

This is a very people based edition. There are a lovely mix of fundraisers, as always. But also some big changes in personnel to tell you about, both arrivals and farewells. 2016 is clearly going to be another year of development and progress. We will be able to tell you more about the new Fountain Centre structure in the next edition, but in the meantime – enjoy!

## Thank you, Vicky – a great year!

We are in awe of the Ladies of the Army Golf Club, based in Aldershot. Vicky Wellington, Captain for 2014-2015, selected the Fountain Centre as her charity of the year, and launched into a blitz of fundraising activities through the whole year – sales and raffles and social events, of course, but also sky-diving and long distance walks. And she was helped and supported through the year by Anita Gipson, who ran the Fleet Half Marathon, in March. They brought in a cheque for the year's total – a terrific £11,700. AND they were such fun to work with. Thanks, girls..... and for her next trick, Vicky will be modelling at this year's Fashion Show....



Anita and Vicky with their Very Big Cheque

## Do you know a cyclist?



One who would like to take part in RideLondon 100 this year, and raise money for the Fountain Centre? Gunilla Hartman, our yoga volunteer, has already signed up. But we still have one place available for someone who is prepared to commit to fundraising for us – with a minimum target of £770.

If you aren't a cyclist yourself, please spread the word. Anyone interested should e-mail us at [rsc-tr.fountaincentre@nhs.net](mailto:rsc-tr.fountaincentre@nhs.net) by **20 March, please** – if there is more than one person we will hold our own ballot.

## We had a very Happy Christmas



This year's Christmas started very early for us...our first collection, at Longacres Garden Centre in Bagshot had to be in September. It felt very strange to be there on a reasonably warm day. Usually we get a date much closer to the Christmas season and watch frantic families buying their trees and holly and all sorts of seasonal goodies, while we try not to shiver too much. Our date at The Meadows, Sandhurst was earlier than usual as well – and was livened up a bit by a frisson of competition with the poppy sellers. We were there officially, they weren't. But we could hardly evict them the day before Remembrance Sunday, could we?

Kathryn and Serenna with the Mayor



The Mayor and our Chairman enjoying the interval



These collecting days are really quite labour intensive, and Marion Dante does a fantastic job organising them – thank you, Marion, as ever! But with a big enough team no-one has to be on their feet for hours, so if you can spare an hour in the run up to next Christmas, we'd be really grateful – the dates for your diary are November 19 and 26, and December 4.

She and her protégée Serenna Wagner were both on fine form and sang beautifully. New to the programme were the Cadenza Youth Choir, and Surrey Hills Chamber Choir – one of the best small choirs in the country. We hope they will join us again this December – their entry singing 'Carol of the Bells' was spine-tingling. We had a lovely welcome from Revd Katie Thomas, and Guildford's Mayor, Nikki Nelson-Smith was a gracious guest of honour.

Our thanks to all the readers and volunteers who made the evening go so smoothly. And then finally, and less formally, we had a great time singing carols at Guildford Station. Thanks to everyone who took part, but particular thanks go to Tim and Ian, our two great basses – the music sounds so much better with mixed voices; and to Stephen Best, our fantastic accordionist, who had flown back from Dubai overnight to be with us. And of course our team of small bucket shakers who are just irresistible.



Next came our Carol Concert. We had a new venue, Holy Trinity Church at the top of Guildford High Street – a very beautiful church and rather prestigious. Once again we were extremely lucky to have our patron Kathryn Harries in charge of proceedings.



Our little helpers, and Stephen in full flight



## Putting the garden to bed



Great work Rachel, Anne, Limahl, Phil, Charlotte, Maria, Julie and Mike!

Our thanks this year go to a great team from our neighbours, Surrey University, who turned out for gardening duties in the autumn. Glenn Moulton, from the Student Services team, organised a team of 8 staff from across the Uni, and Ray Beard – who is our main gardening volunteer, had them working hard all day. And the weather was almost nice, for once.



## Mount Alvernia Hospital

### BMI Healthcare

For over 12 months, Mount Alvernia Hospital has been offering some of the services the Fountain Centre gives to NHS patients at St Luke's, to its own patients, using FC volunteers. BMI, which runs Mount Alvernia, is a profit-making private hospital group, so their patients have been charged a modest fee for the service offered by our volunteers. Some of this fee is given to the FC volunteers, the

balance is split between the Fountain Centre and Mount Alvernia, who of course provide the therapy rooms, the oils, towels etc. This arrangement is governed by a formal agreement.

This business is growing. It was decided to place all of this non-NHS work through Fountain Centre Services Ltd (FCS) – our new limited liability company incorporated in 2015. This means that the charity status of the Fountain Centre itself will not be prejudiced.

FCS is wholly-owned by FC,

but independent. It has its own board of directors, the majority of whom are not involved in the corporate governance of FC. The board members of FCS are Mark Westbrook, Charlotte McDowell, Julie Wynn and Judith Wilcocks. Richard Peters, who is Company Secretary for FC also acts as company secretary for FCS, and Anne Good is Treasurer. Any profits made by FCS are donated to the Fountain Centre, a very valuable contribution to the funds needed to keep the Fountain Centre going each year.

## Cancer Awareness

In the winter of 2015 the Macmillan Practice Educator team, in conjunction with the Fountain Centre, ran a short course aimed at staff that wanted to know more about cancer. We asked Jackie McBride, who ran the course, to tell us how it went...

“We covered all parts of the cancer pathway starting with incidence, symptoms right through to treatment, survivorship and communication issues. Other areas covered were supportive care, diet and psychological support. This allowed us to provide insight regarding the patient’s journey through our services, and some of the issues they and their carers may face. We were fortunate enough to hear from of our young patients from the Teenagers and Young Adult’s service. All of this was supported by health professionals who currently support patients with cancer, including Clinical Nurse Specialists, Radiotherapists and Dieticians.

“The participants were from all over the hospital – some nurses from surgery, administrative staff and volunteers. This provided a rich source of experience and discussion which further supported the learning. Facilitators and participants found this to be very beneficial as we could to meet people from around the Trust, to better understand each other roles.

“Everyone felt they had a better appreciation regarding the needs of people living with and beyond cancer, as well as where best to signpost patients with cancer who may need additional support.”

**WE ARE  
MACMILLAN  
CANCER SUPPORT**



## Getting to know Big Yellow

We always like to give a shout-out to the team at Big Yellow Storage in Slyfield when we can. The space they donate to us is absolutely vital and means we can make best use of what we have in the Royal Surrey. We were delighted to show Ian Reilly and Samantha Dearing around to tell them more about what we do and show them why their help matters so much.

And it turns out that Sammie is training to be a therapist, so she was REALLY interested in our work. And Ian is a keen singer, and doubled the bass section at our carol singing at Guildford Station. Huge thanks to both of them!



## 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

## Let those creative juices flow!

We are delighted to welcome art psychotherapist Ellie Burch to the team of volunteers! It is a while since we had an in-house artist, and she has put together an exciting programme of activities. All you need is enthusiasm!

Creative Space is a new programme, aimed at exploring a wide variety of artistic techniques. All ability levels are very welcome. This is not about becoming the next Michelangelo or Monet – this is about having fun, discovering new interests and allowing yourself some time to relax.

Examples of weekly Creative Space sessions include:

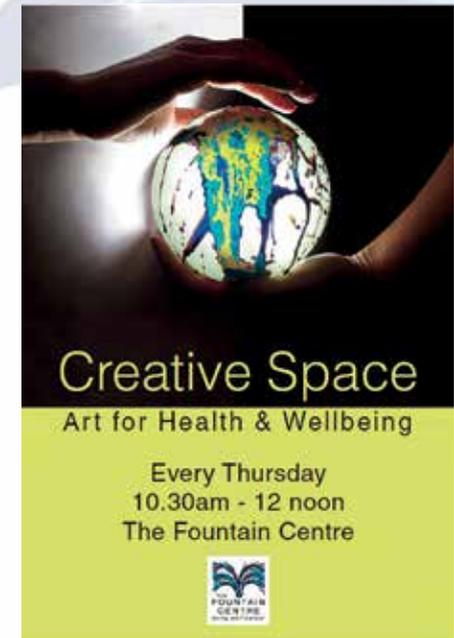
- Painting to music
- Drawing in the dark
- Dream doodling
- Collage creating
- Mindfulness colouring
- Scrap sculpturing
- Ink and string drawing
- ... and many more!

“ These sessions will take place every Thursday between 10.30-12noon, in the Creative Arts Room at the Fountain Centre, where we have a large open space and a generous selection of art supplies for you to experiment with. It’s time to let those creative juices flow!!”

**Please contact the Fountain Centre if you have any queries or art session requests.**

I have always been passionate about the concept of using art as therapy and strongly believe in its ability to express emotion and process trauma as well as record and reflect happier moments in life. Soon after graduating my BA in Fine Art at Goldsmiths University, I moved to Toronto, Canada, where I ran art therapy sessions in a mental health hospital (CAMH) and at a homeless youth hostel (Covenant House). This experience was integral to my own development of teaching art as therapy and since returning to the UK in September, I have been applying these skills to the Art Psychotherapy course that I am currently studying, as well as within the community.

I was introduced to the Fountain Centre by my mother who used the therapeutic services there herself during cancer treatment and warmly welcomed the opportunity to give something back to the organisation. I am very excited about bringing Creative Space to The Royal Surrey and hope that the service and opportunity reaches out to anyone and everyone. The main message that I would like to get across, is that we are an all-inclusive, non-judgemental, friendly group of artists and non-artists, there are no expectations and you do not need an artistic background to be a part of what we do. I often enjoy learning new skills myself from clients that bring fresh techniques to the table! This is about using art as therapy and the beauty of that really is in the eye of the beholder...



### A letter from Gail

I know some of you have been wondering why I'm no longer around! During my 18 years working with the Fountain Centre, it has developed and grown into the success story it now is, the charity has grown from humble beginnings to the award winning service that is provided today. I am so thrilled to have played a part in its development, but in recent months I have come to the view that it is probably a sensible moment for new faces to drive the next phases of development. What's more, my husband John and I feel the time has come to de-stress and spend more time together at our home in Haslemere and at our house in France that we are renovating.

So, after much soul-searching, I decided to leave The Fountain Centre during the autumn. The Centre has afforded me opportunities over the years that I would never have experienced in any other role and allowed me to meet and get to know a rich array of inspiring people. Thank you all for your support and friendship. I shall always feel proud of what we have achieved together.

I would welcome staying in touch, and can be contacted on this email address [johnmailir@gmail.com](mailto:johnmailir@gmail.com) or mobile number 07980028364

*Gail Maguire*



### Volunteers needed

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

We look forward to seeing you.

### Spreading our wings

Many of you will recall that we have been building our links with Frimley Park Hospital and Ashford St Peters. While we are a long way off setting up new Fountain Centres, we do now provide regular on-site services to cancer patients, and are delighted to have found local volunteer therapists to do this – Jo Carlton-Walker at Frimley introduces herself

"Hello – my name is Jo and I live in Bagshot, Surrey. I have been practising massage/reflexology for the 11 years and have my own practice at home, I also go into offices giving Seated Back Massage to staff.

Since August 2015 I have been volunteering on a Wednesday in the Infusion Unit at Frimley Park Hospital. I give gentle hand or foot massages to the ladies who are there receiving their chemo. I also visit some of the patients on the ward. It do so enjoy meeting the lovely ladies (and sometimes gentlemen) at Frimley Park. The staff are so friendly and the atmosphere within the unit really exudes warmth and kindness which I am sure helps everyone who is receiving treatment.

*Jo Carlton-Walker*



Welcome to the team, Jo – we hope to meet Maria Tapsell, who is at Ashford, in the next edition.

### Events...

Someone asked Harold Macmillan what his biggest challenge as Prime Minister was – "Events, dear boy", he replied. He probably didn't mean it in quite the same way, but organising our fund-raising events is a real challenge, and we are lucky to have a specialist working with us. Susan Jordan introduces herself:

"I am absolutely delighted to be working with the fantastic team at the Fountain Centre! As the Event Manager, my role is to put all the logistical arrangements in place for the fundraising events held throughout the year. The Fountain Centre holds many events during the year from fashion shows to concerts and sponsored walks. I look on every event as a challenge and I love all the variety!

"I have over 20 years' experience in the events industry, organising meetings, dinners, gala balls, corporate entertainment and more. I have been very lucky, over the years, to have travelled all over the world running events. I find event planning a very fulfilling job as it gives me scope to be super-organised and creative at the same time.

"The Fountain Centre does very important work and it is vital that we raise the funds to continue this wonderful work. I take my part in this very seriously. How we publicise ourselves through events is an important part of what events are about, other than of course, the most important part – raising money! I never forget this. I am very much a people



person and I love to sit and have a natter and brainstorm for future events. I am always open to new ideas so please do grab me for a chat anytime!"

If you want to share ideas with Susan, her e-mail is [susan.jordan4@nhs.net](mailto:susan.jordan4@nhs.net)

### Our thanks to Amanda...

Amanda Riley is also moving on. Amanda has been Assistant Co-coordinator at the Fountain Centre for the last couple of years, overseeing working in the Level A suite and getting our outreach services at Frimley Park and Ashford St Peters, and Mount Alvernia, up and running. At the same time she set up her own private therapy practice in Farnham, which has recently sprouted and got very busy – so Amanda has decided she must focus her professional time there. We wish her all the best for the future.



### 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**



## Save the date!

**November 12, 2016** will see the most glamorous event in the Fountain Centre's social calendar for some years. We will be holding the 'Sparkle' Ball at Denbies Wine Estate, near Dorking to celebrate the Fountain Centre's 20th anniversary.

So as we move into our third decade – very grown-up! – we are hoping guests will bring some sparkle of their own to the evening, in black tie and party frocks. There will be music and dancing, an auction and raffle and much more entertainment... an evening not to be missed. Tickets (£70) will go on sale soon – details will go up on the website, but in the meantime put the date in your diary.

## Never too young to start

Encouraging good habits in young people is never a bad thing. So when a local Brownie pack contacted us, we were very touched. Their pack leader, Lynn, write to us:



"I am Brown Owl of 2nd Goldsworth Park Brownies in Woking. We sadly lost one of our leaders, our Snowy Owl Sue Hart, to cancer just after Christmas last year. We wanted to do something at Brownies in her memory and decided to hold a fund-raising evening in aid of a charity to be chosen by her family. They chose the Fountain Centre as Sue and her family were supported by the centre during her treatment.

"We held the evening last Tuesday. The Brownies organised and ran stalls for their families and friends and opened the evening with some singing. It was a lovely evening and some of her family came along as well. The Brownies also painted owl money boxes which they collected small change in over the summer holidays. As a result of these activities we have managed to raise around £500 for the Fountain Centre which we are very proud to have achieved in Sue's memory."

And the girls did ever so well – they raised £527 – and looked as though they were having a very good time. So we hope they will keep happy memories of their fund-raising day, and enjoy doing more in the future.

## Our Marathon Hero



– only two weeks till registration closed. So we are absolutely thrilled (and relieved) to report that Mike Read has jumped at the opportunity.

Mike has run several Marathons already, including London, New York, the Seven Sisters / Beachy Head, and the South Devon Endurance Life, as well as various Triathlon events at Blenheim Palace and Barcelona. His best time to date was just over three hours on the London Marathon. Due to a short training period this time – two and a half months – he says "It is unlikely that I will be able to get it down to that time, but would hope to be well under 4 hours". Whatever the time, we are very pleased that Mike will be running for us, proudly sporting the Fountain Centre logo.

Having been awarded our first official Fountain Centre place in the London Marathon, we were terribly disappointed when our runner Leah Ridge had to pull out on medical grounds. The search was on for a runner to do us justice, and time was pressing

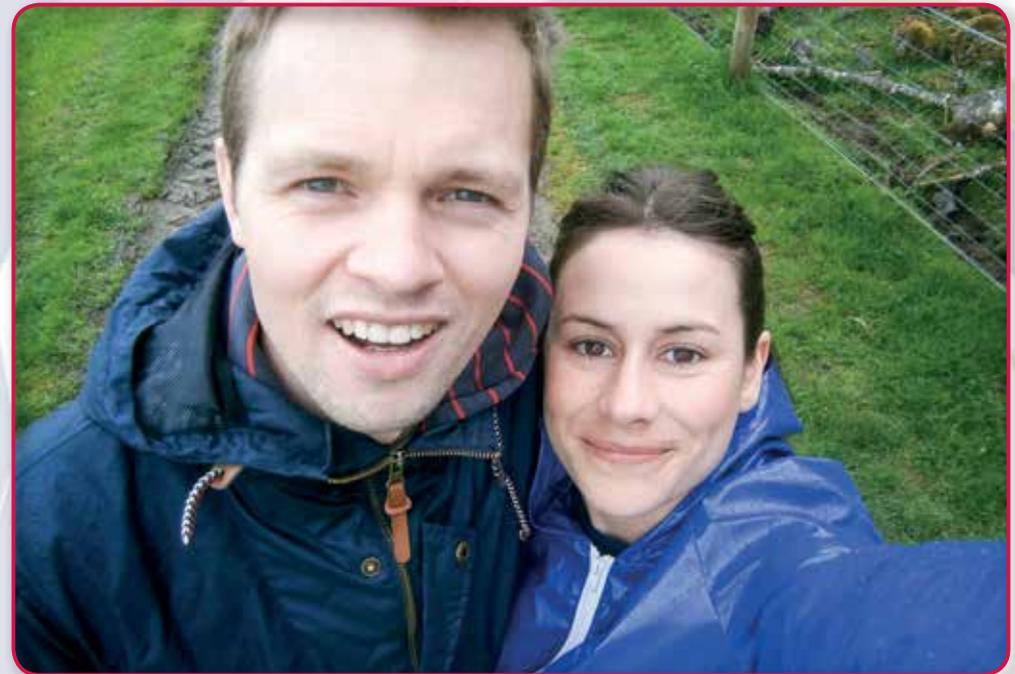
Mike, the son of our Chairman Martin Read, has a financial background. He and his brother Peter run their own company developing Aps for financial and property investment management. He is married to Georgie and they have a daughter whose first birthday is also on the 24th April – so it was a tough choice for him to make!

We wish Mike all the very best. He will be training in London as well as around the Godalming and Milford areas, so if any aspiring Marathon runners would like to join him, let us know. We will publish details of his donation site as soon as it is set up - so please give him that little extra motivation to get under 4hrs!!

## Forthcoming Events

<b>5 March</b>	<b>Wellness Day, GLive, Guildford</b>	<b>Sept</b>	<b>Surrey Hills Walk (date tbc)</b>
<b>20 Mar</b>	<b>Guildford Symphony Orchestra, Charterhouse Great Hall</b>	<b>12 Nov</b>	<b>Ball, Denbies Estate near Dorking</b>
<b>16 Apr</b>	<b>Fashion Show, Mercedes Benz World</b>	<b>19 Nov</b>	<b>Collection, The Meadows, Sandhurst</b>
<b>24 Apr</b>	<b>London Marathon (Mike Read running)</b>	<b>26 Nov</b>	<b>Collection, Longacres Garden Centre, Bagshot</b>
<b>3&amp;4 Jun</b>	<b>'South Pacific', Borough Hall, Godalming</b>	<b>4 Dec</b>	<b>Collection, The Mall, Camberley</b>
<b>24 Jun</b>	<b>Rock Choir concert, Holy Trinity Church, Guildford (Jt. Event with Jigsaw South East)</b>	<b>7 Dec</b>	<b>Christmas Concert, Holy Trinity Church, Guildford</b>
<b>31 Jul</b>	<b>RideLondon 100 (Gunilla Hartman riding – one more place available)</b>	<b>14 Dec</b>	<b>RSCH Christmas Fair</b>

**For full details of events and how to get tickets, visit our website, [www.fountaincentre.org/upcoming-events/](http://www.fountaincentre.org/upcoming-events/)**



Mike, with his very understanding wife, Georgie

# FASHION SHOW



**Saturday 16th April 2016**

Doors open at 6.45pm - Show starts at 7.30pm  
Come early and enjoy our stalls before the show!

**MERCEDES BENZ WORLD**  
Brooklands Drive, Weybridge, Surrey, KT13 0SL  
**Tickets £20**

(includes Complimentary Glass of Wine)  
Available from [www.thelittleboxoffice.com/fountaincentre](http://www.thelittleboxoffice.com/fountaincentre)  
Or call The Fountain Centre Guildford (01483) 406618



CHARITY No. 1089086

## 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.



### Groups

**Art for Health and Wellbeing**  
Thursday 10.30a.m. to 12noon

**Brain Tumour Support Group**  
3rd Monday each month Creative Arts Room Level B

**EFT (Emotional Freedom Technique)**  
On request (booking essential)

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

**Pink Ribbon Pilates Programme**  
Off site – call the FC (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, Level A reception area

### Therapies and other services

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

**Tuesday**  
Acupuncture, Aromatherapy, Counselling, Hydrotherm, Indian Head Massage, Massage, MLD (Manual Lymphatic Drainage), Medical Coaching, Reflexology, Reiki, Ward listening, NHS Wig service

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

**Thursday**  
Acupuncture, Aromatherapy, Art, 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), Medical Coaching, Reflexology, Reiki, Ward listening, Yoga

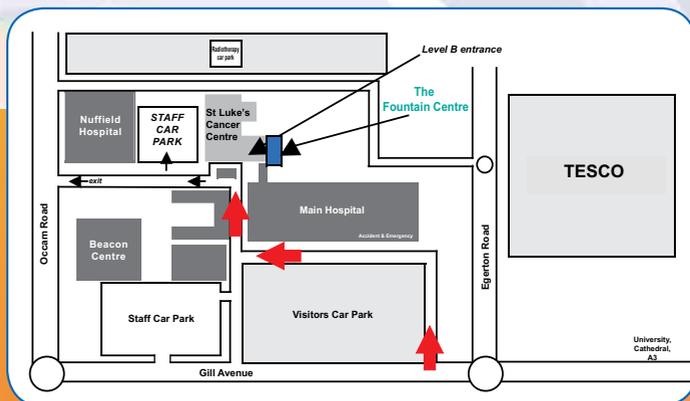
**Chilworth ward**  
hand/foot massage (flexible service)



# 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:

Abinger Fair	Jack Goldsack	Marion Dante
Army Golf Club (Ladies branch)	Jackie Wetherell	Robert Burns Club of Guildford
Bistro 19	Jo Kaplan	Sam Jones
Cadenza Youth Choir	John Hughes	Serenna Wagner
Charterhouse Arms	Joseph Strong Frazer Trust	St Catherine's Prep School
CPL Productions	Josie Wheeler	Stephen Best
Fairlands Post Office	Karen Batterson	Surrey Hills Chamber Choir
Fiona Moffat	Kathryn Harries	Waitrose Goldsworth Park
Guildford High School	Kathryn Robinson	Wendy Wang
Guildford Station staff	Kathy Jackson	And all our collection volunteers at Bagshot and Sandhurst, and carol singers and cute bucket holders at Guildford Station.
Harriet Rowland	Margaret Francis	
Helen Portsmouth	Maria Wakefield	



FRSB give with confidence

## 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](http://www.surreycc.gov.uk)

**Train** information 08457 484950 (24hour) or [www.nationalrail.co.uk](http://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 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

Email: [rsc-tr.fountaincentre@nhs.net](mailto:rsc-tr.fountaincentre@nhs.net) • Website: [www.fountaincentre.org](http://www.fountaincentre.org)