

**The Queen's Award
for Voluntary Service**

The MBE for volunteer groups

SOLIHULL CANCER SUPPORT GROUP SUMMER NEWSLETTER 2017

**SOLIHULL CANCER
SUPPORT GROUP**



Special Points of Interest:

- *2017 AGM Chair and Treasurers reports Page 2 and 3*

Welcome to the Summer edition of our newsletter. As a group we have had an eventful year since the last newsletter. We have been visited by some wonderful speakers, Jane and Patricia should be congratulated on the program put together for this year. As we speak we are busy finalizing the program for next year. If any one has and medical or holistic practitioners details that they think may be of interest to the group please give the details to Jane, Patricia, myself or any committee member

Members who think that they have the time and want to help with the group are still needed for the committee. If you think this is something you would like to do please let anyone on the committee have your name. If you have any friends and family who you think have skills that would be helpful to the running of our group please speak with them and encourage them to volunteer.

The group can not run on fresh air and special thanks should be given to Karen, Sue, Wendy, and the ladies of Hobby House at Barston Church for the continued donations provided by "The Barston Bears" They continue to raise much needed funds for our group. If you have any bears or wool please consider donating them to the Barston bears.

On a personal note my quest for the 20lbs plus carp that still evades me continues, I have netted an old friend but for some reason she was 4lbs lighter. The trees around Gearys resounded with a few more choice words.

The speakers for the second half of 2017 are listed on page 4 thanks to Jane and Patricia for the very difficult task of arranging these extremely distinguished guest speakers. Let any committee member know of anyone you may know who would be willing to give the group talks.

Once again I have been asked to organize a get together at the Greville Arms. This is likely to be Thursday 14th December. Please try and keep this date free. Its very informal, if you want to eat you can, if not drink!! Or just sit and chew the fat. Last years was very enjoyable judging by the positive comments I received.

If you have any hobbies or any short stories, poems or articles that you would like to share with other group members and want me to publish in future editions of the newsletter please email a copy to me at:

clive.tranter1@btopenworld.com

Clive T

Produced by Clive Tranter

VOLUME 4, ISSUE 3

SUMMER 2017

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Speakers

Do you have any consultant, therapist, survivor, names that you have seen during your treatment that you think may be willing to speak to the group? Please let any committee member know as many details as possible so that we may contact them with a view to asking them to come and speak to our group. Without speakers we would be reliant on listening to my tall stories of fishing.

Contacts

- Patricia 0121 711 1966
- Clive 0121 708 0997

Website:

www.solihullcancersupport.org

Meetings held every second and Fourth Thursday evening in every month at 7.30pm

Reg Charity No. 1002359

Chairs report of 2016 from AGM held 11th May 2017

THIS YEAR HAS BEEN A CHALLENGING YEAR AS THE COMMITTEE HAD 5 MEMBERS STEP DOWN AND ONLY 2 WERE RECRUTED; NAMELY IAN AND ADRIAN.

WHILE WE CAN CARRY ON RUNNING A GROUP MANY OF THE JOBS AREN'T COVERED AND EXTRA WORK IS BEING DONE BY FEWER PEOPLE. THE PROGRAMME IS ONE OF THE HIGHLIGHTS OF THE GROUP AND WE HAVE ALWAYS HAD SUPERB SPEAKERS WHICH TAKES A LOT OF ORGANISING AND ALSO DEDECATION TO MAKE THIS HAPPEN.

THE PROGRAMME THIS YEAR HAS COVERED COLO-RECTAL & PANCREATIC CANCERS. JOHN KEMP, WHO TOLD US OF A PERSONAL STORY OF HIS JOURNEY THROUGH CANCER AND OUT THE OTHER SIDE, WHICH WAS AN INSPIRATION FOR OTHERS.

JANUARY STARTED THE YEAR WITH THE LIVING WELL COURSES, LYMPHATIC DRAINAGE; OVARIAN CANCER; HAEMATOLOGY; THEN A THERAPIST AND A DENTIST. WE HEARD OF THE ADVANCES IN BLADDER CANCER RADIOLOGY AND OESOPHAGEAL; THEN BEN WILCOX SUMMED IT UP WITH THE NEW RANGE OF IMMUNOTHERAPY TREATMENTS, WHICH ARE THE DREAM DRUGS OF THE FUTURE.

SUCH A VARIED PROGRAMME I'M SURE YOU WILL AGREE. THESE TALKS ARE ALL AIMED AT INFORMING YOU, THE PATIENTS, OF THE VERY LATEST TREATMENTS.

CHRISTMAS CAME AND CLIVE ORGANISED A GATHERING AT THE GREVILLE WHICH PROVED POPULAR AGAIN. SUE HAS JOINED HOBBY HOUSE WHICH DRESS THE BEARS TO RAISE MONEY FOR THE GROUP ALONG WITH KAREN AND WENDY. I'M SURE THEY ENJOY THIS AND ITS FOR A GOOD CAUSE.

ALL THE COMMITTEE DO A WONDERFUL JOB AND THANKS GO TO PAULINE AND PENNY WHO ARE NOT PART OF THE COMMITTEE BUT HAVE BEING SERVING THE PATIENTS TEA FOR MANY YEARS.

WE ARE A VOLOUNTARY GROUP AND I HAVE MADE LASTING FRIENDS, MET WONDERFULL PEOPLE, BUT, MANY HANDS MAKE LIGHT WORK AND WE DO NEED OTHER VOULENTEERS TO HELP OUT FOR THE CONTINUATION OF THE GROUP.

Patricia

Barston Bears

We started selling Barston Bears to raise funds for Solihull Cancer Support Group in 2007.

To date we have sold 928 bears and raised £3253 for the group. Our last sale was at the Barston Fete on bank holiday Monday, the weather was glorious and we sold 65 bears and raised £181.00. Huge thanks to Hobby House which meets at St Swithins House in Barston and helps rejuvenate the bears that are either donated to us or bought in Charity Shops. We will be selling the bears again at the Christmas Fayre on 4th November at St Swithins House.

Karen
Sue

Rhubarb and Ginger Turnover

1 bramley Apple cored, peeled and chopped; 3 sticks of rhubarb, in 1cm chunks; 2 tablespoons of ginger marmalade, 1 large pinch of powered ginger; 1 small knob of butter; 1 sheet puff pastry; 1 egg beaten; icing sugar.

1 cook apple, rhubarb, marmalade and Ginger in butter, stirring occasionally until softened, about 5 minutes.

2 cut pastry into 4 squares. Place rhubarb mixture in centre of each. Brush edges with egg, fold and crimp with folk to seal well.

3 brush tops with egg and bake on a greased tray at. 200C/gas 6 for 20 minutes

Dust with icing sugar.

Serve

Eat!

SOLIHULL CANCER SUPPORT GROUP
ANNUAL GENERAL MEETING 11th MAY 2017

FINANCIAL REPORT

The financial position for the group remains very stable, we have continued to provide many benefits for the members throughout the year. These include the regular meetings, consultations, complimentary therapies, healing if required, plus gifts of flowers, for those of our members recovering or going through treatment.

Our income is derived primarily from donations and the entrance charge which includes coffee, biscuits and of course a chance to listen to the wide range of excellent speakers, and many thanks to those organisations and individuals who have contributed so generously throughout the year, we have received a total of £915.00 in the last financial year and a list of donations is attached.

All the money received by the group is spent directly in providing support to members. No committee member receives any payment for the work they do, and the majority of our guest speakers do not require expenses, and our thanks go to all who have given their time and energy so generously, often after a day's work, and that of course includes the committee and to those members of the group who assist on the desk and make and serve the coffee.

Finally we would like to thank Simon Atkin PKF Parry Chartered Accountants who have once again provided their services free of charge in producing our audited accounts, and also to Marie Curie Hospice which I am sure you will agree gives Solihull Cancer Support an excellent venue in which to hold our meetings.

Sue Newman
Treasurer

Donations / Fundraising February 2016 - January 2017

		£
13/02/2016	Freemasons	125.00
12/05/2016	M Curren	4.00
27/07/2016	Barston Bears	90.00
29/08/2016	Barston Bears	116.00
17/10/2016	Amanda Langford	414.00
19/11/2016	Barston Bears	76.00
15/01/2016	Peter Franklin	90.00
Total		915.00

CHRISTMAS CARDS

Christmas cards will once again be on sale at every meeting up until December. All proceeds go towards funding for the group. They are priced at £4 per pack

Meetings held every **SECOND**
and **FOURTH** Thursday of
every month at:
Marie Curie Hospice
Marsh Lane
Solihull
West Midlands
B91 2PQ

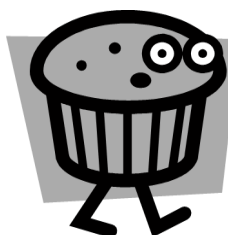
We welcome all cancer patients,
their relatives and friends, also
people who have been bereaved
by cancer.



Speaker Programme for July 2017 — November 2017

July 13th	DR SANDIP GHOSH	Diabetic Consultant	“Diabetes and Cancer”
July 27th	GILL EVERITT	Citizens Advice	“HELPING and SUPPORTING THE LOCAL COMMUNITY”
August 10th	MAGGIE CABEZA	Cancer Survivor and Author	“The Dragon Tamer”
Sept 14th	PAUL LICHFIELD	Manager The Patrick Rooms Queen Elizabeth Hospital cancer Centre	“Cancer information: how it fits into the Cancer Journey”
Sept 28th	RICHARD JACKSON	Owner of The Sizzling Mineral Company	“WHERE HAVE ALL OR MINERALS GONE”
Oct 12th	JO GAMBLE	Nutritionist	“Empowering you to be in control through diet and lifestyle”
Oct 26th	Jane Priest	Service manager, Macmillan and mental Health Projects	“”
Nov 9th	HANNAH BAILEY	Re-Connective Healer	“Change Starts with Me; An unconventional Journey of a cancer Survivor”
Nov 23rd	Mr Paul Wilson	CONSULTANT GASTROENTEROLOGIST Heart of England NHS Foundation Trust	“Investigation of suspected pancreaticobiliary cancer”

CONTRIBUTIONS REQUIRED



If anyone has any interesting stories, anecdotes or anything that they feel the group would benefit from in the quarterly newsletter could you let Clive Tranter or any committee member have a copy for inclusions in future newsletters?

We will be trying to get as many email addresses from members in order to assist us with distributing future information regarding the group. We will be asking you to write these in the “sign in” book at future meetings. Please help us by completing the sign in book each time you visit. No other organisation will have access to this information.

Do you have any recipes that you would like to share?