



CELEBRATING 30 YEARS
beechwood

INFOCUS

Your insight into events, news and life at Beechwood Cancer Care

Thank you to a
dedicated loyal
fundraiser,
Linda Lam

PAGE 05

Find out about
fundraising

PAGE 04-06

Coronavirus/Covid-19

Beechwood's support is very much still ongoing during this difficult period.

We have adapted our services and are providing telephone & online support for existing and new clients.

If you need our support please get in touch.

Call 0161 476 0384 or email enquiries@beechwoodcancercare.co.uk

Meet the Team

PAGE 07-09



Christmas
Creations

PAGE 04



Upcoming
Fundraisers

PAGE 06



Man@Manchester
Event

PAGE 05

Supporting people and families through cancer, serious illness and bereavement

Registered Charity No. 1006015 | www.beechwoodcancercare.co.uk | enquiries@beechwoodcancercare.co.uk

Beechwood Cancer Care | @beechwoodccc

WELCOME



Linda Steggles, CEO

IN THIS ISSUE:

03 What happens at Beechwood?

04-06 Fundraising News

07-09 Meet the Team

10 Spotlight On...

11 Beechwood Retail

12 Upcoming Events

At the time of going to press, Coronavirus has led to a degree of uncertainty for all of us; the situation has impacted our services and our 30th anniversary year events programme. We ask that you bear with us as we develop different ways of providing our support at this time. Our thoughts are with all our clients, volunteers and supporters and we very much hope that you remain safe.

A warm welcome to the first newsletter of 2020, a very special year for Beechwood as we celebrate the charity's landmark 30th anniversary.

Since 1990, Beechwood has been a constant for those people whose lives have been affected by cancer and other life-limiting illnesses from across the North West. Over the last 30 years, we have provided free support for thousands of people through all stages of their journey, from diagnosis to moving on, from treatment to bereavement support, with no restrictions on age.

We have a busy year of exciting celebrations and events planned, which will be revealed in our spring/summer edition of the Beechwood Newsletter. New Year 2020 is not just about Beechwood reflecting on the last 12 months, but about looking back over the past 30 years – 30 years of helping those affected by cancer and other life-limiting illnesses.

When looking ahead, we are mindful that Beechwood needs to move forward and embrace change. Health provision across the North West is evolving and our services are more in demand than ever. Beechwood's vision is to ensure the charity rises to these challenges and continues into the next 30 years.

It costs £4,000 per day to keep the charity running and we are so very grateful to all our dedicated supporters, fundraisers and volunteers who work tirelessly in their efforts to raise funds for Beechwood. We shine a well-deserved light on just some of these incredible efforts on pages 04 and 05.

We have welcomed several new colleagues to the Beechwood Team recently and in this edition, we find out more about our Creative Therapies Practitioner, Meggan Kwan.

It is an honour to be custodian of Beechwood at such a significant time and I look forward to celebrating our 30th anniversary with you during the course of 2020.

Linda Steggles

What happens at Beechwood?

Since 1990, Beechwood has provided emotional, psychological and practical support for not only the person with the diagnosis, but for their family, friends and carers.

Beechwood's services are free of charge and we offer a range of support services, which are personalised to suit the individual. These range from a tailored programme of support with one-to-one counselling, hypnotherapy and complementary therapies to support groups on diet and exercise, or simply a coffee and a chat – to name but a few.

If you or someone you know has been affected by cancer or a life limiting illness and could benefit from our services, you can get in touch by phone, email, or drop into the centre. We are open Monday to Friday. Come and chat to Ann or Helen in our information centre (Mon-Thurs) for some advice on issues such as finance, nutrition and wellbeing. You can also self-refer and arrange an assessment to access our support services.

The charity benefits from a fantastic team of volunteers to support a variety of key roles and we are always looking to add to this team. If you can offer some time to Beechwood, we'd be delighted to hear from you.

Our work supports:

- Clients at any point of their diagnosis - before, during or after treatment
- Children living with illness or the loss of a parent or significant carer
- Carers of those with a diagnosis – helping with the impact and uncertainty that this brings
- Bereavement in the form of one-to-one support, facilitated groups and peer groups

Festival of Lights and Carol and Dedication Service

Thank you to all who came together at our Festival of Lights and Dedication Service events to remember those loved ones who are no longer with us.

We hope that these events enabled you to take time out from the busy festive season to reflect and remember.



Get in touch:

We are keen to continually improve all our services and events and would welcome your thoughts and feedback. Please take a few minutes to share your comments and suggestions at enquiries@beechwoodcancercare.co.uk or call 0161 476 0384

Fundraising News

We've been overwhelmed in recent months by the incredible fundraising and awareness raising efforts from our supporters and donors. Here are just a handful of the recent good news stories...

Cherry Baguneid

Beechwood's very own adventurer Nurse Therapist, Cherry Baguneid undertook the challenge of a lifetime as she trekked from Jordan to Petra to raise funds for Beechwood. The week-long trek over mountainous terrain saw the group walking for 10 hours per day in the desert heat. The group were accompanied on their trek by local Bedouins who provided delicious local food and shelter in the form of tents under the desert sky. Their determination was finally rewarded as they took in their first glance of the legendary Petra. Cherry described the scene upon her return to Beechwood saying, "Everyone was in really high spirits and after a 8km walk in the morning, yet more ups and downs over sand dunes and mountains, we got to walk into Petra by the Monastery. It was just breathtakingly beautiful and worth the effort to get there."

Cherry's incredible journey from Jordan to Petra has raised over £1000 for Beechwood. Congratulations and thank you to Cherry from all the team!

Margaret's 10k

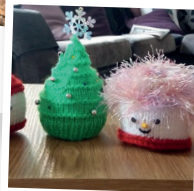
One of our wonderful Complementary Therapists, Margaret Carleton set herself a mammoth challenge for 2019 to complete 12 different 10k runs throughout the year. Margaret's challenge saw her take on one 10k run per month and travel across the country and abroad to complete her target. Margaret's ambitious challenge has helped to raise over £1,600 which will be shared between four charities, including Beechwood.

Hi, I'm Margaret and I have just reached my 65th year of this amazing and precious life. I am extremely grateful to have such an amazing and supportive family, wonderful friends, good mental, physical and spiritual health and that I have been able to work and volunteer in roles that have meant so much to me and to those that I have met along the way. To celebrate this special year, I accepted a challenge to run a 10k (6.2 miles) race during each month of 2019.

Cherry Baguneid
in Jordan



Christmas Creations



In support of Cherry's incredible trek, a group of volunteers came together in the run up to Christmas to create a plethora of knitted chocolate orange covers. The group's creativity and skills brought us knitted angels, Christmas puddings and festive hats - to mention but a few! The campaign grew and grew and raised a further £900 for Beechwood.

Thank you to all our talented supporters for their dedication.

Margaret Carleton



I'd like to thank everyone who has supported me and donated along the way.

Special Thanks

Thank you to a dedicated loyal fundraiser, Linda Lam

A special thank you to a long-time, dedicated supporter Linda Lam who hosted a fabulous night of music and memories with a Neil Diamond evening at the fantastic Rainbow 88 restaurant in Cheadle. The night was a great success with proceeds going to Beechwood. This is just one of many events that Linda has delivered over the years, not just for Beechwood, but for other charities and good causes. Linda is a truly remarkable supporter of Beechwood.

Beechwood would like to thank Linda for her tireless, enthusiastic and imaginative support in helping raise funds and awareness for those who need Beechwood's help. From everyone at Beechwood – thank you Linda!



Thank you to Linda Lam



**£160,000
RAISED**

Man@Manchester

In November, Beechwood hosted its legendary sell out comedy lunch 'Man@Manchester' at the iconic Hilton Deansgate hotel. The packed afternoon included entertainment by the renowned magician Dynamo and award-winning comedian Gary Marshall, in addition to an exclusive auction and raffle of 'money can't buy' prizes. In total, the afternoon raised a staggering £160,000 for Beechwood. That's enough to keep our centre open for 2 months! The whole team would like to say a huge thank you to everyone who supported the event.

Get in touch if you'd like to be the first to hear when tickets for this year's event, 27 November 2020, go on sale!

Upcoming Fundraisers

Please show your support for Rebecca Blackburn and Dave Hughes who are undertaking mammoth challenges for Beechwood this Spring.

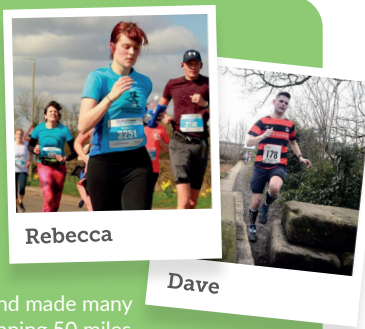
Rebecca works at Vitality Health Insurance in Stockport and has put her best foot forward to train for the London Marathon on the rescheduled date of 4th October in support of Beechwood. Rebecca is passionate about Beechwood after her Mum received support during a difficult time in her life.

To sponsor Rebecca, please visit: www.justgiving.com/fundraising/rebecca-blackburn4
To sponsor Dave, please visit: www.justgiving.com/fundraising/joannehughes2012

From all of us at Beechwood, we wish you both the best of luck and look forward to hearing all about it. Our Complementary Therapists will be available to help those aching feet afterwards...

If you've been inspired to complete your own fundraising challenge for Beechwood, get in touch and we'll give you all the information you need. Whether it's taking part in the Great Manchester Run or even doing a virtual half marathon at home – we need your support!

If you'd like more information about any of our events please email events@beechwoodcancercare.co.uk



Rebecca

Dave

"When I walked into Beechwood for the first time eight years ago, I felt like it was standing there with arms open"

One minute with...Kate McClay

It was such a lovely feeling and I knew immediately that this was a place I wanted to work. For six years I worked as a volunteer once a week, but for the past two years I've been a Complementary Therapy Coordinator. As part of my role, I work with patients, carers and families at all stages of their cancer journey.

I've been working with and teaching complementary therapies for around sixteen years. I've been lucky enough to not only train in the Western styles, but also Eastern - training with the Japanese Reiki school. I pursued courses in a number of different areas, including counselling and cancer awareness, but came back to reiki and complementary therapies. Over my career in this field, my focus has been on supporting cancer patients, their families and people facing other life challenges.

Personally, I have a long relationship with cancer, with every member of my family being diagnosed with it or with another serious illness at varying stages, including myself. I realise how beneficial it would have been to have somewhere like



Kate McClay

Beechwood. When my sister was fortunate enough to be a patient here over 10 years ago, she found it incredibly beneficial and always said that she could see me working here.

Outside of Beechwood I'm lucky enough to live in the countryside with my daughter and rescue cockerpoo, Charlie. One of my main passions in life has always been live music, which we luckily have a lot of in the Manchester area. In festival season I'll be off with my tent to go and dance around a field in my wellies!

"It really is an honour and privilege to walk alongside and support clients on their journey through Beechwood".

Meet the Team

8 years and counting...

Would you like to volunteer for us at



Many volunteer roles require no experience. Your time, interest, enthusiasm, sense of humour, willingness to adapt and reliability are the most important requirements.

Contact enquiries@beechwoodcancercare.co.uk or download an application form from our website and return it to: Beechwood, Chelford Grove, Stockport, SK3 8LS

Our Longest Serving Staff Member

Sam Parkin

Meet Sam Parkin, Referral and Assessment Lead and Beechwood's longest serving member of the team. Here Sam shares her story and experiences of the last 27 years of working at Beechwood.



Sam Parkin

I first came to Beechwood in 1993 on an agency shift when the charity was a palliative care, in-patient unit, similar to a hospice. I had become disenchanted with the 'medical model' working as a young nurse in the NHS and had started to develop a strong interest in complementary therapies. Through my early experiences working within the NHS, I realised that my natural skills and abilities lay in empathy, listening and talking and it suddenly dawned on me that this is the route that I should follow.

Upon first entering Beechwood, I was overwhelmed by what a lovely place it is and felt at home as people were encouraged to talk about themselves and how they were feeling!

I started working lots of night shifts to support myself through university and when the charity moved away from hospice to community care, I took the leap to focus on psychological support.

I was involved in creating the first therapy programmes at Beechwood and led the move to developing models of psychological support. The move to a structured programme quickly led to the development of additional programmes of support for carers and the bereaved.

I enjoy being able to have an idea and bring it to life in a forward-thinking environment. I've loved my 27 years at Beechwood and feel privileged to be in a position where I have conversations in meaningful ways with clients who trust me with things that they don't feel able to share with anyone else. Seeing someone at their lowest point in their first session, progress and transform over the course of their support package is incredible and is a tremendous boost.

"I was involved in creating the first therapy programmes at Beechwood"

Supporting Placements

University Students

Beechwood is eager to support student placements and provide first-hand experience of what our roles at Beechwood entail. We are currently supporting four psychology students, with two of the students, Rob and Heather, sharing their experiences so far.

Rob, 21

Straight away, I noticed the friendly and family-like atmosphere around Beechwood from the staff at reception to the therapists and admin team. Everyone has been willing to listen to advice and my opinions, while also being extremely helpful in teaching me about the 'ins and outs' of Beechwood. I have been able to learn not only about the different therapies such as hypnotherapy, mindfulness and play therapy, but also about how Beechwood needs to raise funds to deliver its services through donations, fundraising events, retail, recycling and Gift Aid.

I was also able to gain tons of information about the drop-in Information Service at Beechwood and found out that they have information about different issues such as money, work and hair loss and different types of cancer through booklets, audio CDs, newsletters and reports. One of the clients going through an assessment allowed me to sit in and study how the therapist works and interacts with the client, which also showed me the process of an assessment. Personally, learning about play therapy (which I previously had no knowledge of) has opened more options for me after university. The people and the atmosphere around Beechwood are amazing and informative and I am thankful for this experience.

Heather, 37

My initial thoughts about coming to Beechwood on my university placement were a combination of anxiety and excitement. Excitement at the prospect of being allowed to see how this fantastic charity operates and witness the valuable services that it offers, yet anxiety because just nine months ago I lost my dad to cancer, so on a personal level I was aware that it had the potential to feel 'close to home' in respect of this.

As soon as I walked in on that first day, I immediately felt the sense of community in the centre; each and



Rob and Heather

"It's invaluable to be able to see how Beechwood operates and the impact it has on the service users"

every department works together to keep the centre functioning. There is clearly a shared goal between every person who works or volunteers at Beechwood; to provide the best possible service to their users.

As a psychology student, it's invaluable to be able to see how Beechwood operates and the impact it has on the service users and the wider community. As a person who has lost someone to cancer, it has provided a truly humbling insight into how valuable charities like Beechwood are in our communities.

Spotlight On...

Family Support Team

The Family Support Team is a service that supports families where a family member has either a life-limiting illness or has died of such an illness. A life-limiting illness undoubtedly brings changes into a family. Examples of this would be that a previously healthy parent is no longer able to work, do the school run or may become cognitively impaired - affecting communication. Treatment may produce side effects that impact on the wider family and the things that were once taken for granted become more difficult.

Family members may need to adopt a carer role, leaving less time to devote to children and the wider family.

When a parent or guardian dies, this brings with it a whole cycle of loss, grief and adjustment. The Family Team offers services to help families in such difficult situations.

"Family members may need to adopt a carer role, leaving less time to devote to children and the wider family"

Introducing Meggan Kwan, Creative Therapies Practitioner

Having previously worked within the NHS in a Children's Palliative Care Team, I was very excited to join the team here at Beechwood in October 2019. Within my role as Creative Therapies Practitioner, I work alongside my colleagues in the Family Support Team to offer a variety of therapeutic interventions to children, young people and families accessing our services. As a certified Play and Creative Arts Therapist, I offer one-to-one and group creative therapy sessions for children and young people who are experiencing a close family member living with a life-shortening illness or the death of a loved one.

As my role develops at Beechwood, so does my spark for learning and innovation.

I have received a lovely warm welcome from the Beechwood team and I very much look forward to contributing to the support we give to families who need the help of the Charity.



Meggan Kwan

Donate at our shops

We have three busy shops in Heald Green, Woodley and at Chelford Grove and there's always a bargain to be had! Our shops are treasure troves of clothes, gifts, games and books plus much, much more – and we often stock high end labels and seasonal ware.

The generous donations we receive are processed by the busy team at our Distribution Centre in Cheadle Heath. As well as sorting, steaming and organising lots of fabulous stock ready for the shops to sell, the Distribution Centre also processes all our recycling. We can recycle almost all clothing, household linens, shoes, bags and belts, no matter what their condition. Our recycling scheme also contributes to the retail division of the Charity, ensuring that nothing is wasted, and every penny really does count!

You may have spotted our busy Beechwood van out and about in Stockport, delivering new stock to our shops most days. We are currently recruiting Volunteer Van Drivers who can commit to a minimum of 3 hours per week. Steve is one of our Volunteer Van Drivers who collects and delivers goods from our charity shops and explains why he enjoys volunteering: "It's a really interesting role and I enjoy the variety. It feels hugely rewarding to be part of the volunteer team. I have always been made to feel so valued and welcome by everybody. I have met so many lovely people and have made new friends along the way."

If you are interested, please contact Jane on 07539 901890 or jane.austen@beechwoodcancercare.co.uk

Beechwood Retail

The retail division of Beechwood plays a large part in raising much needed funds for the Charity.

Our friendly retail leads are Sara at Heald Green, Sue at Woodley and Jacqui at the Distribution Centre – all supported by our Retail Support Manager, Jane. Pop in and say hello at any of our shops and you'll be sure to get a warm welcome. You can donate at any of our shops during opening hours as well as at the Distribution Centre on a Tuesday, Wednesday and Friday.



Volunteer Van Driver, Steve

giftaid it

We're hugely appreciative of the stock we are given and even more so when a donor can Gift Aid it. We get an extra 25% on top of the selling price for Gift Aid sales, (providing the donor pays tax in this country).

Due to the current coronavirus situation, our **30th Anniversary Butterfly Ball** and other summer events are on hold. We will let you know all the details as soon as we can.

Ladies' Lunch

Friday 23rd October at The Lowry Hotel, Manchester.
12.00-5.00pm

Tickets now on sale, tables of 10 VIP £750, standard £600.
Individual tickets available VIP £75.00, standard £60.00. To book, please email marianna.torevell@beechwoodcancercare.co.uk or call **0161 476 0384**

Man@Manchester,
Friday 27th
November 2020
at the Hilton
Deansgate Hotel

ABC Level 2 Counselling Course

Beginning on Tuesday 3rd March 5 – 8pm at Beechwood for 10 weeks. £240

The first step for those wanting to move into counselling or to support caring responsibilities or an existing role.

The course will be running again later this year - let us know if you'd like us to keep you updated by emailing counselling@beechwoodcancercare.co.uk



Celebrating 30 years of Beechwood

Do you have any memories of Beechwood over the years that you'd like to share? Have you got old photographs of our centre? We'd love to hear your stories and share them in our next issue. Drop us a line by post or email rachel.robinson@beechwoodcancercare.co.uk

CONTACT US

0161 476 0384

enquiries@beechwoodcancercare.co.uk

 Beechwood Cancer Care

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BEECHWOOD INFOCUS BY EMAIL?

Would you like to find out more about Beechwood's events and receive your Infocus by email? Please email your name and email address to enquiries@beechwoodcancercare.co.uk

Beechwood does not share your data with other organisations and respect your privacy. If you wish to unsubscribe from the mailing list email: enquiries@beechwoodcancercare.co.uk