

And the next challenge is...

When I said at the beginning of the year that 2015 would be the year of the challenge, I hadn't imagined just how phenomenally successful people would be. We are SO grateful to all those who have completed their challenges so far – runners and cyclists and skydivers and mountain climbers. Many have gone way over their fund-raising targets. But there is plenty more to come – spare a thought for our 18 trekkers walking from Santiago to Finisterre in Spain in September. And for Steph Bird as she completes her final marathon of the year in October. And then Andy and Briony – our first ever participants in **Ironman Barcelona**. I suppose if you are going to put yourself through torture like that you might as well pick an attractive setting...



Just five of our amazing cyclists with a VERY BIG CHEQUE – thanks guys!

[for the full story see page 6/7]

Sky Dive Challenge

Geronimo... Vicky, Eilean and Anita jumped on Friday 12th June. The pre jump training provided by Go Skydive was slick and professional – the girl's own pre jump training not so... a large bacon roll for breakfast!

No turning back now as the plane climbed to 10,000 feet. Strapped firmly to the expert skydivers Vicky and Eilean looked on as Anita disappeared first out of the plane's door. The wind noise deafened the screams as the three amigos

leapt in to the sky at over 150mph. The free fall lasted one minute and once the main parachutes were deployed silence pursued, and they were able to enjoy the scenery around Salisbury as they descended. Their experts ensured they gained everything from the Skydive as a few mischievous acrobatic moves were performed on the way down! The landings at 25mph were perfect as their



experts feet touched the ground first followed very closely by three bottoms skidding along the grass!

Vicky, Eilean and Anita would like to

say thank you to everyone for your continued support and sponsorship. The great news is we achieved our goal, and more in raising well over £2000.

Vicky W.

Strong enough to climb a mountain

Maria Titcomb decided to do something challenging for us – “On February 19th 2013, I was diagnosed with Breast Cancer. Following surgery and radiotherapy and a lot of support from the Fountain Centre I am now strong enough to climb up a mountain, so I can give something back”.

So she jolly well did climb a mountain for us! And she wrote to tell us all about it.

“On Saturday 6th June, following a windy night in a tent on the campsite at the base of Snowdon, 17 people – Breast Cancer survivors and their supporters – took on the task of climbing up Snowdon. We set off at 9.00am in windy but sunny conditions, with plenty of water and snacks for on

the way. The first half up to the midpoint café was not too bad, across a couple of fields, then joining the main track.

The second half was completely different. The path became very steep and the wind really started to blow. It took me 3 hours to walk up, the picture is taken at the summit. Coming down was just as hard, the wind was reaching 50 miles an hour, giving a wind chill factor of about -4. The whole walk took me about 6 hours.

My plan was to stay on the campsite Saturday night. However the call of my own bed was so strong, so after something to eat and drink and a power nap, I packed up the car and headed home. I ‘climbed’ into bed just after midnight.



I would like to thank everyone who has supported me. The current total I have raised for the Fountain Centre is £455

Maria

Thank you so much, Maria!



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

Over £2500 raised in RideLondon100



Paul & Phil Ride London 100

Hi –

We did it, and finished in just over 7 hours. Have attached a pic as proof of completion!!

It was a great day, if a tad hot. Wonderful atmosphere, with a couple of unexpected guests coming out to meet and support us at Newlands Corner. The crowd support was fantastic, cheering and spurring us on at every stage. Even if you're not a cyclist, that support alone carries you forward. Fortunately this time we had no mechanical failures, which equates to happy miles :-)

We will have raised around £1,500 by the time everything comes in. I will send a charity cheque for £1,000 later this week, and some of the money will already have come through our JustGiving page.

Let us know if you need anything else from us, was great to support Fountain Centre through cycling.

Cheers

Paul & Phil

Survived!! Thank you to everyone who sponsored and for all the support, really appreciated - a big thank you to The Fountain Centre in Guildford too!!

— at Prudential Bike Ride London.

Jamie, via Facebook



Jamie's completion time

We will have two places up for grabs in next year's RideLondon100, 31 July 2016. If you would be interested in riding to raise money for the Fountain Centre e-mail fionadick@nhs.net for more details.

There is a lot in this edition about our Guildford – Bordeaux team, but we mustn't forget our four participants in this year's RideLondon100 on August 3. The French boys may have put in more mileage, but they had nothing like Box Hill and Leith Hill to tackle. So Chapeau! to them as well.

And they let us know how they got on...



Mark Batterson Ride London 100

Hi everyone,

I completed the ride today in a time of 5hrs 34 mins in perfect weather conditions. Thank you so much for your support. It was a great event to be able to take part in and I really enjoyed the day. I hope my fundraising total will go up a little bit as I have been promised another donation which will hopefully come in soon.

All the best

Mark

FC visits Windermere

Our name is spreading far and wide – with fundraising in the Lake District as well as all our Surrey-based activity.

Paul Munz explains on his JustGiving page....

“Hi All,

Just to let you know that I'll be taking part in the Great North Swim Tomorrow. I'll be doing one of the 2 mile events, and

the hat I'll be wearing will be like the one I'm sporting in the picture above, but it'll be a fetching shade of pink (along with several thousand other silly folk).

This will be taking place in our Great British Lake District in Lake Windermere which is described as a 'Cold Water Lake' hence the silly hat and wetsuit..”



Our thanks go to Michael Hayes, who was Chairman of the Woking Circle of The Catenians, over the last year. He chose The Fountain Centre as his Charity of the Year. The Catenian Association is a Roman Catholic organisation which supports good causes at home and abroad. We are grateful to Michael and his brother Catenians for their hard work raising over £3000 for the Fountain Centre.

Hats and Hair galore!

As if Tricia Brown doesn't do enough for the Fountain Centre, providing such a fabulous wig and hair cutting service to our patients....

She decided she wanted a party, so put on a fundraiser for us in the Farnham Memorial Hall – with a catwalk show of hats and wigs modelled by many of our lovely patients. It was great fun and thoroughly enjoyed by participants and audience – and raised over £2000 for us. Great work, Tricia – thanks as always!



Hypnotherapy News



Fountain Centre hypnotherapy specialist Garry Coles is a pioneer within the UK hypnotherapy industry, having recently been awarded a Master of Science degree in Clinical Hypnotherapy by the University of West London. He is one of only six practitioners in Europe to have attained this level.

The award was made after four and a half years of academic study including a ground-breaking research project carried out at The Royal Surrey County Hospital, to investigate the effects that pre-surgical hypnosis would have on the recovery quality in breast cancer biopsies. The results which have been presented at conferences and are currently awaiting publication, were seen as very positive, indicating reduced anxiety and pain levels in those patients that received hypnotherapy prior to surgery.

Garry has numerous other hypnotherapy qualifications and has worked as a volunteer hypnotherapist at the Fountain Centre for nine years, as well as running private clinics in Surrey, Hampshire and Harley Street in London. He commented: 'I am not at all surprised by the results of the research, as I see the remarkable results that hypnotherapy can offer on a daily basis'. He added 'I want to use this research and qualification as a stepping stone to educate health practitioners and to mentor other hypnotherapists, in the valuable use of hypnotherapy in oncology'.

In addition to his MSc, Garry's peers within the hypnotherapy industry have voted him onto the Profession Specific Board of the Complementary and Natural Healthcare Council (CNHC). This body was originally set up with government assistance and oversees the governance of Complementary Therapies in the UK. The CNHC holds a voluntary register of practitioners in a variety of Complementary disciplines who meet minimum requirements for existing and ongoing training in addition to adhering to rigorous codes of ethics and practice. Garry's role within the CNHC will be to advise the main board on matters relating to hypnotherapy.

More information on Garry and his work can be found at: www.ReleaseHypnotherapy.com or [www.Facebook.com/ReleaseHypnotherapy](https://www.facebook.com/ReleaseHypnotherapy)

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.



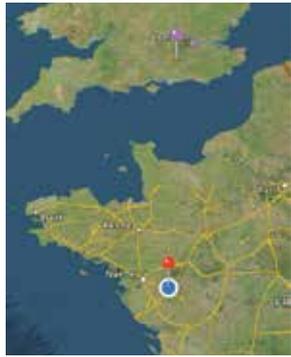
Wouldn't it be good if we...(hic)

This is a rare occasion where a challenge dreamed up in a pub becomes a reality....

Over two years ago, Duncan and Richard laid down the embryonic plans for riding unsupported to Bordeaux, combining their mutual love of wine, cycling and smooth, well maintained roads. The idea developed and more people joined up. In the end, twelve fine fellows, in the prime of their lives and looking good in lycra, took part.

Hats off (or Chapeau! as the cycling fans say) to –

James Benning, Dominic Bull, Oli Else, Darren Gadsby, Neil Hilton, David Long, Dominic O'Neill, David Payne, Duncan Pike, Richard Price, Andrew Sanders, Matt Smart



Start and finish



Chairman and team captain discussing technical things

DAY 3

- All looking forward to 87 miles. Best have a double breakfast.
- 45mph wind expected today
- Oh, and it is raining.

DAY 4

- Systems check reveals no major damage. Nothing a good breakfast and 140km will not sort out.
- Weather looks to be ok on most apps. Apparently it is raining. Too lazy to open curtains.

DAY 5

- At Hotel - Restaurant De France Et D'Angleterre. Google it. A long way from Guildford.
- The sun came out today.

DAY 6

- Some sore heads this morning. Last night excitement. Impressively managing to drink all the Rose in the hotel. When in Medoc...
- We have finished.

They set off on the 3rd of May, and still haven't written the article they promised...

So here are the edited highlights from their Facebook page



Le Grand Depart



French countryside



Don't forget your sandwiches



Cafe stop



DAY 1

- 1.4 miles. One tyre explosion.
- At the ferry. All accounted for. A good ride into a head wind, all the way.
- Snoring buddies sorted. Now, for a mineral water.

DAY 2

- We are in France.
- 60 miles-ish. Met up with the epic David Long at Combourg. A good lunch. VERY wet afternoon. All look like shrivelled prunes.



I am feeling French now



Still 12 of them at the end

Please join us in thanking these giants among men – over £15,000 raised for the Fountain Centre. WE LOVE YOU!



French traffic

Community Matters

Do you have a branch of Waitrose near you? If so, it is very simple for you to help us with our fund-raising. Have a chat with the nice people at the Customer Service desk about how to nominate the Fountain Centre as one of the charities that benefits from their Green Token scheme.



Each month each branch donates £1000 to local good causes, split between three different charities according to how shoppers have allocated their green tokens. And each branch decides for itself how it wants its staff to choose those charities – there isn't a 'one size fits all' application form.

The Fountain Centre has been nominated in a number of branches over recent years, and they have been very generous to

Waitrose Community Matters

We support good causes. You decide who gets what.



us. But we need to keep on asking - the need for money never goes away, and most branches seem to be happy to consider charities every year or so.

If you don't feel you can do the nomination yourself, let us know who to contact in your local branch and we'll do the paperwork. THANK YOU!



We are sorry to say that one of our much loved volunteers, Anna Beck, passed away on Sunday 17th May 2015. Anna had been a volunteer at the centre for nearly 3 years before she left due to ill health in 2011. She was an intelligent, courageous and spirited lady who fought her illness with an immovable determination to the very end. She will be greatly missed by all that knew her.

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



The Fountain Centre hits national TV, and Katherine the Great puts her money where her mouth is...

You probably know the format... Two well-known experts from the world of antiques and collectables go head to head over a week of challenges, buying and selling with their own cash to raise funds for the charity of their choice. It is certainly a BBC1 afternoon favourite for a lot of people.

So we were very excited to get a call from Reef Television to tell us they were working on a new series, and that Katherine Higgins would like to donate her proceeds to the Fountain Centre – would we be happy with that?

Of course, we said we'd be delighted. So over the next few weeks we kept in touch with the making of the programme, and Katherine told us a bit about some of the items she was trying to sell. We weren't allowed to buy any of the items to help her – but she didn't need that! She made some particularly good purchases, including a fabulous 1950s Italian movie poster, which made her a fantastic profit of nearly £700.

Things got even better when, after a bit of negotiation, the producers agreed that Phil Serrell could also donate his profits to the Fountain Centre – the first time in the show's history both experts had chosen the same charity. Katherine explained in the final show why she had chosen us – she met us when she was having breast cancer treatment here in Guildford earlier this year, and said some very kind things about our service. And Phil just wanted to show his support for what she has gone through.



Between them they raised over £3700 and told a couple of million people about the work of the Fountain Centre. We are so grateful to them both, and offer Katherine our love and best wishes for her continued recovery.

Forthcoming Events

| | | | |
|-----------|--------------------------------------------------------|----------------------------------|--------------------------------------------------------------|
| 2015 | 15 Dec | Carol singing, Guildford Station | |
| Mid Sept | Trek from Santiago to Finisterre (18 walkers) | 2016 | |
| 3 Oct | Cantique Chamber Choir, St Joan's Church, Farnham | 20 Mar | Guildford Symphony Orchestra, Charterhouse Great Hall |
| 4 Oct | Iron Man, Barcelona (Briony Hudson and Andy McMillan) | April | Fashion Show (date tbc) |
| 11/12 Oct | 24 hour cycle marathon, Charterhouse School | 24 Apr | London Marathon (Leah Ridge) |
| 24 Oct | Elvis Night , Farnham Memorial Hall | 3/4 Jun | 'South Pacific', Borough Hall, Godalming |
| 25 Oct | Bristol/Bath Marathon (Steph Bird) | 31 Jul | RideLondon 100 (two places available) |
| 28 Oct | 'Stella and Dot' Trunk Show, FC Creative Arts Room | Summer | (tbc) – Rock Choir, Guildford (joint with Jigsaw South East) |
| 7 Nov | Collection, The Meadows, Sandhurst (volunteers needed) | Autumn | Ball |
| 7 Dec | Christmas Concert, Holy Trinity Church, Guildford | | |

For full details of events and how to get tickets, visit our website, www.fountaincentre.org/upcoming-events/

information for your calendar

The Fountain Centre is open Monday to Friday 9am – 5pm (4.30 on Friday).
Please contact us on 01483 406618 to make inquiries or a booking.

Therapies and other services

Monday

Acupuncture, Counselling, Homeopathy (on request), Hypnotherapy, Indian Head Massage, MLD (Manual Lymphatic Drainage), Pink Ribbon Pilates, Reflexology, Reiki, Ward listening

Tuesday

Acupuncture, Aromatherapy, Bowen Technique, Counselling, Hydrotherm, Indian Head Massage, Massage, MLD (Manual Lymphatic Drainage), Reflexology, Reiki, Ward listening, NHS Wig service

Wednesday

Acupuncture, Citizens Advice Bureau service, Counselling, Hypnotherapy, Indian Head Massage, MLD, Massage, Reflexology, Reiki, Shiatsu, Ward listening, Wig bank and cutting service

Thursday

Acupuncture, Aromatherapy, Bowen Technique, Counselling, Craniosacral Therapy, Hydrotherm, Indian Head Massage, Massage, Medical Coaching, Reflexology, Reiki, Shiatsu, Ward listening, NHS Wig service

Friday

Acupuncture, Bowen Technique, Counselling, Indian Head Massage, Massage, Meditation, MLD (Manual Lymphatic Drainage), Reflexology, Reiki, Ward listening, Yoga

Chilworth ward

hand/foot massage (flexible service)

Groups

Brain Tumour Support Group

3rd Monday each month Creative Arts Room Level B

EFT (Emotional Freedom Technique)

2nd Thursday each month, Creative Arts Room level B (booking essential)

Look Good Feel Better

1st and 3rd Tuesday each month (booking essential)

Pink Ribbon Pilates Programme

Monday am weekly (booking essential)

Gynae Cancer Support Group

Last Friday every other month – every other month. Contact Fiona Thompson on 01483 571122 ext 2038 for more details

Walking for Health

Every Monday and Friday, meeting 10.45 in the Fountain Centre Garden for a gentle 1 hour walk

Head & Neck Support Group

Every Thursday, 11.00 – 12.30, Creative Arts Room



Daphne and Greg Bleach present our Chairman, Martin Read, with their very impressive Marathon proceeds



Thank you one and all

whether we can name you or not – and many of our supporters prefer to remain anonymous. We are just as grateful to them as we are to those on this list. Our warm thanks for their support – in money or in kind – go to:

| | | |
|--------------------------------------------------|-------------------------|---------------------------------|
| Anchor & Horseshoes, Burpham | Foresters UK | Percol |
| Anita Gipson | Francesca Gianuzzi | Phil Kirkwood |
| Big Yellow Self Storage | Henry Watson | Philip Serrell |
| Catenian Association (Woking Branch) | Jamie Hynes | Redfields Garden Centre |
| Charterhouse School | Judith Wright | Reed Lymbourides |
| Chris Smith | Katherine Higgins | Reef Television |
| Christine West | Lindsey Goody | Roderick Redding |
| Cranleigh Lions | Longacres Garden Centre | Rowledge Village Fair Committee |
| Daphne & Greg Bleach | Maria Titcomb | Steph Bird |
| Duncan Pike and the Guildford/Bordeaux Bike team | Mark Batterson | Stuart Saxon |
| Eilean Cunningham | Maxi Harvey | Sue Gibson |
| Elisabeth Carolan | Michael Meek | Timothy Reynolds |
| Ellie Bradshaw | New Experience Holidays | Tricia Brown |
| Enterprise RAC Foundation Fund | Nora Tarrant | Vicky Wellington |
| Ewell Parochial Trusts | Paul Gordon | Vinciane Ollington |
| | Paul Munz | |

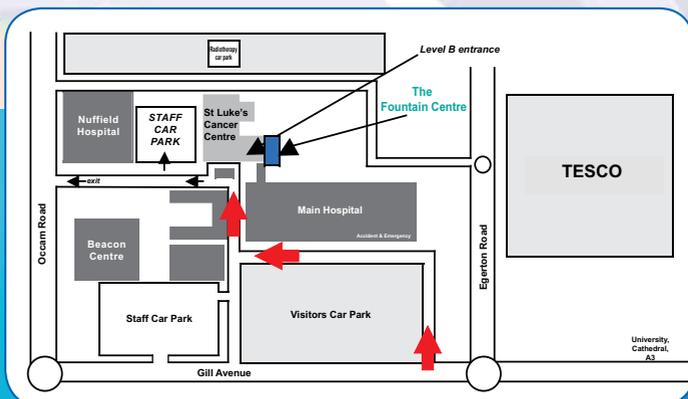


Where to find us

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 timetables, visit the website www.surreycc.gov.uk

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 above.



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

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

Telephone: 01483 406618 | Fax: 01483 408321

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