

Newsletter—Autumn/Winter 2018

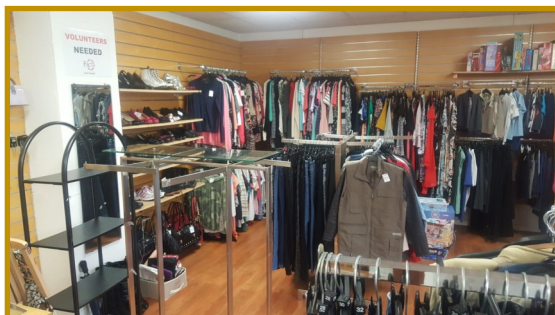


Fighting All Cancers ...Together!

Charity number 1130258, Company number 6913360

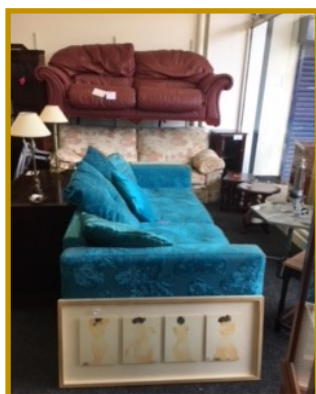
Local Cancer support, awareness & education, for local people in local communities.

Friendly Customers, Fantastic Volunteers, Fabulous Furniture! Visit a FACT Charity Shop today!



Did you know FACT currently have six charity shops? Their locations are Blaydon, Gateshead, Gosforth, Kenton, Low Fell and Sunderland, watch out for one in your area soon. Profit from the sales of donated goods go directly to the charity and these funds are used to provide and expand the invaluable sessions FACT offer people affected by cancer.

Donations are accepted of all household items that are clean and unbroken, furniture large or small, wardrobes, coffee tables, dressers, sofas, chairs (soft furnishings must have fire labels), books, toys, and of course clothes for all. Donations can be made to any of our shops or to Denise Robertson House, FACT's Swalwell premises. For larger items, please arrange collections through Claire at FACT's office, telephone 0191 594 7157.



With one Retail Supervisor in each shop, shop volunteers are vital in helping support FACT. A huge thank you to all current volunteers for their support, no matter how long they have been with us, or how much time they can spare—

Maureen, Suzanne, Eileen, Evelyn, Nicola, Dot, Peter, Pat, Susan, Angela, Vicki, Laura and to name a few, the difference you make is

amazing. Eileen has been a volunteer at FACT's Blaydon shop since 2012, she said "I love the social aspect of volunteering, the customer contact and I

love sorting through all the donated books". If you are interested in volunteering please call into the shop most local to you, have a chat and see what we are all about, you won't regret joining our team. Not only would you support our shops, but you could also volunteer at FACT's events or attend coffee mornings held at Denise Robertson House.

FACT's shops have something for everyone, Kenton has recently re-opened as FACT Furniture Store and we have a great selection of furniture at affordable prices. Items do sell fast so you must be quick! Stock is rotated around all our shops, and items can be viewed on FACT's individual shop Facebook pages. Kenton furniture store is supervised by Rob, who is loved by all the customers and his volunteers. Joan has volunteered for two years at Kenton, she said "It is hard work sorting out the donations, but it



Eileen, a volunteer, sorting books at Blaydon shop



Above—a selection of superb kindly donated goods

is enjoyable and we do have a laugh, I dressed Rob one day and he was disappointed to find out he was a size 14!"

Janice, FACT's Area Supervisor commented "The customers are so friendly at all our shops, they love a chat, sometimes I wonder if we should have coffee shops too!" "Not a bad idea Janice!" replied Joanne FACT's Chief Executive.

Pele's Story



Pele is a much valued FACT volunteer, he runs FACT's weekly walking group and the walkers he takes out describe him as a friendly, welcoming and encouraging man, the type of person you can easily chat to each week.

Pele tells us his story, and why he volunteers for FACT. "I lost my wife to cancer five years ago and struggled to cope, until I bumped into a friend, Ruby, who I had grown up with. Ruby is a volunteer for FACT and she introduced me to this amazing cancer support charity. I then decided to volunteer for FACT too, setting up a walking group. I love walking and thought this was my way to help others. It gives people affected by cancer and members of

the community a chance of an outing, a chat with others or to possibly to offload during their busy schedule of hospital appointments. I know what this time can be like, and I can relate to people going through the same things that I did with my wife. This type of social interaction can be invaluable. I also go to the Men's Group held at FACT once a month where I have met some inspirational people. Through FACT I have made many new friends, who are going through the cancer journey and would say to anyone who needs help to come and join our 'FACT family'".

FACT's walking group is held on Wednesdays at 11am, it is free and for all abilities, why not come along for a chat with Pele, and a cuppa with refreshments afterwards?



FACT's Acclaimed Great North Runners 2018

2018 saw 23 FACT runners in this years famous Great North Run, and between them have so far raised over £10,000—Thank you so much to the runners and everyone who donated towards their run. Susan Harrison who organises the runners commented "We could not do what FACT does without people like yourselves, you are all amazing! Such inspiration in your stories and achievements, has prompted nearly 40 people wanting to run for FACT in 2019, just days after the run this year". If you would like to run for FACT in 2019 please get in touch with Susan at FACT.

Here are a few of FACT's runners experiences: "*I can honestly say the GNR is one of the hardest but most satisfying things I've done and massive respect to anyone who did it, from the heat to cramping up at 11 miles to the awful tasting energy gels, none of them have managed to stop me signing up for next year. A massive thank you to everyone who sponsored me it's appreciated and will go to F.A.C.T an amazing cause*" remarked Lee.



"I loved the run, although it was incredibly hot! It was my second time, the first one was in 2016 only 4 months after my husband Mark died of pancreatic cancer. I don't remember much about it, except an amazing sense of achievement and a lot of tears at the end. This year I wanted to run for FACT to raise some money for a charity that has helped me a lot over the last couple of years, and to prove to myself that I didn't dream running a half marathon- I could still do it! And I did it, and it was great! The support, the sheer number of people running and the sense of occasion, is amazing. It makes me very proud to be from Newcastle, and it is very emotional to read the stories, and to be part of something special. I'm proud to have run for FACT, thank you" said Kylie.

"FACT have been invaluable in their support for me and for my son Ethan, so I wanted to 'give something back' to this amazing charity. I also wanted to prove to myself I could still complete the Great North Run following my own cancer diagnosis and treatment. It was tough, but it was a rewarding experience and I loved every minute (kind of, well maybe not miles 11 to 13)"! said Jacy.

"I am running this run for my beloved friend, if I can make a difference, raise awareness and most importantly keep the flame ignited and carry your memory then I am achieving for you and your family" expressed Hayley.

"It was a fantastic event and I was pleased to be running for FACT. The crowds were amazing, as was the heat. My feet started to hurt at 4 miles and everything else followed from about mile 7. The final 4 miles were just a blur of trying to keep my legs moving in the right direction. I made it to the finish and discovered that I beat Olly Murs, which made my feet feel just slightly better for a couple of minutes. I got round in 2:03.22, so will probably have to do it again next year so I can beat 2 hours" Richard told FACT.



Talking Therapies

FACT's team of therapists offer short and long-term counselling for adults, teenagers, children, family members and friends who have been, or are going through the cancer journey.

Shirley Sheen FACT's Counselling Co-ordinator explains "We have had the opportunity to help and assist a lot of individuals and families who have struggled through some difficult times. We pride ourselves at FACT by providing a warm, friendly space. We see all our service users and clients as part of the 'FACT family'".



What is counselling?

Counselling falls under the umbrella term 'talking therapies' and allows the individual to discuss their problems or any difficult feelings in a safe, confidential environment. Ultimately helping you to understand yourself better by gradually developing a clearer insight of your problems, and helping you to navigate your way through difficult times. Compassion and listening are the foundations of our counselling service. FACT's therapists provide comfort and support in the turmoil of life-changing events. Counsellors believe "A loss is a change and any change is a loss." Grief, loss and change produce an array of powerful and intense emotions and some people may find them overwhelming.



A lot of people have misconceptions or are fearful of counselling. To put your mind at ease Shirley would like to dispel these myths:

Myth—Counsellors just sit there, nod, and stay silent. "This could not be further from the truth, our first job is to make everyone feel comfortable and at ease, no awkward silences. In fact, most clients can't believe how quickly the time goes!"

Myth—Counselling will change who I am. "Any decision to change belongs in the client's hands not the counsellors, if change is desirable I can help you explore the options".

Myth—Counselling takes a very long time. "The sessions are as individual as the clients, I see some clients for 1 or 2 sessions or for a few months. We are lucky at FACT to be able to support the client with the number of sessions that will be most helpful to them".

Myth—Everyone will know I'm seeing a counsellor. "We are bound by strict privacy and confidentiality guidelines, it is the underpinning of our practice. As a matter of good practice this will be fully explained in your first session".

Pamela's Experience

Pamela* came to FACT for counselling after her cancer treatment, keeping strong throughout her treatment, it was when she got the all clear that her bubble burst and she realised what she had actually just been through. That was when she realised that she needed some kind of help. Pamela tells FACT "If I hadn't come to FACT I wouldn't be where I am today. As soon as I talked to someone and got the first sentence out of my mouth I felt like a weight had been lifted from my shoulders and felt that at last somebody was listening. The things that I learnt during my counselling sessions was that my illness is over, and I can happily look forward to the future. Talking things through have helped me to cope with day to day life, it was a valuable service at a difficult time". Pamela describes FACT "In 3 words friendly, homely and supportive. I am so pleased that I had the opportunity to access their counselling service". (*name changed for anonymity purposes).



All FACT's therapists are registered with the BACP (British Association of Counselling and Psychotherapy), practicing their policies and guidelines ensuring the highest professional and ethical standard of practice.

For more information of our service or a referral for a counselling appointment please use the contact page on our web-site email or telephone – 0191 442 0833 email – info@fact-cancersupport.co.uk

To Donate to FACT Visit: www.justgiving.com/fact-cancersupport (don't forget to add Gift Aid)

TEXT FACT33£2 to 70070 to donate £2, or exchange £2 for £5 or £10 network charges may apply.

Send a cheque payable to FACT to the address below or contact FACT to set up a monthly Standing Order.



SPOTLIGHT ON!!

Each edition we will focus on a member of the FACT Team and find out a little more about them:

Area Supervisor – Janice Atkinson

How did you hear about FACT? – I heard about FACT through a family member a few years ago, when I insanely agreed to do a sky-dive for them!

Why do you work at FACT? – I came to work at FACT after I lost my lovely husband to MND in December 2017. I had left my previous job in June 2016 to spend some quality and valuable time with Mick. After several months of bereavement, I knew I had to find something new and meaningful, a job I would enjoy and care about. I think we all become set in our ways and become complacent with our jobs, I couldn't this time, it had to be right.

What do you do at FACT? – I visit our charity shops throughout the North East on a daily basis, dealing with retail issues, H&S issues and much more. I love to chat with the customers, old and young, all from very different backgrounds but all have FACT in mind and the wonderful work we do.

What do you enjoy doing when not at work? – I love food and wine! So I would dine out a lot (not so much lately), and walking my lovely little dogs George and Kira. More recently, I have started a BOUNCE BLAST class at FACT, Denise Robertson House, every Wednesday, with colleagues and service users of FACT, it is great fun!

Where is your most memorable holiday? – Venice for our 25th Wedding Anniversary in 2011. Our family treated us to a Gondola ride and it was great just getting lost as you meander through the many little streets. Highly recommend it!

What is your favourite musical? – That would be The King and I, only musical I would watch more than once, probably the first I ever watched.

Like us on Facebook:

FACT Cancer Support
FACT Cancer Support—
Events, Fundraising &
Volunteering

*Also find FACT's
individual shop pages for
some amazing bargains
and ebay listings*



Martha's Challenge

Martha Arnold from Gateshead wanted to raise awareness about FACT to mark its 10th anniversary.

The nine-year-old, whose mum Joy works for FACT said *"I came up with the idea of the pin badge challenge when I was travelling to the Lakes with my family over Easter, and I wanted to do something different than cake bakes and name the bear. As its FACT's 10th birthday this year, I wanted to do something special to mark the anniversary, so while travelling back home in the car after our trip, I came up with the idea of not only selling FACT pin badges, but trying to spread them as far across the world as I could"*.

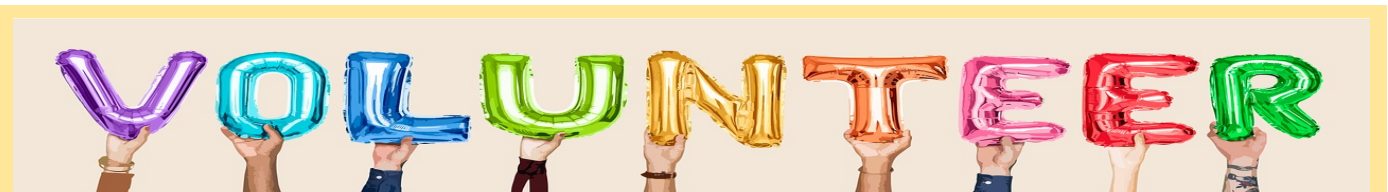


To date, the limited edition pin badges have made it as far as Australia, Turkey, Italy, America, France and even to the World Cup in Russia.

After asking for help from her friends, Martha also made a just giving page and is updating her progress on FACT's Facebook page.



To buy a limited edition 10th birthday badge please visit www.justgiving.com/fundraising/factmarthaschallenge or call 0191 442 0833.



Give something back and make a difference today.

Volunteers are the backbone of the work that FACT does, and without their help and assistance FACT could not deliver the high quality services that are provided to people affected by cancer. Volunteering at FACT gives a rewarding experience even if it is a spare hour you have, or a regular day to commit to. Caroline a FACT Community Engagement Assistant remarks "Why not come along and join FACT's fun and enthusiastic volunteering team, there are many activities to choose from, you could volunteer at an event, sell raffle tickets, prepare tombolas, help with admin, driving—the possibilities are endless! You could meet other volunteers, staff and service users, who would all appreciate your help. Volunteers in our shops are always needed too. It would also look good on your CV!"

Just get in touch for a volunteering form or for more information ring 0191 442 0833.

FACT offer a range of services to benefit cancer patients, and to support their family, friends and carers. No referral is necessary and you do not have to be the patient to benefit from our sessions. If FACT do not currently have the service/support you require, we will endeavour to source it for you.

Please contact FACT for more information on services and sessions.

Fighting All Cancers Together, Denise Robertson House, Clasper Way, Swalwell, NE16 3BE Tel: 0191 442 0833

www.fact-cancersupport.co.uk email: info@fact-cancersupport.co.uk

Save the dates! - Upcoming Events.

Regular Events held at FACT, Denise Robertson House, unless otherwise stated.

Every Monday 12.10-12.55 and 12.55-13.40 *Over 50's fitness* gentle exercise sessions, for people new to exercise or rehabilitation.

Every Monday 18.30-20.00 *Singing group*, join FACT's sing a long with a light snack, all welcome.

Every Tuesday 10.30-12.30 *Coffee Mornings*, join us for a coffee, chat and cake! All welcome.

Every Tuesday 12.30-13.00 *HIIT*, (High Intensity Impact Training) 30mins of exercise with Nathan Honess.

Every Tuesday 13.15-14.15 *Pilates*, exercise concentrating on balance, posture and strength, for all abilities.

Every Tuesday 18.00-18.45 *Bootcamp*, held at Dunston Activity Centre.

Every Tuesday 18.45-19.30 *Pilates*, exercise concentrating on balance, posture and strength, for all abilities.

Every Wednesday 9.45-10.30 *Yoga*, gentle, calming exercise.

Every Wednesday 11.00 *Walking Group*, a friendly walk around the river Derwent then refreshments afterwards.

Every Wednesday 12.00-13.00 *Community Lunch*, a friendly get together and a bite to eat.

Every Wednesday 18.45-19.30 *Bounce Blast*, high calorie burn, fun exercise session on small trampolines.

Every Thursday 10.30-11.30 *Pilates*, exercise concentrating on balance, posture and strength, for all abilities.

Every Thursday 10.30-12.00 *Breast Cancer support group*, meet others in a friendly atmosphere with a light snack and refreshments.

Every Thursday 18.30-20.00 *Floristry Class*, get creative with FACT's weekly flower arranging class.



First Monday of month 18.30-20.00 *Friends of FACT*, a volunteering opportunity.

First Tuesday morning of month 10.30-12.30 *Mastectomy Wear Clinic*, opportunity to be professionally measured and purchase mastectomy wear.

Third Wednesday of month 12.00-13.30 *Ladies that Lunch*, support for ladies in their 20's, 30's and 40's affected by cancer in any way.

Third Wednesday of the month 18.30-20.00 *Men's Group*, support for men of all ages affected by cancer in any way.

Last Wednesday of the month 13.00 *Afternoon Tea* support for ladies over 50 affected by cancer in any way.

First Saturday of the month 14.00-15.30 *Being Mam and Dad*



October

Tuesday 30th October 16.00-18.30 *Halloween Party*



November

Friday 16th November *North East Cancer Care Awards*

Saturday 24th November 19.00-23.30 *Bollywood goes to the Baltic*

Sunday 25th November *Children's Christmas Party at Crazy Kingdom*

Thursday 29th November *Christmas Market bus trip to Edinburgh*

Friday 30th November *Christmas Carol Service at FACT*



December

Friday 7th December 19.30– late **Greek night at Petros Restaurant**

Tuesday 4th December 10.30-12.30 **Christmas Coffee morning and 10th Birthday party at FACT**

Monday 17th December **Marks and Spencer Bag Pack** volunteering opportunity.

January 2019

Sunday 27th January **Pamper Day**

March 2019

Saturday 2nd March 18.00-1.00 **FACT's Annual Ball**

Sunday 31st March **Dog Walk**

April 2019

Saturday 20th April **A night with Sue Sweeny**

June 2019

Sunday 23rd June **FACT's Wigwalk and Run** Get entered today!



More events will be added during the year, keep up to date on Facebook or our Website.

For more information about events please contact us.

REMEMBER you can have use of our fantastic rooms, ideal for your own events/meetings/classes or parties etc.

All facilities available from refreshments to IT.

We can supply lunches, or you can bring your own.



Please give us a call for more details about our room facilities on 0191 442 0833.

All proceeds from room use will be used by FACT to expand our services for people affected by cancer.