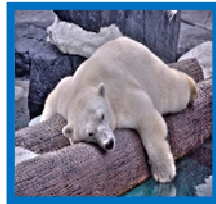


**MACMILLAN
WELLBEING
CENTRE
TRAFFORD**



Wellbeing News November 2019



**Celebrating 20 years
of the
Macmillan Wellbeing Centre**



What's going on...



0161 746 2080
www.macmillancentretrafford.org

A brief history of the Macmillan Wellbeing Centre formerly known as The Trafford Macmillan Care Centre



Trafford Macmillan Care Centre was the brain child of Consultant Mr Reg Kingston. Mr Kingston was Chairman of Terminal Care at Trafford General and Chair of Salford and Trafford Combined Cancer Services Committee during the 1980s.

Thanks to Mr Kingston's innovative vision and an agreement between Trafford Healthcare NHS Trust and Macmillan Cancer Relief, now known as Macmillan Cancer Support, an appeal to plan, build and equip a dedicated centre was established. Local residents from both Salford and Trafford set about organising and facilitating many fundraising activities. Additionally monies were donated by The League of Friends, Lions Club of Urmston and many local businesses and industry.

Staff and Volunteers were recruited throughout 1999 in readiness for the centre being open to local cancer patients, their families and carers. The first clients began accessing services in November 1999, and Prince Charles officially opened the centre in February 2000.

Over the years we have continuously strived to evolve and improve the centre's services to meet the ever changing needs of Trafford people living with cancer, these include:

- **Development of a cancer information resource area
- **Extending the existing Bereavement Counselling Services to include Well-being Supportive Counselling
- **Redesigning counselling and therapy rooms to meet the growing needs of the service
- **Introducing additional activities: Mindfulness, the Macmillan HOPE Course, Wellbeing Wednesdays, Tai Chi and other therapeutic groups.
- **Support and Information events for Ladies and Men
- **Developing a Community Outreach Programme of cancer awareness events

Most importantly we have changed the ethos and name from a Care Centre to a Wellbeing Centre as more and more people are living with and beyond cancer. Today the centre offers much needed psychological, emotional and practical support to people who are struggling with a cancer diagnosis.

On 1st October 2019 The Macmillan Well-being Centre, along with other Trafford Community Health and Social Care services became part of Manchester Local Care Organisation (within Manchester Foundation Trust). Trafford services are maintaining their own identity and are now known collectively as the Trafford Local Care Organisation.



Over the last 20 years, we have been fortunate enough to be helped along the way by hundreds (or even thousands) of people who have fundraised for us.

We have been in awe of the lengths some people go to, to raise money for our Centre. Without the goodwill of our donors and sponsors we would not be able to offer the breadth of services or quality of equipment we are able to provide here.

All donations go towards the delivery of complementary therapies and other therapeutic groups, services and equipment, improvements to our facilities, training and development, and information resources.

So, from every £1 that is donated, every penny of it is received with our thanks to help support our many clients and their families. Over the years we have reported on the varied and sometimes adventurous ways in which people set out to raise money for the Centre. To name but a few:

Head shaving, skydiving, bake-a-thon, coffee mornings, garden parties, street parties, busking and rallying. Short walks to marathons, car boots, fashion shows, bike rides, hanging baskets, pack-a-bag and discos!!

Phew..... We also have to remember all the local organisations, services and businesses who send in regular donations or supply raffle prizes. Also the very generous clients past and present who have appreciated their time here at the Centre.

How do I make a donation to support the services at the Macmillan Wellbeing Centre?

Donations should be made payable to:
MFT Charity / Fund R000501

(Our Registered Charity Number is 1049274)

Tai - Chi

We are pleased to be able to offer our clients the opportunity to experience holistic mindful movement through the ancient arts of tai chi and chi kung, as well as mindful meditation. Modern science has now confirmed the multiple physical, mental and emotional benefits of tai chi, chi kung, mindfulness and meditation.

These courses are facilitated by Gloria Hanson who has been teaching these ancient arts for over 15 years in the UK, Europe and Thailand "All of these practices assist us in aligning our body, quieting our mind, calming our emotions as well as cultivating and balancing the internal energy flow called 'chi.'" Gloria.

We have had great feedback from clients who have attended one of the 3 courses run over 2019 and look forward to continuing this activity into 2020.



Gloria getting into the spirit of things for Halloween!!

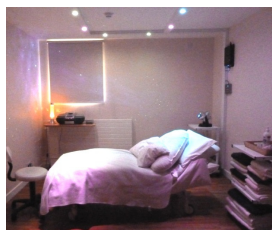
Complementary Therapies

Complementary therapies are treatments used alongside, or integrated with, orthodox medical treatment.

The complementary therapies offered here aim to promote relaxation and give a sense of wellbeing; help relieve stress and anxiety; encourage clients to adopt health enhancing coping strategies; and may assist with symptom relief for clients going through treatment.

The complementary therapists who work at the Macmillan Wellbeing Centre are all qualified professionals in their field. Additional, specialised training is undertaken enabling the therapists to work with people who have serious or life limiting illnesses.

The therapies are provided free of charge to our clients, but are funded out of charitable funds.



Continuing Monthly.....



Our monthly Wellbeing Wednesday sessions were created to give our clients and members of the community the opportunity to mix with others going through similar situations. The meetings have proved a big success, with a member of our team delivering a short talk on a relevant topic at the beginning of each session.



Wellbeing Wednesdays are on the 3rd Wednesday of each month at 1.30pm and are open to local people who are affected by cancer in any way (patients, family and carers). They offer a chance to listen, and a time to talk if you want to. Our friendly staff and volunteers are always on hand to offer guidance and support, and of course a cup of tea!



FORTHCOMING DATES FOR YOUR DIARY

18th December - Christmas Special

15th January 2020

19th February

None in March

15th April

20th May

17th June



People affected by cancer, their family members or carers who are currently supporting them, can self refer or be referred to the Centre. If you are over 18 and live in Trafford please ring **0161 746 2080**. An appointment will be made with a Supportive Care Co-ordinator. Here you can discuss your concerns, choose the Centre services you feel will be of most benefit to you, and agree future appointments.

'This Place'

We have created a unique mosaic to mark the 20th Anniversary of the Macmillan Wellbeing Centre. The draft design is on the cover of this newsletter. A mosaic is a picture or pattern produced by arranging together small pieces of stone, tile, or glass. Each individual tile may be insignificant on its own, but when they are placed side by side, they work together to create the beautiful big picture. As Vincent van Gogh said, *"Great things are done by a series of small things brought together"*.

The Centre aims to create a supportive framework to help people get through the experience of cancer and all that comes after – our own or that of a loved one. The service also supports bereaved people. We titled the mosaic 'This Place,' because, like the tiles of a mosaic – a listening ear, an understanding look, some useful advice, a comforting word, new skills learnt, some mutual laughter, a story shared, a friendship begun – all come together at 'This Place', The Macmillan Wellbeing Centre.



We know that the centre works at its best with the combined efforts of clients, volunteers and staff. With this in mind, anyone who has a connection with the centre has been able to contribute to the mosaic by laying down some tiles. To guide us through the project, and to help create the design, we engaged a skilled and

talented mosaicist, Tracey Cartledge. Tracey has a warm and encouraging manner and the feedback from those who took part said this was a really enjoyable experience.

We wanted the design to celebrate all that goes on at the Centre, while also having significant meanings for our clients. We have incorporated snowdrops, the first flower to bloom after the harshness of winter, as they represent hope and fresh starts. They can also have meanings of consolation or sympathy. Geraniums represent friendship or wishes for good health. They are a message of happiness and positive emotions. Both of these flowers seem very appropriate symbols for what goes on at 'This Place'.

"We become not a melting pot but a beautiful mosaic. Different people, different beliefs, different yearnings, different hopes, different dreams".

Jimmy Carter

The mosaic will have pride of place in the Centre lounge.

A Client's story

"When I received my cancer diagnosis I thought it was the end of the world. I was so scared. I'm sure others that have been through the same thing will understand what I mean.

The Nightingale Centre and Christies were marvellous with the treatment that I needed, and they administered it all without delay. So my body was being treated - but my mind was playing havoc.

This is where The Macmillan Wellbeing Centre came in for me - and I don't know what I would have done without them. Mid way through treatment I had a family trauma which left me feeling so bad that the Christie were going to stop my treatment because they didn't think I was strong enough to continue. I didn't know which way to turn, and whilst I hadn't been given much information about The Macmillan Wellbeing Centre, I knew they helped people going through cancer treatment, and their families. The best thing I did was phone them and they were kind enough to see me the same day. I spoke with one of the counsellors which calmed me considerably. I registered with the centre that day, and their services were explained to me. So I didn't come to see them initially in a conventional way - but there is nothing conventional about cancer.

I started to attend the courses that were offered, both the complementary treatments and the practical and information courses. This is where my mind started to heal.

I was also able to talk to other people there that were going through the same as me, and that was so important, as cancer can be quite an isolating condition. The courses helped me manage my anxiety by teaching me to relax. My counselling helped me to recover my confidence to step into this new (post-cancer) world, where nothing seemed the same anymore. Once all the hospital treatment and appointments stop I didn't know what to do with myself. I wanted to take back control of my life but was not really sure what to do. The Macmillan Wellbeing Centre definitely helped guide this part of my journey. It was also comforting to know that support is there for the family too as it is often harder for them to watch you go through the treatment, than for you to go through it yourself.

I will be eternally grateful for the support of my family and friends, the treatment provided by the NHS and the practical and holistic guidance provided by The Macmillan Wellbeing Centre - in getting through my journey and reaching where I am today."

Melody Macs

Singing can be a real tonic, and many people find that it just helps them to feel better. It can have a profound and positive effect on body, mind, spirit, mood and sense of belonging.

Our singing group – the Melody Macs, meet for an hour every two weeks. Everything is learned by ear, so there's no need to be able to read music. The group sing in harmony - two, three or more parts together - simply for the pleasure of it and learn a variety of songs from around the world.



Anyone directly connected with our Centre is welcome – current or former patients, carers, staff and Volunteers, whether or not you have *'done any singing'* before!



Wellbeing Counselling Service

This service offers confidential counselling to adults and carers who are affected by cancer and other life-threatening illnesses. Our service is available for patients, partners, family members and carers across Trafford. We also offer bereavement counselling for adults who are experiencing difficulties following a death from any cause.

Counselling is not a social meeting or just 'having a chat' but can help people who are adjusting to important life events. Major changes in our lives can leave us with bottled-up feelings, such as anger, grief, fear, loss, anxiety, embarrassment or resentment. These emotions can become intense and difficult to cope with. At times it might not be possible to talk about innermost concerns with loved-ones, for fear of worrying or frightening them, or because they are close to the problem too.

Our counsellors are volunteers who are either qualified, or in the latter stages of their counsellor training. We have male and female counsellors and they undergo regular supervision and on-going training. Please call the Centre for more information or to request a leaflet. People can self-refer to the Service.

Coffee Morning

As most people are aware, Macmillan Cancer Support encourage people up and down the country to participate in their "World's Biggest Coffee Morning" every year at the end of September.

Although the Macmillan Wellbeing Centre is an entirely separate charity, unconnected to them, we always host a coffee morning here for the people of Trafford to come together for fun, fundraising and of course - cake!! Money raised from the sale of refreshments goes to Macmillan Cancer Support, all other funds raised from raffles, tombolas etc go into our own charity for the benefit of our clients.



This year, we were delighted that the Mayor of Trafford - Rob Chilton, was able to join us to sample the home made goodies on offer. As always at these events, our band of loyal volunteers planned, organised and helped everything to run smoothly. Over £1100 was raised on the day!

Mayor Chilton pictured with our Volunteer Co-ordinator, Yasmine El-Gabry.

HOPE course or workshop

(Help Overcome Problems Effectively)

If you're living with or after cancer, Macmillan's free HOPE course can help you to get more out of life. Run by healthcare professionals and people affected by cancer, it will support you to rediscover your strengths, manage the day to day impact cancer has had, and make the most of the good things in your life.

If you are the kind of person who benefits from the support of others, or wants to learn ways of helping yourself, HOPE is ideal for you.

Both the course and workshop provide a supportive, friendly group setting which will give you the knowledge, skills and confidence to cope with many of the frustrations, fears and sense of isolation that living with and after cancer can bring.



Volunteering

Research published by the Institute of Volunteering shows volunteering increases our own wellbeing and overall happiness. Over 20 million adults in the UK volunteered in 2018 according to the UK Civil Society Almanac.

Volunteering has been a cornerstone of the Macmillan Wellbeing Centre since its opening 20 years ago. We currently have over 25 volunteers who support the Centre on a day-to-day basis. Each volunteer has a different role, with differing responsibilities and commitments. We have volunteer drivers, who can bring clients in for their appointments when they have no other way of getting here; reception volunteers who make sure every client who comes through the door has a warm welcome; group therapy volunteers who help clients learn new skills and techniques for their own wellbeing; outreach volunteers who promote cancer awareness (eg signs & symptoms) across our local community, and ad-hoc volunteers, who are available to help keep the wheels turning whenever needed.

All our volunteers have access to ongoing training and support.

You can read more about what it is like to volunteer at the Centre in this brief interview with one volunteer, Rosemary.

Q: How long have you been a volunteer at the Centre and what role(s) do you have?

A: I have been volunteering at the Centre for 3 ½ years. I cover reception every Monday morning and run the Book Club as part of the Learn Something New programme. I have also supported other groups from time to time.

Q: How would you describe your volunteering experience? What is your favourite part of volunteering?

A: Volunteering is a very positive experience for me as I am able to support an essential service at the Wellbeing Centre in Trafford. I have enjoyed all aspects of volunteering and especially the opportunity to share my love of books with Centre clients.

Q: If someone is considering becoming a volunteer at the Centre, what advice would you offer them?

A: If you are considering becoming a volunteer, I think it is really important to see this as a commitment, as a part of your week or month. Learning about the Centre and its role in the community are both vital to being an effective team player.



Interested in knowing more or applying to volunteer? Contact Yasmine El-Gabry, Volunteer Coordinator, on 0161 746 2080

We actively encourage feedback from all Centre users so that we can continue to improve and adapt our services to meet our clients' needs. Some recent comments include:

COMPLEMENTARY THERAPIES

I wasn't sure they would help but they helped me relax, tune into my body more and take time out for myself.

FATIGUE MANAGEMENT

course Everyone friendly, welcoming, reassuring, professional, knowledgeable and a lovely atmosphere.

MINDFULNESS course

It has made me more self aware and enabled me to stay calm. Has helped me to remain positive.

LEARN SOMETHING NEW

Book club Very inclusive, very supportive. Lots of interaction—friendly and informal discussions

RELAXATION course Helped me develop relaxation skills that I can apply to my everyday life. Has helped me to slow down & sleep better.

TAI-CHI I have gained greater flexibility and inner calmness. It brought peace to both mind & body.

THE CENTRE

***"This place, and the people involved were of immeasurable help to me. It was so calming in such a chaotic time. Everyone could not have helped any more, making me feel so special and looked after. I would definitely recommend it to others."

***"The care I received from the Centre has been outstanding. It has made my journey much easier."

***"I walked into the Centre and immediately felt welcome and more confident to talk."

***"I would like to thank everyone at Macmillan Wellbeing Centre for their enormous support and advice at a time when my world was falling apart. I am now in a position where I can face the future with the inner strength I have drawn from your staff. Many, many thanks for everything."

***"The Wellbeing Centre was my salvation during an awful time. Cannot rate highly enough!"

***"It is good to have this facility in Trafford."