

South East Cancer Help Centre

Annual Review

2014/2015



- ✓ **SEHC 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...

Gina Brown

The patient support groups at SEHC have a long history of liaising closely with colleagues at the Royal Marsden and we owe a great debt of gratitude to the patient group for their input and feedback related to clinical trials that we have.



It is extremely important that patients have access to the latest information about treatments and it has been a privilege to work with the Bowel Cancer Support Group at SEHC. My research students and I have regularly visited the SEHC to meet patients and relatives during their Wednesday evening support groups. It is clear that these forums are hugely beneficial to all concerned, and the ability to openly discuss and share experiences of both treatments and survivorship topics is a vitally important part of coping with a cancer diagnosis.

“The SEHC is a unique resource for patients and their relatives to help support them through and beyond their diagnosis of cancer.”

The personal experiences that members of the SEHC have shared with us have helped ensure our trials are designed in a way that keeps the patient as the central focus.

The SEHC is a unique resource for patients and their relatives to help support them through and beyond their diagnosis of cancer.

Gina Brown is Professor in Gastrointestinal Imaging at Imperial College London, Consultant Radiologist at The Royal Marsden.

Gloria Hunniford

SEHC was the first Centre that I supported and in hindsight it is one of the best things that the Caron Keating Foundation has done. When I visited the Centre again last year I was very impressed by the positivity of all of its members and by how much they felt SEHC had helped them.

The therapies offered within the Caron Keating Treatment Room take people away from what they have to deal with and the feel good factor and relaxation give them what they need. As well as providing support to cancer patients SEHC also offers the same services to their families who often struggle to cope with watching their loved ones deal with cancer.

“The therapies offered within the Caron Keating Treatment Room take people away from what they have to deal with and the feel good factor and relaxation give them what they need.”

In 2014 we donated money to launch the telephone counselling service which extends the work of SEHC by being in touch with people who cannot travel to the Centre. I am proud to say that this means that members can now be supported in their own homes wherever they live in the UK.



Gloria Hunniford is a television and radio presenter and founder of the Caron Keating Foundation.

Counselling Services

Over the years, SECHC has been extremely proactive in ensuring our Counselling services always stay in the forefront. To achieve this, all our Counsellors have trained as Bereavement and Telephone Counsellors. We also have a Family and Couple Counsellor on board.

One-to-one Counselling:

Offers an opportunity to talk through and find solutions to concerns in a calm and safe environment.

Bereavement Counselling (one-to-one):

Supports individuals who have experienced the loss of a loved one in a one-to-one setting.

Bereavement Support Group:

Aims to support individuals, who have experienced loss as a result of cancer, in their journey of grief so that they don't feel isolated.

Couple Counselling:

Looks at improving communication and resolving issues arising in a relationship as a result of a cancer diagnosis.

Family Counselling:

Can help the whole family to communicate better, to understand and resolve differences that often arise as a result of Cancer. Sessions include under 18's.

Telephone Counselling:

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

How to access our Counselling services at SECHC:

If you are interested in accessing any of our Counselling services listed above, please get in touch with the Centre on 020 8668 0974 to make an appointment to see our Manager, Nina Guha, for an Initial Assessment.



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
SEHC President

The future of SEHC is looking brighter than ever with Tesco agreeing to renew our lease for another 20 years. I was delighted to attend a party to celebrate our "new lease of life" and meet SEHC members and Cathy Sprent, a representative from Tesco's head office. I am sure you will join me in thanking our company secretary, David Mollett for all his hard work; I know he personally spent weeks negotiating the best possible deal for us.

As important as this is for our future, it is the people who support the Centre that ensure its continuing success and I would like to thank you all for the time and money you give.



Clockwise from top left:

- A highly competitive (losing) team from the inaugural 9 pin bowling night.
- Syscap present a generous donation of £2000 from their Office Olympics.
- Laleham Lea School raised £150 from a Mother's Day tea party.
- Croydon Advertiser Community Matters award.
- Purley Rotary Swimathon Team raised £1660.



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.



Yoga Class



Bowel Cancer Support Group experience EFT

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.



Sari Demonstration during "Wellbeing Cafe"

Some VIP Guests. Photos clockwise from right:

- GP Training day - young Doctors experience complementary therapies at the Centre.
- Mayor of London Boris Johnson visits the Centre with June Whitfield.
- Gloria Hunniford visits the Centre while making a video on the work of the Caron Keating Foundation.



Fundraising

We are again indebted to all our wonderful supporters who saw us through another difficult fundraising year and contributed in so many different ways.

Our main fundraising income came from:

Members, friends and the general public	£39,900
Charitable Trusts, Foundations, Companies and other organisations	£48,700
Fundraising Events	£44,200
Legacies	£20,100

Legacies made a significant contribution to our income and we would like to remember Colin Baker, Neville Clarke and Marjorie Smallbone for generously supporting the Centre in this way. If you would like to know more about Legacy Giving, please visit our website and click on “Support Us”.

We have continued our strategy of developing diverse income streams but still rely heavily on the support of charitable trusts. Competition for funds is intense at a time when these organisations are still recovering from the recession and experiencing low interest rates. As a result, our trust income dropped but we are very appreciative of the loyalty of the many trusts that have stood by us through such challenging times plus the new ones who have come on board to assist us.

Sponsored events generated substantial funds for the Centre and we were introduced to two new events. Nathan Mollett and his colleagues from Syscap Ltd. took part in Tough Mudder, a mud-packed 13 mile obstacle race designed by the British Special Forces while Tom Parker competed in the Bacchus Marathon at Denbies Vineyard battling a very hilly course. Our thanks go to Nathan and his colleagues, to Tom and all the other supporters who took part in sponsored events on our behalf.

We are always grateful for help from the community and would like to thank John Treharne for choosing us as the Charity of the Year for the Wednesday Variety Market at St Francis of Assisi Church Hall, West Wickham and Mel Bridges for her fantastic fundraising work at Addington Market. We were again one of the nominated charities for the Rotary Club of Purley’s annual Swimathon and entered a team of our own with the youngest swimmer, Ronnie Guha, being just ten years old.

It is impossible to mention all the events that were held to raise funds. Many of you enjoyed Gary Coy’s World Cup Predictions Competition and Shirley Steele’s Skittles Evening but there were many more. In addition, Sir Richard Ottaway, who has always been such a friend of the Centre, suggested that people donated to us in lieu of a retirement present when he stepped down as MP at the last election.

We say it every year but it is simply the truth. Were it not for the amazing support of all the extraordinary people who donate, organise or take part in events as well as volunteer, the Centre would not be here for the many people who need its help.

Thank you *all* so very 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].

The Centre achieved a surplus for the year of £6,100, following on from last year's surplus of £24,800 and thanks again largely to the receipt of legacies which totalled £20,000 and from being one of two beneficiaries from the 2013/14 Mayor of Croydon's Charity Appeal.

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 the direct costs of 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 2015 were £162,900 compared with £156,800 at 31 March 2014. The increase reflects the surplus for the year.

The Company has no share capital, so all these assets are held as reserves. A part of these reserves, totalling £8,800, is set aside for designated purposes as specified by the donors of these funds.

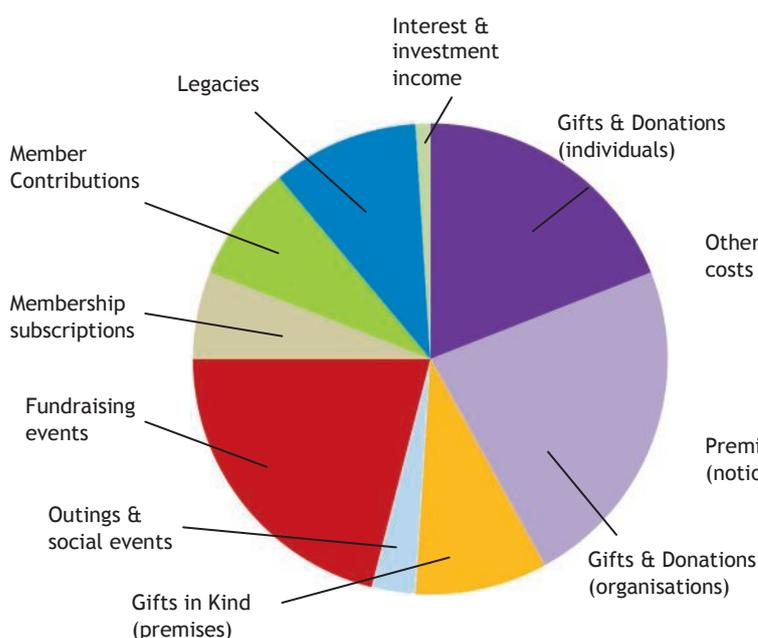
The remaining reserves of £154,100 are intended to provide a cushion against adverse future contingencies and to meet anticipated additional expenditure for actions set out in the Centre's Business Plan. The amount is well within the target range in the Centre's Reserves Policy.

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.

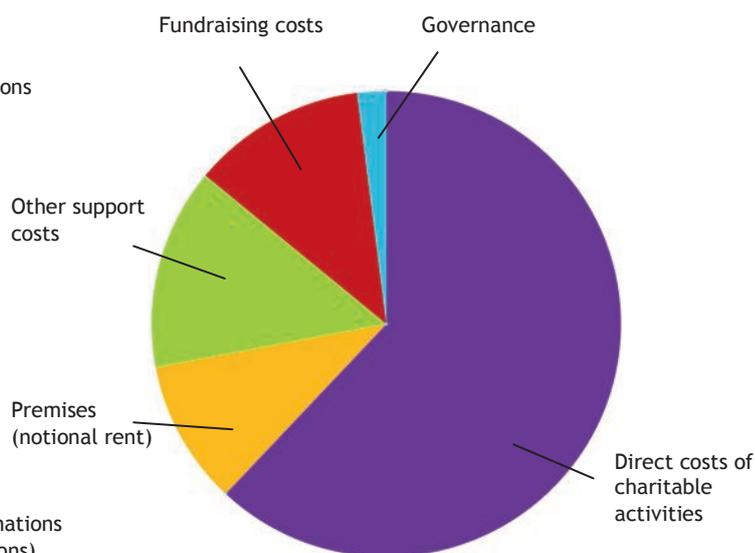
Financial Performance over the year to 31 March 2015

- **Total income** **£210,700**
- **Expenditure** **£204,600**
- **Net Surplus** **£6,100**

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 2015.

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
- Michael Tubbs
- Mike Jones

Executive Committee

- Jennifer Mollett
- Sue Taylor
- Peter Mills
- David Mollett

Staff

- Nina Guha, Manager
- Liz French, Fundraiser
- Tom Vaz, IT Officer

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 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.

Claire Pratley & Amy Osland

Claire and Amy are respectively the sister and daughter of the late Tina Osland.

Claire joined the Centre as an administrator for the Fundraising Team in May 2015. "I absolutely love my volunteering job here, as it is varied and no working day is ever the same.

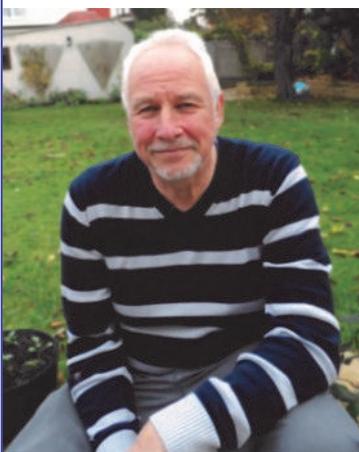
Although, I only volunteer on Friday mornings, the Centre is always busy and there are always new projects being planned. The team I work with are a great bunch of people.

I really enjoyed being part of the "Paint Purley Purple" Campaign in September this year and on 25th October 2015 I was crazy enough to agree to do a skydive to raise funds and awareness for the Centre, which I am pleased to say had the desired effect."

Amy joined the Centre at the same time as Claire. "I have wanted to do something to help at the SECHC since my Mum started receiving therapies at the Centre. Unfortunately Mum passed away over 3 years ago now and I miss her more and more.

I started helping as a fundraising volunteer to do whatever I can to make sure other people get to experience the relief and benefits that Mum did at the Centre.

Amy summarises the family's spirit, "The people and therapists at the Centre do such a great job and if I can help by doing my bit to raise awareness and much needed funds, then I'm very happy indeed!"



Peter Mills

When I stopped working in 2010 and took early retirement, my wife suggested that I needed a project. I was very interested when Jennifer Mollett asked me to put myself forward for a role as Trustee. I was elected to the Trustee Board in September 2010 and I hoped my financial background would enable me to make a useful contribution to the overall direction and future of the Centre.

In 2012, I took over as Treasurer of SECHC from Mike Jones and became more closely involved in the day to day running of the Centre with monthly meetings of the Executive and regular contact with the Staff and Volunteers. It was at this point that I truly began to appreciate all the hard work and dedication from all those who contribute to making the Centre what it is today.

I have very much enjoyed my time at the Centre and it gives me much satisfaction to make a small contribution to this excellent organisation. SECHC enjoys a fine reputation, both locally and further afield, in the provision of cancer care and I hope to be part of that for some time to come.

Gill Bashford

Following retirement, I still felt the desire to have an outside interest without it affecting my holiday plans.

The Centre was known to me through my previous work in a GP surgery. Feedback from patients was always very positive so I decided to approach the Centre to see if they needed anyone in an admin capacity. Fortunately they did.

I now run the Lottery Club and assist with raising awareness of the excellent work carried out by the dedicated team at the Centre. SECHC is an inspirational place for patients to come. There is always a welcoming and friendly atmosphere towards visitors. It has been a pleasure to make new friends and has provided me with the opportunity to become involved socially.

