



The Sir Robert Ogden Macmillan Centre (SROMC) Newsletter

The Sir Robert Ogden Macmillan Centre

Spring Ball 2015

Raises £17,500

The first charity ball to raise funds for the Sir Robert Ogden Macmillan Centre and Macmillan Cancer Support has raised an overwhelming £17,500. The money will be divided between the two charities and help patients and carers affected by a cancer diagnosis.

242 Guests enjoyed an evening filled with elegance and fun at the Old Swan Hotel in Harrogate. After an excellent dinner, superb entertainment was provided courtesy of the Band 'Ticket 415' and disco 'Loaded', both ensuring the dance floor was full all night.

An exciting auction of high quality items was followed by a silent auction and grand raffle prizes. Thanks to the generosity of the sponsors and donors of the event there was something for everyone. Prizes included weekend V.I.P tickets to Leeds festival, a flight in a Tiger Moth, cosmetics from Benefit, signed T-shirts from Jessica Ennis and so much more.

Delighted by the success of the event, Colette Lain the SROMC Spring Ball Committee Chair said,

"It was a terrific evening, we have already been asked to take bookings for next year."

Sarah Grant, founder of the committee and the Macmillan Patient Information and Wellbeing Manager for the SROMC explained how the funds will be used locally at the Centre to benefit patients and carers. The money raised will enable the Complementary Therapy Service to offer more treatments for those affected by a cancer diagnosis. This very popular service providing valuable symptom relief and emotional support is only possible thanks to the funding received through charitable donations.

The SROMC Spring Ball committee are delighted with the amount raised and wish to thank everybody who so generously supported this years event, we hope you can join us again next year.

SAVE THE DATE - Saturday 14th MAY 2016!

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Time to say THANK YOU (TTSTY)

Monday 20th April 2015, (Alan's 67th Birthday) saw, staff, local dignitaries, friends and family send Alan Williams off on the start of his epic rickshaw and Marathon challenge. Alan takes up the story....



WOW, what a brilliant end to an epic journey, all crossing the line together at the London Marathon. Who would have thought that last September when we were planning the event that it would have been such a fantastic success.

Now here is where I am going to take all the credit, in the fact that I picked such a great Team. Andy, Patrick, Katy, Peter and not forgetting our back up team Nigel and Dave. None of it could have happened without them, and I owe a debt of gratitude to each and every one.

Off we went with a Police escort down Wetherby Road. It was a very emotional time for me, as was the rest of the week. We arrived in London at the Macmillan Offices on the Embankment on Friday 24th April to a warm welcome from the Macmillan Staff. The journey down in the Rickshaw was itself something that we will never forget, car horns honking, people cheering and waving and of course we had the brilliant Andy Wray doing all the hard work, using all his strength and fitness burning all the miles up. What a guy, we knew at times it must have been hurting him, but not a moan, he knew he had a job to do and he did it. All the way Nigel and Dave kept us fed and watered looking after our every need. To lighten the load on Andy, Patrick and I would get out of the Rickshaw at the bottom of the hills (of which there were many) and meet Andy at the top.

The Big day had finally arrived we made our way down to the start at Greenwich Park to soak up all the atmosphere. I was so happy and emotional. They made sure my green wig was on straight, I was like a big kid. We were off and the noise was deafening, as we were going over Tower Bridge, Denise Lewis came alongside and interviewed us for the BBC Marathon coverage. It was unbelievable and I had to pinch myself. My emotions were now in overdrive and as we went through the streets of London, the hardest part was suppressing the tears in case anyone thought I might be distressed and pull me out.

I did not want it to end, but soon the finishing line was approaching and with 800 metres to go the tears came and I knew we had done it. We were all together in a line holding hands, the crowds cheering. We crossed the line and just hugged each other, what a feeling, about 10 metres after we finished, medals were placed around our necks and we carried on to the end of the Mall to be greeted by our Families. What an end to a perfect adventure!

After a fantastic auction at Goldsborough Hall on 24th May, the grand amount raised for Macmillan by TTSTY now sits at an amazing **£23,266.10** which we thank you all so much for your donations. Your response to our efforts has been absolutely fantastic. With this in mind, we are so close to our target of **£25,000**, so please help us as we do one final push to smash that figure. The account will close at the end of July, so we have set the target of mid July to try and achieve this goal by - can we do it? With your help - definitely!

Its been a long journey, but when it was getting hard , I just thought of my lovely wife Jean, my inspiration, and what Jean went through, and the Macmillan Nurses who looked after us and it soon brought me back on track. Finally I want to thank all the Team at TTSTY, but there are times in life when a thank you does not go near enough to showing your gratitude and this is one of them.

I Remain Yours Respectfully
Alan Williams.

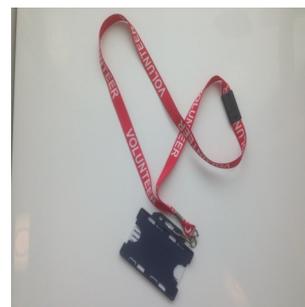


To Donate;
Just pop into any branch of Yorkshire Bank and ask for your donation to be put into our account. "Time to say thank you" And the staff will do the rest.

OR Follow the link our website www.timetosaythankyou.co.uk/donate
For more information email alan@timetosaythankyou.co.uk
jean@timetosaythankyou.co.uk

SROMC Volunteer News

Colette Lain is awarded the Douglas Macmillan Award



Above Colette Lain

pictured with her award at the national ceremony for her role as a Macmillan volunteer and supporter.

A volunteer from Harrogate has received a national award from Macmillan Cancer Support in recognition of her tireless efforts supporting the charity.

Colette Lain received her prize at the charity's Volunteers' Award Conference in Manchester, which was held to mark the start of National Volunteer Week (1-7 June 2015).

Just a few years after moving to Yorkshire, Colette has already become an indispensable member of the region's volunteer team. Colette originally joined Macmillan as a local speaker, giving talks to schools, clubs, associations and companies. She then started representing Macmillan at various events, from black-tie dinners to the local beer festival.

In 2014, fundraising volunteers in the North West – the 'Beijing Biddies' – drove all the way from Cumbria to Beijing, China. Colette used her contacts from her husband's time working for the British Embassy to contact embassies in all the countries the Biddies passed through – helping to drum up support, fundraising and publicity for them. On their arrival in Ulan Bator, Mongolia, they were met by the British Ambassador who organised a fundraising event for them, thanks to Colette.

More recently, Colette's become involved with the Sir Robert Ogden Macmillan Centre in Harrogate, and has started volunteering at the Centre greeting patients and putting them at ease.

Colette also took on the role as Chair, for the 2015 SROMC Spring Ball Committee, raising vital funds for the Centre and Macmillan Cancer Support.

Colette said: *"When I heard that I had won the award I was absolutely amazed. I was astounded and very humbled as I know how hard Macmillan volunteers work. I felt very proud to be chosen."*

Colette won The Douglas Macmillan Award – for volunteers who *"represent and speak up"* for Macmillan and, by doing this, help raise money, win corporate support or get essential media coverage".

Congratulations Colette, from everyone at the SROMC!



Harrogate Hospital & Community Charity is Launched

June 4th 2015 saw the official launch of the Harrogate Hospital & Community Charity in the Friends Garden with the Mayor and Mayoress of Harrogate and Victoria Whittam from ITV's Calendar.



Our aim, to spread awareness and support for the Charity!

The Charity aids a huge range of projects representing the variety of services we provide. See examples below;

- ◇ Equipment — our recent appeal for a new ventilator helps our youngest patients in the Special Care Baby Unit.
- ◇ The Complementary Therapy Service in the SROMC, helps patients and their carers with a cancer diagnosis to manage sickness, anxiety, insomnia and pain through treatments of massage, Reiki, Bowen and Reflexology.
- ◇ Help to make our Children's Development Centre in Northallerton more welcoming and child friendly for the many children in the community with specialist needs.
- ◇ Support to make our wards more dementia friendly with coloured lockers and bays to help patients with dementia find their way around.

The Charity fundraises with help from the general public, staff, community groups, companies, patients and their families. Funds are raised through a huge array of activities - from individual donations, legacies, sponsored runs, bike rides, skydives, sponsored walks, fundraising balls, company support and community group initiatives. The support and commitment of patients, their families and the general public are crucial in raising funds.



All departments and wards have posters about the Harrogate Hospital & Community Charity and information on how to donate or get involved.

If you would like to help support the work of the Charity or find out more information contact **Harrogate Hospital & Community Charity** at www.HHCC@hdfn.nhs.uk or call **Jenny Harris Tel: 01423 557408**.

SROMC Wellbeing Services

The Complementary Therapy Service



offering;

Therapeutic Massage, Daoyin Tao, Bowen Technique, Reflexology and Reiki.

FREE to patients and carers.

To arrange a referral or for more information please speak to the nurse/clinician looking after you.

Feel More Like you



For expert advice on caring for your skin, hair and nails during cancer treatment our **Boots Macmillan Beauty Adviser** will help to provide practical help and tips.

The SROMC Chemotherapy Unit

The Chemotherapy Unit says goodbye to Lynda Gregson



Lynda pictured on her last day in the SROMC

Staff on the unit gathered to say farewell to the SROMC Chemotherapy Unit Manager, Lynda Gregson on Friday 5th June.

After a period of 12 years working on the Macmillan Dales Unit and then the new SROMC as a cancer nurse, Lynda has moved to the in patient unit at Saint Michael's Hospice. Here she will provide palliative care to patients with life limiting conditions and give support to their families.

Lynda was instrumental in the successful transfer of cancer services from the Macmillan Dales Unit to the New SROMC in March 2014.

She will be greatly missed by the staff and patients who have known her over the past 12 years, but we all wish her well for the future at the hospice.

Retirement wishes for Breast Care CNS, Janet O'Brien.

Janet O'Brien was surrounded by colleagues giving her best wishes for her retirement at the end of May.

Thankfully she will not be hanging up her nurses uniform for good just yet, as she is returning in June to continue within the Breast Care Team for a little while longer.



Janet receiving a bouquet from colleagues in the SROMC

Key To Nursing Staff Uniforms on the unit and in the hospital



Lead Cancer Nurse



Clinical Nurse Specialist



Unit Sister



Staff Nurse



Clinical Support Care Worker



Care Support Worker

Patient Information, Wellbeing & Benefit Service News

International Clinical Trials Day 2015

In May, members from the Yorkshire Cancer Research team spent a day in the SROMC to celebrate 'International Clinical Trials day.'

During the day they promoted awareness around research into prevention, diagnosis and treatment of cancer in Yorkshire, and took the opportunity to share information with patients and relatives about the organisation.

For more information contact;

www.yorkshirecancerresearch.org.uk

OR

Maggie Peat

Lead Research Nurse

Harrogate and District NHS Foundation Trust

T: 01423 555747



The SROMC is recognised as a Quality Service

The Macmillan Cancer Information Support Service (MCISS) has achieved the Macmillan Quality Information Support Service Standards (MQulSS) at either the required or above the expected level as specified by Macmillan Cancer Support. These standards describe the systems and practice necessary for the delivery of a high quality information and support service. The SROMC MCISS is particularly proud to have achieved this after just 12 months of developing the service, well within the usual 2 year time frame. Well done to everyone involved!

Complementary Therapy receives a generous donation thanks to Sponsored Bicycle Ride



Having recovered from undertaking a gruelling sponsored bicycle ride, Caroline Barr attended the SROMC to present Complementary Therapist Julie Crossman (both pictured left) with a cheque for over £1300.00.

Recognising the benefits of Complementary therapies for patients receiving cancer treatment as absolutely invaluable, Caroline was committed to supporting the SROMC service.

The service is funded purely through charitable donations so we are hugely grateful to Caroline and all those who sponsored her for raising such an amazing amount.

Patient Information, Wellbeing & Benefit Service

Look Good Feel Better

A new programme of 'Look Good Feel Better' is due to start on Tuesday 1st September 2015.

Supported by Boot's NO7 Beauticians this **FREE** programme consists of 4 sessions held on the First Tuesday of each month between 1-3pm in the SROMC. The programme offers practical advice and support for ladies undergoing cancer treatment.

Session dates and content;

1st September	Eyes
6th October	Make-up
3rd November	Skin Care
1st December	Nail Care

If you are interested in attending or would like more information please contact;
Sarah Grant , Macmillan Patient Information and Health and Wellbeing Manager
Tel: 01423 55 7317 or Email cancerinformation@hdfh.nhs.uk



Prosper attend tour of the SROMC

Harrogate's Prostate Support group, Prosper were welcomed to the centre on 11th June, and given a tour of the unit by Sarah Grant , Macmillan Patient Information and Health and Wellbeing Manager. Members were clearly impressed by the new facilities on offer to cancer patients and their carers within Harrogate and the Rural districts.

The Prosper group provides support and advice to gentlemen diagnosed with prostate cancer and their families and meet monthly at Christ Church Hall in Harrogate. If you would like more information about the group contact 01423 55 3318.





Feel the Benefit with Phil's Top Tips!



SROMC Hair Loss Service

Rising cost of Funerals is becoming an increasing problem

- In 2014, the cost of dying rose **seven times faster** than the cost of living. Recent research reveals the average funeral now costs around **£3,500** which is a **rise of 80%** over the past decade. This is predicted to rise to **£4,300** by 2018.
- Many people struggle when it comes to affording a funeral and this problem is set to get worse. Even where **State** assistance can be obtained from the **Social Fund** by means of a **Funeral Grant**, this normally only covers about one third of the total cost.
- Unfortunately, for some, this shortfall is addressed by using credit cards, accessing pay day lenders or paying by costly instalments thereby getting into debt (**Funeral Poverty**).
- At such a difficult time, it's not easy to "shop around" but anyone struggling with funeral costs should try and seek out **different quotes** and be aware that there is a **choice of options** in terms of what a funeral includes. Perhaps a friend or family member could help with this?
- **Early planning** and **financial provision** for funerals should be encouraged. Many people are under-prepared for how much a funeral can cost. Greater education **before** the point of need could help individuals and their families make decisions about how much to spend on a funeral and which aspects they wish to prioritise.
- For some, this may mean opting for a **pre paid funeral plan** allowing an individual to choose the funeral they want, where costs are paid up front with no further expense when the time arises.
- Age UK provide a fact sheet on this;
http://www.ageuk.org.uk/Documents/EN-GB/Factsheets/FS27_Planning_for_a_funeral_fcs.pdf?dtrk=true

**Whatever you decide,
it's never too early to start thinking about!**



Scalp Cooling

For more
information speak
to the nursing staff
on the
Chemotherapy Unit

The Wig Service

To arrange an
appointment
contact the Orthotics
Department

Tel: 01423 55 3445

S.A.S.H.

(Scarves And Stylish
Headwear)

Every Wednesday
2 – 4pm
In the Ripley Room
Just Drop In

When Hair Grows Back After Treatment

A Free consultation
service offering
support and advice,
To book an
appointment

Tel: 01423 55 7317

Cancer Support Information

Need Information?



The Macmillan Cancer Information Support Service at The Sir Robert Ogden Macmillan Centre provides information to help and support patients, staff and carers on all aspects of living with cancer.

Open for appointments
Mon - Fri
9.30am - 4pm

Or drop in
Mon - Fri
8.30am - 4.30pm

Tel: 01423 55 7317

Email:
cancerinformation
@hdfn.nhs.uk

Macmillan Cancer Support Line

Open 9am— 8pm
Tel: 0808 808 00 00
www.macmillan.org.uk

Mesothelioma Support Yorkshire

Meet every 6 weeks
Time 2-4pm
At Park Plaza Hotel, Leeds
Contact Simon Bolton, Lung CNS
Tel 01423 55 5872

Harrogate Lung Cancer Support Group

Time 2-4pm
At Fire Station, Skipton Road,
Contact Simon Bolton, Lung CNS
Tel 01423 55 5872

Oesophageal Patients Association

Meet Drop in session every 3rd Thursday of the Month
Time 11.30am - 2pm
At The Ripley Room,
The Sir Robert Ogden Macmillan Centre,
Harrogate.

Golden Girls Gynaecology Cancer Support Group

Contact Marion Webb
Tel 01423 55 5732

Prosper Prostate Cancer Support Group

Meet Monthly
Time 7-9pm
At Christchurch Hall,
Harrogate.
Tel 01423 55 3318

Welfare and Benefits Advice

Contact Phil Bremner
At The Sir Robert Ogden Macmillan Centre.
Tel 01423 55 7318
Email benefitsadvice@hdfn.nhs.uk

Breast Cancer Care

Living with Secondary Breast Cancer

Contact 0345 077 1893 OR 0808 800 6000
Time 11.00am
3rd Wednesday of the month near Harrogate & York



Just For Fun

C	O	C	K	T	A	I	L	S	S	BEACH
M	A	W	L	U	R	W	E	L	T	BIKINI
A	S	A	B	M	Q	G	A	X	Y	COCKTAILS
E	D	P	Y	T	L	A	N	U	S	GLASSES
R	I	B	E	A	C	H	F	H	U	HOLIDAY
C	K	Z	S	N	D	N	S	P	N	SAND
N	R	S	A	N	D	I	V	R	H	SUNCREAM
U	E	T	A	V	R	Y	L	S	A	SUN HAT
S	U	C	A	D	L	E	W	O	T	TAN
O	B	I	K	I	N	I	G	J	H	TOWEL

Dates for your diary!



June 21st Charity Golf (at Aldwark Manor) and family day (Great Ouseburn Village Hall). Raising funds for Saint Michaels Hospice. contact iohara05@hotmail.com

July 14th—16th Macmillan Mobile information Centre at The Yorkshire Show, Harrogate.

July Ethnic Minority Cancer Awareness Month

Harrogate and District **NHS**
NHS Foundation Trust

You matter most

**INVESTORS
IN PEOPLE**

For more information on any of the articles within this publication please contact;

Sarah Grant.
The Macmillan Patient Information and Health and Wellbeing Manager,
The Sir Robert Ogden Macmillan Centre
1 Willaston Crescent
Harrogate
HG2 7BF

Tel: 01423 55 7317
Fax: 01423 55 7319

**WE ARE
MACMILLAN.
CANCER SUPPORT**

**Harrogate Hospital
& Community Charity**