

# opendoor

autumn  
2009 the newsletter of the Lynda Jackson Macmillan Centre



More photos on page 7

## A top turnout for the 10k

*The eighth Maches Moor Park 10k has been universally declared the best yet with a record turnout of runners on a glorious afternoon in September raising a record amount for the Lynda Jackson Macmillan Centre.*

With gloomy economic reports in the press and mutterings about the 'credit crunch', it was with some anxiety that the Appeals team set about the task of organising this year's 10k race.

Were the entry fees too high in these difficult times? Would anyone be prepared to ask their friends to sponsor them? Plus the ultimate question – what would the weather be like?

An article in the media had described running as the 'credit crunch answer to gym membership' and we crossed our fingers that this was true.

This year we also set up a facility to enable runners to enter online and became cautiously optimistic as, each week, we tracked the growing number of entrants.

Online entry was clearly a very popular move as the majority of runners used this method of entry.

The added bonus was that the Appeals team's office was relatively clear of paperwork during the run up to the event, freeing staff up to get on with other aspects of the preparations.

At the same time as runners were entering, many were also seeking sponsorship for their participation. With more runners than ever using the online Justgiving service, we were also able to track the progress of their fundraising.

With positive responses to our initial concerns, all that remained was to pray for good weather.

As well as gaining a reputation for first class organisation, the Moor Park 10k has also gained a reputation for its fine weather and 2009 was no exception.

The fine weather brought hundreds of spectators and supporters and there was a great atmosphere with children enjoying the fun fair and

bouncy castles, the tombola doing good business and ice cream cones providing cooling refreshment.

The fine weather also attracted many more people to take part with another 300 runners turning up on the day, bringing the total number of runners in the main 10k race to 840 – the biggest field to date.

The large number of runners has also produced the biggest fundraising total for the event. At the time of going to press, we've already received more than £40,000 and more cheques are arriving daily.

Thank you to the army of people who contributed to the day and helped to make it such a huge success.

We hope you enjoyed being a part of the event and that we'll see you at Merchant Taylors' School next year on Sunday 26<sup>th</sup> September.



# Lynda Jackson Macmillan Centre

... working to improve the lives of people affected by cancer...

Mount Vernon Hospital  
Northwood, Middlesex HA6 2RN

Telephone Helpline: 01923 844014

Website: [www.ljmc.org](http://www.ljmc.org)

Moor Park 10k: [www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

Webshop: [www.buy.at/ljmc](http://www.buy.at/ljmc)

Online Fundraising: [www.justgiving.com](http://www.justgiving.com)

Search Engine: [www.everyclick.com](http://www.everyclick.com)

Registered Charity No: 1053338

The LJMC is part of the

Mount Vernon Cancer Centre

(East & North Hertfordshire NHS Trust)

## Drop-in Advice and Information

### Telephone Helpline

Monday – Friday

9.30am – 1.00pm + 2.00pm – 4.30pm

## Complementary Therapies

### Counselling

Available by appointment to patients under the care of an oncologist at Mount Vernon Hospital

### Benefits Advice

Drop-in service during opening hours

### Relaxation Classes

Monday: 2.30 – 4.00pm

Tuesday: 10.00 – 11.30am

Thursday: 11.00 – 12.30am

No need to book

### Look Good...Feel Better™

Skin care and make-up sessions for ladies

### Support Groups

Contact the Helpline for details of local support groups

Staff at the LJMC are always delighted to give talks about the work of the centre and also cancer-related issues.

If your company, school or other organisation would be interested in an LJMC speaker, please contact Buzz Coster (01923 844107) or [buzz.coster@nhs.net](mailto:buzz.coster@nhs.net).

OPEN DOOR is sent to friends and supporters of the Lynda Jackson Macmillan Centre who are on our mailing list. If you wish your name to be removed from future mailings, please contact Buzz Coster.

We would like to reassure you that our mailing list remains confidential and will not be sold to or used by any organisation other than the Lynda Jackson Macmillan Centre.

## Proud to support the LJMC

*The recipient of a Pride of Britain award has chosen to support the Lynda Jackson Macmillan Centre with a special charity cheque that formed part of her prize.*

Alba Molle was described by her manager as someone who 'goes that extra mile' for her customers at the Somerfield store in Carpenders Park. Her outstanding customer service, helping customers with their groceries

and even taking their shopping home for them, led to her nomination for a Pride of Somerfield award.

Out of hundreds of nominations, Alba was one of five winners. She was presented with her prize by football

legend Bryan Robson at a special ceremony at the Grosvenor House Hotel in London.

"I didn't know anything about it," said a surprised Alba. "I couldn't believe it. I've never won anything before."

As well as receiving a trophy, Alba was given shopping vouchers and a cheque for £250 to donate to a charity of her choice. She chose the Lynda Jackson Macmillan Centre as the beneficiary of this donation following her daughter's treatment last year.

She said, "The whole family has gone through a bad state. We didn't know anything about cancer last year and we had to learn together. When I had the chance to give £250, it's the only charity I could think of."

We send our congratulations to Alba and our grateful thanks to be remembered in this way.

*Alba receives her award from former footballer, Bryan Robson and Peter Marks, Chief Executive of The Co-operative*



# A second retirement for Joan

*There is a small band of individuals who have been working at the LJMC since it first opened in 1993. Joan Gardner belongs to the even smaller band who started working for the centre before it even opened. It was therefore appropriate that there was a sizeable gathering of staff to bid her farewell as she retired at the end of September.*

Joan initially trained as a therapy radiographer and worked at the Westminster Hospital in the early 50s before taking a break to raise her family.

In 1974, she read an article in the national press about a shortage of radiographers. She got in touch with the radiotherapy department at Mount Vernon Hospital to enquire about returning to work and was instantly offered a job.

Joan sampled retirement for one week in 1993 before receiving a request to return to Mount Vernon as a volunteer to help with a new service that was being established.

Her first job was to sort out record cards for fellow radiographer and counsellor, Judy Young, the manager of the fledgling service that was to become the LJMC.

Her next job was to record the number of leaflets that were taken by patients each week. "In the early days, we didn't know whether patients even wanted leaflets about cancer and its treatments," said Joan. "It was really important to know which leaflets were being taken so we knew what patients wanted."

Once the LJMC was opened proper, Joan moved to work in the Drop-in centre where many hundreds of patients will have experienced her



kindness and support, coupled with a twinkle in her eye.

When her husband, Bill, retired, Joan recruited him to work as a volunteer at the LJMC. Joan was adamant that she didn't want Bill under her feet all day and it was entirely appropriate, given his name, that he should become the LJMC gardener.

"It all backfired though," Joan said with a laugh. "He ended up working at the LJMC on the same day as I did so I didn't get any peace!"

From healthcare professional to LJMC volunteer, over nearly sixty years Joan has witnessed many changes in the

way cancer patients are treated. "We've gone from treating the cancer to treating the whole person," she explained. "From early scepticism, there is a much wider acceptance of this holistic approach and it's been a privilege to watch things change – for the better."

Joan has also watched the LJMC services grow. "The LJMC has matured," she said. "There's a lot more available for patients, particularly with so many more sources of information on the Internet. It's become more sophisticated.

"As services have developed, so has the number of patients we see so it's a lot busier and systems have had to become more streamlined to cope."

For all the changes, Joan maintains that the LJMC hasn't changed a bit. "It's still all about looking after people affected by cancer, giving them time and space."

Tuesdays won't be the same, although our waistlines may improve. Joan was the arch cake maker at the LJMC – no event went unmarked by one of Joan's cakes and, even if there wasn't anything particular to celebrate, she would bring in a sumptuous sponge for all to share.

We will miss Joan's good humour and friendship at the LJMC and wish her well as she puts her feet up for the second time.



## Welcome back, Liz

We are delighted to welcome **Liz Carruthers** back to the LJMC team.

Liz worked for several years as one of the healthcare professionals in the LJMC Drop-in centre before leaving to train as a psychotherapist.

Part of her training included working at the LJMC on a placement so she's been back here for a while prior to qualifying earlier this year.

With the expansion of the LJMC Counselling team, Liz successfully applied for a permanent position here.

"It's great to be back," said Liz. "The LJMC is as special as ever and new developments and services make it a really good place to work."

We also welcome **Amanda de Lucia** as a volunteer in the Drop-in centre. As well as general duties, Amanda will be helping our Macmillan Welfare Benefits Advisor, Shirley Burgess.

# Complementary therapies at Mount Vernon Cancer Centre

*The popular complementary therapy service that is such an integral part of the LJMC initially started as a volunteer-led service on the wards of Mount Vernon Hospital. Marianne Hill has been working as a reflexologist here for eight years and told 'Open Door' a little about her work.*

## How did you come to work here?

I'd been working part-time as a reflexologist for a number of years and attended a training course at the LJMC to learn about working with cancer patients. When I retired from my job as a secretary at Safeway, I had more time to spare so I became a volunteer working half a day each week at the hospital.

## What other therapies are offered?

As well as reflexology, there are aromatherapists on the team and we can also offer massage and Indian head massage.

## What are the benefits for patients?

The main benefit is to aid relaxation. Many patients will fall asleep while I'm treating them and the therapy may also help them sleep better generally.

We don't treat specific symptoms but touch therapies can help relieve psychological distress and may also alleviate stress-related symptoms.

## How does the way you work change when you are treating a patient on the ward?

There are a number of things that I need to consider and of which I need to be aware. I will ask a patient about their treatment and any side-effects they are experiencing. I'll also give a lighter, gentler treatment than I would for a fully healthy person. Treatments are also short, usually 20-30 minutes.

## Do patients have to book a therapy?

When I arrive at the LJMC, there's often a list of patients to be seen. Sometimes patients have asked for me to see them, alternatively one of the nurses on the ward may have suggested a therapy and asked on their behalf. If there isn't a list, I'll go to one of the wards and see if anyone would like a therapy – someone always says 'yes'!

## Do all patients want a therapy?

Sometimes patients are doubtful about having a therapy – usually the men! The other day I treated a man who was very

sceptical until a nurse reminded him that he had been having trouble sleeping and suggested that reflexology might help.

He was quite a convert by the end. Sometimes, visiting wives may also persuade their husbands to give it a try. Most people are receptive and very grateful to be offered a therapy.

## Who else do you see?

I also visit the waiting areas such as in the Chemotherapy department. For example, if a patient is stressed about being canulated (having a drip inserted), it actually constricts the blood flow and makes it harder. If I help reduce their anxiety then it's a much easier procedure for the nurse and consequently for the patient.

I have also seen head and neck cancer patients prior to the radiographers making an immobilisation shell for them – another potentially stressful experience. By relaxing them and showing them points on the hand to press, they feel more in control. It also gives them something to do which takes their mind off what else is going on.

## What does a therapy cost?

As with all the complementary therapy services at the LJMC, there is no charge to patients. The entire service is funded by charitable donations so most patients try to give us a donation if they are able.

## What happens when a patient leaves the hospital?

Patients under a Mount Vernon Cancer Centre oncologist are eligible for up to four sessions at the LJMC itself so



I always make sure they know how to book for this service. There's also a list of qualified therapists in the catchment area which may be more convenient.

## What has surprised you about your work?

Working here has always been a pleasure for me. One of the biggest surprises, however, was when a doctor popped in one day, realised I was there and, without a pause, said to the patient, "I can see you're busy. I'll come back later." For complementary therapies to be considered integral to the holistic treatment of a patient is very special – it's not a frivolous 'extra'.

## How does someone go about joining the team?

All the therapists undergo a comprehensive training course at the LJMC. As well as learning about cancer and its treatments, they also learn how to adapt their therapies. Then they will shadow a more experienced therapist until they feel confident. There is also an ongoing programme of training sessions which provides opportunities to share experiences and provide mutual support. It's a huge privilege to work here and I'd recommend it – if you're thinking about volunteering, do it!

# Please support the LJMC this Christmas

## 'Tempting Treats' Draw

This year's Christmas Draw promises to be extra special with some great treats to be won.

After a tough year financially, isn't that what everyone deserves?

Some of the prizes that have been donated already include:

- Restaurant meals
- Theatre tickets
- Hotel stays
- Spa days
- Golf membership

Tickets have already gone out to those on our mailing list and you can get more by calling Sue Hordyj (01923 844589).

## Christmas cards

Despite threats of postal strikes, our Christmas card selection is selling very well thanks to a great team of people who help promote them on our behalf.

The full range can be viewed on our website: [www.ljmc.org](http://www.ljmc.org) or call Sue Hordyj (01923 844589) if you would like us to send you samples.



## Christmas Shopping online

For those last minute Christmas gifts, there's nothing like being able to shop online.



Please don't forget to visit all your favourite retailers via our webshop:

[www.buy.at/ljmc](http://www.buy.at/ljmc)

The LJMC receives a commission on all your purchases – at no further expense to you.

This service is completely confidential and raises money for the LJMC throughout the year.

## A huge 'thank you' to our supporters

It's no secret that charities have had a tough year with a decrease in donations as the credit crunch has bitten.

We are immensely grateful to everyone who has supported the work of the Lynda Jackson Macmillan Centre, enabling us to continue to provide our services free of charge.

Increasingly we find that people are reducing the number of Christmas cards they send, making a donation to charity instead. If this is something that you would like to do this year, please consider supporting the LJMC.

Each year, the LJMC receives more than 15,000 requests for help and any donation that you can make will go towards meeting these requests.



## Celebrating fifteen years of helping ladies feel better

The LJMC has hosted the Look Good... Feel Better® (LGFB) beauty workshops for many years.

We were therefore delighted to be asked to host a party to celebrate the fifteenth birthday of this special organisation.

Show here: Lisa Curtis (LGFB head office),  
Cherry Mackie (LJMC Co-ordinator) and  
Beverley Kangisser (Regional Co-ordinator  
for LGFB)

# Congratulations to our dedicated team

*We've always known our volunteers are a very special, dedicated bunch of people. A number of them demonstrated their commitment and dedication by completing the Cancer Support course run by Macmillan Cancer Support.*

The Cancer Support course was developed by Macmillan to offer training to anyone who supports people affected by cancer. It is accredited by the National Open College Network, one of the largest awarding bodies in the UK.

The complete course comprises five units including:

- Effective communication skills
- Introduction to counselling skills
- Working with loss and bereavement
- Cancer awareness
- Health and wellbeing

Each unit involved four days of tutored classes as well as practical experience and a portfolio – quite an undertaking for our volunteers.

Helen Holden had been working in the Drop-in centre at the LJMC for eighteen months when the course was recommended to her. "I was pleased to have the opportunity to develop my skills and knowledge. It's given me a lot more confidence to deal with different situations too."

For Lin Campbell, the timing of the course was perfect as she had only recently started working at the LJMC. Like Helen, she found it has built on her existing skills and given her more confidence. "We also became aware of our limitations. There's a huge desire to try and do too much and it was really valuable to know that it's not a failure to ask for help from someone else."



All the participants found the Cancer Awareness unit of particular interest.

Lin said, "As well as developing skills like supportive listening, we also learned about other aspects of cancer treatment such as speech therapy – things we don't see so much of in the Drop-in centre. We also covered elementary first aid which is something that will be useful outside of the LJMC."

The Drop-in centre gained a new volunteer with Brian Murphy 'defecting' from the Information team where he had been assisting with the production of leaflets. "The course sounded

really interesting," he said. "However, I needed to gain some practical experience so I started working in the Drop-in centre. I found I really enjoyed it so I plan to stay put."

The participants found they learned from one another and appreciated the supportive nature of the course. Some of the participants had themselves been treated for cancer and their insights were particularly valuable.

We congratulate all the participants on their success and pay tribute to the commitment they gave to this training over the past year.

## An evening at John Lewis

The special evenings for ladies who have had breast surgery continue to be popular. Dates for 2010 are:

- Thursday 29<sup>th</sup> April
- Thursday 14<sup>th</sup> October

Evenings include talks and demonstrations, the highlight being a fashion show by members of the Trojans Breast Cancer Support Group.

If you would like to be contacted when tickets are available, please call the LJMC Helpline (01923 844014).

## Kilimanjaro climbers raise thousands

As well as training hard for their assault on Mount Kilimanjaro in February, David Stern and Clive Newman are also working hard to raise thousands of pounds for the LJMC.

They have already raised £8,500 and welcome further support. You can sponsor them online at:

- [www.justgiving.com/missionmanjaro](http://www.justgiving.com/missionmanjaro)
- [www.justgiving.com/clivenewmankilimanjaro](http://www.justgiving.com/clivenewmankilimanjaro)

Alternatively, if you fancy taking on a challenge and raising money for the LJMC, visit [www.charitychallenge.com](http://www.charitychallenge.com) for full details of some of the amazing places in the world that you can visit.

From the Inca Trail in Peru to the Great Wall of China, everyone who takes part describes these adventures as 'a trip of a lifetime'.



# Manches Moor Park 10k 2009



Our top fundraiser was Simon Gleeson who raised more than £4,000

Members of Woodside Morris Men entertained the crowds



Members of the Jolliffe family ran in memory of Andy Jolliffe, a frequent entrant in this event, who died earlier this year



Members of 2236 Stanmore ATC who provided invaluable help and support working as marshals and helping at the finish line

**Thank you to all our supporters and sponsors**

Air Creative Communications  
 B&Q Warehouse, Watford  
 Balloons by Beautiful Occasions  
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 Eat Natural  
 Europa Conservatories Ltd  
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 Mark Newlin  
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 The Riverside Health & Racquets Club  
 Robsons Estate Agents  
 Three Rivers District Council  
 Rickmansworth Golf Club  
 Ricola  
 Up & Running, Watford  
 Waitrose, Northwood  
 Woodlodge Montessori School  
 Woodside Morris Men  
 And, of course, our main event sponsors, **Manches LLP**



Junior Fun Run prizewinners were presented with their trophies by Chairman of Three Rivers District Council, Cllr Richard Laval



LJMC staff turned out in force. Shown above is Macmillan Patient Information Lead, Theresa Sullivan helping with the tombola. Below left is volunteer Eileen Miles who has taken part nearly every year.

Right: Kev Draper stepped into the breach at the last minute to run the pre-race warm up sessions



Thank you to the army of volunteers who help each year. Left: Seymour Izzard (and his hat!) have helped every year.



Below: Our complementary therapy team provided a wonderful service to tired runners



Thank you to all the runners who took part and the people who supported them



**See you next year on Sunday 26th September!**

# Thank you very much...

## Fundraising events July - October 2009

- The final total raised by Lynda Hannam and Cherry Mackie from their trek along the Inca Trail was over £5,800.
- Once again, the Middlesex County Automobile Club supported the LJMC through the Bomb-Along Stages raising £565 at this popular rally.
- A street party to mark the 32<sup>nd</sup> anniversary of the death of Elvis Presley was organised by Sid Shaw of Elvis memorabilia shop, Elvisly Yours, stopping the traffic in Baker Street and raising nearly £400.
- Mike Talbot and friends held another poetry evening to raise £146.
- The Church of St John the Baptist in Hillingdon held a magnificent flower festival at which the Flower Guild nominated the LJMC to benefit, sending us a cheque for more than £470.
- The fabulous Open Gardens in the Northwood area in June yielded nearly £2,000 for the LJMC. Thank you to garden owners Warren Reeves, Margaret McIntosh, Dr E Dangoor, Philip Simpson and Sharon Foster for nominating the LJMC as their special charity.
- Instead of having favours at their wedding, Graeme Stevens and Victoria Kenward made a donation to the LJMC.
- Village Voices, the music group attached to the Ickenham Afternoon Townswomen's Guild sent a donation of £100 following their garden party.
- A tin collection outside Tesco, Rickmansworth raised £500. Thank you to everyone who helped out.
- Emily Dewar continued her fundraising activities for the centre by doing a bungee jump, leaping 160ft from a crane above Windsor Bray Lake in the pouring rain - she raised nearly £150.

Congratulations to George Singer who celebrated a significant birthday and to Mr & Mrs Fitzgerald and Linda & Dave Secker who celebrated special wedding anniversaries. They all supported the LJMC by inviting their friends to make a donation instead of buying gifts.



*The LJMC was the beneficiary of donations following the Yoga Tree's 'Class on the Grass' held in the grounds of Chorleywood House over the summer.*

## Would you like to swim a marathon for the LJMC?

LJMC supporter, Lesley Ferguson, and friends are planning to swim a marathon - 26 miles - for the LJMC.

The sponsored swim will take place on Sunday 28<sup>th</sup> March 2010 at Highgrove Pool, Ruislip.

All welcome to join in and swim some of the way - the more, the merrier!

Call Lesley (020 8868 8447) for more information.

## Change of email addresses



There have been a few changes on the IT front at the LJMC, most notable of which is that staff email addresses have changed.

If you are having trouble contacting a member of staff by email, please call the helpline (01923 844014) to confirm that you have the correct email address (new email addresses end with '@nhs.net').

## Donation form

I would like to make a donation to the Lynda Jackson Macmillan Centre

I enclose a cheque for £ ..... made payable to 'Lynda Jackson Macmillan Centre'

Name: .....

Home Address: .....

Telephone: .....

*giftaid it*  I am a UK taxpayer and wish this donation (and any others I may subsequently make\*) to be treated as a Gift Aid donation, increasing this donation by 28% [To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year] \*delete if applicable

Signature: ..... Date: .....

Lynda Jackson Macmillan Centre, Mount Vernon Hospital, Northwood, Middlesex HA6 2RN

Registered charity no. 1053338

Office use:

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