



30th September 2014

ANNUAL REPORT 2014

Our new Centre opened in April 2013 and so much has happened since then. This year we have been able to offer support through one or more of our services to more than 110 people (patients and loved ones). This is what the Centre has meant to just three of these patients:

**“The Centre has been a bonus and given me a new outlook; I feel alive again....
such care, such love”.**

**“I am able to leave my ‘public face’ at the door and be myself, be it happy or
sad, optimistic or pessimistic”.**

**“I am very grateful for all the care and love you have all given to me during this
year. I would never have been able to cope without your support”**

This is what our work is about and we are so grateful to our wonderful staff and volunteers who care for those affected by cancer. At present our services are expanding. The Hospice at Home (HaH) Nursing service has been re-launched so that patients and families needing respite care at home and those patients wishing to remain at home when they are at the end of their lives can do so with the support of the HaH service and the GHA community health team. Daniela Ayre, Registered Nurse has recently joined the HaH service and we are in the process of recruiting another registered nurse.

The other services offered at the Centre (some provided by Cancer Relief and others in partnership with the GHA) are:

- ❖ Three Nurse led Cancer Support Clinics (Oncology Support, Breast Care and Palliative Care) where patients are assessed and advice is given on the management of unpleasant symptoms.
- ❖ Our Aromatherapy Massage service for patients and carers. This is available at the Centre but may be given at home or in hospital as needed.
- ❖ Our ‘Head Smart’ service for patients suffering from hair loss and the visible effects of treatment. Our specially trained volunteer hairdresser will style a wig chosen by the patient from our wide range and advice is given on hair care and hair re-growth.
- ❖ Our ‘Pampering’ service run by our volunteer beauticians in which advice on skin care / makeup is offered (available to both men and women).

- ❖ The 5 week ‘Breathe Easy’ programme for patients who suffer from breathlessness in which the multi-disciplinary team of health professionals teach patients techniques to help them cope with this distressing symptom.
- ❖ Day and Respite care is offered twice a week. Lunch is provided and patients can participate in therapeutic activities like gentle exercise or if they prefer, relax in the lounge or patio. The aim is to support patients through their illness and help them gain independence through rehabilitation.
- ❖ “Just Talk” therapy and counselling is offered to help patients and their loved ones as well as bereavement counselling when needed.
- ❖ Our Financial Assistance Scheme for those suffering financial hardship as a result of their illness.
- ❖ The loan of nursing equipment for the use of patients with advanced cancer at home.
- ❖ The facilities are used by Breast Cancer Support Gibraltar and Prostate Cancer Support.

The Centre is open Monday to Friday from 9am to 5pm. Anyone needing any help can be referred to the Centre by a health professional or they can contact the Centre direct on tel: 20042392 or email info@cancerrelief.gi. Both Grainne McKenna, our Centre Nurse and Kate Howarth, Oncology Support Nurse are available for anyone who would like information or advice on cancer-related issues. Although this varies from week to week, on average our nurses receive two to three new referrals for patients or relatives needing our services.

During this year it became apparent that the increase in demand for our services meant that our nurses whose priority is supporting patients, needed administrative support so that the Centre could run smoothly. The decision was made to employ a part-time administrative assistant and so Rowena Wallace was employed to run the office and attend to all non-clinical matters relating to the efficient running of the Centre.

In terms of funding, this mainly comes from donations (see attached draft accounts). We have to budget approximately £10,000 a month for our running costs so put simply the Centre could not run were it not for the generosity of so many individuals, groups and businesses that donate to the charity all year. In 2014 our fantastic fund raising group organised two special events, the “Pan Cake” week and “Gibraltar Biggest Coffee Morning” . We have just joined “Just Giving” so that anyone wishing to donate online can go to this webpage, input “Gibraltar Society for Cancer Relief” and donate electronically. The link is <https://www.justgiving.com/g-s-c-r/> Alternatively donations can be given via Nat West ATMs using “Other services”. Members can also visit our Facebook Cancer Relief Centre page for news and we are planning to issue an electronic newsletter to our members to keep everyone up to date with our activities which why we are asking members to kindly give us their email addresses. In addition, our website is in the process of being updated.

The Future: Doctor specialised in Palliative Medicine and the Hospice

Following agreement with the GHA, we are very pleased to say that a part-time GHA GP with Special Interest in Palliative Care is going to be appointed. At the time of reporting plans are being made to interview prospective candidates. This is the first and essential step onto Cancer Relief’s goal to open a four bedded

hospice in the specially designed unit on the top floor where respite care, symptom control and 'end of life' care can be offered. Our trustees submitted a proposal to the Gibraltar Government last year and have met both the Chief Minister and the Minister for Health to discuss this. Following our meetings, we are of the view that the Government is supportive of the proposal. We will shortly be meeting with the Chief Minister once again in order to progress on this matter.

FINALLY.....THANK YOU!

The Centre continues to benefit from our fantastic team of volunteers who work as drivers, gardeners, fund-raisers and day care support. We could not offer our services were it not for this brilliant group of dedicated people who so generously give of their time. We are so grateful for everything our volunteers and supporters in the community do! To you all a HUGE THANK YOU!