



Welcome to our summer edition of the Fountain Centre newsletter. We are moving with the times and you can now find us on Facebook and we have a brand new website at www.fountaincentre.org. Please do take a look and let us know any comments you have.

Gill's day out



Gill McCarragher one of our Supporters' Club members was nominated for her commitment and hard work fundraising for the Fountain Centre for 10 years. As a result Gill and her husband were invited to the Queen's Garden Party this year.

Gill also met Mrs Sarah Goad JP the Lord Lieutenant of Surrey.

Gill and Neil both said "It was the most enjoyable day ever, and it was so nice to meet and speak with Mrs Sara Goad."

My experience of the Positive Health Programme (PHP) by Katie Moran

What do you do when someone tells you that you have cancer? What sort of thoughts and feelings follow that diagnosis? How do you carry on with whatever time you have left? If you are lucky enough to make a full recovery, how do you carry on with your life when nothing will ever be the same again?

When I was diagnosed with breast cancer last year, aged 36, I remained pretty rational and approached my treatment as something that I just had to do. I got through my chemotherapy with a lot of sickness, mouth ulcers and the like. I got through three lots of surgery to remove precancerous cells and then got through six weeks of radiotherapy to finish it all off.

I received excellent care from St. Luke's Cancer Centre and cannot express my joy and relief when I was told that my invasive cancer was killed by the chemotherapy and my precancerous DCIS was cleared by surgery and radiotherapy. Even my physical scarring is limited and the cosmetic end result is good.

But strangely, I did not really feel distinct emotions such as joy or relief. I cannot say that I really felt anything except numb. I had been physically and emotionally drained by the 12 months of treatment. I had been exhausted by thoughts of perhaps not being able to look after my children as they grew up to be young women. I had been worn out by the constant communication with health professionals, family and friends. In short, I had been ruined by the whole experience.

I would have just been sent back into the world, in that ruined state, to get on with my life if it had not been for The Fountain Centre and more specifically, the Positive Health Programme that they invited me to go on.

In as much as my cancer diagnosis pulled my life apart, The Positive Health Programme helped me put it back together again. It gave me a way to be myself and to express myself, even if I was not quite sure who I was any more. It helped me to discover, define and understand the new me. It

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Will you be our friend?

The Fountain Centre has hit the 21st Century and joined Facebook.

The social networking site is proving to be a very useful way for Fountain Centre fans to keep in touch with each other. We can also use it to publicise events and give people an easy route to watch our promotional films on YouTube. And when ever a new person joins they can spread the word about our work to all their other Facebook friends.



So if you already use Facebook, please go to our page (Facebook.com/FountainCentre) and 'Like' us, and share it with your friends. The more people who know how good the Fountain Centre is, the better.

And if you don't use Facebook, then talk to the people you know who do – and get them to spread the Fountain Centre message.

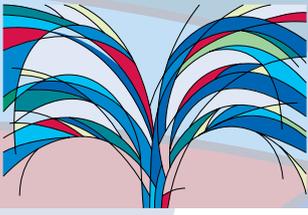
Thank you!



Volunteering

Spending time at the Fountain Centre as a volunteer brings huge rewards. Just being there to give a welcome drink and a listening ear to those who come is rewarding in itself. Supporting them in times of great distress, be it the patient, carer or a friend leaves us feeling at the end of the day a great satisfaction. It is lovely to receive cards and letters of thanks for all our work. We know we are appreciated.

Judith and Derek



What is Mindfulness?

My experience of the Positive Health Programme (PHP) by Katie Moran – continued

helped me to look to the future with excitement and renewed energy. It recognised that cancer is not just a physical disease but is an emotional terror and that my spiritual and emotional being needed rest and solace as much as my physical body did.

Through workshops and discussions, I learnt a whole host of new ways of looking at life. I gained insights into the benefits of meditation and did a number of guided meditations that helped me to reflect on my situation. I made practical steps towards changing my day to day habits, learning about exercise and nutrition. I shared experiences and time with other cancer patients and their carers and learnt many lessons from their journeys.

Being diagnosed with cancer had already prompted me to reflect on my life and to know that there were things I wanted to change. But day to day life was pushing me back to the way I was before and there were too few people who understood how I felt and what I wanted to achieve; that I wanted to seize my cancer diagnosis and recovery as a chance to make things better and turn it into a positive blessing.

The next Positive Health Programme will be on October 11th 12th 13th 26th and 27th. For more information please contact the Fountain Centre 01483 406618

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.

Therapy Focus – Mindfulness

Consider, for a moment, what you are experiencing as you read this. A sense of curiosity? Or familiarity? Are you aware of the weight of the leaflet in your hand? Or, the smoothness of the paper at your fingertips? Perhaps of sensations of touch or pressure? Or has your mind already started to decide whether it likes or dislikes this article? Are you already judging what you are reading by its content or how it looks on the page?

Still curious?

It is easy to bring awareness to what you are experiencing in this moment if you are prompted to do so, but can you pay attention to the physical and mental activity in each and every moment, without judgment? This is the art of mindfulness, and the basis of the Mindfulness-Based Stress Reduction (MBSR) programme.

MBSR programmes are now taught to people with a wide range of health conditions, all over the world. It is not a “therapy” per se; more a way of “being”. The programme, pioneered by Jon Kabat-Zinn at the University of Massachusetts Medical School more than 30 years ago, is designed to reduce stress and improve quality of life, well-being and mood. There are numerous clinical research studies to support its effectiveness (available on request). It has been successfully used in cancer settings, with participants finding themselves

- more mindful and aware
- better at coping with stress, anxiety and panic
- calmer and more confident
- more accepting of things as they are
- less judgmental of themselves and others

So, how do we become more mindful? We use meditation to gently bring the mind back to the present moment again and again, and, as Kabat-Zinn himself writes, “to simply be yourself, and know something about who that is”. And,

as we learn more about our present moment experience, we realise that the mind has a tendency to chatter away with thoughts about the

past and the future in a way that can make us feel mentally, emotionally and physically exhausted. With regular practice, mindfulness meditation can help you approach stressful situations with calmness, clarity and kindness. By opening to the present moment, we become aware of the space and silence between thoughts, sensations, feelings and emotions and can re-connect with the calm inner centre of our being where true self-healing can take place. When we really understand the entirety of each moment, we discover that there is nothing to fear or hate, whatever we are facing in this moment.

At the Fountain Centre we offer informal groups to allow you to experience mindfulness for yourself. You may find that attending a session once a week insufficient to support your own practise, but we can also provide details of more formal 8-week courses on request.



Have you noticed?

The Fountain Centre is very grateful to Alex Crawford from Timberland UK who kindly donated polo shirts for all our volunteer desk staff and volunteer therapists. The smart polo shirts have helped visitors to easily identify our volunteers within the Fountain Centre and when visiting the ward.

Fundraising A

We are so thankful for the dedication, enthusiasm and hard work that goes on to raising funds for the Fountain Centre. We would like to say a big thank you to everyone who has helped support us so we can continue to provide support, information, complementary therapist and counsellors to cancer patients, carers, family and friends. We couldn't exist without you.

Thank you to Guildford Woking Complementary Health, Karen Batterson, The Lynn Foundation, M.M.A Insurance, Rhoda Nevins, Effingham Golf Club, Waitrose in Cobham, St Martha-on-the-Hill, Fitness First in Fleet, Sobell Foundation, Mathew Wrightson Charitable Trust, Bletchingley Players, Crudwell Village bike ride, Inner Wheel of Aldershot, Trish Brown, for their donations.

Could you help the Fountain Centre?

The Fountain Centre has an active Supporters' Club which meets regularly to plan fund raising and social events, which can range from a fashion show to a street collection – you may have some even better ideas to offer!



Supports the Fountain Centre

Modern Times

The Fountain Centre really is moving with the times at the moment.

We have our own pages on Facebook and LinkedIn, and hundreds of people have watched our films on YouTube. It is very easy to find us – just type The Fountain Centre into the search box. These are all great ways of getting information out to the wider world about the work we do and publicising Fountain Centre activities.

As well as helping us all keep in touch, there are new ways of fundraising and donating to good causes coming online every day.

You can choose what works best for you –

- You can give money just with the tap of a thumb, courtesy of Vodafone's new system, JustTextGiving: "FOUN10 £5" to 70070 to donate to The Fountain Centre (Guildford) Limited. It couldn't really be easier.
- You have probably heard of the JustGiving.com website, where people can donate to good causes electronically. The Fountain Centre has now signed up to two more alternatives, MyDonate (www.btplc.com/mydonate) and Virgin Money Giving (www.virginmoneygiving.com) They are both free for donors to use and they deal with all the administration involved in claiming back Gift Aid – which saves us a lot of time and hassle.
- If you shop online, you can donate to the Fountain Centre at the same time – completely for free, because it is the companies you are buying from who make the donation. Register with www.easygiving.co.uk or www.thegivingmachine.co.uk then every time you do your shopping via their sites, we get money – how good is that!
- And if you sell online, with eBay for Charity (www.ebay.com) you can automatically donate some (or all) of your proceeds to the Fountain Centre. Most recently, one of our supporters has used the site to sell off a collection of Thunderbirds memorabilia. As we don't have any high street shops, this is a great way to declutter and help the Fountain Centre at the same time.

These are just a few ideas – if you are involved with any other charities who do great fundraising, and think we could borrow some of their ideas do get in touch – fionadick@nhs.net

How you could help

- 1 At an event. If so, when would you be available, at the weekend or weekday?
- 2 By selling tickets before an event
- 3 By making telephone contacts
- 4 By helping with catering
- 5 By assisting an experienced supporter
- 6 Do you have other skills which could assist the Supporter's Club

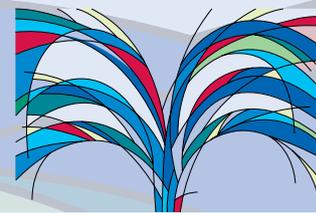
For example, a background that includes computer skills/word processing, marketing, fund raising, catering, other?

If you are able to donate some time to us, please contact me, indicating the capacity in which you could help, Derek Uridge, on behalf of the Supporters

Telephone **01403 752573** or email derek.uridge@toucansurf.com *future dates on page 4*

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

Activities



St Francis Joggers

More than 100 pupils, parents and teachers at St Francis Catholic Primary School, South Ascot, took part in the Reading Half Marathon and Green Park Challenge in Reading on Sunday March 20th. The group ran as the St Francis Joggers which was set up in memory of Andy D'Agata, a governor at the school in Coronation Road, South Ascot who died in 2009 while taking part in a cycle race in France. 21 runners took part in the Half Marathon and 97 took part in the 2.8 kilometre Green Park Challenge.

The cheque for £7,369 was handed over by St Francis head teacher Jane Gow to Paula Dash our Events and Fundraising Manager watched by children whose relatives are receiving therapies and support at the Fountain Centre. They were joined by former pupils of St Francis, now at Charters Secondary School, who joined in the fundraising.

Everyone was able to make a contribution, and raise even more money as St Francis also held a 'Sportathon' which was led by the school's Year 6 sports leaders who created an obstacle course around the school. Every child was sponsored to complete the course and all proceeds were added to the money for the Fountain Centre.



Thank you to all the pupils, parents and staff for all their hard work.

The Fountain Centre has signed up to fundraising regulation through the Fundraising Standards Board (FRSB).

From now on, you may see the giving with confidence tick logo on our website and appeals, reminding you of our commitment to best practice in fundraising.

For more information about the FRSB, and what our membership means in practice, see www.givewithconfidence.org.uk



Our Fundraising Promise to You

We are committed to high standards
We are honest and open
We are clear
We are respectful
We are fair and reasonable
We are accountable

Forthcoming events in 2011

Wednesday 7th September 2011 Supporters' Club meeting at the Fountain Centre. Contact Michael Wells 01932 881547 or Derek Uridge 01403 752573

11th September 2011 – Sponsored walk, Cranleigh. Contact Katie on 01483 275035

16th September 2011 – Fashion Show. Contact The Fountain Centre on 01483 406619

26th November 2011– Collection at Long Acre, Bagshot. Contact Marion Dante at mariondante@yahoo.co.uk

17th December 2011– Christmas Concert, Charterhouse, Godalming,



The Fountain Centre was chosen in April 2011 by the staff at Surrey Police.

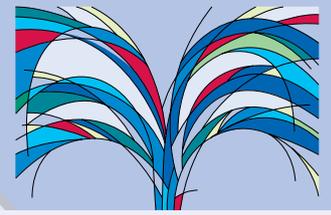
Every year staff are asked to nominate their favourite charity to become the Chief's Charity and this year, Help for Heroes, Equipment for Disabled Children and The Fountain Centre were chosen.

A vote then took place and the Fountain Centre was the overall winner with 282 votes.

I am delighted to support such a worthy cause and I look forward to supporting The Fountain Centre

M Kentley

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, Acupuncture, Counselling, hypnotherapy and Yoga

Tuesday

Counselling, Massage, Reflexology, Manual Lymphatic Drainage (MLD), Mindfulness, Shiatsu and Reiki



Wednesday

Counselling, MLD, CranioSacral Therapy, Reiki, Reflexology, Hypnotherapy, Meditation Visualisation, Citizens Advice Bureau, Aromatherapy, Acupuncture, Massage, Hydrotherm, Shiatsu, Wig Cutting Service and Wig Bank

Thursday

Massage, Reflexology, Metamorphic Touch Technique, Hydrotherm, Meditation, Relaxation, Reiki, CranioSacral therapy, Acupressure Acupuncture, Counselling, Art with Meditation, Indian Head Massage, MLD and Feldenkrais

Friday

Reflexology, Hydrotherm, Indian Head Massage, Pilates, Counselling, Reiki and Acupuncture

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

Tuesday

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

Brain Tumour Support Group

Meet on the 1st Thursday of the month 12.30-3pm in the Creative Arts room at the Fountain Centre.

1st September, 6th October, 3rd November, 1st December

The Fountain Centre Book Club – For carers

The Fountain Centre Book Club – For patients

“We need to know we are not alone” C.S.Lewis

Two separate groups which meet once a month to share experiences of reading, discuss books/articles selected by the group. We meet in The Fountain Centre from 10.15 am – 11.15am on 19th September, 20th October, 17th November, 15th December.

For more information please contact Maria Wakefield on 01483 406619

Hascombe Oncology Support group

for parents of children affected by cancer

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

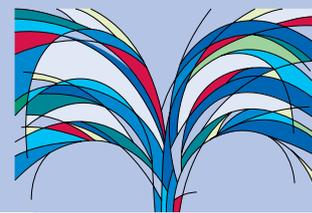
Contact Fiona Thompson 01483 571122 ext 2038

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.



Additional Information



Wellness Day in support of the Fountain Centre



Music therapy is about finding the best way in which music can be used. On the 15th May, local complementary therapists held a Wellness Day in Holy Trinity Church Rooms in Guildford to promote holistic approaches to health problems and to raise funds for the Fountain Centre. The day was an opportunity for the public to meet therapists from the Woking – Guildford Complementary Health Network (GWCH) and from the Fountain Centre, as well as to find out more about complementary therapies and experience a sample treatment. The therapies represented ranged from Reiki, Trager Therapy, BodyTalk, Cranio Sacral Therapy, Yoga and Numerology to Kinesiology. Around 25 taster sessions were given on the day. Visitors could also treat themselves to some jewellery, natural beauty products and aromatherapy oils, as well as get free hair styling advice.

Refreshments, cakes and raffle tickets were sold in aid of the Fountain Centre and these raised a total of £232.

GWCH (Guildford Woking Complementary Health, is the brainchild of homeopath, Vinciane Ollington, who launched the network in 2007. GWCH has over 20 members and 28 different therapies represented. Ripley based Vinciane commented "We have new members joining all the time at our monthly meetings. We are delighted that our Wellness Day was in support of The Fountain Centre, which enables people to experience different therapies alongside their cancer treatment. Through GWCH our aim is to help people find a more natural approach to improving their health. We were delighted with the positive response from our visitors to our Wellness Day and are planning another one for next year."

To find out more about complementary therapies, GWCH, or how to join the network see www.gwch.org.uk

Forthcoming talks

A series of talks on cancer organised jointly by Surrey County Council Library Service and The Fountain Centre, St Luke's, Royal Surrey Hospital.

8 November 2011 Barbara Want 7.30pm

Barbara Want, widow of the hugely popular Radio 4 presenter, Nick Clarke, talks candidly about her experience as a carer and grieving widow and about the pain of dealing with bereavement.

6 December 2011 Ginny Fraser 7.30pm

As editor of *Overcoming Cancer* "24 True Stories of Triumph and Hope", Ginny Fraser will talk about personal experiences of coping with diagnosis, treatment and the aftermath of cancer, and emerging as a survivor. This talk will be followed by a performance by the Singing for Well-being Group, singing songs from their home countries in Africa.

17 January 2012 Janice Day 7.30pm

Janice Day, author of "Getting It Off Your Chest", will take the fear out of mastectomy by sharing her experience in a truthful and humorous account. She will focus on life after the operation, choices surrounding reconstruction, coming to terms with a new body image and the impact on current and new relationships.

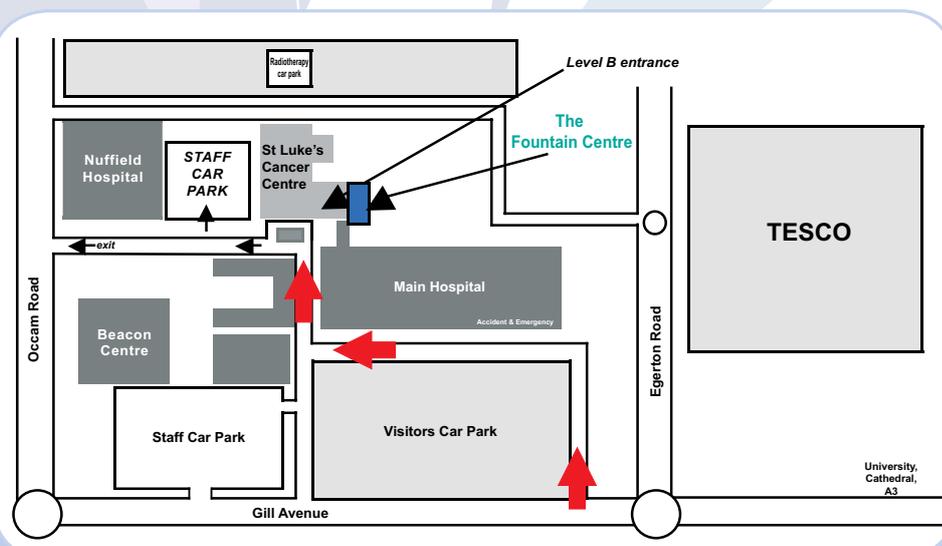
All events will be held at The Guildhall, High Street, Guildford
Tickets £5 including refreshments available from Guildford Library or call 01483 543599 for credit/debit card sales. A small handling charge per transaction may apply. Tickets also available from The Fountain Centre 01483 406618

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.



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

Telephone: 01483 406618 | Fax: 01483 408321

Email: rsc-tr.fountaincentre@nhs.net

Website: www.fountaincentre.org

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