



Welcome to your Spring issue of the Fountain Centre Newsletter. Following the completion of the centre refurbishments and new information boards, we welcomed Fountain Centre patron Kathryn Harries, the deputy Mayor of Guildford Terence Patrick and supporters of the Fountain Centre to the celebrations. Thank you to everyone who donated to this project.

Patrons



Kathryn Harries

I first heard of the Fountain Centre when a great friend of mine was diagnosed with breast cancer back in 2003. Julia had to undergo incredibly arduous

treatment for several months before having a mastectomy and the support and encouragement she received from the Fountain Centre transformed this ordeal into a much more positive experience.

When I was in the Royal Surrey in December to have a knee replacement after breaking it, Julia asked me if I would consider becoming a patron of the Fountain Centre. I was honoured to be asked and agreed.

Having lost two very close friends to breast cancer in the last two years, I am eager to do whatever I can to help the Fountain Centre raise funds to help anyone facing this modern-day scourge.

I was delighted to open the information corridor just before Christmas – certainly a first! – and looking at the stylish, soothing and tranquil surroundings, I was struck by the range of therapies available to cancer patients. Above all, the compassion and humanity that emanated from every person I encountered was remarkable.

So, having been a recipient of acupuncture, osteopathy and reflexology for many years, I realise

just how valuable these therapies are and I am very much looking forward to being involved in the promotion and development of this marvellous facility.

I hope that we shall put on a gala concert before too long, so, when we do, be sure to come along – there'll be something for everyone and you'll have a wonderful time.



David Shepherd

David Shepherd was diagnosed with prostate cancer 10 years ago. He is happy to share his experiences of his treatment and is an advocate of

routine testing to help promote the early diagnosis of prostate cancer.

David said that his own philosophy is that of a positive attitude to cancer and its treatment. His entire journey was not all pleasant. He found the tunnel of the MRI horrible, together with the noise of the building works at the time in the hospital did not contribute to a positive experience. However, after his radiotherapy treatment finished, his wife wrote the names of all the staff who had treated him on his tummy. Fellow patients and staff certainly missed his humour and morale boost. The sharing of his experiences has even taken him to Esther Rantzen's show.

David and his wife are supporters of complementary therapies working along

side the NHS. He found the Fountain Centre to be a marvellous concept and a friendly warm meeting place. He is proud to be a patron.

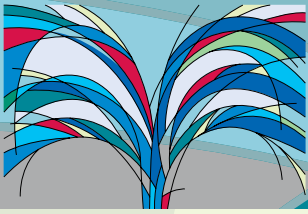
When you next visit the Fountain Centre, do look out for David's painting which he donated. The painting is called "The Lazy Hazy Days of Summer" and can be found on the easel in the main seating area of the Fountain Centre.

Diagnosed with cancer? What happens next?

The Fountain Centre is a charity for cancer patients, their carers, families and friends. You will find a welcoming smile, comfy sofas and an oasis of calm compared to the hustle and bustle of the hospital environment. We provide information, support counselling and a wide range of complementary therapies. Feel free to come in when we are open Monday to Friday 9am – 5pm.

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.





What is Hydrotherm

For the last seven years I have been a regular visitor to the Chilworth Day Centre originally five days a week and for the last year four days a week. Luckily I found the Fountain Centre within a year of starting my treatment, probably even more importantly I was invited to join the Positive Health Programme course which co-joined the Fountain Centre and Macmillan.

In September 2010 I was admitted to Onslow ward and confined to isolation in room 7 for seven weeks due to a very nasty bug apparently two and a half times stronger than MRSA. I spent a lot of my time sleeping while almost permanently attached to an intravenous drip with lifesaving antibiotics.

After about a month I felt restless, Sue my wife knew that in the past I had various treatments in the Fountain Centre, everything from acupuncture to reiki. She rang through and asked if anyone had a slot would it be possible if they could fit me in, the receptionist said she would see what she could do. The following day there was a knock on the door and one of the therapists from the Fountain Centre came in and suggested she would like to give me a reflexology, approximately an hour later she left me feeling much better. She returned about a week later and gave me the same treatment.

January 2011 I was back in room 7 and the same therapist came and gave me a reflexology treatment. I will say that all the treatments on the ward were a great tonic for me and I am sure that on all occasions my general well being has improved.

I would like to convey my thanks to all concerned they certainly helped to make me feel a whole lot better. If you have not been to the Fountain Centre you are truly missing out, it is a place of quiet and solitude (except when I'm there and my phone goes off!!) Also the garden is a joy to sit in.

Your problems do not go away but it certainly gives you a break for you and your carer, a break where if you want to you can talk to people in the same boat which helps a great deal.

Roy

Volunteering at the Fountain Centre is hugely rewarding, we "meet and greet" everyone who comes to the centre. The atmosphere in the Fountain Centre gives a feeling of calm and more importantly we can give the patients TIME, a luxury in this day and age. Patients who are clearly upset or who just need a quiet place to regroup, can face the world again after a restorative cup of tea, coffee or chat. Others can avail themselves of one of our soothing therapies or just sit and wait for blood tests, chemo etc rather than be in a hospital corridor. It's not only the patient who goes through a tough time whilst dealing with cancer, the knock-on effect touches the whole family; they are all welcome. If anyone is looking for an unbiased ear and a caring environment look no further than the Fountain Centre.

Penny



Therapy Focus – Hydrotherm



The Hydrotherm Massage is a wonderfully relaxing treatment, lying on warm bags of water; you feel your worries float away. It is unique from other types of massage as you don't have to move, the whole massage is done whilst lying on your back. You lie directly onto the warm bags and the therapist is able to massage your back by placing their hands between you and the bag, it provides a unique sensation as there is less direct pressure. Where there is tension, the body will press further down into the bed and therefore into the therapist's hand. The warm water really helps to

relax you deeper and often the pleasure of lying on the bed is just as good as the massage itself!

It is particularly useful for anyone who has breast cancer and finds it uncomfortable to lie on their front either as a result of surgery or post treatment. Hydrotherm is also very helpful for the elderly or frail. I recently had a patient awaiting a hip replacement operation who was relieved not to have to move half way through the massage and could fully relax throughout.

Feel free to come and try it out, even if you just want to have a quick lie down without a massage!

Amanda

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

YOGA CLASS with Jane Howard Mondays 1 – 2 p.m.

In the Creative Arts Room

This is a small welcoming class of Very Gentle Yoga, suitable for everyone (includes seated yoga).

Enjoy easy movements designed to remove stress from the body, emotions and thoughts.

Experience the relaxing effect of yogic breathing.

Learn useful calming practices to use at home.

Weekly bookings taken at the Fountain Centre Reception **01483 406618**



Volunteers needed

No matter how much time you have available, you can make a difference to our patients. Our volunteers are essential to everything we do. Our trained volunteers provide a warm welcome, information, counselling, and complementary therapies

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

We look forward to seeing you.

Fundraising A

We are so grateful for your continued hard work, commitment and funds raised for the Fountain Centre especially in this new financial climate. All donations will help towards maintaining and developing this valuable charity to support cancer patients, families, friends and carers. Every penny counts and helps towards the essential day to day running costs.



Santiago Trek

On the first day of our 150 kilometre fundraising walk from O Cebreiro to Santiago we emerged from simple stone lodgings to stunning views of the Galician mountains set against hazy blue skies and lakes of mist in the distance. The tiny hamlet of O Cebreiro offered a beautiful monastery, flagged streets and small stone houses all of which held stories from centuries gone by.

We passed through a number of delightful hamlets discovering ancient farm buildings, stone houses and churches; scalloped slate rooftops and friendly, welcoming locals. As the week proceeded, spectacular and relentless views gave way to pretty countryside and walks through oak and eucalyptus woods. The weather was hot, with no evidence of the heavy rainfall associated with Galicia and evenings gave way to hearty suppers washed down with delicious red wine and great camaraderie.

The pilgrims path is awash with warmth and support from people of all nations with much to entertain, interest and challenge along the way: horseback riders; cyclists young and old; and weary travellers, whose gait told a story of pain and struggle.

We were not without our own pain and struggles. Each day began and ended with a steep, and what seemed increasingly never ending, climb. Distances increased to 30 kilometres a day and we all began to experience pain of some degree, but personal resolve and support within the group was strong.

New challenges, new people, and new experiences accompanied us all the way to the medieval town of Santiago de Compostela where the Pilgrims Mass including the spectacle of the Thurible, the world's largest and unique incense burner, at the magnificent medieval Cathedral, providing us with a fitting finale for a wonderful week.

Kathy

The group was overwhelmed by the generosity of everyone and raised £36,863.74



Paula Dash has now joined the team at the Fountain Centre as a Fundraising Assistant, so if you would like to find out about any events or fundraising activities during the coming year please contact Paula on **01484 406618**.



Planned Events in 2011

30th April St George's Day evening meal at the International School, Pyrford.

Contact Gill Mc Carraher at neilandgill@hotmail.com

Tbc May 10k Charity Walk, Guildford. Contact Marion Dante at mariondante@yahoo.co.uk

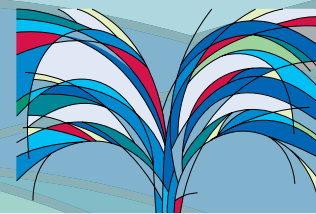
Tbc June Garden Party in the Fountain Centre Garden. Contact Gill Mc Carraher at neilandgill@hotmail.com

14th September Golf Day. Contact Bridget Duckworth at bridgetduckworth@hotmail.com

22nd July Collection in Guildford High Street. Contact Gill Mc Carraher



Activities



Fashion Show

The evening raised £10,439.29

When I was asked if I would be a model at the Fashion Show for the Fountain Centre, I was initially very excited, but my confidence waned. I never said a word and I then just thought "I can do this".

Then the big night arrived and after several rehearsals the time was finally here.

I had the most handsome fireman escorting me onto the catwalk, and there he was waiting for me, to help escort me off. Any fears were washed away, not just by the glass of red wine, but also by the support and encouragement of the audience. I felt so uplifted and confidence oozed from every pore. I even found myself giggling. The whole atmosphere was that of absolute fun and it was a real pleasure to be a part of the whole modelling experience.

It gave me such a confidence boost to be modelling as a cancer patient with no hair and feeling vulnerable. I would recommend this experience to any cancer patient.

Sylvia

Here are just some of the fundraising activities from the wide variety that have taken place recently

We have also received funds from Rudgwick music festival, Wilderness Pre-school, Farnborough College of Technology, Okewood Decorative Fine Arts Society Raffle, BOC had a Christmas raffle, Anthony Collett – Liphook Golf Club sent in early 2010 for corridor upgrade, Criminal Justice Unit Woking Police Station – no xmas cards, Katie Moran – made and sold Christmas stockings, amount raised further enhanced by Cranleigh Lions, RSCH Clinical labs – for Christmas stockings, B.O.C. Healthcare (Surrey Research Park) – Staff Christmas raffle, which B.O.C are going to match, Phlebotomy RSCH in lieu of Christmas cards, Julia Lampard Salon – collection box, Jackie Rideout for a sponsored silence, Camberley 41 Club, Karen Batterson making flower displays through her company Flower Power, Fountain Centre Christmas stall.

Thank you to everyone for all their fundraising activities.



How to donate Donate and support the Fountain Centre

There are a variety of different ways in which you can donate;

- Sending a cheque
- Online at www.justgiving.com/fcguildford/donate
- Setting up a standing order
- Organise a sponsored event for the Fountain Centre
- Organise a corporate challenge event day
- Display a collection pot in your office or business
- Become a volunteer
- Join the Supporters' Club

You can also leave a legacy to the Fountain Centre of any value. All money donated in this way will be used to improve the experience and lives of our patients and their families.

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



Dates For Your Diary

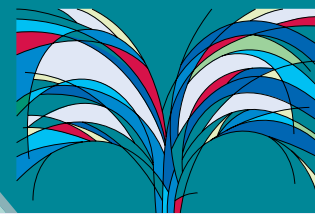
The next **Fountain Centre Fashion Show** will be on the 16th September 2011. For tickets please contact Maria Wakefield.

Wellness Day Complementary Therapies

Retail and Refreshments Free Entry
Sunday 15th May Holy Trinity Church Rooms,
Guildford High Street 10.30am – 5pm

Raffle – All proceeds of the raffle to The Fountain Centre.

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, Music Therapy, Metamorphic Touch Technique, Yoga, Meditation and Craft Workshop (once a month)



Tuesday

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



Wednesday

Counselling, MLD, CranioSacral Therapy, Reiki, Reflexology, Hypnotherapy, Meditation Visualisation, Aromatherapy, Acupuncture, Wig Cutting Service and Wig Bank

Thursday

Massage, Reflexology, Metamorphic Touch Technique, Hydrotherm, Meditation, Relaxation, Reiki, 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

1st Thursday of the month 12.30 -3pm
3rd March, 7th April 5th May, 2nd June
Creative Arts room at the Fountain Centre.

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.

The next meeting 21st April 10.15 -11.15am

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

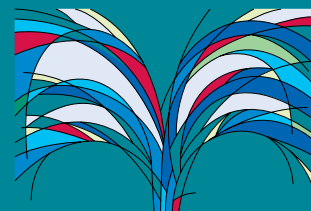
Last Friday of the month – every other month
Contact Fiona Thompson 01483 571122 ext 2038

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



New therapy at the Fountain Centre

Music Therapy

Music therapy is about finding the best way in which music can help you. No musical training is needed to experience music therapy, it is a way to develop a positive and creative means of expressing feelings that, for whatever reason, cannot be put into words. The sessions are tailored to individual needs which may include listening to music together, improvising with a variety of instruments, mainly percussion, or possibly song writing.

The sessions are confidential and can give an opportunity to feel heard, understood, and safely supported – and as a result, to be able to move forwards. Some of the aims of music therapy may be to help:

- Reduce anxieties
- Express and help understand emotions
- Regain/ develop individuality
- Develop self-awareness
- Increase motivation
- Increase confidence
- Facilitate creativity

Our new music therapist is now here on Monday mornings.



Supporters' Club

Mike Wells - Chairman of The Supporters' Club receiving a cheque for £1650 from The Forresters at their Annual dinner on February 4th 2011.

The Forresters have chosen The Fountain Centre as their annual charity.

The Fountain Centre Supporters' Club was originally formed as a social get together for patients, ex-patients, volunteers, helpers and staff. The group has now evolved and includes the organisation of fundraising activities throughout the year. 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 and invited to participate.

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

Michael Wells 01932 881547

OR

Derek Uridge 01403 752573

We always welcome new members

TOTAL FUNDS RAISED IN 2010

The Supporters' Club have raised **£11,746**

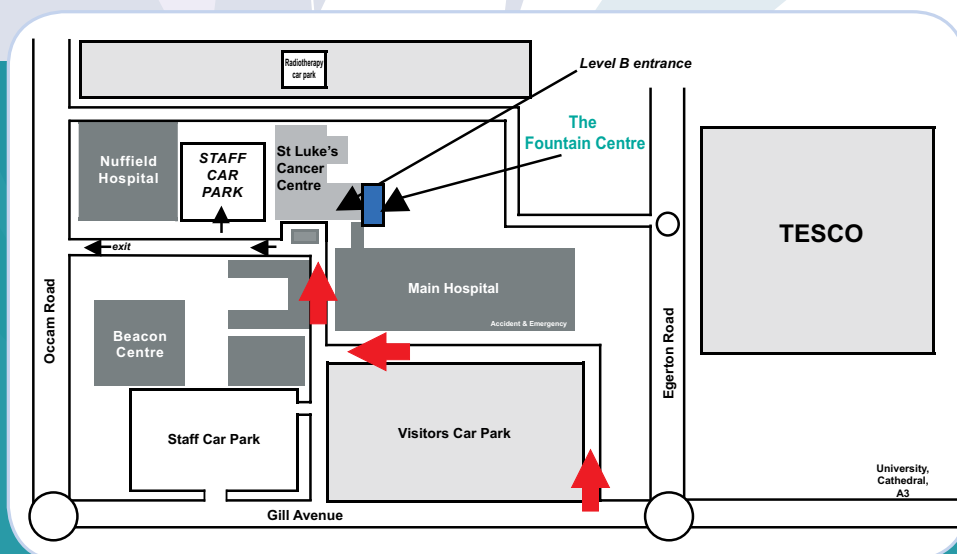


Where to find us

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

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

Telephone: 01483 406618 | Fax: 01483 408321

Email: rsc-tr.fountaincentre@nhs.net

Website: www.fountaincentre.org