



beechwood
Supporting those affected by cancer and other life-limiting illnesses

INFOCUS

Your insight into news and life at
Beechwood Cancer Care



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0161 476 0384

www.beechwoodcancercare.org.uk



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Beechwood Cancer Care

A message from our Chairman



Firstly, I hope those reading this newsletter are well and coming through what has been

a very challenging 18 months or so. It is a pleasure to see Beechwood steadily resuming its full complement of services, with the gradual return of group support and complementary therapies at the Centre... and the first fundraising event in nearly two years taking place!

The Beechwood Golf Day was a fantastic way to get back into the swing of things. The event raised an incredible £12,000 thanks to the support of local businesses and golf enthusiasts and was a super day all round. Many thanks to those who attended and the team who organised the day.

It's also a delight to announce the return of our Man@Manchester event - making its comeback on the 26th November at Lancashire County Cricket Club. The afternoon will be packed with fantastic entertainment, celebrity guests, together with superb auction and raffle prizes. This event sells out quickly, so I'd recommend you book now to avoid disappointment! For table reservations, contact marianna.torevell@beechwoodcancercare.co.uk



John Stevenson MBE

I would like to take this opportunity to say a huge thank you to Beechwood's supporters; your dedication and kindness to this local charity is both important and appreciated; likewise, my thanks to the Charity's volunteers, staff, and patrons.

Within this issue, you will read about some of the fantastic support we have received over the last few months. Thank you to all those featured, and to all who have been so generous. This support continues to play a vital part in Beechwood's ability to provide help to those who need it, particularly as we come out of pandemic restrictions, with the potential increase in the need for Beechwood's services.

I very much hope you enjoy reading this issue and once again, thank you for your support to Beechwood.





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Want to keep up to date?



We are asking our wonderful supporters if they would like to continue receiving our marketing communications including our Infocus Magazine!

Let us know...

Please provide us with your name and contact information, and we'll keep you up to date!

Please contact 0161 476 0384
amy.geldard@beechwoodcancercare.co.uk

Supporting those affected by cancer and other life-limiting illnesses



Our Team provide support to people of all ages, to help them with their emotional wellbeing when facing the shock of diagnosis, effects of treatment and the impact from the loss of a loved one.

Now that restrictions have eased, we are delighted to resume our wrap around services to those we support - welcoming back a fantastic range of complementary therapies and re-introducing our various groups.



Reiki & Reflexology

Every Wednesday

“ The therapy was so relaxing, and I literally felt my tensions melt away. It was an amazing 45 minutes, and I can't wait to continue with my follow up sessions. ”

Yoga with Cancer

Every Wednesday 2pm - 3pm

“ The sessions feel really comfortable and Amy is very supportive and encouraging and exudes a sense of calmness that I benefit from. ”

Mini-Spa Treatments

Every Monday

“ I walked into the room achy and tired, I came out of the room with a relaxed energy I haven't felt in a long time. A wonderful experience. ”

Seated Exercise

Tuesday 11am - 12pm

“ Light-hearted class with beneficial exercises for all abilities. Emma gives good explanations about each exercise, so we know the benefits. ”

Tai Chi

Thursday 10am - 11am

“ Relaxing yet I feel that I've had a workout. Great teacher. Thank you to Beechwood for this, I am truly grateful. ”



If you are a client at Beechwood and would like to join any of these sessions, please contact the Centre on 0161 476 0384

Our new partnership with Stockport County Football Club



We are over the moon to announce our new partnership with Stockport County!

With our Centre being just the kick of a ball away from Edgeley Park, we expect this local partnership to bring an increased amount of awareness for the Charity and include some exciting fundraising activities and events along the way!



Exciting plans are currently being made and we can't wait to kick off the partnership!
Watch this space...

Our CEO Linda, and our Marketing and Communications Officer, Amy, represented Beechwood in the Team photo!



Did you know...

...Beechwood's logo can be found on the back of the Third Shirt! £3 from each sale of this striking new shirt goes straight to our Charity.

Huge thanks to...

We are always in awe of the incredible support we receive from individuals and organisations, especially during the past 18 months. Fundraising was hit hard due to COVID-19 restrictions, but here are just some of the many people who have found ways to raise funds for Beechwood...

Diane and Mark

Instead of wedding gifts, Diane and Mark asked their wedding guests to donate to Beechwood and in total, raised over £1,100!

Not only did they raise money, but they also raised awareness of the Charity by having leaflets, balloons and collection tins at their wedding reception.



“ So many of our close friends and family’s lives have been affected by cancer, and the work of local cancer centres and their volunteers is of huge importance. We wanted to support Beechwood instead of wedding gifts as we felt it would make our wedding day even more special. ”

Alex Kemp

Big thank you to Alex who took part in the Manchester Marathon on the 10th of October, on behalf of Beechwood. Alex ran in memory of his dad Sid, and as a thank you to Beechwood for the support we provided him and his family during a very difficult period in their lives.



“ The Charity will always hold a place in my heart for the help provided, and I want to see this continue for others. ”

To show your support to Alex, please visit www.justgiving.com/fundraising/alex-kemp39

Phil Smith



Phil raised a mammoth £1,140 back in July when he took on the 100 Ultramarathon Lakeland Race. Known for its difficulty, he managed to complete the strenuous 100 mile trek of the Lakeland Fells and raised the money in memory of his mate, Si.

What an amazing achievement!



Morrisons Cheadle

Heath Community Champions

Melina and Nicola have been an incredible support to the Charity over the past months, kindly donating some much-needed items for our Centre and Family Team. We now have plenty of teapots for coffee mornings and events, as well as sunflower seeds and ceramic mugs for our Family Team to use for decorating! They also donated refreshments for our Golf Day goodie bags - **thank you so much!**



Some of the donated sunflower seeds were planted in the Beechwood Garden - look how tall they're growing!





Pareto

Massive thank you to the team at Pareto, who chose us as their Charity of the Year!

Throughout the year, Pareto have shown their amazing ongoing support to us by taking part in a number of exciting fundraising activities. They also took on our #BeechtoBeach challenge!



Pareto

ALL MATTERS FINANCIAL

“ Beechwood Cancer Care was voted as our 2021 Charity of the Year, and at the time was helping one of our colleagues with a family member’s cancer diagnosis. So far we are delighted to have raised over £1,000 for Beechwood to help them continue the wonderful work they do to support those with life-limiting illnesses.

Our fundraising kicked off with a Valentine’s raffle and to date has included a bake-off, raffle, Euro sweepstake, fantasy football league, monthly bonus ball lottery and the #BeechtoBeach challenge. Eleven colleagues each ran as far as they could during May to see if we could cover the distance to Brighton from Beechwood’s Centre. We actually managed to run a collective 778 miles which took us all the way to Biarritz in France!

Jen Macfarlane - Pareto



A warm welcome to... Jacqueline Anderson



Our new Client Services Manager, Jacqueline, introduces herself and talks about her role at Beechwood.



I started my wellbeing journey as a teenager after being bullied at school. I took up karate and have been studying and teaching martial arts for over 38 years.

I qualified in holistic complementary therapies during the 1990s and alongside that, spent over 25 years in the property management and construction industry. I decided to then follow my passion for mental health and wellbeing and qualified as a counsellor and hypnotherapist.

During the pandemic I wanted to do something to help people who were struggling with the restrictions whilst also raising funds for the Samaritan Charity – so I wrote and published a book called “A Year for Change.” The book includes 52 top tips to guide your way and 25% of the sale profits are donated to the Charity.

I am an experienced counsellor, hypnotherapist, and holistic therapist. I have also worked with corporate companies delivering interactive wellbeing workshops on stress and anxiety within the workplace.



During the last 8 years, I have been volunteering with the Samaritans on a weekly basis and volunteered with the NHS throughout the pandemic as a ‘check in and chat’ volunteer.

I am now proud to be working with and supporting a great client services team at Beechwood.

Beechwood encompasses everything I am passionate about, relevant to our mental and emotional wellbeing. Together, with the counselling services and the wrap around complementary therapies offered, this fantastic charity gives a complete and bespoke package of support to the individual which is unique. Beechwood is quite simply a great place to work!



Mrs Bollen's Extra Mile...



In June, Will Bollen took on the gruelling challenge of running 27.6 miles in 27 hours for Beechwood, in memory of his mum Jane.



I began running the morning after my mother Jane lost her fight against cancer. I remember waking up in a daze and not knowing what to do with myself. With everything surrounding my personal life for the preceding months I felt emotionally drained. After pottering around her house and cleaning up a bit, I suddenly felt this urge to go for a run. I hadn't run in a few years so tried not to be too hard on myself.

This became my routine for the next 3 weeks - wake up and run.

After the first week I could feel the boost it was giving me, not physically as my shins and knees hated me, but mentally. I had read about the stages of grief that people go through and I used my running to help me power through. I channelled all this emotional pain into my runs and slowly started to increase my distances - eventually getting up to 17 miles in one go in December.



I decided that during 2021, I would use running as a way to fundraise for various charities, but to do a special event in June/July to celebrate my Mum's life. There was only one Charity I could raise funds for during this, and that was Beechwood.

Beechwood had been a great foundation of support for Mum when she first got her diagnosis, but when lockdown struck and the restrictions were put in place, Mum was all alone at the Christie. We discovered that people from Beechwood had been there for Mum when we couldn't. She always spoke fondly of them and talked about how they helped her through that time. When she died, she was holding two therapy stones that had been given to her by someone at Beechwood. These stones now accompany me on every run/walk I do as a way of having Mum with me.





Originally, I had wanted to do a 'Tough Mudder' for my challenge, however with the uncertainty surrounding Covid restrictions, I decided to change it to an event I could adapt if required. One of my earlier targets was to get to a marathon distance (approx. 26.3 miles), but my legs wouldn't allow this at the moment. So I adapted this to running one mile per hour for 26 miles. I increased it to 27 miles in order to go the 'extra mile' that my mother would always go for anyone.

It was one of the toughest challenges I have ever set myself. It looked a lot simpler on paper, but doing it required a whole different mind-set. I could not have done this alone and with the help of my support team, I was able to power through. That and my lucky leopard print sweatband.



I'd like to thank my friend Paul for staying up with me throughout the night as without his positive support I would have given up. I'd also like to thank my family for their support and encouragement over the last year. I'd like to thank my children Phoebe and Rupert for believing in me and helping me pick my playlist. To everyone who has donated and supported this cause in honour of Mum - thank you. I only expected to get to £1,000 but thanks to their kindness, at time of writing this, we are at £1,850.



We miss you Mum X



To show your support, and to keep track of Will's running journey, follow him on Twitter and Facebook @KeepRunningWill

Helping a little, helps us a lot

Throughout the pandemic, Beechwood has continued to provide much needed support to those who need it. We have kept our doors open during national lockdowns and we have ensured remote support has been available for those unable to visit the Centre.

As restrictions have eased, we expect to see more referrals to the Centre due to late diagnosis and bereavements.

We need your help now more than ever.



It costs £4,000 each day to run our Centre and deliver our psychological support and wrap-around holistic services. We rely on the generosity of people like you to help the Charity to continue providing local support to those affected by cancer and other life-limiting illnesses.



If you would like to make a donation to Beechwood, you can scan the QR code here



You can also make a donation by visiting our website www.beechwoodcancercare.org.uk or by calling 0161 476 0384

giftaid it

Every £1 you donate could be worth an extra 25p at no cost to you.

Please complete this form and send it to:
Beechwood Cancer Care
Chelford Grove
Stockport
SK3 8LS

By completing this form you can boost the value of your gift by 25p for every £1 you have already given. **I want Beechwood to treat all donations I have made:**

Today In the past four years In the future

(Tick all that apply) **as Gift Aid donations until I notify you otherwise**

I understand that I must pay an amount of UK Income Tax and/or capital Gains Tax (6 April one year to 5 April the next), that is at least equal to the amount of tax that all the Charities or Community Amateur Sports Clubs I donate to, will reclaim on my gifts for that year. I understand VAT and Council Tax do not qualify.

Signed: _____ Address: _____

Date: _____

Name: _____ Postcode: _____

Email: _____

Helping secure the future of Beechwood...



If you'd like to make a donation each month, why not sign up to our Butterfly Club? Your regular donations will help to secure the future of Beechwood and **will enable us to provide continued care for our patients and their families.**

Standing Order Mandate

Your Bank Details

To _____ Bank

Address _____

Please Pay The Co-operative Bank Stockport Branch 08-90-24
Bank Branch Title (Not Address) Sort Code No.

For the credit of Beechwood Cancer Care
Beneficiary's Name

6	5	3	9	7	5	5	4	X		
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Account Number & Type

† The sum of First Payment **£** _____ Amount in Figures _____ Amount in Words

Commencing *(date) _____ Date of First Payment / ***NOW** **£** _____ and thereafter _____ Due Date & Frequency

***Until** _____ Date & Amount of Last Payment

*** Until you receive further notice from me/us in writing**

Quoting the reference _____ **and debit my/out account accordingly**

Please cancel any previous standing order or direct debit in favour of the beneficiary named above this reference

Special Instructions _____

_____ Account to be Debited

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Sort Code

--	--	--	--	--	--	--	--	--	--

Account Number

Name: _____

Note: The Bank will not undertake to:

Signature (s): _____

- (i) make any reference to Value Added Tax or other indeterminate element
- (ii) advise payer's address to beneficiary
- (iii) advise beneficiary of inability to pay
- (iv) request beneficiary's banker to advise beneficiary of receipt

Date: _____

* Delete if not applicable

Note: Please ensure signed in accordance with account mandate

† If the amounts of the periodic payments vary they should be incorporated in a schedule overleaf

Events are back at Beechwood...

We are extremely delighted to now be able to hold events for our clients and supporters!



Family Forest Adventure Day

On the 22nd August, some of the children who use our services were treated to a fun-filled and exciting afternoon of activities at Beechwood's forest experience!



The aim of the experience was to support the children socially and emotionally through play and adventurous activity in the great outdoors. It was also a chance for them to spend time with their families and have fun!

“The day was brilliant and so were the staff! We loved the fresh air and spending time together as a family. My son particularly enjoyed building the fires! Thank you for all your help.”

Parent attendee



The children had fun around the campfire singing songs and playing games, they also had a tug of war competition and explored the woodland areas!



Beechwood Golf Day

Our first fundraising event in nearly two years was a **HUGE** success! **BIG** thanks to all the support we recieved on the day!



The threat of rain did not affect the amazing day of golf that took place at Bramhall Golf Club on the 10th September. 24 teams came together to take part in the competition and the variety of challenges throughout the course. Challenges included Nearest the Pin and Beat the Pro, with players in with the chance to win some fantastic prizes. In total, **an incredible £12,000 was raised for our Charity.**

and the winners were...



Luna Team 2!

Special thanks to...

Pareto

for their kind sponsorship of the day



Adana Construction

for their sponsorship of the Halfway House



Stockport Electrical Services, ESA Risk and Mulbury Homes

for their sponsorship of the Par 3 holes

Shirley Crouch

for helping organising the day

All our golf supporters

All volunteers

who helped on the day



Gail's story...



Many years ago, my husband died after a very long struggle with cancer.

Three years later my mother died, again from cancer - a skin melanoma.

Two years later, my two sons, now young men, were just starting out in life. This was when my youngest son Scott became very ill very quickly and died within 6 weeks from a brain tumour. He was 25 years old.

My whole world collapsed. I sat in my armchair for months, unable to speak, cry, think.

**My body ached.
My heart was
broken.**

It's not clear how or when I started to seek help, but I did have consultations with several different organisations. I found none of it was useful. One service was over the phone, which I felt was simply no use to me. Another organisation felt that they were unable to help because they believed what I needed was urgent support. Due to their long waiting list, they were unable to provide the urgent support I needed.

After 6 months of being rejected by various organisations, my GP suggested Beechwood Cancer Care Centre. I wasn't sure if Beechwood provided support to partners or parents like me and to be honest, I couldn't really stand to hear another reason why I wasn't eligible.





Here's my lovely son Scott.
A kind gentle soul.

“ I soon had an appointment with my counsellor, but I was not holding out much hope. I was completely shut down by now; however she was so gentle, understanding, and supportive. It took a while, but she became like a friend (even though she was always professional.)

Gradually I started to unwind from these horrendous, traumatic years.

**I was a mess.
She was my
saviour.**

I can't ever thank her or Beechwood enough.

Ongoing from there, I sought further counselling which was beneficial. I also became the Art and Craft Support Volunteer at Women's Centre Stockport, where I have been for 8 years. I feel like this is a way I can repay the help I'd been given along the way.

A few months ago, I donated my late son's three guitars to the Beechwood shop in Heald Green. I emailed a few weeks later about donating some more items and the manager told me my son's guitars had been bought by a lady for her dad who was lonely during lockdown and wanted to learn to play. I could not think of a better place for them to go. Scott would have been delighted.

Thank you all for all the help you gave me. I've now got some of my life back.



Beechwood offers a range of services to help with grief and bereavement in a non-judgmental environment. Our approach ensures you feel safe and secure to work through your grief in your own time.



If you would like to make a referral for yourself, or on behalf of somebody else, please visit www.beechwoodcancercare.org.uk, call 0161 476 0384 or email clinical@beechwoodcancercare.co.uk

Retail Corner...



Let's see what's been happening over at our Beechwood shops!

Everything £1!

With a range of women's, men's, and children's clothing, as well as a variety of bric-a-brac and media, come visit our very own pound shop at the Centre in Chelford Grove and grab yourself a bargain!



Open Monday, Tuesday and Thursday, 9am -12pm



Beechwood on the silver screen...

Back in April, our Heald Green shop had a surprise visit from the BBC News! Did you see us?

Our shop had just reopened after lockdown and was full to the brim with stock donated to us by our lovely supporters. Sara, our shop manager talked to the BBC about how grateful we were to those who had donated.



“ The whole day was exciting; it was quite last minute, so I was very nervous. We felt a buzz in the shop because we had never had this happen before, the Volunteers were all very excited. It was something positive after such a tough time through the pandemic and welcomed publicity for our shop - the locals loved seeing it! So many people popped in to say they had watched it and I am still receiving a curtsy by a regular shopper which makes me giggle! ”

Sara - Heald Green Shop Manager

Volunteer Spotlight on...

Jeannette Ingham

Whilst taking part in a Beechwood card making workshop, Jeanette met one of our volunteers, Chrissy, who told her about how great it is being a volunteer. Jeanette started volunteering at our Heald Green shop not long after, and has been helping Beechwood for over 4 years.

Jeannette has since used her skills to make beautiful crafts and cards to raise funds for Beechwood.



At Beechwood, Jeanette took part in one-to-one counselling and reflexology; she was also given advice on how to tell her Grandchildren she had cancer.

Jeannette says she feels she can't do enough for Beechwood after everything we have done for her.

“ I just love Beechwood! ”

Our Heald Green Shop Manager, Sara says “Jeannette volunteers in the sort room and helps me out so much because she's a little magic whirlwind, helping me tag and steam the clothing and keeping our shop stocked up. She's such a jolly volunteer and gets on so well with all the team.”

Would you like to volunteer for us?

We are always on the lookout for volunteers to help out, whether it be in our shops or at the Centre – we are always so grateful for any help we receive!

Contact the Centre on **0161 476 0384** or email **volunteering@beechwoodcancercare.co.uk**

Dates for your diary...



Man@Manchester



Friday 26th November

IT'S BACK... We are so excited to announce the return of our Man@Manchester event which will be taking place at **Lancashire Cricket Club**.

A fun-filled afternoon full of great entertainment and amazing auction and raffle prizes – you don't want to miss out!

To book your table please contact the Centre on 0161 476 0384.

Beechwood's Christmas Carol & Remembrance Service

Thursday 9th December
St Mary's Stockport Market Place
7.00pm



This Christmas, we are thankful to be able to once again, **come together to remember loved ones** that we have lost over the years.

To have a candle lit in memory of your loved one and to have their name on Beechwood's Scroll of Remembrance, we ask for a donation of £5.

Please contact the Centre on 0161 476 0384.

Christmas Closure Dates

The Centre will be closed for Christmas

22nd December – 3rd January

Reopening 4th January

Our retail shops will be closed for Christmas

24th – 28th December
31st December – 3rd January

Reopening 4th January