

The NHS is going through another of its turbulent periods of restructuring, particularly for cancer services. Even though the Fountain Centre is an independent charity, this is bound to affect the way we work in the future. Most people don't like change, but we can't exist in a bubble. We'll use this newsletter to keep you in touch with developments. And in the meantime, with all your kind support, we'll Keep Calm and Carry On, to the very best of our abilities.



Fantastic support from the County Club

James Cosmo, our lovely patron, was delighted to receive a cheque from the County Club in Guildford for nearly £13,500 to support the Fountain Centre's work.

The cheque was presented at the beginning of March by Howard House, Chairman of the County Club, and committee member David Hargreaves, after they selected the Fountain Centre to be the Club's Charity of the Year 2012. Their main activities through the year were an extremely popular Golf Day at West Hill Golf Club in October, which attracted 19 teams from local and national

businesses, and an auction at the members' Christmas lunch.

Anne Pike, Fountain Centre Manager, said: "It is fantastic to receive such a significant donation from



Interest from the Surrey Advertiser



Back row – Kevin Lorimer, (County Club Manager) and David Hargreaves, (County Club Committee); Front row, John Wilkinson, James Cosmo and Howard House (County Club Chairman)

the County Club and we are extremely grateful to all their members for the help they have given to the Fountain Centre. Knowing that we have such strong support from a major Surrey institution gives us great confidence to build on our services and plan for the future.

"We will use the money wisely and carefully; some will help cover the costs of providing our therapies, for example needles for our acupuncturists and oils for our massage therapists. We hope it will also enable us to build on a recent successful pilot scheme providing specialist clinics for patients with prostate cancer."

The County Club golfers excel



The County Club Golf Day took place in October, at West Hill Golf Club. In all 19 teams played and the winning team was Latchmere Properties – the third time that they have won the Golf Day in six years. The golf day, organised by David Hargreaves, raised nearly **£10,000**.

The winning team – (l to r) Tony Jamieson, Mark Steward, Richard Eshelby and Richard Taylor



Amanda Riley, one of our therapists, visiting Ndi Moyo, a charity in Malawi which shares a lot of the Fountain Centre's values and helps cancer patients as best it can – with extremely limited resources. It's impossible to do justice to her extraordinary, and quite traumatic, experiences out there in a brief article, but she seems very glad to be back.

Congratulations to Team Justice

Year 9 pupils at Tormead School in Guildford have been researching local charities over the past few months. In competing teams, they have prepared presentations about the work of their charity to persuade a panel of judges that their good cause is best.

We are delighted that Team Justice, who selected the Fountain Centre, have won! They will now enter the MTG Youth for Charity project, with other groups from all over the county, and will have the chance to win a £2,000 prize, for us. **Good luck, girls!**

Fountains of Forward Thinking!



A personal message from Gail Maguire

Dear Reader

Planning for the future work of the Fountain Centre is no easy task. Advances in the treatment of cancer mean that the NHS is reorganising services, and the Centre needs to prepare carefully to adapt and fit in with this new landscape.

Less is more

That's why you will be seeing less of me for a few months! It's been a long time since 1998 when the Centre opened and we've been pretty well flat out developing our support services for patients their families and carers. I'm taking time out now to plan for the next stages of that development.

In other words, clear thinking time away from the daily hubbub! But I need your help!

The Fountain Centre in context

First, though, a word of background on this exciting new project.

Historically chemotherapy services have been located at hospital sites where specialist personnel and facilities are based. This often requires patients to travel quite lengthy distances to receive treatment. Opportunities to make use of chemotherapy are ever-expanding, as is the development of new drugs approved for use in the NHS. Increasing numbers of referrals to oncology services have seen workload rise exponentially over the last decade – and inevitably this rise will continue for the foreseeable future.

Providing services nearer to patients' homes will

require a sustained shift in the way those services are delivered. They will be more personalised and easier to fit into peoples' busy lives. In essence, it is about improving the patients' experience of care and the quality of life for cancer survivors.

The way ahead

I'm going to be charting the way ahead for the Fountain Centre in considerable detail. My work will consider what cancer care will be like by 2023, and ask how we can best continue to serve.

- Will we need to direct some resources away from the Fountain Centre itself, currently our main base situated within St Luke's Cancer Centre?
- Should we set up a new fully-resourced the Fountain Centre satellite somewhere in our catchment area?
- Should we set up mini-centres in hospices, GP surgeries, or community centres?
- How will changes in NHS structures and practices impact on our relationships with health service professionals?

How you can help

I'd be pleased to have your input. All comments will be kept in complete confidence. You might want to consider questions like;

- How do you, whether the Fountain Centre user or volunteer, think we should develop?
- Can you suggest ways we can improve our service, whether now or years down the line?
- Would you or anyone you know, make more use of the Fountain Centre style services if they were closer to where you live?
- How could the Fountain Centre facilities be better promoted to the public generally?

You can contact me at gail.maguire@nhs.net or 01483 406618

Yours

Gail

Staffing changes

Gail will be on secondment until the end of May, but we will still see her in the Fountain Centre every week, when she comes in to look after the Counselling Service. We all wish her well with this very complex but vitally important piece of work.

In the meantime, Anne Pike will be acting as Centre Manager, and we wish her luck in her new role.

And finally, Megan Davis – one of the Level A team – will be taking maternity leave from May 6, so more good wishes to her!



Wig Bank Service

We have a selection of donated wigs available at discounted prices. All wigs have been sanitised by our volunteer hairdresser, who has completed the Trevor Sorbie Wig Course.

We also offer a WIG CUTTING SERVICE for a small donation.

DONATED WIGS URGENTLY REQUIRED

The Binnings try again

Mike and Monica Binning are fundraising on JustGiving in memory of Mike's Aunt Linda – they write:

“Our original intention was to raise money by taking part in the 2012 London 10k run. This was hindered slightly by a Mr & Mrs skiing holiday injury combo, rendering us both unable to run! Luckily the nice London 10k people have allowed us to defer our entry until 2013.

“Sadly on the 10th of July 2012 my brave Aunt Lin lost her battle with cancer. She was an amazing woman and a true inspiration. Lin received a lot of support from the Fountain Centre throughout her illness and I know that she would have wanted me to continue raising money for such a worthy cause.

“So in the build up to the 2013 10k run I'm looking to up my target and hit £1000. Thank you for all your donations so far, they really are helping a great cause!”

If you would like to help, the address for donations is www.justgiving.com/MikeBinning10kRun



Linda Binning at the 2011 Fashion Show – we all miss her

A SCANDINAVIAN CHRISTMAS FAIR
at the Holiday Inn Egerton Road, Guildford GU2 7XZ
Sunday 2nd December 10am-4pm
Raising money for Teenage Cancer Trust and The Fountain Centre, Guildford

Many thanks to Sandra Newell, who organised the Scandinavian Christmas Fair, and has raised **£1000** for the Fountain Centre from the proceeds.

Red Day at iHasco

Fun was had by all, dressed in a red item of clothing, and tasked with incorporating words relating to Valentines Day in conversations during the course of the day. Obviously LOVE being the most popular choice, followed by rose, candle, romance, kiss, red, cuddle, seduction, massage, bubble bath and many more. Well done to Joel who went one step further and wore his red onesie!

Nic, now known as the iHasco in-house baker, baked irresistible heart shaped cakes and biscuits – all in the Valentine theme, that tantalised taste buds.

Everyone held their breath in anticipation of raffle tickets being drawn – lots of lovely prizes,



wine, chocolates, cinema tickets, vouchers and beautiful flowers to name but a few.

Thanks to Jackie Wetherell for organising another great fun day

for her colleagues. They raised their largest sum of money yet – **£301.80** – for the Fountain Centre, which is their dedicated charity.

Thank you for thinking of us

Nearly £18,000 has been raised for the Fountain Centre over the last year, thanks to the thoughtfulness and generosity of people who might have had more pressing things to think about. This is enough to run the Fountain Centre for 6 weeks – an extremely significant contribution to help keep the Fountain Centre running.

Since March 2012, 22 families have decided to ask for donations to the Fountain Centre instead of funeral flowers, as a memorial to loved ones they have lost. Others have set up JustGiving pages to raise money in memory of friends or relatives. One of these says:



“Finally, rather than sending flowers, if you would like to make a charitable donation, we would ask you to consider The Fountain Centre. They provide information, counselling and complementary therapies and were very supportive to Charlotte and the family throughout the course of Charlotte's treatment.”

Of course we are extremely grateful for all the donations we receive. But somehow **In Memoriam** gifts feel extra special. Our particular thanks to the families of:

Josephine Allen;
J Avery;
E Barker;
Jan Bekker;
Colin Bruce;
Helen Brimble;
David Burgess;
Sylvia Chappell;
Charlotte Elizabeth Davies;
J Hurst;
J Longford;
J Lopez;
May Maple;
Linda Meere;
Judy Overington;
Bernard Porter;
E Rambridge;
Graham Skee;
L Stephens;
Ken Thurgood;
R Watley;
Doris Wye.

Warlingham FC hit by winter chill

Last July a kind gentleman called Ken Thurgood organised a Football Festival at Warlingham FC to raise funds for the Fountain Centre. He was a patient and had got to know the Fountain Centre very well, so wanted to help. He used his good contacts to bring in teams from Charlton Athletic and Crystal Palace and it was a great day of fun and friendship, as well as a bit of football.

Sadly Ken, known as 'Kendo' to his friends and team-mates, passed away shortly after the event. As a fitting tribute, the team arranged a memorial match for December 30 – and the programme makes it clear what a very influential and special person Kendo was.

The club chairman, Steve Rolfe, wrote:

“Ken spent the last 2 years fighting cancer and he did so without complaining or allowing it to diminish his involvement in football. Much of the time you would never have known it and he kept fighting it right to the end. He did so with the help of the Fountain Centre whose support was crucial in his fight and he held it in the highest regard.”

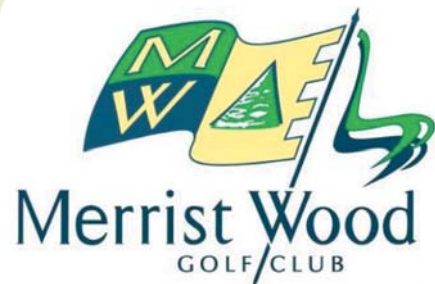
In the end the match could not happen, due to bad weather – it will be rescheduled in the Spring – but the club were able to present us with a cheque for £3,500 in Kendo's memory, and we are very grateful to all of his family, friends and colleagues who contributed.



Golf snowed off too!

Lady Captain of Merrist Wood Golf Club, Wendy Outram, selected the Fountain Centre as her chosen charity for the year. But sadly she wasn't able to hand over her cheque to us in person. The weather in January put paid to her best laid plans for a presentation lunch – TWICE – as the club had to be closed due to the ice and snow.

She and club members raised over £1,000 and we are very grateful – thank you to all of them.



www.merristwood-golfclub.co.uk

The Cancer Education Programme

The *Cancer Education for Therapists* training days started in early February. The programme, put together by Charlotte McDowell, brings together our therapists and volunteers with clinical specialists from all over the hospital, to look at different cancers and treatment methods. So far it has proved very popular, and raised awareness of the work we do across the Hospital.

Diane Pedley, one of our Cranio-Sacral therapists, writes: “Over the course of the past two months, I've attended a series of talks given to the Fountain Centre therapists and volunteers by

Clinical Nurse Specialists and other hospital staff. I have found this educational programme interesting and informative, and it has greatly increased my knowledge of various types of cancers, conventional treatment options and possible side effects for patients.

“Being a hands-on therapist, I feel the toll that cancer takes on a patient or their carer's bodies, so I found the talks gave me a deeper understanding of the medical approach to the condition and what the patient may be experiencing on this difficult journey.

“A fundamental principle of complementary therapy is to treat patients as individuals so I was especially inspired by the efforts of hospital staff



in identifying the needs of the Teenagers and Young Adults group in devoting an area of the ward for their treatment. Our patients are very thankful to therapists and volunteers at The Fountain Centre, but I was particularly encouraged to hear a number of the speakers commenting on the difference the contribution the centre makes in supporting patients and their well-being.”



Volunteers needed

No matter how much time you have available, you can make a difference to our patients. There are a variety of ways in which you can help. Welcoming visitors to the centre, supporting and listening to visitors, providing complementary therapies, counselling, classes (Yoga, Art, Music), helping with monthly support groups, fundraising, watering and maintaining the garden are just some of the ways in which you can help. Our volunteers are essential to everything we do.

If you are interested in volunteering in the Fountain Centre please contact us on 01483 406619.

We look forward to seeing you.



New service – Bach Flower Therapy

The Bach Flower essences are very simple and safe to use. As we use alcohol free stock bottles there are no contra-indications for their use in The Fountain Centre. They work on mental and emotional stress rather than directly on the medical symptoms. Most people have heard of 'Rescue Remedy' but there are 38 different remedies which may be used in an endless number of combinations. Treatment bottles are made up differently for each individual, so you are given your own special combination at the close of a session. The appointments are an hour and can be booked in the usual way by telephone or through reception.



Correction and apology

We have to apologise to Gill McCarragher, one of our most committed supporters, for the piece in the last newsletter which congratulated her on raising nearly £200 at her summer barbeque.

The event actually raised **£1,054.45** but not all of that had been logged on the system at the time of writing.

Very sorry, Gill – and lots more congratulations!

Good luck to Angela – sponsored vampire hunter



Our supporters seem to be getting more ambitious in the challenges they want to undertake for the Fountain Centre – and slightly weirder.....

Angela Vaz has decided to trek through the Carpathian Mountains in Transylvania – Dracula's

homeland – to raise funds for us in August 2014. We wish her well in her fundraising and training.

Marion's teams

Once again we are grateful to Marion Dante, one of our most active members of the Supporters' Group, for arranging collections for the Fountain Centre in the run up to Christmas. She is always hard to say no to, but those of us who join the collecting team know that it can actually be quite an entertaining way to spend a couple of hours. And it gives us a great opportunity to talk to people about the work the Fountain Centre does.

As in previous years we spent one Saturday at Longacres Garden Centre, Bagshot – they have always been very generous in their support for us – and one Saturday at The Meadows, Sandhurst. The total collected was nearly **£1300** – a little less than last year, but still extremely healthy given the current state of the economy!



FREE MONEY

If you are shopping on-line, don't forget that if you go via www.easyfundraising.org.uk the company you are buying from will give us a donation and it costs you nothing. **How good is that??**

Forthcoming Events

5-8 June
Guildford
Cathedral Flower Gala

1 July
Return to the Forbidden
Planet, Sir William Perkins
Girls School, Chertsey

6-9 September
3 Peaks Challenge

2 November
Mozart's Requiem, Guildford
Cathedral

15 November
Ball, Wentworth Golf Club

15 Decembe
Family Christmas Concert,
G Live



Christmas spirit for Guildford commuters

Over 20 eager and enthusiastic singers gathered at Guildford Station in December for two hours of Christmas Carols, raised £378 pounds, and had a really nice evening. Some were regular singers from local choirs, some were just there for the sheer fun of it. Thanks in particular to:

- Stephen Best – 'Mr Musicman' – who accompanied us in a marathon accordion session;
- Anne's daughters, who carried their buckets with irresistible charm; and
- Costa Coffee, who took pity on us in the cold and provided free teas all round

Supports the Fountain Centre

If you would like to sponsor the newsletter as a one off or on a regular basis please contact the Fountain Centre on 01483 406619

More support from the Freemasons

Wendell Grosvenor, Master of Woodstock Lodge No. 7948, came in to the Fountain Centre on 7 January – his birthday – to present the Fountain Centre with a cheque for **£1,000**. He chose us as his charity for his year as Master and among other events held a Curry evening and a Ladies Night. He has received treatment at St Luke's and therapies at the Fountain Centre, so he knows us well.



Anne Pike and Wendell Grosvenor

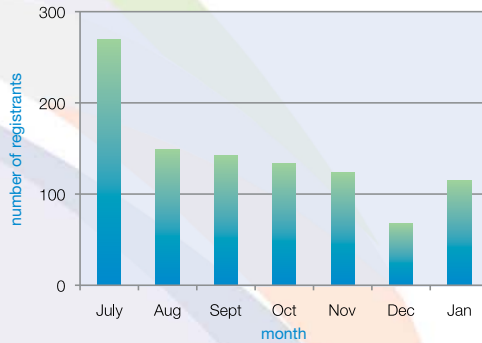
1001 new people since July 2012

1001 people registered at the Fountain Centre between 1st July 2012 and 31st January 2013, and 1980 appointments were made. We know, because our new database says so!

And these numbers only include people accessing Complementary Therapies, groups, CAB and Hairdressing Service. It does not include people accessing information, advice, social support or counselling – though since the end of January we have also been able to collect figures for counselling referrals.

So what? The data can tell us many useful things to help us plan for the future and prepare bids for funding, such as where patients come from geographically. And it can highlight areas where we may be able to boost our services, such as letting more people know about what we can do for patients on the wards.

Thank you to everyone – particularly the desk volunteers – for making the introduction of TM2 such a positive experience!



July	269	Nov	124
Aug	149	Dec	68
Sept	142	Jan	115
Oct	134		

New Diet and Cancer FAQs Web Page

Information on diet and cancer in the press, in books and magazines and on the internet can be very confusing. We have been working closely with the Fountain Centre to provide answers to some frequently asked questions. The information available on a new page of the website will provide you with general guidance on what to eat when diagnosed with cancer and during cancer treatment. The advice is based on sound scientific evidence and aims to dispel the many myths about diet and cancer. It will hopefully provide some useful tools to eat well during treatment.

If you have a general question about diet which has not been answered, please contact the Fountain Centre who will pass on the details to the Oncology Dietitians. Answers will then be posted on the website.

It is worth bearing in mind that the advice on the website may not be suitable for everyone and if you have particular concerns and would like an appointment with a dietitian, then please contact the Fountain Centre who will provide details of how to self-refer to the department.

We are also involved with the Fountain Centre's drop-in sessions for patients and carers. If you or a relative have any questions, but don't necessarily require a referral to the dietitian, please feel free to attend our session. Details are available from the Fountain Centre.

Macmillan Oncology Dietitians
St Luke's Cancer Centre
www.fountaincentre.org/testimonials-faqs/faqs/diet-nutrition/



information for your calendar

The Fountain Centre is open Monday to Friday 9am – 5pm.
Please contact us on 01483 406618 to make inquiries or a booking.

Therapies and other services

Monday

Acupuncture, Bodytalk, Counselling, Homeopathy (monthly), Hypnotherapy, Information sessions with Healthcare Professionals, Massage, Reflexology, Shiatsu, Yoga

Tuesday

Acupuncture, Counselling, Indian Head Massage, Massage, MLD (Manual Lymphatic Drainage), Reflexology, Reiki, Shiatsu

Wednesday

Acupuncture, Aromatherapy, Benefits Advice, Counselling, Craniosacral Therapy, Hydrotherm, Hypnotherapy, MLD, Massage, Reflexology, Reiki, Shiatsu, Wig bank and cutting service

Thursday

Acupuncture, Aromatherapy, Art for Health, Bach Flower Remedies, Counselling, CranioSacral Therapy, Hydrotherm, Indian Head Massage, Massage, Reflexology, Reiki, Shiatsu

Friday

Acupuncture, Art-psychotherapy, Counselling, Hydrotherm, Indian Head Massage, Massage, Mindfulness, Reflexology, Reiki



Groups

Lymphoedema Information Group
every Monday afternoon (booking essential)

Look Good Feel Better
1st and 3rd Tuesday each month (booking essential)

Lung Support Group
2nd Tuesday each month

Hascombe Oncology Support Group
for parents of children affected by cancer.
4th Tuesday of each month.
Contact Melanie Popham on
01483 571122 ext 4071 for times each month

Carers' Support Group
1st Wednesday of each month

Brain Tumour Support Group
1st Thursday of each month, 12.30 – 3.00. Contact
Dorrie (dorriewill@aol.com) or Ann (01252 834784)
for more details

Book Club
3rd Thursday of each month, 10.15-11.15. For
more information contact Maria Wakefield on
01483 406619

Pink Ribbon Pilates Programme
Thurs pm/ Friday am weekly (booking essential)

Gynae Cancer Support Group
Last Friday of the month – every other month.
Contact Fiona Thompson on 01483 571122 ext
2038 for more details

Treasured Chests...and Friends

You may remember a group of our supporters produced an extremely glamorous calendar to raise funds for the Fountain Centre last year. They called themselves Treasured Chests, and they have decided to stick together.

So Treasured Chests and Friends has grown into a support group for patients with breast cancer and other early onset cancers – effectively taking over from our own Young Women's Support Group.

They meet on the first Monday of each month, at the Holiday Inn Guildford at 7.30 pm. Their mantra is "Doing things together is good for the soul!"

For more information contact Claire Barrell on
07843 568188, BARRELLC@uk.ibm.com or Helen
Portsmouth on 07932 061613, helenp@psys.co.uk

Book Club

13 March ***The Housemaid's Daughter***
by Barbara Mutch *talk by the author,*
at **Guildford Library**

18 April ***The Woman who went to bed for a year***, Sue Townsend

16 May ***The Thread***, Victoria Hislop

No apologies for this list getting longer every time...

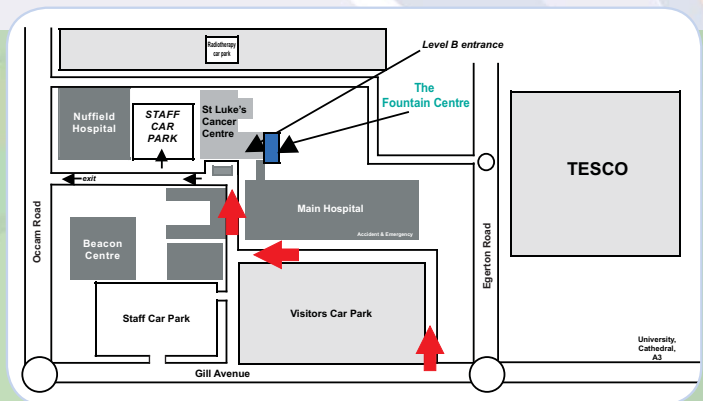
**Our warm thanks for their support
– in money and in kind – go to:**

Albury Produce Association
All about Flooring, Petersfield
Alliott Graham Brown Financial Planning
Alliotts Chartered Accountants
Andrew Buchanan Builders
Angela Vaz
Anne Milton MP
Arena Leisure Ladies' Badminton Group
Association of Retired Police Officers
The Awb Partnership
Aspect Kitchens
Barrett & Coe
Bill Colvin
Bray Wealth Management
Brian Grove
Café du Monde
Chapters Financial Planning
Charles Stanley & Co
Clark Gammon Wellers
Costa Coffee (at Guildford Station)
The County Club
Cranleigh School
Eloise Routledge
England Palmer Solicitors

Equip Management Solutions
Farnham Quilters
Farnham Spiritualist Church
Gascoignes Chartered Surveyors
Guildford Cricket Club
Guildford Station
Haddenham Healthcare
Hale Village Hall Committee
Hamptons International
Henry Watson
Ian Karten Charitable Trust
Inner Wheel of Camberley
Jane Beal
Jeremy Blee
Joy Devin
Julia Reardon-Smith
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Merrist Wood Golf Club
MBI Coakley Ltd
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Mindful Moments
North East Hants Probus Club
Onslow Homes Ltd

Peter Beckham
Richard Middlehurst
Rotary Club of Guildford
Rudgwick Music Festival
Sandhurst and Yateley 41 Club
Sandra Newell
Shades Photographic
Staff and volunteers at Haslemere and Godalming Museums (where our Christmas Card were on sale)
Staff at The Meadows, Sandhurst and Longacres, Bagshot
Stephen Best – 'Mr Musicman'
Sydney Charles LLP
Twiz Kay
TWM Solicitor
United Quilters of Farnham
The Vineyard
VirginMedia
Visit Surrey
Warringham FC
The Womersley Players
Woodstock Lodge of the Freemasons

And all our volunteers who sang Christmas carols and helped with bucket collections before Christmas.



Where to find us

Buses A number of buses go to the hospital which is situated just off the A3, the Royal Surrey is clearly signposted from all directions of travel. For the latest timetable please contact Arriva 01483 505693 or visit the website on www.surreycc.gov.uk/buses.

Train information 08457 484950 (24hour) or www.nationalrail.co.uk

The Fountain Centre is located in the St. Luke's Cancer Centre, which is situated in the grounds of the hospital, please see map on your right.

The Fountain Centre, St. Luke's Cancer Centre
Royal Surrey County Hospital NHS Trust Foundation
Egerton Road, Surrey GU2 7XX
Open Monday to Friday 9am -5pm

Royal Surrey County Hospital **NHS**
NHS Foundation Trust

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Email: rsc-tr.fountaincentre@nhs.net
Website: www.fountaincentre.org