

opendoor

autumn
2011 the newsletter of the Lynda Jackson Macmillan Centre

Information team wins four awards

Congratulations to the LJMC Information team whose work was recognised in the annual Book and Patient Information Awards organised by the British Medical Association. Four leaflets from the Patient Information Series received commendations – a record year for the team.

Producing first class information for patients has always been a key service for the Lynda Jackson Macmillan Centre. Since the Centre first opened in 1993, more than 170 publications have been written, a number of which have been entered for the prestigious BMA competition.

The Patient Information Award aims “to encourage the production, dissemination and evaluation of accessible, evidence-based and well-designed patient information which will promote both greater awareness and understanding of health matters and patient choice”.

This year’s record haul of four commendations was for some of the new leaflets created for patients undergoing the latest type of radiotherapy - CyberKnife™ - at Mount Vernon Cancer Centre.

The award-winning leaflets were:

- Guide for Patients having CyberKnife Treatment to the Brain
- Guide for Patients having CyberKnife Treatment for Lung Cancer (Highly Commended)
- Guide for Patients having CyberKnife Treatment for Pancreatic Cancer
- Guide for Patients having CyberKnife Treatment for Prostate Cancer

Seventeen LJMC publications have now received this national recognition, concluding an extremely



Kerry Chapman (right) and some of the other contributors to the award-winning leaflets proudly display the certificates of commendation in front of the CyberKnife™ equipment

busy and successful year for the LJMC Information team.

As soon as it was announced that the new CyberKnife equipment would be installed at Mount Vernon Cancer Centre, there was a surge in enquiries about the new technology and a need for written information to give to patients.

The project to produce the new publications was led by therapy radiographer and LJMC healthcare professional, Kerry Chapman, who

had the daunting task of writing the first draft.

Other contributors to the leaflets included consultants Dr Peter Ostler, Prof Peter Hoskin and Dr Nihal Shah, and radiographers Sue d’Arcy and Alex Aitken and we thank them for their invaluable contributions.

It is always exciting to be at the forefront of new treatments and it was a privilege to be able to play a part in the introduction of CyberKnife at Mount Vernon Cancer Centre.



Lynda Jackson Macmillan Centre

... supporting people affected by cancer...

Mount Vernon Cancer Centre
Northwood, Middlesex HA6 2RN

Telephone Helpline: 01923 844014

Website: www.ljmc.org

Moor Park 10k: www.moorpark10k.org.uk

Webshop: www.buy.at/ljmc

Online Fundraising: www.justgiving.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 Cancer Centre

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.

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.

Staff news

Hello and welcome...

Paul Brooks is joining the Counselling team. Paul has worked at the LJMC for a number of years as a volunteer, initially working in the Drop-in centre.

Following training as a Counsellor, Paul has continued to work here in a voluntary capacity and is now joining the staff.

Jade Eastley has joined the team for a year's placement as part of her training in Art Psychotherapy.

Sarah Peterson joins the LJMC team as PA to our Medical Director, Professor Jane Maher.

Congratulations to volunteer reflexologist, Jeanne Trill, on achieving an MSc in Pharmacognosy at the London School of Pharmacy. Jeanne's particular area of interest was the chemical constituents of borage (*Borago officinalis*) and the safety of its use in herbal medicine.



Shown above: Paul Brooks and Sarah Peterson

Situations vacant

We always welcome more volunteers to help at the iPoint – the satellite information service in the main building of the Cancer Centre.

If you are interested in helping, or know someone who is, please contact us via the LJMC Helpline (01923 844014).

Volunteers need to enjoy working with people, be reliable, compassionate and discreet. They should have basic computer skills. Full training will be given using the web-based information system. No experience of cancer or medical knowledge is necessary. Most of the iPoint volunteers work half a day each week.

We regret we are unable to use the services of people who, within the last two years, have received treatment for cancer, or who have had a close relationship with a cancer patient, or who have been bereaved within this period. However, there are other ways in which you may be able to help the LJMC so please speak with a member of the LJMC team about these opportunities.



Art Psychotherapy – a personal view

Early in 2010 a new service – art psychotherapy – was added to the Counselling services portfolio at the LJMC. The service has become very popular as word has spread. The development of a group workshop has been particularly popular. Linda* kindly agreed to talk to 'Open Door' about her experience.



A diagnosis of cancer is frequently a huge shock and so it was for Linda. However, following successful treatment, she was able to relax and continue to live her life, return to work and enjoy her family.

The discovery that the cancer had returned three years ago was therefore a huge blow which left Linda and her family reeling. She embarked on further treatment, at the same time as trying to support everyone around her. Everyone found it difficult to talk about what was happening and the stresses became harder and harder.

...stresses became harder...

At the time, Linda was still working and, although she tried to come to relaxation classes at the LJMC, it was difficult to fit them in. It was suggested she try counselling and, following an initial assessment, she started seeing Shona Elrick, our art psychotherapist, on a one-to-one basis.

"I didn't know how to talk," explained Linda. "There were some deep-seated issues that I needed to address and it took a while to be able to say much which is where being able to express myself on paper really helped. Gradually, I was



able to release stuff and was able to become 'unburdened'".

After a few sessions, Shona suggested Linda tried coming to the weekly group sessions. Initially, Linda was extremely unsure. As one of life's natural givers, she feared that belonging to a group would bring expectations from others and, right at that time, she didn't feel she had the strength to give any more.

... we respect each other's space...

Shona reassured Linda that her fears were unnecessary and so it proved. Linda found she was with other like-minded people, each on their own journey. "We respect each other's space and give each other time to say what we want to say."

The group sessions usually start with a cup of tea and general conversation before the art materials come out. Each person has their own preferred medium with which they feel happiest to work.

Like many people coming to art psychotherapy, Linda had never drawn or painted before, even during her school days. She found watercolours to be the most comfortable medium and mostly paints landscapes. She describes these as positive, living scenes. The group is also working on a large picture together.

... they're my time...

Linda explained that it's not an art lesson and Shona is not there to teach them; instead she leaves them to develop themselves.



"The art psychotherapy sessions are for me. They're my time," says Linda. "They are now a priority for me on Mondays and other appointments have to fit around them."

Linda's interest in art has grown and she's even bought some paints to use at home.

"If I'm having a bad day, I may pick up my paints and lose myself in art. It takes my mind off feeling sorry for myself and dwelling on my illness. I can forget what's going on inside and gain strength again."

Linda's family has noticed a change in her. They tell her that she's less anxious and less fearful. "That's about right," she says. "The anxieties haven't gone away but being able to express them has helped me feel

in control so that they're no longer such monsters."

"I've still got cancer but art psychotherapy has helped me put it to one side, giving me a sense of inner freedom

without losing touch. I felt as if I was walking round with a huge heavy sack on my back, trying to hold everything and everyone together, at the same time as coping with treatment and my own emotions. I can now put that sack down and not pick it up again.

"I've found a sense of balance. I am facing the fact that I'm not going to live a normal life span but I've got a weapon to help me cope with that."

The art psychotherapy service at the Lynda Jackson Macmillan Centre is generously funded by the Corinne Burton Memorial Trust.

* Not her real name

Ten years of the 10k

The tenth annual Moor Park 10k and Junior Fun Runs took place at the end of September at Merchant Taylors' School. Sponsored by Stewarts Law LLP, the event attracted one of the largest fields yet and has already raised a record amount - more than £48,000.

The Moor Park 10k has undoubtedly become a highlight in the LJMC year and it's an event to which everyone looks forward.

Our first venture into the field of running in 2002 was extremely low key with just a few members of the team involved beyond the fundraising department.

2011 was a different story with many of the LJMC team there, helping on the tombola, face-painting, serving refreshments, giving out medals, marshalling, providing an invaluable sports massage service for weary runners and, of course, taking part in the race itself.

... sports massage service for weary runners...

First time participant was LJMC Research Co-ordinator, Teresa Young. With her extensive IT knowledge, Teresa has always been responsible for data entry and results at the event. A keen runner, she has optimistically packed her running kit each year but has always been too busy to take part. However, a streamlined team of helpers this year left her free to scramble into her trainers and make it to the start line, along with 800 other runners.

After a rather damp race in 2010, we were blessed with fine weather, – not too hot for the runners and not too cold for the spectators – perfect!

The ice cream van did good business and displays by the Woodside Morris Men added to the carnival atmosphere as they entertained the crowds between races.

... lovely to greet runners who come back each year...

As always, the atmosphere was great, the crowds growing as the time for the 10k drew near. It was lovely to greet runners who come back each year to take part, catch up on news and cheer them on in the race.

The winner of the men's race for the third year in succession was Andrew Lawrence, who completed the course in 34.09 minutes.

The first lady to cross the line was 15-year old Sky Draper who was competing in the main race for the first time following a 100% success record in the Junior Fun Runs over the years. Her winning time was 41.22 minutes which is also a new record for the Under 18s age group.

Our top fundraisers this year are James Cook and his nine-year old son,



10k sponsors, Stewarts Law LLP, fielded a large team, winning the team prizes in the 10k. Some of their children decided to try out the winners' podium for size. We look forward to seeing them take part next year!

Ally, who have raised £7,000 – an amazing record amount.

James saw a poster for the 10k when he accompanied his wife, Lyn, to the Cancer Centre for treatment and signed up to take part.

... top fundraisers have raised £7,000...

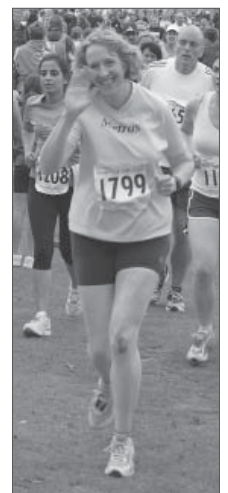
"It felt good to be doing something positive," he explained. "I'd seen from the website that someone had raised more than £5,000 last year and I'm



Top fundraisers, James and Ally Cook, with friends who joined them in their respective races



LJMC Research Co-ordinator, Teresa Young, finally gets to take part in the 10k, even managing a cheerful wave





Woodside Morris Men added to the great atmosphere by entertaining the crowds between races

really competitive so I had to aim to beat it.”

He set up a fundraising page with Justgiving and spread the word far and wide that he and Ally were taking part in the 10k and Under 10s races respectively.

“At that time, not many people knew that Lyn was having treatment,” he said. “However, our friends have been magnificent in their support. Everyone wanted to do something to help and sponsoring us was one really good way they could help not just us but also others. It went viral with everyone writing about it on Facebook and several friends also chose to take part with us.”

For the Cooks, it turned into a great family day out with lots of friends coming to cheer them on too.

Congratulations and thank you to James, Ally and everyone who has contributed to the record-breaking amount that has been raised through this event this year.

From small beginnings, the Moor Park 10k has grown beyond our wildest imagination. It is now firmly on the local running calendar and, as well as raising more than £330,000 for the LJMC, has helped raise our profile and awareness of our services in the area.



Photo: Philip Bunt

We extend our immense gratitude to everyone who has supported the event over the past ten years and helped to make it such a huge success for the LJMC.

The eleventh **Stewarts Law Moor Park 10k & Junior Fun Runs** will take place on

Sunday 30 September 2012



You can find out more and watch a short video of this year's event at www.moorpark10k.org.uk

A huge and special thank you to everyone who has supported the Moor Park 10k & Junior Fun Runs this year, including:

- Stewarts Law LLP
- 2236 Stanmore Air Training Corps
- Alco Systems Ltd
- All in Car & Van Hire
- Beat School Uniforms
- BMI Bishops Wood Hospital
- Cable & Wireless
- Community Times
- Europa Conservatories Ltd
- Forrest Opticians, Rickmansworth
- Fruit for the Office
- Herts Quality Assured Equipment Rental
- James Estate Agents
- LA Fitness, Northwood
- LJMC Complementary Therapy team
- Loose Ends Hairdressers
- Mark Newlin
- McCarthy & Stone
- Merchant Taylors' School
- Middlesex County Automobile Club
- Mike Thorpe
- Moor Park (1958) Ltd
- Moor Park and Sandy Lodge Residents Association
- NSR Communications Ltd
- Robsons Estate Agents
- SERV
- Simon Slater Photography
- Sprinkle City Cupcakes
- The golfers of Rickmansworth Golf Club
- The Management and Members of Moor Park Golf Club
- Three Rivers District Council
- Up & Running
- Waitrose, Northwood
- Woodside Morris Men



and, of course, all the wonderful people who came on the day to help or take part.

Thank you so much...

Fundraising activities July – October 2011

- **Jackie Collins** and friends organised a Dolly Parton themed Tea Party. A great, fun time was had by everyone on a lovely summer's afternoon and they raised more than £1,400.
- **Alison Oldfield** and colleagues from Mars Consumer Care, **Gemma, Anna** and **Anita**, established the Waltham Wobblers running team. They took part in the CPM Thame 10k in support of a friend who was undergoing treatment and raised nearly £1,600.
- **John and Chris Allum** celebrated their 50th birthdays with a party. Part of the fun included a quiz from which £26 was raised.
- Prior to starting chemotherapy, **Michelle Cheneour** opted to have her head shaved. With the support of family and friends, she raised £725.
- **Ann Connell's** sale of surplus cotton reels brought in nearly £90.
- **Deidre Malone** walked from St Jean Pied de Port in France to Santiago de Compostela in Spain, a personal pilgrimage of just over 800km which raised nearly £2,000.
- **Margaret Smith** raised £190 from running first aid training courses.
- **Mrs Ansari**, family and friends organised a Family Fun Day which raised more than £330.
- Ladies from the **Royal Household Golf Club** took part in a Golf Day at Windsor Castle at which they raised £170.
- **Village Voices**, the music group of the Ickenham Afternoon Townswomen's Guild, raised £1,000 at their Garden Party.
- **All Saints Church, Hillingdon** chose the LJMC as the charity to benefit from their Summer Fete at which they raised £670.

Collecting tins

Thank you to the patrons and customers of the following venues that display our collecting tins:

- Adams Opticians, Oxhey
- Bouticare, Ruislip
- Café Loco, Moor Park
- Costa Coffee, Mount Vernon Hospital
- Food Fayre, Ruislip
- Harefield Tackle, Harefield
- Ye Olde Greene Manne, Northwood
- The Spotted Dog, Harefield
- Tudor Arms, Watford
- Watford Refrigeration, Watford

If you can find a good home for one of the LJMC's green collecting tins on the counter of a local shop or on the bar of your local pub, please give Sue Hordyj a call.

If you would like to organise or help with a fundraising event for the LJMC, please get in touch with our Community Fundraiser

Sue Hordyj
01923 844589

In loving memory



In loving memory of

- Polly Porter
- Christine Reeder
- Baldev Singh Uberoi

Thank you to their families who asked for donations to be made to the LJMC in their memory.

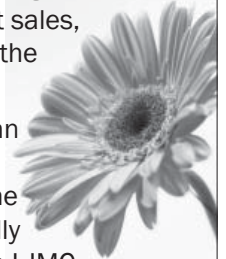
We have been honoured to be remembered in the Wills of some of our supporters:

- Joan Goldsmith
- Navin Popat
- Brian Tully

Over the last few years, **Warren Reeves** and friends have organised a bi-annual charity Open Gardens event in the Northwood and Pinner area. This year, sixteen gardens were open to the public, each owner choosing a charity to support through their green-fingered endeavours.

Keen gardeners **Margaret McIntosh, Dr E Dangoor, Philip Simpson** and **Sharon Foster** nominated the LJMC as their special charity, raising more than £2,030 from ticket sales, refreshments and the sale of plants.

LJMC supporter Ann Marsden won a garden bench in the raffle and has kindly donated this to the LJMC.



Local organisations who have give us support include:

- Trojans Breast Cancer Support Group
- Asian Women's Club of Gerrards Cross



If you are organising an event in aid of the LJMC, please send us a photograph for Open Door.

Photos should be high resolution, clear with good contrast, preferably showing people enjoying your event!

Photos can be emailed to the editor: buzz.coster@nhs.net.

Festive support this Christmas

We are always delighted and amazed at the creative ways in which people support us at this special time of year. We know how busy everyone gets with so many things to do and preparations to make, which means that everything you do for the Lynda Jackson Macmillan Centre is particularly valued. Thank you.



Christmas Draw

Tickets are now on sale for our **Grand Christmas Draw**. Thank you to our generous supporters who have donated prizes which include restaurant meals, hotel stays and pampering treats.

The draw will take place on Monday 12th December at 1.00pm at the Lynda Jackson Macmillan Centre.

If you'd like more tickets, please contact our Community Fundraiser, Sue Hordyj (01923 844589).

Shopping online this Christmas?

You can support the LJMC at the same time – at no further cost to you – through our eStore:

www.spendandraise.com/ljmc

Formerly named Buy.at, this fundraising scheme has been rebranded Spend & Raise with dozens of new retailers taking part. Whatever you want to buy online, from music to clothing, flowers to chocolates, books and gifts all you have to do is visit your favourite retailers via our eStore and the LJMC



will receive a commission on all your purchases. It's completely confidential so we don't know who's using the eStore.

After Christmas, if your thoughts are turning to a lovely getaway break somewhere, you'll find a number of holiday companies also participate in the eStore. Book your break and the LJMC will benefit.

Christmas cards

We're delighted to report that Christmas card sales are going well this year. Thank you for supporting the LJMC at this special time of year.

Special thanks to our team of volunteers who are running a stall in the Cancer Centre.

Full details of the cards are available on the website at www.ljmc.org or call Sue Hordyj (01923 844589) for more information.



**Companions
sought for a night
out in London!**

If you've ever fancied cycling from London to Brighton but been daunted by the prospect of cycling up Ditchling Beacon, perhaps you'd like to take part in the London **Nightrider** cycling challenge in June 2012 instead?

The 100km Nightrider route is the same distance as the London to Brighton route but over flatter terrain. Starting from either Crystal Palace or Alexandra Palace, the moonlit route provides a unique way to see London at night, taking in many of London's iconic landmarks including Tower Bridge, the London Eye and the Houses of Parliament as well as Canary Wharf and the Emirates Stadium.

LJMC Research Co-ordinator, Teresa Young, is planning to take part and would very much like some friendly companionship on the way. Would you like to be part of an LJMC team?

Next year's event will take place on the night of 9-10 June.

If you're a night owl and are interested in finding out more, visit www.nightrider.org.uk or call Teresa on 01923 844878.



For she's a jolly good fellow!

Congratulations to research acupuncturist Dr Beverley de Valois who has recently received two significant honours.

Beverley was accorded honorary academic status as a Research Fellow in the School of Social and Community Medicine at the University of Bristol. She was also elected a Fellow of the British Acupuncture Council. The latter honour recognised her achievements in the service of the acupuncture profession in the UK, especially with cancer patients.

Beverley's research work continues and she has recently written two papers about the study she has been conducting into the use of acupuncture for patients with lymphoedema.

Her report into the clinical treatment phase of the study will shortly be published in the European Journal of Oncology Nursing. Case studies of four participants have also been published in the European Journal of Oriental Medicine. For this second paper, Beverley worked directly with the participants in an excellent example of Public Patient Involvement in research.



A new pilot phase will shortly start with acupuncture 'taster' sessions for people with lymphoedema of the lower body. It is hoped that this will lead to further research in this field.

Beverley's busy schedule also saw her attend the British Lymphology Society

conference in the autumn with MVCC lymphoedema nurse, Elaine Melsome.

They presented the results of their study to the community of lymphoedema healthcare specialists and received a great deal of positive interest.

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 25% [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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