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Dimbleby Cancer Care
Making life better for people
living with cancer

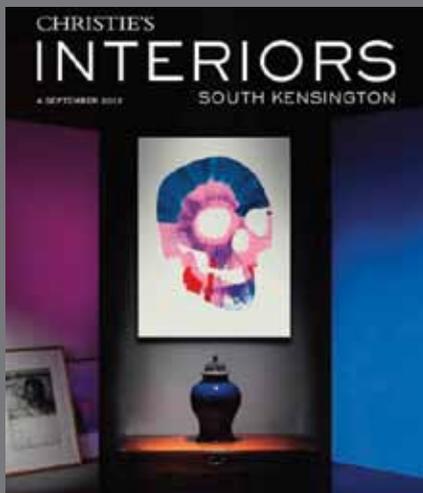
Issue 4 September 2012



THE DCC TIMES

The Dimbleby Cancer Care newspaper www.dimblebycancer.org

Art Sale Makes £20,000



Two pieces of contemporary British Art were auctioned at Christie's on 4th September, together fetching five times their estimated sale value. Damien Hirst's Skull, and Diamonds Are A Girl's Best Friend by reclusive artist Bambi sold for £21,250 & £11,250 respectively. The artists generously donated the pieces to David Dimbleby, he in turn donating the proceeds to Dimbleby Cancer Care, with the charity now set to receive in the region of £20,000 from the sale.



Please Give Generously

Melanie Stern speaks to **Jonathan Dimbleby** about the future of Dimbleby Cancer Care

The Dimbleby family has dominated the Board of Trustees at *Dimbleby Cancer Care* since its inception and at the end of this year, Jonathan Dimbleby is set to take over from his brother David as Chairman.

Times have changed since DCC was founded. When Richard Dimbleby died in 1965 the family asked people to send money rather than funeral flowers so they could start a charity. They did, in envelopes stuffed with cash. But these days things are done differently and the long-term economic slump is forcing the family to rethink the way the charity operates

"We're exactly in the catch-22 of a small charity," says Jonathan. "We can do very important work very cheaply, but because we don't have the funds to make a huge noise about ourselves and employ fundraisers in large numbers, or spend a huge amount of money before we pull in a large amount of money, it's quite difficult for our voice to be heard."

Can this be resolved? Jonathan explains, "We're at a point where we have to think very hard about the best way to generate funds, and therefore the best people to be intimately

involved in that. Of course this includes the family, but it must also mean other people from outside who are willing, able and have the knowledge and experience to make things happen."

Does Jonathan have any qualms about loosening the family's control over the charity? "I wouldn't want a situation where we have no family trustees," Jonathan says, "but the work is what matters, and the funds, the delivery of the services, and the research."

"My father would not want the charity to be a mausoleum for his memory," he adds. "He would want this work to progress."

The continued work of DCC relies on fundraising and charitable donations from the public. To make a donation or find out more about ways of supporting the work of Dimbleby Cancer Care, please visit www.dimblebycancer.org

The full article 'The Funding Crunch' by Melanie Stern is taken from the Summer 2012 Edition of family wealth magazine CampdenFO, and can be found online at www.campdenFB.com

A Little Night Music

On 18th June we were in the audience for the premier of *Variations for Judith* – a suite of variations for the piano written by nine of Britain's leading classical composers for former Artistic Director of the Spitalfields Music Festival and long time supporter of *Dimbleby Cancer Care*, Judith Serota, and performed by celebrated pianist Melvyn Tan.

Judith had generously arranged for a proportion of the royalties and proceeds from the publication of the score to come to the charity, and as DCC Chairman, David Dimbleby was invited to introduce the concert and explain the link between the music and the charity.

Afterwards Judith laid on a drinks reception with DCC volunteers Paul and Andrew kindly keeping everyone's glass topped up. We received some very generous donations on the evening and have also raised over £500 from a silent auction of signed copies of the score.

Our Top Suggestions For What's Hot Online

www.mynamenoiscancer.com

Helping people understand a little of what it's like to have cancer... and not be defined by it.

www.ihadcancer.com

If you are fighting cancer, a cancer survivor, or a supporter of someone who has been affected: your story can help.

www.helenfawkes.wordpress.com

BBC correspondent Helen Fawkes' inspiring blog as she fights cancer a second time.

Keep On Running

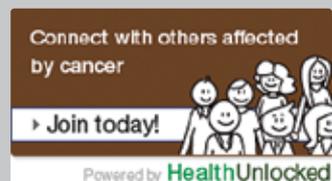
On 7th August, the ever supportive and ever active team at *hanover* Communications decided to defy London Transport and hold a Run To Work Day to avoid the Olympic crowds and, in the process, raise over £350 for *Dimbleby Cancer Care*. Natalie Todd, Gina Conde, Gavin Megaw and Chris Woods all took to twitter to tweet their progress and help promote the run. Well done everyone and thank you for your support.

Wiggins! Hoy! YOU!

Inspired by Team GB's collection of gold? Why not **Unite&Bike Against Cancer** and choose *Dimbleby Cancer Care* as your charity. Places are still available for next year's bike trek across Africa to raise money for cancer charities. To find out more, go to www.globaladventurechallenges.com or email robin.pritchard@dimblebycancer.org

Health Unlocked

Don't forget to sign up to our free online community with *HealthUnlocked* where you can share your experience of cancer with others. We would love you to be a part of it and help make it a success. Register online at cancercare.healthunlocked.com/



Rob Harris and Joy Davies turned two very different experiences of cancer diagnosis into creative projects to help and inspire others. Rob became an at-home caregiver when his wife was diagnosed with cancer, while Joy and her husband were diagnosed on the same day. Here they share their stories.

We're In This Together

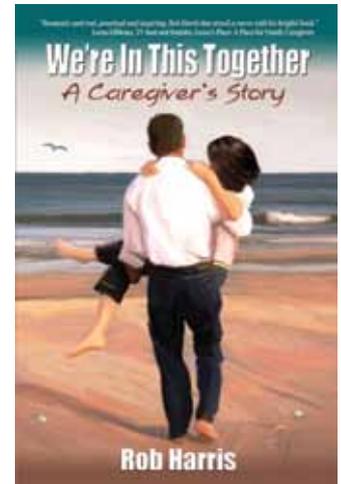
"Each time I heard the words "You have cancer" the words sent shock waves through me... and yet, they were not said to me. The doctor was speaking to my wife – both times. And each time, I panicked. I froze.

What does this mean? What am I supposed to do now? I'm not ready for this! Am I supposed to know how to take care of her? Am I going to have to learn how to give injections, comfort her when she's on chemo, cater to her every medical, physical and sanitary need – whatever that may be? Can I handle it? How do I clear my head? How can I ever return to normal? What about the kids? What about my job? What about... the list seemed endless.

I felt lost, not in control and without anywhere to turn.

While the doctor was focusing on my wife, I suddenly felt like a spectator. Why should they worry about me – I was healthy. And yet I was in an emotional abyss. I needed somewhere to turn, someone to take my hand and say, "Don't worry, I'm going to get you through this." Instead, I felt abandoned. I hated that feeling. I never wanted to experience it again – and yet I did.

The second time, my wife's cancer was more aggressive, much deadlier and required a very different set of caregiver skills. It's not easy to learn when your mind is saturated with fear. I hated that feeling. I never wanted to experience it again. What's more, I never wanted anyone else to go through what I had. And so, I wrote a book to share my journey.



What is a Caregiver? It's a person with love in their heart, and the knowledge and desire to make the patient's journey an easier one."

We're In This Together:

A Caregiver's Story is available through all good booksellers and you can follow Rob's blog at www.robcares.com

Walk With Joy

"As I heard the results of a "routine biopsy" I couldn't take in the information. Mastectomy, reconstruction...no! Why? Breast cancer, a second time. I had been through this before. I couldn't believe I was going to lose my breast. It felt barbaric. It was my birthday too, which made it all the crueller. And I couldn't tell my husband; we had spent all morning in the hospital, surrounded by doctors looking anxious and talking about his prostate cancer.

The process began of dealing with grisly news and trying to take things one step at a time, as scans, consultations and waiting filled the days and weeks ahead. I felt sick with the uncertainty and the inevitable, "what if" For me, the only way to cope was to be totally accepting and believe that something good, perhaps even revelatory, would come of all this. I needed to be a very patient, patient and a positive one t' boot.

I made a conscious effort to take time out every day to connect with Nature and take a photograph of something that caught my eye. It had become a meditative practice for me. On the way to the hospital, I would make a point of looking to the sky, a tree, a blade of grass growing up through the cracks in the pavement, to remind me that there is something greater than all this drama.

Losing myself in Nature was key to keeping calm and coping with surgery, consultations, results and chemotherapy, one day at a time. Connecting with Nature enabled me to connect with an inner strength, a guiding wisdom that all meditation teachers talk about. To be in a space where we feel safe, and can recharge. There were times of extreme stress, exhaustion and doubt. Whenever I could, I would get outside and walk around the block, just looking at Nature and being present until I could feel my breathing calm.



As the date for my surgery approached, I started writing a blog. I have been writing ever since, through nausea and exhaustion, meditating to clear my thoughts and letting the 'good stuff' come through. Spurred on by positive feedback, I decided to self publish a collection of daily reflections, and I'm now running workshops along the same themes."

To follow Joy's blog go to www.walkwithjoy.com where you can also buy her book **Too Busy to Live Your Life?** The workshops **Too Busy to Live Your Life?** take place on **27 October 2012 & 7 February 2013** at **Mount Street Jesuit Centre, Mayfair, London**. For booking information please go to www.mountstreet.info or call **020 7495 1673**

Sarah's Beanies

Sarah Burns is 44, lives in Windsor and first got in touch with us through twitter. Her website www.retailandtherapy.com sells hats and scarves for women living with cancer.



Sarah was diagnosed with cancer in June 2007. "I had been for a colposcopy and afterwards was taken into a different room and asked to wait for the consultant. This room had proper sofas, proper carpet and proper flowers and so I figured I was now in proper trouble."

Sarah was told she had cancer and would need to be referred to a London hospital for a biopsy. She called her boyfriend and gave him the news. "I don't remember what he said, or what I said, or for that matter what happened for the next few days."

The day of the biopsy involved a very fraught series of cab journeys into London. When Sarah finally reached the hospital the consultant wasn't best pleased to find out that her previous consultant had already diagnosed cancer as he said that that hadn't been determined yet. "This just added to my already emotional state as I now didn't know if I did or didn't have cancer – anyway, as we now know, I did."

Sarah was told she would need a hysterectomy and after much deliberation made the decision to have a radical hysterectomy. As an only child and not having any children of her own this was a very tough decision to make. "For me to have 'kept some of my bits' for a bit longer, had a child and then for the cancer to return... you never know, next time

I may not have survived. We decided as a family to have the lot out!"

Sarah was in hospital for 11 days. "I was determined to have stitches and not staples and so to make sure, I wrote instructions on both of my hands (where they put the IV line in) and on my belly - just to be sure - and it worked."

"I recovered from the operation really well physically, but emotionally I wasn't doing so good. I started to see a counsellor who really helped me come to terms with my loss...even though I hadn't lost an actual person I felt I had lost a part of me."

About a year after her operation Sarah found out about a support group in London. "It meant actually 'talking out loud' to strangers - I was frightened of doing this but I went and I'm so pleased that I did. I met a great bunch of ladies and 3 years on we still meet up 2 or 3 times a year....but this time in bars and without a nurse present!"

During her treatment, Sarah was put in touch with *The Willow Foundation* who arranged a fantastic weekend in London for her and her boyfriend. "They were amazing and afterwards I knew I wanted to 'pay them back' for what they had done for me. I came up with the idea of super soft hats for people undergoing chemotherapy. I didn't

need to have chemo but my mum did for breast cancer 10 years ago - and just so my dad didn't miss out, he has since has prostate cancer and recently had a huge operation for skin cancer (the three of us always do everything together)."

Sarah set up a website selling handmade beanie hats and scarves, donating some of the proceeds from each sale initially to *The Willow Foundation*, and now also to other charities including *Dimbleby Cancer Care*.

Sarah has now been free of cancer for 5 years. "I still am aware that once you get to 5 years it's not a miracle date when everything gets better. This was brought home recently when one of my dear friends celebrated her '10 year clear' and then found out her cancer was back." Her prognosis is good, but she has another 6 months of chemo ahead of her.

"My priorities changed after I had cancer, I got myself an allotment, I reduced my working week to 4 days and I set up the website. I never realised it would take up so much of my time but each donation I make to charity makes it all worthwhile. I really enjoy my time at the allotment too and it is something I wouldn't have thought of doing before cancer. Plus, all the 80 year old men do my heavy digging for me".

Sarah's range of beanies and scarves are all available at www.retailandtherapy.com. If you quote 'DCC' when buying from the site we will receive a donation.

"My priorities changed after I had cancer"

Look Good, Feel Better

The *Look Good, Feel Better* programme has the support of over 40 leading companies and brands in the beauty industry, and helps women cancer patients in

the most practical and positive way. Finding out you have cancer in any form can be daunting and life-changing, and the added stress of the appearance related side effects of treatment can be demoralising and very hard to cope with, affecting self-esteem and confidence at a time when a

positive attitude is very important.

The free skincare and make-up workshops help combat the visible side effects of cancer treatment boosting confidence and wellbeing.

The sessions for up to 12 people at a time are held in over 59 locations throughout the UK,

including once a month at the *Dimbleby Cancer Care Centre* at St Thomas' hospital.

To find out more about the workshops visit www.lookgoodfeelbetter.co.uk or to find out about the sessions at *Dimbleby Cancer Care*, please contact Donna on **020 7188 5918**.

We're Here To Help

Anna Wooder is a fulltime Information Officer at Dimbleby Cancer Care Information & Support Services.

“Getting the right information at the right time can help people affected by cancer understand what to expect and feel more in control of what is happening. Yet, searching for information can often feel overwhelming and confusing. A Google search for “cancer treatment” produces almost 75 million results so just knowing where to start can be difficult. The Dimbleby Cancer Care information service at Guy’s and St Thomas’ is here to help.

Our service was set up in 1997 and is currently staffed by three experienced cancer nurses who are available to provide information and support tailored to the individual needs of each patient and carer. Many people come seeking answers to specific questions but others just come

for general support and use the opportunity to discuss their thoughts and worries. In these cases we are often able to help clarify concerns and can refer on to further support services such as the DCC psycho-oncology support team, complementary therapies or benefits advice services when required.

A diagnosis of cancer not only affects the patient but also their family and friends, and the impact of cancer - whether physical, psychological or financial - can carry on long after treatment has finished. Therefore, alongside the booklets about different cancers and treatments, we also provide information about the range of help available to support patients and carers - local support groups, welfare benefits, work issues,



managing treatment side effects, getting travel insurance and making healthy lifestyle choices.

Booklets, leaflets and DVDs are available in a range of languages. There is also access to cancer related information on the internet and we can help visitors to assess the quality of information available on websites.”

The DCC drop-in information centres are located at Guy’s in Oncology Outpatients (Ground floor, Tabard Annexe) and at St Thomas’ on the Lower Ground Floor, Lambeth Wing. tel: **020 7188 5928/9** email: **RichardDimblebyCentre@gstt.nhs.uk**

When the treatment ends

The diagnosis is cancer. From that moment, life becomes a whirlwind of hospital appointments, treatments, re-organising work and homelife. Yet, when it’s all over and their treatments are finished, it is very common for patients to find themselves feeling lost and ‘abandoned’ by the hospital.

Guy’s and St Thomas’ are currently running a pilot scheme, *Surviving Cancer, Living Life* for patients who are living with, and through, breast or prostate cancer. It is a telephone service where, once discharged, a patient is called regularly at a time to suit them, to talk through any needs or worries. It is run by a team of expert nurses – Care Managers - who have expert knowledge. These Care Managers will already know the details of the individual patient’s illness and treatment, but they try to get to know the patient and their needs and offer suitable help, advice and support.

You do not need to do anything to join this programme other than to ensure that your most up-to-date contact details, and those of your GP, are on your hospital record. At the end of your treatment, a Care Manager will contact you to see if you would like to join. If you want to find out more about this service, call **020 7188 8118**.

DCC & Me

Robin Pritchard is Head of Communications at DCC

When I joined DCC in 2011 I had a very basic understanding of cancer and what it meant. My role has been to build the profile of the charity and the work we support, through social media new print work and the creation of this newsletter. To attract donors and fundraisers, we needed to start shouting about who we are and what we do! In the past months cancer has come very close to home with

two friends’ parents being diagnosed, and then at the beginning of June, a close friend of mine, only 50 years old, found out that she had cancer. Six weeks after her diagnosis she sadly passed away. I was lucky enough to spend time with her in her last weeks. As well as gaining a greater understanding of the complexities of the disease, I have seen how essential quality care is in helping people

with cancer - and those around them - deal with what is happening. The NHS nurses, district nurses and care team who helped Caroline did a phenomenal job. Without their help she would not have been able to spend her final two weeks at home with her family. The services that DCC provides at Guy’s and St Thomas’ and the essential research that DCC funds into all types of issues surrounding



cancer care are solely reliant on the support and funding of private donations. Every donation really does help – no matter how small it may seem.

How to Contact us

For cancer care and information services: **Tel 020 7188 5918** (St Thomas’ Hospital & Guy’s Hospital)

Fundraising, Publicity and Editorial: Robin Pritchard – robin.pritchard@dimblebycancercare.org

Administration and Research: Georgie Grindlay – admin@dimblebycancercare.org

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Or follow us on **twitter @DimblebyCancerC**.

