

CancerWise News

Spring-Summer 2016



Activity Groups

highlights of some
of the rewarding
activities we offer



Chichester Dragon Boat Challenge

The Chichester Ball

23rd July

Plus news, events & regulars

Welcome

From Centre Manager Sophie Nussle



As we rejoice in our early summer, I should like to celebrate a facet of CancerWise that has, over the months and years, brought support, courage, enjoyment and social interaction to countless CancerWise patients, old and new: activity groups. These creative groups – currently our art groups ‘Artwise’, ‘Top C’ choir, and the monthly book club – are marked by the commitment of their participants, and their willingness to step out of their usual habits to develop themselves as artists, singers or readers.

Cancer can be an immensely isolating experience. For many, its legacy is loneliness, physical, emotional and for many, spiritual. Joining a creative group with other people who are going or have gone through similar experiences has many advantages. It allows for people to change focus away from their illness onto an absorbing activity. It awakens the creative drive – something that has been shown to lower stress and reinforce the immune system. It brings people together socially and forms friendships with people who don’t need to be told about cancer, who instinctively understand. It lowers anxiety and guides people back to a sense of pride in their achievements. It is fun, and the enthusiasm of participants is catching.

We are delighted, at CancerWise, to be able to offer all these creative activities and encourage their exploration by any who has the interest and commitment. And it is inspiring to see their current successes: Artwise was part of the Chichester Art Trail in May this year, for the first time, attracting over 200 visitors; and Top C choir, after a well-received carol concert at Brick Kiln Garden Centre – their very first public appearance - has been booked several times this year already. The book club, which meets once a month, has welcomed its two first male participants this New Year .

We are looking forward to many more successes – look out for our exhibitions, come to our concerts, take part in our Thursday morning activities and join in Qi Gong with Kim!

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Focus on Reflexology

Sarah Bain explains this popular therapy



25 years ago I trained as a Reflexologist and it has been part of my life ever since. Before that I had 20 years experience as a part-time medical secretary whilst bringing up our 4 children.

It was during that time, working for Consultants in many London hospitals, that I realised there must be more “out there” to contribute to the well-being and healing of unwell people. Then I learnt that the very best healer is oneself but, because of all the external elements such as stress, toxins in the air, injury, trauma etc. the body needs assistance to trigger, strengthen and support its own healing properties.

The curative effects of massage to the feet, (or hands), is an ancient form of healing which dates back at to early Egyptian, Chinese, Japanese and Indian cultures. Reflexology is a method of touch to the feet or hands, which causes stimuli to the entire body resulting in deep relaxation and rejuvenation as your own personal healing properties are aroused. You will only be required to remove your shoes and socks. Whilst relaxing on a couch, the Reflexologist will massage your feet using gentle pressure to stimulate the circulation. A reflexology treatment will soothe and relax you, whilst gently stimulating the body’s self-healing capacity.

Following illness, stress, injury, trauma, or disease, the body’s natural balance is upset disturbing vital energy pathways. Reflexology treatment assists in releasing these blockages therefore allowing the body to restore its own healing mechanism to its best advantage. It is a gentle therapy that is simple, safe and effective. The results can be amazing.

It is with much gratitude that I am able to part of CancerWise. It is a centre that not only supports those involved with cancer, the clients and carers, but also enables the therapists, by providing workshops and meetings, to continually learn and develop and participate.

Collecting for CancerWise

Whether you love them or hate them, they remain a valuable way to raise awareness and money for CancerWise.

Over the years as the number of charities rises and the opportunities to donate multiply and change, the amount of money we can collect outside supermarkets has fallen. But once we have secured a date for a collection, and persuaded a team of volunteers to give up a couple of hours of their valuable time, it's an easy and reliable way to raise several hundred pounds and at the end of the day all you have is money – no left over goods to sort and store!

Supermarkets have also changed the way they wish to support local charities – Waitrose and John Lewis have the green token scheme; Sainsburys and Marks and Spencer like to adopt a local charity for a year; we are trying to take advantage of the different opportunities this presents and in December we received a £250 gift voucher for Homebase and Argos from an online supermarket draw and £450 from the Waitrose green tokens in Chichester.



Our aim is to have one supermarket collection each month. We have already completed two:

- Tesco Chichester Saturday 22 April
- Tesco Bognor Friday 20 and Saturday 21May
- We have one booked for later in the year at Rams Walk, Petersfield Saturday 26 November – the day after Black Friday

If you are able to help at a collection this year, please don't hesitate to contact Christine. The more collectors we have, the more money we raise. And if you see CancerWise featured as a good cause in one of the supermarkets please consider us for your token!

Emotional Freedom Technique: the benefits.

Emotional Freedom Technique, known colloquially as EFT, is a powerful therapy that combines touch and words, to break through stubborn blocks to wellbeing in our unconscious mind. EFT provides relief from chronic pain, emotional problems, disorders, addictions, phobias and post-traumatic stress disorder. It also strengthens the immune system, thereby helping the body fight off physical disease. The EFT practitioner will tap the person receiving the therapy on several of the acupuncture points, repeating, with the client, some affirmations related to what is troubling the person at that moment. The EFT practitioner will also teach self-tapping, so that the client can continue their therapy at home, whenever needed. At CancerWise, we offer EFT in two ways: the first Tuesday afternoon of every month, Sue Miller, our practitioner, offers three individual sessions to clients. We take bookings in advance, so make sure you phone or pop in to book your session! In addition to these private sessions, the centre organises regular EFT demonstrations during our Open House sessions on Thursday mornings (for dates, see the 'What's On at CancerWise' email, check our website or pick up our Open House programme at the centre).

Leave a Legacy

Leaving CancerWise a legacy ensures that our work continues over years. It allows us to thrive and grow, reaching more local people who have cancer, and their families. There are several ways in which you can leave a legacy:

Residuary gift – a gift of any portion of your estate that remains after payment of debts, administration expenses and distribution of any specific gifts.

Pecuniary gift – a gift of a specific amount of money you desire to donate. Such gifts can be expressed to be 'index linked' so as to allow the sum gifted to hold its value in line with inflation.

Specific gift - a gift of a specific item you wish to leave, eg. Jewellery, artwork or furniture.

Activity Groups: art & crafts



Having fun setting up the Art Trail – ArtWise, the art groups



Moira Strickland teaching pottery painting at a Thursday Group Open House



Top C choir performing at the Brick Kiln Café CancerWise coffee morning

Qi Gong with Kim

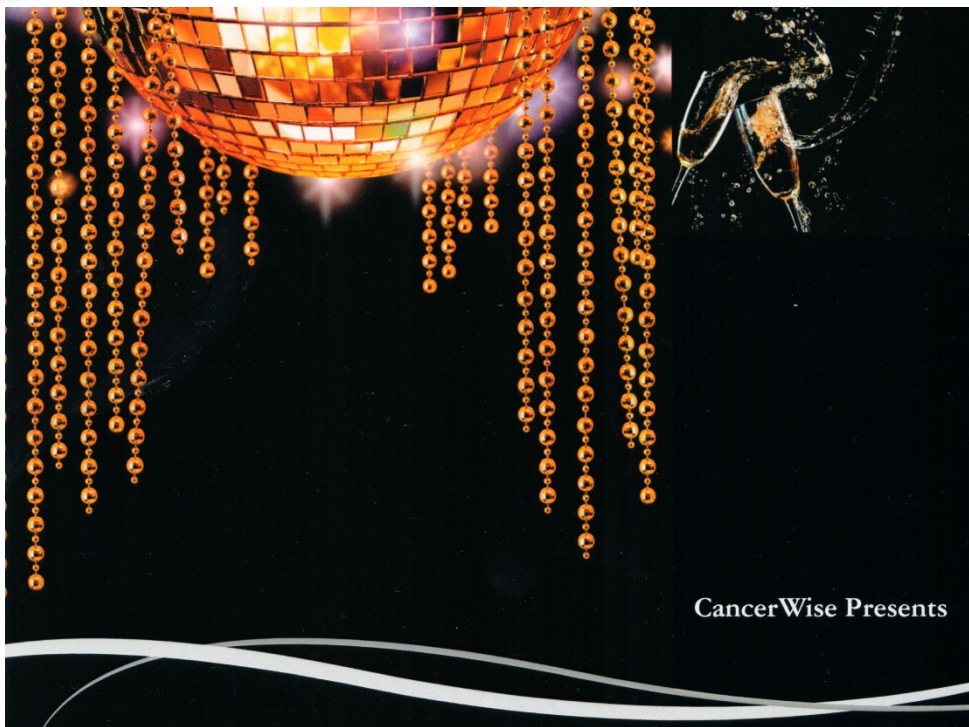
Every other Wednesday at CancerWise, Kim Lovelace leads a class of Qi Gong. What's that exactly, you might ask? Qi Gong, pronounced Chee Gong, is a self-healing method that requires no strength, no effort, and very little time. It's so safe that young children and the elderly can use it. When practised correctly, it circulates your life force energy through your body and activates your cells. As you feel this, your life force energy takes your attention and brings it inward. As it grows, your mind connects to the present moment into total relaxation and calmness. This energy manipulation can be used to heal, strengthen, and nourish your body.

Qi is invisible. You cannot see it, but you feel its existence. As It travels through the energy highways of your body, it beats your heart, nourishes your muscles, and even give rise to your conscious activities. This is Qi Gong – "Qi" meaning energy and "Gong" meaning cultivation.

Qi Gong with Kim, alternate Wednesdays 3-4pm, CancerWise Centre.

For all activity groups timetables, see the back of the Newsletter.

Forthcoming Events



CancerWise Presents

Welcome Drink
3 Course Dinner Coffee
The W.I.P Live Band
DJ
Casino Tables
Raffle & Auction

Enjoy our 2016 Charity
Dinner & Dance

Eat, Drink, Be Merry &
Dance the Night Away!

THE CHICHESTER BALL

Charity Dinner & Dance In Aid of CancerWise

Saturday 23rd July 2016
At The Chichester Park Hotel, Chichester PO19 7QL
7pm until late

Tickets in advance £45 per person

Black Tie or Dress to Impress



www.cancerwise.org.uk

Contact Emma Neno
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07990 588183

Registered Charity No. 290574

Prory Rotary Chichester Dragon Boat Challenge

12th June Chichester Canal Basin 10am-4pm.



This a fantastically fun event organised with the Rotary Club of Chichester Priory. For more details please visit the event website www.chichesterdragonboats.org.uk . To sponsor us, please visit the JustGiving Priory Rotary page.

Garden Show at Stansted Park

Friday 10th, Saturday 11th and Sunday 12th June.
Cancerwise will be organising a tombola each day.



These two events fall on the same weekend and are both great opportunities for CancerWise to raise substantial funds. Come along to both!



Croft Meadows Lottery

On the 10th June, we will be putting some very special raffle tickets on sale. **Patricia McLaughlin and her fellow Croft Quilters in Selsey have created a beautiful and intricate quilt for a double bed, called 'Croft Meadows', and donated it to CancerWise to raise funds.**

There will be other fine prizes and we hope that many of you will buy tickets and tell your friends. The draw will be on the 24th September at a Bring And Buy event at CancerWise.

Mewsbrook Park Fun Day, August 2016

Mewsbrook Park Café will be organising another of their marvellous Fun Days during the summer holidays, to benefit CancerWise. Watch out for email and centre updates for dates and times!

Interview with John “PJ” Lord, Artwise



“Four years ago, I was diagnosed with terminal cancer and given 18 months to live. At the same time, my wife developed a heart condition, and died after surgery. A year after her death, I hit a rough patch and eventually reached the bottom.

“I knew a lady whose daughter was the then centre manager of CancerWise, Diane. She urged me to try CancerWise.

Initially, I was coming for counselling, but I arrived one Tuesday morning while Artwise were meeting, and was immediately ‘hijacked’ by John Read, the mentor of the Tuesday art group.

“I had never painted before and the last time I did any art was at primary school. Having started art at CancerWise, I found it was a reason for me to get up instead of wallowing. I was doing something enjoyable, and meeting people with similar problems to mine. At first I found it a bit intimidating, as I didn’t consider myself at all artistic. But the fact that John Read pushed me and challenged me was good. It forced me to focus on something else than my cancer and the loss of my wife.

“Now Artwise meets twice a week, on Tuesdays and Wednesdays, with two mentors – John Read and Sue England. I go to both as I enjoy both the art and the company, and I bring a cake I make specially.

“The primary reason I keep coming is companionship. You don’t feel you have to explain yourself or even talk about the cancer or the loss or the fear. You feel understood. Artwise is friendly and welcoming from the start, not at all clickey. There is no need for previous art training: John and Sue will take you exactly where you are. I’m proud of what I achieved under their mentoring. And everyone loves my cakes!

“There is a wide range of people and ages, and we have as much fun as we create art – Tuesdays and Wednesday mornings are filled with laughter at CancerWise, even though many of us are sick with cancer or have suffered a loss.

“Recently, I joined the CancerWise book club, and I’m happy about it. I love to read and seized the opportunity when a place became free in the book club. I think it’s lovely that you can do so many activities at CancerWise, and develop your creativity.

Thank Yous

Over the last few months many people and businesses have helped us to raise funds and awareness for CancerWise; we are very grateful to everyone for their support.

L. Guess Jeweller's for their brilliant Deck the Halls campaign, raising £530.

Keith and Helen Baxter, for organising the wonderful **After Christmas Party** at Walberton Village Hall on the 6th February, which raised £1500 for us.

John Rank, for sponsoring our Dragon Boat Team.

Andrew Dascalopoulos and his **All Blues** band organised a terrific gig in aid of CancerWise at the Chichester Inn, raising nearly £500 for us.



Colin Porter flashing the readies at Brasserie Blanc

Store Properties for a generous gift of £5000, much needed and appreciated!

Brick Kiln Garden Centre Café, who organised a coffee morning for us, with a performance by our choir, Top C. This raised nearly £200.

Brasserie Blanc in Chichester and **Colin Porter**, who organised a dinner, grand raffle and auction that raised £2600.

Marian Stapley and George Jones, who walked the South Downs Trail for us, raising £750.

Mewsbrook Park Café, in Littlehampton, who organised a Fun Day in aid of CancerWise, raising £500 for us.

Sue England and John Read, who curated our Art Trail exhibition, working with the artists to select the works and set up the centre as a gallery.

The Emsworth Community Health Group and the Havant Complementary Health Group, for their generous support of our projects.

And all the generous and energetic individuals who have given time and money over the past few months so that we may continue to deliver first-class services to people affected by cancer and their families.

Timetables of groups



Weekly Groups

Artwise: Every Tuesday from 10 a.m. to midday, led by John Read
Every Wednesday from 10 a.m. to midday, led by Sue England

Top C: weekly, at The Studio, New Park Centre, every Wednesday at 1.30pm.

Open House – Every Thursday from 10 a.m. to midday. An open session with a variety of facilitators, speakers and activities

Fortnightly groups

Qi Gong with Kim: alternate Wednesdays, 3pm-4pm. Inquire for dates

Monthly Groups

Stoma Support Group – Second Monday of the month from 10.30 a.m. to midday

Book Club – Tuesday afternoons (various) – for more information and dates contact the Centre.

Younger Adults Group – Meets at CancerWise on the first Monday evening of every month. Call Macmillan Chichester or CancerWise for details.

Between Friends' Breast Cancer Care Group – Third Monday of the month from 11.00 a.m. to 12.30 p.m.

Secondary Cancer Support Group – Meets at CancerWise and occasionally at the Orchard Centre. Call CancerWise or Macmillan to enquire

Monthly Mindfulness Meeting – Varying Wednesdays each month 7.30 p.m. to 9 p.m.

Living Well Group, a bimonthly meeting for those who have done the Living Well course. Dates advised by email on What's On at CancerWise.



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