

ST. JOHN'S
HOSPICE

Rapport



free - please take one

Autumn - Winter 2007 - 2008





CancerCare Slynedales

Slyne Road Lancaster LA2 6ST

Tel: 01524 381820

Fax: 01524 845040

CancerCare Lakes Centre

Blackhall Road Kendal LA9 4BT

Tel: 01539 735800

Fax: 01539 728628

Email: admin@cancercare.org.uk

Web: www.cancercare.org.uk

CancerCare is the local support service for people coping with cancer in North Lancashire and South Cumbria. Our programme offers patients and carers a wide variety of emotional, social and psychological support, together with advice, information, practical help and an extensive range of complementary therapies. CancerCare also offers education and training in our work in supportive cancer care to other professionals and interested groups.

The many forms of therapy, available free of charge, include Alexander Technique, Aromatherapy, Art Therapy, Counselling, Hypnotherapy, Massage, Relaxation and Yoga. Our social and creative groups are active in Art, Handicrafts, Jewellery, and Woodwork. Self-support groups include Swimming, Walking and Breast Care. Informal 'Drop-Ins' are held weekly in Ambleside, Carnforth, Kendal, Lancaster, Morecambe, and Windermere. Full details of all these are available from our centres in Lancaster and Kendal. CancerCare is a registered charity number 1120048.

ST. JOHN'S HOSPICE

St John's Hospice

Slyne Road

Lancaster LA2 6ST

Tel: 01524 382538

Fax: 01524 848665

Email: hospice@sjhospice.org.uk

Web: www.sjhospice.org.uk

St John's Hospice provides care for patients from the areas covered by the new Cumbria, North Lancs and the North Yorks and York Primary Care Trusts. All Hospice services for patients, their families and carers, and the bereaved are free.

Patients are admitted for periods of respite care, for symptom control and for palliative and terminal care. Emphasis is placed on individualised treatment in a compassionate environment. Hospice care is holistic and embraces the physical, psychological, social and spiritual needs of patients, relatives and friends. We also provide a range of services based on this philosophy geared to enabling patients to live their lives fully at home.

We are a non-denominational organisation, and a registered charity number 510667.



OUR SHOPS

Three shops help raise vital funds for St John's Hospice and CancerCare. All proceeds are shared equally between the two charities. We welcome donations of good quality household items and clothing for sale, and can collect if required. Please call us for information.

LANCASTER - 50 Church St

01524 846438

Open: Mon-Fri 10.00 - 16.00

Sat 10.00 - 13.00

Manager: Patricia Steele

MORECAMBE - 25 Pedder St

01524 401167

Open: Mon, Tues, Thurs-Sat

10.00 - 16.00

Manager: Gwen Sparks

LANCASTER UNIVERSITY

Edward Roberts Court

01524 593882

Open Mon-Sat 09.00 - 16.00

Manager: Jean Knowles

St John's Hospice and CancerCare both hold the Queen's Award for Voluntary Service,



honouring the contribution that our valuable volunteers make to our work. To find our more about volunteering opportunities, please contact us.

RAPPORT magazine is published by CancerCare and St John's Hospice and printed by Pagefast Ltd of Lancaster



WELCOME

Welcome to the Autumn/Winter edition of *Rapport*. The magazine is published jointly by CancerCare and St John's Hospice, our two main local charities, who work together to provide support for people facing cancer and other life threatening illnesses. You can find out more about our services and how to contact us on the opposite page.

Rapport magazine aims to keep you in touch with developments in our two organisations and the wider world of cancer treatments. We also highlight some of our fundraising ventures. If you want to know more about these please contact us and ask for a copy of our individual fundraising newsletters or pick up one from any of our centres.

Christmas can be a poignant time of year - a chance to get together with our families, but also a time to remember loved ones who aren't with us any more. In this issue we explore available services and issues for those facing difficult times in their lives, and also point to ways of celebrating the joy we have gained from knowing special people, at our seasonal lights ceremonies.

We wish you a peaceful and heart-warming Christmas.

Sue Parish
Editor

HOW TO GET IN TOUCH:

Email: rapport@cancercare.org.uk

Telephone/post via CancerCare - details on opposite page.

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Deadline for articles 25 January



OUR COVER PICTURE

shows an atmospheric view of Morecambe Bay. Thanks to photographer Valentine Archer for this lovely image.

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LEGACIES



Making a will is an important way of ensuring that the people you value most are looked after and that your wishes are followed after your death.

If you can also remember CancerCare or St John's in your will, it will help either or both charities to continue our valuable work in our local community.

CancerCare is dedicated to supporting people with cancer, their families and their carers, and those bereaved by cancer.

St John's is committed to providing the highest standards of care to those facing life limiting conditions, and who would benefit from specialist services, be it at home or in a hospice setting.

The generosity of the many people who leave legacies to CancerCare and St John's is vital to providing a very important source of income for each charity, and has made a huge difference to advancing our work.

As house prices have risen sharply in recent years, the value of your estate is increasingly likely to be subject to Inheritance Tax. It is worth noting that a gift in your will to a registered charity is free of Inheritance Tax and can reduce the amount of tax that may be taken out of your estate. It is therefore advisable to regularly review any will you have made to ensure that it is up to date with the value of your assets and your personal wishes.

The cost of making a will is usually quite modest and there are many sources of help and information to guide you. If you would like to discuss your options with an independent advisor, we can arrange for an initial discussion with a local solicitor free of charge. If you prefer, you can simply contact either of us for an informal chat.

*Peter Hearne, General Manager,
CancerCare*

*Clive Shelley, General Manager, St
John's Hospice*



ST JOHN'S PALLIATIVE CARE TRAINING

Education in palliative care for health care professionals is something the hospice takes seriously. We want to take what we do well at St John's and teach other organisations how to care for people with palliative care needs. Our aim is to promote and provide skills to the highest standards and competence.

Jenny Lowe, our Tutor in Palliative and Supportive Care (pictured below) has now been in post for 18 months and has been delivering and organising courses for many different sorts of health care professionals. Jenny has taught and organised teaching for nurses which provided 343 places on full day, part day or 1 hour teaching sessions in the last 6 months.

Palliative Care Course For Other Organisations

We have now opened up learning opportunities to nursing home, residential home and carer's organisations. The aim is to increase the awareness of the needs and management of palliative care residents in their care. The Macmillan Foundations in Palliative Care course has been delivered in Lancaster, Kendal and Barrow. We will be offering the course again in the New Year.

Topics Covered

Many topics are covered in the course, including: what is palliative care; valuing and respecting service user wishes; how people react to dying; strategies for communicating with people who have palliative needs; pain from the person's point of view and feelings associated with grief. All this includes care of the person, family, friends and carers.

Other Key Education Developments

As well as our teaching for nursing home, residential home and carers organisations we are involved in teaching for hospital nurses and community nurses and allied professionals. We are also involved in developing and implementing end of life initiatives such as the Liverpool Care Pathway (LCP) and Preferred Place of Care (PPC). Our next focus will be Communication skills courses for staff.

To find out more about courses or receive a copy of our regular training newsletter please contact Jenny Lowe at St John's on 01524 382538.



Lancaster's first Professor of Palliative Medicine appointed by Lancaster University and St John's Hospice



Professor Mike Bennett

A joint appointment between Lancaster University and St John's Hospice in Lancaster is set to improve the lives and advance the care that is provided for many patients and families who depend on Hospice Care in North Lancashire and South Cumbria.

The appointment of Professor Mike Bennett, who takes up the post of consultant and professor of palliative medicine at the end of October, was formally announced at an event in Lancaster Town Hall on 5th October to mark World Hospice and Palliative Care Day.

Professor Bennett, whose previous post was consultant in palliative medicine at St Gemma's Hospice, Leeds, will be based within the International Observatory on End of Life Care at Lancaster University and will contribute to the growing development of health and medicine at Lancaster. He will also conduct clinical work at St John's Hospice, Lancaster and hold an honorary consultant contract with the University Hospitals of Morecambe Bay NHS Trust.

The Observatory – part of the Institute for Health Research - is an internationally acclaimed research centre specialising in the development of hospice and palliative care worldwide.

The key goals of the post are to:

- advance research and teaching in palliative care
- provide high level clinical care locally for people with advanced disease and those facing death
- deliver academic and clinical leadership to improve the provision, organisation and evaluation of palliative care services within the region and beyond.

Professor Mike Bennett said: "This is a very challenging and exciting new post. Many people who face the end of life fear pain and emotional distress but with good support from health care professionals and expert services, these symptoms can often be well controlled.

"Lancaster University is already recognised as one of the few centres with significant expertise in academic palliative care and St John's Hospice has worked for over 20 years to provide care to terminally ill patients. However, research is continually needed to ensure that patients receive the best care and to properly test new treatments and approaches.

In combining my clinical work with research I hope to develop an integrated hospital, supportive and palliative care service which will benefit patients and their families in the area. "

Dr Mike Warren, chair of the board of Trustees at St John's Hospice in Lancaster added:

"As a doctor involved in the development of care for people at the end of their lives, at its origins in Silverdale in the 1970s, I was privileged to be close to the patients and their families and to learn the immense value of this work. For the Trustees of the Hospice, associated with Lancaster University, it is very gratifying to see this enhancement to the service we provide, not only in the Hospice itself, but also in our thriving educational work with students and health care workers."

BLOOD DONORS:

HELPING CANCER PATIENTS - EVERY DAY

One person in three will develop cancer at some time in their life. And whilst surgery, chemotherapy, drugs and bone marrow transplants are in the front line for treating the disease, blood products such as red cells and platelets also play a vital role. In fact around a fifth of all the red blood cells used in hospitals up and down the country go to cancer patients. At St John's Hospice we transfuse blood regularly, both on the ward and in day therapy (indeed the new Oak Centre has been designed with a quiet room to afford patients more privacy during a transfusion if they wish). This leads to a blood collection from the RLI several times per week. Blood is an extremely valuable resource, and every care is taken in its transport, storage and use. It is kept cool in special containers during transport, and, with a short shelf life, it has to be used quickly. CancerCare driver Den Bray often helps collect and deliver blood samples, as shown in our picture.

Of course, not all cancer sufferers are the same. A typical breast cancer patient might only need one or two red cell transfusions and no platelet transfusions as part of their specific treatment.

But an adult acute leukaemia patient might receive four units of red cells and up to ten platelet transfusions with each course of intensive chemotherapy, just to survive the treatment. With up to six courses of intensive chemotherapy needed, this adds up to a huge number of transfusions.

Cancer patients don't simply suffer from the cancer itself. Many patients with advanced cancers have 'anaemia of chronic disease'. This occurs when they are so unwell that their bone marrow produces fewer red cells than normal. A low red cell count causes anaemia, making the patient feel weak and breathless. This could potentially affect their responsiveness to treatment and their recovery time. So giving a red cell transfusion is vital in helping the patient.

Common cancers and their treatment

In the UK over half of all cancer patients suffer from one of four common types of the disease*: breast cancer, lung cancer, bowel cancer or prostate cancer (*non-melanoma skin cancer is common but treatable so is not included here) For many of these patients, surgery will be the first line of treatment, and chemotherapy may be given to shrink tumours and kill cancer cells. Chemotherapy targets cancerous cells that are rapidly reproducing and destroys them. Unfortunately it can also kill healthy cells such as new blood cells in the bone marrow. Sometimes this results in severe anaemia. If the patient's platelet count is low, their blood will be unable to clot properly, causing them to bruise easily. Whatever type of treatment is used for cancer, patients will probably need blood transfusions to provide the blood cells that they need. This is why your donation is so vital to help patients fight their battle against cancer.

*Cancer Research, 2003

How red cells help

Red cells can help make certain treatments more effective too. There's evidence that radiotherapy works better if the patient has a good level of haemoglobin in their blood (haemoglobin is found in the red cells and carries oxygen around the body). This is because more oxygen getting to the cancer cells can make radiotherapy much more effective. Red

cells can also help cancer patients undergoing chemotherapy, as well as patients taking strong drugs common in cancer treatment.

Such treatments temporarily affect the blood cell production in bone marrow, so patients feel weak and unwell. In general, cancer patients are transfused with red cells to keep their haemoglobin at a level where they feel well.

Nowadays most biopsies and straightforward cancer surgery, such as removing localised tumours in the breast or colon, can be done without red cell transfusions. Where the surgery to remove the tumour is more complicated, patients may need blood during the operation itself. It's worth remembering that some major and complicated cancer operations would simply not be possible without the patient receiving blood transfusions.

Vital platelets

Platelets are just as important as red cells for treating cancer. They make up only a small amount of a whole blood donation but they are real life savers. These tiny cell fragments help the blood to clot; with too few, a patient is at risk of spontaneous and life-threatening, internal bleeding.

When a patient needs chemotherapy – and many kinds of cancers are treated this way, particularly bone and blood cancers such as leukaemia – platelet numbers dip. Platelet transfusions will then be given as a preventative measure.

Trials are currently taking place to see whether prevention is the best option, or whether patients would benefit from a platelet transfusion only if bleeding starts.

White cells

The other kind of blood product used to treat cancer patients is a transfusion of white cells. These are occasionally used to treat serious infections in patients who have very low white cell counts following chemotherapy. But it's now more common to use powerful antibiotics and drugs to stimulate the patient's own white cells.

Sadly not all cancer patients can be cured. This is when palliative treatment becomes the only option. During this time, blood products can make a real difference to a patient's quality of life, as well as extending the time they can spend with family and friends by precious weeks or months.

This page is based on an article from the Donor Magazine. We are grateful to the National Blood Service for permission to reproduce the information and the platelet donation image. To find out about giving blood, ring 08457 711711 or see www.blood.co.uk



ABOVE: Platelet donation is a vital element in the fight against cancer and in helping patients to tolerate chemotherapy. BELOW: CancerCare driver Den Bray helps deliver blood samples for St John's Hospice.



St John's Hospice OUTREACH SERVICE



The Outreach team (clockwise from back left): Vera Ransome, Hazel Evans, Denise Chambers, Pamela Mann, and Sue Hughes.

or whatever it takes to enable them to care for the patient

For many people St John's is seen as a building where care is offered to those with life-threatening illnesses. What they may not know is that St John's Hospice also provides palliative care out in the community via an Outreach nursing team. The team comprises of a full time nurse team leader, two nurses working full time and two part-time. All are highly experienced, with backgrounds in hospice nursing, district nursing or both. Additional bank auxiliary staff will soon be joining the team to expand care provision for patients in the end stages of their illness.

The Outreach Service began three years ago, initially as a follow-up service for patients being discharged from the hospice but since then the service has developed to provide a more comprehensive palliative care service, dealing with over 100 referrals a year. The team work very closely with other health care professionals in the community e.g. District nurses (who have 24 hour responsibility for patient care), Macmillan nurses, Marie Curie nurses, Social workers and other care providers to deliver a comprehensive package of support.

Referrals may come from inside or outside St John's hospice – patients who have come in for a stay on the ward may be accompanied home by members of the outreach team who will liaise with district nurses and help them settle back in. Sometimes, the team may be asked to accompany a patient on a home visit from the hospice; this could be the last opportunity for the person to see their friends or neighbours.

The care provided for a patient depends upon the individual's needs, the needs of the family, and decisions are taken in conjunction with the District nurse and GP. The frequency of visits can vary from once or twice a day over several days to a couple of visits a week for a longer period. A period of nursing or respite care may be arranged to provide support for the patient and or their carers during the day and in some cases, overnight.

The Outreach nurses spend time with the patient's family or carers offering practical help, emotional support

in their own home as a preferred place of care. The team provides care for any patient with a terminal illness whether it is cancer or other conditions such as Multiple Sclerosis, Motor Neurone Disease, Chronic Obstructive Pulmonary Disorder or heart failure. Whatever the illness, the focus of the team is on providing support, and if necessary, end-of-life care, which allows patients and their relatives to feel, supported and secure.

Following the discharge or death of a patient, the team ensure that follow-up support is offered to family members, including bereavement counselling if required. Relatives are encouraged to say if there is anyway in which the service could be improved.

The team liaise closely with other St John's hospice staff including ward staff, Chaplain David Barnett and Social Worker Mary Davis. They also visit the Hospice Day Care, making sure that they are familiar faces to patients as much as possible.

Training opportunities are ongoing for all the team, and they are involved in the training of student nurses, Medical students and other professionals whilst on placement in the hospice.

The team can be asked to visit patients across a very wide catchment area stretching down to Garstang in the south, up to Kendal, across to Kirby Lonsdale and Windermere, even as far north as Shap if the patient has a Kendal GP.

Team members feel privileged to be part of people's lives at such a personal time, and they are fortunate to work in a very supportive environment. The caseload may be small but the work is intensive, and emotionally challenging at times.

The team work with community nurses to provide a seamless service, to ensure the patients and their relatives receive the best possible care at the time when they need it most.

You can contact the Outreach Team at the Hospice on 01524 382538.



What colour is grief

Local artist Nell Dale charts her own journey in words and images

The loss of a beloved partner is an uncharted path, and the trauma of such a bereavement a drawn-out process. Visual artist Nell Dale has created a book which documents some of her own experience in words and images, charting her emotional journey from despair and isolation to a gradual recognition of life beyond loss - different and sometimes frightening, but at least possible.

The book *What colour is grief* is a distillation of writing and images which Nell created while attending Art Therapy sessions at CancerCare after the death of her husband Robin.

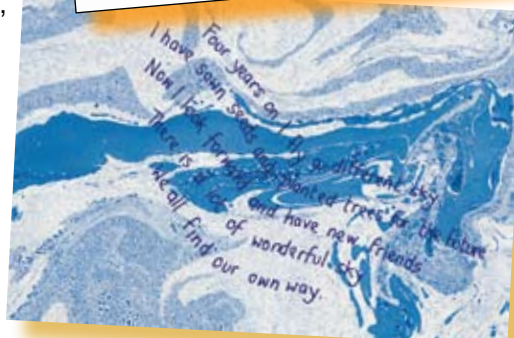
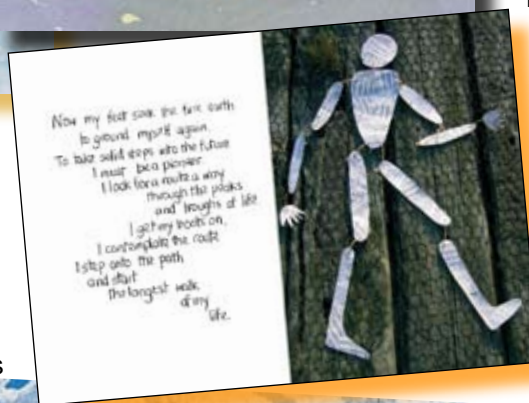
Although Nell had been a practising artist for many years, it was a chance encounter with former CancerCare Art Therapist Tessa Garside which drew her into using her creative abilities as part of a personal therapeutic process.

Over the course of the next year and a half Nell created many pieces of work documenting her feelings of loss, bewilderment, and despair, and her slow return to a sense of life's possibilities. Exhibitions of the work drew interest from others dealing with similar challenges, and eventually, with the support of Tessa, Clare Martin of St John's Hospice and funders who saw how the book might be of benefit to others, a selection of the work became *What colour is grief*.

The book, which was funded by The Westmorland Arts Trust, the Madeleine Mabey Trust and the Arts Council, is beautifully produced. Thick paper, interleaves of translucent images, and handwritten text give a real sense of the skill, thought and love which went into its creation. It's not an easy read - as Nell observes: "I say to people that it comes with an emotional health warning". But many people reading it have found it helpful and cathartic - a way of acknowledging, and releasing emotions which are so intense that words alone can barely do them justice.

The book's potential for helping those facing the loss of a life partner has been recognised by other charities, including national cancer charity Macmillan, who have requested two hundred copies for use in their work. Nell is currently in the process of sending copies to all hospices and palliative care centres in the country, and the book has also been placed in libraries in Cumbria. With the help of the couple's son, Sam, Nell has created a website which shows the book's pages in sequence, and also links to sources of support for the bereaved and grieving. Two thousand copies of the book were printed, and although many have now been distributed, there are still copies available, which can be obtained via the website at www.whatcolourisgrief.com or from CancerCare's Lancaster and Kendal Centres. No charge is made for the book, but it is suggested that a donation in the region of £10 would be appreciated to help further the work of CancerCare in supporting other people like Nell.

Nell herself is a quiet testament to the fact that, although the loss of a life partner is a devastating blow, something can be salvaged to face the future. Creating the book and seeing it make a difference for others has been part of her own road, and, as she begins to explore new artistic avenues, the dark and sombre hues of *What colour is grief* are gradually giving way to gentler, warmer tones of oranges, yellows and reds.



See
overleaf for
bereavement
support
services.

BEREAVEMENT: WHO CAN I TURN TO?

CancerCare and St. John's Hospice both support the bereaved in a number of ways. CancerCare supports people bereaved by cancer, with a variety of therapies and support groups. St John's Hospice provides visiting, support and information as part of their follow-up service for those who have been bereaved and who are known by local palliative services. Both services can be contacted directly - our phone numbers are on the inside front page of this magazine.

Below are details for some other organisations which you may find helpful if you are dealing with the loss of a partner or other loved one - they also offer useful advice to people who are supporting someone who has been bereaved. All offer support to women and men. Some are internet based, but most also offer phone support and/or local groups you can make contact with.

CRUSE BEREAVEMENT CARE

www.crusebereavementcare.org.uk
Cumbria contact – 07071 780761
National Helpline 0844 477 9400
Email: helpline@cruse.org.uk

WIDOWED AND YOUNG FOUNDATION

(For the Under 50s)
www.wayfoundation.org.uk
0870 011 3450

NATIONAL ASSOCIATION OF WIDOWS

www.nawidows.org.uk
0845 838 2261

COMPASSIONATE FRIENDS

www.tcf.org.uk
Helpline 0845 123 2304

AGE CONCERN

Helpline: 01539 728180
www.ageconcernsl.org.uk

LESBIAN & GAY BEREAVED HELPLINE

via Lesbian & Gay Switchboard, 01524 847437

Especially for families:

WINSTON'S WISH

www.winstonswish.org.uk
08452 030 405

CHILD BEREAVEMENT NETWORK

For supporting professionals working with children
www.childhoodbereavementnetwork.org.uk
020 7843 6309

SHOPTALK

New Technology at Shops

Our wonderful shop volunteers have been getting to grips with new technology recently with the introduction of new cash tills at our Lancaster and Morecambe shops. The tills will help us to analyse what are our most successful areas by allowing us to track what sells most within the shops. They also mean increased security and safety for our volunteers at the counters. Said shops manager Anne Ellis: "Our shop volunteers have been brilliant at taking on the challenge of using the new tills - it can be a bit daunting getting used to new systems, but they've all been fabulous. The tills will allow us to operate more efficiently and present a much more professional image - as a charity we have to work as efficiently as possible to make the most of the donations we receive."



are sorted and stored before being taken to our shops. A series of three break-ins resulted in considerable loss and damage, with electrical goods waiting for PAT testing being smashed, along with the PAT testing machine loaned to us by Mr Roy Townson. Mr Townson has kindly loaned us another machine, and we are very grateful. We would be very glad for donations of clean clothing, furniture and small electrical goods to top up our supplies. Shops contact details can be found inside the front page of this edition of *Rapport*.

Break-Ins at Warehouse

We are sad to report that thieves recently targeted the goods storage warehouse where donated items

A Warm Welcome to Pat

Our new Lancaster shop Manager is Patricia Steele. We are very pleased to welcome her to her new role.

BAY PROSTATE CANCER SUPPORT GROUP

The new group is now firmly established, with a full, active and enthusiastic committee, and thirty signed-up members and more to come.

The name of the Group has been changed to the 'Bay Prostate Cancer Support Group', which conveys more clearly and immediately the nature and purpose of the Group. Work is well in hand to publicise the group to new patients, through posters and leaflets in local GP surgeries and hospital clinics.

Since May we have had three meetings, with a regular attendance of 30 to 40 members and friends. Topics discussed include diet for cancer patients, the nature and treatment of prostate cancer, and local cancer networks. Our December meeting, on the 11th December, will be a seasonal party.

The group meets at 7.30 p.m. at Cancer Care, Slynedales, on the second Tuesday of each month. Anyone affected by prostate cancer is very welcome to attend. For further information, please ring Slynedales, on 01524 381820 .

CancerCare Therapy Spotlight: **HYPNOTHERAPY**

CancerCare offers a variety of therapies, all carefully selected and tailored to the specific needs of the client and the issues they are facing. This column sheds light on what each therapy offers and how it can help.

What Is It?

Hypnotherapy offers a way to relax your mind and body so you can address things that are troubling you. It can help reduce anxiety and depression, and can help you manage pain, prepare for medical treatment, and reduce any side effects. Hypnotherapy also encourages self-confidence and resourcefulness. It can help you to work at a deeper psychological level to address and resolve personal problems and ease the physical and emotional effects of cancer treatments.

What does it involve?

First the client and therapist get to know one another. Hypnosis is explained and any worries discussed. People may have seen stage hypnosis, or fictional portrayals of hypnosis, which give an inaccurate, and perhaps alarming picture of what might be involved. The therapeutic use of hypnosis is very different. The aim is not to control or force in any way - it is about building up a relationship with your therapist based on trust and understanding. Control stays absolutely with the client - you are in completely in charge of how the session develops and what concerns you choose to work on. You are still yourself even while in a hypnotic state, and your own beliefs and moral codes will continue to direct your behaviour - you won't do anything that isn't right for you.

What are the benefits?

Hypnotherapy can help you to:

- * learn relaxation skills
- * ease stress and calm anxiety
- * relieve treatment side effects
- * modify perception of pain
- * enhance circulation and breathing
- * improve sleep patterns
- * support the immune system
- * boost confidence and resourcefulness.

At a deeper level, it can also help you to manage anxieties, phobias, panic attacks and other difficult experiences, adjust to diagnosis, treatment plans and life changes, gain insight into how situations and feelings are affecting you, and how best to deal with these.

What does it feel like?

Hypnosis can be described as an altered state of conscious awareness. It's a natural state, similar to daydreaming, in which you feel very relaxed, and the passage of time may become unimportant. It enables you to reach 'A place where the imagination rather than intellect is active' and work with the therapist to facilitate helpful change. The therapist does not intervene in any way that does not have your full understanding and consent. Hypnotherapy can be very comforting and empowering. You can also learn how to enter this deeply relaxed state when you are by yourself. Hypnotherapy sessions normally last about 45 minutes. The number of sessions varies according to individual needs.

Hypnotherapy at CancerCare

CancerCare has three hypnotherapists, Bernard Alvarez, Jim Fall and Georgina Whittle, all working with clients and carers facing differing issues. To find out more about how hypnotherapy might be able to help you, ring us for more information (01524 381820), pick up a copy of our Hypnotherapy leaflet (pictured) from our centres, or visit our website www.cancerccare.org.uk to download a copy.



JUBILEE UPDATE

25 years of local cancer support

Spring may seem a long way off, but it's firmly in the diary for CancerCare's Silver Jubilee Director Angie Kay. Angie and her colleagues have been working away behind the scenes on plans to celebrate 25 years of CancerCare, and they are looking forward to the New Year when full details of all the plans can be revealed.

A Date for Your Calendar...

We can, however give you advance notice of a special date for your diaries - the very first public event of the Jubilee year. It will be a Spring Garden Party in the grounds of Leck Hall on Sunday 20th April 2008. Says Angie: "We're thrilled to announce this special event, which will be held at the home of our Patron Lady Shuttleworth. Apart from the chance to look round the lovely gardens there will also be stalls featuring local crafts and produce, refreshments, musical entertainment and one or two extra-special features that we are keeping under wraps for now! We are extremely grateful to Lady Shuttleworth for her generosity in allowing us to use her home in this way."

Angie will be able to tell you more in the next edition of Rapport, but do put this date in your diaries - we hope to see lots of our wonderful friends and supporters at this launch event.

...And a Calendar for your Dates!

If you need somewhere to write that special date for 2008, why not treat yourself to one of our special edition CancerCare Silver Jubilee Calendars? Featuring breathtaking photographs of the area by Jon Sparks, the calendar also includes personal dedications by local people to their friends and family members. If you didn't manage to get your own dedication in this year don't worry - we will be doing another calendar next year!



It's a wonderful way to be reminded of the beauty that lies on our doorsteps, and to support CancerCare's work while keeping track of those important engagements. Calendars cost just £6.50 if collected from Slynedales or the Lakes Centre, or £8.50 if you would like them posting. For full details of how to order, see our new fundraising magazine *Connect* or telephone the fundraising department on 01524 381820.

LIGHT UP A LIFE: St John's Hospice



Everyone is cordially invited to be part of our tradition...

To remember someone special ...

To capture the moment ...

And share with the community ...

...in LIGHT UP A LIFE.

Thousands of lights will be switched on at St John's Light Up A Life Ceremony. This is a personal service of remembrance for the people we will never forget. Parents and grandparents; brothers and sisters; sons and daughters; grandchildren, relatives and friends. We are so much more the richer, because we knew them.

Saying farewell to family members or close friends is one of the hardest things we will ever do. By lighting up a light on our tree this Christmas, you can light up your loved ones' life the way they lit up yours. The delicate little lights, which shine so brightly from our tree, prove without doubt that love never dies.

For every donation we receive a light will shine on our Tree of Lights at the hospice, and a personalised card will be sent to you. Alternatively, you can nominate someone else to receive this card as a special gift. The Tree of Lights will be dedicated and the lights switched on during a short, but symbolic service on Sunday 2nd December at 4pm. Candlelit Services of Remembrance will also be held in Garstang and Kendal during December:

Light Up A Life Services

Sunday 2nd December 4pm at St John's Hospice, Slyne Road, Lancaster.

Sunday 9th December 4pm at United Reformed Church, Garstang.

Sunday 16th December 4pm at Holy Trinity Parish Church, Kendal.

If you would like to make a donation to Light Up A Life please contact Janet, Julie or Lorraine at St John's Hospice. For further information telephone us on 01524 382538.

ST. JOHN'S HOSPICE NEWS

Oak Centre

News

The 8th October saw Team Northern hand over the



keys to the Oak Centre to St John's Hospice. There are just a few details to finish off, including the fence alongside

Hammerton Hall Lane, and fitting the main lights inside. Credit is due to architects Cassidy and Ashton for the design on a difficult triangular site, and to builders Team Northern for a high quality building produced on time, within budget, and with minimum disruption. The new building blends very well with the old - it will soon seem as if it has always been there. Furnishings and drapes are on order, so we seek to be well established for an informal opening for day therapy around late November/early December. The Day Therapy team can hardly wait to be getting into their new centre - a home of their own for the first time!

The scheme will be completed by the re-designing of 'horse chestnut square' - the fenced-off area between the Oak Centre and the main hospice entrance. We plan a pathway between the two front doors including informal seating around a slate feature, with the area being complemented with small lawns area, trees and shrubs. The new fencing around this area will come down when these exterior works are complete, hopefully over winter in time for a grand formal spring opening.

What next? We now want to provide proper en-suite facilities for overnight visitors closer to the wards, and to reconfigure the ward layout, allowing better use of space for patients between the beds and the bathrooms, as well as investigating the possibility of providing

some of our single rooms with en-suite facilities. We also have to divert attention to the Hospice roof. Since we opened 22 years ago, we have always had a roof that has leaked, but now it is also showing significant signs of wear, tear and age (aren't we all!). Does it ever stop?

St John's Hospice Seeking New Trustees

St John's Hospice is governed by a board of Trustees, currently nine in number. Each Trustee brings an experience or specialist interest relevant to the needs of governing a charity of this size. We are looking for potential new board members who would be interested in the guidance of the charity into the next decade and beyond. We have advertised within our service area and have been very fortunate in the number who have responded. We hope to be able to welcome a number on to the board by the end of the year.

Comings and Goings

We have said farewell to Rachel Hodgson and Annette Jacks from the domestics team, and to nurses Annette Finlay and Karen Foster. Well known to so many of us was Sister Mary O'Grady. Mary has been a stalwart of the Hospices nursing team for years, and worked in palliative care in Scotland prior to coming to St John's. Mary retired two months ago, returning to her native west coast of Ireland.

We say hello to Maureen Brooks who joins the domestics, and to nurses Angela Hunt, Janet Winder and Akpene Tettey.

David Driscoll ("Dave the Slave") will have retired by the time *Rapport* hits the streets. Dave has seen many changes over the years, being part of the team that came to the then new Hospice, decamping from Silverdale. We wish Dave all the very best, as we do his successor Ray Evans, who has already started and is spending some time learning the ropes (and grappling with the building's idiosyncracies) before flying solo from the end of October.



pictures: Autumn details from St John's Hospice gardens

remember your own shining stars:

CancerCare: LIGHT FOR LIFE

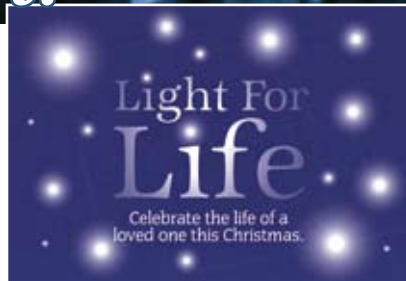
Take time this Christmas to remember someone you love, cherish the memory of someone who has died or enjoy a family celebration with CancerCare's Light For Life Celebrations, which are held around the district:

Lancaster – Saturday 1st December, starting 5pm at Lancaster Baptist Church, Nelson Street (adjacent to the Town Hall). After a short informal Christmas Carol service our candlelit procession will be led by a piper across to Dalton Square for the switch-on and then you are welcome to join us back at the Church for refreshments.

Kendal – Sunday 2nd December, starting 5pm at Kendal Unitarian Chapel, Market Place. After the Christmas Carol service we will take our candles to the Memorial Garden to see the switch-on of the lights on the magnificent magnolia tree. You are welcome to join us for refreshments back in the Church.

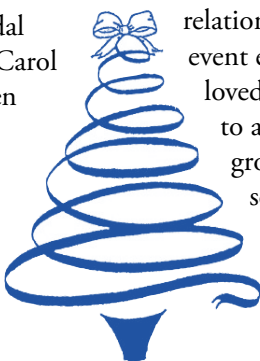
Ambleside – Saturday 1st December, starting at 4pm at Rothay Manor Hotel for carols and the tree lighting ceremony. You are welcome to join us in the Rothay Manor for refreshments afterwards.

To dedicate a light to your special someone on one of our Light For Life trees please visit www.light4life.org.uk or contact us for a dedication form by calling 01524 381820 or by email at fundraising@cancercare.org.uk



Schools Christmas Ribbons for Life 2007

CancerCare is also working with local schools to help children remember their own special friends and relations. The Annual Christmas Ribbons for Life event encourages children to write messages for their loved ones on memory ribbons which can be tied to a tree or other special place within the school grounds. CancerCare staff are able to visit the schools to take part in ribbon ceremonies or special assemblies. Contact us if you want more information.



Joolz At the Top

CONGRATULATIONS to CancerCare supporter Joolz Ferguson (below) who raised over £10,000 for the charity when she took on the challenge of trekking up to Machu Picchu, the lost city of

the Incas in Peru. Despite battling with her own lymphatic cancer, which landed her in hospital for emergency treatment during the adventure Joolz did some very hard trekking, reached the summit, and also reached her massive £10,000 cash target for CancerCare. Said the unstoppable Ms Ferguson of her remarkable feat: "In some respects it wasn't as satisfying as I'd hoped as it was a personal challenge to beat my cancer and it did interfere, so I'm still angry with it for invading my life, and you know what that means? A new challenge next year!!!! White water rafting the Grand Canyon I think!!



Joan Stars for CancerCare!

CancerCare fundraising stalwart Joan Newby gets crafty on CancerCare's behalf for the annual lantern procession in Ambleside. Joan's skills with tissue paper and withies



provide the perfect vehicle for her committed support to CancerCare... resulting in a lantern with our logo, carried through the town as part of the glowing trail. Thanks to Joan for all she does for us.

CancerCare Charity number change.

Following advice from the Charity Commission about the most appropriate model for a charity of the size and scope of CancerCare we are changing from a charity governed by a trust deed to an incorporated charity with effect from 1 October 2007. This means we have a new registered charity number which is 1120048.

We continue to be known as CancerCare and there will be no change to the services we provide or our activities.



pictures: Autumn details from CancerCare's gardens

ST JOHN'S HOSPICE EVENTS

Further details: 01524 382538

Christmas Fayre

Sunday 25th November 1.30 pm

Santa's Grotto, Face Painting, 'Secrets Room', Handmade Christmas Decorations, Cakes, Bric-a-Brac, Books, Boutique, CD's/DVD's/Videos, Raffle, Silent Auction.



**Light Up a Life
Services**

*(see page 11 inside for
more details)*

LANCASTER Sunday 2nd December 4pm

St John's Hospice, Slyne Road, Lancaster.

GARSTANG Sunday 9th December 4pm

United Reformed Church, Garstang,

KENDAL Sunday 16th December 4pm

Holy Trinity Parish Church, Kendal,

Westmorland Singers at St John's Hospice

Sunday 9th December 2pm

Afternoon of festive music from a wonderful ensemble.

Centralaires at St John's Hospice

Wednesday 12th December 7.30 pm

Christmas music evening.

Burn's Night, Ashton Hall, Lancaster Town

Hall - Saturday 26th January 2008

A night of dancing, eating and laughter. Mike Willoughby and Striding Edge will raise the roof with their outstanding music. Andrew Southcott will delight our palates with a splendid four course meal. Plus the ingredient, which really makes this evening a success :you, our guests! Come and 'Strip The Willow' in excellent company! Tickets will go on sale 1st November priced £35 and will be available from the Hospice Reception.

Lancaster's Moonlight Walk

Saturday 7th June 2008

Registration forms will be available from 1st January 2008. Registration fee £10 per walker.

CANCERCARE EVENTS

Further details: 01524 381820

Kendal Christmas Fair

Saturday 17th November 10am - noon

Kirkland Hall. Lovely stalls in a friendly atmosphere. Start your seasonal shopping here!

Ambleside Christmas Fair

Saturday 24th November 10am - noon

Kelsick Centre. Christmas stalls galore by and for our supporters in the Lake District.

Light For Life Events

(see page 10 inside for more details)



AMBLESIDE

Saturday 1st December 4pm

Rothay Manor Hotel

Carols and tree lights switch-on: all welcome.

LANCASTER

Saturday 1st December 5pm

Carols and candles - a service in Lancaster Baptist church followed by lights switch-on in Dalton Square

KENDAL

Sunday 2nd December 5pm

Unitarian Chapel, Market Place - Candles and carols followed by tree lighting in Garden of Remembrance.

Christmas Fair at Leighton Hall

Tuesday 4th December 10am - noon

Lots of stalls in the beautiful setting of Leighton Hall. Do come and join us! The event will include a CancerCare home produce stall - if you wish to help us by baking something it would be very much appreciated.

The StarWalk

Saturday 10th May 2008

An exhilarating chance to go on a midnight sponsored walk with hundreds of other CancerCare supporters. Contact us to register or for more information.

OUR REGULAR COFFEE EVENTS

St John's Coffee Morning - First Friday each month 10 am - noon at St John's Hospice
CancerCare Café - Last Friday each month 10 am - noon at Slynedales, Slyne Road