

It seems horribly early, but I need to wish readers a Happy Christmas – as there won't be another newsletter till 2017! So please enjoy this one, and we hope very much to see you at one of our Christmas events – our Carol Concert on December 7, our festive West End Gala on December 18, or even at one of our collection days, if you can spare an hour.

## Egham Extravaganza!

Sometimes very good things come completely out of the blue. We were contacted by a gentleman looking for a way to give back after his own cancer treatment. We didn't recognise the name, and it turned out that he hadn't been able to use the Fountain Centre himself, but was determined to raise funds for a local good cause, not a national charity.



Egham Bowls Club provided the venue for a fantastic party – BBQ, bands and dancing, games and stalls, raffle and fantastic auction prizes (he has the most amazing network of contacts!). Tickets sold out in just a few days, and the event raised very nearly **£6,000**. But let Anthony tell it in his own words:

“I suppose the words from myself and my family and friends that made this happen is just this. When I fell ill, I had so much support it was overwhelming. When I had all

my visits to St Lukes’, I saw first-hand what a great job everyone is doing there.

“So when I was given the all clear in December, I just wanted to give a bit back so I said to my wife I want to raise some money for the Fountain Centre. Well who would have thought, 7 months later... with all the friends and family that helped me make it happen, we ended up with an amazing evening like that and managed to raise so much.



“I feel blessed to have such great family and friends, and a special mention to my wife Steph, who really is the most amazing, strongest lady in the world. This never would have happened without her. We really



Bowls Club –Anthony and his son after their sponsored head-shave



hope that the money will help others and just want to say a

massive thank you to everyone that helped and supported us – you're all LEGENDS.”

Our massive thanks to Anthony and Stephanie Lewendon Harper, their four children, family and friends, who put on such a memorable evening.



# Green Tokens come good again

Our latest donation from Waitrose has come from the Farnham branch – a very welcome cheque for £416. Our thanks go to all staff and customers who selected and voted for us. Don't forget that anyone can nominate their favourite charity to take part in the scheme. Each branch chooses in a slightly different way, so ask at your local Customer Services Desk if you'd like to nominate the Fountain Centre.

**Waitrose**  
**Community Matters**

We support good causes.  
You decide who gets what.



## Friendly Foresters

On October 5th, 13 members of the Wey Valley Forester Legacy gathered together at the community room in Tesco Addlestone. The goal was to pack 100 packages of various items, such as water, sweets, pens and pencils, quiz books and an array of other beneficial items. The packages are to be given to visitors attending the Fountain Centre.

Our thanks go to Anne Pike and her colleague Susan Jordan for arranging and collecting the packages. Finally, our gratitude goes to Tesco for their generosity of allowing us to use the community room, and for their hospitality throughout the day.

Thank you once again for all your help.

Regards,

*Hazel Tapp*

**Foresters**  
**Financial**



## We won – thanks to Facebook!



Mike Wells and Eileen Goldsack,  
two of our great Sainsbury's collection team

We were delighted to find out that the Fountain Centre was one of the nominees for Charity of the Year at the Sainsbury's superstore in Burpham, Guildford. The next step was to encourage lots of people to vote for us, as we were in competition with two other very good causes.

The only way we could think of rallying support in big enough numbers was to mobilise our 'Friends' on Facebook. And it worked! So thank you so much to everyone who went to the effort of sharing and clicking on links and pressing the right buttons.

We are looking forward to working with the Sainsbury's team over the coming year, and have already been made to feel very welcome. We will have Collection Days and a number of other events, and will keep you all posted about activities. Our first collection, on October 8, raised just over **£1,000** which is magnificent.



I believe that we should all be able to access and benefit from, holistic cancer care. There are three ways the Fountain Centre can help make this happen, so here are some practical examples of work we are currently doing:

### 1) **Promote the importance of the Fountain Centre – evaluate the services we already provide!**

We are currently evaluating our counselling and coaching service. Based on our findings to date, I am confident that we will show the emotional support we provide within St Luke's to be an extremely valuable service.

### 2) **Build relationships – working in partnership is the way forward!**

We are running and evaluating a balance acupuncture clinic for post-operative oesophagectomy cancer pain. This successful clinic is being funded by BRIGHT, a gastro-intestinal cancer charity in St Luke's. The intention is that where appropriate, balance acupuncture becomes part of

oesophageal cancer patient's treatment pathway in St Luke's.

The Royal Surrey Bladder Cancer Research Fund is funding two sessions of reflexology and/or massage post-operatively for those patients who have a cystectomy operation. We are evaluating this service and so far, it's looking promising.

We are also beginning an auricular (ear) acupuncture clinic for breast cancer treatment-related hot flushes. Breast cancer nurse specialists in St Luke's have referred most of the patients. By evaluating this clinic, we hope to show its value and obtain funding to run them longer term. We will also run a similar clinic for prostate cancer treatment-related hot flushes.

We recently ran a well-received series of talks on 'coping during treatment' with St Luke's dietitians and a cancer exercise specialist from Surrey University. We hope to replicate this soon. We are in the middle of running our first mindfulness course in Café Mila in Godalming; and our sessions at the Holistic Centre in Godalming are getting booked up each week!

### 3) **Write up findings for publication – let's spread the word!**

Before I joined the Fountain Centre we ran a 'balance acupuncture for cancer pain' clinic. The (very positive) findings are being published in the European Journal of Oriental Medicine. I am sure there will be many more such publications in the future.

So as you can see, there is lots going on and there is also lots in the pipeline... I will keep you posted!



## Volunteers needed

No matter how much time you have available, you can make a difference to our patients. There are a variety of ways in which you can help. Welcoming visitors to the centre, supporting and listening to visitors, providing complementary therapies, counselling, classes (Yoga, Art, Music), helping with monthly support groups, fundraising, watering and maintaining the garden are just some of the ways in which you can help. Our volunteers are essential to everything we do.

**If you are interested in volunteering in the Fountain Centre please contact us on 01483 406619.**

**We look forward to seeing you.**



## Supports the Fountain Centre

If you would like to sponsor the newsletter as a one off or on a regular basis please contact the Fountain Centre on 01483 406619



## A lovely e-mail



This sums up so much of what we love about the Fountain Centre and its supporters...

"We have been raising funds for the Fountain Centre as my partner Simon Torr has been treated recently at St Luke's for Throat Cancer.

"We ran the Obstacle Rush last weekend - there were 12 friends and family running and we all had "Simon" facemasks on.

"We have raised **£2270.00** so far and I am hoping that this will continue to go up. Simon is now finished with his treatment and fingers crossed will not need anymore. He has booked a massage for this week and is looking forward to that.

"Keep up the good work, we all, family and patients really appreciate what you do."

Kind regards,

*Jackie Bennett*

Thank you so much, Jackie and Simon and the rest of the crew!

## Chrissy's Pink Party



Chrissy and her friend Wendy present the proceeds to Sally Hughes

Our thanks to Christina Bell for taking the initiative and organising a Pink Party for her friends, at the Miners Arms, Mytchett. Chrissy finished her chemo in December, and decided to celebrate by getting everyone to dress in pink.

There was an amazing variety of raffle prizes - including hairdressing vouchers, boiler and car services, fascia cleaning, manicures, wine, jewellery, radio, handbag and other accessories - and Chrissy has asked us to thank everyone for their generous donations. The event raised just over **£1,000** and everyone had a lot of fun!



## Wig Bank Service

We have a selection of donated wigs available at discounted prices. All wigs have been sanitised by our volunteer hairdresser, who has completed the Trevor Sorbie Wig Course.

We also offer a WIG CUTTING SERVICE for a small donation.

**DONATED WIGS URGENTLY REQUIRED**

## A rabbit and a radical change of direction



***Alastair Hay (BSc (Hons) LCH RSHom.) is a homeopath with over 20 years' experience and over 1000 clients on his books, who understands both complementary and conventional medicine. He offers homeopathy at The Fountain Centre on Mondays. He tells us his back-story...***

***If you'd like to make an appointment with Alastair, you can book at the Fountain Centre.***

It's 1992. The strip lights are brighter than I'd like in the university laboratory as I wait for the bath of rabbit organs to stabilise for the next phase of my research. This degree had better be worth it.

'The British Journal of Pharmacology' lies on a table, and a flash of pride hurtles through me at the paper published within: my research on the effects of feverfew on migraines. Hard work paid off. I smile.

And then, I sigh. Rabbit aorta makes for bad company.

I debate whether to leave the organ bath to itself and bother my colleagues for more conversation, but decide to thumb through my pharmacology textbook instead. Go me – I'm all the rage.

A word catches my eye: not 'homeopathy' but 'absurd'. Absurd?

I look up at the chapter title, 'History of Medicine', then back at the sentence that had somehow grabbed me and not let go. The sentence proudly stated that 'homeopathy' was 'absurd'.

That was the moment my future changed. That word got to me like nothing else: absurd. It's a strong word. It's a word used when someone's button is pushed. Absurd.

I'd never heard of homeopathy. Why was it absurd? What was this subject that had caused so much grief to earn the mantle of absurd?

My curiosity was piqued. I wanted to know, and being a research scientist, the curiosity needed satisfaction. One completed organ bath / feverfew experiment later, and off I went to the public library. Behold! The Science of Homeopathy, by George Vithoulkas jumped out at me (not literally). Another word caught my eye and tightened its grip: science. The science of homeopathy.

Someone considered homeopathy a science?

My hand itched, I reached out, I read the book cover to cover, something clicked ... I had found my soulmate. This made sense.

A memory invaded my mind, of a first year lecture I'd attended by a fantastic pharmacologist. He'd explained that taking aspirin during a fever would actually prolong an illness because our body produces the fever as a defence to an invading organism.

I got goosebumps. The past and present connected – that lecture and this book. At the time, I'd thought what the lecturer had said incredible, and I'd wondered if all symptoms were some kind of ambassador from the inside. This book wondered the same thing – no, its philosophy was that they were. Things fell into place. All the holes in my pharmacological studies that had needed filling, had just been filled.

I completed my Pharmacology and Physiology BSc (Hons) degree – I liked my degree. I vowed never to eat rabbit for as long as I live. Then, I took a 3-year full time course at The College of Homeopathy, and didn't look back. I didn't take the switch of career lightly, and neither did my medical friends (who are very much still my friends). "What a waste!" said one. "You're mad!" said another. "You'll make a great homeopath," said the ones who knew me best. For I am a people person who sees the whole person – not bits of the person. And there are only so many organ baths you can stare at before you begin to lose the plot.

## West End stars raise £3,500

The RSCH Choir shared the stage with some of the biggest names in musical theatre for their first Gala Concert. Stars of West End shows including Phantom of the Opera, Les Miserables, Show Boat, Book of Mormon and Wicked generously donated their time to perform with the 25 member singing troop for a one night show at Guildford's Electric Theatre. Promising up-and-coming stars of musical theatre from the Guildford School of Acting also took part in the sell-out show on Sunday, July 31.

The choir formed in October 2015 and is made up of staff, volunteers and friends of the hospital. The choir's director, Jake Hellier, who is also the hospital's Clinical Site Manager, organised the show with the assistance of Steven Luke Walker, who provided the musical arrangements for the evening.

Jake said: "The idea of the Gala was born to showcase the hard work and dedication of the choir, but also to do some good for a very deserving cause based in the hospital. I was incredibly proud to lead the choir and we were honoured to be supported by the West End stars and the Guildford School of Acting, who donated their aspiring talent for the evening."

*It was a truly fantastic evening, and we are in awe of Jake's energy and organisational skills. We all loved it so much he has offered to do another one – 18 December, again at the Electric Theatre.*

***Be warned – tickets will go really fast!***



## Forthcoming Events – Can you help?

For a number of our Christmas events we are looking for extra pairs of hands – **could you spare an hour or two?**

We still need bucket holders for our collections and carol singers at Guildford station. If you can offer a bit of time, please email [fionadick@nhs.net](mailto:fionadick@nhs.net)

*Thank you!*

**For full details of events**

**and how to get tickets, visit our website,  
[www.fountaincentre.org/upcoming-events/](http://www.fountaincentre.org/upcoming-events/)**

<b>19 Nov</b>	<b>Collection, The Meadows, Sandhurst</b>
<b>26 Nov</b>	<b>Collection, Longacres Garden Centre, Bagshot</b>
<b>4 Dec</b>	<b>Collection, The Mall, Camberley</b>
<b>7 Dec</b>	<b>Christmas Concert, Holy Trinity Church, Guildford</b>
<b>12 Dec</b>	<b>Carol Singing, Guildford Station</b>
<b>14 Dec</b>	<b>RSCH Christmas Fair</b>
<b>18 Dec</b>	<b>West End Christmas Gala, Electric Theatre, Guildford</b>



## Riding London for the Fountain Centre...

Congratulations to our two official riders in RideLondon 100 this year – Gunilla Hartman, our yoga specialist, and Andrew Henley, our meditation expert. And to John Park, who rode as an independent, but selected the Fountain Centre as his charity to support.

It's not the easiest of rides even when everything goes smoothly – which it didn't for Gunilla and John. Andrew had a really early start, which meant he had a clear run through to the Mall. But both Gunilla and John were held up by the serious accident that happened near Ripley, and other incidents along the route. John reported afterwards: *"Good news – the ride went well, but the organisers cut out Leith Hill, as we would not have made it to the Mall by the 8 and 1/2 hour time limit!! So my complete route was 92 miles."*



Gunilla went back the next day to do an extra 8 miles to make absolutely sure she'd completed her 100. And all in all, between the three of them, they have raised nearly **£3,000**.

**If you know anyone who would like to ride for the Fountain Centre in 2017, contact [fionadick@nhs.net](mailto:fionadick@nhs.net)**

## Walking the North Downs Way

Paul Jarvis has walked 100 miles of the beautiful North Downs Way, from Guildford to Canterbury to raise money for us and Cancer Research UK. He explained to his colleagues at British Airways:

*"Hi, I manage the Speedbird Centre in Waterside and for the last eighteen months I've been under treatment for pancreatic cancer.....I've just been told I'm now clear of the disease. I want to help other sufferers to be given the opportunity I've had...."*

*"The walk will be a challenge given the effects of the chemo, but I'm fit and that's helped me get through the treatment of the last 18 months. It may slow me but it won't beat me."*

Paul has raised over **£1800** for the Fountain Centre, which we are really grateful for. He's also set the seed of an idea for the next Fountain Centre trek. Farnham – Dover, anyone?

## A day for dragonfly hunters...

### We were lucky with the weather once again!

On a beautiful sunny day in October, an assortment of some 120 walkers – adults, children and dogs – joined us for our second fundraising walk in some of the most stunning countryside that Surrey has to offer. We are so lucky to have such a variety of wonderful countryside on our doorstep.

Walkers met at Rodborough Common and had two routes to choose from. The long walk was 11.5 miles in length and covered a variety of terrain to the top of Gibbets Hill at the Devils Punchbowl where we served some refreshments whilst walkers enjoyed the views before their return to Rodborough Common.

A shorter walk of 5.5 miles was enjoyed by all ages and many dogs! Their route took them through Thursley Common and over the raised boardwalk where a great deal of time was spent by the young amongst us trying to catch lizards and dragonflies.

The walk raised over **£1000** for the Fountain Centre and we would like to thank everyone that took part. Keep your hiking boots ready as we very much hope to run the event again next year and we would love to see you all there!

*Once again an organisational triumph, thanks to Susan Jordan, Martin Read and Wyn Roberts who organised the routes, and to all the volunteers who helped on the day. Ed.*



Archie Bisley with his prize for being the first young walker to complete the route.

### What an achievement!

Graeme Clydesdale got in touch to tell us that he and his co-conspirators Luke and Andy have successfully survived their Three Peaks Challenge.

“Just an update in the 3 Peaks challenge we managed to get it done in 23 hours and 39 minutes giving us 21 minutes spare. To date we have raised £1079.66, I am hoping more donations will come in and we will get closer to the target which we set. I hope the donations will be of some help in the great work that you do.”

*kindest regards, Graeme*



### Remember us?

It is hard to express how grateful we are to Mrs Doreen Goree, who remembered the Fountain Centre in her will. The legacy she left us will make a huge difference to how we can think ahead and develop new areas of work. And we may also be able to afford a new dishwasher, after nine months of washing-up by hand. Thanks to all our desk volunteers who have tolerated that extra task with good grace!



## Christmas Cards on sale!



This year's Christmas Cards are on sale now, from the Fountain Centre itself, and the Cards for Good Causes pop-up shops in Godalming Museum, Haslemere Museum and the Maltings, Farnham (sadly, no mail order).

They cost £4.00 for a pack of 10, and raise about **£2,000** each year, so you really do help us if you buy them.





# Christmas Concert

*Featuring Soprano Kathryn Harries  
and  
The Surrey Hills Chamber Choir*

**Holy Trinity Church**

*5 Trinity Churchyard High Street Guildford GU1 3RR*

**Wednesday 7th December**

**7.00pm – 9.00pm**

**Tickets £10**  
*(Under 12's go free)*

*Tickets Available from:*

**Guildford Tourist Information Centre**  
155 High Street, Guildford  
Tel: 01483 444334  
[www.visitguildford.com](http://www.visitguildford.com)

**The Fountain Centre**  
Maria Wakefield  
Tel: 01483 406619  
[mwakefield@nhs.net](mailto:mwakefield@nhs.net)

# information for your calendar

The Fountain Centre is open Monday to Friday 9am – 5pm (4.30 on Friday).  
Please contact us on 01483 406618 to make inquiries or a booking.

## Therapies and other services

### Monday

Acupuncture, Counselling, Coaching, Homeopathy (on request), Hypnotherapy, Indian Head Massage, Massage, MLD (Manual Lymphatic Drainage), Reflexology, Reiki, Ward listening, Wig bank and NHS Wig Service

### Tuesday

Acupuncture, Aromatherapy, Coaching, Counselling, Indian Head Massage, Massage, MLD (Manual Lymphatic Drainage), Reflexology, Reiki, Ward listening

### Wednesday

Acupuncture, Aromatherapy, Citizens Advice Bureau service, Coaching, Counselling, Hydrotherm, Hypnotherapy, Indian Head Massage, MLD, Massage, Reflexology, Reiki, Ward listening, Wig bank and NHS wig service

### Thursday

Acupuncture, Aromatherapy, Art, Coaching, Counselling, Craniosacral Therapy, Hydrotherm, Indian Head Massage, Massage, Reflexology, Reiki, Shiatsu, Ward listening

### Friday

Acupuncture, Bowen Technique, Counselling, Indian Head Massage, Massage, Meditation, MLD (Manual Lymphatic Drainage), Reflexology, Reiki, Ward listening, Yoga

### Chilworth ward

Hand/foot massage (flexible service)

### Godalming Holistic Centre

Therapies on Friday mornings; call the FC (booking essential)



## Groups

### Art for Health and Wellbeing

Thursday 10.30a.m. to 12noon

### EFT (Emotional Freedom Technique)

On request (booking essential)

### Look Good Feel Better

1st and 3rd Tuesday each month (booking essential)

### Pink Ribbon Programme

Off site – call the FC (booking essential)

### Head & Neck Support Group

Every Thursday, 11.00 – 12.30,  
Level A reception area

### Hot Flush Clinics, 'Starting treatment' talks

see posters for current arrangements





# Thank you one and all ....

whether we can name you or not – and many of our supporters prefer to remain anonymous. We are just as grateful to them as we are to those on this list. Our warm thanks for their support – in money or in kind – go to:

Amy & Simon Bailey

Andrew Henley

Andrew Reid

Andy Jones

Anthony Sentence

Chrissy Bell

Claremont Masonic Benevolent Association

Dave Waterhouse

Erica Leonard Charitable Trust

Gio, Camberley

Graeme Clydesdale

Gunilla Hartman

Headmaster, Farnham

Jacqui Grantham

John Park

Julie Walker

Laura Hurrell

Lea Willson

Leah and Darryl Arbuckle

Liz Mead

Luke Gainey

Marrow Methodist Church

Natalie Baker

Natalie Waghorn

Paul Jarvis

Royal Aldershot Club

Sainsbury's, Burpham

ShareGift

Sophie & Jan Hunter

Sue Patel

Tangles, Farnham

The Miners Arms, Mytchett

The Village, Farnborough

Vias Nails

Waitrose, Farnham

Wey Valley Workshop

Woodhouse Music

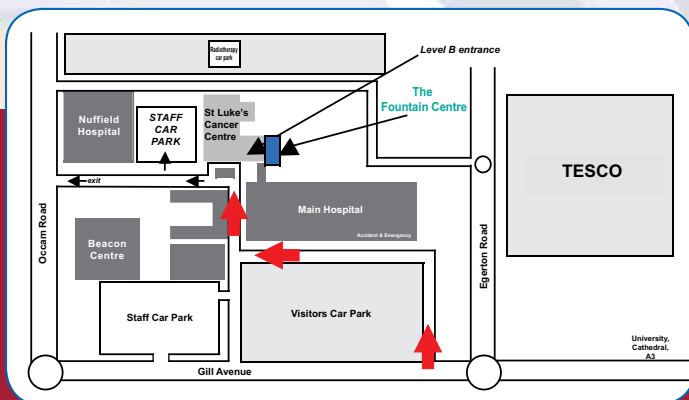


## Where to find us

**Buses** A number of buses go to the hospital which is situated just off the A3, the Royal Surrey is clearly signposted from all directions of travel. For the latest timetables, visit the website [www.surreycc.gov.uk](http://www.surreycc.gov.uk)

**Train** information 08457 484950 (24hour) or [www.nationalrail.co.uk](http://www.nationalrail.co.uk)

The Fountain Centre is located in the St. Luke's Cancer Centre, which is situated in the grounds of the hospital, please see map above.



Royal Surrey County Hospital **NHS**  
NHS Foundation Trust

### The Fountain Centre, St. Luke's Cancer Centre

Royal Surrey County Hospital NHS Trust Foundation  
Egerton Road, Surrey GU2 7XX

Open Monday to Friday 9am -5pm

Telephone: 01483 406618 | Fax: 01483 408321

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