



Annual Report

2014-2015

Chair's Report – Dr June Smailes

As Cavendish Cancer Care approaches its 25th Anniversary it is with immense pride that we reflect on the story so far, from our founder David Simons' first patient to our current service helping over 1,500 local families every year. The number of patients we help may have changed, but David's ethos of only using the best people to provide professional, constantly evaluated, tailored care certainly has not.

In many ways the cancer story over the years has been a good one, and in 2015, for the first time ever, more people are living with and beyond cancer than dying from it. The establishment of an independent task force to develop a five year strategy for cancer services by NHS England in January 2015 should ensure a new focus for developing world class cancer care across the statutory and charity sectors.

However, the reality remains that there are, and will continue to be, more people living with cancer, over a longer period of time, with more complex worries and concerns.

Almost half of us will be diagnosed with cancer at some point in our lives and that is why our support has never been more relevant.

As we focus on where and how we deliver that support to ensure that we are accessible to everyone who would benefit, we are delighted that last year we saw more people than ever in our Wilkinson Street base. We also continue to offer care to patients at Weston Park Hospital, The Cancer Information and Support Centre and the Northern General Hospital, generously supported by Sheffield Hospitals Charity and Weston Park Hospital Cancer Charity.

Cavendish People



"My experience at Cavendish has been above and beyond anything I could have expected. They took the guilt away from how I was feeling. Some days I am still sad, but I can recognise that and take some time for me."

"Thank you for providing me, and others, with a safe place and opportunity to grieve and begin to look forward."

Holly

Recognising the emotional stress to their staff of providing end of life care, St Luke's Hospice and the Macmillan Palliative Care Unit offer Cavendish Cancer Care support to any staff member who may benefit.

However, we are mindful that there are still many people across the city and region who are not aware of our service. There are others who may have heard of us but do not understand the benefit of our care or feel that we are relevant to them.

We have an obligation to ensure that we make cavendish cancer care readily available to everyone.

They must be equally able to access our service regardless of which part of the city they live in, and our service must address their needs in an understandable and relevant way.

Looking to the next 25 years, I am confident that we have a team that is ready and able to embrace these challenges and that our service will continue to evolve to meet those needs.

We simply could not do this without the support of those around us.

We are, as ever, indebted to the generosity of local people and organisations in giving us their time, skills, experience and of course, direct financial support.

Cavendish People



"It is very difficult to say how I would have coped without the support of Cavendish Cancer Care. I feel that there is a real need for support of this kind during a very difficult stage in a persons life. It is important to treat the whole person, not just focus on the disease."

Phil

Chief Executive – Chris Farrell

In 1962 President John F. Kennedy visited the NASA Space Centre. The story goes that during the tour the President noticed a janitor carrying a broom. Introducing himself, he asked the janitor what he was doing, "Well, Mr. President," the janitor responded, "I'm helping put a man on the moon."

Why do I share this story in our annual report? Well, in some ways, someone first hearing that cancer has entered their life is not unlike an astronaut. They find themselves alone in an unfamiliar environment, facing a myriad of decisions. Some are very technical - which treatment is best for me and my condition, whilst others are more fundamental - how do I hold onto my sanity with so much going on around me?

Equally, their success in completing their journey depends on a wide range of people working to support them over an extended period of time, with the whole mission in jeopardy if even the smallest part of the process does not work.

Within this context it is essential that we recognise that our success is not determined by how well we deliver the individual package of support we offer to someone. Instead, it is how well they do in the bigger picture that really matters, and the extent to which our work enables this.

Since Cavendish Cancer Care was founded almost 25 years ago it has been at the core of all we do to see the person and their specific situation first.

We also work tirelessly to ensure our support is fully integrated with all the other care our clients receive and to evaluate our service on a case by case basis in order to ensure it is effective.

Cavendish People



"If the Cavendish hadn't been there my recovery period would have been a lonelier and less positive experience"

"I'm sure I would have carried a lot more emotional baggage and I wouldn't have been anywhere near as confident at dealing with my diagnosis."

"I'll always be immensely grateful to them."

Elizabeth

It is both exciting and very welcome that the wider health and social care sector is now taking a more holistic view of what it means for someone with cancer, and those they care about, to have the best possible life, whatever their prognosis.

However, at a time when more people than ever before are living with and beyond cancer, and with more complex needs because of this, there is a risk that our energy and resources are exhausted supporting those best able to find us. Instead we must recognise the wider landscape and focus on those who would most benefit from our support, and who do least well within mainstream care.

That's why over the last year, building on the success of previous years, we have worked hard to build our networks and ensure we are not just known, but also recognised as relevant, by families affected by cancer and all the health and social care professionals that support them.

I am delighted to say we are seeing more people than ever at our centre on Wilkinson Street.

I am more delighted still that our experience is being listened to and is directly informing developing plans to deliver world class cancer care and support across South Yorkshire, North Derbyshire and Bassetlaw.

In this report you will read about our successes over the year and the people that made them possible, but I am most proud of what others have said about us and the difference we have made to their lives. As we approach our anniversary year I am excited to see what the next 25 years will hold, whatever role we play.

Cavendish People



“The great thing about the Cavendish is that they look at you holistically, in the round.”

“After going through all the therapies available, Ann recommended hypnotherapy because even though I was constantly tired I could not sleep and she thought this would help me relax and sleep better – and it really worked.”

Margaret

Our Vision, Mission & Values

Our vision

Improving the quality of life for local families living with cancer through physical and emotional support, where and when they need it the most **#cavcancercare**.

Our mission

To help people in South Yorkshire, North Derbyshire and Nottinghamshire adjust to, cope with and face up to the impact of living with cancer by treating the person and not the illness. We aim to improve their quality of life, enrich their emotional wellbeing and provide the support they need to deal with the challenges life threatening and life limiting illness places on people's lives.

Our values

Professional – we set ourselves high standards both in what we do and how we do it and believe our model of care is what makes the real difference to our families.

Respectful – we treat people with respect and courtesy and value people's differences, considering our thoughts and actions and the impact they will have on others.

Open and honest – we are open and transparent in everything we do. We act in the best interests of our patients, our supporters and our staff and are accountable for our activities.

Unflappable – to provide the services we do, we are persistently calm, reliable and collected and approach all challenges and opportunities in a considered way.

Determined – we work hard to make a difference, determined to work together to make a real, positive impact for people who need us, now and in the future.

Cavendish People



"I had aromatherapy sessions. The idea is that the scent links back to the associations you have in the calm, positive setting of the room. It meant that where ever I went afterwards - places I felt scared or panicky - I had something to focus on. It would remind me of how emotionally in control I was in the sessions at Cavendish, and it worked."

Toni

Volunteering – Dallas McDade

Volunteers provide significant ongoing support to Cavendish Cancer Care. Around 35 volunteers give their time on a regular basis and hundreds of people have helped us at individual events over the last few years, showing the high level of community support within the region for our work.

Volunteers play a crucial part in helping the reception team create a warm and caring environment for our clients.

Others use their administrative and financial skills to support the day-to-day running of the centre. We also receive significant support from corporate volunteers and partners, many of whom organise fundraising events or donate their expertise in areas such as IT and marketing.

We have three main volunteer run income streams: collection boxes, recycling boxes and our Speakers Team. These are run by small groups who use the opportunity to raise money and also boost the profile of the charity in our community.

Over 80% of our current volunteers are ex-clients, but we are forging increasing links with the universities in Sheffield, and with local schools. We take on work experience and Year 12 enrichment students from a number of schools in the area.

Sadly this year we lost our dear friends and supporters Carole Stephenson and Reverend Donald Dennison, and our thoughts are with their families.

Our sincere thanks for their time, dedication and hard work go to:

Carol Pearson
Terry Howsham
Joanna Pigott
Robyn Postle
Kathryn Rhodes
Angela Smith
Emma Sweetman
Maggie Tierney
Margaret Ward

Pamela Wigfield
Wendy Woodhead
Joan Kersey
Dave Huggins
Jessie-Rae Greenfield
Clare Tollick
Jayne Allen
Sam Jacobovic
Jiang Jian

Harriet Buxton
Debbie Cockerill
Margaret Dennison
Ann Eley
Margaret Etches
Elspeth Gaines
Tracy Green
Dhira Helliwell
Charlotte Hetherington

Linda Heywood
Gill Hutchinson
Natalie McMillan
Sue Morley
Sandra Nundy
Ruby Osborn
Keith Pascoe

cavendish People



"It's easy to get demoralised, but the Cavendish is the link between the hospital and your family. They can deal with you, make you relaxed so you're better at home. Without them there would've been a huge strain on my relationship."

NICK

Therapy Services – Ann Hetherington & Delphine Sayre

This year our team of 6 assessors and 24 therapists have provided physical, psychosocial and spiritual support for an increasing number of families affected by a cancer diagnosis.

Our model of care is:

1. Person centred
2. Integrated
3. Evaluated

...and supported by strong governance, research and audit.

We provide services at:

- The Cavendish Centre, including support for the staff of St Luke's and families affected by an MND diagnosis.
- Palliative Care Unit and Cystic Fibrosis Ward at the Northern General Hospital.
- Wards 2 & 3 and the Cancer Support Centre at Weston Park Hospital.

We also continue to hold weekly relaxation classes and monthly professional seminars at the centre.

In the past year we have received **703 new referrals at Wilkinson Street**, comprising **397 patients, 259 carers** and **47 children and young people**. Across all areas we have delivered a total of **4,620 therapeutic sessions**.

Development and outreach activities:

- Presentation to students at Sheffield College.
- Poster presentation at Late Effects Conference.
- Training event for GPs.
- Relaxation sessions on Breast Cancer Care course.
- Training events for spa therapists.
- Presentations during induction for new starters at WPH.
- Learning event for staff on the Cystic Fibrosis Ward.
- Student doctor placements at Wilkinson Street.

Cavendish People



"Without Cavendish Cancer Care I wouldn't have been able to cope as well emotionally, it was a real lifeline. I have really good friends who I can talk to, but when you come to Cavendish you can say things you can't say to people who love you."

LOUISE

What people say about us :

At Wilkinson Street:

"I came to the Cavendish at the most difficult time of my life, a broken person not knowing how to cope. With your timely interventions I have started to put the pieces back together."

"Meeting such kind, friendly and reassuring people who treated me as a whole person and not as someone who needed mending physically."

"There was a sensation of an infusion of a warm reassuring spiritual energy taking place. A heightened sense of wellbeing.....helped me regain a sense of wholeness."

"You offer a listening ear where people can be themselves and you give some hope and peace amongst the chaos in dealing with cancer."

In outreach areas:

"I looked forward to the therapies while in hospital.....fully appreciated the Cavendish input and it helped me get through my treatment."

"Provided an oasis of calm in the world of bleeps, blood pressure and temperature measures and all the invasive drips, chemo injections and blood tests. The reflexology was such a pleasant and restoring experience."

"Found the reflexology so very relaxing and stimulatingtaught me how to relax while having regular treatment and living with cancer."

Thank you to our dedicated, hardworking and enthusiastic team who have helped to make such a difference.

Cavendish People



"I think everyone will know someone who has had cancer, and sometimes its not the cancer that knocks the stuffing out of you but the emotional battle that comes with such a challenging illness."

"Myself and Toni owe our sanity to one place which has really made a difference on this front and that is the Cavendish Centre."

Kurt

Fundraising and Thanks

Many people tell us it's easier talking to their Cavendish assessor or therapist than even close friends and family, because they don't have to worry about any distress it may cause. Simply being given the time to speak to someone who understands is such a valuable gift. This gift is the reason for every bit of fundraising that we and our supporters do.

We are absolutely committed to offering our care on a free of charge basis, but the funding we receive from the NHS will only keep our doors open for about two weeks each year

we simply can't do what we need to without the support of people like you.

This was an exciting year for us as we welcomed two new members to the fundraising team to take our skill set in a new direction. We know that there is ever greater competition for ticketed events, as reflected in decreasing take up for many events. With this in mind we have made a conscious effort to diversify away from this type of fundraising.

The events we delivered focussed not only generating income but also raising our profile and delivering targeted messages to our supporters. As people learn more about the importance of the work we do, this will generate additional support and result in more events being organised by groups and individuals in our local community.

Key events this year were:

- Ladies Lunch at Baldwin's Omega
- Sponsored Walk
- World Cup Summer Ball
- Sheffield Together 10k
- Cuban Christmas Markets
- Christmas Draw

cavendish People



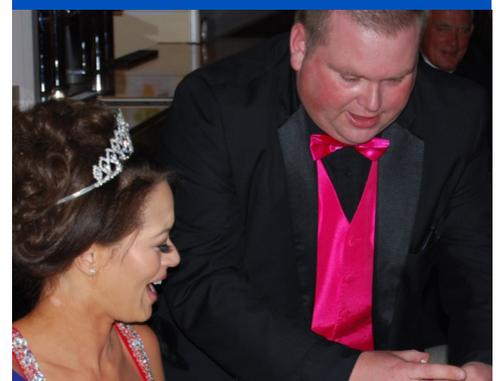
Dale and Alana Green at our Chatsworth Sponsored Walk after completing the 6 mile course.

THE DEVONSHIRE CAT



The team at The Devonshire Cat hosted a brilliant gourmet evening.

World Cup Ball



Miss South Yorkshire being amazed by the magician at our World Cup Ball.

Community Led Fundraising

Challenges and events which local people and businesses take on and organise on our behalf play a vital role not only by raising funds but also by telling friends, family and colleagues about the work we do and the importance of supporting a local charity like ours. The fact is we would not be able to survive without the people who organise these events and we are only too happy to help with graphic design, organisation, PR, merchandise and budgeting.

This year our friends and supporters on Team Cav have been very busy indeed, taking part in marathons, bike rides and concerts to name but a few.

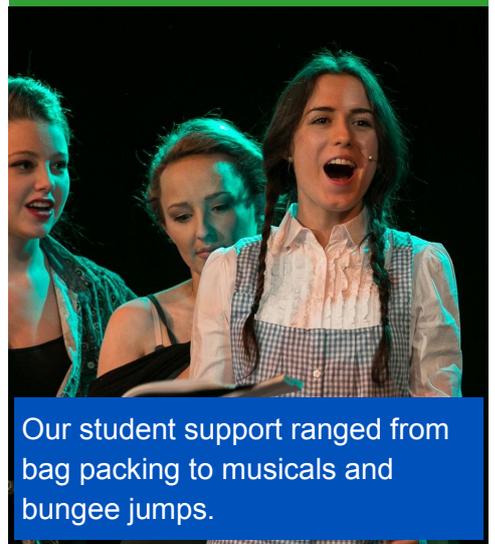
Seen here are just some of the many people who make it possible for us to continue our vital care. You can read their full stories, and many more, at www.cavcare.org.uk/news.

- Many thanks to Ian, Sarah, Chris, Lucy, James and Ann for their training efforts and to everyone who provided water along the route of the Sheffield Half Marathon.
- Julie Godhard and her family put on a fantastic line dancing pie and pea supper.
- Sam Cripps took on the challenge of the Tough Mudder, a 12 mile course including 24 obstacles, freezing water and a crawl through a field with live electrical wires dangling overhead! In his own words, "I did this crazy stuff to raise money for the Cavendish Centre as it helped my step dad Jon through his recent struggle with cancer."
- A team from Woskow Brown took part in the Sheffield Sky Ride to raise funds for us as their charity of the year.

Cavendish People



Sam Cripps taking on the challenge of the Tough Mudder.



Our student support ranged from bag packing to musicals and bungee jumps.



Martin Keogh cycled coast to coast for the support we gave his partner Tris.

Fundraising and Thanks

- Martin Keogh rode from Whitehaven on the Cumbrian coast to the east coast near Sunderland.
- Suzanne Bridges and her friend Louise took on the challenge of the Penistone Boundary Walk.
- A team from Martin-Brooks roofing specialists took on the Total Warrior challenge.
- Thanks to the Zumba Sisters, Siobhan and Sarina, and everyone who took part in the Madonna Madness Zumbathon to support our work.
- Mark Macreath completed the Great Yorkshire Run on our behalf to show how much he appreciated the support we had given his family while his partner Jane was ill.
- James Fletcher undertook the Highland Fling ultra marathon, a 53 mile race with 6000 feet of ascent!
- Matthew Neal completed the Marathon des Sables. This epic race takes place across the desert for a whole week and involves completing a marathon or more a day!

In the last year we provided support to 1,500 families and demand for our services is now greater than ever. Today in our area alone 30 people will be given the news that they have a new diagnosis of cancer.

Cavendish provides amazing support to the local community on a very tight budget and you can be sure that every penny you provide will go directly to our important work.

We are immensely proud to be part of a dedicated team that work tirelessly to make cavendish cancer care a vital support to so many families during and after cancer treatment.

cavendish People



Many people took on running challenges for us including the Sheffield Half Marathon.



A huge number of cakes were baked and sold this year.



The Cavendish Christmas Cracker winning tickets were drawn by the stars of this year's panto.

We are grateful to the following companies and organisations who adopted us as their chosen charity or gave resources or expertise on a free of charge basis.

Irwin Mitchell Solicitors LLP

Jaywing

Bell and Buxton

The Derbyshire Charity Clay Shoot

Crystal Peaks Shopping Centre

Nilec Electrical

Woskow Brown Solicitors

Abbeydale Brewery

Goodman Sparks Laundry Services

Hot Metal Press

Classic Business Forms

Freemasonry in the Community

Music in the Gardens

Sheffield Rotary

Insight UK

South Yorkshire Police's Women's Network

Ride for Eric

We are also grateful to the following organisations who have contributed financially.

Dixon Pitchfork Charitable Trust Fund

Zachary Merton & George Woofindin

Convalescent Trust

Hyman Winstone Foundation

The Company of Cutlers in Hallamshire

St Mary's Lane Trust

The Marjorie Coote Old People's Charity

The James Neill Trust Fund

Robert & Josephine Memorial Charitable Trust

The Ronald and Kathleen Pryor Charity

The Earl Fitzwilliam Charitable Trust

Sheffield Town Trust

The H M Burdall Charity

The Talbot Trusts

Church Burgesses Trust

The Montagu Family Charitable Trust

H & L Cantor Trust

Pink Ribbon Foundation

H W Abbott Will Trust

The Brelms Trust

Swann Morton Foundation

The Hugh Neill Charity

The J G Graves Charitable Trust

Friends for Children's Charities

Sheffield & District Association for the Disabled



"I found that Cavendish allowed me to be someone I couldn't be in front of my close friends and family and I could speak without upsetting them. I was able to sit with peers who were in similar situations to me and have a cup of tea. Shiatsu allowed me to relax and let go of the everyday routine that comes with cancer."

Phil

Board of Trustees, Staff & Patrons

Founder and Life President

David Simons

Vice Presidents

Roy Finch

Lady Neill

Professor Malcolm Reed

Trustees

John Bryan – Chair, resigned July 2014

June Smailes – Chair from August 2014

Lisa Leighton – Treasurer

Karen Codling – Deputy Chair

Sue Shepley

Nick Stratford

Alan Spier

Maria Vardy

Will Cleary-Gray

Chris Raven

Management Team

Rebecca Allinson – CEO, resigned August 2014

Chris Farrell – CEO, joined September 2014

Jane Beatson

Ann Hetherington

Delphine Sayre

Reception and Administration Team

Dallas McDade

Suffreen Sadiq

Claire Stacey-Midgley – resigned August 2014

Liz Giles – joined September 2014

Fundraising Team

Jonny Cole

Sally Eustace – resigned September 2014

Victoria Wood – joined November 2014

Mike Sawkins – joined January 2015

Patrons

Kerrie Gosney

Suzanne Liversidge

Jackie Drayton

Harry Gration

Mike Pye

Chris Waddle

Julietta Patnick

Anthony Hinchcliffe

Paul Blomfield

cavendish People



"I was pleased to hear that Cavendish also supports carers and was offered reflexology myself. After four sessions I felt a lot better about life. I'm able to think about things in a more positive way and put a smile on my face at times when I couldn't before. It's invaluable care."

Jason

25 Years Supporting Local People

In 2016 it will be 25 years since we first started supporting local people affected by cancer.

We need your help to celebrate this achievement and to ensure that we are still around in another 25 years. We're looking for people to join our '25 Club' and take on challenges throughout the year, to raise money and shout as loudly as possible about this milestone. You could run 25 miles a month, swim 25 miles across the year, raise £25 each month or tell 25 people about Cavendish Cancer Care and our work.

We have lots planned for our 25th anniversary including some fantastic celebrations. If you are interested in joining the 25 Club or keeping up to date with events in our 25th year then please drop a line to fundraising@cavcare.org.uk.

Do you have memories of the early years of Cavendish?

We want to hear from people who have stories from their time with Cavendish Cancer Care. If you have photos or memories you would be willing to share please get in touch.



Prince Charles opening our current home The Cavendish Centre in 1997.

Cavendish People



"I'd tell anyone who is sceptical about complementary therapies to just give them a try. The treatment I received at Cavendish was invaluable to me. It's surprising how much of a difference it can make just to talk to someone, and reflect on what you're thinking and feeling. My only regret was that I did not seek their help much earlier."

Peter

Financial Report 1st April 2014 – 31st March 2015

Financial Report 1 st April 2014 – 31 st March 2015				
Statement of Financial Activities				
	Unrestricted Funds	Restricted Funds	Total Funds 2015	Total Funds 2014
Incoming Resources				
Voluntary Income:				
Charitable trusts	51,272	30,000	81,272	60,200
Statutory bodies	30,924		30,924	50,924
Others	111,922		111,922	110,489
Activities for generating funds:				
Fundraising events	181,311		181,311	201,071
Master Cutler Challenge				50
Room hire	1,211		1,211	1,799
Investment Income:			0	
Bank interest receivable	3,047		3,047	2,741
Incoming resources from charitable activities			0	
Therapy fees	107,128		107,128	101,495
Total incoming resources	486,815	30,000	516,815	528,769
Resources Expended				
Costs of Generating Funds:				
Fundraising costs	120,878		120,878	116,286
Charitable activities	345,114	35,388	380,502	355,874
Governance costs	8,161		8,161	6,410
Total resources expended	474,153	35,388	509,541	478,570
Net income/(expenditure) for the year before transfers	12,662	(5,388)	7,274	50,199
Total funds brought forward	293,653	8,960	302,613	252,414
Total funds carried forward	£306,315	£3,572	£309,887	£302,613

Financial Report 1st April 2014 – 31st March 2015

Balance Sheet at 31st March 2015

Charity Balance Sheet at 31st March	2015	2014
Fixed Assets		
Tangible assets	6,050	5,318
Current assets		
Debtors	45,845	14,979
Cash at bank and on hand	271,507	294,771
Creditors - amounts falling due within one year	(13,551)	(12,455)
Net assets	309,887	302,613
The funds of the charity		
Unrestricted income funds:		
General funds	300,637	288,831
Designated funds	5,678	4,822
Total unrestricted funds	306,315	293,653
Restricted funds	3,572	8,960
Total funds	309,887	302,613