



ANNUAL REPORT 2015

The year 2015 has been a particularly eventful and successful one for Cancer Relief Gibraltar.

We are now reaching out to more people affected by cancer than ever before since the charity began over thirty years ago. Men and women of all ages and their families, young and old have made use of our facilities (320 since the Centre opened in April 2013). We have never supported as many patients and carers as we do now.

This year, over 120 individuals affected by cancer have accessed one or more of our services. We are currently supporting around 70 families through one or more of the following services:

- Our Cancer Support Clinics which provide information, advice and support, from diagnosis, throughout treatment and beyond.
- An Aromatherapy Massage service for patients and carers. This helps ease symptoms in patients and helps to relieve stress and tension in carers.
- 'Head Smart', where patients suffering from hair loss and other visible effects of cancer treatment can have their wigs styled, and receive advice on hair/scalp care as well as support during hair regrowth.
- Pamper services such as facials, skincare and make-up. Men as well as women also benefit from soothing skin treatments and a little 'me' time.
- GHA clinics run by a GP Special Interest in Palliative Care, dietician, physiotherapist, occupational therapist and chiropodist.
- Day and Respite therapy, where patients can spend an enjoyable day in a relaxing environment. Lunch and transport are provided as well as appointment, activities, peer support and quiet time if necessary.
- A Financial Assistance Scheme for those experiencing financial difficulties because of their illness.
- 'Just Talk' Therapy, counselling, and bereavement counselling.
- The loan of nursing equipment for the use of patients at home.
- A hospice@home service, which aims to provide respite (through professional nursing care) for patients and family members when the patient is at home. This care can help prevent admission to hospital and provide respite for carers. Should they decide they wish to spend final hours in their own home, our hospice@home nursing service will enable that in co-operation with the GHA's palliative care and district nursing team.
- Monday morning 'Coffee and catch-up' coffee mornings
- Facilities for Breast Cancer Care Gibraltar and Prostate Cancer Support Group to meet.

All our services are free and are aimed at helping you and your family live life to the full. They are available to anyone whose life is currently affected by cancer.

WHAT'S NEW THIS YEAR?



In partnership with the GHA, an exciting innovation has been the establishment of specialist GP clinics at the Centre. Dr Yolanda Robles, a GP with Special Interest in Palliative Care, joined the team this year. This has meant that the GHA / Cancer Relief Multi-Disciplinary team now benefits

from having a dedicated doctor who is easily accessible and can offer medical care and advice to palliative care patients when needed. Another advantage is the improved continuity of care for patients.

Grainne McKenna, our Centre Nurse Manager assisted by Rowena Wallace, the Centre Administrator, continue to very ably manage the centre. Due to the demand on our services, it was necessary to employ a second Hospice at Home (HaH) nurse, Linda Cooper who joined Daniela Ayre, our first HaH nurse. In order to meet this increase in demand for our services and to further improve them we have now had to employ all our staff on a full time basis. Our Oncology Support Nurse, Kate Howarth is expected to return to work in the New Year after her maternity leave.

OUR VOLUNTEERS AND PARTNERS

None of the above would be possible were it not for our fantastic team of volunteers who offer their time and expertise in so many ways to help the Centre. We have drivers, gardeners, day care support volunteers, fund-raisers as well as 'specialist' volunteers offering services such as beauty and hair care. We work closely with the GHA and we are very well supported through various fund-raising events organized by individuals, businesses, companies, services and sports clubs, too many to mention specifically here. Put simply, the Centre or our services could not exist were it not for your support.

FINANCIAL

The draft accounts for 2014 are attached and show a healthy surplus for the year 2014. We will also show a surplus for year 2015 thanks to the magnificent level of donations and fund raising. We are however continually increasing the level of services that we provide and this means that in 2016 we will need to raise around £14,000 per month just to cover recurrent expenditure.

Ways to donate

- Anyone wishing to donate online via Just Giving can do so by going to 'Gibraltar Society for Cancer Relief' at www.justgiving.com. The link is <https://www.justgiving.com/g-s-c-r/>
- Donations can be made via online banking - our account details can be found on our website, www.cancerrelief.gi.
- Donations may be sent to the Centre or via Nat West ATMs clicking 'Other Services'

To hear about our news, anyone can go to our Facebook page "Cancer Relief Gibraltar and the Cancer Relief Centre" or our webpage www.cancerrelief.gi

THE FUTURE: Hospice Unit

The vision of Cancer Relief and its founders has finally become a reality - A 4 bedded Unit on the top floor of the Centre will open next year. This will offer specialised symptom control, and end of life care.



The Gibraltar Government has kindly agreed to fund major capital and recurrent costs to make the hospice a reality and we are currently in the process of working on all the necessary legal issues before Cancer Relief starts to recruit staff.

Cancer Relief Gibraltar will continue to fund all our present services for patients who are at different stages of their illness; from those who have just been diagnosed and going through treatment to recovery as well as those who unfortunately develop advanced cancer. This means that our need for on-going fund-raising will continue.

THANK YOU

Finally, a huge THANK YOU goes to all our supporters for everything you do to help Cancer Relief Gibraltar. My personal thanks goes to the Board of Trustees, Centre staff, GHA colleagues and all our volunteers for all you do. We look forward to what 2016 will bring and hope to continue expanding our services for those affected by cancer in our community.

Thank you!