



SPOTLIGHT

SUPPORTING THE BEACON COMMUNITY CANCER & PALLIATIVE CARE CENTRE GUILDFORD

THE BEACON FAIR ~ A STYLISH SUCCESS

by Fiona Clay

Stunning displays, exclusive stalls and a classic venue was the order of the day at The Beacon Fair which took place at Cranleigh Golf and Leisure Club on Wednesday 22nd October and Thursday 23rd October 2003, to raise much needed funds for The Beacon Community Cancer and Palliative Care Centre in Guildford.

The fair opened with a private shopping preview on the Wednesday evening, when wine and canapés were served to over 150 guests who 'shopped 'til they dropped!' All the stalls had been specially selected and included the winner of the 'best stand' award at this years Country Living Fair, plus other stands from the Hampton Court Flower Show. The Fair was then open to the public the next day.

Fiona Clay, Head of Fundraising at The Beacon comments: "I was thrilled by the number of people who came up to me commenting on how different and stylish the Fair was. The atmosphere was electric as the guests arrived and more importantly, over £4600 was raised for The Beacon Appeal".



Gillian Gibbons from Standard Life Healthcare, centre, is flanked by l to r: Emma Beamish, Caroline Lingwood, Lizzie Price and Fiona Clay, organisers of The Beacon Fair.

The event was supported by Standard Life Healthcare and Surrey Advertiser. This was The Beacon Appeal's first Christmas Fair, but with such a great success under their belt they will be looking to make this an annual event.

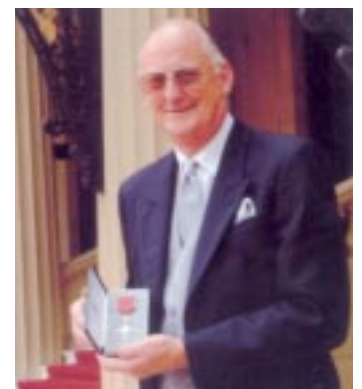
The service provides support and care to patients and their families affected by life changing diseases - most specifically cancer, motor neurone disease, Parkinson's and MS - currently 1 in 3 of the UK population has to cope with one of these diseases during their lifetime.

Colin Young, Chairman of The Beacon Appeal was awarded an MBE in the Queen's New Year's Honours List

Colin Young, Chairman and founder of Cranleigh Freight Services and our very own Chairman of The Beacon Appeal has been honoured in the Queen's New Year's Honours List with an MBE for services to young people and the community in Surrey.

Mr Young said, "I am delighted and honoured to receive this recognition and feel truly humbled. This is a wonderful end of the year in which my company celebrated its 25th anniversary."

Mr Young visited Buckingham Palace, with his wife Pauline and family to receive his MBE from The Queen.



Appeal patron has baby

Patron of The Beacon Appeal, Simon Shaw became a proud father on the 18th August when his partner Jane gave birth to a beautiful 8lb 1oz baby girl. The couple have decided to call her Samantha Jane. Many congratulations from us all.

WHAT HAPPENS TO THE APPEAL MONEY

Sarah Fisher, General Manager, The Beacon Service

The Beacon Appeal was established to work in partnership with the NHS to enhance the clinical care provided by the Beacon Service for patients with cancer and palliative care needs.

While the NHS funds medical, nursing and mainstream therapies, such as physiotherapy, other equally valuable therapies are not traditionally funded by the NHS. The Beacon Appeal raises funds to enable the Beacon Service to offer patients a wider choice of clinical and therapeutic services, including counselling, clinical psychology, art therapy and complementary therapies.

In addition, where no NHS funding was available the Beacon Appeal has stepped in to support sessions from the dieticians, physiotherapists and a GP with a special interest in palliative care. The Beacon Appeal also provides support services such as the Volunteer Services Manager and Public Information Co-ordinator.

Without the funding available from the Beacon Appeal, the Beacon Service would look very different and the 'value added' of Appeal Funded Services cannot be underestimated.

In addition, the Beacon Appeal supports service developments and during this past year, a training role for a specialist lymphoedema nurse has been funded, to enhance the service provided to patients with arm swelling following treatment for breast cancer.

We are never short of ideas of how the Beacon Service can further develop its services for patients and carers, but in order to do this, we need to raise a substantial amount of money. To continue with current service provision, the Beacon Appeal needs to raise £165,000 per year. To provide another two sessions of counselling per week for a year would cost another £6,000.

Can you help the Beacon Appeal? Not a penny is spent on overheads. All money raised is spent directly on services to enhance patient care and help people diagnosed with cancer or another life-threatening illness to live positively with the best quality of life possible.

Help us, help local people, who are affected by cancer and life-changing illnesses. To make a donation please fill in the form on the back of this newsletter or contact Fiona Clay / Sue Folan / Sue Mulkern at the Appeal Office on 01483 783430.

Thanks to the Mayor

The Beacon Appeal would like to say a very big thank you to the former Mayor of Guildford, Councillor Tony Phillips, who said a final farewell to his term of office back in May. Tony worked tirelessly and enthusiastically for The Beacon Appeal throughout his time as Mayor and never missed an opportunity to promote the service. On top of that he raised a massive £22,398 for the appeal.

Cllr Phillips said, "My year in office has been extremely hectic, but I was determined to raise as much money as possible for this wonderful cause. There are so many organisations and companies who have helped me including The Guildford Lions, Guildford Rotary Club, the masons, local schools and pubs. I would like to say a very big thank you to everyone who gave their support."

As an added bonus for The Beacon Appeal, Cllr Phillips was so impressed by the work at The Beacon that he has joined as a volunteer on the fundraising committee.



Councillor and Mrs Tony Phillips are joined by pupils from Queen Eleanor's School and other supporters of The Beacon Appeal.

The Beacon Appeal



Ten runners, all connected with the trust, completed the Flora Light 5km Fun Run for women in Hyde Park, London on Sunday 14th September. It was a beautiful day and the atmosphere was electric. There were over 25,000 people running for all sorts of charities.

Paula Radcliffe broke the record finishing in 14 mins 51 secs and although none of us could compete with that we all had a great day out. The Beacon Appeal has raised over £600 from this event with money still coming in and would like to thank all the runners who took part: Heather Glass and her daughter Joanna, Susan Folan and her daughter Hannah, Margaret Stogden and her daughter Fiona Grieveson, Valerie Baker, Shonagh Eastwell, Susan Chivers and Jo Lockett.

If anyone is running in a race, why not get yourself sponsored for The Beacon Appeal. We can provide you with sponsorship forms and are always very grateful for any support you can give.



A day in the life of a community Macmillan nurse specialist

by Sarah Morris

A community Macmillan Nurse Specialist's day can be a very variable experience.

I work within a team of Macmillan nurses and we have backgrounds in cancer and palliative care and community experience. We are based at The Beacon Cancer and Palliative Care Centre in Guildford. This enables us to work with a multi-disciplinary team consisting of physiotherapists, complementary therapists, counsellor, psychologist, palliative consultant, nurses with a specialist interest in palliative care, IV nurse specialist, Lymphodema Nurse Specialist, dietician and a very active volunteer service. We also work closely with local acute hospitals, community hospitals, hospices, GP's and District Nurses.

Our role is to support/advise professionals and people diagnosed with a life threatening illness. We can meet people from the day they are diagnosed, during treatment and throughout their disease journey regardless of the outcome. We are able to provide information about complex symptom control and provide psychological support for people who are struggling to come to terms with their diagnosis, treatment or their forthcoming death. We provide education for other professionals within the community setting.

I start the day at 9am in the office, checking messages that may have been left the previous evening or overnight (our service runs from 9am - 5pm Mon - Fri). At 9.30 - 10.15am, I meet with my colleagues to discuss any new referrals and the patients on our existing caseloads that we need advice / support with.

One day a week I am responsible for the Centre Macmillan Nurse (CMN) role. I have to respond to enquiries that may arise either over the telephone or meet with people that visit the centre. If urgent messages are left for my colleagues I will contact that person so that they do not



Liz Gamlen, Macmillan Nurse Specialist, hard at work.

have to wait for their particular Macmillan nurse to return to the office. The centre receives new referrals on a daily basis, the referrer is asked to decide if the referral is urgent or non-urgent. Urgent referrals are always dealt with the day they arrive, very often this means visiting the person at home. Non-urgent referrals are seen within 3 days, but it is normal for us to contact the person by telephone on the day the referral arrives.

On the other days of the week I attend meetings with the multi-disciplinary team and support groups for members of the team. Education is very important to us and we have many training sessions running within the community and local university. But the majority of my time is spent with people and their families /

carers within their homes. We discuss symptoms that may be causing problems and need treatment but we also talk about concerns or worries. The person I am visiting leads my involvement. Some people prefer telephone contact with occasional visits, others prefer a visit because they find it easier to explain how they feel. As a team we do discharge people from our active patient list, a lot of people do not require our help all the time but choose to contact us as problems arise. I would regularly contact the centre during the day to check for messages from people on my caseload or professionals.

Our overall aim of each day is to ensure people have access to all they may need such as medications and equipment therefore ensuring their safety and comfort.



Rain doesn't stop play! Celebrity charity golf day

by **Fiona Clay**

The Beacon Appeal held its first Celebrity Charity Golf Day on the 19th May 2003 at the Army Golf Club in Aldershot and raised a magnificent £13,200 for the charity. The day was sponsored by ADL Healthcare and Surrey Advertiser as well as a number of other local companies. Rugby stars travelled from all over the country to support the event and enthusiastically donned their golfing shoes and took to the course to tee-off. Lawrence Dallaglio, Alex King, Fraser Waters, Will Green, Mark Lock, Mark Van Dizergen, Pete Scrivener, Mark Denny as well as Patrons of The Beacon Appeal, Gabby and Kenny Logan and Simon Shaw all fared well on the day. Simon received second team prize whilst Gabby, who hadn't played for two years, held her own as the only female player and only just missed out from securing a trophy for third team place.

Rugby players turned 'auctioneers for a day' Kenny Logan and Pete Scrivener



International rugby stars are joined by Gabby Logan, Fiona Clay and Sarah Fisher - from The Beacon Appeal and representatives from ADL Healthcare.

entertained the guests whilst raising £5,000 from the varied range of lots donated, including a parachute jump (successfully bid for by one guest who said "it's our anniversary this weekend and I was wondering what to give my wife!"), and also a ride in a vintage helicopter (the word vintage raised much laughter around the room!) - these had both been donated

by the Army Parachute Team who supported this event throughout. Pete, who himself is currently in his 'Benefit Year', mentioned that "it's becoming incredibly difficult to secure funds from the corporate sector but The Beacon obviously looks after their sponsors as the support received today has been tremendous".

THE CRANLEIGH SHOW by Julia Bridger

During one of the hottest summers in living memory, Sunday 3rd August must have ranked amongst the best days. This was the date of the Cranleigh Show. The heat certainly didn't deter the visitors and the showground was packed by mid morning.

The Beacon Service stand occupied a prime site near the entrance and overlooking the main show ring where attractions included a heavy horse parade, motorcycle stunts, the grand parade of winning livestock and a falconry display.

Transbus International kindly loaned The Beacon a 1933 Dennis Dart coach for the occasion. It looked splendid and attracted a regular stream of visitors to the stand.

The Beacon also organised a football competition with equipment lent by Allianz Cornhill plc, which proved to be a great success. The youngest competitor was all of 13 months and the eldest a grandfather! The overall winner was Tom Spencer who scored 21 goals and took away a signed England rugby shirt donated by Simon Shaw and Kenny Logan.

Our thanks to all the volunteers who braved the heat and the traffic to help man the merchandise stall and keep track of the goal scoring. Their help was invaluable and helped us to raise awareness of The Beacon Service as well as £220 towards The Beacon Appeal.



Julia Bridger and her children are joined by some of the many helpers on the day.



Staff Achievement Award

Everyone working within The Beacon Service was absolutely delighted to have been awarded 'overall winner' in the category 'Outstanding Services to Innovation (Community)' at the recent Guildford and Waverley Primary Care Trust Achievement Awards'. Jayne Holland, Clinical Director and Sarah Fisher, General Manager said "It is always encouraging to receive accolades for the work we do and we would like to thank every member of The Beacon Team for their own contribution towards receiving this recognition by the PCT."

The supporting statement for our nomination for the award was as follows:

We would like to nominate The Beacon Community Cancer and Palliative Care Team for an innovation award. The clinical, administrative, fundraising and volunteer staff are committed to enhancing patient and family care and work as a motivated and conscientious team to promote good practice.

Areas of innovation include:

Clinical Practice

- The development of a fatigue assessment and management guide.
- The implementation of a research based dyspnoea (breathlessness) management programme.
- Joint working to audit care and pilot the 'Care of the Dying Pathway' in the community to influence care at the end of life.
- The development of emotional well-being and relaxation workshops for patients and their families to enhance their psychological health.

Education

- Joint GP and DN education sessions to share experiences and learning.
- Multidisciplinary education sessions.
- Dyspnoea management training sessions within SWSH Cancer Network.
- The development of theoretical and clinical competencies in Intravenous management (IV) for community nurses.

Good Practice Guidelines

- Intravenous guidelines and the Cellulitis Care Pathway to enhance safe and consistent practice at home.
- Guidelines on symptom control and complementary therapies to influence clinical care in the community.



Sarah Fisher and Jayne Holland receive the award from Chris Grimes, Chairman of Guildford and Waverley PCT

VOLUNTEER PROFILES

Margaret & Collette



Volunteering at The Beacon is a very rewarding and satisfying way to use your spare time.

The atmosphere in the centre is very warm and friendly, and all the staff and patients go out of their way to make us feel appreciated.

Janice



As volunteers we are here to help patients feel relaxed and welcome, not only in providing refreshments but also a friendly chat.

Betty



I have been a Beacon volunteer for five years now. Being rather nosy I much enjoy my role as receptionist and feel really involved and valued.

Clive



Driving for the Beacon has affected my life in two ways. First in requiring knowledge of the hitherto unexplored geography of West Sussex. Second, and most important, in appreciating the fortitude of my passengers, in no small way attributable to the Beacon people.



Beacon Merchandise

ORDER FORM

Product	Description	Amount per item	No. of Items Required	Total Amount
Leather Keyring	Round and blue with Beacon Appeal logo	£2.00		£
Green Norfolk Keyring	Carabiner keyring with Beacon logo	£2.50		£
Beacon Bear	Endearing bear with Beacon Appeal T-shirt	£5.00		£
Camouflage Pencil	Camouflaged and printed with the Beacon Appeal	40p		£
Pencil with Eraser	Blue pencil with an eraser	40p		
Beacon Mug	White pottery mug printed both sides	£4.50		£
Pen	Blue Montreal Frost Rollball pen in blue	£3.00		£
Clip on Digital Watch	Digital watch and calendar with compass	£5.00		£
T-Shirt Please specify size S, M, L, XL	Beacon blue with logo on front and 'helping local people with cancer' on back	£10.00		£
Sweatshirt Please specify size S, M, L, XL	Any colour requested with small Beacon logo embroidered on front	£15.00		£

Collect from centre*

Add £3.00 postage* £

TOTAL AMOUNT £

*Please tick a box: Add £3.00 to your total for postage, or collect from The Beacon. Phone 01483 783430 first to check your order is ready for collection

Please make cheques payable to **THE BEACON APPEAL** and return it together with your completed order form to: Sue Folan, The Beacon Appeal, Gill Avenue, Guildford, Surrey GU2 7WW.

NAME _____

ADDRESS _____

POSTCODE _____ TELEPHONE _____

Corporate Support

The following locally based companies have supported The Beacon Appeal this year:

- Acorn Print and Design
 - ADL Healthcare
 - A J Bennewith & Co
 - Akhter Computers
 - Allianz Cornhill
 - Astrium Ltd
 - BAE Systems
 - BBC Southern Counties Radio
 - Cornhill Insurance
 - Carlton Hotel
 - Crabtree & Evelyn
 - Cranleigh Freight Services
 - Debenhams
 - 96.4 Eagle County Sound Radio
 - Friends Provident
 - Manning Night Ltd
 - McLaren International F1
 - Morpheus Business Solutions
 - Nabcrest
 - Paradigm Secure Communications
 - Pennyhill Park Hotel
 - Sanofi – Synthelabo
 - SC Johnson
 - Standard Life Healthcare
 - Surrey Advertiser
 - Toni & Guy
 - Transbus Ltd
 - Waitrose plc
- ...and to anyone who has been missed from this list an extra special thank you.

