

ANNUAL REPORT 2013

Opening of the new Cancer Relief Centre and our Services

This has truly been an historic year for the charity! The beautiful new Centre at No. 5 South Barrack Road opened in April and to date 71 people have used one or more of our services. The Centre was opened officially by the Chief Minister on 24th September and we are delighted that Lady Williams who founded the charity back in 1983 with a group of local founder members was able to attend. We offer a range of services to patients who have cancer and their families, some services are provided solely by Cancer Relief and others are offered with the GHA. They are as follows:

- Nurse led Cancer Support Clinics where patients are assessed and advice is given on the management of unpleasant symptoms. The specialised nurses can refer patients to doctors or other health professionals if needed. The nurses also offer emotional and psychological support.
- Our Aromatherapy Massage service for patients and carers; this is offered at the Centre but may be given at home or in hospital if the patient is unwell and unable to come to the Centre.
- The 'Head Smart' service for patients suffering from hair loss and experiencing visible effects of treatment. We have imported a stock of wigs from a UK manufacturer for patients who are about to start chemotherapy. A trained volunteer hairdresser will style a wig chosen by the patient and advise on hair care and hair re-growth.
- The 'Pampering' service is offered by a voluntary beautician. Advice on skin care and makeup is offered, e.g. patients are taught how to 'pencil in' eyebrows and look after sensitive skin that may have been damaged by treatment. The service is available to both men and women.
- The 5 week 'Breathe Easy' programme for patients who suffer from breathlessness. Every week a member of a multi-disciplinary team of health professionals teach patients techniques to help them live with this distressing symptom.
- Day and Respite care is offered on Wednesdays and Thursdays; lunch is provided and patients can participate, if they wish, in therapeutic activities like gentle exercise or if they prefer, they can relax in the lounge, patio or balcony overlooking the Bay. The aim of Day Care is to support patients through their illness and help them gain independence through rehabilitation.
- Counselling and Relaxation is offered to help patients and their loved ones cope with their diagnosis and to support them through treatment.

- Our Financial Assistance Scheme for those suffering financial hardship as a result of their illness. Referrals for this help are made by health professionals.
- The loan of specialised nursing equipment for the use of patients at home and bereavement counselling is available for relatives who have lost a loved one.

The Centre is open Monday to Friday from 9am to 5pm and anyone experiencing problems related to their illness can be referred to the Centre by a health professional or can contact the Centre themselves on telephone 20042392 or email info@cancerrelief.gi. The Centre is also used by Breast Cancer Support Gibraltar and Prostate Cancer Support for their meetings.

Our Staff and Volunteers

The Centre is run by Grainne McKenna who is a highly experienced registered nurse. Grainne is available for any caller who may wish information or advice on cancer-related issues. The charity also employed Kate Howarth whose speciality is chemotherapy. Kate works on a part time basis as an Oncology Support Nurse. Selena Victory who worked for the charity for many years is now employed by the GHA as a nurse specialist in palliative care.

I would like to sincerely thank Helen White, the previous Centre nurse for all her hard work at the Lady Williams Centre. Helen oversaw the transition from one building to another which was not an easy task. The charity also boasts of a fantastic team of volunteers who work in different areas, such as day care support, administration, drivers, gardeners and fund-raisers. We held a recruitment drive at the end of 2012 and held training days for over 20 new volunteers and our existing team of volunteers. Again I would like to say a very special thank you to all our volunteers and especially all those who have now retired after giving the charity so many years of service. THANK YOU TO ALL!

Fund-raising

Funding for the charity is mainly received through donations from the community. Last year saw many fund-raising events and generous donations being made to the Centre; again our heartfelt thanks goes to all those who raised money to support our work. The running cost in the new premises is now much greater than it was because of the new services we offer. Everyone in Gibraltar is welcome to fundraise or donate towards the charity. Please visit our newly launched website and Facebook page 'Cancer Relief Gibraltar', for further information, photographs and updates on our new centre and services.

Work in progress and the future

The trustees are proposing changes to the rules of the Society in the resolutions shown on the attached agenda. The effect of these changes is to make a limited company the sole trustee instead of having individual people as trustees. Many charities in UK now adopt this principle which means that the individual trustees no longer have a personal unlimited financial liability for the actions of the charity. The existing trustees are all directors of the new trustee company and will continue to manage and take responsibility for all that is done by the charity. The trustees all approve and recommend these changes.

We will be running a publicity campaign in the next months to publicise our work so that anyone who needs our services knows about them and is able to contact us. We are also planning to re-develop the Hospice at Home Nursing Service and work will commence on this in November.

With regard to the future, our aim is to open a four bedded hospice in the specially designed unit on the top floor. The hospice will offer respite care, symptom control and 'end of life' care. As the first step to achieve this, the services of a doctor specialised in palliative care is required. Cancer Relief Gibraltar has submitted a proposal to the Gibraltar Government and we are hopeful that it will meet with Government support.