

# **OLDHAM CANCER**

## **SUPPORT CENTRE**

### **NEWS**

(Issue 11, January 2017)

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



*I first became involved with the Oldham Cancer Support Centre not long after its opening in 2009. I then assisted in enabling them to relocate from the Failsworth Health Centre to where we are now in the Ena Hughes Centre.*

*By moving into Oldham Council owned premises I managed to persuade the Council to cover the cost of alterations to our part of the building and to pay the first two years' rent. Since then I have applied to the Council each year for assistance with the rent and also been able to provide some funding from my Councillor's Ward Budget.*

*Earlier in 2016 I was asked if I would consider becoming an OCSC Trustee. I agreed and was delighted to be co-opted on to the Board. More recently I was surprised and honoured to be elected as Chairman.*

*Since my appointment it was decided at a Trustee meeting that we would*

*have regular meetings with staff and volunteers. Although this has happened in the past it was not on a regular basis. I feel very strongly that our volunteers are the 'life blood' of OCSC.*

*I have always been impressed by our volunteers, whatever role they carry out and I salute each and every one of them for their dedication and loyalty. It goes without saying that without them there would be no OCSC.*

*In the tough economic times in which we now live, with government cuts and the knock-on effect they have made on local authorities like Oldham, I intend channelling my efforts into making sure that we remain in our current premises and into exploring what external funding might be available.*

*I will close by wishing you and your families a Happy Christmas and a prosperous and healthy New Year.*

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#### **New Trustees**

Oldham Cancer Support Centre has welcomed three other new Trustees to the Board this year.

**David Heyes** is well known locally as he was the MP for Ashton-u-Lyne(which includes Failsworth) until his retirement at the General Election in 2015. He has always been very supportive of OCSC and his wife, Judith, was Chairman during its early years

**Cherryl Brock** is a Councillor for Failsworth East and is well known for her community work in the area.

**Denis Ryder** has worked at OCSC as a volunteer for many years. He is a member of the Fundraising Group, helps to facilitate the monthly Carers' Drop-in Group and is also the transport manager.

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## Retiring Trustees

During the past six months three Trustees have resigned. We must thank Joyce Hill, Lesley Perkins and Gillian Suthers for their work in the past and wish them well for the future.

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**OCSC Tel No:**

**0161 770 8751**

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## **THANK YOU**

- to Janie Wardle for a donation of £56 which was collected as the result of a dress-down day at work.
- to Tesco, Failsworth, for a £10 voucher and a box of miscellaneous items to sell.

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## **! Back To The Future !**

Those of you who read the previous Newsletter will know that in the summer we were looking for premises in the centre of Oldham where we could run the programme in September.

We were lucky enough to secure a room above the Salt Cellar Restaurant, which turned out to be ideal. Our grateful thanks go to Mike and all the staff at the Salt Cellar for looking after us so well - including feeding us (probably too well!)

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

The September programme consisted of a group of amazing women. It only seemed to take hours before they became friends. They embraced every session, participating

fully in every activity (see the article below by a group member).

The programme is extremely varied and includes sessions on dealing with fatigue, safe exercise, relaxation and meditation, nutrition, safe skin care, benefits, podiatry, interest groups/classes, voluntary work, first aid, possible re-training/CV work, colour analysis and a pampering session at Oldham College.



Loretta – ‘Look Good Feel Better’ masterclass



Linda saving a life!



Ruth being pampered at Oldham College



Patricia doing Cathy's colour analysis

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 for any participant.

So if you feel that you would like to join the next programme which we hope to deliver in **March 2017**, please ring the Centre on 0161 770 8751 and leave your details.

Venue - to be confirmed.

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*Ruth Allington*



*I was invited to attend a 'Back To The Future' programme in September at the Salt Cellar Restaurant in Oldham.*

*I didn't know what to expect, but what I definitely didn't expect was that not only would I get great benefit from each of the different sessions, but that I would also make great friendships which I am sure will last for many years.*

*We had so many wonderful sessions that I couldn't name them all, but some stand out:*

- we had great fun making very tasty, nutritional fruit smoothies with a Macmillan nutritionist*
- a very informative session on benefits and finance with Steve Lawton from the Oldham CAB*
- a great skin/hair care masterclass with 'Look Good, Feel Better'*
- first aid with the British Red Cross*
- relaxation/guided meditation with Suzanne Nebreda (OCSC) which was wonderful*
- we were taken to Oldham College for manicures/pedicures/facials/massage*
- Maura Ryan came and talked to us about her experience of being a cancer patient and also her experiences on a past BTTF programme*

*At each session we were given very informative handouts, and at some of them we were given samples of various products.*

*Each day we were served lunch by the Salt Cellar staff - the food was excellent and varied.*

*The whole programme could not have taken place so successfully if it were not for Pam Williams. We thank her for her tireless efforts and we also thank her helpers - Shirley and Denis Ryder, Pat Rigby and Sandra Abbott.*

*As for the friends I made on the programme - we have already been to the cinema together and have met for lunch on a number of occasions. We call ourselves the BTTF Buddies.*

*Thank you Oldham Cancer Support Centre and the 'Back To The Future' programme for giving me wonderful new experiences and wonderful new friends.*

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# THANK YOU

- to Anne Harvey for a generous donation of £50 to OCSC. Anne is one of the regular members of the Patients' Support Group which meets monthly
- to Father Tony Mills for a cheque for £120 from the Church of the Holy Family, Failsworth. Our thanks to everyone concerned and we hope that Father Mills enjoys a happy and very well-deserved retirement
- to Slaters Menswear for a voucher of £100 to use as a raffle prize
- to the Busy M's Group at Trinity Methodist Church for a donation of £30 – thank you ladies.

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## Therapy Days

We raised £420 (including a raffle) at a Therapy Day which was held on Saturday September 10<sup>th</sup> and £500 (including a raffle) on Saturday 26<sup>th</sup> November. 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.

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## Annual 10K Walk/Run

On July 9<sup>th</sup> we held our Annual 10K Walk/Run in Brookdale Park – and what a day we chose!!

As it was supposed to be mid-summer we couldn't believe the torrential, horizontal rain which started early morning and kept it up until the last participant had completed the 10K. Then the sun came out!

We must give special thanks this year, not only to the walkers/runners but also to the helpers and stewards – everyone was absolutely drenched. Everybody thoroughly deserved the cake and hot drinks served in the pavilion at the end of the event.

We would also like to thank Bernard Johnson, who opened up the pavilion for us, helped with the brews and cleaned up after us. Thanks Bernard.

The entrants raised an incredible £784.13 for us. Well done everyone and thank you.



**Wet through before the event had even started!**



**Jean Knight (OCSC therapist) and friends – half way through**



**Winner – Denis Ryder**



**Shirley and Pete Hynes – cheering people on from the driest place in Brookfield Park!**

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**Tracy's Wedding**

In July we celebrated Tracy Butterworth's marriage to Tony Lees. Tracy is one of our Volunteers, and together with her twin sister, Jane, manages our Spinners Hall storage centre.

It was a lovely day and enjoyed by everyone.



**Tracy and Tony with son, Liam**



**Sandra, Ros, Pat and Pam from OCSC at the reception**

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**Coffee Morning and Wellie-Throwing**

On Saturday 6<sup>th</sup> August we held one of our regular Coffee Mornings and Table-Top Sales. At this particular event we also decided to hold a wellie-throwing competition in the gardens at the back of the building. We were not short of entrants – although there was more laughing done than skill demonstrated.

Our Chairman, Norman Briggs, won the men's section (definitely not a fix!!);

Jeanette Morgan won the ladies; and Eve Waterhouse won the children's section, with her sister Lucy coming second.

Do you recognise some of the entrants?



We made £275.60 altogether during the morning. Thanks to everyone for their help



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**THANK YOU**

- to Elaine Everett for two donations to the Centre in the last six months. Elaine is one of our regular, loyal supporters – thank you Elaine
- to Jenny Everett, Elaine's daughter, for again donating items for us to sell.

## **Sad News**

At the end of September **Mike Crean** very sadly passed away after a long battle against cancer. Mike had been involved with OCSC for many years and was a volunteer receptionist. He was the staff/volunteer representative on the Board of Trustees for three years and he also helped to deliver one of the sessions on the 'Back To The Future' programme.

He and his wife, Veronica, were staunch supporters of OCSC and attended fundraising events whenever they could.

He was an inspiration to us all and we will miss his cheery personality, his sense of fun, his common sense and his courage. He was a big man in every way.

To say that Mike was a Manchester United fan is to make an understatement. The word 'fanatic' might be more appropriate!! They have clearly lost one of their most loyal supporters.

Our sympathy remains with Veronica and both their children.



**Mike**

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## **Carmel Hobbis**

We were also devastated to hear the news that Carmel had passed away just before Christmas.

Carmel also battled cancer for many years. She was an OCSC Trustee until her illness forced her to retire. Since then she has been a 'regular', coming each week to the Centre when possible for a therapy (her favourite was reflexology).

She was also a member of the Patients' Support Group, attending their monthly meetings and joining in any planned activity.

She loved most craft activities and one of her latest endeavours was to learn to crochet. So when she came for her regular Tuesday appointment she would stay longer so that Joan Swindells, our Tuesday morning receptionist, could teach her.

A lasting memory for many of us will be from the Patients' Group trip to Blackpool in September – Carmel seemed to enjoy it so much.

Carmel also attended the 'Back To The Future' programme in September. That group became firm friends and we know that each one of them will miss her dreadfully.

No matter how she felt, Carmel always maintained a positive attitude and always put other people's feelings first.

Our condolences go to Carmel's husband, Andrew, and their children, Alexander and Emily.



**Carmel with Andrew on the way to Blackpool in September with the Patients' Support Group**

# THANK YOU

- to Veronica and family for a donation of £675 which was collected at Mike's funeral. We are very grateful to Veronica for thinking about us, especially at such an extremely sad time.



Veronica came into the Centre to hand the cheque to Trustee Denis Ryder, with Suzanne (Counsellor) and clients Hazel & Geoff Barker looking on.

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- to Andrew Streets (Company Secretary) and Emma Hickley, of Spectrum Brands, Failsworth, for the donation of two gifts for us to raffle at our fundraising events. One is a Remington Hyperflex Rotary Electric Shaver and the other is a George Foreman electric grill. We are sure that these will definitely encourage people to buy raffle tickets.

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## Jean Harrison

After many years as a volunteer receptionist Jean Harrison resigned at the end of November.

We thank Jean for her work and for her support at fundraising events.

We send her our very best wishes for the future and wish her good luck and good health.

## Volunteer and Staff Meetings

*As Norman mentioned at the beginning of the Newsletter, we are organising regular Staff/Volunteer meetings (to which everyone is invited) and also separate Receptionists' meetings.*

*We hope to hold the Staff/Volunteer meetings twice a year (or more often if required/requested) and Receptionists' meetings will be held quarterly unless decided otherwise by the receptionists.*

*We held the first full Staff/Volunteer meeting on August 13<sup>th</sup>.*

*A Receptionists' meeting then took place on November 12<sup>th</sup> which was very positive. The next meeting is on Saturday 25<sup>th</sup> February 2017 at 10.30 a.m.*

*A further full Staff/Volunteer meeting then took place on November 19<sup>th</sup>. The date of the next meeting is yet to be decided.*

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## Janet Shaw

We are so sorry to report that Janet Shaw has resigned recently as an OCSC Counsellor.

Janet had to leave quite suddenly and travel to Australia where a family member is ill.

In her letter she was unsure when she would be able to return, but wishes everyone at OCSC well. She also said that if she can ever help us in any way in the future she will be happy to do so.

We will miss Janet's calm, pleasant personality and will particularly miss her expertise in counselling children and young people.

We will also miss her invaluable help at our fundraising events.

Thank you for everything Janet.

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## 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.*

*In December we enjoyed a Christmas lunch at the Salt Cellar Restaurant in Oldham.*

*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.*

*We meet from 10.00 a.m. – 2.00 p.m. and a light lunch is served. Next meeting: **30.01.17***

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

*The facilitators are Shirley and Denis Ryder and Ruth Allington.*

*You will be made very welcome.*

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## Latics photo

In August we received an invitation from the Oldham Athletic Football Club for two people to attend a photo shoot at the Latics' ground.

With no further information our treasurer, Sandra, and secretary, Pam, went along as requested. When they arrived they discovered that they had been nominated with two other people to have their photos taken with the 2016-2017 team. Apparently people take part in an auction to win one of these coveted places or win one in a special raffle. Our places had been won by someone who wished to remain anonymous – they had then donated the places to OCSC.

If whoever that person was just happens to be reading this, then we send a big thank you. We are just sorry that we didn't

have more notice because we could have asked two of our volunteers who are real football fans to go along. The amount of football knowledge that Sandra and Pam have between them could be written on a very small finger nail! They did, however, really enjoy the experience and were very well looked after by the Latics' staff.

So a big thank you to everyone involved and the photo is on the wall in our reception.



## THANK YOU

- to Celia Hodkin for another kind donation
- to the Broadway Stitchers' Group for paying the £15 to cover parking fees for the coach on our Patients' Support Group trip to Blackpool
- to Jeanette from our Patients' Group for donating cards and jewellery for us to sell
- to Margaret and Barry Heap for another generous donation to OCSC. We heard that Margaret was not very well earlier in the year, but is now feeling much better. We hope that you continue in good health Margaret.
- to Pauline and Eddie Hurrell for a donation of £40 in lieu of a Christmas present for their friends Pam and David Williams
- to Pam and David Williams for the same in reverse!

## Network Challenge

During the summer and for the fourth year in a row, OCSC worked with the young people from Network Challenge North West.

They came to the Centre to learn about the work that we do. They then put in a successful bid to the Network Challenge directors for funding to raise awareness of OCSC in the centre of Oldham.



~ their stall just outside the main Oldham shopping centre ~

A few days later the group members did a sponsored walk for us and raised £219.70, for which we are very grateful.

They also gifted two olive trees to us to plant in the garden at the Centre – they want them to be ‘memory trees’.



**One of the trees with messages from the people of Oldham**

We went to meet the group at North Chadderton School where they were based for the summer, and they presented us with the trees.

OCSC would like to thank each member of the group, along with their leader, Harriet Dempsey, for all their hard work. We would also like to thank Network Challenge for giving young people the opportunity to be involved in such projects.



We took the trees back to Failsworth where Diane Taylor (Head of Centre) pulled out all the stops and, within a week or so, got them planted for us in the boxes outside the main door – thank you to Diane.



~ Ruth and Jenny admiring the trees ~

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## Community Fundraising with the local Co-op

During the summer we were invited to apply 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 card at the end of a transaction.

We were lucky enough to be selected and up to now (December) Co-op members have raised over £300 for us. The scheme continues until the end of March, so if you live in the area, please shop at the Co-op and vote for us. Thank you.

## **Patients' Support Group in Blackpool**

Earlier in the year we applied to Macmillan for funding for a day's visit to Blackpool at the end of September for members of the Patients' Group and their carers.

Once we knew that we had secured the funding, we booked the coach, booked morning coffee and toasted teacake at Barton Grange Garden Centre, booked afternoon tea at the Blackpool Tower Ballroom and booked a fish and chip supper at Cleveleys Kitchen. In other words it was basically a day of eating!

The icing on the cake was when we managed to be allocated the luxury coach which is generally reserved for the Latics' football team - which had tables for four and plenty of leg room.

As the garden centre had just put out their Christmas displays we all agreed to stay for an extra half an hour to look round after we had had coffee.

On to Blackpool for some free time – and although it was cool the sun did shine on us.

At two o'clock we met in the Tower Ballroom for afternoon tea, where the afternoon tea dance was already underway – music provided by the famous Wurlitzer organ.

The afternoon tea was delicious and beautifully served at our reserved tables.

Some people then decided to stay longer watching the dancers; some went for walks along the prom; some went on the trams; some went shopping(!); Cathy and Graham found a couple of fascinating museums; and Pat went to visit an old friend who lived locally.

At 5.30 p.m. we met back at the coach and were driven up to Cleveleys for our fish and chip supper. The staff at Cleveleys Kitchen were very friendly and

really looked after us and everyone seemed to enjoy their meal.

By now it was dark and the coach took us back through the illuminations.

On the way home we had a game of bingo and we held a raffle.

We arrived home just before 10.00 p.m. when everyone seemed to agree that it had been a great day out. The laughter we heard on the journey home certainly seemed to bear this out.

### **On the way to Blackpool:**



### **In the Tower Ballroom:**





Jeanette



Millie



Linda

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**Patients' Support Group:**

The group continues to meet on the last Wednesday of each month from 11.00 a.m. – 2.00 p.m.

Members decide on whether there should be an activity or whether they just want to sit and chat.

In **August** we had our usual meeting which was just a chat meeting as a lot of our members were away on holiday.

**September:** day in Blackpool

**October:** Joan Swindles joined us again – this time to teach the members how to do quilling. Everyone seemed to enjoy this, so thanks again to Joan.

At the end of **November** we were shown how to make Christmas table decorations and everyone was able to take one home.

The next meeting will be held on **Wednesday 25<sup>th</sup> January 2017** at 11.00 a.m. when we hope that Ros (one of the group's facilitators and who has recently undergone surgery) will be well enough to visit us – we all wish her well.

## Future Events

### Saturday 4<sup>th</sup> February 2017:

OCSC Annual General Meeting  
10.00 a.m. at the Centre

### Friday 10<sup>th</sup> February 2017:

#### A 60's Valentine Dance

60's outfits are optional but there will be a prize for the best one

60's music

Raffle

'Mr and Mrs' game

Potato pie supper

8.00 p.m. at the Home Guard Club,  
Failsworth

Tickets: £7

### Saturday 4<sup>th</sup> March 2017:

Coffee Morning and Table-top Sale –  
10.00 a.m. – 12 noon in the Clock Café at  
the Ena Hughes Centre, Failsworth

Other events are at the discussion and/or planning stage. Every event will be advertised in the Centre – please ask the receptionists for details.

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## Cake Corner

A simple cupcake recipe by the Baking Queen herself – Mary Berry (makes 12)

100g (4 oz) softened butter  
150g (5 oz) self-raising flour  
150g (5 oz) caster sugar  
3 tablespoons milk  
2 large eggs  
½ teaspoon vanilla extract

Pre-heat the oven to 180C/fan160C/gas 4.

Put muffin cases into a 12-hole muffin tin – this will keep a good even shape as they bake.

Measure all the ingredients into a large bowl and beat until blended and smooth. Spoon evenly between the paper cases.

Bake in the pre-heated oven for 20-25 minutes until risen and golden brown. Lift the paper cases out of the tin and cool the cakes on a wire rack until completely cold before icing.

To make butter icing, beat together 100g (4 oz) softened butter, 225g (8 oz) sifted icing sugar and ½ teaspoon vanilla extract. This will give a creamy thick icing. Smooth or pipe over cupcakes and decorate as required.

For chocolate or coffee butter icing add 2 tablespoons of cocoa powder or 1 teaspoon of coffee essence to the mixture.

If decorating with chocolate curls, allow the chocolate bar to reach room temperature then shave using a vegetable peeler.



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## **THANK YOU**

- to Jane Garside's daughter, Chloe, for making up a hamper for OCSC to raffle.
- to Judith Burt of St. Neots, Cambridgeshire, for a very kind donation of £40. Judith is a friend of Lisa O'Gara, a member of our Patients' Support Group.
- to Shirley Hynes, a stalwart of our Fundraising Group, for a generous donation of £50 in celebration of her 80<sup>th</sup> birthday. Congratulations Shirley, and thank you.

# PUZZLES PAGE

## SUDOKU

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

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## 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 scramble the letters in the shaded squares to make a word.

Clue: *Type of aircraft (10).*

MILITARY							STATION
HUMAN							ISSUE
ICE							STICK
SCUBA							BOARD
ROMAN							LINE
FELL							BARS
SECRET							BOX
BALLPARK							OUT
TIGHT							SHOP
POWER							CAP

**Answers on back page**

## 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 the clue is: *Dance*.

P	S	Q
K	U	I
E	T	C

**WORD COUNT**  
24 = Good.  
More than 29 = Well done!

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## BRITISH TRIVIA

- 1 Which British city has more miles of canals than Venice?
- 2 What were the first and middle names of L S Lowry?
- 3 How many episodes in total were made of 'Faulty Towers'?
- 4 Who was the first person pictured on a British postage stamp?
- 5 How long did the 100 yrs. war last?
- 6 In which county is Cranwell, home of the RAF college?
- 7 Which 1970's 10,000-metre runner always ran in red socks?
- 8 What was the very first programme broadcast on Channel 4?
- 9 True or false, Isaac Newton was once an MP?
- 10 Who played Brian in the Monty Python movie 'The Life of Brian'?
- 11 What is the name of the smallest city in Britain?
- 12 Which major British city lies on the same line of latitude as Moscow?
- 13 How was the British film actor Sir Charles Spencer better known?
- 14 Which is the only poisonous snake in Britain?
- 15 Which of Henry VIII's wives had six fingers on one hand?
- 16 Who was the only English Pope?

## Volunteering

As we always do, we are asking again if anyone reading this Newsletter can spare some time to volunteer for us.

You wouldn't necessarily have to commit to a certain number of hours at the same time every week. For example could you spare a couple of hours once every two months to help at our Saturday Coffee Morning? Would you be able to bake a few cakes for us to sell? Have you got some spare time every now and then to help sort out donated items at our storage rooms in Spinners' Hall? Could you organise a small fundraising event?

We also need to find people who would be prepared to train as receptionists and then be able to join a 'pool' of receptionists who could be called on at short notice, to fill in for regular receptionists who are ill or on holiday.

If you feel you could join our team please contact us at the Centre.

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## Autumn Fair

Saturday 29<sup>th</sup> October:

For the first time ever we were unable to hold one of our twice-yearly fairs at the Broadbent Luncheon Club.

Unfortunately, and through no fault of anyone at either OCSC or the Broadbent Club, a wrong date had been booked.

Luckily, especially as it was last minute, we managed to book the large room at the

Ena Hughes Centre for the actual stalls, and the Clock Café for the refreshments.

Although we didn't get the passing custom that we usually get on Lord Lane, we still managed to make £597.45 which was an incredible effort.

Several people also commented on the fact that they felt it was particularly good to have the refreshments in a separate room.

Members of the Fundraising Group pulled out all the stops and worked particularly hard to make this event happen in difficult circumstances, and we need to thank them very much. We are also very grateful to our other volunteers who helped us on the day and to all who attended the Fair.



Jane and John



Joan



Shirley

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## Volunteer

*My name is Anne Davidson and I am a volunteer receptionist at the Oldham Cancer Support Centre.*

*I am married to John who I met when I was sixteen. To use an old-fashioned term, we courted for four years and we have just celebrated fifty one years of marriage.*

*We have a son who lives close by with his wife and twin sons who we enjoy spending time with.*

*When I retired from full time employment it was a culture shock - I have never spent so much time in supermarkets!*

*So why be a volunteer? A chance to change my life is the reply. Since joining OCSC it has added a lot to my life. I meet lovely people - both patients and other volunteers and staff. I feel I have made new friends.*

*I had a health scare this year and now understand why the word 'support' is in the title of the Centre. Thank you to everyone at OCSC.*



**Anne**

## Bingo Evening

On Friday, September 30<sup>th</sup>, we held a Bingo evening with a potato pie supper at the Home Guard Club in Failsworth.

This was a really enjoyable evening and, together with a raffle, we made a clear profit of £567.

Our thanks, as always, to those volunteers who made it happen, and also to the staff at the Home Guard. Our thanks also go to Shirley Hynes's daughter-in-law who made the potato pies and the cheese and onion pies – delicious. And, of course, our thanks go to everyone who supported us by buying a ticket and attending on the evening.



**Gillian, Anita and friends**



**Norman and David, with Jane, drawing the raffle tickets**

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## **THANK YOU**

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

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# THANK YOU

- to Lisa O’Gara for making a beautiful Christmas cake for us to raffle. It raised an amazing £285 for the Patients’ Support Group. The facilitators of the group, Ros and Eileen, also want to say a special thank you.



Lisa’s friend, Jane, drawing the winning ticket



Lisa handing the money to Eileen

The winning ticket was bought by Matt Levene who works at Spectra.

## Quiz Evening

In October a Quiz evening was organised at the Millgate by Denis Ryder. Geoff Iles, who runs regular quizzes in the Saddleworth area, offered to put together the questions and deliver it on the night.

It cost £5 per team of four to enter and there were plenty of takers.

There was a box of four bottles of wine for the winners and four sets of wooden spoons for the team coming last.

Heather Biggs, from team Roosykemoor, didn’t have any wooden spoons at home and so did her best to ensure her team came last!! Unfortunately she didn’t quite succeed and they came third from the bottom. However, when one of the losing team heard about her antics, he came across and gave her one of his wooden spoons. What a gentleman!



~ Heather with her wooden spoon on the following day ~

Congratulations to the winning team members who all came from Saddleworth.

Together with a raffle we raised £304 on the night – well done and thank you to everyone involved.

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## A Visit from Elliott the Reindeer!

Mid November saw Action Together (the former Voluntary Action Oldham) putting together a Christmas video featuring several of the charities who have benefitted from their help in the past.

And so on the 15<sup>th</sup> November we had a visit from Elliott the Reindeer who came (with his camera man) to talk to people in the Centre. He came just as Carmel had finished her reflexology session and she told him how much OCSC had helped her and others, and how she viewed the Centre as a sanctuary.

She then fed him a carrot – as you do!



**Carmel and Elliott**



**with Ros (Counsellor) and Joan (Receptionist)**

Reindeer clearly become exhausted quite quickly as Elliott then felt the need to lie down and have a massage from Therapist Suzanne:



**~ enjoying a head massage ~**

All in a day's work at the Centre!

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## Congratulations

- to Ros (Counsellor) and David Royle who recently celebrated their Golden Wedding (50 yrs)
- to Shirley (Volunteer) and Pete Hynes who celebrated their Diamond Wedding (60 yrs) by going on the Orient Express.



\*\*\*\*\*



# THANK YOU

- to Maura Ryan for her donation of a lovely Christmas hamper. Maura asked that all patients, volunteers and staff at OCSC be given a free raffle ticket. This was done and Joan Swindells was the winner.



Joan was delighted with her win

\*\*\*\*\*



## Christmas Lunch

On Friday 16<sup>th</sup> December we held our annual Christmas lunch – this year at the Millgate.

The meal was lovely, as were the Millgate staff. There was a photo quiz to do between courses (and, it has to be said, much attempt at cheating by certain people!) and also a free raffle.



Alan and Ann



Pauline and Shirley



Jane, Linda, Tracy and Ruth



John, Anne and Celia



Jean and Pat



**Denis and Sandra**



**Norman and David**



\*\*\*\*\*

**Coffee Morning at the Centre**

We held a Christmas coffee morning and table-top sale on Saturday December 3<sup>rd</sup> and although we were competing with three other Christmas events being held on that day in Failsworth we still managed to raise £115.05. Thanks to everyone involved.

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**Coffee Morning at Home**

The final event of the year took place on Thursday, 29<sup>th</sup> December, when Pam Williams held a coffee morning at home. Thanks to the support and generosity of everyone who attended we raised an unbelievable £140. A sincere thank you to you all.

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**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. - 12.30 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 and Ruth Allington

**OCSC**  
**Ena Hughes Centre**  
**Ellesmere Street**  
**Failsworth**  
**M35 9AD**  
**Tel: 0161 770 8751**

**Board of Trustees:**

- |           |                    |
|-----------|--------------------|
| Chairman  | Cllr Norman Briggs |
| Treasurer | Sandra Abbott      |
| Secretary | Pam Williams       |
| Trustee   | David Heyes        |
| Trustee   | Cllr Cherryl Brock |
| Trustee   | Denis Ryder        |

**Transport manager** Denis Ryder

**Spinners Hall** Jane Clark  
**managers** 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:

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

### WORDWISE:

9-letter word: Quickstep

### LINKWORD:

Police

Rights

Hockey

Diving

Empire

Behind

Ballot

Figure

Corner

Shower

10 letter word: Microlight

## BRITISH TRIVIA:

- 1 Birmingham
- 2 Laurence Stephen
- 3 12
- 4 Queen Victoria
- 5 116 years
- 6 Lincolnshire
- 7 David Bedford
- 8 Countdown
- 9 True
- 10 Graham Chapman
- 11 St. David's
- 12 Edinburgh
- 13 Charlie Chaplin
- 14 Adder
- 15 Anne Boleyn
- 16 Adrian IV