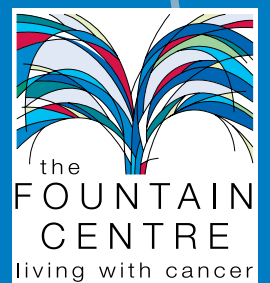
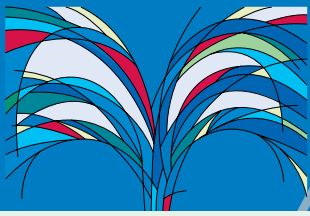




Time for you to find out
more, and do more to help







Unfortunately Cancer knows no boundaries and may strike at any time

Helen Parker

Do you like hospitals? What images do they bring to mind?

I'm not that keen on them, the functional but cheerless corridors, the cocktail of smells, the sight of unfortunate people looking wan as they are pushed along in a wheelchair; none of it makes for a happy place to be. The staff, doctors and nurses are caring but busy, always busy, with the constant and I'm sure exhausting demands of the sick.

When I had the bombshell of a diagnosis of breast cancer, I was confident that my medical needs would be met, but thought I'd be on my own, relying on friends and family to deal with the emotional fallout and practical support. I was wrong, there is an oasis of calm and support, blessed support, for my stressed and fearful post-diagnosed mind, it's called the Fountain Centre.

Walking in to the centre for the first time was like soothing balm on irritated skin. The atmosphere radiated calm. I was totally unprepared for the warmth of the welcome, the offer of a cup of tea and a comfortable seat in an aesthetically pleasing environment complete with relaxing music was not something I'd encountered in any NHS establishment before. What really makes the Fountain Centre for me though, is the love. All the staff and volunteers are there simply because they want to help people with cancer feel better and get better.

The personal care they offer through their various skills be it counselling, hairdressing or complementary therapies radiates concern and compassion. I always leave the centre feeling relaxed, listened to, supported and more cheerful about the world to know that these wonderful people exist. Thank you Fountain Centre staff and donors, you have made the scary cancer journey so much more bearable.



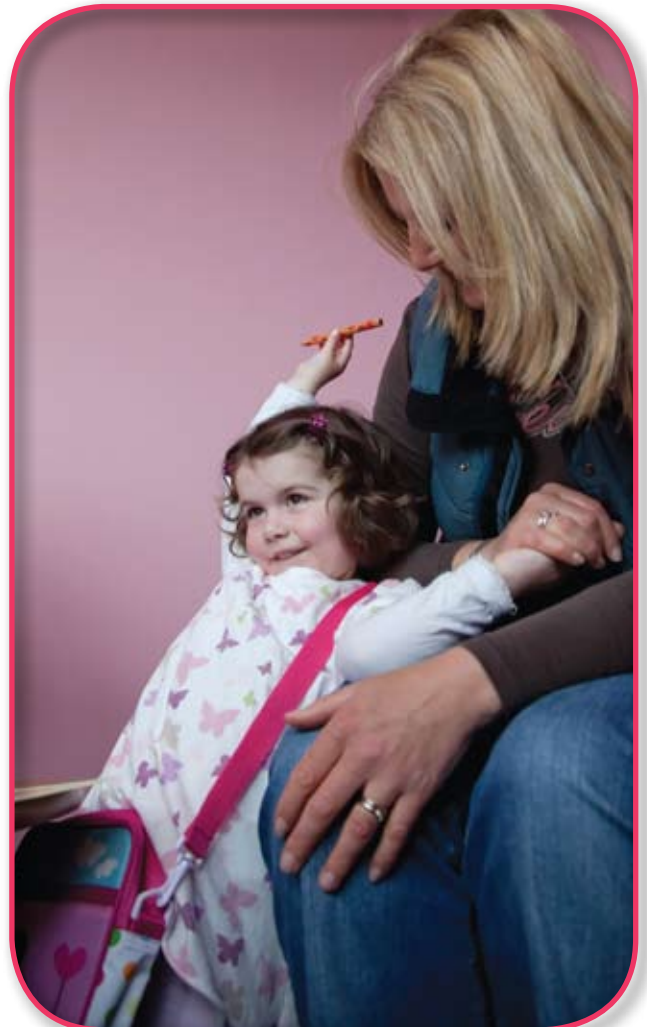
The Fountain Centre

The Fountain Centre is a drop in centre within St. Luke's Cancer Centre at the Royal Surrey County Hospital that offers information and support, counselling and a wide range of complementary therapies, to cancer patients past or present, relatives or friends, those bereaved and staff.

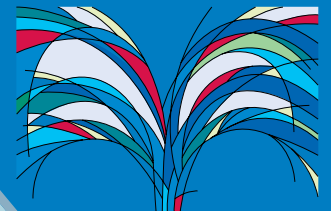
When a patient is diagnosed with cancer they often find themselves in a state of shock with their lives spiralling out of control, not knowing where to turn. This is when the Fountain Centre can help – by providing support and information patients are enabled to make informed choices and regain control about their future.

Unfortunately cancer knows no boundaries and may strike at any time. People faced with cancer experience emotions that are diverse and individual to them. This is also the case for parents of children affected by cancer. At the Fountain Centre we offer an holistic approach to help meet their needs by offering care and support at what may be a difficult time.

Integrated cancer care, which involves complementary therapies being used in conjunction with conventional medicine, is now recognised by many health professionals as the way forward. The Fountain Centre is closely aligned with the medical oncology team within St Luke's which means that nurses, doctors and other health care professionals are able to freely suggest that patients and carers take up and fully utilise the range of services offered by the Fountain Centre.



£500 – Covers a week's cost of employing a coordinator within the Fountain Centre



Services we offer

The Fountain Centre offers a variety of services to patients past or present, relatives or friends, those bereaved and staff. The Fountain Centre is open Monday to Friday 9am to 5pm and provides a drop in facility. Patients may receive four free 'hands on' therapy sessions and six counseling sessions, thereafter patients are asked for a small donation. Careers can access the same therapies but will be asked for a small donation from the outset.

There is no scientific evidence that complementary therapy is effective in treating cancer or any other disease, however, clinical studies have found some complementary therapies to be effective in treating the side effects caused by chemotherapy drugs and surgical anesthesia for example nausea. Complementary therapies may also help with pain, reduce stress, anxiety, stimulate the circulatory, immune and other systems in the body, as well as promoting well being.



Acupuncture: A traditional chinese technique which uses fine needles to balance the body's energy flow helping to alleviate symptoms such as pain, nausea, vomiting and hot flushes. It will help improve sleep, reduce stress and boost energy levels.

Art for health: Art is a powerful non-verbal medium, enabling us to explore difficult, painful or confusing feelings in a safe environment, but also to express positive emotions and enjoy colours and shapes. Art for health explores the creative process and its relationship to health, balance and well-being.

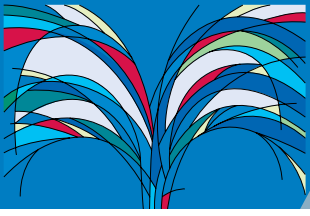


Aromatherapy: Utilises the therapeutic benefit derived from various plant oils and their interaction with the patient's sense of smell and energy system.



Bodywork: (Bowen, Feldenkrais, Trager and Metamorphic Technique). Bodywork refers to a variety of physically techniques e.g realigning the body and correcting posture imbalances. Others focus on increasing a person's awareness of his or her own body through gentle, deliberate movement and breathing exercises.

Bodywork is generally promoted to relieve pain, reduce stress, soothe injured muscles, stimulate blood and lymphatic circulation and promote relaxation. Clients can become more comfortable with their bodies by learning how to move more freely, gracefully and efficiently.



Everybody knows someone who is living with cancer.

Counselling: Counselling at the Fountain Centre is a caring, confidential and non-judgmental interchange aimed at encouraging people to find insight, personal balance and a new perspective on their problems and relationships. The aim of counselling is to support the person to enable them to help themselves. Counselling can help clients cope with any fear and depression relating to their illness, make sense of the alternatives available to them and help them to understand their role in their own health.



Craniosacral Therapy: This treatment involves touch and gentle manipulation of the cranium and other parts of the body by gently realigning and releasing physical restrictions, addressing emotional issues and stress related conditions. Craniosacral therapy also has the ability to stimulate the body's own self healing mechanisms and promotes a sense of well being.

Herbalism: Plant remedies are used to soothe and promote both internal and external healing. With the help of a qualified herbalist it may reduce some of the side effects of chemotherapy, like nausea and hot flushes.



Healthy Steps: Healthy Steps is a therapeutic exercise and movement program designed to help you thrive regardless of health, age or ability level. The program improves overall wellness, range-of-motion, balance, strength and endurance, as well as emotional well-being and self-image. It has been proven to be beneficial for patients with lymphoedema, arthritis and Multiple Sclerosis to name but a few.

Rima and Amanda

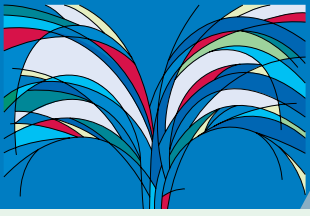
Rima and Amanda have been counsellor volunteers within the Fountain Centre since August 2009. Prior to this Rima was working in admin but this all changed when she was diagnosed with breast cancer. Once she was in recovery she decided to undertake a counselling course so she could help people who had been through a similar experience to herself.

Amanda explained that people are very frightened after their diagnosis and during their treatment process the counsellor tries to help the patient with their anxiety. It is very powerful to know you can support a patient through their journey and make a difference.



Homeopathy: Homeopathy is a safe and effective form of medicine and can be used safely alongside hospital treatments. Minute dosages of remedies stimulate the body's own healing mechanism after careful diagnosis. It aims to raise an individual's levels of immunity, health and well-being.





Patients are entitled to four free 'hands on' therapy sessions



Charlotte

The Fountain Centre is important to me because it helps to support patients in a different way but in conjunction with the clinical team. I find that because we are separate from the clinical team the patients are more relaxed with us and speak about subjects they may not feel are appropriate to talk to nurses or other staff about. We are able to support patients by listening to their worries and concerns, by sitting with them while they are upset and giving advice when asked for it. We are there for them unconditionally and non-judgmentally. Patients feel out of control at this time in their life and we are able to give them however small a chance to control their lives and make choices for themselves.

The complementary therapies and counselling sessions help the patients grow in confidence, self esteem and help them to embrace what is happening in their lives.

On a daily basis I don't know what to expect or who will come in to the centre. Some patients are completely in control of their situation and diagnosis and come for a radiotherapy session and have booked a therapy afterwards. Whereas we have patients who have just found out they have cancer or it has just reoccurred and they are devastated by this news. I am there firstly for patient care but will deal with all situations and this is exactly why I love my job. The initial idea was to support patients more at the time it is most needed and I feel we are succeeding at this.

Hypnotherapy:

Hypnosis permits the subconscious self to explore without the interference of the limits and difficulties of the conscious mind. Hypnosis is a state of restful alertness during which a person can be relatively unaware of, but not completely blind to his or her surroundings. Patients come away feeling relaxed and uplifted.



Hydrotherm Massage: Involves a unique three dimensional massage technique where the client is supported on two pillows of warm water in perfect spinal alignment and remains face up throughout the treatment. This can be useful for patients who have had surgery.

Indian Head Massage: Gentle massage to the head and shoulders, with or without oil, is very beneficial for stress and tension.

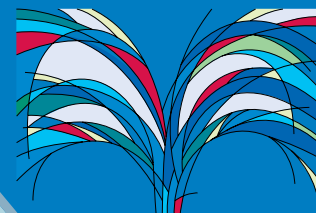
Manual Lymphatic Drainage Massage (MLD): Is a gentle technique used mainly on people with Lymphoedema. It is specially designed to manipulate lymph drainage from areas that are congested.

Massage: A wide range of techniques using the hands over the whole or parts of the body, as desired, giving both psychological and physiological effects.

Music: A gentle and creative therapy to help you find new ways to express yourself and cope with stress.



Our counsellors will help them to identify their choices for change and support



Nutritional therapy: Good nutrition gives your body the best chance to heal. The nutritional therapist will assess the patient's current diet and advise on helpful food and supplements.

Reflexology:

This works on the principle that areas on the feet have direct internal contact with all parts of the body. Gentle pressure and massage to these points stimulates activity and promotes healing on a physical and emotional level.



Relaxation & Visualisation:

A group therapy using hypnosis, music and meditative processes to de-stress, relax and refresh the mind and body. This focuses the mind so that the endless chatter becomes still and allows a moment of peace.

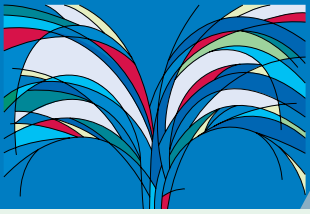


Reiki: Is a form of natural healing that flows through and around the body. The treatment is gentle and relaxing and has the ability to clear and revitalise the person's innate ability to heal themselves.

Why we need your support...

It costs approximately £125,000 each year to operate the Fountain Centre. We are very fortunate that we do not pay for our space, which is donated by the Royal Surrey County Hospital, and they also cover a third of our annual staff budget. Without these contributions our actual overheads would be more like £300,000. Overheads are kept down further due to our excellent volunteer base that provide therapies, counselling and reception cover. Around £25,000 is raised every year by our Supporter's Club, trustees and other friends of the Fountain Centre. This means every year we must raise around £100,000 in order to continue offering our services, without cost, to those who need it.





£160 buys three month supply of acupuncture needles



Monica

Monica became involved in the Fountain Centre after the death of her husband Peter Rowland as she felt the concept was a fantastic idea. She was asked to take on the fundraising and help to raise the profile of the Fountain Centre. Monica organised six events in her first year and due to the cause she found a lot of people ran other events on the charity's behalf helping them towards a total of £300,000 in under 18 months. Monica found that the fundraising task took over her life but it was what she needed after the death of her husband and to help her deal with her grief. The grief turned into energy all in itself and helped her focus on something good coming out of the situation.

Monica has been a dedicated member of the board of trustees for 10 years as well as a volunteer working on the reception desk every Friday. Last year she turned her efforts towards the charities goals and became fully focused on the work carried out by the trustees. Monica used her skills and time to help towards the aims of the Fountain Centre. As a trustee Monica is often asked by the centre to receive cheques on their behalf and to give speeches on the work carried out by the Fountain Centre.

Monica feels her late husband Peter would be very proud to see what has been achieved and the work that is being carried out to help cancer patients.

Shiatsu: Is based on acupressure and the energy meridians. It gently evens out and improves the energy flowing through your body making you feel wonderful, deeply relaxed and refreshed. It is suitable for anyone at any time and specifically helps to regain energy, improve sleep and gives relief from pain and tension. Shiatsu is excellent for backache, headaches and tight shoulders.



Yoga: Yoga is a gentle holistic activity accompanied by breathing and meditation techniques. It helps improve and maintain energy flow and encouraging fitness, flexibility and peace of mind.

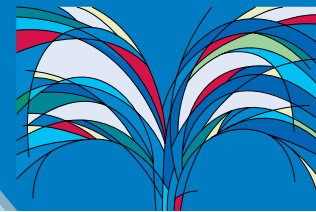
The Fountain Centre has a vast library containing a variety of books, videos, CDs, DVDs and audio tapes about cancer and related issues that can be borrowed and returned to the centre. However due to the nature of our work we do not always receive the items back and they constantly need replacing.

We understand the need for support for both the patients and carers and offer a comprehensive counselling service. The service provides clients with a one to one opportunity to make changes in their lives and to make sense of their individual circumstances. Our counsellors will help them to identify their choices for change and support them during their process of change. The counselling is provided for as long as clients require it, with the end result leaving them better equipped to cope with the future.

We hold educational programmes throughout the year. These positive health programmes have been designed to enable participants to maintain and improve their health after a significant health incident. Groups include, self-help support, look good feel better, relaxation and visualisation classes and group yoga.

We provide networking opportunities to help put people in touch with care and support in their area. In 2006 we opened the Therapeutic garden which can be enjoyed by patients and staff. We also provide a wig bank and wig cutting service which helps give the patients self esteem and confidence.

Every year we help over 2,500 new patients and their families and carers live with cancer



Sue Moore

My experience of the Fountain Centre

I first visited the Centre 3 months ago and I have been several times since – it has become part of my regular clinical visits to St. Luke's.

I was first introduced to the Centre by my Breast Care Nurse, Jane, at FPH who gave me a leaflet outlining the wide range of services available – I thought that I would investigate further.

When my husband and I first visited we were made very welcome and offered a drink and biscuits. One of the volunteers took time to show us around and make us feel comfortable. On each of our subsequent visits the volunteers were very helpful and always asked if there was anything we needed, nothing was too much trouble.

Sometimes I visit to pass the time between clinical appointments, sitting on one of the comfy sofas drinking tea! I've talked to other patients; browsed books in the extensive reference library; and sometimes just listened to the relaxing music and sounds of water from the fountain.

On one occasion I asked a volunteer if there was any information on use of crystals and also the affects of green tea. I was very impressed when Jane phoned me back with her findings which was very helpful.

So far I have had one of the complementary therapies – hypnotherapy – and was able to take away ideas from this to use myself. I am looking forward to trying out further therapies – the problem is which one to choose!

I have briefly visited the wonderful fountain garden and I am looking forward to returning in the summer months ahead, so somewhere to sit and relax and maybe to get inspiration for my own garden.

I would say to anyone visiting St. Luke's to go along to the Fountain Centre and see what they can offer you. I am sure that like me you will not be disappointed – it has been a gem of a find in these difficult times.

The Fountain Centre background



The centre was established in 1998 following the initial idea from three social/healthcare professionals Gail Maguire, Charlotte McDowell and Nicky Bracey, in 2001 we became a registered charity Through fundraising initiatives and the donation of space from Royal Surrey County Hospital the Centre was fully equipped with three treatment rooms, a lounge area, two counselling rooms, a kitchen and an office. In the first year of opening the centre had 150 visits per month and employed one full time member of staff, two part time and 25 volunteers.

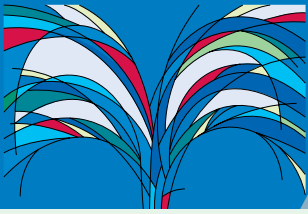
Owing to the demand and success of the charity in 2003 we obtained funding for a major building project which

provided the centre with a large creative arts room and extra office space. Within the same year the Supporters Club was launched which meets during the year for both social and fundraising purposes.

Since the launch of the Fountain Centre the charity has grown and developed and now has approximately 95 volunteers, the majority of whom are qualified complementary therapists, 15 are counsellors and the remainder are administrative volunteers. The team now manages in excess of 650 visitors per month. Volunteers form the core of the Centre's existence and without their help the Centre would be unable to operate. In 2004 we received the prestigious Queen's Award for Voluntary Services in recognition of the important work our team of volunteers deliver every day.

The team now manages in excess of 650 visitors per month





Volunteers form the CORE of the Centre's existence

Dave Palmer

I looked after Angela who has always said it is harder to watch and be a carer than to be the patient. We had a rough ride over the years, and found our roles had changed from us doing things for others, to everyone doing things for us.

I can't speak highly enough of the Fountain Centre, everyone who worked there was fabulous.

I started just sitting in the Fountain Centre having a cup of coffee whilst Angela had treatment downstairs. She would finish and come up to join me, so we got to know everyone very well.

I was a copper who had worked the streets of London, so to me complementary therapies were for everyone else not me. I was encouraged to have a reflexology treatment so eventually I got over the fact that it was not for males and had one.

It was an out of this world experienced. The therapist put me at ease, it was fabulous, and I came out feeling "zonked". I couldn't believe how just working on my feet could make me feel so relaxed.

I went on to have more reflexology and massage therapies. It helped me unwind and I felt really good. It changed my life.



Aims of the Charity

The fundamental values of the Fountain Centre are:

To provide a patient led service, offering information and support to patients and carers alike, with the ultimate goal of empowering those touched by cancer to regain control over their lives.

To be the central information point within St Luke's for all cancer patients and carers.

To make our services available to all patients at the point they decide they need our help, this may be during screening, diagnosis and during and after treatment.

To care for the physical, emotional, social and spiritual need of patients and their families who are under the care of consultants working within the St Luke's Cancer Centre and the Surrey, West Sussex and Hampshire network.

The Fountain Centre works in partnership with the Royal Surrey County Hospital NHS Trust and our aim is to complement the medical treatment provided.

Breakdown of costs & what it will pay for:

- £1,400** Will replace a treatment room couch. This couch is specialised as it is electric and has more padding and will fold up to help with space
- £1,000** Covers a fortnight's cost of employing a coordinator within the Fountain Centre
- £500** This is the cost of running the Fountain Centre for one day
- £250** Will help towards the cost of providing counselling for patients, relatives and carers
- £160** Buys three month supply of acupuncture needles
- £60** Pays for printing leaflets and posters containing information for patients and carers
- £50** Will help us purchase a range of essential oils lasting one month
- £25** Pays for art materials for an art therapy session
- £10** Buys a book or CD for the library

Tel. 01483 406619

Email. thefountaincentre@royalsurrey.nhs.uk

Ways you can support the Fountain Centre

Donate by cheque – if donating by cheque please make cheques payable to The Fountain Centre and send with the form below

Donate on line – Giving on line is easy, just visit www.justgiving.com/fcguildford

Monthly Standing Order – Making a regular gift to the Fountain Centre is the most effective way to support our work. A monthly gift allows us to plan ahead and develop our services

Legacy – A lasting legacy, a life changing gift. Once you've looked after your family and friends please think about leaving a legacy to The Fountain Centre

Join the Supporters' Club - The Supporters' Club meets six times a year to discuss ways of helping with fundraising as well as raising awareness. This group is made up of ex-patients, carers and friends of patients

Other ways you could help

Organise a sponsored event for the Fountain Centre

If your company operates a charity of the month/year scheme, why not nominate the Fountain Centre

Become a volunteer

Organise a corporate challenge event day

Display a collection pot in your office or business

Have an ink cartridge and mobile phone collection box at your office or business

Please hand this form (see below) into the Fountain Centre reception or post :

**The Fundraising Team, The Fountain Centre, St Luke's Cancer Centre,
The Royal Surrey County Hospital, Egerton Road, Guildford, Surrey GU2 7XX**

Name

Address

..... **Postcode**

email

contact number

Please tick the below boxes that you would like to receive further information about...

- | | |
|--|---|
| <input type="checkbox"/> Making a monthly gift by standing order | <input type="checkbox"/> Organise a corporate event day |
| <input type="checkbox"/> Join the Supporters Club | <input type="checkbox"/> Collection Pot |
| <input type="checkbox"/> Organise a sponsored event | <input type="checkbox"/> Ink Cartridge Collection |
| <input type="checkbox"/> Charity of the month/year | <input type="checkbox"/> Mobile Phone Collection |
| <input type="checkbox"/> Giving a gift in memory of a loved one | <input type="checkbox"/> Legacy |
| <input type="checkbox"/> Become a volunteer | |

Signature



Trusts

We are now seeking funding for a variety of different projects. If you represent a trust or foundation or know of an organisation that might be able to assist please contact the fundraising team.

Royal Surrey County Hospital 
NHS Foundation Trust



giftaid it

Using Gift Aid means that for every £1 you give, we get an extra 25p from the Inland Revenue and it doesn't cost you a thing. In addition the Government will give an extra 3p on every £1 you give between 6 April 2008 and 5 April 2011. This is transitional relief for the charity and does not affect your personal tax position.