

CancerHelp

Your independent local cancer charity

Annual Report 2019

www.cancerhelppreston.co.uk

Cancer Help Annual Report 2018

PATRONS

The Lord Shuttleworth J.P.
The Lord Lieutenant of Lancashire

BOARD OF TRUSTEES OF CANCER HELP 2018 - 2019

The Board of Trustees of Cancer Help is responsible, on behalf of donors, for ensuring that funds accrued are effectively used to support the objectives of the Charity.

HONORARY OFFICERS

Chairman, Mr J Gorick
Company Secretary, Mrs H Patterson
Honorary Treasurer, Ms R Mallett
President and Founder, Mrs M O'Donoghue

COMPANY OFFICE

Vine House
22 Cromwell Rd
Ribbleton, Preston PR2 6YB

Tel 01772 793344 **Fax** 01772 797495
Email info@cancerhelppreston.co.uk
Web www.cancerhelppreston.co.uk

Cancer Help Registered Charity Number: 1032828
Company Number: 02890943

Follow us on Twitter @Cancerhelpltd or our like our Facebook cancerhelpprestonltd pages
Or visit our website

Visit our website www.cancerhelppreston.co.uk

2 Follow us on **Twitter** @cancerhelpltd or our like our **Facebook** cancerhelpprestonltd pages

Mission Statement



"CancerHelp strives to be the leading charitable provider of support for all those affected by cancer and close family bereavement in Central Lancashire."

"CancerHelp will offer the highest standards of help advice and therapy to all those who seek assistance; allowing them to find comfort, gain self-confidence and, above all, live fulfilled lives."

SUPPORT SERVICES AVAILABLE FOR PATIENTS AND FAMILIES

- Advocacy and liaison
- Bereavement support and counselling
- Breathlessness Clinic
- Cancer Information advice and signposting
- Complementary Therapies
- Counselling, including psychotherapy and hypnotherapy
- Craft and activity groups
- Art Groups
- Relaxation Group
- Family support
- Stride - Children and Young People's Bereavement Service
- Mindfulness programmes
- Hope - Self Management Programme
- Being with Cancer workshops – Anxiety and Sleep
- Support Groups
- Yoga

The Lymphoedema Management Outreach Clinic from St Catherine's Hospice is also hosted at Vine House on Tuesdays.

Chairman's Report 2018/19

One year I will be able to write my Annual Report without first having to address the charity's financial affairs. Unfortunately, this is not that year. For several years the Trustees and Senior Managers have worked hard to address the charity's financial performance; reducing expenditure and increasing income. The result has been a gradual return to a financial equilibrium and last year I was able to report that the charity had broken even at an operational level and, after additional one-off income, made a surplus of £26,000*.

Sadly, that improving trend ended abruptly in the year ended 30th September 2019. The accounts for the year will show that the charity lost £80,000* at an operational level. Furthermore, provisions made for a legacy in the previous year, were overestimated due to a subsequent reduction in property value. That loss in value has to be reflected in the accounts for 2018/19 adding a further £20,000* to the stated deficit. The total deficit for the year will therefore be in excess of £100,000*.

Whilst the charity continued to control its running costs and expenditure the accounts show a significant reduction in income. A reduction of over £80,000*. Of most concern was the significant decline in voluntary income such as donations and fund raising, the lack on any meaningful legacies and the negligible income generated from grants. There were several contributing factors which are, in part, expanded on in this report and in the Annual Accounts. The one exception I would like to make is the Friends Group who continued, once again, to provide the charity with a much-needed income stream.

As a general point, I believe CancerHelp will continue to struggle for funding whilst it is

caught between two large and efficient local charities, namely Rosemere and St Catherine's Hospice. Over the course of the year I believe the charity failed to raise its profile, explain its value within the local community and help those who access its services to understand CancerHelp is indeed a charity. Until the charity addresses those issues income generation will remain a problem.

Fortunately, the sales and net income the charity generated from its shops remained strong. Despite significant problems in the charity's retail operation, that I will refer to later in my report, the shops delivered a surplus of over £95,000*. The charity is indebted to the many volunteers that both manage and operate the shops.

As you would expect the significant loss has impacted on the charity's reserves which fell to just under £200,000*. This still represents around six months of running costs which is in line with the Trustees' policy and Charity Commission guidelines.

To conclude the financial element of this report, I must record the loss or theft of just over one thousand pounds of shop takings, in June 2019. The facts of the case are contained in a detailed investigation report, compiled by the Trustees, though the whereabouts of the monies could not be established. The incident resulted in disciplinary action and changes to procedures for handling donated monies. The matter will be reported to the Charity Commission in Cancer Help's Annual Return.

Through the course of the year the charity has had to deal with the loss of several senior members of staff. Firstly, the charity's Head of Adult Services stepped down from the role for



personal reasons though continues to provide counselling support from Croston House. Due to the ongoing financial situation the Trustees took a decision not to recruit. On reflection this placed additional pressure on the charity's General Manager and remaining counsellors. The decision also impacted on the development of services and to a certain extent service provision stagnated during the year. In recognising the impact, the Trustees agreed the situation needed to be addressed and initiated the recruitment of a new Head of Adult Services.

Secondly, the charity's Head of Retail resigned from the post undoing much of the progress that had been made at the charity's shops. Much work had been done to improve stock rotation within and between shops, extend opening hours, improve the quality of donations and move redundant stock. This program was not without its issues in the shops and several volunteers were lost during the year.

I could not write this report without recognising the charity's former Head of Income Generation, Laura Stephenson. For much of the year Laura was fighting cancer and, at the end of the year, stood down from the post. Sadly, in December she lost her battle with cancer, leaving a husband and young family. Laura's positive attitude, faith and combative approach to her cancer will be remembered by all those who worked with her.

The loss of these three senior managers in one year is unconnected and unprecedented. There is no doubt that the loss has impacted on the activities of the charity from income generation to service delivery and

management. It is thanks mainly to the efforts and commitment of the staff, service providers and volunteers of CancerHelp that the charity's primary purpose, the delivery of services, has been maintained. Indeed, an increased number of people accessed the charity's services over the course of the year; the number of new service users increased by more than 20%.

The charity has several challenges to address and the Trustees and Senior Managers are intent on doing so. Those challenges are apparent – addressing the charity's financial situation, recruitment to key management roles, raising CancerHelp's profile and supporting its personnel. The measure of that intent will be the continuing ability of cancer patients, their families and the bereaved to access the professional and much needed services offered by CancerHelp.

Success will be dependent, as it has been for thirty years, on CancerHelp's greatest strength - its people; staff, volunteers, fund raisers and donors.

It is therefore appropriate that I end this year's report by offering my gratitude to all those people who have supported CancerHelp over the last twelve months.

Thank You

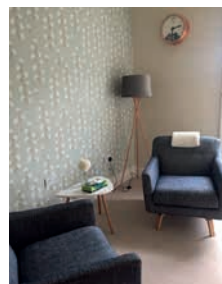
Jonathan Gorick
Chair of Trustees

*Please note, the figures quoted in this report are approximations. The exact figures can be found in the charity's 2018/19 Annual Accounts, prepared by James Todd & Co.

Update on areas identified as priorities in the previous year's Annual Report

Last year's Annual Report identified areas on which the Team wanted to focus, a number of which have been achieved including the following:

- Adult Therapy Services delivering the 'Being with Cancer' Workshops which have been funded through an 'Awards for All' grant. Both of these workshops are offered monthly and focus on helping people manage anxiety and improve their sleep
- HOPE Self-Management Programmes continue delivering patient programmes during 2019
- The Charity organised a Canal Walk as part of its 30th Anniversary celebrations
- The Complementary Therapies Team now are utilising the skills of Tom Murphy, who is offering Reiki sessions as a Volunteer Therapists which is helping with the ever growing demand for Complementary Therapies
- A small sorting and retail space was created at Vine House which still needs work and importantly, staffing
- Some upgrading to the Vine House Centre is required to meet the needs of the Charity. The first floor of the House is now Therapy Services only. The room in which Cruse Bereavement Care were based has been renovated (see photograph right) in the main with support from donations received through the fundraising by the in-house crafting group run by Sue Kellett, Yorkshire Building Society, Warburtons Family Trust and NFU Mutual



Other areas identified in last year's report have been pushed back to 2020, largely due to staffing challenges and therefore capacity issues.

When the Annual Report for 2018 was written, there were no plans on having an Art Group at Vine House. However, there is now a very active Art Group at Vine House, which is facilitated by Sharon Steingold, a locally based abstract artist who has also taught in University Art Departments. The Group is going from strength to strength.

Plans for 2020 are outlined at the end of this Annual Report.

Visit our website www.cancerhelppreston.co.uk

Income Generation



CancerHelp's income generation during 2019 has been problematic, which will impact on budget setting for service provision during 2020.

However, during the year events, corporate support and a number of key relationships continued.

Barton Grange continues to be an important corporate supporter for CancerHelp by:

- having the Charity's collection tubs on their tills.
- Supporting us through a donation made from the monies raised through the Carol Concert that is held annually at Barton Grange.

CVM Preston Ltd – continues to look after the work vehicle.

The Department for Work and Pensions (VME-R Team). As their Charity of the Year they have continued fundraising and offering volunteering days through their staff.

Marks and Spencer have for a second year helped us with their volunteering days and project funding.

Arco staff volunteering has continued both at Vine House and in the Shops.

We are the Mayor of Longridge's Charity of the Year to run across 2019/20. Thank you to Steve Ashcroft for choosing CancerHelp.

Supporters

CancerHelp would be lost without the time, ideas and monies raised by its supporters. Thanks go out to everyone who has supported the Charity during 2019, in particular to:

- The Friends of CancerHelp who have again had a busy and successful year. Thank you so much for all of your hard work, impressive fundraising and spreading the word about what the Charity does.
- Sandra Allan and the Barton Ladies have been busy planning fundraising lunches, the funding raised from these events have improved the ambience of our rooms and increased the capacity within the Complementary Therapy Service.

Thank you to all our supporters – volunteers, Members, Trustees and staff who support the events that are organised for the Charity.

Visit our website www.cancerhelppreston.co.uk

Follow us on **Twitter** @cancerhelp ltd or our like our **Facebook** cancerhelppreston ltd pages 7

Shops / Retail Operation

This has been especially challenging with the departure of the Head of Retail at the end of summer. All of the hard work and commitment of the Shop volunteers is hugely appreciated. As is mentioned elsewhere in this Annual Report, CancerHelp cannot do what it does without all its volunteer supporters, no more so than in the Charity's Shops. Thank you to all the volunteers for all they do to support the work of the Charity.

Also, thank you to Debs, Alex and Vernon for helping move stock between the shops ensuring that the amount of money raised from donated items is maximised and that the amount of stock going to rags is kept to a minimum.

Adult Therapy Services

The number of people wishing to access CancerHelp's services continues to increase and plans to make the building work better for clients and staff alike are in development. At the end of September 2019, the office formerly occupied by Cruse Bereavement Care Lancashire branch is just nearing its transformation into a counselling room. This will increase the number of counselling spaces which can be used for 1-2-1 work and ease the squeeze on rooms experienced on Tuesdays and Wednesdays.

2019 saw Sarah McMaster, Head of Adult Therapy Services step down from this role, although Sarah still works in the Charity. All of the services that were available in 2018 continue to be offered in 2019 with the addition of an Art Group at Vine House.

CancerHelp offers a holistic assessment and referral into a range of in-house services with clients often leaving their assessment visit with a plan to address their individual physical, social and emotional needs through a variety of therapy services. Where CancerHelp is not able to meet these needs we are able to signpost to other local services where available.

Visit our website www.cancerhelppreston.co.uk

Annual Report – Talking Therapies



As included in last year's Annual Report we have again decided to include some detailed feedback from one of the clients who has accessed services at CancerHelp. We know that the feedback that we receive from clients is excellent, however, on occasion clients take the trouble to provide more detailed feedback and this is the case from one such client and we would like to share this. It is from a young woman in her 30's and really there are some things in her comments which we could all perhaps benefit from following.

Her feedback is as follows and there is no apology offered for including it in its entirety as it relates to around about 18 months of accessing services as she recovered from her cancer diagnosis and treatment. Many people working in cancer services see the negative impact of a cancer diagnosis but there is for some people post traumatic growth as this young woman's account clearly shows. This and how CancerHelp's Team has made such a difference to her:

Dear Jeanette and the Trustees

I just want to take this opportunity to say a really big thank you for all the help and support I have been given over the last 12-18 months at Vine House from counselling, complementary therapy, support group to the HOPE course and any other course I went on."

Counselling – "Andrew has helped me in the early days when I was in a very dark place, scared, crying, had no confidence at all and not coping well with the diagnosis of cancer. I am grateful that I had a safe place to talk though all of my issues. At the end I felt I was out of the dark and safe to go forward with some new tools and I am so grateful for that time. And thank you."

Complementary Therapy – "Sue, has helped me relax and given me time for myself each week to de-stress and reflect on life after my operation and showed me how to be kind to myself and take time out for me each week, which was lovely. I always came out relaxed and for me Sue's hands were like magic, they worked every week to de-stress and relax me so for that, thank you and I am so grateful for that time."

Adult Therapy Services

Support Group – “who have let me in with open arms and understand the ups and downs and given me hints and tips. We have cried together, we have laughter and we listen to each other and we support each other – and for that thank you.”

HOPE course – “Annette and Hayley, they have given me so much courage and confidence to open up to people at work and to the big boss about my cancer which has given me a new lease of life and the tools to go forward and try to live the best life I can.

I started off at Vine House as this shy, scared and angry, burnt-out person with no confidence at all. Now I am a confident, more happy, relaxed person who can face the world.

Along the way I have met some lovely people who were, and are, in the same boat as me.

I want to say a big thank you to all for doing a really good job and making Vine House a really safe place for me. I am really blessed and thankful for what you all do, it means a lot to me so keep up all the hard work you all do.”

Thank you.

Despite the challenges experienced in 2019, the CancerHelp team looks forward to another year of growth in 2020, hopefully securing the funding to enable this to happen.

Mindfulness Based Cognitive Therapy for Cancer (MBCT Ca)



Research studies continue to show that practicing mindfulness can support cancer patients in dealing with anxiety, depression, fatigue and fear of cancer recurrence, which is very much at the heart of cancer suffering. While there are many mindfulness interventions out there, the mindfulness approach recommended by NICE guidelines is the 8 week Mindfulness Based Cognitive Therapy programme (MBCT).

An adapted version of MBCT is offered at CancerHelp, that is specifically designed for those affected by a cancer diagnosis. Participants attending the Mindfulness Based Cognitive Therapy for Cancer programme at Vine House continue to rate the programme highly, with results showing a significant improvement in participant well-being. Comments collected after the 2019 group finished include:

'I was sceptical but decided to attend with an open mind. I have learnt a lot from attending on how to be in the moment, to be mindful of the here and now. It has helped me reduce my anxiety.'

'Without a doubt I would not have been able to get to the point I'm at today without the support of this course. Its content and delivery have allowed me to explore myself and my situation with a safety net. Invaluable, thank you.'

'Since having my operation, I had become quite manic at times and my OCD was becoming an issue to me, which has never happened before. This course has enabled me to just give pause, take stock, listen to me 'in the moment' and think calmly.'

'The course has provided vital tools to cope better during times of stress and turbulence.'

Being Present with Cancer

Being Present with Cancer group workshops offered by CancerHelp are continuing, using short everyday mindfulness practices aimed at helping participants better manage anxiety and improve poor sleep.

Christina Shennan
Psychotherapist and Mindfulness Lead

Breathlessness Clinic

A more proactive approach has been taken by the Physiotherapist at CancerHelp telephoning the Lung Cancer Team at Preston Hospital to encourage potential patients who may benefit from the Breathlessness Clinic.

The Breathlessness Clinic continues to see people with very advanced disease referred into the service which can make completing the four sessions difficult. However, those lung cancer patients who are well enough to complete the programme consistently report improvements in the efficiency of their breathing and significant reductions in their experiences of breathlessness and anxiety.

Qualitative feedback from patients have included the following comments:

"I was diagnosed with Stage 3 Lung Cancer in 2018 which has now spread to my right lung. I previously felt extremely frightened and anxious, and missed playing with my grandchildren who are 6 and 8 years old. I could become so breathless that I thought I was going to die – the Breathlessness Clinic gave me an improved sense of control over my breathing"

"I saw my Oncologist, Dr Appel, yesterday, and fed back to her how much of a difference the breathing exercises at the Breathlessness Clinic had made"

Visit our website www.cancerhelppreston.co.uk



"I have always enjoyed swimming but have only been able to manage approx. $\frac{3}{4}$ length of the pool before having to stop due to shortness of breath. I am now able to swim full lengths of a swimming pool, and don't need as long to recover between lengths which I am pleased about. I feel the breathing exercises have also helped with the re-inflation of my left lung following my lobectomy on 26 February 2019".

"I recently walked 6km to a village and back, and have also walked up gradients and stairs with no problems. I feel like a new man since attending the Breathlessness Clinic; it has been a great help and my wife has also noticed a big difference in me"

"I really enjoyed my holiday recently and do not know if I'd have managed without the breathing techniques as we had to do a lot of walking. I found I was not puffing and panting like I was before."

Dan Lowe

Physiotherapist and Breathlessness Clinic Lead

Hope Self Management Programme

The HOPE programme is available for anyone living with or beyond cancer. The acronym stands for Helping (clients to) Overcome Problems Effectively

HOPE is a self-management programme and can support clients to rediscover their inner strengths, manage the impact of cancer on their world and help them make the most of the good things in life.

Over the past year Vine House has facilitated two HOPE programmes both have evaluated extremely well. A patient from the most recent HOPE programme said:

‘The Hope programme has given me so much courage and confidence, it has given me a new lease in life and the tools to go forward enabling me to try and live the best life I can.’

During 2019 a further counsellor at CancerHelp has completed their training to deliver the patient programme and a patient has expressed an interest in becoming a Patient Facilitator, with plans for attending training in 2020.

Annette Barrowcliff
Senior Counsellor & HOPE Lead

Visit our website www.cancerhelppreston.co.uk

Bereavement Counselling and Support



The Adult Bereavement Service continues to be a very busy service offering pre-bereavement counselling, bereavement counselling, bereavement support, and monthly bereavement support groups at both Vine House and Croston House.

The Adult Bereavement Co-ordinator continues to attend the Palliative Care Liaison Meetings at the Royal Preston Hospital to share updates and collect new pre-bereavement and bereavement referrals.

The Adult Bereavement Service Co-ordinator, and the Head of Children's and Young People's Services at Cancer Help, have had meetings with the Lead Bereavement Nurse at the Royal Preston Hospital and Bereavement Lead at St Catherine's Hospice to share information about the services we provide and to ensure public leaflet information and posters are up-to-date about the services we offer. We have also looked at how we might develop bereavement services in the future.

In the New Year the service plans to run structured six week bereavement groups which have evaluated well previously, alongside the monthly drop-in bereavement groups. The service is also looking at working alongside the children's service offering a bereavement group for parent(s).

Anne Holden
Senior Counsellor & Bereavement Coordinator

Complementary Therapies

The Complementary Therapy Service continues to be much sought after, supporting patients and carers throughout any stage of their cancer journey.

The service is currently offered four days at Vine house and one day at Croston house.

The three Complementary Therapists are all qualified to offer a range of therapies including:

- Oncology massage
- Reflexology
- Head massage
- Reiki
- Aromatherapy Facial
- Warm lava shell massage

We also have a volunteer therapist offering Reiki sessions one day a week. He has many years' experience in this area and has offered Reiki sessions at Trinity Hospice for many years, prior to his move to Preston.

There have been some positive results helping patients suffering from peripheral neuropathy as a result of chemotherapy. Patients receiving regular foot massage and reflexology have reported benefitting significantly from the sessions. We hope to secure some extra funding to provide a weekly clinic to further develop this service.

The introduction of the monthly Face Forward sessions is proving to be very popular and well received. These are 1-2-1 sessions with a professional makeup artist and skin care specialist who will give advice on any areas of concern.

Visit our website www.cancerhelppreston.co.uk



There are some patients particularly after chemotherapy and radiotherapy who experience problems with their skin and lose confidence in applying makeup because their complexion has changed. This lack of confidence can lead to isolation and low mood. The sessions are tailor made to suit the needs of each individual client. This service is currently being funded by the local Soroptimists and Sandra Allan and the Barton Ladies Social Club.

Client feedback remains consistently high and include the following feedback:

"The treatments are a lovely and peaceful hour. They are a chance to simply 'switch off' and relax. They have been hugely beneficial to me in my grieving journey."

"Since attending complementary therapy with Sue my stress levels have reduced and physically I am feeling much stronger. Mentally I have also seen improvement and (am) able to deal with day to day issues."

"The complementary therapy has been the only thing to help with my pain and neuropathy. I can't believe the difference it makes. I can hardly walk into the room but can skip out! Thank you so much – that one hour of the week is my sanctuary and something I look forward to."

"The treatments given by Sue have been lovely. Very relaxing and have been helpful at a very difficult time. Sue is very friendly and caring. It has been a pleasure to be treated by her."

Susan Kraft
Lead Complementary Therapist

Visit our website www.cancerhelppreston.co.uk

Follow us on **Twitter** @cancerhelpltd or our like our **Facebook** cancerhelpprestonltd pages 17

Stride - Children and Young People's Service

The Children and Young People's service received 101 new referrals during the year and carried out 341 therapeutic sessions.

Service user questionnaires show an overall 22% increase in well-being following therapy with STRIDE. All STRIDE service users and their families feel they were listened to and would recommend our service to a friend if they needed it.

STRIDE has been faced with the challenges of increasingly complex cases being referred to the Service, a lack of alternative support services in the local area, young people with pre-existing mental health needs being referred because a death has occurred somewhere within their social network, and an increasing number of referrals for people in crisis.

Support is now being offered to children and young people with a cancer diagnosis, rather than purely bereavement support being available. A lack of financial resources/income has meant we have been unable to develop additional group services, for both children and young people and parental support. Funding is being sought during 2020 to enable this to happen.

Clare Yilmaz

Head of Children and Young People's Therapy Services

Visit our website www.cancerhelppreston.co.uk

18 Follow us on **Twitter** @cancerhelpltd or our like our **Facebook** cancerhelpprestonltd pages



CancerHelp has had a difficult year and without the support and commitment of our volunteers we would have struggled at times to keep both houses and the shops running smoothly. Volunteers contribute in many ways and everyone is appreciated, for the time, and effort they give to help make our clients' experience with us a rewarding one.

As the Chairman's Report clearly shows, CancerHelp is indebted to all the volunteers, without whom the Charity could not survive. Every single volunteer matters and brings their own unique contribution to what they do within the Charity.

Support Groups

The Support Groups meet when the Centre is open, some during the day, some during the evening and one Group on a Sunday afternoon. Holding meetings here at Vine House means that if something is highlighted by one of their members, one of the CancerHelp Team can either answer the question / query or signpost to the person or organisation who can.

Hosting the Support Groups and providing a 'support hub' is an important part of what happens at Vine House. There is scope to expand this so that groups can meet or could be hosted at Croston House, they are all currently held at Vine House, but this would be dependent on either a health care professional or patient / carer wanting to establish a group.

The peer to peer support offered through these Groups is really important. For many patients it is a positive experience where they can see people who have had treatment, often many years ago, getting on with life after cancer.

The Plans for 2020

The utmost priority is to increase our income during 2020 to ensure the future of CancerHelp.

Each of the different areas of the Charity have identified their own priority areas for next year which include the following.

After a difficult 2019, increasing income is essential. Each year the overheads are fairly static and spending is on budget, so there is an imperative to increase income without there needing to be a reduction on expenditure. Work will continue on the Shops where there has been a hiatus since mid-summer with a focus on volunteer recruitment and continuing the re-fresh of the Shops.

There are very strong messages around the importance of a healthy lifestyle after a cancer diagnosis, to the extent that it can reduce the likelihood of another cancer diagnosis. Together with helping clients continue to build on the counselling support and skills / techniques learnt through the HOPE programme and Being with Cancer workshops that they may attend. We can help people better adapt to life after a cancer diagnosis. During 2020 it is hoped that there will be additional services that CancerHelp can either offer, or to which the Team can signpost clients to enable this to happen.

It is also important to continue to improve the facilities not only in terms of the appearance of both centres but also of its purpose, function and accessibility.



HOPE self-management programme

- Plans for 2020 include four patient programmes to be run throughout the year in January, May, July and October. Plus facilitating a programme at Croston House in Garstang and a Carers' HOPE programme at Vine House, the date for both have yet to be agreed.

Mindfulness

- MBCT Ca course to be run at Vine House. The Mindfulness Lead, Christina Shennan is undertaking some Teacher Training in Hong Kong. More of this in 2020's Annual Report.

Complementary Therapies

- The Therapy Room at Croston House is in need of a makeover so that it mirrors the service experience offered at Vine House. It is hoped that a fundraising project may be identified to raise the monies to complete this work.
- Future plans for Complementary Therapies are to look at ways to manage and utilise Volunteer Therapists which would help with the ever growing demand for this service. So far utilising Tom's skills and experience is working well.

Children and Young People's Service Plans

- Develop a high standard placement for student counsellors both in the children's and adult service. Our first volunteer children's counsellor starts on 14th January 2020.
- Continue applying for funding to run children's groups alongside parental support groups.
- Continue to provide a service that is valued within our local community.

Adult Therapy Services

Vine House

- Some upgrading to the Centre is required to meet the needs of the Charity, some 25+ years after Vine House was originally purchased. This will likely involve structural / building work. The Trustees priorities rightly are on funding being available to provide services, so wherever possible external funding request are made to improve the buildings and the rooms within them.

Croston House

- Re-decoration of some of the rooms. As with Vine House this remains a work in progress and whilst the House is much improved, there are still updating requirements.
- Establishing up a Men in Sheds Group, which is something that will be looked at in 2020 as the Garstang in Bloom Team are keen to explore this further.
- Rolling out a HOPE self-management programme at Croston House will be prioritised during the early part of 2020.

After a very difficult year it is important to remember that more people are sadly being diagnosed with cancer each year. BUT, we are here, providing a much valued service to increasing numbers of people.

Thank you to everyone for playing your part in enabling this to happen.



Visit our website www.cancerhelppreston.co.uk

Follow us on **Twitter** @cancerhelpltd or our like our **Facebook** cancerhelpprestonltd pages 23

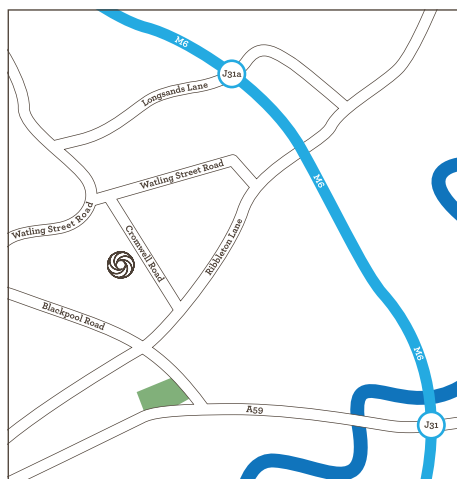


CancerHelp

Your independent local cancer charity

Vine House

Cancer Help's day care centre in Preston



Address **22 Cromwell Road,**
Ribbleton, Preston PR2 6YB

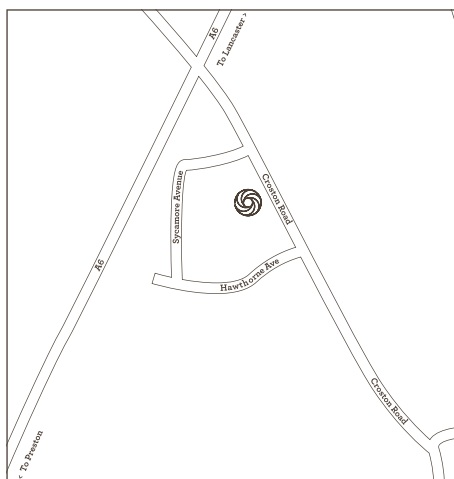
Telephone **01772 793344**

Fax **01772 797495**

E-mail **info@cancerhelppreston.co.uk**

Croston House

Cancer Help's day care centre in Garstang



Address **113 Croston Road, Garstang**
PR3 1HQ

Telephone **01995 606469**

Fax **01995 605419**

E-mail **info@cancerhelppreston.co.uk**

**Providing support across Lancashire from
our two Houses in Preston and Garstang**