**THE NORTH HIGHLAND**

**CANCER INFORMATION AND SUPPORT CENTRE**



**Newsletter June 2013**

Branicht Fund Raiser.

For the past 4 years Branicht have been extremely generous to the centre and to date have given us £26000 to help with refurbishment and fund the weekly therapy sessions. We wish to raise a little money for them again this year and have decided to hold a Summer Buffet at the centre on Saturday 29th June from 5pm onwards. All food will be provided by the committee and we hope as many of you as possible will be able to come along and enjoy the food and fine company and give a donation to Branicht. If anyone wishes to invite family & friends then please feel free.

Summer Trip.

Our annual trip will be on Tuesday 16th July, the bus will leave from the Riverside Car Park at 12pm, we have booked for lunch in the Norseman Hotel in Wick and then hope to move on to Lybster Harbour to Waterlines exhibition & tearoom, returning to Thurso by 5pm. Nearer the time we will have more information about the trip in the centre as we like to have names of those wishing to go and a copy of the menu.

Health Choir.

Health choirs are becoming increasingly popular and are not necessarily just for those lucky enough to be able to sing but are a group activity for all to join in and have many health benefits.

 We are very fortunate to have Susie Dingle - who is a professional conductor/musician - offer her services and we intend to have our first choir session in the centre on Wednesday 3rd July at 6.30pm. We hope everyone will give this serious consideration and we really anticipate a large turnout. By having an evening session we hope that people that work will also be able to join us and for those who rely on public transport we will make the necessary travel arrangements. This should be lots of fun so please come along!!

Macmillan Skype.

Macmillan has been working with SKYPE to explore the best way to offer cancer patients support via an on- line video link. The next stage of this development is a 3 month live pilot in Scotland and Macmillan are looking for your help to find people who would benefit from using this service.

For further details go to [www.skype-macmillan.com](http://www.skype-macmillan.com)

Lymphoedema Support Group

The first meeting took place in the centre on the 14th May, the date for the next meeting is still to be arranged but there are self-management workshops in September/ October.

This group is for anyone affected by Lymphoedema and not just cancer patients.

Scottish Conference of Cancer Support |Groups.

The annual conference is to be held at the Breadmore Hotel Glasgow from

Thursday 12th – Saturday 14th September, Liz Smith, Audrey Smith & Jen Ironside will represent our centre and as always look forward to being inspired by the work of others and learning of new ways to help improve our service. The committee have agreed to donate £250 towards the conference, we did this last year and it was much appreciated and used to pay for one of the workshops.

Lyth Art Centre

Over the summer months Lyth has a programme of musical events which we have been invited to. They are kindly giving us 4 free tickets for each event, if anyone is interested please drop into the centre, have a look at the programme and leave your details.

County Show

Once again we hope to have an information stand at the show ground which will be at the Riverside Wick on Friday 19th & Saturday 20th July, if anyone is interested in coming along to help please let a committee member know.

CGH Information Stand.

On Wednesday 11th & Thursday 12th September we are having an information stand in Caithness General Hospital. We need 2 people for each morning and 2 for each afternoon, so if anyone can help out at one of these sessions we would really appreciate hearing from you.

Mey Games

The games committee have asked us to man the car park at the games on Saturday 3rd

August from 12pm – 4pm, once again we are looking for volunteers who have time and are fit and able to stand out in all weathers in the field for 4 hours. On the plus side the centre does get 10% of the gate.

Centre Opening Times & Services.

Our opening times are:

 Mondays 10am -3pm

 Thursday 10am -4.30pm

 Friday10.30am -1.30pm.

Cleaning the centre - Last Saturday of each month @10.30am ,this is done by the members and we welcome anyone with a little free time and energy to join us.

Complementary Therapy sessions are every Thursday from 10am – 1pm & 1.30pm – 4.30pm.

Our Beautician works every second Monday from 10am -1pm and now offers therapies as well as beauty treatments.

All therapies/treatments are by appointment which can be made by visiting the centre or phone 01847 890996.

For the moment we are in a position to continue to offer free Complementary Therapies to everyone but this is regularly reviewed and notice will be given of any changes.

The North Highland Cancer Information & Support Centre AGM will be held in the centre on Monday 2nd September 2013 at 7.30pm.