



South East Cancer Help Centre ANNUAL REVIEW 2008/2009



Putting the Fun into Fundraising for SECHC



SECHC aims to give any person affected by cancer, their family and friends an opportunity to explore ways which may help them to cope with their situation. Confidentiality is always maintained. The Centre aims to respect and support them in the choices they make, and to provide individual and group support, complementary therapies and information, within a friendly, caring environment. These services have local NHS recognition.



Our policy is to provide time and support in addition to that available from healthcare professionals at no cost to the member. We give information but not advice about cancer and its treatment.



Our strategy is to remain as a well managed independent charity, staffed predominantly by trained volunteers with professional guidance and support. We aim to be well known and respected in our community. We seek to retain sufficient financial reserves to cope with fluctuations in fundraising and grant aid.

What others say about us...

Dr. Diana Tait

Having heard patients enthuse about the support and input they receive from the Centre, it was a pleasure to visit it in person and to experience the positivity, dynamism and professionalism of the organisation and volunteers.



“I know that the patients hugely appreciate having this facility to complement the care that they receive in the more conventional setting.”

Patients face many dilemmas during the course of their treatment and have to deal with uncertainties in the years afterwards. The Centre offers them the opportunity to discuss these issues in a wider context and to share their feelings with others who have been in similar situations. The range of complementary therapies, activities and counselling provides patients with the sort of individual support that best suits them.

I know that the patients hugely appreciate having this facility to complement the care that they receive in the more conventional setting.

Dr Diana Tait, Consultant Clinical Oncologist, is Associate Medical Director, Clinical Governance The Royal Marsden NHS Foundation Trust.

Mr. Gary Das

The South East Cancer Help Centre is a well established resource for the well being of people in this part of England. The Centre provides several holistic therapies such as Reiki and Counselling to cancer patients.

“Feedback reports from patients emphasise and reinforce the valuable contributions that the South East Cancer Help Centre makes to their lives and to that of their families.”

Friendly and supportive staff create an ambient environment where several patient groups, such as the one for prostate cancer are able to meet on a regular basis and freely air experiences and concerns.

Several educational meetings are organised at the Centre where well known speakers are invited to deliver informative talks. Feedback reports from patients emphasise and reinforce the valuable contributions that the South East Cancer Help Centre makes to their lives and to those of their families.

Gary Das is Lead Cancer Urologist, Mayday University Hospital and Regional Pelvic Cancer Surgeon, St. George’s Hospital.



Hilary and Sarah - the story of a patient and her therapist.

Hilary's story

It was one thing coming to terms with my diagnosis in August 2007 - cancer for the second time in three years, this time breast cancer - and the long treatment that followed. It was quite another coping with the aftermath of that treatment and being in a body which I could no longer relate to in the same way.

I had always been a very active person. I'd begun a new career path prior to my second diagnosis, after deciding to quit a very stressful job, and my spare time was absorbed by my passion for ballroom and Latin dancing. However, the effects of the treatment were far-reaching and left my body weak with significant mobility problems from weakened and inflamed joints, collapsed muscles in my feet, loss of muscle tone, and overwhelming fatigue, which I found hard to come to terms with physically and mentally. I was also encountering disabling lower back problems and was truly very depressed. I came to SECHC at a very low ebb in October 2008, full of pain and despair because supposedly the worst was over and I felt I should be happy, but my life seemed unrecognisable.

One of the therapies suggested was Shiatsu and I began my sessions with some trepidation as I knew nothing about it. I related very well to Sarah immediately, with her very calming and reassuring influence, her understanding and acceptance of how wounded I felt, which paved the way for the trust I needed to place in her to feel secure and allow progress to begin. I don't know how the therapy worked - it was a bit like a see-saw for a while - a little better, then backtracking, then a little better still, another session, but we both persevered and slowly I began to feel less tense and defensive. I felt a release after each session, as my demeanour improved so did my back, and I began to have faith that my body could climb back.

"I've learned to have patience, an open mind and faith and I owe a big thank you to Sarah for her composure, compassion and expertise."

A year on now, I am feeling great. There were setbacks, re-admissions to hospital, I lost my balance through a virus at one point, but I'm back dancing and working. I've learned to have patience, an open mind and faith and I owe a big thank you to Sarah for her composure, compassion and expertise.



Sarah's story

I joined SECHC in October 2008 and it has been very satisfying to be part of an organisation that I have heard members describe as 'a lifeline'. I met Hilary in my first week and it was apparent to me how much she had suffered and how deeply she missed her previously active lifestyle. Her inability to work and to dance was depressing her and she had a severe, and at times disabling, pain in her lower back, which frightened her.

My aim during our Shiatsu appointments was to increase Hilary's awareness and acceptance of her body and its pain, in the hope that this would lead to a softening and a letting go. We spent time verbally and physically exploring the pain in her back and the tension in her body. We tried to listen and understand her pain and tension and what it was telling us. At one point, we both realised how stiffly and defensively she was holding herself and how tiring this was. It was a relief for her to realise that she no longer had to use up her energy bracing herself against the future. Together we unravelled some of her fears and tensions and I was very happy to see her recently and to learn that she is working and dancing again.

"I don't administer any drugs; I simply alert people, through my touch, to the imbalance in their bodies and wait for their bodies to correct this imbalance."

Most people feel a release after receiving Shiatsu - lighter and more relaxed. One of the best things about this is that it gives the person a chance to realise - sometimes subconsciously - that they can relax. After all, relaxation is something under our own control. I don't administer any drugs; I simply alert people, through my touch, to the imbalance in their bodies and wait for their bodies to correct this imbalance.



This means that the relief people feel comes from within them - it's their ability to relax and let go that makes the treatment successful. In this way, Shiatsu and other relaxation therapies educate the body by reminding it how it feels to be relaxed.

The chances of being able to relax without the need for intervention increase as familiarity with the feeling of being relaxed grows. It is because of this subtle learning that the benefits of Shiatsu and other bodywork therapies are cumulative and long-lasting.

A year in the life



Our President June Whitfield, CBE, joined the Trustees, members and supporters of SECHC at Fairfield Halls in March to mark the completion of the Silver Jubilee celebrations. The evening, which was a huge success, included an exhibition that showcased all the activities and services at the Centre as well as reviewing its historical role from its inauguration in 1983.

A presentation led by members of the Drama group showed the Centre through the eyes of two new patients as they explored the various services offered by the Centre. As we followed their journeys, we saw them discussing the options available to them with the staff, group leaders and group members and watched them participate in all the different activities and therapies available to members.

The Arts Festival

Planning for our Arts Festival began in January and eventually twelve workshops and craft events ran from April to August.

The Festival began with the 'Feel-Good-Photo' Competition which attracted lots of interest and an eclectic range of excellent entries. The winning photographs were displayed at **our Exhibition, 'The Healing Tree of Life' in the Sun Lounge at the Fairfield Halls.** This was our fifth exhibition there and featured beautiful paintings, flower sculptures and craft items produced by our talented members and eliciting many compliments.



Belly Dancing workshop led by Yvonne Dubi

From exploratory workshops on Creative Writing, Poetry and a weekend of inspired Clay Therapy to exotic Belly Dancing and skilful craft demonstrations, it was an artistic learning curve. **The Drama Group's presentation 'Mirrors!' was a delightful opportunity for our thespians to depict innovative aspects of the theme with their usual verve and panache. In the Dance workshop, an energetic group performed to the music of 'Oom-Pah-Pah' - learnt in five hours! The Random Acts Theatre Group conjured words into life from real-life stories narrated by their audience and the 'Colour-in- your- Life' workshop led participants into multi-hued self analysis.**

As a crowd-pleaser **'The Magic of the Musicals', performed by the Centre Choir, was the pièce de résistance. St. John the Baptist Church Hall was transformed into a 'speak-easy' redolent of the Twenties, complete with neon signs. The illusion was enhanced by gorgeous guys in trilbies and demure dolls in feather boas and plentiful dishes of delicious food were served courtesy of our own corps de chefs.**

In retrospect, the Festival covered a wide spectrum of the Arts, from traditional to quirky, providing a fun time for participants whilst focusing on therapeutic goals.

The Dance Group strut their stuff at the Silver Jubilee Finale

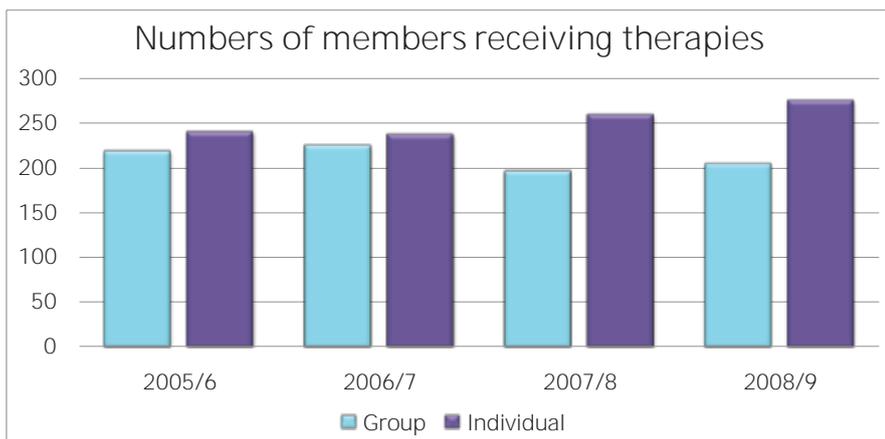


of the Centre

THERAPEUTIC ACTIVITIES

THERAPIES

We have expanded our range of one-to-one therapies to provide Counselling, Aromatherapy, Reflexology, Reiki Healing, Massage, Spiritual Healing, Hypnotherapy, Shiatsu and Nutritional Therapy. These are available by appointment at the Centre in Purley.



Breast Cancer Support Group

SUPPORT GROUPS

Our Prostate Cancer Support Group meets on the first Monday of each month. We also host meetings for other specialist cancer groups including Breast Cancer, Lung, Bowel, Kidney and Liver.

Working in Partnership

HeadStrong Service

In the past year, we have worked in partnership with Breast Cancer Care to offer practical support and information on hair loss due to cancer treatment. HeadStrong offers ideas about different hair accessories and scalp treatment.



Living with Cancer

By working in partnership with Macmillan, we have been able to hold 2 six week courses designed to help people living with cancer. Both courses have been well attended and feedback to date has been positive.

Macmillan/Mayday Partnership

In conjunction with Macmillan, our therapists provide sessions at Mayday Hospital in Croydon on two days a week. (Aromatherapy, Reflexology and Reiki.)



Fundraising...

Generous support despite the economic 'doom & gloom'

We cannot pretend that our financial life is a bed of roses but our regular supporters, both individuals and organisations, have maintained their support during a tough time for all concerned. We are well aware of just how fortunate we are to have them.

In broad terms, our main fundraised income came from:

● Members, friends and the general public	£45,000
● Charitable Trusts & Foundations ("CT" & "F") Companies and other organisations	£71,000
● Special events	£10,000
● Croydon Commitment	£35,000

Once again, gifts from individuals account for a large slice of our total income. Much comes from our Members & Friends but over £22,000 was given by people with no direct connection with The Centre and over £7,000 came from gift aid recoveries.

Regular readers of this annual 'Whodunit' will see many of the same names re-appearing year after year and that degree of commitment gives us all tremendous encouragement. We are also delighted to welcome several new donors this time and hope that they too will become part of the ongoing picture. There are a large number of other Trusts, Churches and local businesses, whose gifts are also highly valued.

A star attraction among the special events was **"Melvyn's Leap", a sponsored parachute plummet** that brought in over £4,000 (see the front page image). **Sue's Barn Dance (and I use the word 'dance' advisedly** as it looked more like the Charge of the Light Brigade!) netted over £1,000. The Christmas Fair and tin-rattling, together with the Easter Fair, provided a total of £4,500, an amazing contribution. There was also a **wide variety of other 'happenings' that all took great** thought and effort and produced a steady stream of funds.

Croydon Commitment is a consortium of local companies who fundraise for 2 local charities each year and we were extremely fortunate to be nominated. Prime movers are Barclays Bank, Mondial Assistance and Crystal Palace Football Club with the whole programme being pulled together by Janine Jasper. The two major events were a Grand Ball at Crystal Palace and a Jo Brand concert at Fairfield Halls. These not only brought in a huge amount of money for The Centre but also raised our profile considerably.

Special thanks go to the following organisations and individuals, which each gave £500 or more:

- The Misses Barrie CT
- The Bellinger Donnay CT
- Business Executives Association, Croydon
- Calleva F
- The Coutts CT
- John Cowan F
- Croydon East Rotary Club
- Croydon Relief in Need Charities
- Heartbeat Publications
- R G Hills CT
- Albert Hunt T
- The Ingram T
- The Kobler T
- The Hon. Mrs Kathleen Laurence CT
- Raymond & Blanche Lawson CT
- George John & Sheilah Livanos CT
- The Moffat CT
- The Morgan CF
- Murphy-Neumann Charity Co Ltd
- Navigant Consulting
- Tom Perkins legacy
- Purley Rotary Club
- Sir Cliff Richard T
- The Samuel Sebba CT
- Garfield Weston F
- Woldingham Golf Club
- Liz & Lionel Young
- William Allen Young CT

Jennifer Mollett, our Chairman says "We send a big public 'Thank You' to everyone whose generosity helped us reach our targets and especially to all our fundraising Volunteers who gave so tirelessly of their time, energy and enthusiasm to make our events such a huge success."

We continue to be grateful to Tesco who provide our accommodation at Purley free of rent.

Finances

The Centre relies entirely on donations, legacies and fundraising income to provide its services. Income has come from a large number of different sources which are described below and on page 6.

Our main item of expenditure is on direct costs of our charitable activities. This includes salaries and related costs for our members of staff, fees paid to therapists, counsellors and group leaders for the services they provide and costs of drama, outings and other events.

Both our income and our expenditure include an amount of £20,000 which represents our valuation of the rent that we would pay for our premises if they were not provided rent free by Tesco. It is a requirement to put this amount into our financial statements. It has no impact on our surplus figure.

The net assets held by the Centre at 31 March 2009 were £218,700 compared to £188,200 at 31 March 2008. The increase reflects the surplus over the year plus a small increase in the value of our investments.

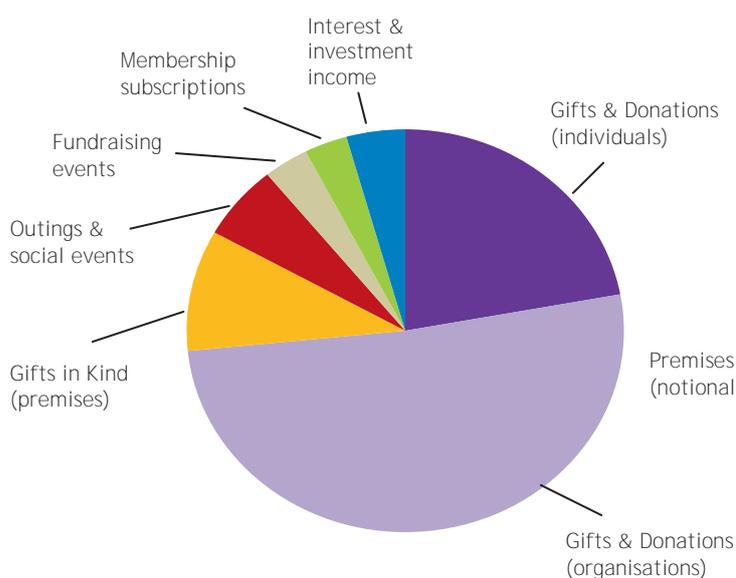
The Company has no share capital, so all these assets are held as reserves. Part of these reserves, totalling £18,200, is set aside for designated purposes specified by the donors or the Trustees. This includes a Development Fund of £10,400 to be used to extend the support provided by the Charity either geographically or otherwise.

The remaining reserves of £168,900 are required to provide a cushion against adverse future contingencies and to meet anticipated **additional expenditure for actions set out in the Centre's Business Plan. This is in line with the Centre's Reserves Policy.**

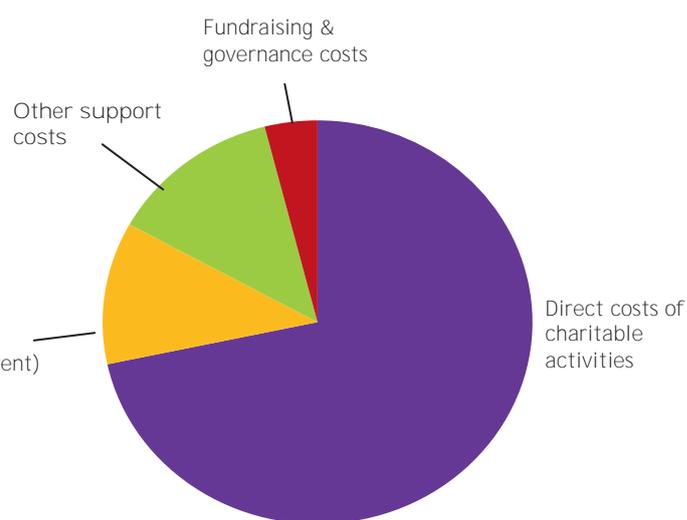
Financial Performance over the year to 31 March 2009

- Total income £206,400
- Expenditure £176,100
- Net Income £30,300

Where the money comes from (2008/2009)



How the money was spent (2008/2009)



These figures are based on the audited Financial Statement of the Centre for the year ending 31 March 2009.

The Annual Report and Financial Statement are available on request.



Our Volunteers

The Centre is fortunate to have the commitment of over 60 volunteers, all carrying out different roles, which enables the Centre to continue providing services for the benefit of those with cancer and those close to them.

During the last year Volunteers have provided over 11,000 hours to the Centre. We have an ongoing need for catering, reception and driving volunteers.

President
June Whitfield CBE

Vice President
Malcolm Wicks MP

Trustees
Jennifer Mollett, Chairman
Sue Taylor, Vice Chairman
Mike Jones, Treasurer
David Mollett, Company Secretary
Bryan Avery
Antonio Barranco
Derek Buckley
Gary Das
John Manley
Dr. Victor Pace
Joy Perkins
Eve Smith
Michael Tubbs
Dr. Maurice Fishman (to 17/9/08)

Executive Committee
Jennifer Mollett
Sue Taylor
Mike Jones
David Mollett

Staff
Nina Guha
Sheila Gunter
Tom Vaz

South East Cancer Help Centre
2 Purley Road (Tesco Development)
Purley, CR8 2HA
Tel: 020 8668 0974
Email info@sechc.org.uk
Web: www.sechc.org.uk
Registered charity number 1011509



Eve Smith

I have been a member of the board of Trustees for the last 6 years but my association with the Centre goes back about 15 years. I am a nurse specialist working in the breast screening service but in addition to this I am a complementary therapist. It was in my role as an Aromatherapist and Reflexologist that I first came to the Centre. I was delighted to be the first such therapist at the Centre and I carried on as a volunteer therapist for over 6 years.

One of the highlights of my time at the Centre was the visit by HRH the Prince of Wales. I was doing a demonstration reflexology treatment in one of the rooms when Prince Charles came in, sat down with his cup of tea and spent about 10 minutes talking to us and observing my work.

I feel privileged to be associated with this wonderful Centre, where so many people find help in coping with the crisis of a cancer diagnosis in a peaceful and loving environment.

John & Clive Manley

Trustee, John Manley, and his son Clive, have set up stalls at the Croydon Mela for six years, and the first weekend of August saw them at Lloyd Park at the crack of dawn once again. But something was new! This time, they were walking advertisements, boasting bespoke T-shirts in the Centre colours, plus logos! A motley crew - er - team of volunteers, healers and therapists was also there, enthusiastically publicising the work of the Cancer Centre to the throngs at the event!



John has cheerfully helped to set up and run stalls at fairs, fetes, etc. representing the SECHC almost since it began in 1983. Recently, Clive became a Volunteer, so the Manley team continues its sterling work.

Rose Harlow, Beryl Avins and Neeta Tulsiani prepare healthy lunches for the Tuesday Talks Group.



Rose: "I joined the SECHC in September '08, after leaving full time teaching. I wanted to do something where I felt I could be useful and use some of my skills."

Beryl: "I became a volunteer in 1995. After a few stints in various sections, I found my forte in the kitchen and I am still there!"

Neeta: "I joined the team in 2006, and I love working in the kitchen on Tuesday. We have such a brilliant team spirit."

