

# CancerCare CONNECT

## Meet our Chief Executive

Our new CEO Alison Stainthorpe has had a very busy seven months since her appointment in January. We asked her a few questions to find out how it's been and what her plans are for the future!

### **How did you come to join CancerCare?**

I spotted the job of Operations Manager at the charity back in 2010 while I was living in Cyprus and looking to relocate back to my home town of Morecambe. I got the job but my start was delayed due to the Icelandic volcano eruption which caused chaos and I had to stay an extra two weeks whilst they prioritised getting holiday makers off the island.

### **How have things changed since you joined the charity?**

The stand-out thing for me is how much we have grown. The number of therapists has doubled and we now have new centres in Barrow and Morecambe. Obviously the last 12 months were difficult, but we rose to the challenge launching new online services, supporting the NHS with counselling and our community with medicine runs. Our fundraising also went virtual with great success.

### **What do you enjoy about working at CancerCare?**

The fact no two days are the same so you need to be able to adapt very quickly! I love the camaraderie we have here and we all share the same goal that our clients are at the heart of everything we do.

### **Any stand out memories?**

Former Chair Robert Webb abseiling down Ashton Memorial dressed as Spiderman and, personally, taking part in our Cross Bay half marathon.

### **What are your hopes for the charity during your time as CEO?**

To continue the good work we are doing as we head towards our 40th Anniversary and to ensure that we will still be here supporting our communities for the next 40 years. The next couple of years will be financially challenging, so we need to be creative to ensure that we are there for our community and carry on delivering our amazing services.

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# Bereavement counselling requests up **25%**



One of the many new services we introduced during the Covid pandemic was counselling for people bereaved for any reason – not just as a result of cancer.

Over the last 12 months demand for the service has grown by around 25% and the number of clients seeking this type of support increased with 177 clients being offered counselling sessions for bereavement. We also had 13 clients receiving support from our NHS Covid referrals service, another of our new offers during the pandemic.

We have a large team of specialist bereavement counsellors covering all our centres including Helen Fry who has been with CancerCare since 2012.

Helen said “None of us exists in isolation. Our connections with our family, friends and the wider world form part of who we are. When someone you love dies it can feel as though a part of you is gone. And this can be utterly disorienting. Some people describe feeling as though they are in an alien unfamiliar landscape, or that they feel

flung around in a whirlpool of grief. Others may feel nothing, just numb, or angry, or guilty. Or all of the above within a short space of time. Grief comes in many guises.

“Having time with a counsellor, someone who is not part of your everyday life can provide an anchor. A steady weekly space gives you time to make sense of all that you are experiencing. Being heard and understood and accepted no matter what can release some of the pressure, like easing the top off a bottle of pop that’s been shaken up.

“With the additional pressures and constraints of Covid and lockdown, many of the things that would normally steady us and help us through are no longer available. If you are struggling to cope with the death of someone close to you CancerCare may be able to help, so please don’t hesitate to get in touch.”





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# CancerCare cooking up a storm!

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*Irini Tzortoglou in the  
BBC Masterchef kitchen*

Our Fundraising Team are always trying to think of new ways to raise the funds needed each year to run CancerCare's services. However, with many of our usual fundraising activities stalled by the pandemic and demand for services increasing, this year, we've had to be extra creative with our ideas!

One such idea was to create a CancerCare Recipe Book

and, following a real team effort from across the organisation, we are delighted to announce that 'Extra Helpings' will be on sale this Autumn, making it the ideal Christmas gift!

The book features a range of mouth-watering recipes and celebrates the people that make CancerCare special; our service users, volunteers, therapists, staff and wonderful supporters! We have been

overwhelmed by the number of recipes that have been shared with us, including submissions from BBC Masterchef 2019 winner Irini Tzortoglou. Special thanks must also go to local chef Stuart Smith, who very kindly prepared a number of the featured recipes so that they could be professionally photographed for the book.

Pre-order your copy now at:  
[www.cancercare.org.uk](http://www.cancercare.org.uk)



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## Forging partnerships with local businesses

Despite the uncertainty many businesses have faced over the past 18 months, we have been overwhelmed by the continued support shown by our corporate supporters, old and new.

Last year, we launched the Profit Pledge scheme; an exciting and mutually beneficial way for local businesses to support CancerCare's work.

If your business would like to support CancerCare, then we'd like to hear from you. Please contact Emma Athersmith on 01229 836926 or email [fundraising@cancercare.org.uk](mailto:fundraising@cancercare.org.uk)

Local Gardener Chris Dickson, The Lawn Ranger - Morecambe, has pledged to donate 2.5% of his profit for the year to CancerCare. Chris said: "Working in partnership with CancerCare has really made a difference to my business. I'm getting more enquiries than I normally would for this time of the year. Plus, it's a small way to say a huge thank you for everything the charity does for our local community."



Chris Dickson

Nicola Combe of Morecambe Bay Wills and Estates has also pledged her support. When Nicola's husband, Jim, was diagnosed with pancreatic cancer in 2017, the couple were referred to CancerCare for therapies, which helped Jim to face his treatment and helped Nicola after Jim lost his battle in 2018. After losing Jim, Nicola was inspired to start her own Will-writing business; helping others to protect their loved ones and ensure their wishes are carried out. Now she has pledged to donate 5% of selected invoices to CancerCare. "They are a local, small charity and I wanted to do something to help them after they helped us," said Nicola.



Nicola Combe





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# Apprentice making an impact!

Often, when people come to work for CancerCare, one of the things that keeps them here is the sense of reward and supportive atmosphere at the charity.

This is certainly the case with Holly Salisbury, who joined us nearly two

years ago as part of her Higher Apprenticeship at Level 4 in Business and Professional Administration from Lancaster and Morecambe College.

Holly has proven herself to be a wonderful asset for us with her willingness to get involved and throw herself wholeheartedly into any challenge that comes her way from administration to fundraising.

Last year Holly even took it upon herself to help boost her colleagues' mental well-being during the Covid lockdown. She ran a special Health and Happiness Challenge, a six-week campaign designed to get colleagues active and engaging with each other at a time when many were working from home and feeling isolated.

With Holly's motivation, staff got active outdoors, interacted with each other in "teams" and had lots of fun with quizzes, cookery, photography competitions and quirky challenges such as "dress your desk" and "guess the baby."



Holly Salisbury

Even though her experience in the office was cut short due to Covid, Holly still managed to complete her apprenticeship within the stipulated 18 month period and she has now been invited to stay on at CancerCare as our new Volunteer Coordinator.



Holly said: "I have had an incredible amount of support from everyone, especially my line manager, Alison Stainthorpe who has always been there to motivate and support me throughout this journey. I am very excited to continue working for CancerCare and I'm looking forward to getting to know our wonderful volunteers."

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# Fundraisers make the difference



Anna raised a fantastic total of £985.82 during the month and, because donations made via the JustGiving website are transferred to CancerCare quickly, the funds could be put to use straight away, helping to provide essential support to families in our local community facing cancer or loss.

CancerCare supporter, Anna Sequeira, found a unique way to fundraise this Summer, using her talent as an artist. Over the course of June 2021, Anna painted a portrait each day, asking friends, family & fans of her art to donate to an online JustGiving page.

Based in Windermere, Anna works as an Occupational Therapist and often refers patients to the support services that CancerCare offer to local people affected by cancer or bereavement.

She said "With everything going on in the world at the moment, I find that painting is so therapeutic for me. I decided that if I can raise money for a wonderful cause at the same time, it's a win-win!"

Thank you Anna for using your talent and hobby to help CancerCare!

## **Fancy organising your own fundraising challenge or event?**

From fitness challenges to coffee mornings, every single fundraiser makes a difference to people in our community affected by cancer or bereavement. Whatever your idea, the CancerCare Fundraising Team are here to help you smash your goals. We love hearing from anyone who shares in our passion for CancerCare!

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## News in brief

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### **New appointment to Executive Leadership Team**

In June we welcomed Simon Rothwell as our new Director of Client Services. Simon has decades of experience in the charitable/voluntary sector as a member of a national drug treatment charity, and as a youth and community worker in Lancaster and Morecambe.



### **Fundraising team boosted**

Our fundraising team was boosted in July with the appointment of Heidi Bowron as Barrow Area Fundraiser. Heidi has lived in Barrow all her life and, as well as helping raise the money we need to provide our services, she will be forging links with partner organisations across the Furness Peninsula.



### **Minecraft Project nearing completion**

The children who come to CancerCare will soon be engaging with our therapists via the videogame Minecraft.

We have been working on an innovative project with game developers who are creating a bespoke Minecraft world in which young people can engage with our therapists and youth workers.

Minecraft is one of the most popular games in the world and is often described as “digital Lego”. It allows players to explore an almost limitless 3D digital “sandbox” world and create their own buildings and landscape.

Project funding came from Catalyst and it is being developed by Brighton-based digital youth engagement agency BlockBuilders.



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## Vibrant new look: modern new website!

# CancerCare

The Covid pandemic changed many things for CancerCare. We began using new technologies to deliver our services and help raise the money we need to support local people coping with cancer or bereavement.



As a result, we felt the time was right to embrace the bold new digital age and give our image a vibrant new makeover!

Over the last eight months we have been working with Lancaster-based creatives Factored on a brand new state-of-the-art website which has been developed to help us tap into people's thirst for online interaction, both in

terms of engagement with our services and raising money for us.

We have also completely refreshed our brand with a bold new look. We have given our image a radical overhaul with vibrant new colours, fonts and emotive artwork created by our clients, staff and volunteers. We commissioned a series of professional portrait photographs of the people we help, and who help us, using compelling imagery to tell the story of who we are and how we aim to give people the strength to move forward with their lives, whatever they are going through.

You'll also notice a difference in the way we communicate with you. We will now endeavour to engage our audience with a much more empowering use of language. This new tone of voice will focus on how CancerCare makes people "feel" whether that is the positive outcomes of a therapy session or the buzz to be gained from donating some money to us.

Exciting times and we hope you like what we've done!





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# Braving the icy waters of Windermere to say “thank you”!

Twelve-year-old Seb Clifford-Hirst pulled on his wetsuit and powered through the choppy waters of Windermere to raise money for CancerCare, last month.

Seb took part in the Great North Swim, to say “thank you” to us after we supported him following the sudden death of his sister Rhiannon in 2018.

Over the last 12 months, Seb had begun struggling to cope with his grief and an already tough time was amplified by the additional worries caused by the Covid pandemic.

Seb’s mum Alex said: “This grief and stress was causing him to have issues with anger, anxiety and low self-esteem. We hadn’t realised that CancerCare offered support

for grieving children, but we are so glad we found out.”

Seb has been visiting our Lakes Centre in Kendal for specialist therapy with Tina Allonby.

“Since Seb has been having his weekly sessions we have seen a big difference in him. He is dealing with his emotions better and seems much happier in himself. Seb really appreciates and looks forward to his sessions and decided to do the swim and raise money as he wanted to give something back to this brilliant charity,” Alex added.



Seb trained hard for his challenge and smashed his original fundraising target of £200, with a final total of more than £1,000.

To find out more about how you can fundraise for CancerCare visit [cancercarer.org.uk](https://cancercarer.org.uk) or email [fundraising@cancercare.org.uk](mailto:fundraising@cancercare.org.uk)



# Re-fresh peer support group expands into Cumbria

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2021 is proving to be an exciting year for our Children and Young People's Service.

This summer saw the launch of two brand new Re-Fresh Young People's Peer Support Groups in Kendal and Barrow providing new opportunities for us to engage with youngsters aged 12-17 who have been affected by cancer or bereavement in their families or network of friends.

The new groups are an extension of the service that has been running at our Lancaster Centre for the past two years and which has provided fun, friendship and support for dozens of young people.

Re-Fresh is led by youth workers Lou Andrews and Chris Wadeson and acts as a non-judgemental space designed to take young people affected by serious illness or grief "out of themselves" and help them make new friends and support others in similar situations.

The groups enjoy a wide variety of activities ranging from arts & crafts to baking and one weekend a month they have a full day of outdoor adventure. Re-Fresh also runs a full programme of activities during the summer holidays including canoeing, pamper days and cinema trips.

The Kendal Group meets every other Tuesday from 6-8pm at the Lakes Centre on Blackhall Road while the Barrow Group will meet at our Duke Street Centre every other Thursday at the same time.

CancerCare's Youth Action Worker Lou Andrews said: "The support of their friends and peers can have an incredibly positive effect on the mental and physical well-being of a young person and this very much at the heart of our Re-Fresh Young People's Peer Support Group," she added.

For more information contact CancerCare's Youth Action Worker Lou Andrews at [louise.andrews@cancercare.org.uk](mailto:louise.andrews@cancercare.org.uk) or call 01524 381820.





Joss

### How Re-Fresh helped me

Sixteen-year-old Joss started coming to Re-Fresh in 2018 after her older sister died in a car crash the previous year.

Joss was initially anxious about coming to the group as she didn't know anyone, but she needn't have worried. She quickly made friends and the support of our youth workers helped her fit in right away.

"Coming to group has helped me build my confidence. I have established a great new group of friends who I can relate to. My friends at Re-Fresh are very different to my other friends as they understand what I have been through and can support me in a way my other friends can't."



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# New campaign to encourage men to seek support

Men make up less than a third of the number of clients who come to CancerCare.

Men are far less likely than women to look for help when they are struggling with their mental health and we will soon be embarking on an innovative new campaign aimed at encouraging men to access our services.

Student James Thorp from Lancaster did just that when he was diagnosed with cancer last summer, in the midst of the Covid pandemic.

The diagnosis began to have an impact on James's mental health, so his nurse put him in touch with CancerCare and he started receiving telephone counselling with David, one of our professional therapists.

"It felt like a weight had been lifted. It was also really good to be able to talk to someone about my cancer. I was always imagining the worst about situations, but David helped me to think things through and together we could work out practical ways to alleviate the uncertainties I had. We didn't always spend 45 minutes talking about cancer. We talked about other things that were on my mind too. It was all part of feeling better," said James.



James has now resumed his PhD studies which he hopes to complete by December before possibly embarking on a career in teaching. He is also urging others to seek support if they are worried about their physical or mental health.

"Don't hesitate to get help. If you find a lump, go to your doctors, but if you need support mentally too, reach out," he said.

Project leader Sarah Drake said: "We will be working with our male clients past and present to create a more approachable, visual and informative campaign to promote how we can support men and break down the barriers preventing them from asking for help when they need it."

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# New Morecambe centre already making a difference



CEO Alison Stanthorpe and Helen Stonell

May marked a major milestone in CancerCare history when we threw open the doors of a new centre in Morecambe.

In its first two months, the centre, at 34 Northumberland St, welcomed 22 new clients and delivered 79 sessions of therapy.

We currently have a three-year lease on the building and spent much of the Spring transforming it with new counselling and specialist therapy facilities and a dedicated children's play therapy room.

We had been looking to gain a foothold in the town to encourage people from Morecambe and Heysham, who may have been discouraged by Slynedaes' location, to seek support closer to home.

It is currently operating three days a week but if demand continues to grow we may need to extend its opening hours.



Play therapy room

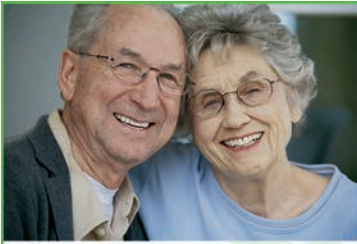
The initial set up and running costs of the centre were given a boost thanks to Nationwide Building Society which donated £9,093 to help pay for new equipment and a number of aromatherapy massage sessions.

The grant was secured by Helen Stonell, who is one of building society's managers and a former CancerCare client.

CancerCare helped Helen, who is from Morecambe, and her family following her breast cancer diagnosis around three years ago. She received specialist massage therapy to help her with the lymphoedema she experienced as a result of her treatment, and her husband Neil also accessed support services.

Helen said: "This service is much needed in Morecambe as when I used the services myself, I had to travel across to Slynedaes. I feel that now they have a centre in Morecambe that more of the community will benefit from using the services they offer. Being able to secure these grants for CancerCare has been my way of giving them something back for everything they did to support myself and my husband during a difficult time in our lives."





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# Legacy provides a lifeline for CancerCare



The importance of gifts in Wills to CancerCare was highlighted last year when we received a lifeline legacy from a much-loved lady from Morecambe.

The donation of £49,000 was left to us in the Will of the late Miss Mary Murray and enabled us to provide our extended range of services at the height of the Covid pandemic.

Mary will be remembered by many for the beautiful flower arrangements that she created for St. Mary's Church in Morecambe and for her lifelong commitment as a volunteer for St. John Ambulance. Her family also recall her love of music and her talent for telling a funny story with a completely straight face; bringing laughter and joy to everyone who heard the 'punchline'!

Mary's wonderful gift came at a vital time as many of the families we support – already coping with the impact of cancer or bereavement - have been hit by further risk and worry during the current pandemic. During this time, it has also been harder for us to raise the important funds needed to provide

counselling, therapies, and peer support to the local community.

Mary's niece, Anna Pendlebury said "We were delighted to hear that the bequest made by my 'Auntie Mamie', as she was affectionately known in our family, has been so well used, particularly at such a difficult time for everyone but especially those having to face cancer.

My Auntie was one of the most humble souls I've ever known. I know she would not want any recognition herself for this gift but would be happy to think that by sharing what she did, she may make others think of leaving a gift in their Will also, especially when they can see so clearly where the funds are being used so effectively."

In 2019/20, CancerCare has been grateful to receive gifts in Wills ranging from £250 to £122,000. If you'd like to learn more about including a gift to CancerCare in your Will, you can speak to a member of a Fundraising Team by calling 01524 381820.

# Specialist 3D nipple tattooing benefits CancerCare

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A semi-permanent make-up artist is using her talents as a tattooist to help people coping with the after-effects of breast cancer surgery.



*Sarah Drake and Jodie Hegarty at RLI*

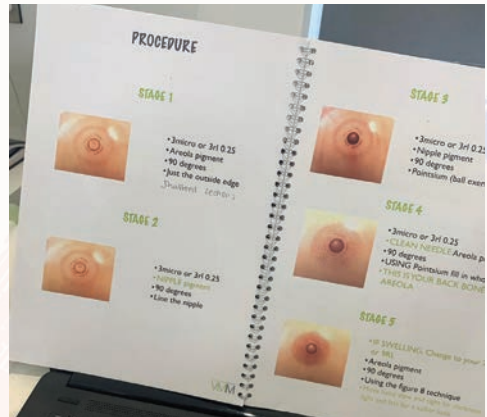
Lancaster-based Jodie Hegarty is one of the area's few trained 3D nipple reconstruction tattooists and in the Spring she offered a number of free specialist treatments to anyone who would benefit from the treatment in exchange for a donation to us.

Jodie said: "Many of the clients who come to me for eyebrow treatments do so due to the side effects of chemotherapy and speaking to them brings it home how important the work of the charity is."

The process involves creating a hyper-realistic 3D areola on flat skin using artistic techniques and pigments to provide the effect of a raised nipple natural in appearance. The final design is permanent and not prone to fading unlike those produced using older techniques.

Jodie said: "Each piece takes around two hours. I am very aware that it is an emotional process and I try and ensure I make it as comfortable as possible by having an initial in-depth consultation with the client, talking to them and finding out exactly what they want."





3D nipple tattooing can have a number of benefits including providing symmetry and making the recipient feel more comfortable with their post-surgery body shape. Men can also benefit from the procedure.

One of Jodie's first clients was our very own Development and Engagement Officer Sarah Drake who asked Jodie to revamp the tattoo she received after her mastectomy surgery several years ago.

Sarah said: "This was the first ever appointment I can remember in my cancer experience that wasn't a clinical procedure in a hospital or a room in which I may have received bad news.

"It felt like I was taking time to complete a long, painful and emotional process in a really positive environment by someone who was friendly, sensitive and caring. I was absolutely thrilled and felt a real sense of completion. I would recommend Jodie to anyone thinking about having a 3D nipple tattoo without hesitation!"

Jodie and Sarah have since given a talk to specialist clinicians at Royal Lancaster Infirmary and Jodie has joined our Profit Pledge scheme and will donate 20% of the proceeds of all 3D nipple tattoos she does over the next 12 months.

For more information visit [www.jodiehegarty.co.uk](http://www.jodiehegarty.co.uk)



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# Rollover jackpot scooped by Carnforth resident!



Anna said "Everyone at CancerCare gets really excited when we have a Rollover Jackpot winner! It was great to be able to make that phone call and give someone a very nice surprise on a Friday afternoon!"

Entry to the CancerCare Lottery starts from just £1 per week, with funds raised helping to support local people affected by cancer or bereavement.

"Our charity lottery is such an important source of fundraising for CancerCare, and the income has been crucial in helping CancerCare continue our work throughout the pandemic, when our usual fundraising events and public collections couldn't go ahead. We'd like to thank all CancerCare Lottery players for showing their support in this way. By giving just a little each week, they make such a huge difference to so many people in our community coping with cancer or loss during this extraordinary time."

Could you be our next winner? Join the CancerCare Lottery today at: [www.cancercare.org.uk](http://www.cancercare.org.uk)

On Friday 9th April, Individual Giving Fundraiser, Anna, had the pleasure of calling one lucky CancerCare Lottery player to tell them that they had won the Rollover Jackpot of £5,000!

The CancerCare Lottery is drawn every Friday and has a weekly 1st prize of £500, 2nd prize of £50 & five 3rd prizes of £10, but players also have the chance to win the Rollover jackpot, which increases every week that it isn't won, and could reach up to £5,000!



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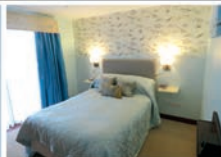
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# Art therapy sparks “creative explosion”!

Most of the people who come to CancerCare for support opt for counselling as a way of coping or coming to terms with a cancer diagnosis or grief caused by bereavement.

However, the charity's creative support groups, which allow clients to lose themselves in the creativity of art, crafts and woodwork, can provide a therapeutic effect just as powerful.

Charlotte Bangbala, 37, lives near Kendal and works for the BBC. In 2019 she was diagnosed with breast cancer. Following treatment, she is now in remission, but the experience left her feeling depressed and in need of support.

She said the classes has sparked a “creative explosion” and she had rediscovered her love of art as a result.

“It has definitely unlocked something within me and I am once again loving being creative, whether it's through design, writing or silversmithing. But, for me, coming to CancerCare isn't just about doing an art class, it's being part of an understanding community who can offer a unique perspective and advice.”

Charlotte gifts the jewellery she makes to family and friends and she has recently finished crafting a silver bracelet.



Rachel Hearne & Charlotte Bangbala

Despite all the talking and physical complementary therapies on offer, after hearing about her love for art, Charlotte was referred to the Creative Metals Group at our Kendal Centre which is led by professional jewellery maker Rachel Hearne.

Group sessions are an important part of CancerCare's work and in 2019/20 more than 200 clients attended a group session. Last year's pandemic drastically reduced this number down to 104 due to restrictions on face-to-face contact but most of the classes are up and running again with reduced numbers to ensure social distancing can take place.



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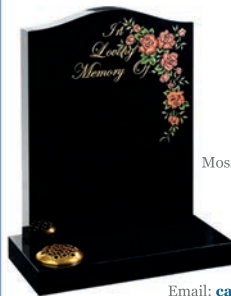
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CancerCare provide a vital service to local people when they need it at the toughest point in their lives. They have helped many of our employees and their families.

**It is vital they get the support  
from local organisations like  
ours in order to keep going.**

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# Spring surge in service demand

In terms of numbers of clients, April was our busiest month since January 2020 and, taking Lockdown out of the equation, we saw a 34 % increase compared to the same month in 2019 making this the busiest April we've ever had.

While our services are provided free of charge to our clients, it costs us around £142,000\* each month to deliver them, which is only possible thanks to public donations.

These donations enable us to help people like Jayne Tamang from Windermere who has been receiving phone counselling from our counsellor Jude Gaddes.

Jayne was diagnosed with bowel cancer in October. She underwent surgery within two

weeks and has since been receiving chemotherapy.

Shortly after, CancerCare got in touch with Jayne and she has been having fortnightly calls with Jude ever since.

"Jude's support has been fantastic. She always fits her

calls in with my hospital appointments and I always feel like I can talk to her about anything. She is always so positive and encouraging and her chats always give me a real morale boost. It is so important to be as healthy as you can, both physically and mentally, when you are going through chemotherapy" said Jayne.

Jayne is hoping to resume her work as a massage therapist at Beauty & Soul in Windermere and when she returns, she is planning to hold a fundraising event to say thank you to CancerCare for our support during her illness.

You can help us continue to help people like Jayne by pledging a monthly donation to us at [www.cancercare.org.uk](http://www.cancercare.org.uk) or by calling 01524 381820



Jayne Tamang

*\*Projected spend for 2021/22 across all four centres*

## Dates for your diary

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### **Saturday 18th September**

#### **Keswick to Barrow (K2B)**

After postponement in 2020, over 70 walkers supporting CancerCare will take on a challenging 40mile walk from Keswick to Barrow, or complete a shorter route of 21 miles between Coniston and Barrow. Registration is now closed.

### **Sunday 19th September**

#### **The Rampside Rush at Rampside Village Hall, Barrow in Furness**

Our friends at Tri-Island Running host their annual 10k & 5k events in aid of CancerCare. The entry fee is £20 for 10km, £15 for the 5km, which includes a medal and t-shirt for all participants. Participants are asked to raise a minimum of £20 sponsorship.

### **Sunday 3rd October**

#### **'Extra Helpings' Recipe Book Launch with Irini Tzortzoglou**

We welcome you to Leighton Hall to celebrate the launch of our fundraising recipe book with fizz, canapes and a talk from Masterchef 2019 winner, Irini Tzortzoglou. Ticket includes a copy of 'Extra Helpings'.

### **Monday 18th October – Saturday 6th November**

#### **Best of the Bay Auction**

Celebrating everything that's great about our local area, we have a selection of dining experiences, artwork & other surprises up for grabs in our online auction.

Whether you're on the lookout for Christmas gifts that give back or a treat for yourself, there's something for everyone.

### **Tuesday 16th November**

#### **Christmas Craft Fair at Abbey House Hotel, Barrow in Furness**

A warm welcome awaits as you shop for seasonal gifts with festive stalls from a selection of Cumbrian makers.

### **Sunday 28th November**

#### **CancerCare Santa Dash**

Our favourite festive fun run is back for 2021! Join us in Lancaster City Centre or run your mile wherever you are to take part in CancerCare's Santa Dash On Tour!

### **Tuesday 30th November – Tuesday 7th December**

#### **The Big Give Christmas Challenge**

Save the Date - Your donation doubled! We're taking part in The Big Give Christmas Challenge, which means donations made to our dedicated Christmas Appeal webpage during this week will be doubled whilst match funds last!

### **Friday 17th December**

#### **CancerCare Winter Draw 2021**

Win big in time for Christmas with our annual Winter Draw! Tickets available at our centres from 9th November or enter online at [www.cancercare.org.uk](http://www.cancercare.org.uk)

Details of all our events and activities are on our website [www.cancercare.org.uk](http://www.cancercare.org.uk)

*\*All events subject to COVID-19 restrictions.*



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