at you convenience.
- Hold a raffle or auction for us at club events.
- Organise a tournament with the entry fee or a percentage coming to the charity.
- Place a collection can on the bar at the club.

For more information please call Kirsty on **0141 337 8193** or email kirsty.nimmo@cancersupportscotland.org.



LADIES NIGHT - SOLD OUT!

We are pleased to say our Ladies' Night is officially sold out! Thank you to everyone who has bought tickets. We are now working hard to make the event a brilliant night for you all.

NEXT UP...

Tickets are now on sale for our fabulous Race Night!

After last year's success, the Cancer Support Scotland Race Night sponsored by **Fast Freeze** returns at **19:30 on Saturday, 12th September**. Don't miss out - join us for a fun-filled evening of horse races, a raffle and bar. Huge thanks to Fast Freeze Refrigeration who have generously sponsored the event again.

If you would like to sponsor a race or buy a horse please get in touch at **0141 337 8199** or email Kirsty at **kirsty.nimmo@cancersupportscotland.org**. Tickets are **£10**, which includes a buffet meal and can be bought from the Cancer Support Centre.

AGM/CONFERENCE

Our AGM and Conference takes place on Monday, 21st September, in the Calman Centre. Places are limited so booking early is advisable. It is free to attend and a buffet lunch will be provided. A booking form is attached at the back of this newsletter with further information on the event and our guest speakers for the day. The conference is aimed at health professionals, registered cancer charities, health care workers, patients, carers and families.

This year's AGM and Conference will have a slightly shorter format following feedback from previous years. Our AGM will run from 10:30 – 11:00.

The conference will start promptly at 11:15 and finish at 14:00. At the time of writing we have not yet finalised our guest speakers. However, there will be representation from the political arena, **Dr. Derek Grose**, an Oncology Consultant and **Sandra White**, Clinical Lead for Transforming Care After Treatment. I can assure you that it will be an interesting morning and you will get the chance to put questions to all our guests.

If you wish to vote at the AGM you should become a member of Cancer Support Scotland. Becoming a member is free and it ensures you will receive our newsletters and special invitations from time to time. There is an application form at the back of this newsletter.



LEGACY

A legacy is simply the biggest tribute you can pay to the organisation. Whether a cash gift or the residual from your estate, Cancer Support Scotland guarantees the money you leave to us will be used to support the thousands of people each year affected by cancer. If you would like to discuss in confidence leaving Cancer Support Scotland a gift, please call Colin on **0141 337 8199**.



twitter.com/CancerSuppScot
facebook.com/Cancersuppscotland
EMAIL info@cancersupportscotland.org
FREEPHONE 0800 652 4531
VISIT www.cancersupportscotland.org

Charity Registration Number: SC012867



Cancer Support Scotland
Tak Tent - Take Care

Donation/Standing Order Form



Cancer Support Scotland
Tak Tent - Take Care

Please accept my gift of:

☐

£6.31

☐

£30

☐

£180

☐

£300 or other amount

☐

I/We have enclosed a cheque made payable to: Cancer Support Scotland

☐

I/We would like to set up a regular standing order

☐

To: (insert name and address of your bank) _____

Sort Code: ____/____/____ Account No: _____

Please pay a regular gift of (tick appropriate box)

☐

£6.31

☐

£30

☐

£180

☐

£300

or other amount

☐

I wish to donate £ _____ (please also state the amount in words) _____ each month to Cancer Support Scotland

Please start on ____/____/____ and each month until further notice.

Signature: _____ Date: ____/____/20____

The Bank of Scotland, 174 Byres Road, Glasgow, G12 8SW.

Sort code: 80-07-24 Account: 06002431

Title: (Mr/Mrs/Dr etc) _____ Name: _____

Address: _____

Post code: _____

Phone: _____ Email: _____

Tick the box to add an extra 25p to every £1 you give at no extra cost

☐

giftaid it

Yes, I pay tax in the UK. Please treat all donations I make or have made to Cancer Support Scotland for the past four years and for the future as gift aid donations until further notice.

You must pay income tax/capital gains tax at least equal to the amount of tax reclaimed on your donations. Please tell us if your donations no longer qualify for Gift Aid.

Please send this form to Freepost RTAA-LGLH-LCYA, Cancer Support Scotland (Tak Tent), Calman Cancer Support Centre, 75 Shelley Road, Glasgow, G12 0ZE. We will forward this onto your bank to set up the Standing Order. Thank You.

Registered Charity in Scotland SCO12867



Cancer Support Scotland

Tak Tent - Take Care



Cancer Support Scotland AGM & Conference

Monday 21st September 2015

Cancer Support Scotland

Conference 2015

This half day conference will focus on the needs of people affected by cancer and this year's theme is "*politics to care*"

Who should attend?

We would welcome your attendance at our conference if you are a cancer patient, carer, close relative, friend or charity partner. Also, if you work in the field of providing cancer care or your role involves direct support to cancer patients, then this is the conference for you!

Why should I attend?

The conference focus is to bring political, cancer specialists and health professionals together to explain the issues surrounding cancer care in Scotland. Following each speaker there will be time to ask a couple of questions to each guest speaker. Spaces will be allocated on a 'first come first served' basis.

What will I gain from attending?

You will gain a better understanding of the policies that will influence cancer care, the issues faced by oncologists and how Cancer Support Scotland and other third sector organisations can help deliver the best possible support and practical help to patients, their family and carers. The information gleaned from our speakers along with the views of the attendees will be used to develop our service portfolio in the future.

What will it cost me?

The conference is free to attend.

Travel Arrangements?

Parking is limited at the Calman Centre, we advise you use public transport or share a car. Parking is also available at The Pond Hotel at £3 for three hours. The nearest train station is Hyndland, about 10 minutes walk to the Calman Centre

Participate in the most important event in Cancer Support Scotland's calendar and book your place today via one of the following options:

- Return the form overleaf by post or by email to:

**Cancer Support Scotland
Calman Centre
75 Shelley Road
Gartnavel Campus
Glasgow
G12 0ZE**

- Email conference@cancersupportscotland.org



AGENDA FOR THE DAY

21st September 2015 – Calman Cancer Support Centre, 75 Shelley Rd, Glasgow G12 0ZE

- | | |
|---------------|---|
| 10.00 | Registration for AGM – Tea/Coffee available |
| 10.20 | House Keeping – Colin Graham, Chief Executive – Cancer Support Scotland |
| 10.30 | Cancer Support Scotland AGM |
| 11.00 | Registration for Conference only attendees |
| 11.15 | Welcome to the Conference and Introductions – Craig Mackie, New Chair of Trustees, Cancer Support Scotland. Colin Graham, Chief Executive, Cancer Support Scotland |
| 11.30 | First Speaker – Awaiting Political Speaker confirmation |
| 12.00 | Second Speaker – Dr. Derek Grose, Oncology Consultant |
| 12.30 | Third Speaker – Sandra White, Clinical Lead for Transforming Care After Treatment |
| 1.00pm | Vote of Thanks – Colin Graham, CEO of Cancer Support Scotland |
| 1.05pm | Lunch and networking |
| 2.00pm | Close |

Cancer Support Scotland (Tak Tent) is a registered charity in Scotland (SC012867). Registered company (153568)



Cancer Support Scotland
Tak Tent - Take Care

BACKGROUND ON GUEST SPEAKERS

Speaker 1 – TBC Shona Robison is the Member of the Scottish Parliament for Dundee City East and presently serves as Cabinet Secretary for Health, Wellbeing and Sport in the Scottish Government.

Shona was first elected to represent Dundee East in 2003 having been a list MSP for the North East region since 1999. Since 2007 she served as Minister for Public Health and in 2009 was given the additional responsibility for Sport, with responsibility for the highly-successful Commonwealth Games in Glasgow in 2014.

In 2014 Shona was appointed Cabinet Secretary for Health, Wellbeing and Sport, one of the major briefs in Government, by the new First Minister Nicola Sturgeon.

Speaker 2 - Dr. Derek Grose is Consultant in Clinical Oncologist at the West of Scotland Beatson Oncology Centre. Derek treats oesophageal and head and neck cancer.

Speaker 3 - Sandra White is the Macmillan Clinical lead with the West of Scotland Cancer Network (WoSCAN) for the programme 'Transforming Care After Treatment for Cancer'. Sandra was previously the Macmillan Nurse Consultant in NHS Ayrshire for 11 years. Sandra worked prior to that as Lead Cancer Nurse in Aberdeen in a secondment role for a year, before that Sandra was Clinical Nurse Specialist in Breast Cancer for many years.

Sandra has always has a keen interest in developing different models of support for people affected by cancer and their families. Sandra firmly believes in Health and Social Care Integration- this is only possible through a true co-production model working in true partnership across all sectors including Charitable groups.

Others

David Semple was the Chair of the Trustees for the last 3 years and has been instrumental in driving change within Cancer Support Scotland. David, now retired, was a solicitor in private practice for 35 years, firstly specialising in commercial property development and investment work, thereafter in corporate and commercial work. David is a Past President of the Glasgow Chamber of Commerce and now much of his time is dedicated Catalyst, a mediation company which he co-founded.

Craig Mackie is the new Chair of Trustee for Cancer Support Scotland. Craig is the Director of SHINE, a creative design studio based in Glasgow. He takes over from David Semple at a very interesting time for the charity as it tries to deal with a surge in demand for Cancer Support Services and also expansion the Outreach Partnership projects. Craig also volunteers for PSYBT as a mentor for newly formed businesses in Glasgow.

Colin Graham has been the Chief Executive of Cancer Support Scotland for the last four years. Colin has lead the organisation through extensive change and oversaw the move to the Calman Centre in 2013. Colin has extensive knowledge within the Third Sector having worked in it for the last 20 years. He has a passion for fundraising and marketing and aims to Cancer Support Scotland reaches its financial goals, thus enabling the charity to continually invest in service provision for people affected by cancer.



Cancer Support Scotland
Tak Tent - Take Care

BOOKING FORM

Please complete this booking form and return to: **conference@cancersupportscotland.org** or post to: **Conference Organiser, Cancer Support Scotland, 75 Shelley Road, Glasgow G12 0ZE**. If you require multiple bookings please photocopy this form or call **0800 652 4531**. If you need help completing this form please contact us.

Please complete the following using BLOCK CAPITALS

Title _____ Name _____ Surname _____

Job Title _____ Organisation _____

Address _____

Town or City _____ Postcode _____

Telephone _____ Mobile _____

Email* _____

*This is our preferred method of communication as it saves the charity money on postage.

Keeping in contact: By providing your email address you are consenting to receiving our emails. The details you provide will be retained on our database. We will use those details to communicate with you (using contact details supplied, whether by post, phone or email) and provide you with current news and activities undertaken by Cancer Support Scotland (Tak Tent). If you do not wish to be contacted by post or phone, please tick the relevant boxes. No post ☐ No phone ☐

Name as you would like it to appear on your badge _____

Special requirements (ie. diet, access)

Attending: ☐ AGM only ☐ AGM & Conference ☐ Conference Only

I wish to attend the Cancer Support Scotland (Tak Tent) AGM. This will be held on the morning of 21st September and if you wish to vote you need to become a member of Cancer Support Scotland. We would like you to become a member, a membership form is attached, please return. If you tick YES, AGM papers will be sent to you separately.
Yes ☐ No ☐

Tell us a little more about yourself. Are you:

- | | |
|---|--|
| <input type="checkbox"/> A cancer patient | <input type="checkbox"/> Employed by NHS |
| <input type="checkbox"/> Carer/family member of someone who is a cancer patient | <input type="checkbox"/> Health Professional |
| <input type="checkbox"/> Member of a cancer support group (specify) _____ | <input type="checkbox"/> Researcher |
| <input type="checkbox"/> Health Organisation/ Charity (specify) _____ | <input type="checkbox"/> Other (specify) _____ |

- ☐ I would like to make a donation to the work of Cancer Support Scotland. Please make cheques payable to 'Cancer Support Scotland' Thank you for making a valuable contribution to our work. Please post to Cancer Support Scotland, 75 Shelley Rd, Glasgow, G12 0ZE

Booking Terms and Conditions

A light lunch will be provided as is tea/coffee. If after registering you need to cancel this must be done by contacting: conference@cancersupportscotland.org 72 hours in advance. The Charity has the right to make changes to the programme and substitute speakers without prior notice and accepts no liability or responsibility for injury to persons or loss or damage to their property during the conference. The Charity is not responsible for the arrangement of delegates' travel. Cars parked in our car park are done so at the owner's risk. The conference, its delegates and speakers may well be filmed, photographed and recorded. Delegates consent to being filmed, photographed and recorded as part of their attendance. By completing this form or confirming your attendance over the phone you agree to the terms and conditions.

Cancer Support Scotland is a registered charity in Scotland (SC012867). Registered company (153568)



Cancer Support Scotland
Tak Tent - Take Care

CANCER SUPPORT SCOTLAND (Tak Tent)

Application for Membership Form

To:

Honorary Secretary,
Cancer Support Scotland (Tak Tent),
Calman Cancer Support Centre
75 Shelley Road
Gartnavel Complex,
Glasgow G12 0ZE. (the Company)

Dear Sir,

I hereby apply for membership of the Company, which I understand to be a limited liability company, the membership of which makes me liable for £1 in the event of a winding up, and no further liability unless specifically voted by the members at a General Meeting of the Company.

From: (Your Name) _____

Address: _____

Email Address: _____

Contact Phone Number: _____

Your Signature: _____

Date: _____

Keeping in touch

By providing your email address you are consenting to receiving our emails (contacting you via email will reduce our costs). The details you provide will be retained on our database. We will use those details to communicate with you (using contact details supplied, whether by post, phone or email) and provide you with current news and activities undertaken by Cancer Support Scotland (Tak Tent). If you do not wish to be contacted by post or phone, please tick the relevant boxes.

No post ☐ No phone ☐



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