

OLDHAM CANCER

SUPPORT CENTRE

NEWS

(Issue 12, July 2017)

Message from our Chairman, **Cllr Norman Briggs**



This is my first full report to you as the relatively new Chairman of Oldham Cancer Support Centre. In that short time I have realised what a tremendous bunch of people we have working at the Centre, and what an honour it is for me to represent you all.

One of the first things that we decided as a Board of Trustees was to instigate quarterly meetings for our receptionists - we have held three so far. We have also organised six-monthly meetings for everyone who works on our team - the counsellors, therapists, fundraisers, receptionists and other more general volunteers. These meetings give everyone an opportunity to have their say, whether it be with new ideas, whether what we are doing is right or, more importantly, whether there are things that we could be doing better.

During the last six months we have held some great fundraising events including a Sixties' Night, Therapy Days, Coffee Mornings, the Spring Fair and even a sponsored head shave. I would like to thank all those who volunteered in any way to make these events so successful.

Along with fundraising events we have had some generous donations from various people and organisations. All these have helped our finances to remain fairly healthy over the past six months.

We have recently had a few problems with a shortage of receptionists to cover for people who are on holiday or on sick leave. We have, however, had a successful advertising campaign and several new receptionists are about to start their six-week training programme. I would like to welcome all those who are joining us.

On a much sadder note, we have lost one of our longest serving receptionists, Wendy Eaton, and also one of our Patients' Support Group, Loretta Farrell. I did not know these ladies personally, but I know that they were both well regarded at Oldham Cancer Support Centre and that they are a sad loss.

When I became Chairman I promised that I would always make myself available to anyone who has any concerns about OCSC. So with that in mind, here are my contact details:

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07711 948 140 Mob.

norman.briggs@oldham.gov.uk

briggs2004@yahoo.co.uk

Once again I would like to thank you all for your dedication

THANK YOU

- to Margaret and Barry Heap for yet another donation. Margaret and Barry are very loyal supporters of OCSC and we are extremely grateful for that ongoing support.
- to Diane Waterhouse for her regular contribution to our coffee mornings in the form of delicious scones and cakes.
- to Pauline Robinson who gave us a donation as she was unable to attend our Sixties' Evening.

60's/Valentine's Evening

On Friday 10th February we held a fundraising evening at the Home Guard Club in Failsworth. It had a combined theme of the Sixties and Valentine's Day.

It was a very enjoyable and successful evening, with several people joining in the spirit by dressing in sixties outfits. During the evening, as well as sixties' music, we had two games of 'Mr and Mrs', a potato pie supper and a sponsored head-shave by one of our (very brave) supporters. Graham Brookes grew his hair in the months before the event and then allowed his daughter to shave it off whilst on the stage and in front of everyone!

Graham raised £289 in sponsorship money and the evening itself raised £692 (including a raffle), giving a total of £981. An amazing amount by any standards. Our thanks go to all members of the fundraising group who worked so hard to make the evening such a success, and also to everyone who supported us.

Several people who attended told us that it had been a 'real fun evening' and asked when we were going to do it again.



Good sports Sue and Ged play 'Mr and Mrs'



Another game later with Steve and Glenda



Sue won the best Sixties' outfit prize (2nd from right)



Graham – step 1



Graham – step 2



Graham – final result!

Carole Bradbury – Receptionist

My name is Carole Bradbury and I have been a volunteer receptionist at the Oldham Cancer Support Centre since 2010.

I have been married to Phil for 45 years and have two daughters, Emma and Kate. Emma lives in New Jersey with her husband and two children and over the past eight years we have spent a lot of time flying backwards and forwards over the Atlantic!

I love shopping, summer holidays in Majorca and being a 'lady who lunches'. My hobbies are reading (I do a lot of reading), crosswords, going to the theatre,

and just generally socialising with family and friends.

I got involved with the Centre through my sister-in-law Pauline who, along with a small group of other cancer sufferers, first created this great place for cancer patients and their families

A great many people have been helped by the Centre over the years and it has been a pleasure to have assisted in any way I can. I have met many cancer patients and we always do our best for them. This could be with counselling, therapies, giving information relating to their illness, or just by making them a cup of tea and having a chat and a laugh – and we do have lots of laughs!!

We hold many fundraising activities throughout the year such as coffee mornings, spring and autumn fairs, fun runs etc and quite a few evening events. This is how we raise funds in order to carry on with the good work.

During my time at the Centre I have met a lot of wonderful people, made some good friends and have had some fun times – long may it continue!



Carole

THANK YOU

- to Jacqui Burkinshaw of Lancaster for a donation to OCSC. Jacqui is a friend of Linda Jackson who is on our Fundraising Team.

! Back To The Future !

March saw us running another 'Back To The Future' programme and for the second time the venue was the upstairs room at the Salt Cellar Restaurant.

The programme is aimed at those who have cancer, who are caring for someone with cancer, or who have been bereaved by cancer.

The group gelled together almost from the first session and once more we have a group whose members have met several times since for coffee or lunch.

The programme is extremely varied and includes sessions on safe exercise, dealing with fatigue, nutrition, relaxation and meditation, safe skin care, podiatry, first aid, interest groups/classes, possible re-training/CV work, voluntary work, colour analysis and a pampering session at Oldham College. For the first time we have also included a session on 'Gardening as Therapy' and everyone agreed that this was a very useful and enjoyable session.



Discussion with past cancer patients



Relaxation and meditation with Suzanne



Look Good Feel Better session



First Aid with the Red Cross



Pampering at Oldham College





Craft work with Life Long Learning



Trying to get to grips with the Benefits System



Making Macmillan fresh juices



Podiatry



Safe exercise



Colour analysis



Therapy in reading



Gardening as Therapy

Each of the sessions is delivered by an expert in their field.

Times: 10.00 a.m. - 3.30 p.m. Monday to Friday for two consecutive weeks.

Morning coffee, lunches and afternoon tea are all provided.

All transport to outside venues is provided.

There is no cost to any participant.

The next programme will be delivered later this year - exact time and venue TBC

Sharon Williams



Hi, I'm Sharon Williams.

The plan for my cancer treatment was put in place on August 4th 2015, which I vividly remember as it was our Silver Wedding Anniversary - not quite what we had planned for our 25 year celebration.

I was diagnosed with bowel cancer which had spread to the liver, and I was to undergo several operations as well as chemotherapy and radiotherapy. Having never had an operation before I was more scared of that than of the cancer - but visiting "surgery school" at Manchester Royal Infirmary helped me to be prepared.

Over a year and a half later I have just spent my first morning back at work. I teach at my old primary school, St. John's Dukinfield, where my husband also teaches. We are also members of St. John's Church. We have two children. Emily is in her second year at Edinburgh University studying French and Russian - when she can fit it in round her busy social life! She is part of the University Brass Band and the Edinburgh Footlights. Frank is studying Musical Theatre at Pendleton College, Salford, and hopes to become an actor.

Since my diagnosis we have been surrounded by a strong network of support, with family, friends and

colleagues all rallying round bringing food and flowers and helping with cleaning and ironing - and generally keeping us smiling.

Oldham Cancer Support Centre has been a lifeline for us. The One to One Macmillan Nurse Service recommended that I contact OCSC about counselling and this helped me to find a way through a very difficult time. I have also had the benefit of Reiki treatment which has been an amazing experience.

When I first heard about the 'Back to The Future' programme I did not realise how life transforming it would be. Being up and about every day over two weeks, trying out lots of fabulous activities has really helped to build my confidence back up. Being pampered at Oldham College, learning first aid, creating a brooch at the Life Long Learning Centre, learning relaxation and meditation methods, listening to lots of interesting speakers - there was never a dull moment. The food was delicious too, thanks to the Salt Cellar in Oldham and the Wholesome Food café in Failsworth.

I also made lots of new friends and we have met up since the programme finished which is great.

I really enjoy reading so I have been able to indulge in a whole variety of books while convalescing. We also enjoy going to the theatre and are season ticket holders at Oldham Coliseum. I am looking forward to seeing 'Ladies In Lavender' at the Playhouse 2 Theatre in Shaw in June, especially as it is a charity event for the Centre.

I feel that the Centre hugs you and makes you feel able to cope with anything. This is all down to the wonderful team of people who are involved. I cannot thank you enough for the support you have given to me. You are all fantastic.

THANK YOU

- to Shirley and Denis Ryder for a very generous donation at the beginning of this year.
- to Darren O'Neill of O'Neill's Barber House in Failsworth for collecting £35 for us – twice! The first time the collecting box was stolen from the shop, so he and his customers kindly replaced the money. Thank you to everyone concerned.
- to Elaine Everett for another donation to the Centre. Elaine is another of our regular, loyal supporters and we are very grateful. We also want to thank Elaine's daughter, Jenny, for again donating items for us to sell.

Therapy Day

We raised £626 (including a raffle) at a Therapy Day which was held on Saturday 18th March. As always our sincere thanks go to all the Therapists who freely gave up their time and also to the Volunteers who organised the event in the preceding weeks and ran it on the day.

Therapy days are very popular and we are hoping to hold another in the near future. Watch out for the date and book your therapy as soon as you can because the appointments get booked up very quickly.

Receptionists' Meetings

Receptionists' Quarterly Meetings were held on Saturday 12th November 2016, Saturday 25th February and Saturday 13th May this year.

All were very well attended

The Receptionist Induction Pack is now up and running and we have a mentoring system in place for new receptionists when they are training.

The new patient's Welcome Pack is also now in use.

The training session, 'Cancer Awareness' which the receptionists asked for at the February meeting took place on Saturday 8th April and was facilitated by Ros and Pam. Feedback was very positive. Following this meeting Ros arranged for those receptionists who had never visited a hospice, to go with her to the Springhill Hospice in Rochdale – this visit took place in May.

We have recently had a recruitment campaign for new receptionists which has been very successful. Some potential volunteers have already had an initial interview with Trustees and are about to start their training with mentor receptionists. We need to thank David and Norman for printing the advertising posters, all those people who placed the adverts around the area and Ruth who posted it on Facebook.

The next Receptionists' Meeting is on Saturday 12th August.

Staff/Volunteer Meetings.

These meetings of all Counsellors, Therapists, Fundraisers and Receptionists now take place every six months and the latest one was held on Saturday 10th June at the Centre.

Numbers attending were quite depleted owing to holidays and other commitments. Despite this it was a very positive meeting, offering an opportunity to exchange news and information.

The importance of the up-to-date Policies and Procedures was discussed as was the new Signposting file.

A big thank you to Moriam, one of our Counsellors, for providing us with yummy cakes!

Next meeting: Saturday 11th November.

Wendy Eaton

It was on February 10th that we heard the very sad news that Wendy had passed away.

Wendy had been a receptionist at OCSC from its beginning. She suffered from bad health throughout those years, having been first diagnosed with cancer in her late teens. This was followed by diabetes, heart problems, further cancer and having to be on nightly dialysis.

And yet anyone meeting Wendy for the first time at any time during those years would not have guessed that there was anything wrong. She always looked extremely smart and always sounded upbeat. The question "How are you?" was always answered with "I'm fine thanks".

Wendy's daughter, Georgina, grew up from being a little girl with strong ties to OCSC. She and Wendy supported most of the fundraising events, with Georgina helping at many of them.

Wendy's death at the very young age of 49 came far too soon. Our condolences, sympathy and love go to her husband Pete and to Georgina. She will not be forgotten at OCSC.



Wendy

Our very grateful thanks go to all those people who made donations to the Centre in Wendy's memory.

Carers' Drop-in Group

The group continues to meet monthly to have coffee, chat and then share a light lunch. We sometimes invite a speaker and sometimes there are activities available.

If you are a carer and would like a short break each month, please join us on the last Monday of each month (unless it is a Bank Holiday when we meet the week before).

Please remember that you do not have to be caring for a cancer patient – if you are caring for someone with any illness you are welcome to join the group.

All activities are decided by the group members themselves.

Information and advice for and about Carers is available.

*We meet from 10.00 a.m. – 2.00 p.m. and a light lunch is served. Next meeting: **31.07.17***

But if you've only time to pop in for a coffee, then please do just that.

The facilitators are Shirley and Denis Ryder who started this group many years ago.

You will be made very welcome.

Earlier this year we had a speaker from Action Oldham which the members enjoyed. We have spent a day out on a barge in the Tameside area, and recently the Fire Service visited us to talk about fire safety in the home.

So give yourselves a break and join us – you'll be glad you did.



**Members of the group with
Fire Service personnel**

Caring

My name is Krystyna Ogorek. I live in Failsworth and joined the OCSC Carers' Group in February this year.



In August 2015 my life turned upside down. My husband suffered two major strokes and was left severely brain damaged. After he left hospital I cared for him until that became impossible for me.

If that wasn't enough I lost my mother in April 2016.

As you can imagine this was not a very good time for me and I was not in a very good place. I felt very guilty that my husband was not being fully cared for by me and I was also extremely lonely. I didn't have anyone close to talk to as my family does not live nearby. Life was very difficult.

I had read about the Link Centre but thought it was for carers and those they cared for to visit together. I called in to see if this was indeed the case and was told that it was not so.

I went to the drop-in group and was delighted with the response from the other carers in the group. I continued to visit once a week and it was at this

group that I learned about the OCSC Carers' Group.

I came to this group and have not looked back. I was welcomed so sincerely by the carers in the group – the hugs are wonderful! Other carers are very supportive and what is important is that they really listen – and they are also able to give advice.

This is what I have been looking for to help to keep my life on track and keep me smiling.

A hug, a cup of tea/coffee and a chat help so much when you need to carry on.

THANK YOU

- to the members of the Royton and Chadderton Tangent Club for a donation of £200 - £100 for OCSC and £100 for the Patients' Support Group. Tangent Clubs consist of former Ladies' Circle members who are wives of former members of the Round Table. Thank you very much ladies.



Ros, Patient Support Group facilitator and also one of our Counsellors, is a member of the Royton and Chadderton Tangent Club, and is seen here receiving the cheque from the Chairman.

Co-op Community Fundraising

Last summer we applied to become one of the local charities who could receive funding from the local Co-operative store.

The money is raised from selling plastic carrier bags, and customers vote for one of the three selected charities by swiping their Co-op card at the end of a transaction.

We were lucky enough to be selected and up to December when the last Newsletter was printed, Co-op members had raised over £300 for us. By the beginning of April, when the scheme ended, they were responsible for raising £811.18.

This is a copy of the notice we posted in Failsworth Co-op (which is now McColls) thanking everyone involved.

OLDHAM CANCER SUPPORT CENTRE

Charity Number: 1150581

Everyone at OCSC would like to say
very big

THANK YOU

to all those people in Failsworth who chose us as their charity to support via the Co-op Local Community Fund.

You raised **£811.18** for us – an amazing amount which will make a huge difference to a small local charity like ours.

Thank you again

PS If you would like to visit us (to use our services or just for a cup of tea and a chat) we are just down the road in the Ena Hughes Centre.

New Counsellor

At the beginning of the year Moriam Yarwood joined our team of Counsellors. Moriam is highly qualified and also experienced in counselling children and young people. Welcome Moriam.

Coffee mornings

We continue to hold coffee mornings and table-top sales on the first Saturday of alternate months.

On March 4th we raised £312 which was excellent.

On May 6th our table-top sale consisted only of items costing £1 or less - and we raised £267. Again a really good morning.

But our May 6th coffee morning very nearly didn't happen at all because just after Pam and Ruth had opened the building the fire alarm went off.

We were quickly joined by four fire engines with matching fire fighters! They soon found the problem and after 20 minutes or so declared the building safe.

Two fire engines left - two stayed. Coffee and cake was served to the firemen, and then some of them joined the people at the coffee morning to chat to them about fire safety in their homes.



Photos had to be taken - Ann and Ruth were persuaded!!



THANK YOU

- to Andrew Hobbs and family for a donation of £342.95 which was collected at Carmel's funeral in lieu of flowers. Thank you for thinking of us at what must have been a very sad and difficult time for you all.
- to G and K Edwards of the Spotlight Performance Academy who held a raffle in memory of their dear friend Carmel and raised £150 for the Centre. Many thanks.

Celebration

On April 8th a group of us from the Centre joined the family and friends of Therapist Jean Knight for a surprise 60th birthday party. This was planned in secret by her daughter, whilst Ruth made all the arrangements from our end.

It was a lovely evening at the Pearl Restaurant in Audenshaw and it was wonderful to see Jean's face when she walked in.



with Ruth



with Shirley and Denis



OCSC group



with Jenny

THANK YOU

- to Veronica Crean and Moira Thompson for holding a sale at Moira's home in Glossop in memory of Mike. Mike Crean was a past receptionist, trustee and fundraiser at OCSC and was well loved and respected by everyone. They raised £523.17 at the sale (which included £40 from Mike and Veronica's son, Shaun). A big thank you to everyone involved.



Moira with Veronica handing the cheque to Sandra, with some of our volunteers looking on.

- another thank you needs to go to Veronica for constantly keeping us well supplied with beautiful hand-made cards for us to sell – they are very popular with both our clients and volunteers. Veronica has also recently donated a box of jewellery to sell at our coffee mornings.
- to Cyril Hall and members of the Oldham Metro Rotary Club for a kind donation of £50.
- to the Featherstall Road Tesco store for the donation of a £10 voucher to use as a raffle prize.
- to Ruth's sister, Melanie, for a donation of a batch of raffle tickets books – such a useful and thoughtful gift.

- to volunteer Pauline Robinson's daughter, Lynn, for a donation of £90 - we appreciate this very much. Lynn raised the money as a thank you to the Centre for the services we offer.



Lynn with her Mum, Pauline (left) and Sandra (right).

Quiz

Pam set another quiz earlier in the year and sold 39 copies at £1 each.

There were joint winners this time - Anne Davidson and Geoff Iles.

Both sets of answers were 100% correct so any future quiz obviously needs to be a lot harder!

Well done to Anne and Geoff.

Cake Corner

Chocolate Crispies (one for the children to make)

225g (8 oz) plain chocolate

1 tablespoon golden syrup

50g (2 oz) butter

77g (3 oz) cornflakes or rice crispies

Break the chocolate into pieces, put in a pan with the syrup and butter. Melt over a slow heat, stirring occasionally.

Add the cornflakes to the pan and stir gently until all coated with the mixture. Spoon the mixture into 18 small cake cases and chill in the fridge to set.

Spring Fair

On April 22nd we held our Annual Spring Fair at the Broadbent Luncheon Club. Our thanks, as always, go to the hard-working Fundraising Team who did all the preparation in the weeks before. We would also like to thank all the volunteers who helped on the day and all the people who supported us by attending the Fair.

We raised an awesome £732 65.



Christine and Anne



Ruth and Linda

Future Events

Saturday 1st July 2017

Coffee Morning and Table-top Sale in the Clock Café - plus a Welly Throwing competition in the gardens if the weather allows. 10.00 a.m. - 12 noon.

Sunday 2nd July 2017

Crown Green Bowling Competition at Broadhurst Park, Moston.

Joan Swindells and her bowling friends have arranged a round robin competition as a fundraising event for OCSC. Bowling will start late morning.

Admission: £2 competitors
£1 spectators

Tombola and 2 raffles.

Hot and cold refreshments on sale.

Saturday 5th August 2017

Sponsored 5K/10K Walk/Run at Brookdale Park.

Sponsor forms available from OCSC reception.

Start: 10.00 a.m.

Saturday 2nd September 2017

Coffee Morning and Table-top Sale in the Clock Café.

10.00 a.m. – 12 noon.

Other events are at the planning stage e.g. a Therapy Day, an Evening Quiz, etc. Details will soon be available from reception.

Monday 11th September 2017

The Great Bake Off

We are lucky enough to have been chosen as one of the two charities that MEC Global is going to support this year.

On September 11th MEC staff are organising a Bake Off. Entries are invited in the following categories:

- | | |
|---------------------|------------------|
| 1 Sponge cake | 2 Savoury bake |
| 3 No bake | 4 Fruit/veg cake |
| 5 Fancy fairy cakes | 6 Show-off cake! |
| 7 Miscellaneous | |

£2 to enter a cake – and eat others too.

£3 to eat as much cake as you can!

To be held at MEC, 4, Castle Street, Manchester at 2.30 p.m.

Please support us if you can.

Patients' Support Group:

Ros returned to the Patients' Support Group in January following hip replacement surgery. She would like to thank everyone for their good wishes which she is certain helped her speedy recovery.

The group continues to meet on the last Wednesday of each month from 11.00 a.m. – 2.00 p.m. when lots of cups of tea and coffee are consumed! A light lunch is also served.

The facilitators are Ros Royle and Eileen Garner and members decide on whether there should be an activity at the sessions or whether they just want to sit and chat.

January – there was no group activity this month. We sat and chatted about Christmas and the events of the past 12 months. We also discussed possible activities for the coming year.

February – at this session we made cards and/or jewellery. There was lots of fun and much laughter at this session and a lot of chat over coffee; all this is always encouraging and confidence boosting.

March – one of the ladies in the group specialises in making celebration cakes. At this session Lisa demonstrated making Easter teddy bears and rabbits from Cadbury's crème eggs and fondant icing. She made it look so easy! Everyone enjoyed making these little Easter treats and everyone was very proud of what they had made.



Colleen



Jane

At this session we also started an Easter raffle to help to raise funds for the group. By the time of the draw the week before Easter we had raised £50.

After lunch at this session Trudy Taylor, a Macmillan Information and Support worker, gave a talk on giving people the right information after a cancer diagnosis which would ensure that they get the support they need. Everyone was given a questionnaire in order to record their personal experiences of the support they received at that time.

April – Jack Brown from Healthy Minds Oldham came to speak to us about how to deal with stress and anxiety in our everyday lives, and how mindfulness can help us to stay focussed when handling these feelings. This advice was very much appreciated by several members of the group.



Discussion with Jack

24th May – 22 people from the group were booked on a pre-arranged tour of the BBC at Media City. Unfortunately the event had to be cancelled following the tragic circumstances at the Manchester Arena two days previously. A new date will be arranged.

May – the theme was ‘art work’. Janet Iles is a local artist who has also accessed our services at the Centre. She demonstrated painting stones with acrylics. The session was very interesting and enjoyable and everyone took home a painted paper weight.



~ reference to the atrocity at the Manchester Arena ~

June – Helen Murphy, the manager at the Macmillan Information and Support Centre at the Oldham Christie, came to talk to us about complementary therapies and relaxation techniques. Very useful information.

We are now planning and looking forward to our meetings in the next six months.

22nd May 2017

Following the horrendous explosion at the MEN when so many people, including children and young people, were killed or badly injured, we laid flowers from OCSC in St Anne’s Square in their memory.



Angela



Failsworth Carnival

20th – 21st May 2017

Once again OCSC had a presence at the carnival and once again the weather was not very cooperative!

Nevertheless we raised £177.66 over the two days which was really good.

Our thanks go to those volunteers who turned out to help regardless of the elements – thank you everyone.



Braving the weather - but still smiling!



Chadderton and Failsworth Rotary Club

Earlier in the year we applied to the Chadderton and Failsworth Rotary Club for a grant of £350 to replace oils, towels, bedding for the therapy bed and a new therapist's stool.

We were thrilled to not only be awarded the grant, but also to be invited to a meal at the Crompton and Shaw Golf Club to meet the members and give a presentation about OCSC.

Sandra and Pam attended and were made extremely welcome – and the meal was delicious. Thank you gentlemen for a lovely evening.



Sad News

One of our Patients' Support Group, Loretta Farrell, sadly passed away earlier this year. Loretta was also part of the group who completed the 'Back To The Future' programme in September 2016. She was elegant and a real lady in every sense of the word - there was, however one anomaly in all this: Loretta had "slut days" i.e. anyone else's "duvet days"! She will always be remembered with great affection (and many smiles) by members of the group for this saying - and nobody can say 'slut' the way Loretta could!



Loretta's colour analysis on the BTTF programme

Loretta's family has very kindly donated clothes, jewellery and homeware goods - nearly all brand new. Our grateful thanks, as well as our condolences, go to them.

PUZZLES PAGE

SUDOKU

	4	8		5				
1							9	
2					6	3		
					1			
8					4			2
		2	8	3		7		4
		6			3			
	9							8
				1	2		3	6

LINKWORDS

Linkwords

Fit 10 words into the grid so that each links with the end of the word on its left and the beginning of the one on the right. Then unscramble the letters in the shaded squares to make a word.

Clue: *Extremely dear (10).*

DIRECT						CARD
SURROUND						WAVES
SLEEP						IDEA
GOLDEN						EYE
HEAD						ORDER
VOICE						TRIP
LOCAL						HAM
AIR						RANGE
THUMB						FINGER
EGG						ELEPHANT

WORDWISE

Wordwise

You have 15 minutes to find as many words as possible using the letters shown in the grid. Each word must contain four or more letters, one of which must be the central square. No letter can be used more than once in each word. No proper nouns, plurals or foreign words are allowed. There is one nine-letter word in the grid, for which this week's clue is: *Night-time illumination.*

A	T	H
L	T	I
G	R	S

WORD COUNT
33 = Good.
More than
44 = Well done!

TRIVIA

1. What is the special name given to an Arab market?
2. On which side of the road would you drive in Japan?
3. Which country was once known as Cathay?
4. Whose schoolmates were Bob Cherry, Frank Nugent and Harry Wharton?
5. Kunta Kinte was the leading figure in which book and TV mini-series?
6. Which ice sport has leads, seconds, thirds and skips?
7. Which two sports make up the biathlon, introduced to the Winter Olympics in 1960?
8. When was The Times first published?
9. Who printed the first book in English in 1474?
10. What type of animals are eland, kudu and gazelles?
11. What name is given to the home of the beaver?
12. The 1980's was the decade of the 'yuppies'. What does 'yuppie' stand for?
13. British drivers call it a bumper. What do Americans call it?
14. Who is the patron saint of grave-diggers?
15. Which American state was named for the wife of Charles 1?
16. What do we call a chicken when it is under one year old?
17. What sort of creature is a drongo?
18. In which modern-day country did the ancient city of Troy lie?
19. Who wrote the theme tune for Coronation Street.
20. What post did David Lloyd George hold at the outbreak of WW1?

Action Together

June 1st- 7th this year was designated **Volunteers' Week** - a week in which volunteering was celebrated nationally.

Action Together (formerly Voluntary Action Oldham) produced a video showing how volunteers in the area made a difference to people's lives.

OCSC has produced stills of four members of our Patients' Support Group who were happy to say what a difference volunteers at OCSC had made to them at very difficult times in their lives:



Jane Clark: "I will never forget walking into the Oldham Cancer Support Centre for the first time crying my eyes out. Volunteers stepped in and very quickly I was feeling better. Their support continued over time and now I am a volunteer at the Centre myself. I am passionate about the work and love to feel that I am giving something back."

#youmakethedifference
@weacttogether

VOLUNTEERS' WEEK
You make the difference 



Jeanette Sykes: "After my diagnosis I had no confidence and was nervous about going out. Volunteers at the Centre helped me back to some sort of normality. A few hours at the Centre makes you feel so much better."

#youmakethedifference
@weacttogether

VOLUNTEERS' WEEK
You make the difference 



Lisa O'Gara: "The Counsellors, Therapists and Volunteers at the Oldham Cancer Support Centre made such a difference to my life when I was at a low point. I also went on one of the 'Back To The Future' programmes, again facilitated by volunteers at the Centre. From all of this I have made new friends who I know will be for life."

#youmakethedifference
@weacttogether

VOLUNTEERS' WEEK
You make the difference 



Linda Jackson: "I walked in through the doors, blubbing! Joan, the volunteer receptionist on duty, looked after me as though she had known me for years. She made me feel as though I'd come home. The Centre, made up of all the wonderful volunteers, just hugs you. I have now just joined the Fundraising Group and hope I can be just as good a volunteer."

#youmakethedifference
@weacttogether

VOLUNTEERS' WEEK
You make the difference 

Action Together put the four stills on to their template so that they can go out on social media.

Thank you ladies, for your very positive comments about our volunteers - they are indeed a fantastic group of people.

Fundraising Evening at the Theatre

On Monday 12th June we spent a very enjoyable evening at the Playhouse2 Theatre in Shaw. The production was *Ladies in Lavender* which was excellent.

Our thanks go to all the staff at the theatre who worked so hard for us and also to Ros Royle who organised the event from the Centre. A big thank you also to all the people who supported us by buying tickets.

We raised a fantastic £597.50 on the evening which also included a raffle and a generous donation of £50 from the Oldham Metro Rotary Club.



Some of our volunteers during the interval.

MEC Global

Earlier this year OCSC was lucky enough to be chosen as one of two charities to be supported for a year by MEC Global in Manchester. The other charity is the Alzheimer's Society.

The staff at MEC are organising several fundraising events over the year and we hope to support as many as we can. You will already have read earlier in the Newsletter about the Great Bake-off on September 11th.

A sponsored event, however, in which five of their staff took part during the weekend of 10th-11th June takes some believing!

The event was called The Welsh 3,000 Challenge and included:

- climbing 15 mountains
- covering 30 miles
- 4,000 metres of going up
- at least 2 grade 1 scrambles
- around 20 hrs. of solid walking
- no sleeping
- no resting
- no sitting

What can one say? Are these five human?



Our very grateful thanks to everyone involved and we hope the five participants have now recovered.

Ascot Week Afternoon Tea – in Royton!

A group of Ladies called 'The Busy M's' meets fortnightly on Wednesday evenings at Royton Methodist Church.

On the evening of June 14th half of the group were going to be missing as they were at another function. So the group leader, Lillian Day, decided that she would organise a Ladies' Afternoon Tea for the rest of the group. Not only did she plan everything, she also prepared and supplied all the food.

We were told that we had to come in our finery, including hats. Her original plan was that everyone should wear red, white and blue as she was inviting some very important guests!

The five course afternoon tea (which lasted until after 8.30 p.m!!) was delicious and we were served by one of HM's butlers.



Lillian chatting to HRH



HM and HRH Prince Philip (alias Janet & Eileen)



Gordon, the butler



The ladies each made a donation for the meal and the proceeds came to OCSC. An amazing £90 was made and Pam thanked everyone for their generosity. A very big thank you must also go to Lillian for all her hard work and to all the other group members who joined in the fun and the spirit of the afternoon and evening.

Congratulations

It is lovely to end this issue of our Newsletter with the happy news that Jane and John Clark, two of our Volunteers, became grandparents for the first time on June 8th.



Our congratulations and much love to Jane, John, baby Cayson Noah and all the rest of the family.

THANK YOU

- yet again to Angela Rayner MP (Ashton-u-Lyne), who has been generous enough to have these Newsletters printed for us.

OCSC Tel No:

0161 770 8751

Oldham Cancer Support Centre

Opening hours:

Monday: 9.30 a.m. - 3.30 p.m.

Tuesday: 9.30 a.m. - 6.00 p.m.

Wednesday: 9.30 a.m. - 3.30 p.m.

Thursday: 9.30 a.m. - 6.00 p.m.

Friday: 9.30 a.m. - 3.30 p.m.

Counselling: no charge

Therapies: the first six sessions are free. There is a charge for any subsequent sessions. Therapies include reflexology, Reiki, various massages, hot and cold stones, hypnotherapy

Patients' Support Group: held on the last Wednesday of each month from 11.00 a.m. – 2.00 p.m. Facilitators: Ros Royle and Eileen Garner

Carers' Drop-in Group: held on the last Monday of each month from 10.00 a.m. – 2.00 p.m. A light lunch is provided. Facilitators: Shirley and Denis Ryder

OCSC
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Ellesmere Street
Failsworth
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Tel: 0161 770 8751

Board of Trustees:

Chairman Cllr Norman Briggs

Treasurer Sandra Abbott

Secretary Pam Williams

Trustee David Heyes

Trustee Cllr Cheryl Brock

Trustee Denis Ryder

Transport manager Denis Ryder

Spinners Hall managers Jane Clark
Tracy Lees

And finally, a huge thank you to all those people who donate regularly via the 'Be A Friend of Oldham Cancer Support Centre'.

Answers to Puzzles:

SUDOKU:

7	4	8	3	5	9	6	2	1
1	6	3	7	2	8	4	9	5
2	5	9	1	4	6	3	8	7
6	7	4	2	9	1	8	5	3
8	3	5	6	7	4	9	1	2
9	1	2	8	3	5	7	6	4
5	2	6	4	8	3	1	7	9
3	9	1	5	6	7	2	4	8
4	8	7	9	1	2	5	3	6

WORDWISE:

9-letter word: Starlight

LINKWORDS:

Debit

Sound

Rough

Eagle

First

Coach

Radio

Rifle

Index

White

10 letter word:

Exorbitant

TRIVIA:

1. Souk
2. Left
3. China
4. Billy Bunter
5. Roots
6. Curling
7. Cross-country skiing and rifle shooting
8. 1785
9. William Caxton
10. Antelopes
11. Lodge
12. Young urban professional
13. Fender
14. St Anthony
15. Maryland
16. Pullet
17. Bird
18. Turkey
19. Eric Spear
20. Chancellor of the Exchequer