



South East Cancer Help Centre

Annual Review

2015/2016

OUR STATEMENT OF PURPOSE

- ✓ **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...

Dr Ben Thomas

Having been invited to talk at the South East Cancer Health Centre and spoken to the Members and Staff, it is clear that the quality and expertise available to those needing support is of the highest level.



I am involved with symptom management in my daily clinical practice, and knowing that the Centre provides informed, organised treatment options that overlap and complement those available in the NHS gives many more options to patients.

“It is clear that the quality and expertise available to those needing support is of the highest level.”

The quality of the service is beyond doubt, and an inclusive, community approach is at the heart of everything that is done.

Dr Ben Thomas MBBS FRCA FFPMRCA is a Specialist Consultant at the Chelsea & Westminster Hospital and is a Fellow of the Royal College of Anaesthetists and a Fellow of the Faculty of Pain Medicine.

Gavin Barwell MP

I have always admired the work that SECHC has done for those in our community who need their support and advice and I know from speaking to many residents that their work is hugely appreciated by those who attend the Centre.

The Staff and Volunteers are a very special group of people who have the best help and advice on hand.

This is often just a caring word or it can be assistance to find a way to cope with the pain and worries that set in every day. Without them this fantastic charity wouldn't operate.

“The staff and volunteers are a very special group of people who have the best help and advice on hand.”

Every year I do a charity walk. In 2015, SECHC was my chosen charity so I was very pleased to be able to make a donation of over £2500, which I know was very well used.



Gavin Barwell MP is the Minister for Housing, Planning and London and is the Member of Parliament for Croydon Central.

Bereavement Support Group

The Centre ran its first Bereavement Support Group in January 2016. A small, facilitated group of people, who had been bereaved, met fortnightly for seven weeks to explore different topics, share experiences and learn from each other with a facilitator.

Loss can be an isolating experience with raw feelings too deep to share with family and friends. A group can provide a safe, confidential space where thoughts, both good and bad, can be explored with people who can understand how they feel.

While coming to terms with loss, people go through a whole series of emotions, which will be different for every individual. There is no right or wrong way to approach these.

Each person was at a different stage of their own grief. Some were in denial, still floundering from the shock, or feeling their reason for living had gone; others were starting to come to terms with their loss and finding strategies for coping. Loss can be an isolating experience with raw feelings too deep to share with family and friends. A group can provide a safe, confidential space where thoughts, both good and bad, can be explored with people who can understand how they feel.

Personalities, relationships and the past were explored. This group provided a place to learn to avoid destructive behaviour while experimenting with coping mechanisms that others had found useful. Members shared information, thoughts and patterns of behaviours including their own weaknesses and strengths.

For these members, the Centre provided an intervention at the right time in helping to deal with the past while looking forward to the future.

Some members of the group have kept in touch with each other, even forming their own informal support network. A second group ran in Spring 2016, and further groups will run through 2017.

How to access our services at SEHC:

If you are interested in finding out more about bereavement support or accessing any of our services listed on the right, please get in touch with the Centre on 020 8668 0974 or email info@sehc.org.uk to make an appointment to see our Centre Manager 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.



SPIRITUAL 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



June Whitfield, CBE
SECHC President

SECHC's Paint Purley Purple campaign has proved to be a huge success, not only raising much needed funds but also highlighting what a wonderful job our volunteers, therapists and staff do. The way the local community rallied to help proves that they truly appreciate what a fantastic resource they have on their doorsteps.

None of this would be possible without your continued support and I would like to thank you for all your help.



Clockwise from top left:

- The Imperial College School of Medicine Jazz Band entertain us at our first ever Jazz Night.
- Tom Vaz crosses the Alps on his “Home to Rome Alone” bike ride.
- Launch of Sally Russell’s Calendar with Chris Philp MP.
- Purley Rotary Swimathon Team included Malcolm, a very brave patient as well as other Centre Supporters.
- Centre Manager, Nina Guha raised £1100 through her Indian Cookery lessons.



the Centre

THERAPEUTIC ACTIVITIES

THERAPIES

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



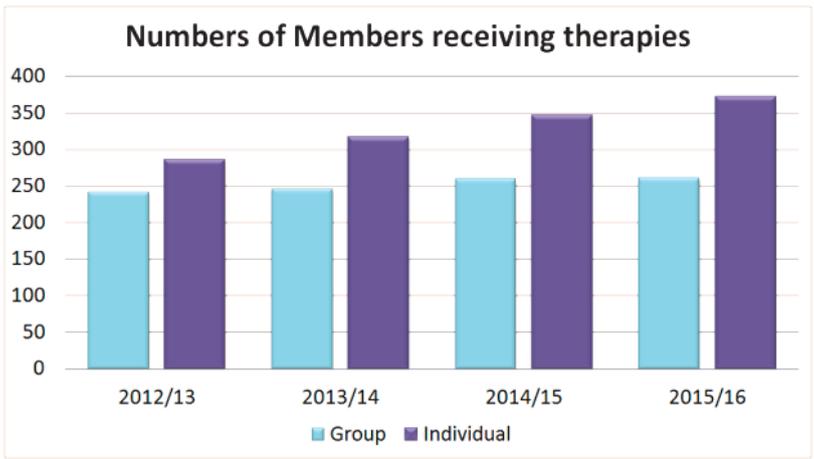
Tai Chi Class



Counselling



Prostate Cancer Support Group pose for Sally's Calendar



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.

Our very own "Paint Purley Purple", involving local businesses in Purley launches.



Fundraising

Fundraising continued to be a challenge but the extraordinary support that we received from individuals, charitable trusts, companies and local organisations ensured that we made it through another difficult year.

Our main fundraising income came from:

Members, friends and the general public	£59,900
Charitable Trusts, Foundations, Companies and other organisations	£49,900
Fundraising Events	£47,600

Charitable Trust income has always played an essential part in our fundraising although it was badly affected by the recession. It is slowly recovering and we are indebted to all those trusts that have sustained us through a testing period.

Although we did not receive any legacies, we were very appreciative of a truly magnificent donation of £20,000 from the Bunce family.

In 2015, Carol Hunt joined us as a Community Fundraiser and was responsible for launching Paint Purley Purple, an awareness and fundraising initiative to promote SECHC in the local community. Many local shops and businesses participated by decorating their premises with a purple theme and holding purple-themed events. Due to its great success, Paint Purley Purple is now a permanent fixture in our fundraising calendar.

Sponsored events generated substantial funds with Tom Vaz raising a staggering £8,000 from his Rome Alone Bike Ride. Tom has previously completed two very successful rides in memory of his late wife, Lesley, and felt the time was right to do one last challenge in aid of the Centre. This time Tom bravely travelled alone following the ancient pilgrimage route to Rome (the Via Francigene) covering a total of 1,284 miles in 24 days. A huge thank-you to Tom and all his supporters!

Special thanks are also due to local MP, Gavin Barwell, who nominated SECHC to receive funds from his annual 18-mile sponsored walk around Croydon and also to Jonathon Dobson, Boris Johnson's private secretary, who chose us to benefit from his participation in the London Marathon.

Our Fundraising Volunteers were also busy! Claire Pratley, Community Fundraising volunteer, decided to take part in a Skydive and was accompanied by Kenny Johnson, another supporter. It was such an exhilarating experience that they wanted to go straight back up! Thank you to both of you for raising vital funds.

Darshna Dudakia, our volunteer responsible for Gift Aid, organised a fabulous Bollywood Night raising £1,851. An incredible achievement especially for someone who has never organised an event before! Thank you Darshna!

Support from local organisations is always important and we were delighted when Mina, who runs our Breast Cancer Support Group, chose us as her charity during her tenure as Lady Captain of Shirley Park Golf Club. A fantastic £3,960 was raised and we were very grateful to Mina and all her supporters for such a lovely amount. Purley Rotary Club nominated us as a beneficiary of their Swimathon and the Church of Jesus Christ Latter Day Saints again chose us to benefit from the Selsdon Half-Marathon.

Sadly, lack of space prevents us acknowledging all the amazing people who raised funds. Many of you enjoyed Shirley Steele's Skittles Evening, the Jazz Night with wonderful food provided by the Barranco family, Nina's Cookery Lessons and our fairs and quiz.

It goes without saying that were it not for this support plus the work of our dedicated volunteers, the Centre would not be here to help all those in the local community who are coming to terms with a cancer diagnosis.

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 suffered a deficit for the year of £4,800, compared with a surplus last year of £6,100. Whilst income rose in the year thanks to an increase in donations from the public, our expenditure rose even further largely due to the recruitment of additional fundraising resources in order to increase our future income levels.

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. 75% of our total cost is attributable to charitable activities.

The net assets held by the Centre at 31 March 2016 were £158,100 compared with £162,900 at 31 March 2015. The decrease reflects the deficit for the year.

The Company has no share capital, so all these assets are held as reserves. A part of these reserves, totalling £27,100, is set aside for designated purposes as specified by the donors of these funds.

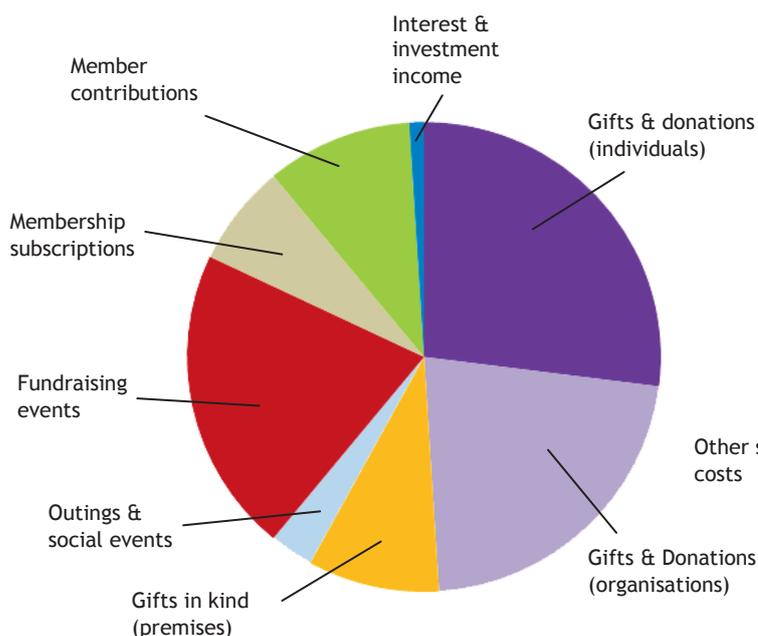
The remaining reserves of £131,000 are intended to provide a cushion against adverse future contingencies and to meet anticipated additional expenditure for actions set out in the Centre's Business Plan. The amount is well within the target range in the Centre's Reserves Policy.

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.

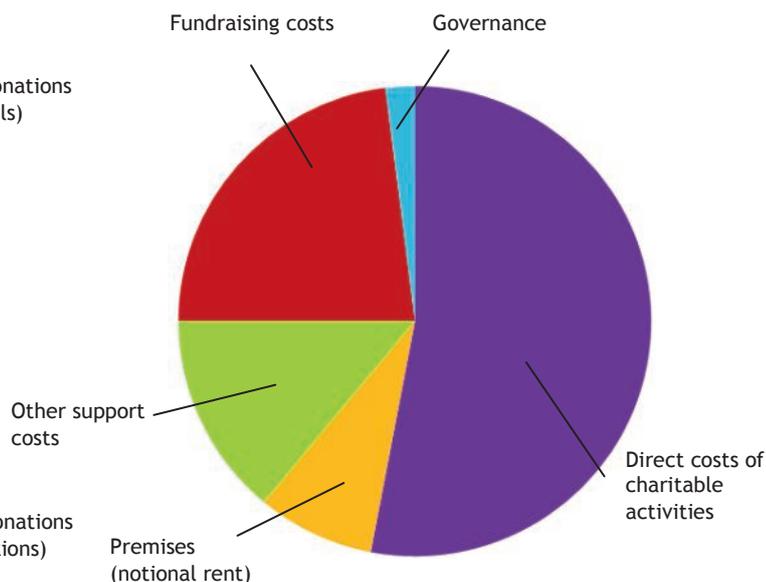
Financial Performance over the year to 31 March 2016

- **Total income** **£225,900**
- **Expenditure** **£230,700**
- **Net deficit** **£(4,800)**

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 2016.

The Annual Report and Financial Statement are available on request.



President
June Whitfield CBE

Patron
Rt Hon. Sir Richard Ottaway MP

Trustees
Mrs J Mollett (Chairman)
Mr D Mollett (Company Secretary)
Mr P W J Mills (Treasurer)
Mr G L Collins
Mr A Barranco
Mr G Das
Mr M J Jones
Mr J D Manley
Mr M Tubbs
Mrs C Rees (Appointed 22 March 2016)
Cllr Y Hopley (Appointed 22 March 2016)
Mr G Coy (Appointed 22 March 2016)

Executive Committee
Jennifer Mollett
Peter Mills
David Mollett

Staff
Lynda Kenison, Full-time Centre Manager
Liz French, Part-time Fundraiser
Eleanor Appleton, Part-time Fundraiser

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

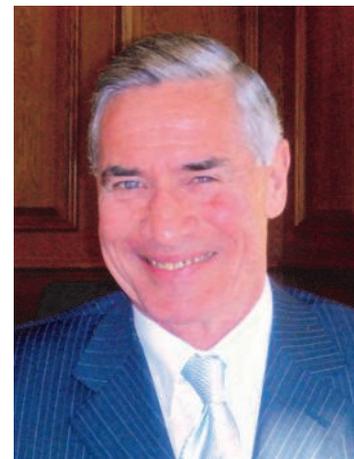
Gwen James

I joined the Centre four years ago after treatment for Breast Cancer.

On Thursdays, it's Arts & Crafts day and I help with the Craft Group making cards, sewing bags for the Royal Marsden Hospital and various other things, too numerous to mention here!

It's a very enjoyable day - good company, lots of laughs and help always at hand whenever a problem crops up.

In other words, the Centre has been a life saver for me!



David Mollett

Being married to the current Chairman, who first volunteered at the Centre some 25 years ago in 1991, my awareness of SEHC has been over much the same time period by way of regular conversations with Jennifer relating to the Centre activities and, of course, being co-opted onto many events in support of my wife.

My formal work with the Centre started in 2002 doing some project work for the pantomimes and then, for my sins, being elected as Company Secretary in 2003. My career in the commercial world meant the role was both relevant and manageable with my other work activities.

My appreciation of the amazing work that SEHC does just grows with every passing year. The other volunteers are so committed and all prepared to go the extra mile. The members while at the Centre somehow manage to put aside their personal problems and enjoy the many therapies available and relax in the company of others in a similar situation.

SEHC has achieved such an enviable reputation in the area for the work it does and I look forward to offering many more years of service to such an outstanding organisation.

Rishma Alladina

I came to know about the Centre a few years back when I randomly picked up a leaflet from my GP surgery. As I had no prior knowledge of the charity or its reach, I was rather intrigued to learn more and was even more surprised to discover that it was a local charity based in the heart of Purley.

From my first visit to the Centre, I observed a tranquility that is very unique to find in the midst of a bustling town.

Being office-based, I usually have my head buried in an Excel spreadsheet so on the odd occasion that I do see members popping in for a yoga session or just to have a friendly chat with the staff, it is so heartwarming to see such joviality and optimism during what is undoubtedly an extremely challenging time of life.

A few hours volunteering at the Centre has a way of transporting you from regular day-to-day life and there is certainly a feel good factor to be had from being in such a positive environment.

