**THE NORTH HIGHLAND**

**CANCER INFORMATION AND SUPPORT CENTRE**

**Newsletter June 2012**

We recently issued a questionnaire to all our regular users as we appreciate feedback so we can improve the service that is provided in the centre. A copy of the results are available at the centre, generally feedback was very positive with the main concerns centred around the noise levels on a Monday which is always a very busy day. It is important for everyone who uses the centre on Mondays to remember how it felt like when visiting the centre for the first time. Although we are very welcoming it is important that new visitors are given space and not bombarded with questions.

Our outside area is almost complete with new non-slip tiles laid, it looks smart but most of all it is safe. We are in the process of ordering some furniture so that people can sit out in the summer sunshine!

The quiet room is now complete and looking beautiful. In the room there are two book shelves donated in memory of June Roy with an interesting selection of books for loan. We still have room for a few more books if anyone wishes to donate.

Complementary Therapies are available each Thursday from 10am – 4.30pm anyone wishing an appointment should ask a volunteer or phone the centre on 01847 890996. As we were given funding from Branicht to help run our therapies we are in a position to offer free therapies to everyone at the moment but this is subject to review depending on funds.

Over the past year we have been working towards a Macmillan Quality Environment Mark, as part of the process we have had to look at all aspects of the service we provide and make adjustments/changes where necessary. The centre has now been inspected by external assessors from Macmillan and we have just learned that we have been given the award. Achieving this award is a huge credit to all that have put in so much work over the past 4 years to make the centre the place we are all so proud of today.

Casting for Recovery is a weekend in Angus 14-16 September to learn the sport of Flyfishing , it is for women recovering from Breast Cancer and is fully funded except for travel. We believe that it is an extremely worthwhile and enjoyable experience but as yet no one from our centre has taken part, maybe you would like to be that person. For further details ask at the centre.

A one day training course for volunteers is being arranged to take place at the centre over the summer, our trainer will be Clare Davidson from CLAN in Aberdeen, a date is still to be confirmed. Details to follow.

The annual Scottish Conference for Cancer Support Groups is in Glasgow 13 -15th September we are allocated 3 places with full funding. As the event finishes on the Saturday afternoon it is not possible to return home until the following day so you need to make your own arrangements for that night. The conference is an extremely worthwhile event and anyone wishing to attend or seeking more information should speak to a member of the committee by Monday 18th June. Although we only get 3 paid places anyone is welcome to apply providing they are prepared to pay the full amount which is £250 for the weekend.

The centre has a Confidentiality Statement and it is the responsibility of all volunteers and members to adhere to this, anyone who is not familiar with this document can get a copy from a member of the committee.

The centre gets cleaned on the last Saturday of each month at 10.30am we always welcome volunteers for this task. We are proud of our beautiful centre and need to ensure that it remains well looked after.

Dates for your diary

The annual summer outing is on Tuesday 17th July and we plan going to Northern Sands Dunnet for lunch then onto the Mey Market and John O’ Groats, travel and lunch will be provided. The bus leaves from the centre at 12pm and returns 5pm anyone wishing to join us needs to put name on list at centre.

The AGM will take place on Monday 3rd September 2012 in the centre at 7.30pm. All welcome.

Our annual coffee morning will be in the Pentland Hotel on Saturday 29th September from 10am – 12pm.

We intend to have an information stand at the County Show in Thurso on 20 & 21st July, we are looking for volunteers to help man the stand, if anyone has a few hours to spare we would love to hear from you.

Tripudio Movement Systems – gentle movement to music.

Starting 4th June in Caithness Horizons 10.30 -11.30am

Classes also available Mey Hall on Tuesdays & PPP Centre Wick on Thursdays. Price per session £3.50.

Some of our members have been busy compiling a recipe book which we hope to have published and on sale very soon.

As you can see life at the centre is never dull and everyones efforts are greatly appreciated.

Wishing you all a healthy summer and we’ll keep our fingers crossed for some fine weather.