

- ✓ **SECHC aims** to give any person affected by cancer 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. We give information but not advice about cancer and its treatment.
- ✓ **Our strategy** is to continue as a leading independent provider of cancer support services in our area, to be resourced predominately by volunteers and to be well known to all new patients diagnosed with cancer. We seek to attract sufficient funds to meet our objectives and our financial reserves target.

What others say about us...

Matthew Perry

As a prostate cancer and bladder cancer surgeon, I have been to the SECHC a few times over the last 5 years. Each time I have given a talk to large groups of patients, relatives and other interested people. The atmosphere is always friendly and informal, allowing for in-depth, frank and honest discussions about cancer, the treatments and problems, or not, of living with cancer.



“I have had great feedback about the Centre from patients that I have seen at Croydon University and St George’s Hospitals, and recommend it regularly to patients at those hospitals.”

My sessions are always timetabled to last about an hour and always go on for two due to the engagement of the audience! I have had great feedback about the Centre from patients that I have seen at Croydon University and St George’s Hospitals, and recommend it regularly to patients at those hospitals. The teams running the evenings obviously care a great deal about the Centre and the users of the Centre obviously appreciate their input.

Mr Matthew Perry is a Consultant Urological Surgeon at St George’s and Croydon University Hospital.

Boris Johnson

In July 2014, I visited Jennifer, Nina and the team at the South East Cancer Help Centre and saw first-hand the amazing work that they are doing and the support they provide to those diagnosed with cancer and their loved ones.

This year, 30,000 Londoners will be diagnosed with cancer, which continues to be on the rise in the capital. It is vital they have access to the treatment and other support they need. The South East Cancer Help Centre is providing a valuable service and the work the Volunteers and Staff are doing I found incredibly impressive and inspiring. I hope it continues for many years to come.

Boris Johnson is Mayor of London

“The South East Cancer Help Centre is providing a valuable service and the work the Volunteers and Staff are doing I found incredibly impressive and inspiring”



Telephone Counselling

Telephone Counselling refers to any type of psychological service offered over the telephone. It is safe, confidential and is suitable for those unable to come into the Centre due to illness or inaccessibility. It proceeds at a pace that the client is comfortable with and is of particular benefit to those who are unable to use face-to-face Counselling.

Telephone counselling may sound new but has been around for a long time in the form of crisis counselling. However, one doesn't have to be in a state of crisis to benefit from this service. In several studies, along with being efficient, telephone counselling was found to be a very effective therapeutic intervention.

Benefits of Telephone Counselling:

- It can often be more convenient because it allows greater flexibility in arranging appointments and is not limited to geographical location.
- You don't have to travel anywhere for your appointment, which makes carving out time for therapy easier.
- There is no need to arrange child care or venture out on those cold, dark nights.
- You don't have to deal with traffic or other transportation problems, making the overall therapeutic experience less stressful.
- You can have continuity of care every week as long you have access to a UK landline number.
- The telephone can also feel like a more manageable option than face-to-face counselling because of its anonymity.

How to access Telephone Counselling at SEHC:

If you are unable to come into the Centre for any of the above reasons and want to access Telephone Counselling, please get in touch with the Centre on 020 8668 0974. Our Centre Manager will call you back for an Initial Assessment over the telephone followed by an appointment at a mutually agreed date and time.



MASSAGE is one of the oldest therapies in existence and is a form of structured or therapeutic touch which can be used to relax and relieve muscle pain and tension.



AROMATHERAPY involves the use of natural oils extracted from flowers, plants or trees. The oils are used during massage and are believed to have therapeutic properties.



REFLEXOLOGY is a specialised form of foot massage. It involves the application of gentle pressure to specific points of the feet known as reflexes.



MINDFULNESS within a group can help develop the skills to face stressful situations with more calmness and clarity.



FACIAL is a form of massage of the face, neck and shoulder; it creates a feeling of wellbeing and relaxation using cleansing and hydrating extracts.



HEALING is the transference of energy to the patient by the healer allowing the mind and emotions to relax.



REIKI is a Japanese word meaning Universal Life Energy. The patient lies on a couch and the practitioner places their hands non-intrusively in a sequence of positions which cover the whole body. The aim of Reiki is to treat the whole person.



HYPNOTHERAPY allows a deeply relaxed state and then uses positive suggestion to help deal with whatever problems or symptoms the patient has. The patient is always aware of what is happening and remains in control throughout.



NUTRITIONAL THERAPY provides help with the vital nutrients required to support your body's immune system and repair functions.



YOGA within a group encourages balanced and holistic development through slow gentle movements, particularly suitable for people with or recovering from cancer.



TAI CHI is a group activity which is a gentle form of exercise, with movements that flow into one another. It also works with the mind, body and spirit.



COUNSELLING helps to deal with the wide range of emotions often experienced following a diagnosis of cancer. Seeing a Counsellor helps bring an objective view to issues and can enable a person to see things more clearly, take control of their life and even discover new strengths and resources within themselves.



Telephone Counselling is an opportunity to talk to a counsellor over the telephone for those unable to come into the Centre due to illness or inaccessibility.



Emotional Freedom Technique is taught in one-to-one sessions to reduce the effect stress and anxiety have on the nervous system.

A year in the life of the

June Whitfield, CBE
SECHC President



The hard work and money raised by all our loyal Supporters continues to be vital in our efforts to improve the services we provide to people affected by cancer and I would like to thank you all for your continued support.

I am sure you would like to join me in thanking the Mayor of Croydon, Councillor Yvette Hopley, for choosing SECHC as her charity of the year. Yvette held numerous events in aid of the Centre and garnered us a large amount of publicity in the process. I was delighted that the hard work of our Volunteers, Staff, Therapists and Supporters was recognised in such a high profile manner and that the local community backed Yvette's efforts by helping her raise an amazing £16,000.



- Clockwise from top left:
- Chairman Jennifer Mollett receives a £16,000 cheque from Councillor Yvette Hopley with June Whitfield and Victoria Borwick (Deputy Mayor of London)
 - Local Artist Zahura Hossain transformed the Centre into an Art Gallery
 - David Alliston on an epic bike ride
 - Lenny Zakatek performed two brilliant concerts at Bagatti's Croydon
 - Nathan Mollett swung into action in the Tough Mudder Challenge
 - Arjuna Pattapola completes the St Crispin's day Night Ride



The Centre

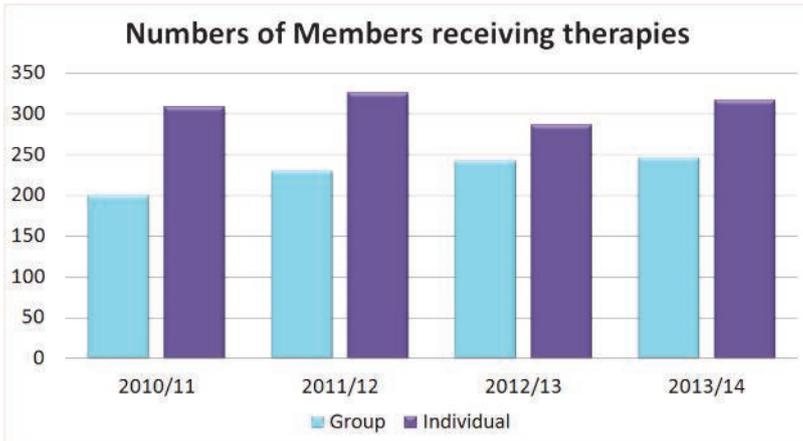
THERAPEUTIC ACTIVITIES

THERAPIES

We have increased our range of one-to-one therapies to provide Emotional Freedom Technique as well as Counselling, Aromatherapy, Reflexology, Reiki Healing, Massage, Spiritual Healing, Facial, Hypnotherapy and Nutritional Therapy. These are available by appointment at the Centre in Purley.



Tai Chi Class with Boris Johnson & June Whitfield



Art Group visiting Yasemen's Studio

SUPPORT GROUPS

- Breast Cancer Support Group meets on the third Tuesday of each month.
- Prostate Cancer Support Group meets on the first Monday of each month.
- Bowel Cancer Support Group meets on the first Wednesday of each month.
- Ovarian Cancer Support Group meets on the second Wednesday of each month.



Thursday Craft Group

Group Therapeutic activities remain very strong. Photos clockwise:

- Can-can dancers at "Nostalgia"
- Maori performers at "Nostalgia"
- Drama Group at "Nostalgia"
- Tea shop walking group at the Rhododendron Woods, Leith Hill.



Fundraising

Fundraising continued to be a challenge but we celebrated our 30th Anniversary by promoting greater awareness of the Centre and running more events including a wonderful “Nostalgia” event. Thank you to all who supported us in our endeavours to make it a year to remember.

Our main fundraising income came from:

Members, friends and the general public	£45,100
Charitable Trusts, Foundations, Companies and other organisations	£62,500
Fundraising Events	£30,100
Legacies	£39,700

Three legacies gave our fundraising income a wonderful boost and we are indebted to Neville Clarke, Susan Harper and Mrs J N Lewin for so generously remembering us in their wills. Such gifts make a huge difference to the Centre and if you would like to learn more about Legacy Giving, do visit the pages on our website.

Charitable trusts were our main source of fundraising income and we are very grateful to those trusts who continued to keep faith with us despite a difficult economic climate and a deluge of applications. These trusts are normally listed on this page along with other major donors but this year we have decided to break with tradition and acknowledge their unstinting support by displaying their names in a prominent place at the Centre for all to see.

As mentioned above, 2013 was the Centre’s 30th Anniversary and we were thrilled to be chosen as the Local Charity of the Year by Yvette Hopley during her tenure as Mayor of Croydon. Other 30th Anniversary events included a second Fundraising Dinner at the Houses of Parliament generously sponsored by Sir Richard Ottaway and two fun-packed Gigs organised by and featuring Lenny Zakatek.

Sponsored events again played a crucial part in securing income to keep the Centre going and our thanks go to Paul and Laura Donohoe for running in the Brighton Marathon for a second time to support us, to David Alliston for competing in no less than 5 cycling events on our behalf and to Arjuna Pattapola for taking part in the St Crispin’s Day Night Ride. We were also delighted to again be the Charity of the Year for the Selsdon Half-Marathon and would like to thank David Eaton, their Race Director, for all he does to help us.

Events are a vital component of our overall fundraising and these included a Therapy Taster Day organised by Kathleen Behan, a party to celebrate Sally Russell’s 50th birthday, Gary Coy’s Wine Tasting at Laithwaite’s Wines and Amy Osland’s amazing Zumba Event in memory of her mother, Tina.

It is impossible to highlight everything that it is done to raise money or to publicly thank everyone although we do our best in our Focus on Fundraising Newsletter. However, it goes without saying that were it not for all the extraordinary people who donate, organise and take part in fundraising events or volunteer, the Centre would be unable to operate. Your support never waivers and is so very much appreciated. Thank you so much!

Jennifer Mollett, our Chairman says “We send a big public ‘Thank You’ to everyone whose generosity helped us and especially to all our Volunteers who tirelessly gave 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 with no funds coming from local or central Government. Income has come from a large number of different sources, which are described below and on page 6.

After five years of incurring financial deficits, the Centre achieved a surplus for the year of £24,800, thanks largely to the receipt of a small number of legacies which totalled £40,000 and which are exceptional by nature.

Both our income and our expenditure include a notional amount of £20,000 which represents our valuation of the rent that we would pay for our premises in Purley if they were not provided rent free by Tesco on a long term lease.

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

The net assets held by the Centre at 31 March 2014 were £156,800 compared with £132,100 at 31 March 2013. The increase reflects the surplus for the year of £24,800 less a small decrease in the value of our investments upon maturity.

The Company has no share capital, so all these assets are held as reserves. A part of these reserves, totalling £8,900, is set aside for designated purposes as specified by the donors of these funds.

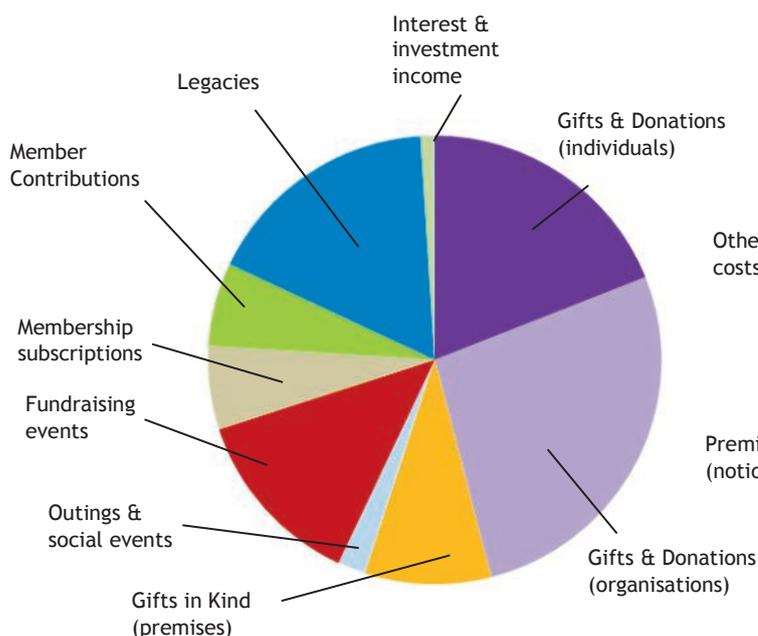
The remaining reserves of £147,900 are intended to provide a cushion against adverse future contingencies and to meet anticipated additional expenditure for actions set out in the Centre's Business Plan. The amount is above the lower end of the target range in the Centre's Reserves Policy.

The Centre is committed to maintain and expand, where beneficial, its overall level of services. The financial position of the Centre is satisfactory, having strengthened during this past year.

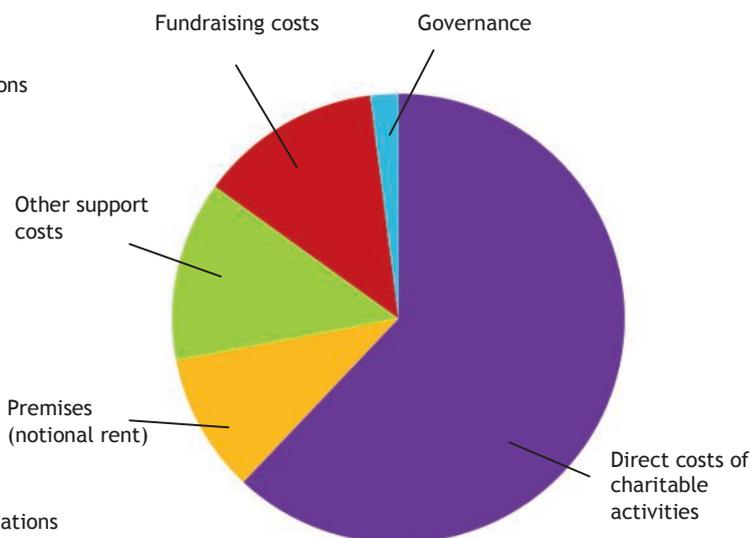
Financial Performance over the year to 31 March 2014

- **Total income** **£233,600**
- **Expenditure** **£208,800**
- **Net Surplus** **£24,800**

Where the money came from



How the money was spent



These figures are taken from the audited Financial Statements of the Centre for the year ending 31 March 2014.

The Annual Report and Financial Statement are available on request.



President
June Whitfield CBE

Patron
Rt Hon. Sir Richard Ottaway MP

Trustees
Jennifer Mollett, Chairman
Sue Taylor, Vice Chairman
Peter Mills, Treasurer
David Mollett, Company Secretary
Graeme Collins
Antonio Barranco
Dr Sally Found
Gary Das
John Manley
Joy Perkins (up to 23/1/2014)
Michael Tubbs
Mike Jones

Executive Committee
Jennifer Mollett
Sue Taylor
Peter Mills
David Mollett

Staff
Nina Guha, Centre Manager
Liz French, Fundraiser
Tom Vaz, IT Officer

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

Facebook: [secancerhelp](https://www.facebook.com/secancerhelp)
Twitter: [secancerhelp](https://twitter.com/secancerhelp)
Registered charity number 1011509

Our Volunteers

The Centre is fortunate to have the commitment of over 60 Volunteers, all carrying out different roles, which enables it 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 Volunteers.



Joyce Milne

After retiring some years ago, I soon got involved as a Volunteer at my church and local charity. I also spent a considerable amount of time supporting a close friend who was suffering from bone cancer and was eventually housebound.

After losing my friend I had time on my hands. I had always been aware of the South East Cancer Help Centre and learned a lot more about it when I invited the Chairman, Jennifer Mollett, to address a group I belonged to. I realised how many people were required.

A chance conversation with a fellow member at the Folk Dance Club, who happened to be a Volunteer at the Centre, led to me being asked to help with Thursday Lunches.

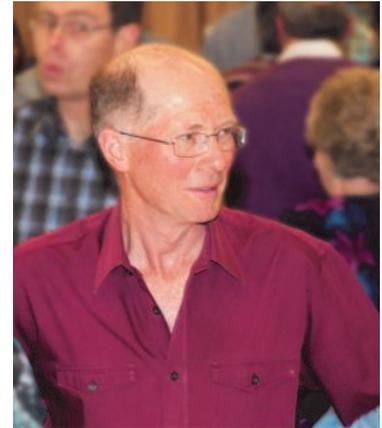
I was warmly welcomed and now look forward to Thursday mornings. I am continually impressed by the happy atmosphere and the positive attitude of all the Members. It is obvious how the Centre has come to help or even change the lives of so many people.

I am no Delia Smith but I look forward to the challenge of hopefully getting something tempting on the table.

Geoff Down

When my long-term employer told me to spend more time with my family, I wanted a complete change and sought a job with more personal satisfaction than pay. A contact led me to SECHC and in 2001 I persuaded them (a) that they needed a fundraiser and (b) to give the task to someone with no experience whatsoever. Eight years later and the recession was making life difficult for me so I selflessly offered to take over the book-keeping function instead, another role for which I was under-prepared!

I can only have a desk & computer on Wednesdays so miss contact with a lot of other Regulars. Still, the Wednesday group are a great bunch ...and Jennifer always brings in cakes!! I shall always be grateful for being inexplicably made so welcome back in 2001 and will hang on to my role/someone else's role/any role with fanatical tenacity - it also helps to keep me off the golf course, which is a great relief for everyone else.



Debra Elsdon

Little did I know when I started the Creative Writing Group at the Centre all those years ago, that I would welcome my own mother to the group when she was diagnosed with breast cancer!

All I came with was my love of writing and the confidence of one of the Trustees, Joy Perkins, who happens to be my mother-in-law! I made it clear that I am no Therapist, I am a Teaching Assistant but I do know that writing for fun is something that many of us stop doing once we've left school.

The funny thing is, we all love to tell stories - of our travels, our troubles, our childhood memories, the view from our particular window on life. So my hope has always been to



break the fear of the blank page by looking at different themes and skills and sharing what we write. It has been a wonderful experience and the creativity and generosity of my fellow writers never fail to surprise and humble me.

Of course issues around cancer come up from time to time, but by taking a different perspective and point of view, interesting things can happen. Any little preparation I put into the group each month is rewarded many times over. If three or four writers turn up, magic just happens.

