




2012 Annual Review

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SECHC aims to give any person affected by cancer an opportunity to explore ways which may help them to cope with their situation. Confidentiality is always maintained. The Centre aims to respect and support them in the choices they make and to provide individual and group support, complementary therapies and information within a friendly, caring environment. These services have local NHS recognition.
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Our policy is to provide time and support in addition to that available from healthcare professionals at a notional cost to the Member. We give information but not advice about cancer and its treatment.
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Our strategy is to remain a well managed independent charity, staffed predominantly by trained Volunteers, with professional guidance and support. We aim to be well known and respected in our community. We seek to retain sufficient financial reserves to cope with fluctuations in fundraising and grant aid.

What others say about us...

Ian Swift

“The South East Cancer Help Centre is a beacon of support and good practice. It has provided support and care for many years to people who are facing one of their greatest challenges.



A wide range of therapies is provided to address **people’s varying needs within a kind and caring atmosphere.** Perhaps just a cup of tea and a chat is needed and that too is readily available.

“The Cancer Centre is a beacon of support and good practice. It has provided support and care for many years to people who are facing one of their greatest challenges.”

Some support is offered in group settings and talks on relevant topics are provided.

Such places as the South East Cancer Centre Help are rare; we are lucky to have such a vibrant and dedicated Centre with its excellent staff and **volunteers.”**

- Mr Ian Swift is a Consultant Colorectal Surgeon and Clinical Director for Planned Care at Croydon University Hospital

Sally Found

I was a GP at Parkside Practice in South Croydon for 20 years. My patients who had been diagnosed with a cancer told me how much it was helping them to go to the South East Cancer Centre Help in addition to the help and treatment they were receiving from hospitals, our practice and other health professionals. I welcomed this and was pleased to join the board of Trustees in 2010 after I retired.



The Centre is brilliant at providing further support for patients, their families and carers in a relaxed and non-clinical setting. It is very welcoming and people are able to partake in activities, groups and therapies and meet others, in a friendly and non-frightening environment.

“The Centre is brilliant at providing further support for patients, their families and carers in a relaxed and non-clinical setting.”

It is held in high regard by local medical practitioners who, like me, recognise what it offers as a valuable addition to medical treatments.

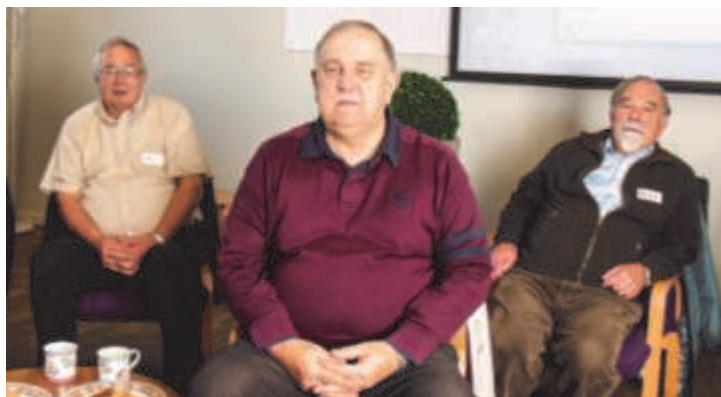
- Dr Sally Found is a retired GP and is a Trustee of the South East Cancer Help Centre

Prostate Support Group

Over the past ten years, treatments for prostate cancer have changed dramatically. When diagnosed now, there are more options than ever and the benefit of attending the group is that the men can openly discuss their own treatments and the reasons for their choices. This gives a totally unbiased view and an insight into some of the side effects encountered and ways of dealing with them.

The most noticeable difference between 2002 and 2012 is that many now come to the support group before making their treatment decision, instead of afterwards. Some have decided to opt for a treatment not offered as standard, which may decrease some side effects such as erectile dysfunction and incontinence. Several have now had this treatment called HIFU and are doing very well but, of course, it would not be appropriate for everyone.

Chris Davis, one of the Members, shares his story, "Being told you have Cancer is a real gut wrenching experience. In my case I could not comprehend how my friends and family would cope with my bad news; I was worried more for them than myself. Then I realised I must be positive for them and more importantly for me. Amongst all the information I was given were the details of the Centre Support Group which I decided to give a try in order to help me understand my options.



I cannot speak highly enough of this support group who right from the start were welcoming, entertaining and understanding of my journey to try and beat my cancer. The friendly atmosphere at the sessions enabled me to understand various treatment options, problems from side effects and coping with sensitive issues with a sense of humour. It made me realise that life is so short and that we must live life to the fullest enjoying our quality time.

"The sense of humour, sensitivity, empathy and support is outstanding."

There are fantastic members of the group who have successfully beaten their cancer but still attend meetings to offer support and advice and are available for follow up personal phone calls. Having cancer is a serious issue for people to deal with but it is a great feel good experience at the support group for everybody who attends. The sense of humour, sensitivity, empathy and support are outstanding.

I strongly believe that all persons diagnosed with cancer should be encouraged by the medical staff to make the effort to attend these support groups to discover those who have been through similar challenges who can tell of their personal experiences separate to medical advice. If this support group is not for them then so be it, but at least they will be aware of the **fantastic work of the support groups."**



MASSAGE is one of the oldest therapies in existence and is a form of structured or therapeutic touch which can be used to relax and relieve muscle pain and tension.



AROMATHERAPY involves the use of natural oils extracted from flowers, plants or trees. The oils are used during massage and are believed to have therapeutic properties.



REFLEXOLOGY is a specialised form of foot massage. It involves the application of gentle pressure to specific points of the feet known as reflexes.



SHIATSU is based on the idea that good health depends on the balanced flow of energy through specific channels (meridians) in the body. Many people find shiatsu relaxing, re-energising and that it eases pain and other symptoms.



HEALING is the transference of energy to the patient by the healer allowing the mind and emotions to relax.



REIKI is a Japanese word meaning Universal Life Energy. The patient lies on a couch and the practitioner places their hands non-intrusively in a sequence of positions which cover the whole body. The aim of Reiki is to treat the whole person.



HYPNOTHERAPY allows a deeply relaxed state and then uses positive suggestion to help deal with whatever problems or symptoms the patient has. The patient is always aware of what is happening and remains in control throughout.



NUTRITIONAL THERAPY provides help with the vital nutrients required to support your **body's immune system and repair functions.**



YOGA within a group encourages balanced and holistic development through slow gentle movements, particularly suitable for people with or recovering from cancer.



TAI CHI is a group activity which is a gentle form of exercise, with movements that flow into one another. It also works with the mind, body and spirit.



COUNSELLING helps to deal with the wide range of emotions often experienced following a diagnosis of cancer. Seeing a Counsellor helps bring an objective view to issues and can enable a person to see things more clearly, take control of their life and even discover new strengths and resources within themselves.

A year in the life

June Whitfield, CBE
SECHC President



The South East Cancer Help Centre's role in helping to support people affected by cancer is more important than ever at the moment as cuts in the NHS mean more and more people are turning to SECHC for help.

I am pleased to say that the range of holistic therapies and services offered continue to diversify and grow whilst the refurbishment which took place this year has rejuvenated the Centre and has made the atmosphere even calmer, warmer and more inviting.

The Centre has a reputation of excellence within the field of complementary therapies and this is totally due to the professionalism of its Therapists and Staff and the dedication of its Volunteers.

I would like to thank them and you for supporting SECHC and would urge you to continue to do so in these difficult times so that the **Centre can continue to make a real difference to people's lives.**

Supporters' Soirée

In October the Trustees of the South East Cancer Help Centre and our President June Whitfield, CBE, hosted a **Supporters' Soirée to thank local people, businesses, organisations and Charitable Trusts for their help and support over the past few years.**

The evening gave the guests a chance to tour the newly refurbished Centre and enjoy a taste of some of the therapies that are offered to Members.

A special mention must be made of two young supporters, Luke Vaz and Frances Russell who raised around £10,000 for us.



Left to right: Luke Vaz, Jennifer Mollett, June Whitfield, Frances Russell, Liz French

Ascot Day

In June a sea of colour washed over Woodcote Park Golf Club as over 80 people dressed up as if they **were actually going to Ladies' Day at Ascot races. A champagne reception was followed by a sumptuous meal and a large screen ensured that everyone was able to follow the races. Laughter filled the air as people cheered their horses on and a raffle and activities like "Heads & Tails" ensured that everyone was entertained between races. The event, which was a huge success, was organised by the Ladies' Captain, Veronica Delahunt and raised over £3,500 for the Centre.**

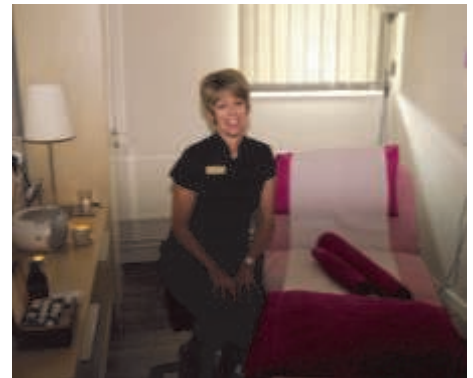


of the Centre

THERAPEUTIC ACTIVITIES

THERAPIES

We have maintained our range of one-to-one therapies to provide Counselling, Aromatherapy, Reflexology, Reiki Healing, Massage, Spiritual Healing, Shiatsu, Hypnotherapy and Nutritional Therapy. These are available by appointment at the Centre in Purley.



Therapeutic massage at the Centre



Ovarian Cancer Support Group



Breast Cancer Support Group

SUPPORT GROUPS

- Our Breast Cancer Support Group meets on the third Tuesday of each month.
- Prostate Cancer Support Group meets monthly on the first Monday of each month.
- Bowel Cancer Support Group meets monthly on the first Wednesday of each month.
- Ovarian Cancer Support Group meets monthly on the second Wednesday of each month.
- Liver and Kidney Cancer Support Group meets irregularly; please contact the Centre for more information.

Macmillan/Croydon University Hospital Partnership

In conjunction with Macmillan, our Therapists provide aromatherapy, healing and reflexology sessions at Croydon University Hospital three days a week.

Citizens Advice Bureau

Citizens Advice Bureau offer sessions twice a month at the South East Cancer Help Centre (funded by Macmillan).



Fundraising

The prevailing economic climate continued to challenge our fundraising endeavours and we were indebted to the commitment and generosity of our supporters in such difficult circumstances.

Competition for funds continued to be intense and affected most income streams. However, a very generous legacy from the late Miss M S Seagrave made a substantial difference to our income and we were very grateful to her for helping the Centre in this way. If anyone would like to help us in a similar way, information on leaving a gift in your will can be found on our website. We were also very moved by the number of In Memoriam donations that were received at the Centre in the past year.

In broad terms, our main fundraised income came from:

• Members, friends and the general public	£44,300
• Charitable Trusts (“CT”), Foundations, Companies and other organisations	£74,500
• Fundraising Events	£25,100
• Legacies	£37,400

Charitable Trusts continued to be our main source of fundraising income and we were very appreciative of all the Trusts that kept faith with us despite the many challenges they faced with increased applications and turbulent stock and property markets.

Fundraising from the community was particularly strong especially from the world of golf with the Coulsdon Court Artisans Golf Club, the Jinxsters Golf Society and the Woodcote Green Golf Club Ladies Section raising a combined total of £13,600.

We ran a variety of events ourselves - Fashion Show, Easter and Christmas Fairs and a Quiz Night to name but a few - and were heartened by the number of wonderful people who supported them. Our Grand Spring Raffle was again a huge success and made a net profit of £3,000 (£500 up on the year before). One of the highlights of the past year was the Fundraising Dinner at the Old Palace of Westminster where 50 guests enjoyed an hour-long tour, followed by drinks in the Terrace Bar and a sumptuous dinner. This event was made possible by Richard Ottaway MP who has been a loyal supporter of the Centre for a number of years and he is very generously allowing us to repeat the event in 2013 as part of our 30th Anniversary Celebrations. However, none of these events could take place without the invaluable help of our Volunteers and the Members of our Centre Supporters Club who work so tirelessly to help me with fundraising.

We continued to receive many donations from individuals, local groups, churches and our direct mail appeal and wish we could mention all those who gave so freely to keep the Centre going. We do try and list as many as possible in our Focus on Fundraising Newsletter and have re-designed the back page to give us more space. However, we cannot publicly thank everyone but suffice to say that were it not for the generosity of our Supporters and Volunteers we would be unable to help the many people living in our local community who are affected by cancer.

Thank you all very much indeed.

- Liz French, Fundraiser

Special thanks go to the following organisations and individuals that each gave £500 or more.

- The Ian Askew Charitable Trust
- The Calleva Foundation
- The Coutts Charitable Trust
- The John Cowan Foundation
- Croydon Relief in Need Charities
- The Mildred Duveen Charitable Trust
- The Ros Harding Trust
- The Hiscox Foundation
- Hospital Saturday Fund
- The Ingram Trust
- The Lady Eileen Joseph Foundation
- The Kathleen Laurence Charitable Trust
- Raymond and Blanche Lawson Charitable Trust
- The G J and S Livanos Charitable Trust
- The Morgan Charitable Foundation
- Murphy-Neumann Charity Co Ltd
- Pink Ribbon Foundation
- The C A Redfern Charitable Trust
- Sir James Roll Charitable Trust
- The Samuel Sebba Charitable Trust
- The William Allen Young Charitable Trust
- John Lewis at Home, Purley
- **Sainsbury's, Selsdon**
- The Coulsdon Court Artisans Golf Club
- The Jinxsters Golf Society
- Woodcote Park Golf Club Ladies Section
- St John the Baptist Church, Purley
- Purley Baptist Church (Quiz Night)
- Sue Berry (Barn Dance)
- The Bunce Family
- David Eaton (Selsdon Half-Marathon)
- Julian Heslop
- Miss Ms Seagrave (Legacy)
- Linda Seal (Birthday Party Donations)
- Margaret Thomas
- Liz and Lionel Young

Jennifer Mollett, our Chairman says “We send a big public ‘Thank You’ to everyone whose generosity helped us and especially to all our fundraising Volunteers who tirelessly gave their time, energy and enthusiasm to make our events such a huge success.”

We continue to be grateful to Tesco who provide our accommodation at Purley free of rent.

Finances

The Centre relies entirely on donations, legacies and fundraising income to provide its services with no funds coming from local or central Government. Income has come from a large number of different sources, which are described below and on page 6.

Our main item of expenditure is on direct costs of our charitable activities. This includes salaries and related costs for our staff, fees paid to therapists, counsellors and group leaders for the services they provide and costs of drama, outings and other events.

Both our income and our expenditure include an amount of £20,000 which represents our valuation of the rent that we would pay for our premises if they were not provided rent free by Tesco. This has no impact on our financial performance.

The net assets held by the Centre at 31 March 2012 were £140,900 compared to £154,800 at 31 March 2011. The decrease reflects the net outgo over the year (£13,700) plus a small decrease in the value of our investments (£200).

The Company has no share capital, so all these assets are held as reserves. Part of these reserves, totalling £10,500, is set aside for designated purposes specified by the donors.

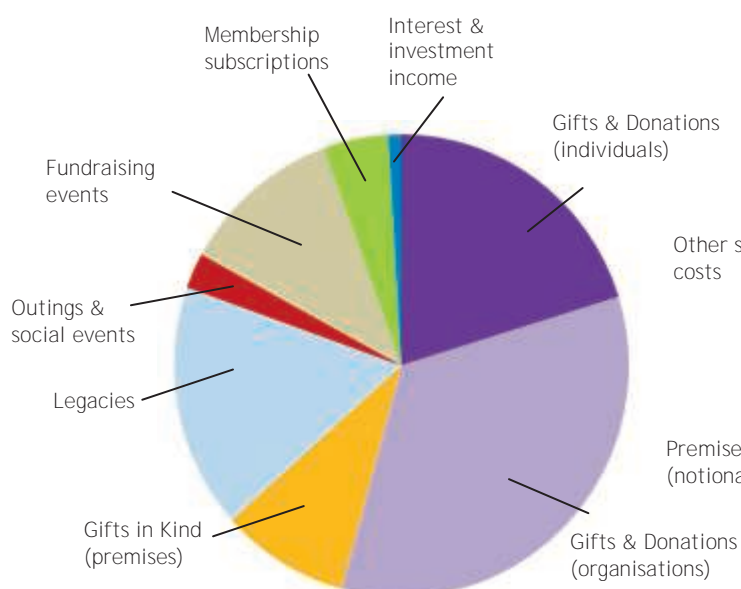
The remaining reserves of £130,400 are required to provide a cushion against adverse future contingencies and to meet anticipated **additional expenditure for actions set out in the Centre's Business Plan. This amount is just above the lower end of the target range in the Centre's Reserves Policy.**

The financial performance for the year, whilst better than last year, reflects the continuing problems in raising fundraising income caused by the difficult economic circumstances. Strenuous efforts continue to be made to improve the position.

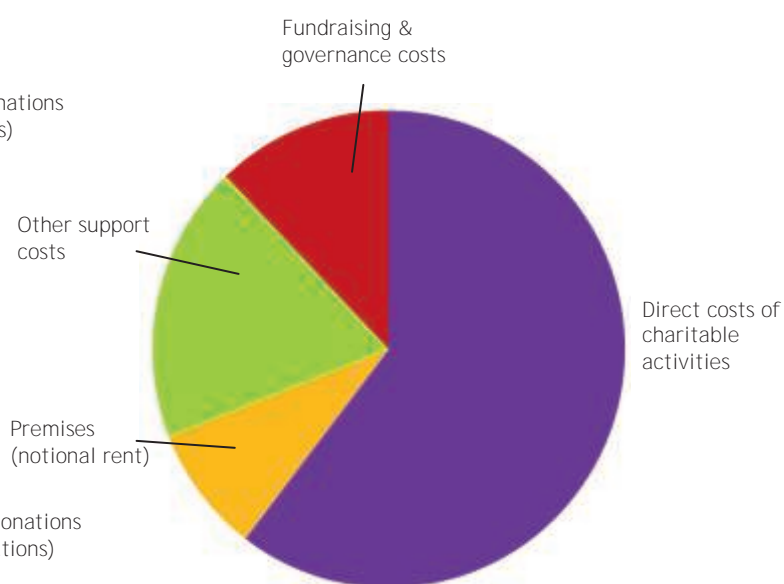
Financial Performance over the year to 31 March 2012

- Total income £218,800
- Expenditure £232,500
- Net Outgo £13,700

Where the money came from (2011/2012)



How the money was spent (2011/2012)



These figures are based on the audited Financial Statement of the Centre for the year ending 31 March 2012.

The Annual Report and Financial Statement are available on request.



Our Volunteers

The Centre is fortunate to have the commitment of over 60 Volunteers, all carrying out different roles, which enables it to continue providing services for the benefit of those with cancer and those close to them.

During the last year, Volunteers have provided over 11,000 hours to the Centre. We have an ongoing need for admin volunteers.

President

June Whitfield CBE

Vice President

Malcolm Wicks MP (deceased)

Patron

Richard Ottaway MP

Trustees

Jennifer Mollett, Chairman
 Sue Taylor, Vice Chairman
 Mike Jones, Treasurer
 David Mollett, Company Secretary
 Graeme Collins
 Antonio Barranco
 Dr Sally Found
 Gary Das
 John Manley
 Peter Mills
 Joy Perkins
 Eve Smith
 Michael Tubbs

Executive Committee

Jennifer Mollett
 Sue Taylor
 Mike Jones
 David Mollett

Staff

Nina Guha, Centre Manager
 Liz French, Fundraiser
 Tom Vaz, IT Officer

South East Cancer Help Centre
 2 Purley Road (Tesco Development)
 Purley, CR8 2HA
 Tel: 020 8668 0974
 Email info@sechc.org.uk
 Web: www.sechc.org.uk
 Registered charity number 1011509



Bev Carter

I volunteered to help at the Centre about 5 years ago, and since then have worked four hours a week as a Receptionist first on Friday afternoons, and now Tuesday evenings. Different days see different Therapists and different Members come to the Centre and there can be a different feel to the place according to how busy we are, whether noisy group activities (such as drama and choir) or quieter one-to-one therapies (such as counselling or Reiki) are taking place. Always, however, there is a tangibly happy and positive feel to the Centre, and I find the time interacting with patients & carers, as well as the Therapists, other Volunteers and

Members of staff both stimulating and rewarding.

My father's own cancer diagnosis resulted in my witnessing the cancer 'journey' at close quarters, and I am even more aware now of how much benefit the services which our Centre offers can be, both to the patient and their carers.

My background is in IT, so I was keen to assist in last year's implementation of a computerised appointments system. I am also learning to update the Centre's website, in addition to the regular Receptionist's duties.

Keith Savigar

After fully retiring in September 2009, I started looking for some voluntary work and saw the Centre's request for an admin person to help with fundraising. After attending an interview, I was very pleased to learn that I had been accepted and subsequently started at the Centre in March 2010.

It was not an easy introduction for me as my role included taking over the running of a very complex, though highly effective database system from Geoff Downs its designer and administrator for over 8 years. I therefore found it challenging but also extremely satisfying to know that I was actively raising valuable finance for the Centre. Now I fully know what I am doing the reward for me is even greater.

It is a joy to be involved with the SECHC where the atmosphere is always warm and very friendly.



Kate Finch-Smiles

I have been a Volunteer at the Centre since I retired from my nursing career more than 10 years ago.

My husband Ian died from Lymphoma 19 years ago after many years of illness, and I thought with my professional experience and those of a carer I would have a lot to offer the Centre.

I believe that the modern hospital environment leaves experienced nursing staff too little time to spend listening to patients and offering care and support. This is something I have been able to do at the Centre.

However I can honestly say that I have gained so much more than I have given.

I am the group leader for therapeutic Tuesdays and it has been a privilege to work with such inspirational people at the Centre.

Our group is small but offers great support to each other and enjoy a huge variety of activities and experiences including music, dance and poetry, discussions, exercises and much more. These are all carried out in a caring and supportive environment.

My Tuesdays are very special to me.

