



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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Success at
Man@Manchester

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Beechwood Cancer Care



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A message from our CEO



Linda Steggles

“ Welcome to our InFocus Spring 2022 issue, our last hard copy magazine before we make the exciting move to e-newsletters.

It's been a busy few months at Beechwood, welcoming back our wrap-around support services which were suspended due to pandemic restrictions; as the months progress, we'll be introducing even more wrap-around services as part of Beechwood's package of support.

Last November saw the return of fundraising events [after the pandemic restrictions] and we were in awe of the amazing generosity of guests at our Man@Manchester comedy afternoon – it was a fantastic event, and a good time was had by all. Our next fundraising event will be our Ladies Lunch on Friday 6th May at The Lowry Hotel.

The new year welcomed in new community and corporate supporters, and my heartfelt thanks go to our community fundraisers, who always go the extra mile to raise funds for Beechwood. A special mention also goes to Hap Solutions, Boole's, and Disley Golf Club for their recent support, notwithstanding my gratitude to all the Charity's supporters, not forgetting our fabulous team of volunteers.

The year so far also welcomes new additions to the Beechwood Team, whilst a sad farewell was said to Paul Fairclough, who retired after 22 years of ensuring Beechwood's Centre was maintained, safe and 'ship-shape'. Paul has given incredible service to the Charity, and a lovely gathering was held to mark the occasion (see page 11) – though it's fair to say a few tears were shed! We wish Paul all the very best – he will be missed.

Finally, I very much hope you enjoy reading this edition of InFocus; thank you for your continued support to Beechwood – together, we are helping those affected by cancer and life-limiting illness, which is ever more important after such a difficult couple of years.

Linda

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We're moving online

Beechwood is continuing to grow and modernise as a Charity, and with that comes expected changes.

To help cut costs, and to follow the footsteps of other local and national charities, we are moving our InFocus newsletter online.

This is an exciting opportunity to share our news, information and upcoming events easily and more frequently, via email updates.

We trust that you will support us with this move by signing up to our mailing list.

Thank you!



**Don't miss out...
sign up today!**

To continue receiving the latest Beechwood news, please visit the website below and enter your name and email address...

www.beechwoodcancercare.org.uk/sign-up

We promise not to bombard you and you can unsubscribe at any time.

You can also scan the QR code here or follow our social media



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What's on at the Centre?

We have introduced some new additions to our wrap-around services over the last few months, including our Bereavement Support Group and Guided Relaxation sessions. Take a look at what our clients are saying...

Mini-Spa Treatments

Every Monday

“ Thank you for the opportunity to have these sessions. The atmosphere and environment added to a wonderful treatment that calmed and relaxed me. ”

Reiki & Reflexology

Every Wednesday

“ Being on this journey, I am at the stage of having to rebalance and put more 'me time' in place. Kate is so welcoming and put me right at ease. This has come at a turning point in my life and started this next phase of 'moving on'. ”

External Clinics

Along with our own services, our Centre is currently being used as a base for external support groups and clinics, ensuring help and support can be accessed to all individuals who need it. We are so proud to collaborate and work with other health care professionals in Stockport!



Introduction Mornings

Clients waiting for their first appointment have the opportunity to take a look around the Centre and explore the facilities—making them feel much more comfortable when they begin their sessions with us.

Online Support

We are excited to now be able to provide online counselling support via Zoom! Find out more on **pages 6 & 7**.



Guided Relaxation

“ I enjoyed the calmness of the music and how relaxing the setting was with the comfortable chairs and being able to take my shoes off and put my feet up. ”

During the relaxation, when I was asked to visualise that I was walking through a forest, I felt composed and at peace. I felt my body relaxing with the calmness of the music and the tone of the instructor's voice.

After the 40 minutes, I slowly opened my eyes and felt a certain level of tranquillity. I had completely zoned out the rest of the group until I opened my eyes!



At the end of the session, I felt my worries and anxiety had faded. My mind felt fresher. ”



Bereavement Support Group



“ The groups have made me realise I am not alone, and I ended up sharing more than I initially thought I would. ”

I could say things to the group that I haven't been able to say to my friends and family. Being able to connect with people who genuinely understand how this type of situation affects you has been incredibly valuable.

The sessions have also changed the way I cope with day-to-day things. The Beechwood Breath is now a defining structure to my daily life. ”

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

Maisie's Story...

“ In April 2019 my Dad was diagnosed with Myeloma, an incurable blood cancer. My worst fear was facing me, and yet it was still a situation I had never predicted for my family.

My dad was the epitome of health, a runner, cyclist and swimmer. He had completed the London Marathon just a few years before, and had never had any sort of illness. It was inconceivable that he could be terminally ill.

There is never a good, nor nice, time for this kind of diagnosis, but the timing couldn't have been worse. Just two months before my A-levels, I felt everything my Dad and I had ever wanted for myself, to get to university, was slipping away. Unfortunately, my college could offer no support, but with the help of my family and friends, I got through my A-levels and managed to gain a space at the University of Manchester.

Once I had started University, having not spoken to anyone professional about the diagnosis, my anxiety and sadness surrounding the diagnosis felt like it was slowly engulfing my life.

I knew I needed to speak to someone other than my family and friends.

A week before COVID-19 locked the entire country down, Dad received his stem-cell transplant. Finally, timing was on our side and he managed to squeeze the treatment in and before long, he was home recovering.

As Dad was incredibly immunosuppressed, COVID-19 only exacerbated my anxiety, revealing how much I needed to speak to someone.

Dad climbing Mount Snowdon in 2021



Me, after doing the Great North run in 2021

Finally, thanks to a friend's help with NHS Self-Help, I got a referral to Beechwood, which has truly been a blessing. I visited the site, but it was just a little far via public transport, so I inquired about the possibility of online counselling. I was told they were still in training, but it might be available in a month or two. A while later I received an email asking me to be their first online client, an offer I was incredibly excited to receive.

Having completed my 8 weeks of counselling, I have only praise for the Charity. I have finally accessed the support I have needed for nearly 3 years, and it has honestly changed my life. I am no longer consumed by fear everyday, and I have learnt how to value and enjoy my time with my family by living in the moment.

”

Online Support

Online counselling is a way for clients to engage in counselling using internet technology such as Zoom. This is a safe secure software which offers confidentiality and peace of mind.

This form of counselling can be flexible with clients who may struggle with coming into the Beechwood Centre.

Online platforms like Zoom allows for our counsellors to see clients face-to-face from a computer screen during a counselling session, allowing the therapeutic benefit of seeing non verbal communication such as facial expressions and tonality of voice in order to convey empathy.

Three members of our Counselling Team, Sally, Michelle and Jacqueline recently underwent online support training so we can now introduce this method to Beechwood clients.

Please contact us for more information.



Huge thanks to...



Thank you to all our fantastic fundraisers who have gone the extra mile to raise money for Beechwood!

James Robinson

We had a lovely visit over Christmas from James Robinson who raised an amazing £95 for Beechwood. James had just celebrated his birthday and instead of presents, asked his friends and family to donate to Beechwood instead, in memory of his Grandad Robinson who was a client here. **Thank you so much James!**



Gaynor and Willie Morgan

Look out for a special appearance on **Pointless Celebrities** from our Patron Gaynor Morgan and her dad; legendary Man United player Willie Morgan! They will compete on the BBC ONE show to win a cash prize for Beechwood! **Our fingers are crossed!**

Big thanks goes to **Wynsors Hazel Grove** for donating **£614.43** from the sale of their plastic bags!

Fil and Paul Baldowski

Huge thanks to Fil and Paul for donating 10% of all sales of their role-playing game book bundle 'Cthulhu Hack'. Hundreds of sales were made worldwide and £1,000 was raised for Beechwood. **Thank you so much!**



Boole's
TUBES | VALVES | FITTINGS | FLANGES

Boole's Tools & Pipe Fittings raised an amazing £844 from their Christmas raffle in December! **Thank you to all their staff who contributed to this fantastic total, and for choosing us as your supported Charity!**

hap Solutions Group

Massive thanks to the amazing hap Solutions Group who have chosen Beechwood to be their Charity of the Year 2022! We are so excited to work alongside them throughout the next 12 months, and to cheer them on during their fundraising challenges!

hap Solutions Group

At hap, we're incredibly keen to step up our efforts and do something productive and worthwhile for our local community! In December 2021, we voted on a charity to support throughout 2022 – and the decision to raise money for Beechwood Cancer Care was unanimous.

The service, care and support provided at Beechwood is very close to home for some of our team personally. When my grandad suffered from cancer, Beechwood offered amazing support and I'm absolutely thrilled to be part of the fundraising effort to say thank you.

Millie Haydn – hap

On Monday 28th March, the hap head office team completed the Yorkshire Three Peaks Challenge after months of training. Their aim was to raise an amazing £2,500, with the final total still to be announced. A massive well done to all those who took part and raised money for Beechwood, we are so grateful!

The decision to support Beechwood Cancer Care was an easy one, but equally an incredibly important one. We're acutely aware of the life-changing care given to those suffering from cancer and their families by the team at Beechwood. I couldn't think of a more worthy cause

Paul Prior – CEO hap



Thank you so much!

Beechwood News...

Man@Manchester

A record breaking
£300,000 raised for
Beechwood!

We are absolutely in awe of the fantastic support we received at our Man@Manchester event in November! Over 500 supporters joined us at Lancashire Cricket Club for a fun afternoon of music, magic, comedy, auctions and prizes.

Footie legend **Kevin Keegan** made a special appearance on stage to auction off a one-of-a-kind prize – **6 signed career shirts!** Special guests also included comedians Justin Moorhouse and Scott Bennett who filled the room with laughter, plus fabulous music from The Swan Band.

Our next Man@Manchester
18th November 2022

Chairman, John Stevenson, receives MBE

Our Chairman, John Stevenson, recently attended an investiture ceremony at Windsor Castle **to officially receive his well-deserved MBE, in recognition of charitable fundraising for cancer charities.** John was awarded his MBE in the New Year Honours List 2021, which marks the achievements and service of extraordinary people from across the United Kingdom.

We are extremely lucky to have John as our Chairman, as his kindness and commitment to Beechwood helps us to continue providing the best support possible for those who need the Charity's help.



Kevin Keegan

A huge thank you to **Pareto Financial Planning** for their kind sponsorship of the event, plus **Taylor Lynn Corporation** for donating their services to organise the event and ensure its smooth running.



Congratulations John!

Happy Retirement Paul!

Paul Fairclough
retires after an
incredible **22 years**
of service
at Beechwood.



“ I first became involved with Beechwood through my wife, Lorraine who worked at the Charity. She would ask if I could help with decorating on a volunteer basis as I had my own decorating business – I always found time to do bits around the Centre.

After a while, I was approached by Allen Whittaker, the then CEO, about a full-time post (as I was giving more time to Beechwood than my own business) – and that's where it all began...

When you work for a Charity like Beechwood, you do everything from the heart – not for financial gain (in my opinion).

Over the 22 years, as you'd expect, there have been ups and downs at Beechwood – financial challenges, loss of a loved CEO, but a lot of positive changes too; over the last few years, since Linda Steggles joined the Charity as CEO in 2018, the Centre has changed enormously – not in just the way it looks, but moving forward and achieving positive outcomes.

I have met and worked with a fantastic team of people over the years; even though I was in the background, I could see the positive benefits received by those needing Beechwood's care – those who have attended the Centre and felt the impacts that cancer or life-limiting illness had on their lives. Beechwood has been there for so many.

Thank you, Beechwood – for so many happy memories. ”

Paul Fairclough

Paul will be missed by everyone at Beechwood, both past and present. We wish him all the best in his retirement and hope he enjoys his well deserved rest!



Meet the Team...



We talk to Sara Tilston, who joined Beechwood 3 years ago as our fantastic Shop Manager.



I started at Beechwood as the Manager of the Heald Green shop in April 2019. I had worked for a national charity for 12 years before that, managing and co-managing various stores. That's where I gained all my experience and feel it's helped benefit our shop – bringing in new ideas to our already successful & dedicated team of volunteers.

I hadn't heard of Beechwood until I applied for the job, and for personal reasons I wish I had done a long time ago. It feels so rewarding working for such an amazing charity. I have friends and volunteers who currently use, or have used Beechwood services, and they are so grateful.



I feel very proud to be part of the Beechwood team, the help and support we offer will stay in people's hearts forever.

My day as a manager can be so varied, no day is the same. I have a wonderful team of volunteers who help make my day so much easier and so much fun. We have amazing support from our customers too, who choose to shop and donate with us because of the charity we are and because of the great customer service we give in our Heald Green shop. The atmosphere in our shop is so relaxed and fun, that's what I love the most about my job – there's never long between each giggle or roar of laughter.



I spend most of my days sorting donations and prioritising what we need on our shop floor. Each donation needs sorting, steaming, cleaning, pricing and displaying. We keep our shop fresh with new stock, rotating it and making eye catching displays. I am a big lover of a theme so there's always something new in the window or in store as a feature. Our Sort Room is like an explosion of ideas and saved stock for future occasions. I call it organised chaos. We get some unusual donations, some that we need to research to get high prices and some that weren't meant for us. Like a real frog, alive and lost in its tracks. The poor thing looked as scared of me as I was of him.



Only a year into my time with Beechwood, Covid-19 struck and started the pattern of open shut, open shut, open shut! Our customers and volunteers were amazing, supporting us during those times we could actually open, and thanking us for being there. We had a WhatsApp group to keep all our volunteers connected and the giggles flowing during tough times.

If anyone loves good company, is happy to brew up and can help us make a difference, then we would love some new volunteers to join our Beechwood family.

Pop by and say hello!



Our retail shops are open everyday except Wednesday and Sunday, 9am – 4pm.



Volunteer Corner...



We are so thankful of the valuable time our volunteers give to the Charity. **THANK YOU!**

In November we had a lovely Volunteer Coffee Morning at the Centre, as a huge thank you for all those who had helped Beechwood at the height of the pandemic. This was an uncertain and tough time for many, therefore we wanted to recognise and say a big thanks to those who were able to help us throughout this period.



Why do you volunteer?

“Beechwood was a life-saver for me when I needed support after my cancer diagnosis. I volunteer because I want to give something back. I would say give volunteering a try. There is so much people can do and learn.”

Lizzie Lee – Receptionist

“We always have fun whilst working to keep the shop looking good. We always look after each other and share our stories. Volunteering is a great way to make new friends if you have spare time and you can work as many hours as you wish.”

Shirley Liebert – Retail

Would you like to join our Volunteers Team?

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

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

Volunteer Spotlight on...

Gary Kimber

What do you do as a volunteer at Beechwood?

My role at Beechwood sees me working as part of the team in selling items on eBay to help drive revenue for the Charity. Items are donated to the retail stores by the public and the shop teams will try to identify anything that is unusual or different that may achieve a better price on eBay.

What type of items do you sell on eBay?

I've sold items of clothing, ladies shoes, toys, collectible items and musical instruments all with varying degrees of success. Perhaps the most profitable area for us has been in terms of vintage cameras, particularly 35mm models. These tend to be quite well sought after and sell reasonably well for parts or to add to a collection even if in a nonworking condition.



Why do you volunteer for Beechwood?

I decided to look for a volunteer role after taking early retirement. This was driven by the desire to get out and about and meet people, but also to give something back to the local community in general. Beechwood seemed the perfect fit as they have played a significant part in both my own family's past as well as that of a very good friend.



In October of last year my wife and I celebrated our Ruby wedding anniversary. Like many people who have been together that long, you tend to have gathered as many trinkets and treasures as you'll ever need. Therefore, we decided to ask any friends or family members who may have wanted to recognise the occasion to consider making a donation to Beechwood. This was a great success and we feel was a fitting way to celebrate our marriage and the work of the Charity.

Thank you Gary!

Upcoming Events...



MAY
6
Ladies Lunch
The Lowry Hotel



JULY
2
Summer Ball
Edgeley Park



SEPT
1
Beechwood Golf Day
Stockport Golf Club



NOV
18
Man@Manchester
Hilton Hotel



NOV
26
Christmas Fair
Beechwood's Centre



DEC
8
Carol & Dedication Service
St Marys Church, Marketplace



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