



# Rapport

FREE

WINTER 2009



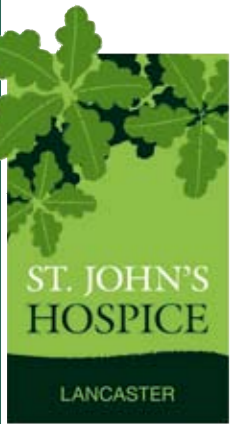
**Children  
bring joy  
at St John's**



**St John's Hospice**  
Slyne Road  
Lancaster LA2 6ST

Tel: 01524 382538  
Fax: 01524 848665

Email: ask@sjhospice.org.uk  
Web: www.sjhospice.org.uk



St. John's Hospice provides specialist palliative care for patients with life-limiting conditions. We provide a range of services from in-patient care,

domiciliary care, to bereavement support. All our services are free of charge.

Hospice care is holistic and embraces physical, psychological, social and spiritual needs of the patients and their relatives and friends. To provide this support we employ a range of professionals and volunteers all working in a truly multi-disciplinary fashion.

We provide our services primarily for patients from North Lancashire, South Cumbria and the Craven area of North Yorkshire.



St John's Hospice

## 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 saleable goods and can collect if required. Please contact us for details.



The Lancaster shop

### LANCASTER - 50 Church St

01524 846438  
Open: Mon-Sat 10.00 - 16.00  
Manager: Patricia Steele

### MORECAMBE - 25 Pedder St

01524 401167  
Open: Mon-Sat 10.00 - 16.00  
Manager: Gwen Sparks

### LANCASTER UNIVERSITY

Edward Roberts Court  
01524 593882  
Open Mon-Fri 09.00 - 16.00.  
Sat 12.00 - 16.00  
Manager: Jean Knowles

## OUR VITAL VOLUNTEERS

St John's Hospice and CancerCare both hold the Queen's Award for Voluntary Service. To find out more about volunteering opportunities, please contact us on the numbers above.



Slynedales, Lancaster

### CancerCare Slynedales

Slyne Road Lancaster LA2 6ST  
Tel: 01524 381820  
Fax: 01524 845040  
Email: admin@cancercare.org.uk  
Web: www.cancercare.org.uk

CancerCare is a local charity dedicated to the support of people with cancer, their families and carers, and those bereaved by cancer.

CancerCare's services are available to anyone in North Lancashire and South Lakeland, and have been developed specifically for those whose lives are affected by cancer. Support is offered at our two centres, Slynedales in Lancaster and the Lakes Centre in Kendal, at the Royal Lancaster Infirmary and Furness General Hospital, and in Barrow and Ulverston.

CancerCare provides emotional, psychological, physical and social support through an extensive range of therapies. We offer information on all aspects of life affected by cancer and facilitate informal groups who offer mutual support. Our voluntary driver service enables people with transport difficulties to attend CancerCare's own centres and day care facilities at St John's Hospice.

CancerCare is a valued partner within the local NHS Cancer Network and works closely with other local providers, offering services that complement those of the medical services.

All CancerCare's support and services are offered free of charge.

CancerCare is a registered charity number 1120048.

### CancerCare Lakes Centre

Blackhall Road Kendal LA9 4BT  
Tel: 01539 735800  
Fax: 01539 728628  
Web and email as for Slynedales above.



Lakes Centre, Kendal

## WELCOME

Welcome to *Rapport* magazine, which is published jointly by CancerCare and St John's Hospice who work together to provide support for people facing cancer and other life threatening illnesses.

We hope you enjoy *Rapport*. Your comments and suggestions for the magazine are always welcome, so do get in touch and tell us what you think.

**Sue Parish**  
Editor

### HOW TO GET IN TOUCH:

Email: rapport@cancercare.org.uk  
Telephone/post: via CancerCare.  
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Our cover photo by Elizabeth James shows Liam Steele, a pupil from Christ Church School in Lancaster, with visitor Hazel Denvir at St John's Hospice Oak Centre. For full story see article on page 5.



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## SHOPTALK

### FLOWER POWER FOR VOLUNTEERS

The volunteers who keep our shops running smoothly day-in, day-out were thanked for their dedication at a special event at Slynedales in July. There was a delicious supper, a brain teasing quiz, a raffle with lots of lovely prizes, and elegant piano music played by Arthur Thornley. CancerCare Manager Peter Hearne spoke of how valuable the money raised by the shops is to both CancerCare and St John's Hospice, and also thanked the shop volunteers for being "the public face" of the two charities. Many of those present have helped with the shops for many years, and received thank-you bouquets from Shops Manager Anne Ellis.



### Our picture shows some of the long serving shop volunteers:

Back Row L-R: Carolyn Raleigh, Liz Morpeth, Carol Simpson, Doreen Challenger, Jean Gilligan, Robert Horton and Phyllis Horton (hiding behind her flowers!). Front Row L-R: Vera Lund, Frances Compston, Margaret Hosker, Pam Raleigh, Maureen Townley, Karen Robinson and Emma Sharp

## FREE PRESCRIPTIONS FOR CANCER PATIENTS.

Cancer patients no longer have to pay for prescriptions, and will receive all medication free of charge.

The changes came into force from 1st April 2009, and in August the Department of Health issued further guidance to health care professionals to ensure awareness of the legislation.

Patients undergoing treatment for cancer, including the effects of cancer or

the effects of current or previous cancer treatment, can apply for a certificate that will give them exemption. Exemption certificates only apply to charges for NHS prescriptions but they cover all prescriptions, not just those for the exempting condition.

Cancer patients should ask their doctor for an application form which will need to be countersigned by their GP, hospital or

service doctor (or, at their GP's discretion, a member of the practice who can access their medical records).

Over the next few years charges will also be abolished for patients with long-term conditions, following a review to be undertaken by Professor Ian Gilmore, President of the Royal College of Physicians.

# CANCERCARE LAKES CENTRE RE-OPENS:

## Bigger, Brighter & BETTER!



The Lakes Centre, CancerCare's Kendal home has been extended, refurbished and re-equipped thanks to everyone who contributed to our Jubilee Appeal.

We moved back into the Lakes Centre from our temporary home in early September, and on Saturday 3rd October we were delighted to have the High Sheriff of Cumbria Susan Thornely cut the blue ribbon to formally mark our re-opening. Westmorland and Lonsdale MP Tim Farron, Conservative parliamentary candidate Gareth McKeever and a host of CancerCare supporters, staff and volunteers also visited the centre for guided tours of the newly re-vamped therapy premises.

Visitors entering the building are now welcomed into an airy, open-plan reception area. We've also managed to create more usable space in our downstairs meeting room by adding a small foyer area. At the back of the building a new, extended woodwork room gives plenty of potential for our woodwork group and allows us to consider the possibility of providing other crafts at a later date.

Upstairs we have added another smart private counselling room, plus a new office for therapists to keep records and papers. Our Children's and Young People's Service finally has its own dedicated room, allowing space for all the toys, art equipment and comfy chairs which help us to carry out our work with junior and teenage clients. Also upstairs, a bright and welcoming new art room offers everything that our painting, jewellery and craft clients could wish for. As well as plenty of table and bench workspaces, the room is fitted with special non-slip flooring and daylight bulbs to keep artwork colours accurate even on dull winter days.

All the rooms are named after the Lakes which help to make the area so popular, and which continue to draw not only day visitors, but also people who choose to retire in Cumbria, and who may need our support in the future. With demand for CancerCare services predicted to double in the next ten years, we will need every inch of our new space, and are deeply grateful to everyone who helped to make it happen. As our Chairman, Robert Webb, observed in a presentation to guests, the refurbishment is not only a great improvement on our previous facilities. It has also been achieved without losing any of the special atmosphere which makes CancerCare so treasured by the community who continue to support us so generously.



**PHOTOS:** Clockwise from top left: The extended centre from the outside; High Sheriff Susan Thornely and CancerCare Chairman Robert Webb cut the ceremonial ribbon; our Children and Young People's room; the new art room; an impromptu Tai Chi session for staff led by Jim Fall (centre) in the upstairs meeting room; the new reception area with (L-R) Chairman Robert Webb, Lakes Centre Administrator Iona Price and CancerCare General Manager Peter Hearne; the new woodwork room with Woodwork therapist Terry Maudsley (centre), and CancerCare supporters Ken and Norma Ducklin; the new upstairs counselling room.

Many thanks to the Westmorland Gazette for allowing us to use their photograph of Susan Thornely and Robert Webb.



# ST JOHN'S HOSPICE SCHOOLS PROJECT:



St. John's Hospice successfully completed their first School's Project in June. The project was inspired by one originally set up by St. Christopher's Hospice in London, as a way of introducing children to the concept of death and dying and showing what hospice care encompasses.

Year 6 from Christ Church Primary School Lancaster were chosen to take part. The children visited the hospice for four consecutive weeks and joined Day Care patients in completing an Art Project.

The project was, in one child's own words 'a fonominal experience': this was echoed not only within the school and indeed by the parents, but also throughout the hospice. Although based within the Oak Centre, the positive atmosphere was felt throughout the building and beyond.

Planning for the project began in February. Meetings were arranged including a parents' evening to ensure they were comfortable with the plan. It was agreed that the project should be positive and bright so with yellow featuring widely around hospices in June this became the theme. This was also the final few weeks for the children at primary school before they embarked on their secondary school adventure.

As the date approached for the first visit to the hospice, staff within the hospice and the school were rather apprehensive. This was totally unfounded as the children seemed to settle into the environment quickly and were eager to get on with their Art Project. They soon connected with the patients and their relationships blossomed over the following weeks. Any worries about death and dying being a taboo subject soon dissipated and a happy atmosphere resounded everywhere.

On the final day the children and patients exhibited their Art Work and had a celebration day, where parents and other staff members were invited. A special cake was prepared and the Oak Centre was decorated with sunflowers. Though the day was filled with laughter, there was also sadness as the children were saying their goodbyes.

Everyone involved in the project felt it was a successful event, which the hospice hopes to repeat again next year. SO - a big thank you to all concerned especially the children and patients.

Jane Watson  
Day Hospice Team Leader



### What the patients said:

- "It felt a bit awkward talking about illness but then it was fine"
- "It was lovely the way they just accepted you straight away and just started talking to you."

### What the children said:

- "I didn't think it was going to be a happy place - but I was wrong".
- "I think the hospice Art Project was a great opportunity to make new friends"
- "I thought the last week was the best because we got lots of people to sign our T-shirts"
- "I thought it would be full of doom and gloom but it was cheerful"
- "The final week our project revealed all that work paid off and we celebrated with a party with lots of biscuits. I'll be sad to miss such a joyful place".



All photographs © Elizabeth James  
[www.elizabethjamesphotography.co.uk](http://www.elizabethjamesphotography.co.uk)

# CARE FOR CARERS

Caring for someone with a life-limiting illness can be deeply rewarding. But it can also be challenging. There may be times when you think no-one understands or can help. Or you may not know who to ask about a particular aspect of your caring role. The maze of financial and benefits issues for carers can be another complication, often at a time when you are least equipped to deal with it. However, there are many organisations dedicated to ensuring that the person you are caring for gets the support they need, and making sure that you, as a carer, don't get worn out or isolated. Don't be afraid to ask - you *can* get help with your caring role. Here is an overview of who you can turn to, in North Lancashire / South Lakeland and beyond.



## Carers support from CancerCare

CancerCare provides support and advice not only for people with cancer, but for close family and carers whose lives are affected. We offer complementary therapies as well as advice and signposting to other sources of help. Time with one of our therapists can provide a safe space for you to deal with your own worries and fears about the situation. Get in touch to find out more.

## Respite Care and Other Support Services from CancerCare and St John's Carers

Carers need time to themselves. Whether you want a break, or to deal with practical tasks like shopping or cleaning, it is vital to know that the person you care for is safe. CancerCare offers social Day Care for cancer patients including a mid-day meal, allowing carers a break. For people with a life-limiting illness who also need clinical support St John's offer Day Hospice at the Oak Centre, including hairdressing and other services. St John's also offers in-patient respite care. Either option can mean a welcome break for carers, and may also include help with transport. St John's also has an Outreach Nursing Team, who offer occasional respite care in your home, and their Social Workers can help their patients and carers to get the support you need from other organisations.

**"Asking people for help is not an admission of failure"**

from the booklet *Partners in Caring* by Marie Curie Cancer Care

## Other organisations

Other organisations, both voluntary and statutory (including Social Services), may also be able to offer respite care. If your caring role has a major impact on your life you are entitled to a Carers Assessment to establish what assistance you may be entitled to.

Various local voluntary organisations offer advice and support - Lonsdale District

Carers and South Lakeland Carers. There are also several national carers organisations who can support, and provide information and advice. The major ones are shown in the table on the right. Age Concern in the area also provide advice and services for older people.

## Keeping in Touch

It can help to know you are not alone. Both St John's and CancerCare have regular coffee mornings, social and fundraising events where you can meet other people dealing with similar challenges in their lives. CancerCare also has a number of "friendship" groups around the district, and local carers organisations offer a range of social events.

## Internet support

The internet can be a lifeline if you have to spend a lot of time at home in your caring role. Several of the carers organisations listed below have lively message boards where you can interact with other carers, whether to discuss your caring role, or just to meet others and avoid isolation.

## Marie Curie Nurses








If someone you care for at home is very poorly with cancer or another illness, and approaching the end of their life, night-times can be difficult for both of you. It may be possible to have night-time nursing support at home from a Marie Curie nurse. You should request for this via your GP or District Nurse. Marie Curie support can also be provided during the daytimes. The Marie Curie website includes carers advice

## Benefits Advice

Full-time carers may be entitled to claim additional financial support. Your local Citizens Advice Bureau can help, and also offers online advice on their national website.

## Medical Care

The person you care for should have regular contact with specialists who are treating them. However, if they are suddenly unwell, you can contact your General Practitioner (GP) or District Nurse during the day. At night you should contact the Cumbria Health on Call (CHOC) service which also covers North Lancashire (this replaces the previous Baycall service.)

LOCAL ORGANISATIONS	PHONE	EMAIL	WEBSITE	SERVICES
 <b>CancerCare</b>	01524 381820 OR 01539 735800	admin@cancercares.org.uk	www.cancercares.org.uk	Therapy, advice and support for people with cancer, their families and carers, and those bereaved by cancer. Covers North Lancashire & South Lakeland.
 <b>St John's Hospice</b>	01524 382538	ask@sjhospice.org.uk	www.sjhospice.org.uk	Services for people with life-limiting illness. These include Day Hospice, Respite care, Outreach Nursing team, Social Worker.
 <b>Lonsdale District Carers</b>	01524 833456	lonsdale@dcarers.freemove.co.uk	www.lonsdalecarers.co.uk	Advice, information and support for carers in Lancaster District including free Carers A-Z information guide. Social events.
 <b>South Lakeland Carers</b>	01539 815970	admin@slcarers.org.uk	www.slcarers.org.uk	Advice, information and support for carers in South Lakeland, including sitters service for brief respite periods, and alarm systems.
 <b>Age Concern Lancashire</b>	Lancaster 01524 63961 C'forth 01524 720232	lancaster@ageconcernlancs.org.uk carnforth@ageconcernlancs.org.uk	www.ageconcernlancs.org.uk (follow links for Lancaster or Carnforth offices)	Information, advice and support services for older people in Lancaster district, including rural areas. Includes various carers services.
	<b>Age Concern South Lakeland</b>	Advice Line 01539 728180	admin@ageconcernsl.org.uk	www.ageconcernsl.org.uk
 <b>Adult Social Care, Lancaster</b>	0845 053 0009	acscustomer.services@lancashire.gov.uk	www.lancashire.gov.uk (search for "carers")	Carers needs assessments, and possible support with respite care, benefits advice / other adult care services.
 <b>Adult Social Care Cumbria (South Lakeland)</b>	01539 773377	kendalssd@cumbriacc.gov.uk	www.cumbria.gov.uk (search for "carers")	Carers needs assessments, and possible support with respite care, benefits advice / other adult care services.
 <b>Cumbria Health on Call (CHOC)</b>	<i>Patients previously covered by Baycall</i> 0845 052 4999		www.chocld.co.uk	Out of hours emergency medical cover for North Lancashire and Cumbria. After-hours calls to your GP will be re-directed to CHOC
	<i>Patients previously covered by CueDoc</i> 01228 401999			
 <b>Citizens Advice Bureaux (CAB)</b>	Lancaster 01524 66529	enquiries@lancastercab.org	www.lancastercab.org	Help and advice with benefits information. Also offers national online information and email advice service: see www.citizensadvice.org.uk
	Kendal 01539 738772	no email enquiries at present	www.cabsouthlakeland.org.uk	
NATIONAL ORGANISATIONS				
 <b>Carers UK</b>	CarersLine 0808 808 7777	info@carersuk.org	www.carersuk.org	Advice and information on services, benefits and sources of support. Also undertakes campaigns on behalf of carers.
 <b>The Princess Royal Trust for Carers</b>	01257 234 070	infochorley@carers.org	www.carers.org	Information, advice and support services for carers and young carers. Services include carers centres and interactive website.
 <b>Marie Curie Cancer Care</b>	020 7599 7777 NB: Requests for help should be made to your District Nurse	info@mariecurie.org.uk or email via website form	www.mariecurie.org.uk	Home-nursing care, in conjunction with other local healthcare professionals. Website includes carers information and downloadable guide: "Partners in Caring"
 <b>Macmillan Cancer Support / CancerBackup</b>	0808 808 0000 (advice and information service)	email via website form	www.macmillan.org.uk	Advice for carers including booklet "Hello and How Are You?"



# ST JOHN'S RESEARCH UPDATE

Study and development of End of Life Care continues to grow at St John's Hospice, with our research team operating from the newly refurbished lodge building. In 2008 funding was awarded to support clinical and research staff in 3 hospices and St John's is now at the centre of the network of research teams in Lancashire, working in tandem with staff from Trinity Hospice in Blackpool and St Catherine's Hospice in Preston.

The aim of the research network is to carry out and analyse new approaches to palliative care, leading to improvements in practice where appropriate. Research activity in palliative care has until recently been relatively underdeveloped and often consists of small, single centre studies that may not be powerful enough to answer important questions that affect patients and clinical services. Building research capability will allow larger and more ambitious projects to be completed that can address these questions. Having several organisations working on the same studies means that greater numbers of participants can be involved, lending greater weight to the evidence gathered. In the longer term, a localised network of research active hospices in Lancashire and Cumbria may become a model for a national research network.

Professor Michael Bennett of Lancaster University, who is also a medical consultant for St John's and the Royal Lancaster Infirmary, leads the team. Staff involved at St John's are Clinical Trials Manager Mandy Hughes, and Palliative Care Research Practitioner Gail Wiley. Together with colleagues at the other hospices, they have already initiated several pieces of research.

These include initial trials into the use of TENS machines (which provide small, regular electric impulses) in controlling cancer bone pain, and the creation and use of a DVD to help patients understand issues around cancer pain and how to control it. It is hoped that the small scale pilot studies now completed will provide a basis for more extended work in 2010.

The team have also recruited participants to a national study

funded by Cancer Research UK of over 1,000 patients, set up to try and develop a prognostic indicator for cancer patients (a tool to help clinicians assess likely length of survival). The team has also recently started to recruit to an international pharmaceutical company trial of new treatments for pain control in people with advanced cancer. Future plans also include a study on helping patients deal with breathlessness and one on control of neuropathic pain (resulting from nerve damage).

The work of the team feeds into national understanding of palliative care issues, via the National Institute for Health Research, and therefore has the potential to improve End of Life Care across the UK and beyond. In undertaking their work the team have also had to overcome a number of challenges related to ethics and research governance in non-NHS units, and helping staff to value the role of research in shaping clinical care. An additional bonus is having the opportunity to bridge the academic-clinical divide in palliative care stimulating the adoption of research activity into clinical service delivery in local hospices

Professor Bennett and team members from St John's will make a presentation about the development of the Research Network at the 2009 Help the Hospices Annual Conference in November. At present they are the only local Palliative Care Specialty Group in the Comprehensive Local Research Network in the UK

Their work is an exciting development for St John's, for the people we care for, and, in the longer term, for patients across the country who may benefit from the research network and its findings.



PHOTOS: Professor Mike Bennett (inset), Mandy Hughes (standing), Gail Wiley (seated).

# CANCERCARE RESEARCH UPDATE

A high proportion of people supported by CancerCare value us for our welcoming atmosphere, and the flexibility and friendliness of our therapists.

This is one of the findings from a study into why people do - or don't - take up CancerCare's services, and what they think of them.

The research was done by PhD student Zoë Cockshott from the Division of Health Research at Lancaster University, and funded by the Michelle Kershaw Fellowship. Zoë conducted in-depth interviews in Lancaster and Kendal with a total of 17 patients and carers who had used our services and another 7 people who hadn't. Zoë's aim was to find out what influences the decision whether or not to come to CancerCare, and what our clients experiences are of the services. She discovered that:

- Some clients initially regard CancerCare as offering a "toolbox" of methods they can access to help them deal with their cancer situation. Others tend to see CancerCare as a safe place - an emotional and physical sanctuary. A third group are less certain about why they are here, and may even feel ambivalent about it to start with, although many in this group come to

appreciate the emotional support we offer.

- Patients who are undergoing cancer treatment are likely to be referred by Health Practitioners, whereas carers

*"Just this huge feeling as if arms are going round you to protect you really and comfort you ... It was astonishing how safe and secure I felt within that building really, because I don't normally."*  
Cancer patient and CC client

and family members who are caring are more likely to approach us directly because they have reached a state of crisis and feel unable to cope.

- The way in which CancerCare differs from hospitals and other medical settings is seen as a great strength by many clients - it is regarded as a completely different experience. Clients often see themselves as being more actively involved in a relationship with their therapist, and welcome the sense of personal interaction and caring.
- Users of our services tend to include a slightly higher proportion of women and a slightly younger age group than the actual population affected

by cancer. The men who do use the service are less likely to place a high regard on the warm and personal atmosphere, and may even be uncomfortable with it.

- Some clients feel uneasy about having therapy sessions because they are not sure they deserve to access a valuable and limited resource which may be more needed by other people.

Zoë is now writing up her research findings in detail for her doctoral thesis, and has presented them to CancerCare Trustees and therapy staff. It is reassuring to have formal evidence that, by and large, our services make a great difference to our clients' sense of well-being.

We now look forward to incorporating Zoë's findings into our practice as we continue to seek the optimum benefit for all the people who may need CancerCare's support.

Zoë and CancerCare would like to thank all the study participants and staff who generously contributed their time and experience to make this valuable research possible.



Zoë Cockshott

## A Visit to Hospice Nepal

A letter from St John's Hospice Manager Clive Shelley from Kathmandu on World Hospice Day 10/10/09

*This is a chaotic city - full of the contrasts of historical cultural remnants and brash modern life. In amongst the poverty, noise and bustle on the southern side of the city, down what seems like an old farm track, lies Hospice Nepal.*

*After working in Japan, where he experienced hospice care, it was the dream of Dr Pradeep Vaidya and his team to develop hospice care in Nepal at Kathmandu, with the current 9 bedded hospice opening in 2000. Their pioneering spirit has great parallels with the UK hospice movement some 25 years before. There are tales of no government funding; the need for palliative care to be a recognised speciality so that Doctors will not feel disadvantaged by following this career line; the need for a wide range of educational initiatives; the continued need for space, for funding etc - these are all familiar to us in the UK. Service development is seen as the need*

*to support families at home to look after the patient, reserving specialist beds for those that need more than can be provided in what can be very basic homes.*

*Much is in common but much is very different. St John's Hospice, for its number of beds, is one of the cheapest in the UK, yet to talk money would have been downright embarrassing for us both, so we didn't touch on budgets. This hospice relies on very few staff (4 in-patient nurses, a small community team, a cleaner and a lot of volunteers). Most basic patient care is carried out by relatives - each patient bed has a pull-out relative's bed. The nurses focus on medical administrations. There are no cooks - it is up to relatives to feed their patient, and there is a small outside kitchen, for which the hospice provides bottled gas for cooking. Doctor provision is by local doctors and consultants who have full time hospital jobs and see this as a social extra. Kathmandu's transport is chaotic, so the hospice Doctors are now performing consultations with patients at the hospice via web cam and Skype: patients have been very willing to comply with this economic necessity. If this approach can be taken into*

*peoples homes it would save travelling up to 20 miles around the Kathmandu Valley. If, if..*

*However, their modest premises are under threat. With only 5 years remaining on the land lease, they will have to move. Now is the time that they have be shaping their new service - do they invest in new beds or motor bikes? How do they promote palliative care to protect the long term professional attraction for nurses and doctors? How do they broaden their expertise from mainly cancer? How do they promote palliative care to ensure that the drugs companies know that there is a sure market (oral liquid morphine has just, this summer, been started to be made in Nepal)? How do they find a new site that allows easy access for people who don't have cars and can't afford taxis?*

*I went away only able to leave my thoughts and wishes. In the middle of this city chaos is a small team striving to make things better for patients with life limiting conditions. Like many emerging hospice services, we can only hope they succeed, and support them where we can.*

Yours, a very humbled  
Clive Shelley

## CancerCare Therapy Spotlight: AROMATHERAPY

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

Aromatherapy is the therapeutic use of essential oils extracted from aromatic plants, flowers, fruits, herbs, grasses and trees. It is a gentle, soothing therapy which can have both physical and psychological benefits.

CancerCare provides aromatherapy at our centres in Lancaster and Kendal, and also at the Royal Lancaster Infirmary and the Furness General Hospital, Barrow. The treatment can be provided before, during and after cancer treatment, and may also be helpful to people who are caring for others with cancer.

At your first session, your therapist will ask you about your personal situation and establish the best combination of essential oils to help you. These are

then diluted into a base oil such as sweet almond, and applied to your skin with gentle massage. The site of the massage will be agreed with you after taking your case history to find what will suit you best - it may be your back, or hands or feet for example.

### What are the benefits?

Aromatherapy can help to:

- \* *Ease physical tension and make you feel more relaxed*
- \* *Improve sleep patterns, so you are more rested*
- \* *Improve your self-esteem and confidence*

We take great care to ensure that you are as comfortable and relaxed as possible throughout your session, which lasts for up to an hour. You will have a number of appointments, tailored to your individual needs. In order for you to feel at ease and for the therapist to administer the oil you are advised to wear loose fitting clothes, and you may need to take some clothes off during the treatment, which takes place in a warm and private room.

Aromatherapy can help to relieve stress and tension, promote relaxation and reduce nausea and insomnia. Clients who have received this treatment tell us they develop better sleep patterns, and an improved sense of well-being. They enjoy not only the wonderful scents of the oils being used, but also the gentle physical contact involved in the massage. The touch of the therapist can be very healing and restorative, helping you to cope better with emotional issues around the cancer situation you are facing.

For more information about aromatherapy, pick up one of our leaflets, (pictured above) at our centres or download a copy from our website at [www.cancercare.org.uk](http://www.cancercare.org.uk)



[www.hospicenepal.org.np](http://www.hospicenepal.org.np)

# Trustees & Staff at St John's Hospice



## Current Chair of St John's Trustees Dr Michael Warren explains recent board developments and forthcoming changes in his own role.

I wrote a while ago about the appointment of 8 new trustees to the board of St John's Hospice. Although a large number, the qualities of those invited to join and the forthcoming retirement of a number of longer serving trustees we felt justified the difficulties of such a sizeable influx.

After a period of settling in, a training course and two away days, the new members are now making increasingly significant contributions to the board's work. So much so that 2 of our pre-existing members have already felt they could safely stand down, their roles and areas of expertise being well covered by new arrivals:

**Malcolm Brownsord** joined the board many years ago and, as a surveyor, has overseen from the point of view of the board the property issues which have arisen over this time. He developed a huge knowledge of our building and its difficulties and was able to ensure that when repair, new building or other property related undertakings were planned, the board had a well informed professional view to guide us through the processes. Malcolm also served on the Finance subcommittee which guides our financial thinking and was a board member and ultimately chair of "Timemerge", the joint shops' holding company. Perhaps a particular measure of the extent of Malcolm's efforts is the appointment of two surveyors (Richard Taylor and Brian Rycroft) to the board to continue this oversight.

**Tony Collinson**, a partner in the local firm of Whiteside and Knowles, also joined the board about 20 years ago and after offering, similarly, advice on legal matters, recommending specialist colleagues where necessary and maintaining the board's understanding of the legal issues we faced, now feels that we have excellent support for this vital monitoring in the person of **Ruth Keenleyside**, a solicitor in Carlisle (though living near Kendal) appointed as a trustee last year. They have worked together with staff to ensure a smooth transition in our legal advice.

**Susie Bagot** is standing down after the next Trustees' meeting in early December. Susie joined us after being trustee of a

national charity as well as having similar roles in a number of local organisations and has brought to the board over many years a very sound understanding and knowledge of the governance of charities as well as support and generosity in many other ways for which the board as a whole and I in particular thank her. Finally, **Sanjay Tanna**, one of our more recently appointed trustees has found that his business pressures have risen to the extent that he can no longer offer the trust board the time required to fulfil his role to his satisfaction. He had already begun to contribute significantly to our work and we are sorry to see him go, with our thanks and good wishes.

The Hospice and its services are held in very high esteem locally and supported by many local people in so many different ways. The trustees are a group of volunteers with particular statutory roles but are equally local people supportive of the concept, principles and operation of the Hospice with the same commitment and enthusiasm seen in the wider community. Those leaving and those more recently arrived are, in my experience over many years, an incredibly loyal and hard working group who have exercised their responsibilities with great skill and enthusiasm. I am personally grateful for the friendship and support they have and are giving but on behalf of all our supporters and wider community I say a well deserved "thank you" to all those who have left us in recent months or are leaving shortly.

I was elected to be chair of the trustees for 6 years (at a maximum), but because of a national role as chair of the organisation for chairs of hospices (Forum of Chairs of Independent Hospices), which required me to be a serving chair, was generously allowed to serve another 2 years. This role will finish at the end of this year and at our meeting on 31st March, the trustees unanimously agreed to appoint **Bob Daunt** as chair elect to take over when I finish my term. Bob is well known to many; he has served on the management committee for many more years than he has been a Trustee and has an intimate knowledge of our development and service. Also, with a career spent in NHS management locally, he is well placed to understand the essential collaboration we need with the NHS to ensure a service which is consistent and integrated for our patients, whilst retaining our

independence and ethos of high standards of care for the people we serve as they face up to the problems associated with serious and/or long term illness especially towards the end of life.

In my role as Chair of the Forum, I have sat on a number of national advisory groups, covering Governance of Hospices, the role of Help the Hospices (the membership organisation for independent Hospices which helps us with education, regulatory issues, policy issues etc), Policy development and advice to the Department of Health on cancer and related issues. I was even asked to attend a Political Party Conference as part of this work! I had expected to stand down from these roles at this time too but have been invited to stay on as a member of two advisory groups nationally. My background and experience was cited as justification for this but, of course, my value would rapidly diminish without local grounded contact with the Hospice world. I have therefore been offered the opportunity to stay on the board of trustees (Bob does not feel threatened by this, he assures me!) and to remain in contact with the Northwest Group of Hospices, so that I can stay in touch with local and regional issues which I will need to do to ensure that I bring some value to the national arena. I shall therefore, for a while yet, still be around although less obviously than in my role as chair. I am flattered by these developments and am grateful to Bob and the trustees for their indulgence. I hope that, as over the last few years, my involvement in the wider Hospice world brings benefits to St John's as well.

Finally, Bob and I have been working as a duo for some time now, so, whilst I recognise that his style and thinking will rapidly be reflected in the board's working, we are both confident that the handover will be smooth from an operational point of view. Much of this of course, is related to our working relationships with staff in the Hospice. To all with whom I have had contact as Chair, I say "thank you". There is a tremendous spirit in St John's, which is a reflection of the breadth of the team we have and its collective desire to offer, enhance and improve the service we give to our local community. I am confident that this will all continue as I withdraw from the front line.

Mike Warren

### STAFF CHANGES AT ST JOHN'S HOSPICE.

We welcome Julie Jones and Irene Skitt, who started in September as full-time auxiliaries. Also Eleanor Bulman who has joined us as Discharge Facilitation nurse, and Lynne Dickson, new part-time staff nurse.

We say goodbye and thank you to Sarah Gordon who left in September to pursue her nurse training, and to Leone Beet, night staff nurse, who leaves us after 17 years service.

# Trustees & Staff at CancerCare



## CancerCare General Manager Peter Hearne outlines changes in staff and trustees at CancerCare, including the retirement of CancerCare founder and inspiration Professor Malcolm McIlmurray.

Everyone at CancerCare was delighted to welcome a house full of guests, some old friends and some new, to the farewell party on 6 August held to mark the retirement from the Trustee board of **Professor Malcolm McIlmurray** and **Meg McCaldin**, pictured right.

Malcolm has relinquished his role as Chairman more than twenty five years after founding CancerCare and guiding it through those many years to become the outstanding charitable organisation that we all know and value so highly. Although he will not now be active in the management of the organisation we are delighted that he will maintain his links and engage in the evaluation, research and development of our services for the foreseeable future. We are equally delighted that his links with CancerCare will continue to be recognised with his new title of Life President. Malcolm's contribution to CancerCare was the subject of a special feature article in the Lancaster Guardian, copies of which are on display at our Lancaster and Lakes Centres.

Meg, who has also been involved in CancerCare from its very early years and has played a very significant role in the charity's development, has finally said goodbye as she takes up a well earned retirement in the beautiful countryside of Northumbria.

We are eternally grateful to both Malcolm and Meg and we shall miss their wise counsel and unremitting support.

On 30 September we also said goodbye to **Sue Ruel** who,



Sue Ruel

after many, many years as a cornerstone of Therapy Services, is retiring. Whilst we shall miss Sue's very special skills, attributes and humanity we know she is very much looking forward to her retirement and we wish her well in the years to come, and thank her for all she has contributed to our work.

**Jennifer Macleannan**, until recently our Deputy Therapy Services Manager has also moved on from CancerCare, and will be greatly missed. Jennifer was with us for nine years, and countless clients and colleagues benefited from her outstanding insight, wise counsel, and love of her fellow men. We send her our love, thanks and best wishes for the future.

**Anna Jacobs**, who has led the Children and Young persons Service in recent years, leaves us to return South and take up a post in a hospice near Bath and **Wendy Hart**, also a Children's and Young Persons therapist, is giving up her one day post to go full time in her main role at the Child and Adolescent Mental Health Service. **Gill Ormerod**, one of our highly valued Counsellors and Assessors, is leaving CancerCare's direct employment but has kindly agreed to continue as our Information Officer on a consultancy basis. We thank them all for their contribution to CancerCare and wish them every success in the future.

### New Board Roles and Members

**Robert Webb**, formerly Vice Chairman has been elected to the role of Chairman of Trustees. **Mervyn Bonnett** has been appointed as Vice Chairman. The Trustees also welcomed two new Trustee/Directors, **Trudy Johnston** (our former Therapy Services Manager) and **Geoff Payne**.



Let them eat cake! Malcolm and Meg at their farewell party. (picture: Den Bray)

*"A very sincere thank you to all who contributed towards the gift which marks my retirement from CancerCare. The oil painting, a winter scene in the Langdales by a noted artist Vivienne Pooley is beautiful and will be a constant reminder of the countless people I had the privilege to meet and work with over the past 25 years.*

*I leave with so many memories and with a sense of great optimism for the future of this wonderful organisation."*

*With all good wishes  
Malcolm McIlmurray*

## MORECAMBE FRIENDSHIP GROUP

The Morecambe Friendship Group meets every week at the United Reformed Church on Broadway in Morecambe. Meetings are held on a Tuesday from 10am - 12 noon, and the group is open to anyone whose life has been affected by cancer, including patients, carers and the bereaved. Refreshments are provided, and there is always a warm and welcoming atmosphere. In addition to their weekly sessions, the group organise outings, including recent trips to Chester and Southport. They also

contribute to CancerCare with regular fundraising events and activities helping to support our work. The group has been in operation for 18 years, and welcomes new members and visitors. For more information please contact group member Mrs Margaret Birch on 01524 824336.

CancerCare also has other Friendship Groups meeting around the district. Contact us on 01524 381820 for further details.

# FUNDRAISING & DIARY DATES



## ST JOHN'S HOSPICE

Further details:

01524 382538

### CHRISTMAS FAYRE AT THE HOSPICE

Sunday 29th November 2009

1.30pm to 4pm

Great fun for all the family: Santa's Grotto, plus all our usual stalls including books, face painting, cakes bric-a-brac, boutique, music & DVDs, ornamental Christmas floral displays, plants, raffle, crafts, tombola, toys and the silent auction.

### LIGHT UP A LIFE AT THE HOSPICE



Sunday 6th December  
Service begins at 4pm

Everyone is invited to be part of our tradition, to remember someone special, to capture the moment, and to share in the community of Light Up A Life.

The service begins at 4pm, but please feel free to arrive from 3pm onwards. Unfortunately parking will not be available on the hospice grounds, however drop and collection is permitted.

### CHRISTMAS TREE MARKET



Saturday 12th - 10am-4pm

Sunday 13th December - 11am-4pm

Martin Burr of Greenfingers and St John's Hospice have joined forces and will be selling

beautiful Great Nordmann Firs in the Hospice grounds. Trees are priced at £6.50 per foot and Cinco Christmas Tree watering stands are also available for £14.95.

Pre-order by emailing Julie Miller or phoning 01524 384884. On your way home from Christmas shopping why not call in to see us? There's plenty of parking space and you are more than welcome to stay and relax with a glass of mulled wine and a mince pie. Half the profit of every tree sold will go to the Hospice.

### CHRISTMAS TREE-RE-CYCLING SERVICE



Save the environment and help our Hospice - recycle your Christmas tree! On Saturday 9th January and Sunday 10th January 2010 we are once again offering to collect your tree from

your home and take it away for recycling. (Please remove all lights, tinsel and decorations.) For this service we are requesting a minimum donation to the Hospice of £4. Unfortunately we will only be able to collect from the following postcode areas: LA1, LA2, LA3, LA4, LA5.

To book, please ring the Hospice 01524 384884 or email Julie Miller. Please send your name, address, a contact phone number and your preferred method of payment. Cheques should be made payable to St John's Hospice.

## CANCERCARE

Further details:

01524 381820



### THE SANTA DASH AND REINDER RUN

Sunday 15th November

Arrive 9.00 - 10.30am for 11am start

Family friendly course over 1.5 miles finishing at Lancaster's St Nicholas Arcade with stalls, refreshments, prizes and official switch-on of the Christmas lights. Registration includes santa suits for grown ups, reindeer kit for youngsters. Get your costume and join us! See [www.thesantadash.org.uk](http://www.thesantadash.org.uk)

### CHRISTMAS FAYRES AND COFFEE MORNINGS

Tues 17 Nov Lancaster Friendship Group 10am - noon.

Trinity URC Hall, Bowerham. £3 including refreshments.

Sat 21 Nov Ambleside Friendship Group Christmas Fayre at Kelsick Centre. 10am - noon. £1 including refreshments.

Sat 21 Nov Kendal Friendship Group Christmas Fayre.

10am - noon at Kirkland Hall by Kendal Parish Church

Tues 1 Dec Christmas Fayre at Leighton Hall. 10am - 12.30pm. Admission £3, including coffee and mince pie.



### STARLIGHTS CELEBRATIONS

Our tree lighting and carol ceremonies in memory of special people. See [www.starlights.org.uk](http://www.starlights.org.uk) or call for details.

Sunday 6 December: Ambleside. 4pm at Rothay Manor Hotel

Sunday 6 December: Kendal. 6pm at Kendal Unitarian Chapel

Sunday 13 December: Windermere. 6pm at Lakeland Ltd,

### STARLIGHTS CONCERT

Saturday 19 December, Lancaster Baptist Church. 7pm.

Tickets £12 / £8 concessions.

A celebratory evening of words and music by the Rushley Singers and the St Laurence Singers. Including premiere of *Song for CancerCare*, composed to celebrate our Silver Jubilee.

### CHRISTMAS BAG PACKING

22 - 24 December at Lancaster Marks & Spencers. Please volunteer for an hour or two if you can.

### SING ALONG MAMMA MIA

Fridays 22 January (Slynedales) 29 January (Lakes Centre)

An evening of great music and food. Banish the winter blues with some Mediterranean sun and fun! Tickets £10 (includes Greek Supper).

### 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