



We've had a lovely Christmas. A bit less pressurised with no December collections and no carol singing at Guildford Station (back next year – we promise!). We are so grateful for all the help we've had from volunteers making lovely things to sell, and giving their time in the card shops and Christmas Fairs, and bringing in mince pies. Our Christmas Concert was as beautiful as always, thanks to our patron Kathryn Harries and some very special guests from RGS and St Edmund's Catholic Primary School. And now it is 2019 and we are heading for a busy and exciting time – Happy New Year, one and all!



Chosen by Bramley

Meet Carol Timmins, Jim Tuck and Vicky Robinson, who started their captaincy at Bramley Golf Club in October and have chosen The Fountain Centre as their charity for the year. They started the year with a Captain's Drive-In day which was very well attended and gave us a good opportunity to introduce ourselves. And they did a fabulous job selling our Christmas cards to members and have many more events lined up for the Spring and Summer. They are lovely people and we are going to have a VERY good year – looking forward to working with them!



New partnerships for 2019

We have been really lucky in the past couple of months to be picked as chosen charity for 2019 or favourite good cause by several local companies and organisations.

Surrey Choices – who provide a range of support services which are dedicated to improving the independence, confidence and life skills of disabled people, autistic people and those with other support needs, whatever their age, in the local community.

Ubisoft UK – the Guildford branch of the global gaming company which produces Assassin's Creed, amongst many others. They are working particularly closely with the Family Service, through their Play for Good scheme.

Ergomed plc – another global company, with offices on the Surrey Science Park, so we are very close neighbours. They provide specialised services to the pharmaceutical industry and the development of new drugs.

Royal Grammar School, Guildford – renowned independent day school for boys in Guildford High Street have selected us as their chosen local charity for the year.

IDBS – another close neighbour on the Science Park, to quote their website they provide “the world's best cloud-based, research and development data management technology and solutions in a scientific informatics platform.” Not entirely sure what that means, but they have great plans for the year.

We are looking forward to working with all of them enormously!



UBISOFT

ERGOMED



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



A massive THANK YOU to **SLR Automotive LTD** for dropping in some tea and biscuits for our patients. We use a lot of both so they are very much appreciated.

Like lifting a weight....

The last year at the Fountain Centre has been truly humbling and heart-warming. The patients coming through the centre have been inspiring with wonderful conversations of courage and resilience and through Pranic Therapy treatments I have been able to give them the time to feel relaxation with a chance to calm their minds.

Being able to offer this service as one of the therapists at the Fountain Centre, through the partnership with MCKS Charitable Foundation UK, is a wonderful experience, it has opened an opportunity for more and more

Fountain Centre patients, and their families, to have respite time to help transform how they may be feeling.

One of the most rewarding aspects of volunteering at the Fountain Centre is being able to go onto the wards under the guidance of ward therapist Tina. Tina's gentle nurturing, knowledge and warm approach with everyone who comes into contact with her has meant that as therapists we have been able to work alongside each other to ensure that anyone on the wards wishing to experience a Pranic Therapy treatment can do so.

This has been of great comfort to many at difficult times, has raised smiles and for a short time transported patients to a place where they can let go of anxiety, gain peace of mind and clear their thoughts. Patients have been curious to understand more about Pranic Therapy especially as it is a non-touch approach but once they have experienced a session they often describe feeling lighter as if a weight has been lifted. That is the real joy in being able to offer treatments both on the ward and through the centre.

Angela Rigby



We are so grateful to the MCKS Charitable Foundation for their on-going support of our Ward Therapy Service – their donation of £25,000 will ensure the service can continue for another two years.

[L-R – John Hughes (FC Trustee), Vicki Mumford (Head of Oncology Nursing/ FC Trustee), Anne Pike (FC Manager), Ruth Morrissy (MCKS Charitable Foundation), Angela Rigby]

Christmas Cards sell out!



Well...very, very nearly. The cards were on sale in Guildford, Godalming, Farnham and Haslemere, and they all sold out. We just had a handful of packs left in the FC, which means that we should make about £3,000 profit this year. Thank you to all of you who bought the cards, and particularly to the volunteers who helped sell them in the Cards for Good Causes shops. If you would like to sign up for a couple of shifts for the 2019 season, get in touch.

The CFGC shop at the back of St Nicolas' Church in central Guildford. The Church also picked the Fountain Centre as their November Good Cause, and we are grateful to their parishioners for their support

Reflections of a Patient *Viv Everard*

I'm sorry to say you have cancer,
Everything went rather still.
What do I do now I've heard that,
It's not something that's run of the mill.
Operations and appointments,
The fear started to show.
I needed somewhere special,
Somewhere I could go.
I needed reassurance,
I needed to feel well.
The Fountain Centre do that,
It's like a little spell.
The people there they work so hard,
They come to work each day.
Do they realise the importance
of the part they have to play,
In making someone smile a bit,
their pain to go away,
To bring them from a darker place,
Able to face the day,
People of the Fountain Centre,
Please stop and take a minute,
To know the world's a better place,
Because you're living in it.

Viv wrote this for our Christmas Concert in December; we love it and are grateful, and are going to adopt it as our official 'anthem'



Anna Simpson has known the Fountain Centre for over 15 years, first as the daughter of a patient and now as step-daughter of Monica Simpson, our Founder Trustee. This time she has run the Kingston Half-Marathon for us, and has persuaded Barclays, her employers, to match the funds she raised. Thank you Anna and Barclays!

Forthcoming Events

8 March

Live at the Ivy Room, Farnham

24 March

"From Charterhouse to Chartreuse",
Charterhouse School (
combined cycle/swim event)

1 June

Picnic at the Castle, Guildford

8 June

Summer Fete, Windlesham

15 June

Cathedral Abseil (**back by popular demand!**)

4 August

RideLondon 100 (4 places available)

Mid August

John a'Groats to Lands End, Fiasco Cycling

13 October

Royal Parks Half Marathon (4 places available)

19 October

Collection, The Meadows, Sandhurst

Late October

Britain v Cancer Jordan Trek

30 November

Collection, Longacres Garden Centre, Bagshot

Dates for The Fashion Show and a very special event in the autumn are not yet confirmed.

We will put them on Facebook and the website as soon as we can.

For full details of future events and how to get tickets, visit our website,
www.fountaincentre.org/upcoming-events/

Teddy Menzies brought a couple of his team (Martin Crosson and Stephanie Ward) along when he presented us with a cheque for **£1,000**. He is the mascot and cheerleader for Woking law firm Menzies LLP, and his staff raised the money in mini triathlon event. Thank you, all xxx



Congratulations to Holly Yorston, who ran in the Chicago Half Marathon in the autumn, in memory of her grandfather, and raised over **£600** for the Fountain Centre – great result for a first-time runner!

A massive THANK YOU to Honey Brothers Ltd – Arboricultural Equipment Specialists for donating **£2000** to our Family Services team to enable them to help families in need. This will be used as a hardship fund for emergencies. We have already made our first purchase of a pair of school shoes for one of our families and this will be the first of many families we will be able to help. We couldn't have done without this generous donation.





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.

Lucy's fabulous fundraising

May we introduce you to a rather remarkable young lady called Lucy Collins?

Lucy is 19. Lucy wanted to do something positive when she finished her chemo, so planned a fundraiser in her local parish hall and set up a JustGiving page. She thought she might raise a few hundred pounds. She explains: "In June I got diagnosed with Hodgkins Lymphoma, stage 3B. As I am coming to the end of my 6 month treatment, I want to thank the charity that has supported me throughout.



"The Fountain Centre is a charity that helps to support people that have been diagnosed with cancer. It offers endless amounts of care and support from yoga and art classes to counselling sessions and acupuncture. Most of these classes are free and rely purely on donations. One thing that I have particularly struggled with is meeting people close to my age, who are going through a similar time in their life. This is

something The Fountain Centre has been able to help me with.

"If I didn't have this charity throughout my treatment I honestly think I would feel completely different. Therefore, I have set up this Just Giving page to help others benefit from the incredible work they do there, in the same way that they've helped me."

The current total stands at a phenomenal **£3436** – WE LOVE LUCY!



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

Finished!!!

"Kate's 1000 miles in 2018 is officially DONE !!! Total of 1047.74 miles run this year! Happy with my achievement! Now I can take a brief break from all that running!!

It's been a long year, 1000 miles, 3 pairs of trainers, running in the cold, running in the heat, running on holidays!!!! But finally done and ahead of schedule!"

Kate Dommett wasn't entirely sure she'd complete this amazing challenge, but she has, and has raised **£1345** to date (her page is still open – <https://www.justgiving.com/fundraising/katherine-dommett>).

Congratulations for amazing commitment xxx



Word has spread about our Chairman's enterprising grandchildren, collecting and reselling golf balls from Milford Golf Club, you will recall...

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@btinternet.com, and we'll make the changes. We'll miss you, but we won't be offended.



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

New Year's Message from Anne

Another year at the Fountain Centre has flown by but what a year it has been! We have seen all our services grow with more patients using the Fountain Centre –

- **On average we have over a 100 new registrations every month with more than 1,000 visits per month**
- **we are receiving in excess of 70 referrals a month for psychological support**
- **we have over 40 patients waiting for our NADA acupuncture groups which have become very popular**
- **we now run two full days of Wig & Hair Service every week.**

Our therapies continue to be in high demand supporting patients and carers to manage the side effects from treatment and dealing with the consequences of having a cancer diagnosis. Our listening, coaching and counselling service remains very busy with wonderful comments being received on a weekly basis on how important these services are and the impact they make. Level A has been redesigned and we can now offer daily meditation sessions. All these services are delivered and supported by a great staff team, they are passionate about the Fountain Centre and the services we offer and are always looking at new ways to support our patients.

Having said all that, the Fountain Centre remains true to its core values of a friendly face, a cup of tea and a listening ear to anyone that steps through the door. The desk volunteers are the face of the centre and are an integral part of what we deliver. Often seeing a smiling face at a time of stress and anxiety is therapy enough.

Cancer Services are changing with more people being diagnosed with cancer and more people living with it. Within Surrey there were 34,000 people living with cancer in 2010 by 2030 this will have increased to 66,000. To manage these numbers services will have to change to ensure hospitals do not reach capacity and that new patients are seen in a timely manner and have access to all the support they need.

With better screening, quicker diagnosis and with treatment becoming more complex, but successful, we are seeing a significant improvement of survival rates across most cancers. In 1990 the average survival following diagnosis was 2 years but now we are looking at the average survival being 10 years with a vision that this will improve further. This is really great news and it is hoped that cancer in the future will be seen as a long term manageable condition.

So what does the Fountain Centre do to meet these demands and support so many people? This is something we are continually looking, engaging in conversations with our partners and speaking to patients about what they need. Our team has



grown to reflect this need and we are placing more emphasis on evaluating our services to show others the value of what we do.

All these services do cost and our fund raising and events team continue to work hard to raise our profile locally; recently we have received a further £25,000 from the Pranic Institute for our wonderful ward therapist and we have just completed our evaluation following our first year of Big Lottery funding for our great family support service which continues to be extremely busy.

However, none of this is possible without our volunteers, the centre would not exist if we did not have a wonderful group of volunteers that give up their time to help others. Our volunteers are truly inspiring people and the Fountain Centre team thanks you all for all your hard work over the last year and wishes you a wonderful New Year.

Fountain Centre Brief

On the 15th October 2018, The Fountain Centre held their inaugural half day event to share an insight into the services they offer and the research they undertake to improve patients' lives whilst living with and beyond cancer. The event offered delegates the opportunity to learn more theoretically, about acupuncture, reflexology and how research informs the services on offer. Whilst simultaneously offering practical sessions demonstrating how touch and 'energy' work and mindfulness are utilised to improve patients' experiences.

The event was well attended by a range of healthcare professionals which included, nurses, research nurses, allied health professionals, clinical nurse specialists, health care assistants and students. Overall, the event was well received with 87% of staff feeling that the study day was relevant to their role as a professional and would have a positive impact on how they support patients in the future. This was supported by comments which were shared via the evaluation.



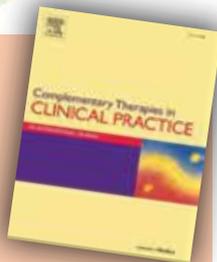
Very interesting, informative, well-paced. Enjoyed learning about this essential work

Excellent information given that I can help and support patients. Felt better informed about the benefits of the Fountain Centre

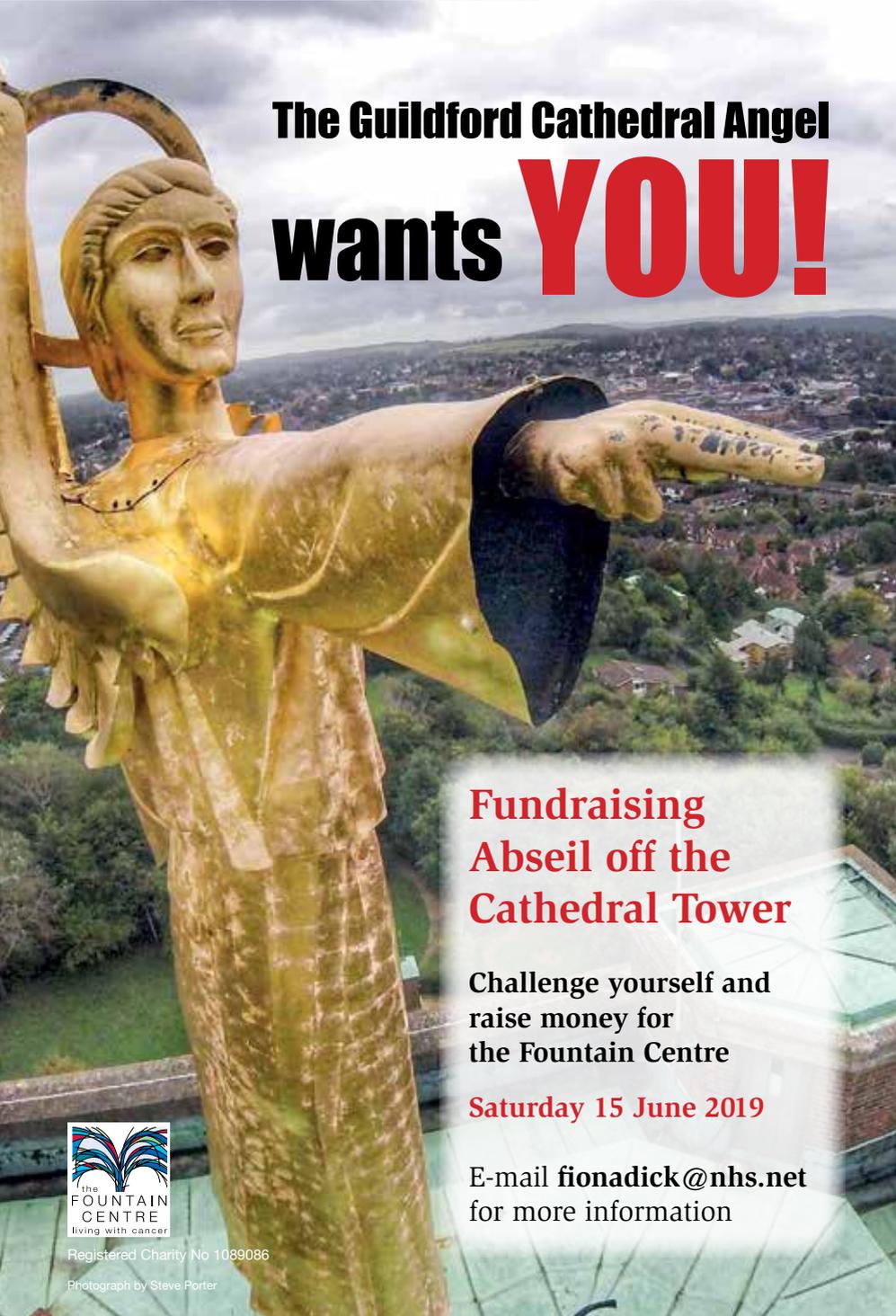
Jo Harris, Macmillan Practice Educator

Academic recognition

We are delighted to report that "Massage and reflexology for post-operative cancer cystectomy patients: Evaluation of a pilot service", an article written by our R&D officer Natalie Silverdale and colleagues from Surrey University and St Luke's, has been accepted for publication. Learned journals like this are really hard to get into, so this is a real achievement for her and for the Fountain Centre, and we are very proud of her.



Wendy Paul comes in every year with money that she collects throughout the year between her and her friends. She bought in £120 this year. Thank you, Wendy



**The Guildford Cathedral Angel
wants **YOU!****

**Fundraising
Abseil off the
Cathedral Tower**

**Challenge yourself and
raise money for
the Fountain Centre**

Saturday 15 June 2019

**E-mail fionadick@nhs.net
for more information**



Registered Charity No 1089086

Photograph by Steve Porter

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.



Groups

Look Good Feel Better

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

Guided Meditation

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

Hot Flush Clinics

Check with desk (booking essential)

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

Thursday

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

Friday

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

Chilworth ward – hand/foot massage (Wed pm)

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

Godalming Holistic Centre – therapies on Friday mornings; call the FC (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:

Abinger Consolidated
Charities

Bramley Golf Club

Care Shore

Chrissie & Ray Beard

Christ Church, Shamley Green

Clare Collymore

Di & Tim Prideaux

Donna Dobson

Frank Arico

Godalming Townswomen's
Guild

Guildford High School

Guildford Rotary Club

Honey Brothers

Joanna Hines

Joseph Strong Frazer Trust

Karen Batterson

Kerry Olrog

Loseley Christian Church

Lucy Collins

Marion Dante

Mark Beasley

MCKS Charitable Foundation

Nuffield Health

Peggy Ringshall

Penguins against Cancer

Penny Tree

Relief Chest Scheme

Sam Jones

Santander Bank Guildford

Santander Foundation

Sat Luthra

St Nicolas' Church, Guildford

St Matthew's CE Primary School

Sue Drinkwater

Tadley Sporting Gun Club

TJX Foundation

Wallington United Reformed
Church

Wendy Paul

Whitehill Lodge No 8425

Woking Leisure Centre

Registered with



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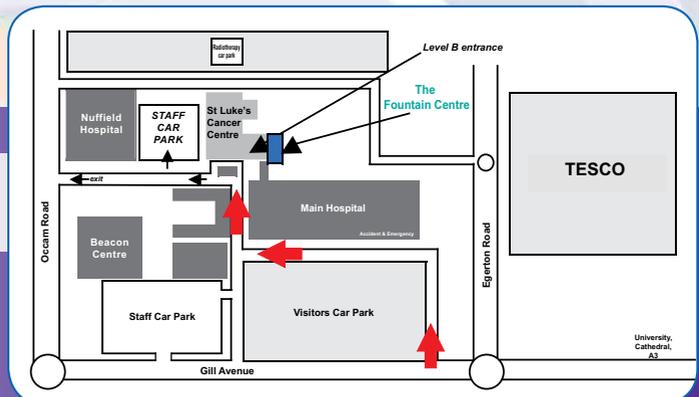


Where to find us

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

Train information 08457 484950 (24hour) or 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 • Website: www.fountaincentre.org

