



Welcome to the autumn/winter issue of the Fountain Centre Newsletter. There has been a hive of activity with patients, family, friends, volunteers and staff busy organising, and attending a range of activities to fundraise for the Fountain Centre. There are more details and photographs for you to look at on page three.

The refurbishments have now been completed, and we hope that you find the centre even more of a haven for you. Feel free to pick up any leaflets in the new display boards, and if you can't find what you are looking for please ask in the Fountain Centre.

Patrons Visit the Fountain Centre



Flavia Cacace the “Strictly Come Dancing” professional took time out of her busy schedule to pay a visit to The Fountain Centre on Monday 30th August 2010.

Flavia has been a patron of the charity since she hosted a fashion show on our behalf last year; however this was the first opportunity she had had to visit us.

Flavia said that she was proud to be part of this pioneering enterprise and realised that the gentle complementary therapies available to patients was a wonderful addition to the orthodox medical approach to the treatment of cancer.

The Fountain Centre is a charity and only exists because of donations from the public. Flavia said she would do all she could to publicise the success of the unit but also to try and make people aware that it was a charity and in need of funds.

Flavia was grateful for her personal tour and left with a greater understanding of the workings of the Fountain Centre.



Annabel Croft, sports broadcaster and former tennis professional player came to visit the Fountain Centre in March this year with her husband Mel and both were most impressed by what they saw. It was obvious she was “at one” with the ethos of the Fountain Centre and had a real understanding and sympathy for our holistic approach to the care of cancer patients.

Her shared belief in the holistic approach to health meant she had no hesitation in becoming one of our patrons and asked us to call if we needed any help in the future. In fact we did call on Annabel, in September to feature in a new promotional film we have made about the Fountain Centre, to raise awareness of what we offer and to highlight the fact that the Fountain Centre is a charity in need of donations to survive. Information about how to see the new film will be available soon.

More information about our patrons Katherine Harries and David Shepherd in the next edition of our spring newsletter.

What we can offer you

The Fountain Centre is a drop in centre located within St.Luke's Cancer centre. You will find a welcoming smile, comfy sofas and pleasant atmosphere an oasis of calm compared to the normal hospital environment. We also offer information, support, counselling and a wide range of complementary therapies to cancer patients past or present, relatives or friends, those bereaved and staff.

If you are an inpatient at the hospital and unable to come to us, do let us know. We will try to bring a little of the Fountain Centre to you by giving you a light hand or foot massage or simply a friendly face to chat to.

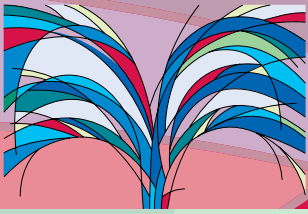
My experience of the Fountain Centre



Thank you so much to the team of Look Good Feel Better (LGFB). I attended one of the workshops and had a wonderful afternoon. I have just finished my chemotherapy and have been feeling pretty low

and vulnerable due to the loss of my hair, eyebrows and lashes – this was my first trip to the Fountain Centre since my diagnosis and subsequent surgeries and from the moment I arrived I was made to feel welcome. I would like to let you know that LGFB far exceeded my expectations – it was lovely to meet other cancer patients and the ladies running the workshop were very helpful and supportive during a difficult time. And wow, the goody bag was amazing – thank you to all the companies concerned who donated so generously. All in all a fantastic couple of hours, many thanks indeed.

Debbie



What is Meditation therapy?

Information plays a crucial role in supporting people with cancer and other long-term conditions to make decisions about their treatment, take care of themselves and improve their quality of life. Previously, there has been no way to ensure that a person would have access to, or receive the right information when they need it most – at diagnosis and as their needs continue. The National Cancer Action Team is currently working on a project called 'Information Prescriptions' which will give everyone access to the information they need, at the right time.

An information prescription is created by a healthcare professional and may provide information about diagnosis and treatment, care services, benefits advice and support groups.

My role at the cancer network is to support the hospital Trusts and Information and Support Centres across Surrey to implement this new information system so that by the end of 2012 they will be available to everyone.

Amanda Stewart

Cancer Network Patient Information Manager

Volunteering for the Fountain Centre

I started as a volunteer in the Fountain Centre last October, after retiring from the NHS, having spent many years at St. Luke's from 1987 as visiting staff from the Royal Marsden, collecting cancer data.

Although I wasn't employed by the Trust, I had a great rapport with the marvellous staff and saw the development of the Fountain Centre take place from a portacabin in the grounds of

the old St. Luke's in Warren Road, and Charlotte getting involved with things there. So, many years later, and being accepted as a volunteer, I was delighted when Gail, who knows I am a keen gardener, asked me to give Ray some help in the Fountain Centre garden. Ray has been doing everything out there on his own for four years, cutting the grass, looking after the fountains, and maintaining the flower beds and paths. It's very rewarding to hear appreciative remarks from patients who are enjoying a sightseeing stroll through, or sitting listening to the sound of the fountains as they relax with a coffee. But, although it seems a small compact area, there is quite a lot to do, especially weeding, deadheading, and tidying up, and as we only spend a few hours a week each, (if the weather is kind to us), we would welcome any help of an hour or two from anyone who would like to help us out there, (male or female).



Glen

If you are interested in helping to keep the garden looking at its best for patients and carers, please contact the Fountain Centre on 01483 406619 – We look forward to seeing you.

Therapy Focus – Meditation by Merry Gibbons

Imagine yourself sitting on a park bench in the quietness of an early summer's morning, the birds singing, a gentle breeze blowing on your face, the light dancing on the leaves of the trees, the grass soft beneath your feet. Now imagine yourself in a busy shopping centre, people scurrying around, constant chatter, loud music coming from the shops and the glare of artificial lighting. You have just experienced the two different sides of the brain. There is the gentle right side, our creative and 'just being' side of the brain and then there is the busy left side of our brain, our practical 'doing' side.

It stands to reason that moving out of the 'shopping centre' side of our brain and moving into our 'peaceful garden' side of the brain is the more healing place to be. People who meditate move their thoughts from the left to the right side of their brain. Regular

meditators have shown that their frontal lobes become fatter and bigger. This is the part of the brain that controls your focus, attention and concentration, it is where we do most of our problem solving. Meditation gives you a heightened awareness, a deeper sense of self. William Bloom likens it to a wave gaining an awareness of its roll in the ocean. You are conscious and present in the moment, but you have also gone within yourself, to your inner sanctum, so to speak. During this deeply relaxing state the body and mind can rebalance and restore themselves physically, emotionally, mentally and spiritually.

How do you get there? There are many techniques you can use and it is about finding what works for you. You can meditate with your breathing, you can close your eyes and listen to a piece of beautiful music, you can follow a guided visualisation or meditation, you can even just sit outdoors and focus all your senses on the sounds, sights, textures and smells of nature.



How does Meditation help you?

Relaxation and meditation are very positive things to do when coping with a challenging illness. You can experience fear and anxiety and this has a detrimental effect on your mental and emotional state which needs to be strong during this time. Stress actually impairs the body's ability to heal itself and puts physical stress on the body generally, all at a time when you need to be strong and centred. When meditating or relaxing, you are in a place that is more conducive to healing, be it mental, emotional or physical and this is a powerful place to be when you are ill.

Relaxation and meditation really is that restorative, that energising, that powerful, that healing for you. Through meditation you find a gateway to your own inner reservoirs of strength and peace.

There is no scientific evidence that complementary therapies are effective in treating cancer. However, clinical studies have found complementary therapies to be effective in treating some side effects caused by the treatments for cancer.

All our therapists at the Fountain Centre abide with SWISH network agreed criteria

Fundraising Activities

We would like to thank everyone for all their hard work and commitment to raising funds for the Fountain Centre. All donations will help towards maintaining and developing this valuable charity to support cancer patients, families, friends and cares. Every penny helps us to buy tea, coffee, biscuits, books, CDs, therapy couches, towels, oils and the development of the centre to reach as many cancer patients as possible.

Here are just some of the varieties of the fundraising activities that have taken place recently.

Ann Goddard organised a garden open day, Jill McKenzie sold cakes at work, Jill Tilburn organised a birthday party and asked friends to donate money, Linda Binning ran a coffee morning, Budd had his hair shaved off, "Remix voices" had a collection after their concert, Alan and Jenna Stockwell ran a half marathon, there was a spinning event at Guildford Spectrum, Waitrose in Cobham donated money through their green token scheme and Mike Mills and his team cycled a coast to coast and raised £8000.



(Follow the blog at <http://coast2costblogspot.com>). Thank you to everyone for all your hard work, determination and dedication.



We have also received in memoriam donations in memory of Mike Nevins, K Gunner, Helen Bird, Scilla Fernandez, Brenda Weeks and Mrs C Kamieniecki. We would like to thank all their families and friends.



Wentworth Ball

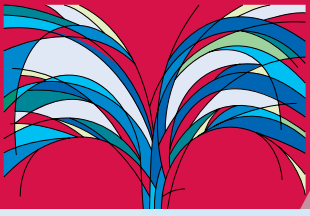
On Saturday 9th October the Fountain Centre held a ball to celebrate twelve years of helping to improve the lives of those living with cancer, and their families and friends. Guests enjoyed a sumptuous three course meal followed by an auction and dancing to a 13 piece big band. The evening

was a great success and through generously donated raffle and auction prizes, raised in excess of £15,000. Thank you to all of those who attended and made this evening such a success.



We would like to thank everyone listed below who supported the Fountain Centre's Charity Ball.

- | | | |
|----------------------------------|-----------------------------------|----------------------------------|
| Able & Cole | Holiday Property Bond | Mary Woolard |
| Ali Brown | Horsley Dental Practice | Michael Harding |
| Anne Milton | Ingrid Strawson | Monica Simpson |
| Aveda Salon, Guildford. | Jon Dibben | Mr and Mrs Michael Blagden |
| C&G Lawson Foundation | Judith Moore | My Solar LED Lights |
| Douglas Hudson | Julia Lampard Salon, Guildford | New Victoria Theatre/Ambassadors |
| Epsom Race Course | LA Fitness | Objects D'art, Haslemere |
| Gordon Moore | Le Maridiana | Olga Davidge |
| Guildford Spectrum | Les Caves de Pyrennes, Pew Corner | Philip Greig |
| Harrington Hair Salon, Guildford | Loch Fyne Oyster Bar | Phillip Jackson |
| Hennessey Hair | Loch Fyne, Farnham | Sandown Park |
| | | Serendipity |
| | | Taurus Wines |
| | | The Albert Hall |
| | | The Black Swan Pub |
| | | The Manor House Hotel |
| | | The William Bray, Shere |
| | | Wentworth Club |



Fundraising Activities



The Fountain Centre Supporters' Club was started a few years ago following a health and healing day at St. Luke's which had been sponsored by The Fountain Centre. The aim of the Supporters' Club was originally as a social get together for patients, ex patients, volunteers, helpers and the staff.

From the social gatherings the meetings were formalised with the appointment of a chairman and secretary, and we now meet six times for relaxed meetings at the Fountain Centre.

The meetings last approximately 1½ hours, covering the organisation of social activities and the fundraising programme. They are an energetic and vital resource to the Fountain Centre's fundraising activities.



Total Raised This Year £8,067

The Supporters' Club Funds

The Supporters' Club have raised £8,067 from a variety of fundraising activities including; a tea dance, car boot sale, dinner at Villa Bianca Restaurant, Guildford High Street collection, Rocio Langhams Mexican Meal, bric-a-brac stall, evening meal at Zucchini, Fountain Centre Golf Day at Burhill Golf Club, Farnborough Rotary Club, and BP Golf Society.

Planned Events

20 November Long Acres Garden Centre collection, contact Marion Dante to help

30 November FC Supporters' Social event, three course dinner £19

Farnborough College Restaurant, contact Marion Dante

December Christmas Music vehicle providing mobile music accompanied by collectors; we need to provide at least 12 helpers. Contact Marion, email mariondante@yahoo.co.uk

March 2011 Quiz Night, Pirbright. Details to be advised.

23 April 2011 St George's Day evening meal. Details to be advised. At present we have a basic core of about 20 supporters, but our circulation list is approximately 70 members, who are regularly updated with the events.

If you would like to become a member of the Supporters' Club and/or receive information about future events please contact:

Michael Wells on 01932 881547
michaelpwells@ntlworld.com

OR

Derek Uridge on 01483 752573
derek.uridge@toucansurf.com

How much does it cost to run the Fountain Centre?

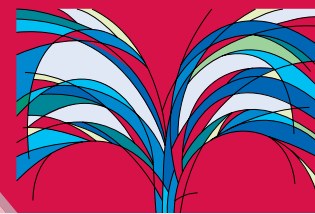
It costs approximately £125,000 each year to operate the Fountain Centre. We are very fortunate that we do not pay for our space, which is donated by the Royal Surrey County Hospital, and they also cover a third of our annual staff budget. Without these contributions our actual overheads would be more 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 Supporters' 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.

How to donate

You can help us by donating a cheque, on line at www.justgiving.com/fcguildford/donate, standing order, join the Supporters' Club, organise a sponsored event for the Fountain Centre, become a volunteer, organise a corporate challenge event day or display a collection pot in your office or business.

For any further information please contact the Fountain Centre on 01483 406619 or email rsc-tr.fountaincentre@nhs.net

Support Group information for your calendar



Support Groups

The Fountain Centre holds a number of support groups for patients and carers. The groups are held weekly and monthly.

Weekly Activities

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

Monday

Reflexology, Massage, Hydrotherm, Acupuncture, Counselling, Hypnotherapy, M Technique, Yoga, Meditation and Craft Workshop (once a month)



Tuesday

Counselling, Aromatherapy, Indian Head Massage, Hydrotherm, Massage, Reflexology, Manual Lymphatic Drainage (MLD), Healthy Steps, Reiki and Acupuncture



Wednesday

Counselling, MLD, CranioSacral Therapy, Reiki, Reflexology, Hypnotherapy, Healthy Steps, Aromatherapy, Acupuncture, Wig Cutting Service and Wig Bank

Thursday

Massage, Reflexology, M Technique, Hydrotherm, Meditation, Relaxation, Reiki, Healthy Steps, Acupuncture, Counselling, Art with Meditation, Indian Head Massage, MLD and Feldenkrais

Friday

Reflexology, Hydrotherm, Indian Head Massage, CranioSacral Therapy, Counselling, Reiki, Acupuncture, Art Psychotherapy and Citizens Advice Bureau (twice a month)

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**



Monthly Activities

Please contact the Fountain Centre to make enquiries or a booking on 01483 406618

Monday

Craft Workshops

Tuesday

Look Good Feel Better is always on the 1st and 3rd Tuesday of the month

Friday

Citizens Advice Bureau twice a month

Brain Tumour Support Group

2nd Tuesday of each month 12-3pm
Creative Arts room at the Fountain Centre
Contact Ann Whittle 01252 834784
2010 9th Nov, 14th Dec – 2011 11th Jan, 8th Feb

Guildford Breast Cancer Support Group

We would like to thank Mary for her many years of dedication to the Guildford Breast Cancer Support Group. In fact it was 17 good years, and Mary is now standing down as chairman. If you are interested in continuing this support group along side other like minded people please contact Jane on 01428 406618 so we can put you in touch with others who have shown interest.

Hascombe Oncology Support group

Support group for parents of children affected by cancer
Monthly

4th Tuesday in the month except August. We meet in the Creative Arts room of the Fountain Centre.

Contact Melanie Popham on 01483 571122 ext 4071 for times each month.



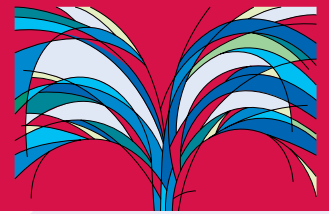
Ovarian Cancer Support

Last Friday of the month – every other month
Contact Fiona Thompson 01483 571122 ext 2038

Lymphoma Support Group Monthly 6.30pm – 8pm

Please Contact Sue Flaherty 01483 571122 ext 6365, bleep 71-6322 or Sue Haines Freephone 0808 808 5555, for future dates.

Christmas Information



A healthy cake

This cake is moist and rich in flavour, but contains nuts, carrots, dried fruit, wholemeal flour and eggs, all of which are good for you and very little of the sugar and fat which we should all try and minimise.

It's not often the words HEALTHY and CAKE are seen together so why not try this recipe and see whether you like it. Why not try the Christmas amendments to the cake as an alternative to the usual Christmas cake.

Alternative passion cake

Gluten-free or wholemeal cake – serves 8

(100g) 3 and a half ounces of melted butter OR dairy-free spread such as Pure

3-4 tbsp of honey

(200g) 7 ounces finely grated carrot or sweet potato

(125g) 4 ounces organic dried apricots or raisins

(75g) 3 ounces chopped walnuts

2 large eggs beaten

5 tbsp water

(150g) 5 ounces gluten free OR plain wholemeal flour OR a mix of plain and wholemeal flour

(50g) 2 ounces of ground almonds

4 level tsps baking powder

1 level tsp cinnamon

Half level tsp nutmeg

Quarter level tsp salt

Prepare an 8" cake tin or 1lb loaf tin.

In a bowl mix the butter or oil, sugar, carrots, apricots, walnuts, eggs and water.



Sieve the flour and ground almonds with baking powder, spices and salt and fold this into the batter. Using all the wholemeal flour will give a slightly heavier cake, but it will have a lower glycemic index GI and so be more sustaining.

Cook at mark 4/350F/150C FOR 50-60minutes

At Christmas consider swapping the nutmeg and cinnamon for 1 and a half teaspoons of mixed spice, use 4-6oz raisins and replace some or all the water with lemon juice (1-2 tbsp maximum) and brandy and add the grated rind of a lemon.

This cake freezes well – if it's not eaten before hand!

Supplied by Jane one of our therapists

Opening hours over Christmas

The Fountain Centre remains open Monday to Friday except Bank Holidays over the Christmas season. Complementary therapies stop for 2 weeks from Wednesday 22nd December and resume on Wednesday 5th January 2011. Please feel free to continue coming to the Fountain Centre to relax in the comfy sofas, enjoy the calm oasis, and friendly welcoming faces.

Christmas Cards

The Fountain Centre will be selling Christmas cards in the centre, so do pop in and stock up early. All proceeds go to the Fountain Centre.

Hospital Christmas Fair

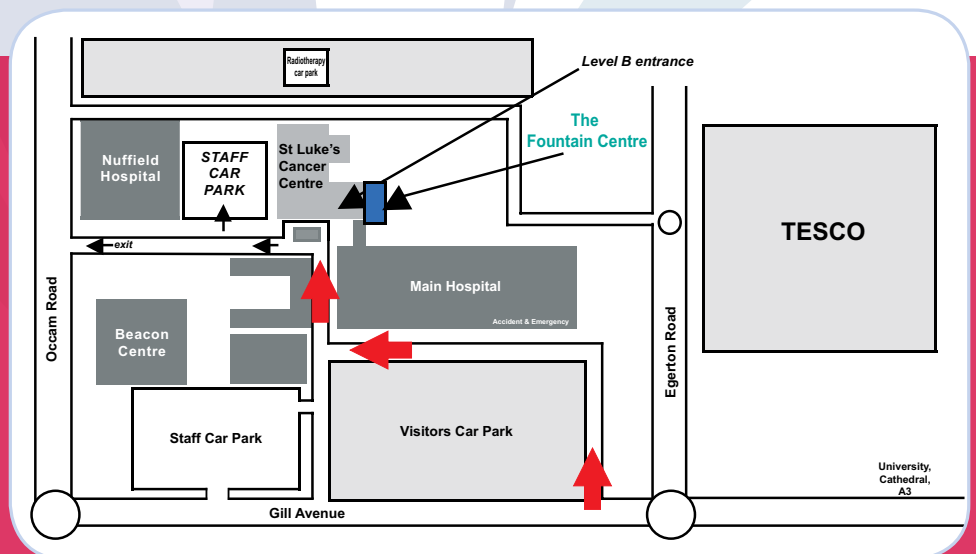
The hospital will be running their annual Christmas Fair in the main reception of the hospital on 15th November. The Fountain Centre will have a stall so come and visit us.

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

Telephone: 01483 406618 | Fax: 01483 408321

Email: rsc-tr.fountaincentre@nhs.net

Website: www.fountaincentre.org