



PREMISES MOVE

We are pleased to announce that, following two years in our temporary premises, we are able to move back to the first floor of the Battersea Mission at 20-22 York Road, London SW11.

The move is expected to take place at the end of March. Please check our website for details since there will be a week or so when we won't be able to offer services.

We're excited by the move because the Mission is modernising the frontage of the building and creating a lively meeting and conference centre that will act as a hub for the local community.

In addition, there will be other health and social care organisations in the building that we can develop partnerships with.

THE HOME VISITING SERVICE IS BACK!

We're delighted to be able to say that, after receiving several grants, the Home Visiting Service (HVS) is now up-and-running again.

It's a unique service that offers complementary therapies, counselling, befriending, and healing to people who are housebound because of their illness.

Cancer can cause great isolation and feelings of loneliness. So a befriender who will call in once a week or fortnight can bring great comfort. In addition, massage or reflexology can bring calm and relaxation to people affected by cancer treatments or an advanced stage of illness.

HVS also offers counselling and spiritual healing which can bring a sense of peacefulness and enable clients to feel more able to cope with their lives.

The new HVS Manager is Ruth Wooldridge, an experienced palliative care nurse who has been awarded an OBE for services to the terminally ill. Clare Unwin, the HVS Administrator, has a background in mental health nursing and is also a complementary therapist.

Volunteers needed

We are currently recruiting and training new volunteers to supplement our team of existing volunteers.

There will be an 11 week training course to give new home visiting volunteers the skills they need. The next training course is planned for April 2011.

To find out more, please contact Ruth Wooldridge on 020 7924 3924 or go to www.paulscancersupportcentre.org.uk/volunteering/hvs.html

LIFE COACHING—NEW ONE-TO-ONE SERVICE

We have introduced life coaching as a new one-to-one service. Ben, our Life Coach practitioner, describes it as "a chance to seek help with any area of your life where you are feeling stuck or uncertain and wish to move on from. Common issues worked on include achievement of a specific goal, improving relationships, dealing with life changes, health and fitness, and overcoming stress and phobias".

Sessions are offered in hour-long sessions over 6 weeks. If you are interested, please contact our Support staff on 020 7924 3924.

ROYAL ALBERT HALL



We were delighted to be invited to take part in a series of fundraising collections at the Royal Albert Hall's Christmas 2010 Festival Season of concerts promoted by Raymond Gubbay. The collections were a joint fundraising partnership with St George's Hospital Charity and the Centre, which raised £22,000 to be shared equally between the two charities.

The collections were made possible by the fantastic support of Chris Cotton, the CEO at the Royal Albert Hall, who has received both treatment at St George's Hospital and support from the Centre.

We would especially like to thank all the volunteers for taking part in the collections, St George's Hospital Charity and the staff at the Royal Albert Hall for supporting the collections.

(Image used under a Creative Commons license from Adrian Perez)

ARE YOU UP FOR A CHALLENGE THIS YEAR?

Individuals who fundraise for the Centre play an incredibly important part in helping keep us afloat.

Last year, people inspired us by taking part in organised events like the London 10K and the London Marathon—as well as organising their own fundraising events like a bike ride from London to Paris, a walk along Hadrian's Wall and personal fitness challenges.

So, if you're looking for a way of having a very enjoyable time at the same time as supporting people who greatly need your help, then please have a think about what you can do this year.

Organised events

If you're into running, we've got places in both the British 10K and the adidas Women's 5K Challenge.

The **British 10K** on Sunday, 10th July, starts in Hyde Park and then goes past St. James's Park and Big Ben. With over 25,000 participants, everyone who's run it will tell you

that it's a great experience and a very enjoyable event.

For more details, please go to www.paulscancersupportcentre.org.uk/london-10k-run.html.

This year, we're entering a team into the **adidas Women's 5K Challenge** for the first time. Taking place on Sunday 4th September, this is the UK's biggest female fun run.

You can be any shape or size and you can run, jog or walk all the way to crossing the finish line, with that great feeling of achievement! See www.paulscancersupportcentre.org.uk/london-5k-run.html for more details.

While we do not have our own places in the **London Marathon**, if you have secured your own place in the ballot, please join our team today! You will receive a Centre t-shirt, a full training schedule and fundraising support to help you enjoy your day and raise funds for the Centre at the same time.



Some of our London 10k team

Please contact Bridget Cambridge on 020 7801 2961 or at bridgetc@paulscancersupportcentre.org.uk for more information.

Doing It Yourself

If you'd like to organise your own challenge, it can be however you want—large-scale or small-scale, gentle or strenuous, on your own or with friends.

Just contact Bridget Cambridge and we'll give you all the support you need.

HEALING JOURNEY ONLINE COURSE

After the success of the Healing Journey courses at the Centre, we're now taking the first two levels online so that people all over the UK can take part.

The 12 week course will start in April. It will be led by Ella Titman, a Healing Journey course leader and a former Centre counsellor, with input from other members of the Centre team.

There will be online webinars, and a forum where participants can get to know each other and ask questions.

If you're a person with cancer or a carer, and want to reduce your cancer stress and improve your quality of life, then you can find out more at www.paulscancersupportcentre.org.uk/onlinecourse.html.

The next in-person Healing Journey course will start in September.

SUSANNAH YORK



We were very sad to hear of the death in January of actress and long-time Centre Patron Susannah York.

She supported us in many ways, including naming the Centre as a beneficiary for her appearance on the BBC's *Celebrity Cash in the Attic* in 2010 and giving a very moving speech about the Centre's work at a charity auction in 2004.

She will be greatly missed.

SUSAN'S STORY

"Having been diagnosed with cancer in 1999 and then again in 2007, the Centre was recommended to me when I was feeling isolated and tired.

The initial consultation I received was one of the most perceptive I have ever experienced.

I have used a number of the Centre's services, such as their creative visualisation and spiritual healing sessions. I found these to be so relaxing that, when I went back to work, I felt very happy.

I also rediscovered things I had forgotten I liked such as listening to opera and volunteering."

PAUL'S CANCER SUPPORT CENTRE

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www.paulscancersupportcentre.org.uk

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