

# South East Cancer Help Centre

Celebrating our Pearl Anniversary  
30 Years of Caring



# Annual Review



2012/2013



-  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.
-  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.
-  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...

Adam Stacey-Clear



**“Patients with cancer** sometimes enter a phase of chaos and I was overwhelmed by the extraordinary friendship and comfort that your Centre provides.

We are all human beings **together in life’s journey** and sometimes things get thrown at us that we do not like. The Cancer Help Centre provides physical and mental support for patients at this difficult time.

**“We are all human beings together in life’s journey and sometimes things get thrown at us that we do not like. The Cancer Help Centre provides physical and mental support for patients at this difficult time.”**

I personally believe that the strength of psychological or mental reaction for dealing with the diagnosis of cancer is very important in terms of getting through it and your Centre goes a long way to help achieve this.”

*Mr Adam Stacey-Clear is Lead Clinician Thyroid Cancer, Consultant Breast & Endocrine Surgeon and Responsible Officer for GMC Revalidation at East Surrey Hospital*

Yvette Hopley



**“As Mayor of Croydon, I** am pleased to support the South East Cancer Help Centre as one of my chosen charities.

The Centre plays an extremely important role in the London Borough of Croydon offering a warm and professional place of safety and security to all who call at its door.

Both my parents and my grandmother had cancer and I know how important it is to have a support network to get you through difficult times.

**“The Centre provides a warm and friendly professional service to all who call at its door.”**

The Centre does such a wonderful job of supporting those diagnosed with cancer and their families, offering everything from therapies that complement medicines to a nice cup of tea and a chat.

During my year, I will be holding a number of functions to raise the profile of the good work undertaken by the Centre and look forward to **presenting a cheque at the end of my year.”**

*Councillor Yvette Hopley is Mayor of Croydon*

## Mindfulness Meditation

The Meditation and Mindfulness group started in January 2010 when mindfulness was as yet still a relatively unknown therapy. It is run by **Robin Moore** who says, **“Mindfulness can be difficult to pin down at the best of times, but in a nutshell it could be described as ‘Being wholeheartedly present in everyday moments in our life, paying full attention to what we are experiencing in a non-judgmental way’.**

In conjunction with learning mindfulness, we do a formal meditation practice which strengthens mindfulness. People can discover more pleasure in unexpected moments and a greater freedom to deal with life's struggles and stresses in a calm and constructive way. As we cultivate this attitude of mindfulness, we tend to find a growing sense of peace and ease in the way we live our lives.

The meditation practice is simply resting as effortless, choice-less, silent awareness allowing what happens to happen. I keep the meditation practice as simple as possible as too many methods will come between the client and what they hope to achieve. There is no chanting or sitting in uncomfortable poses; it is all very civil and we even have tea!

Sometimes during meditation, we listen to music or even the traffic outside the window; it helps us cultivate the practice of simply **observing the mind.”**



**Kathleen, one of the Group Members, tells her story, “When I stumbled into Mindfulness, I was angry and fearful. I had cancer and was overwhelmed by my personal circumstances. I began regular mindfulness classes with Robin which changed my life. In meditation, I could learn to accept the chattering mind and understand how much I lived in the thoughts. I found being present in the moment gave me the space to accept what was happening in my life without needing to be in permanent control.”**

Peter has **attended the group since May 2011. “I first heard about it through my wife who was recovering from cancer. I came carrying a lot of emotions associated with my wife's illness. I was also experiencing unhealthy stress at work.**

**“Mindfulness and practicing meditation over the last couple of years has awoken in me the joys and pleasures of living.”**

However, through attending this group, I have found a sense of **relaxation. This ‘peace of mind’ has been facilitated to me through Robin's input and what the group members have shared about their lives. I have found how much our minds and thoughts can take us away from living now and can also cause unnecessary suffering.**

Gradually, learning and reading about mindfulness and practicing meditation over the last couple of years has awoken in me the joys and pleasures of living.”



**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.



**MINDFULNESS** within a group can help develop the skills to face stressful situations with more calmness and clarity.



**FACIAL** is a form of massage of the face, neck and shoulder; it creates a feeling of wellbeing and relaxation using cleansing and hydrating extracts.



**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

January 2013 saw SECHC celebrate its 30th Anniversary and I would like to take this opportunity to thank past and present volunteers, staff, therapists and supporters for making the Centre a safe haven for anyone affected by cancer for all those years.

Time and again I hear stories of how everyone at SECHC has made such a difference to someone's life and my wish is that we continue to not only provide but improve the services we offer for another 30 years.



The Centre enjoyed many fun events last year celebrating the Olympics and the Diamond Jubilee. The Olympics also has an Arts Olympiad associated with it and we held a **fabulous day's ArtFest organised brilliantly by our Arts Director, Joy Perkins.**

Major fundraising events were held by our supporters including the **Picos Riders' Pilgrimage to Santiago de Compostela** and **Gary Coy's Wine Tasting event at Napule E.**



Photos clockwise from top left: ArtFest Blues Group, Picos Riders return to Portsmouth, Wine Tasting at Napule E, Olympic Park Walk, the Queen's Diamond Jubilee Street Party

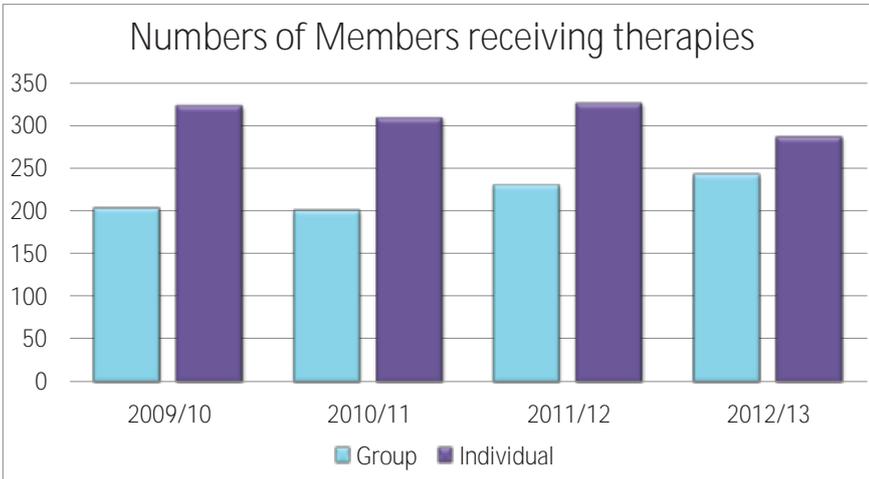


# of the Centre

## 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.



Breast Cancer Support Group



Prostate 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.



Bowel Cancer Support Group

### Macmillan/Croydon University Hospital Partnership

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



### Citizens Advice

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



# Fundraising

Fundraising continued to be a huge challenge in such a flat economy and most income streams were affected. We were again indebted to the loyal support of so many wonderful people who have helped get us through a very difficult year.

Although we received no legacy income in the past year, we were extremely appreciative of approximately £12,000 donated in memory of loved ones.

Our main fundraised income came from:

Members, friends and the general public	£51,400
Charitable Trusts (“CT”), Foundations, Companies and other organisations	£54,200
Fundraising Events	£35,200
Legacies	£Nil

Most of you will be aware that we receive no Government or Local Authority funding and rely on donations from individuals, charitable trusts, local organisations, sponsored events and our own fundraising events. Charitable Trusts continued to be our main source of fundraising income and we were especially grateful to those Trusts that continued to support us despite facing many challenges of their own with reduced income and increased applications.

Fundraising from the community continued to be strong with four people running Marathons. In addition, we were again Charity of the Year for the Selsdon Half-Marathon organised by the Church of Jesus Christ of Latter-day Saints in Selsdon whose members also continued to help us by baking cakes and crafting beautiful items for us to sell.

Four delightful ladies who are members of the Centre used their **“significant” birthday parties to raise funds by asking for donations in lieu of birthday presents and in total raised over £6,000.** Joy Perkins’ Chari-tea initiative was widely supported and raised over £5,000 and our amazing El Camino Bike Riders raised £7,000.

We continued to run our usual fundraising events - Grand Spring Raffle, Quiz Night, Easter and Christmas Fairs - and added the £50 Monthly Lottery. We were also indebted to Croydon Council for installing a permanent fixture for our Tree of Light in Purley High Street and to our event sponsors Andrews Estate Agents, Enterprise Mouchel, Skanska UK and Woodcote Green Garden Centre.

We received many donations from individuals, local groups, churches, direct mail and unfortunately a lack of space prevents us from thanking everyone. Some donors are acknowledged on this page and we try to list as many as possible in our Focus on Fundraising Newsletter. However, we were all humbled and heartened by the way so many people came to our aid to keep the Centre running during the past year and this support is so very much appreciated.

Finally, we would like to thank all the volunteers and members of the Centre Supporters Club who assisted us with fundraising. Their steadfast support and enthusiasm never wavers and we are immensely grateful to them for all their help.

Once again, a very big THANK YOU to all of you!

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

- Annandale Charitable Trust
- Ian Askew Charitable Trust
- Misses Barrie Charitable Trust
- Coutts Charitable Trust
- John Cowan Foundation
- Ros Harding Trust
- Albert Hunt Trust
- Ingram Trust
- Lady Eileen Joseph Foundation
- C A Redfern Charitable Foundation
- Caron Keating Foundation
- George John & Sheilah Livanos Charitable Trust
- Lynn Foundation
- Murphy-Neumann Charity
- Pink Ribbon Foundation
- Prostate Cancer UK
- William Allen Young Charitable Trust
- Wallington United Reformed Church
- St John the Baptist Purley
- North Downs Orbit Group
- Reigate International Women's Group
- Bowel Cancer Group
- Legal & General
- Waitrose Caterham
- Brittany Ferries
- John Lewis Purley Way
- Rotary Club of Purley
- Julian Heslop
- Denis Guerin
- Jeffrey Tetlow
- John Amos
- The Bunce Family
- Liz & Lionel Young
- David Eaton, Selsdon Half-Marathon
- Rebecca Hinshelwood, Selsdon Half-Marathon
- Adrian Bennett, London Marathon
- Paul and Laura Donohoe, Brighton Marathon
- Tom Vaz, Chris Vaz and Des Donohoe, El Camino Bike Ride
- Gary Coy, Wine Tasting
- Malti Khan, Charity Lunch
- The Crown & Sceptre, Street Party
- Peter Georgiades, Florence Marathon
- Amanda Samarawickrana, Birthday Party
- Sally Russell, Birthday Party
- Diana Monk, Birthday Party
- Helga Lord, Charitea
- Jacqueline Slattery, Charitea

Jennifer Mollett, our Chairman says “We send a big public ‘Thank You’ to everyone whose generosity helped us and especially to all our 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 of direct costs on 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 2013 were £132,100 compared to £140,900 at 31 March 2012. The decrease reflects the net deficit for the year (£8,400) plus a small decrease in the value of our investments (£400).

The Company has no share capital, so all these assets are held as reserves. Part of these reserves, totalling £7,400, is set aside for designated purposes specified by the donors.

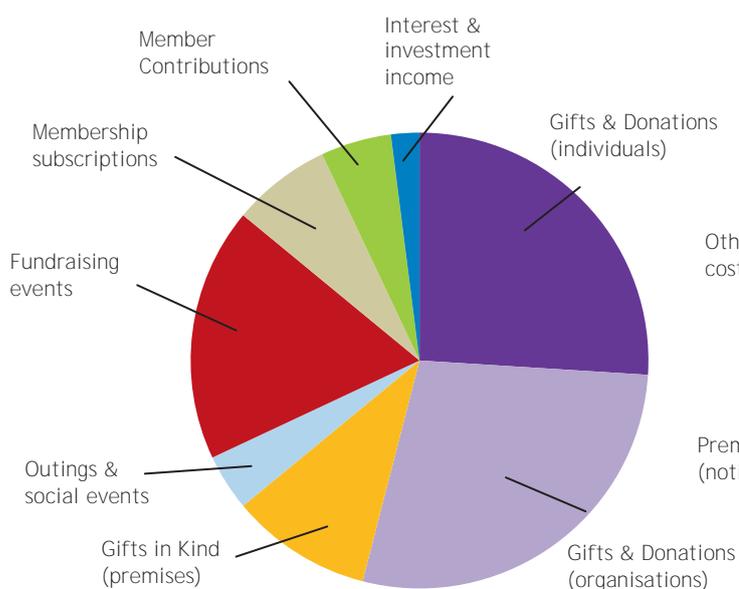
The remaining reserves of £124,700 are required to provide a cushion against adverse future contingencies and to meet **anticipated additional expenditure for actions set out in the Centre's Business Plan. This amount is above the lower end of the target range in the Centre's Reserves Policy.**

**In spite of the challenging economic conditions, the Centre's income for the year held up very well. However, despite expenditure being lower than last year, a small deficit was incurred as the Centre strives to maintain and expand its overall level of services. The financial position of the Centre remains satisfactory.**

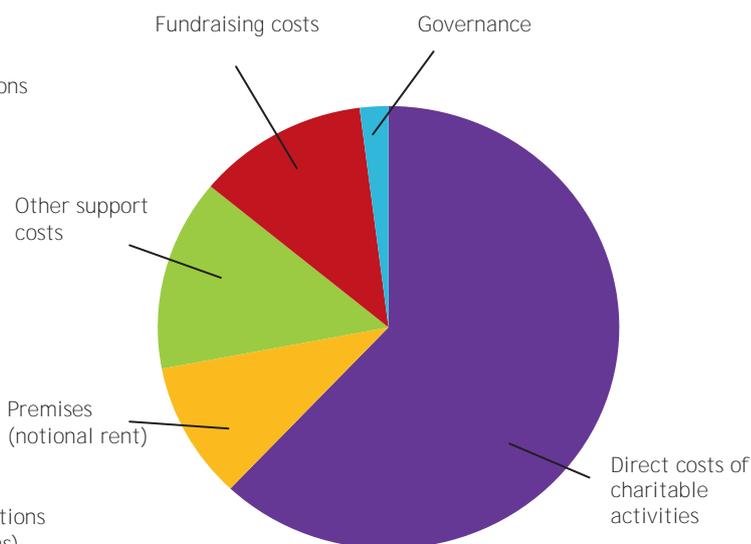
## Financial Performance over the year to 31 March 2013

- Total income      £194,100
- Expenditure      £202,500
- Net Deficit      £8,400

Where the money came from



How the money was spent



These figures are taken from the audited Financial Statements of the Centre for the year ending 31 March 2013.

The Annual Report and Financial Statement are available on request.



**President**  
June Whitfield CBE

**Patron**  
Richard Ottaway MP

**Trustees**  
Jennifer Mollett, Chairman  
Sue Taylor, Vice Chairman  
Peter Mills, Treasurer  
David Mollett, Company Secretary  
Graeme Collins  
Antonio Barranco  
Dr Sally Found  
Gary Das  
John Manley  
Peter Mills  
Joy Perkins  
Eve Smith (up to 25/9/2012)  
Michael Tubbs  
Mike Jones

**Executive Committee**  
Jennifer Mollett  
Sue Taylor  
Peter Mills  
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

Facebook: secancerhelp  
Twitter: secancerhelp  
Registered charity number 1011509



# 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 volunteers.*



Jill Maynard

When I retired in 2000, I felt I wanted to do something useful, so I applied to volunteer as a receptionist at the Centre. At that time the Centre was just a reception area, a small kitchen, a meeting room and two offices in an area at the back of the Tesco store. When Tesco redeveloped the store in 2006, they built us the wonderful Centre we now have. In my 13 years at the Centre, I have worked as a receptionist and a data entry clerk, as well as taking, typing and distributing minutes for various groups.

I look forward to my time at the Centre and enjoy talking to patients, carers, therapists, other volunteers and members of staff. The atmosphere in the Centre is always happy because of the great spirit of the place, the compassion and consideration of the therapists, and the wonderful way in which the patients cope with their illness and their other problems. Even if I am feeling a bit down when I arrive, I quickly feel completely relaxed and happy.

I have made many friends at the Centre and hope my services are needed for many years to come.

John Amos

In January 2010, I was diagnosed with bowel cancer. I had an operation to remove the affected bowel and then my stoma reversed before having chemotherapy for six months.

Following my diagnosis, a friend who worked as a volunteer at the Centre suggested I call Sue Berry, founder of the Bowel Cancer Support Group that met there. Sue was so supportive and answered all my questions. It was great to know someone who had been through all that I was going through and had come out the other end. I joined the Support Group and found the mutual support invaluable. It was a relief to find that I was not alone and that others had the same issues.

The counselling and therapy at the Centre helped me to get through the worst of times and my wife also benefited from these activities.

Eventually, I was persuaded to lead the Group and still do. It is so rewarding to support others in the same way I was supported. Now the Group is part of the Centre and no matter how many patients, carers or families attend our monthly meetings, or contact us through our website or by phone, if we make a difference to one person, it is all worthwhile.



Jan Rolfe

**My title is the Arts' Leader but I call myself the Jam Jar Monitor!**

When new members join the art group, they all have something in common as without exception, they all say "I cannot draw". We keep their first piece of art for reference and show it to them 6 months later. They are always amazed at how far they have come in only a short time.

**The group is made up of people with a variety of skills which means we can play to each other's strengths.**



Someone knowledgeable about water colour may not know anything about oil painting and we can share the knowledge between us. However, the group isn't just about art. It is about camaraderie and friendship and a place to leave your troubles behind and to be with like minded people.

**Personally, I cannot imagine my life without the Centre's Art Group. I like to feel that I am putting something back and making a difference to the friends I meet at the Centre. If a person leaves the Centre with a smile on their face after a session with the art group, what more can I ask?**