

I was wondering what to tell you all about in the newsletter's introduction. And I walked out into our garden, in the warm sunshine, and there was the most wonderful fragrance. Our wisteria is at its best, and it lifted my spirits. I'm sure it does that for all our patients and staff. A little snapshot of what the Fountain Centre is all about.



## Charterhouse excel – again!

Our friends at Charterhouse, Tim and Jo Reynolds (who are on the school staff) clearly felt they had to outdo last year's successful Tennis Day. So they devised a very particular, and very challenging, challenge for 2019.

They explained: "In 1371 the London Charterhouse was built as a Carthusian Monastery. Thomas Sutton bought The Charterhouse in 1611 and the school subsequently moved to Godalming in 1872. This challenge links the modern Charterhouse to the origins of the Carthusian Order of monks, by cycling and swimming from Godalming to the Chartreuse valley in the French Alps. The Chartreuse valley was

the location of the original Carthusian hermitage built by Saint Bruno and others in 1084.

"The journey had to be simulated, of course, using studio cycles for the road route (1000km) and swimming in the school pool for the channel crossing (34 km, 1340 lengths). Members of the Reynolds family completed the cross-channel swim alongside the Charterhouse pupils."

They notionally set off for France on March 23, and their hard work and energy has – so far – brought in over **£10,000**, with a very substantial contribution from Goldman Sachs. We are in awe and very grateful!



Tim Reynolds (in yellow)



One of the swimming team

# Introducing Kas

Kas Girdler isn't exactly a new face – some of you will recognise her from her role as a Monday desk volunteer and at some of our events. And now she has officially joined the team, as Community Engagement Officer covering our whole catchment area. She is going to be particularly focussed on building up our profile and supporter base in and around Frimley and Ashford – where we FINALLY have the go-ahead for dedicated Fountain Centre facilities. We won't be able to offer a full range of services yet, and space will be quite limited. But we have to start somewhere.

**1. Give me five words to describe yourself**

Enthusiastic, loving, whirlwind, loyal, sympathetic

**2. Who has been your biggest role model**

My husband Stu who has been by my side for the last 23 years, watching him have a vision of turning a failing company into one that works and for always reminding me we can get through anything together.

**3. Why did you chose the Fountain Centre**

I have always wanted to volunteer for a charity and was in a lucky position that

I only worked part time so had time to spare. Over the years I had helped with my children's schools and clubs but wanted to look for something local. The Fountain Centre for me provides a place where people can come and get as much help as they need, providing a calm environment and a place that the whole patient's needs are looked after including their families. I truly believe that everyone can get involved helping someone or something within their community and it really makes an impact regardless of how small you think the gesture is.

**4. What has surprised you most in the first three months**

That despite going through terrible times, people show immense courage, strength and love. By talking to people it has become even clearer how important The Fountain Centre is to so many.

**5. What are your top three films**

ET (love that film still cry everytime!), Rocky (who



**Kas Girdler – our new Community Engagement Officer.**

Photo by Bob Holmes from the Woking News

doesn't love an underdog) and Harry Potter (I wish Hogwarts was real)

**6. If you were stranded on a desert island, what three things would you want with you**

I have to say my kids Jack, Lily and Ozzy (who technically is a dog but still my third child)

My photos - I am always taking photos. They are memories you can just keep looking back at.

Lastly my husband Stu

Ok that is more than three but it's too hard to choose

**7. Marmite – yes or no?**

Only yes if it is spread so thin you can barely see it. Pointless, I know !



**GUILDFORD**  
COMMUNITY LOTTERY

## Don't forget to flutter

Nearly 30 FC supporters are helping to raise over **£1000** a year for the Fountain Centre by playing the Guildford Community Lottery each week. Tickets cost £1, and 50% of all their contributions comes to us. Signing up is easy – if you would like to take part, go to [www.guildfordlottery.org/support/the-fountain-centre](http://www.guildfordlottery.org/support/the-fountain-centre)

## We have a new patron



### Biography

George McGavin studied Zoology at Edinburgh University, followed by a PhD in Entomology at Imperial College and the Natural History Museum in London. After 25 years as an academic at Oxford University he became a television presenter. George is an Honorary Research Associate of the Oxford University Museum of Natural History and an Honorary Principal Research Fellow at Imperial College. He is a Fellow of the Linnaean Society and the Royal Geographical Society,

We were very excited to find out that Dr George McGavin was filming a new programme in the hospital, as a number of the team and trustees are great fans of his natural history programmes. He is currently having treatment for melanoma and the process he has been through will form the basis of a new documentary which will be shown on the BBC in the summer. He was introduced to the Fountain Centre, seemed to like what he saw, and has kindly agreed to become a Patron. We look forward to getting to know him better.

an Honorary Fellow of the Royal Society of Biology and an Honorary Life Fellow of the Royal Entomological Society. His programme credits include Expedition Borneo, Lost Land of the Jaguar, Lost Land of the Volcano, Lost Land of the Tiger, The Dark: nature's night-time world, Prehistoric Autopsy, Miniature Britain, Planet Ant, Ultimate Swarms, Dissected: the incredible human hand and foot, Monkey Planet, The Secret Life of your House (ITV) and the multi-award winning documentary

After Life: the strange science of decay. His most recent programme The Oak: nature's greatest survivor was shown on BBC4 in October 2015 and won a Royal Television Society Award and a Grierson Award. George is a regular presenter on BBC's The One Show and has written numerous books on insects and other animals. He is currently working on two documentaries for BBC 4. In 2019 he became the President of the Dorset Wildlife Trust.

## Shining on a bigger stage

The Fountain Centre has been lucky to have Dr Andrew Parsons on its team of volunteers for several years now. He has enabled us to introduce coaching as a development tool and support system for patients and staff, and is one of the first professionals to explore its use in a healthcare environment. He jumped at the opportunity to include a substantial article about our work together in the eminent journal 'Parliamentary Review', which has a circulation of over 500,000 annually. The launch party was a swish affair, and Anne had the opportunity to tell some rather famous faces about the Fountain Centre.

Anne Pike, Head of the Fountain Centre, and the Rt Hon Ed Balls



# 167 miles? Really?? For us???



Some people's willingness to go to extremes to support the Fountain Centre leaves the mind boggling. But we have a serious ultra-athlete in Alexis Smith. And somehow she has managed to rope in her husband Reg. She explains:

"Every year for the last 8 years I have completed at least one 100KM challenge. This year I am going to attempt 3 Ultras, all in the space of seven weeks. Reg is

attempting his first. He has done a marathon before but this was in 1982 so a while ago.

"We have picked this charity as a colleague and friend of Reg's from the Navy Reserve unit he attends is currently being supported by the Fountain Centre. Their support is making things a little bit easier and so we would like to support as many people getting help as possible during such a difficult time.

"In preparation we have begun training in earnest. We have upped the dog walking, and are getting to know Virginia Water really well (particularly the coffee shop) We have done the 25KM Easter walk in Windsor with our 12 year old daughter, and then the Oxon 20 in May. Reg is off to Ypres with the Navy

reserves to walk the battle fields at the end of May and we are hoping that this will be enough for us to manage the challenges of June and July!"

There is a link to Alexis and Reg's giving page on our website – do please support them if you can. We admire them enormously.

The Threshold Trail is a well established annual series of three events –

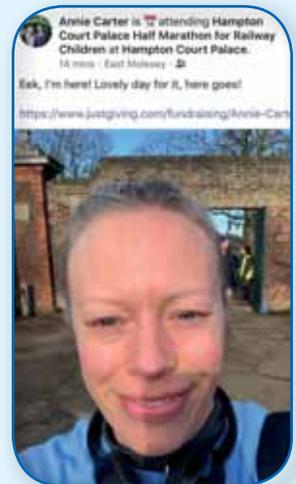
- Race to the Tower, from Stroud to Broadway across the Cotswolds
- Race to the Kings, along the South Downs Way from Arundel to Winchester
- Race to the Stones, along the Ridgway from the Chilterns to Avebury in Wiltshire

If anyone else would like a go there are more details at <http://www.thresholdtrailseries.com/>

## Double thanks for Annie



Annie Carter decided running the Hampton Court Half Marathon for us wasn't enough, bless her! So she also organised a cake sale for her colleagues at Roffe Swayne, accountants in Godalming. That's a grand total of over **£1,000** – well done, Annie!





Stefan McGarry (of 'Live at the Ivy' fame) brought a great crew of colleagues from Ubisoft to do the garden's Spring Clean. They completed in record time, and also discovered that our two fish have been busy – though the baby is very shy, so no photo!

## Dead Sea to Petra – the sequel

It isn't hard to see why another FC supporter has been attracted by the challenge of walking from the Dead Sea to Petra – it is a spectacular route, ending up at a site on many people's all-time bucket lists. Jane MacGregor White explains:

“In December 2017 my world was turned upside down with the diagnosis of breast cancer. I cannot praise the staff of St George's Hospital, Tooting enough for the care and consideration they gave me. Two operations later and on to the next stage - radiotherapy. Easy, I thought! How wrong I was – a minimum trip of 340 miles a week between home, work and Royal Surrey County Hospital for four and a half weeks.

“In the midst of all of the mayhem of radiotherapy, was a little oasis of calm and tranquillity – The Fountain Centre. I received some



amazing holistic treatments and counselling there which helped me to adjust to my post-cancer life. The physical scars are healing but the mental ones are slow to fade.

“We will be trekking in October from the Dead Sea which is 410m below sea level through the low-lying valley at approximately 200m above sea level past the biblical mines and Feinan. Then on up into the walled canyons out into the white sandstone domes and on into the Back Mountains. By night we will be staying in traditional Bedouin settlements camping out under the stars. Our destination is Petra, a



UNESCO world heritage site. The trek is 70km over 5 days in temperature of over 26 in the day dropping to freezing at night in the desert. I am self-funding all of the travel and accommodation costs meaning every penny raised through my page goes directly to the Fountain Centre. If you are able to do so, please Gift Aid your donation to make it even more valuable to their important work.”

If you would like to support Jane on this wonderful expedition, her e-giving page is <https://uk.virginmoneygiving.com/JaneMacGregorWhite>

# Happo

Happo is all about providing little therapy buddies for those who are embarking on a cancer journey. This is a time of stress and anxiety where people can feel scared and isolated. It is a time when friends and comfort become particularly important.

These little hippos are the perfect friend to have by your side at all stages of that journey. They can accompany you through consultations, scans, therapy, treatments and convalescence. With a Happo in your hand you're never alone, so please take care.

For the Happo family to grow however, we need to replace each one taken with a new Happo buddy. If you have friends, we would be so grateful if you could help by knitting one or more new Happos for the box. You simply need to know how to knit and hand sew. These Happos are easy to make and usually take around 1.5 hours from start to finish. And by making a Happo you will be helping future patients to also have their very own therapy buddy.

For more information on how to make a Happo, please visit:

- facebook.com/happotherapy
- happo\_therapy



# Happos and congratulations!

Happos have taken up residence in the Fountain Centre, and we were absolutely delighted to hear that Evie, their 'mum', has been given a Guildford Resident of the Month award for having such a great idea!

## YOUR COMMUNITY NEWS

### Patients get comfort from Happos



Evie Mason, the 'mum' of 1,000+ Happos at The Fountain Centre

A UNIVERSITY student who came up with a unique idea for cancer patients to show their caregivers in stress and they welcomed the idea. Patients on the site celebrated the arrival of the first Happo, and having their response in children of those affected by cancer.

The Masons created Happo - small knitted hippo - after her cancer diagnosis. She said she was "scared to say it out loud" but she wanted to give her cancer diagnosis and cope up with things happen as a gift. She decided to make a hippo for each of her cancer patients.

This woman was so delighted with the response that she organised the first Happo and she has since made more and now she has a box of 1,000+ Happos in the Fountain Centre, which she has used to give to the patients in need, and she is sponsored by Guildford Sea Day.

Evie Mason, a 26-year-old student at the University of Surrey, said she was "scared to say it out loud" but she wanted to give her cancer diagnosis and cope up with things happen as a gift. She decided to make a hippo for each of her cancer patients.

"Happos are the perfect size if you want something that can be held in your hand," Evie said.

Making a Hippo only requires hand knitting skills and they are easy to make and can be made in any color. Evie said she has made 1,000+ Happos and she has since made more and now she has a box of 1,000+ Happos in the Fountain Centre, which she has used to give to the patients in need, and she is sponsored by Guildford Sea Day.

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It was great to show Bob, Tony, Cyril and Alan, from Godalming Lions, round the FC when they brought in the cheque from their Quiz Night. Thanks, guys - lovely to meet you all!



## Chosen charity – please pick us!

Many companies, clubs and societies pick a chosen charity to support during the year. If you know of one, please do ask if the Fountain Centre can be considered for support. We can provide information packs or go along and explain the work we do if that would help – you just need to put us in touch. If you'd like to find out more, email [fionadick@nhs.net](mailto:fionadick@nhs.net)



## Silly socks at Daneshill

Our Founder Trustee Monica Simpson arranged to speak at her grand-daughters' school to tell them about the Fountain Centre – and it involved some unusual legwear. She explains....

“The Art Teacher had drawn a Fountain on the playground, and the children were going to put their coins there.....this gave me an excuse to sing “Three coins in a Fountain.....” just a couple of lines! A groan from Emma and Issy, my grand-daughters!

“Then I told them about the relaxing therapies we do for patients and carers in the Fountain Centre....AHHHH...followed by an explanation about the need for a Family and Children’s Support Service, and how the

Lottery works and how we applied for some of this money.....etc etc. But I told them how their collection would be for special things for the children – like creative arts bits and pieces or help with awaydays or some special family activities.

“It was Silly Sock Day, and they all thought I had forgotten that, but I finished by lifting my trouser legs up, and showing off my very large Christmas Stockings that were incredibly hot ...and kept falling down!”

Our thanks to the pupils and staff at Daneshill School at Stratfield Turgis for their initiative – **£261** is a great amount!

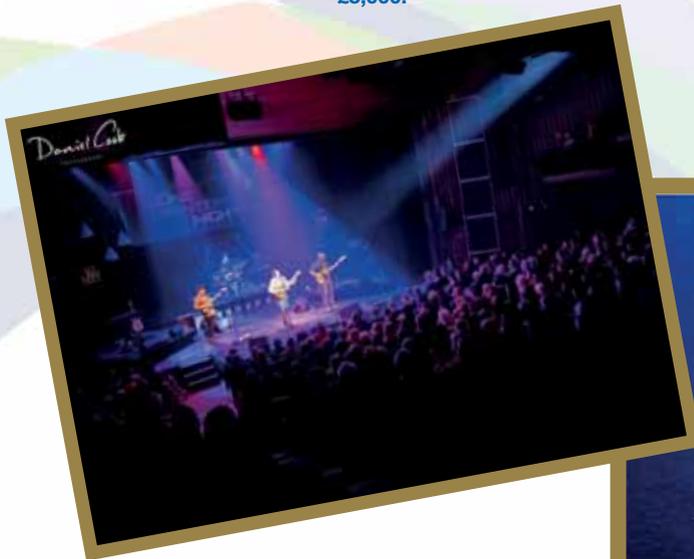


# Music is our Friend

This winter we have had a remarkable series of gigs and concerts to enjoy, and we are immensely grateful to all the artists who took part, the organisers – Gavin, Stefan and Jake – local businesses who donated raffle prizes and the audiences, who made each event a huge success.

## One Winter's Night

We were thrilled to find out that we had been picked as a beneficiary of One Winter's Night 2019, together with The Samaritans. One Winter's Night is an annual charity concert produced by GT Live Sessions, that takes place at the Yvonne Arnaud Theatre in Guildford every January. It featured nine exceptional local acts, hosted by Gavin Thomas. The event is sponsored by KP Snacks Ltd, which allows the producers to make substantial donations to two chosen charities each year. Gavin said: "I have been running local Open Mic nights and Showcase Sessions under the GT Live Sessions banner for nearly six years. Working with these extraordinary musicians inspires me to keep trying to keep music live and alive in Guildford. My aim, as always, is to promote and celebrate local live music, whilst supporting local songwriters and performers, and at the same time raising as much money as we can for local causes" The Yvonne Arnaud was a sell-out and each charity has received over **£5,000.**



## Live at the Ivy Room

On a rather smaller scale, but just as enjoyable, was an evening of acoustic (mainly) music in the Ivy Room at the Conservative Club in Farnham. This was put together by Stefan McGarry - we know him from Ubisoft, who are great supporters of the Family Service. All the artists had strong local connections and were favourites on the surprisingly lively Farnham music circuit. The venue was new to us, and we thoroughly enjoyed meeting supporters of Phyllis Tuckwell Hospice, who were joint beneficiaries. The hospice is very well known to all Farnham residents, of course, and it was a great opportunity to tell them about how the Fountain Centre fits into the cancer care picture across Surrey. Stefan was able to present us with a cheque for **£1,000** after the event, which was terrific.



## Love lifts us up!

And then there was our very own RSC choir, who sang to a sell-out audience at Holy Trinity Church in Guildford at the end of January. They are going from strength to strength and it's hard to find new words for how good they are getting – so let's steal from their Facebook page: "Wow! What a concert! Phenomenal singing by all, and accompanied by the most fantastic band! A fun, uplifting, emotional & magical night. Over 265 in the audience, and raised over **£10,500!!!!** That's incredible! Our best and most successful concert to date!! The choir just keeps getting better and better... they're inspiring!!" The choir is building up quite a following and we are all looking forward to their next performances.

## In Loving Memory

Nearly **£12,000** has been raised for the Fountain Centre over the last year, thanks to the thoughtfulness and generosity of people who might have more pressing things to think about. Since June 2018, many families have decided to ask for donations to the Fountain Centre as a memorial to loved ones they have lost. Others have set up JustGiving pages to raise money in memory of friends or relatives.

Of course we are extremely grateful for all the donations we receive. But somehow legacies and In Memoriam gifts feel extra special. Our particular thanks to the families and friends of:

Ronald Adey	Janet Mary Holt
Pat Baker's Father –in-law	Judith Houghton
Carol Brown	Alex Hughes
Kevin Black	Brenda Jervis
Michael Chase	Gill Kirkman
Manda Clarke	Brian Lewis
Richard Dandridge	Suki Lowres
Patricia Devonald	Jean Nieveen
Thomas Elliott	Sue O'Brien
Isabel Goodrich-Meech	Jega Rajarajan
Rodney Griffiths	Sarah Read
Tracey Hamilton	Tina Ridge
Sally Hickman	Martin White

## Pass on something wonderful

This is the driving idea behind Remember a Charity – an umbrella group that supports and represents small charities across the UK, who aren't big enough to have a legacy department or will-writing experts of their own. Like the Fountain Centre. We have been members for several years now and it means we can provide links to impartial advice on will-writing and legacies on our website, rather than being tied in to any particular local firm.

They run an annual campaign encouraging more people to think about leaving some money to charity in their will, after the needs of family members have been catered for. They have had some success, with the number of wills including charitable legacies increasing year on year – but it is still only 15% of all wills.

The idea of leaving something behind for a better world is hard to argue with, but in the

current climate external pressures may make it feel as though it is an unaffordable luxury – for example parents are keen to do as much as they can to help the next generation pay off student loans or get on the housing ladder. To say nothing of all the uncertainties there have been around Brexit.....

Their agency, Atomic London, have come up with an interesting analysis of people's understanding –

### What people think they know

Leaving money to charity is something very rich and eccentric people do

Leaving money to charity involves entire estates

Leaving money to charity is only for certain charities

Leaving money to charity is something you agree at the end of your life

Leaving to charity is for people who didn't have anyone else to leave it to

### Reality

Gifts in Wills are something everyone can do

Gifts in Wills are a small % after your loved ones are taken care of

Gifts in Wills are for the normal charities people know and have existing relationships with

Gifts in Wills can be arranged any time you write or update your Will

Gifts in Wills are for the future generations we leave behind

If you would like to find out more about leaving money to charity, have a look at the Legacies page of our website.

**REMEMBER A CHARITY  
IN YOUR WILL**  
Help the work live on...



Thank you to STIHL for the raffle prize donation – and you get a free chain saw along with the gnome!

## Time to say goodbye?

If at any time you decide you would like to stop receiving the newsletter, or if you would like to move to the e-mail version, please e-mail **fionadick@nhs.net** and we'll make the changes. We'll miss you, but we won't be offended.

## HIITing the news

A big thankyou to Emma Horne, of energyFIT. She organised an al fresco HIIT (no, we didn't know either – High Intensity Interval Training) session at Pyrford Cricket Club near Woking. There was a huge turnout, and our very own Susan Jordan took part and says she enjoyed it. And all these fit people raised well over **£1000** for the Fountain Centre. Each to their own!



## Stop Press – We have a Head!

At the most recent Trustees' Meeting it was decided that Anne Pike needed a new job title, to reflect the expanded range of work she is doing for the Fountain Centre. It recognises how the scale of her role has increased. And it shows the colleagues she works with across cancer services in the RSCH and beyond that both she and the Fountain Centre can be regarded as their professional peers.



So Anne is no longer our Manager, she is our Head.



## Volunteers needed

No matter how much time you have available, you can make a difference to our patients. There are a variety of ways in which you can help. Welcoming visitors to the centre, supporting and listening to visitors, providing complementary therapies, counselling, classes (Yoga, Art, Music), helping with monthly support groups, fundraising, watering and maintaining the garden are just some of the ways in which you can help. Our volunteers are essential to everything we do.

**If you are interested in volunteering in the Fountain Centre please contact us on 01483 406619.**

**We look forward to seeing you.**



## Supports the Fountain Centre

**If you would like to sponsor the newsletter as a one off or on a regular basis please contact the Fountain Centre on 01483 406619**

## Restorative Yoga – new classes



We are delighted to welcome Mairéad Amos to our team of therapists. Her sessions in the FC will be based on Restorative Yoga. We wanted to know more....

“Taking time out to relax and renew is essential to living well and Restorative Yoga is a wonderful way to do just that. To relax is to rest deeply and allow the body and mind the opportunity to come into balance.

“Sessions generally begin by allowing the body to assume a comfortable position – either on a mat or using a chair and then we begin to pay gentle attention to the breath and to our alignment. We then begin to mobilise our joints and perform some gentle stretches both to open the body as well as get the energy moving. The body is supported by yoga props such as blankets and

bolsters) which allow us to alternately stimulate and relax the body. Some poses have an overall benefit and others are targeted at specific areas. All poses are beneficial for health and can help reduce the effects of long-held stress on the body and mind.

“This type of yoga is specifically targeted at people who feel weak, fatigued or stressed and is safe to practice if you are ill or recovering from illness. Mindful meditation underpins my approach to Yoga so you can expect to feel refreshed and subtly energised after a session having taken some time out to restore and rejuvenate.

“Classes are limited to 4 people and we are a small and friendly group. Beginners are actively encouraged to come along and give it a go as it is accessible to all irrespective of your fitness level or flexibility.

“Sessions are run every Wednesday from 9.30-10.30 - pre-booking is essential due to the small group size.”

## Working with the Holistic Centre, Godalming

We seem to be working more and more closely with the Holistic Centre in Godalming, which is lovely. They kindly donate a room for our therapists to use, and Michele Atkin offers Reiki and Massage there.



She told us more: “We are really lucky to have this lovely tranquil setting to work in. Patients don’t have to do battle with the Royal Surrey’s parking, and those who are unsettled by the hospital environment don’t have to worry.

It would be great to have more people

coming to the Holistic Centre. And apart from the Fountain centre sessions, they may find new therapies to try and other services the FC can’t offer.”

It really is a very calm place, easy to relax in, and everyone who has tried it thinks it is a brilliant



alternative to Guildford. About 40 patients have so far. If you would like to, ask the desk for an appointment. The service has moved from Fridays to Tuesdays, but if there is an increase in demand we will look for more volunteers to base themselves there.



## Wellness Day at GLive

The Fountain Centre had a wonderful day at Wellness Day at GLive in March.

We were fortunate to have a presence at the day and were grateful to have several Fountain Centre volunteer therapists to represent us throughout the day.

Some of us were able to attend the workshops which were instructive and gave us an opportunity to experience new and different therapies. The day went well and our stand was visited by many people, some who have subsequently offered to volunteer with us. It was an inspiring and diverse event, and the FC team enjoyed being part of it.

Angela and Michelle, part of the Wellness Day team at GLive



# The Power of Touch

Cancer Educators and The Fountain Centre got together in March to run an interactive workshop looking at the meaning and importance of a professional touch as well as evidence based practice. It was open to all hospital staff, and led by our own Charlotte McDowell and Aga Kehinde.

There were 9 participants from different areas of St Luke's, including nurses, radiographers, administrative staff and a dietitian. The session lasted an hour and the purpose was to highlight the importance and value of 'touch' and working with 'intent' within a hospital environment.

There were slides with documented evidence of the value of touch, discussion around personal experiences on being touched, touching others, and



with touch in a working / professional environment. The participants had the chance to give each other a hand massage under different conditions.

Evaluation forms were submitted and the feedback was very positive.



## Wig Bank Service

We have a selection of donated wigs available at discounted prices. All wigs have been sanitised by our volunteer hairdresser, who has completed the Trevor Sorbie Wig Course.

We also offer a WIG CUTTING SERVICE for a small donation.

**DONATED WIGS URGENTLY REQUIRED**

## Forthcoming Events

### **1 June**

Picnic at the Castle, Guildford

### **8 June**

Summer Fete, Windlesham

### **15 June**

Guildford Cathedral Abseil

### **June/July**

Threshold Trail Series

### **4 August**

RideLondon 100 (all places taken)

### **Mid August**

John a' Groats to Lands End, Fiasco Cycling

### **7 September**

Captains' Day, Bramley Golf Club

### **27/28 September**

Yorkshire 3 Peaks, The FC Gang

### **13 October**

Royal Parks Half Marathon (4 places available)

### **19 October**

Collection, The Meadows, Sandhurst

### **Late October**

Britain v Cancer Jordan Trek

### **16 November**

21st Birthday Party, Oatlands Park Hotel, Weybridge

### **30 November**

Collection, Longacres Garden Centre, Bagshot

For full details of future events and how to get tickets, visit our website,  
[www.fountaincentre.org/diary-dates.html](http://www.fountaincentre.org/diary-dates.html)

# information for your calendar

The Fountain Centre is open Monday to Friday 9am – 5pm (4.30 on Friday).  
Please contact us on 01483 406618 to make inquiries or a booking.



## Therapies and other services

### Monday

Acupuncture, Hydrotherm, Hypnotherapy, Massage, Reflexology, Reiki, Ward listening, Wig bank and NHS Wig Service

### Tuesday

Acupuncture, Cranio Sacral Therapy, MLD (Manual Lymphatic Drainage), Massage, Reflexology, Reiki, Ward listening

### Wednesday

Acupuncture, Cranio Sacral Therapy, Hypnotherapy, Massage, Reiki, Ward listening, Wig bank and NHS wig service, Yoga

### Thursday

Acupuncture, Art, Massage, Pranic Therapy, Reflexology, Reiki, Shiatsu, Ward listening

### Friday

Acupuncture, Massage, MLD, Reflexology, Reiki, Ward listening

**Coaching, Counselling, EFT, Homeopathy** – please phone to book assessments and appointments

**Massage** – various types including body, Indian Head, aromatherapy, hydrotherm, Bowen

**Chilworth ward** – hand/foot massage (Wed pm)

**Onslow and other wards** – ward therapist (Tues-Fri am)

**Godalming Holistic Centre** – therapies on some Friday mornings; call the FC (booking essential)

## Groups

### Creative Space

Thursdays 10.30-12.00 fortnightly  
(booking recommended)

### Gentle Yoga

Wednesdays 9.30 – 10.30 (booking recommended)

### Look Good Feel Better

1st and 3rd Tuesday pm each month  
(booking essential)

### Guided Meditation

12.15 – 12.45 every day, Level A (Drop In)

### Hot Flush Clinics

Check with desk (booking essential)



# Even more thank yous...

whether we can name you or not – and many of our supporters prefer to remain anonymous. We are just as grateful to them as we are to those on this list. Our warm thanks for their support – in money or in kind – go to:

Alexis Smith

Annie Carter

Au Thu Circuit Class

Becky Rathmell

Boston Manor Lodge

Cards for Good Causes

Cynthia & Neil Haslam

Daneshill Preparatory School

Daviesites, Charterhouse School

Emma Thorne

Ewell Parochial Trusts

Faye Manley

Gavin Thomas

Godalming and Villages

Lions Club

Godalming Junior School

Gosden House School

Guildford Community Lottery

Healthwatch Surrey

Inner Wheel of Hart

International Family Law Group

International Wine and Spirit Company

Janet & Mike Wells

Jo & Tim Reynolds

Katie Dommett

Maggie Bevan

Margaret Francis

Menzies Charity Foundation

My Cancer My Choices

Nick Bennett

Perforce Foundation

Prater Ltd

Roffe Swayne

Royal Grammar School, Guildford

Santander UK

Shawbrook Bank

Stefan McGarry

Stephen Walker

Stevens & Bolton

Suzie Lintott

The Entertainer

The White Hart, Cranleigh

Ubisoft

Wallington United Reformed Church

Registered with



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COMMUNITY  
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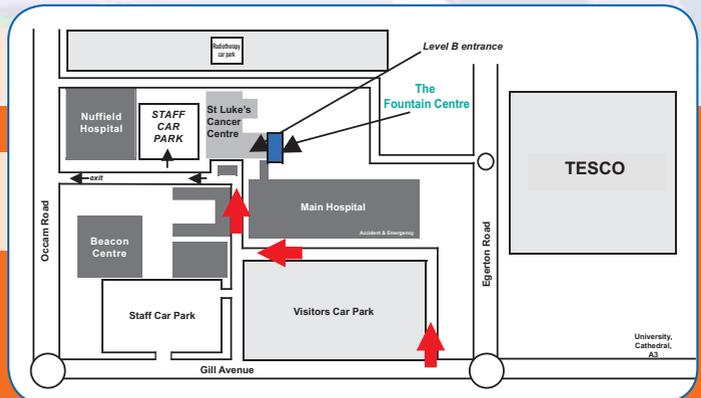


## Where to find us

**Buses** A number of buses go to the hospital which is situated just off the A3, the Royal Surrey is clearly signposted from all directions of travel. For the latest timetables, visit the website [www.surreycc.gov.uk](http://www.surreycc.gov.uk)

**Train** information 08457 484950 (24hour) or [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

The Fountain Centre is located in the St. Luke's Cancer Centre, which is situated in the grounds of the hospital, please see map above.



Royal Surrey County Hospital   
NHS Foundation Trust

### The Fountain Centre, St. Luke's Cancer Centre

Royal Surrey County Hospital NHS Trust Foundation  
Egerton Road, Surrey GU2 7XX

Open Monday to Friday 9am -5pm

Telephone: 01483 406618 | Fax: 01483 408321

Email: [rsc-tr.fountaincentre@nhs.net](mailto:rsc-tr.fountaincentre@nhs.net) • Website: [www.fountaincentre.org](http://www.fountaincentre.org)

