

Welcome to our annual newsletter



Over the last eighteen months, Cavendish has been through one of the greatest periods of change in our 30-year history. Our home the Tim Pryor Centre was closed for more than a year, our fundraising events were cancelled and we all had to adapt to new ways of working, implementing and learning new systems and skills along the way.

I am so pleased to be writing to you today from the reopened Tim Pryor Centre, where we were delighted to be able to welcome our first clients back through the doors at the end of May, and are now offering face-to-face appointments five days per week.

Despite the difficulties we have faced since March 2020 with so much disruption and change, we have managed to innovate and develop new ways to support people. These have been so effective that we will keep them beyond the pandemic and they will complement our traditional services.

While we recognise for some people there is simply no substitute for face-to-face support, remote services are helping us to reach people who, for a variety of practical and emotional reasons, would find it hard to travel to our Centre. By offering our new hybrid model of therapy, with support available both face-to-face and remotely, our services are more accessible than ever.

These new services mean we can offer people a much wider choice of support while still tailoring all our work to each individual's needs. As in everything we do, we give everyone who seeks our help

the opportunity to choose the support that feels most appropriate and beneficial for them.

Remote services have also enabled us to be more agile when responding to our clients' needs. For example, if someone feels too unwell to attend a face-to-face appointment at short notice, the therapist can still meet with them via video link offering vital support.

As many of you will know, our therapy service is primarily designed to help people in moments of crisis, when they feel simply unable to cope but there have never been restrictions on how many times people can ask for support and we often work alongside individuals and families for months or years. In fact, over the last three years, 23% of requests for our help came from people we had supported previously.

We know how important this longer-term support is for some people, which is why we've created new services to offer greater choice and flexibility as people's needs and circumstances change. I am so pleased that the response to our new online courses and classes has been overwhelmingly positive. For example, the Cavendish Wellbeing Course (CWC) is a 6-week interactive course that introduces clients to simple techniques that promote positive well-being such as managing worry, nutrition and better sleep; it has been described as a "toolkit for life". We are also offering relaxation classes, chair yoga, nutrition sessions and more. People can sign up for these services independently without needing to come through our core therapy service first, booking on directly via our website or by calling the Tim Pryor Centre. I'd like to invite anyone who is interested and feels they may benefit to try them.

None of this would have been possible without you, our loyal supporters. You have kept us going despite things being hard for you too. You've walked, run,

baked, given equipment, lifted our spirits and kept on donating. I am forever grateful to you all and I hope you are able to have an enjoyable Christmas with those who are close to you.



Best wishes, Emma



Many thanks to OSL for their sponsorship of this newsletter

Cavendish Cancer Care, Tim Pryor Centre,
34 Wilkinson Street S10 2GB
hello@cavcare.org.uk
Registered charity 1104261

**cavendish
cancer
care**

Cavendish Christmas Cracker

The Cavendish Christmas Cracker raffle is a vital part of our Christmas fundraising and we hope you will support us again by buying tickets and asking your friends and family to as well. Christmas Draw Coordinator Carol is extremely excited about the fact we are able to once again bring the bumper Christmas hamper as first prize which should contain everything you need except the turkey and veg. You will also be in with the chance of winning many other superb prizes.

We will draw the lucky winners on 16th December so you must get all your entries back by 5pm on 15th



December. Please send your tickets to Cavendish Cancer Care, Tim Pryor Centre, 34 Wilkinson Street, Sheffield, S10 2GB.

It's also quick and easy to buy tickets online by heading to <https://cavcare.org.uk/donate/christmas-cracker/> Or scan the QR code above! All winners will be notified.

Last year, despite the lockdown, you entered a record number of tickets as seen here being drawn by Paula, can we do even better?



Christmas Cards

There's no denying it, Christmas is well and truly on the way, and what better way to send greetings to your friends and family than with a Christmas card that also helps provide support for people affected by cancer. This year we're working with Care Cards where you can choose from a range of card designs and have them delivered straight to your door all with the message included about Cavendish so people know you are supporting us. To check out the designs just head to <https://www.care-cards.co.uk/cavendish-cancer-care/> or the Cavendish website.

Don't want to send Christmas cards this year? Why not make a donation to us instead and we'll send you a few images including the brilliant design by Ziqi from Sheffield Girls High School which you can share on social media or email to let people know you have given a Gift of Care this Christmas. Make your donation here <https://www.justgiving.com/campaign/CavendishChristmas> or use the QR code below!



The Master Cutler's Challenge has become an integral part of the year in office. James and his wife Jo have kindly decided to support Cavendish through the Master Cutler's Challenge and by raising awareness of our work.

The challenge runs from March 2022 until September 2022 so keep your eyes out for more information coming soon but if you're raring to go you can sign up now via our website.

Master Cutler's Challenge

Many of our long term supports will remember the Cavendish Corporate Challenge which took place in 2006 with the support of Cavendish patron Suzanne Liversidge. Companies and supporters were asked to grow an initial £50 stake by any legal and ethical means. The challenge was a huge success for Cavendish and was the first challenge of its type in the city. When Gordon Bridge CEO of AESSEAL took office as Master Cutler in 2007-08 he took on the concept and launched the Master Cutler's Challenge, which has gone on to, become one of the largest annual fundraising events in the region. Over the years, the Challenge has inspired companies, organisations, schools and individuals to raise in excess of half a million pounds for local causes.



This year's Master Cutler is James Tear of The Solpro Group who has been a member of the Company of Cutlers for over 17 years. The Cutler's Company was founded in 1624 to ensure the proper training and treatment of apprentices, for registering marks and to devise regulations to ensure the quality of workmanship.

It is governed by an elected Master, who holds office for one year, two wardens, six searchers (who originally had the right to enter property and search out badly or illegally made goods) and 24 assistants. As the face of industry in the region since 1624, the Company promotes and supports local manufacturing with the Master Cutler acting as its ambassador.

Meet the Team

With the full reopening of the Tim Pryor Centre it seemed appropriate that our meet the team section should feature the people who create such a warm welcoming environment for everyone who visits us.

Katherine, Suffreen & Julie

Suffreen has long been the face of Cavendish having worked on our reception team since 2015. You may also recognise her from our leaflets as her husband said recently “he can’t get away from her” after seeing our leaflets in his gym. She is so much of what makes Cavendish a warm and welcoming environment for the many people who describe the centre as a haven when they or a loved one is going through cancer treatment. Our return to face to face appointments earlier this year was

very important to Suffreen who says “I’m so pleased we are able to provide face to face services again that we were unable to give online, it’s really important to get back to doing this”

Julie joins Suffreen on the reception team while Katherine is our centre manager who ensures the building is ready each day but also behind the scenes is the lynch pin keeping everything running smoothly. Katherine says “The building is a fantastic environment for people to come to us but it’s the people here that give so much to what makes our service so special”



Sheffield Together

Although Sheffield Together was a bit different this year, our amazing supporters still came out in force. Almost 50 people took to their favourite routes across the city, including teams from some brilliant local businesses. Altogether, they raised more than **£6,000** so we would like to say a huge thank you to everyone who took part and donated. We would also like to acknowledge the generosity of Atherton Godfrey Solicitors, who sponsored the event for the second time, ensuring that every penny raised went towards providing more care for local families. The next Sheffield Together will be on 6th March 2022 and we are very much looking forward to seeing you in real life find out more www.sheffieldtogether.co.uk

OSL Cutting Technologies

Our friends at OSL Cutting Technologies have done so much to support us over the past year. They produced a range of blue-coated cutting tools in recognition of the work of key and frontline workers during the pandemic that raised over **£2,500** for Cavendish.

They also donated six tablets to be used by therapists when the Tim Pryor Centre reopened, raised over **£1,200** by taking part in the Sheffield Half Marathon, have sponsored this very newsletter and much more. Thank you!



**Atherton
Godfrey**

SOLICITORS

It's Back! The Festive 5x5!

After the success of last year's event that was supported by many families and organisations including the Mens Rugby Union Club from Sheffield University the Festive 5 x 5 is back. The Festive 5 x 5 Challenge is the perfect way to work off those much loved mince pies and tremendous turkey. It's perfect for runners and walkers alike, you don't have to be a marathon finisher, or a regular hiker to take part. There are three levels and you can pick which challenge suits you. Kicking off on Boxing Day you'll have all the Christmas and New Year period to get involved.

Reasons why you should:

- It's the perfect activity to keep you busy during the lull between Christmas and New Year.
- There's no booking fee to take part – we just ask you to rally the support of your friends and family by asking for a donation in sponsorship.
- There are three levels so you can pick the challenge that suits you. Complete five 5ks (walk or run) across two weeks, one week, or 24 hours!
- You can choose your own route or follow one of ours to inspire you.

Reasons why you shouldn't:

- Nope, sorry, can't think of any.

Sign up today at <https://cavcare.org.uk/events/festive-5-x-5/> or by using the QR code below!



Will Month

We all know that we should have a Will to ensure our wishes are carried out after our death but actually organising it is often at the bottom of our to-do list. As a little extra motivation to get on top of this necessary life admin if you book an appointment with Best Solicitors during Cavendish Will Month this November they'll write your Will for free in return for a donation to Cavendish. There is no obligation to leave a gift in your will to Cavendish but if, after taking care of family and friends, you choose to do so you'll be helping ensure our services are always available for local cancer patients and their families. Suggested donations; £95 for a single Will and £150 for a Mirrored Will. For more information call Best Solicitors 0114 281 3636.

Corporate wellbeing – did you know?

Cavendish offers training sessions (live or virtual), online resources, and bespoke wellbeing services for businesses and organisations in return for a small fee. Our 'Let's Talk' corporate wellbeing packages deliver employee sessions that cover; Cancer, Rest, Wellbeing, Nutrition, and Relaxation. We aim to improve employee engagement and satisfaction and support the local economy with greater employee retention and higher productivity. Proceeds from corporate wellbeing are used to fund our core service. Email hello@cavcare.org.uk for more information.

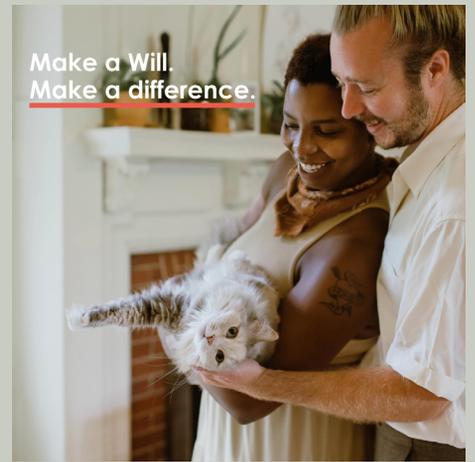
96%

of people reported an improvement in their overall quality of life

1085

hours of support through our online groups and courses

Make a Will.
Make a difference.



Cancer Information Hub – Moor Market

The Cancer Information Hub enables us to link to local communities on how to access support and advice related to cancer. Our team are able to provide information in relation to health prevention, screening and promotion. The Hub is currently open Monday to Friday between 10 and 4 but if you can't make it to the hub you can access lots of resources at www.cancerinfohub.org.uk.



Amazon Smile

Shopping on Amazon? Did you know we could receive a percentage of each purchase you make by using Amazon Smile go to www.smile.amazon.co.uk and find us under our registered charity number 1104261.



Team Cav

Ranmoor Friery

Another year of fantastic support from our friends at Ranmoor Friery. Through their running challenges National Fish and Chip day donations and the generosity of customers, family and friends they have now raised over **£5000** in memory of Rani's mum. Thanks so much for being such a great part of Team Cav.

Matthew and Amy's wedding donations

Everyone at Cavendish would like to send our congratulations and best wishes to Matthew and Amy who got married in September. The newlyweds generously asked their guests to donate to charity in lieu of gifts and Cavendish was one of the two charities they choose to support. We are incredibly grateful for their kindness.



Charlie grew his hair for three years and then raised **£700** when he had a big chop. He also donated his hair to the Little Princess Trust who make wigs for Children affected by cancer.



Derbyshire Charity Dinner

Our grateful thanks go to Garry, Sally and everyone involved with organising the Derbyshire Charity Dinner hosted at Hassop Hall by John and Alex Hill. Money was raised on the night through a series of money can't buy auction prizes in memory of our former fundraiser Annie Scotting. More than **£47,000** was raised to be split equally between Cavendish and the Children's Hospital.

Sheffield Medics

We'd like to say a **BIG THANK YOU** to the 56 members of the Sheffield Medics societies who ran or walked 40km, 70km, or 100km in February to raise money and awareness for Cavendish Cancer Care. They battled against wind, rain, snow, and ice to raise over **£6,000**. We are fortunate to have strong links with the medical school with student doctors coming to Cavendish on elective placements and for teaching sessions. We're delighted that after completing their placements so many students choose to continue supporting us.



Sheffield Half Marathon & 10K

Team Cav were blessed with a glorious sunny day for the rearranged Sheffield Half Marathon and 10K on Sunday 26th September. Over 70 runners pounded the streets cheered on by 35 Cavendish volunteer marshals. A special shout out to Jim Ranglely from Abbeydale Brewery who not only did the half marathon in the morning but warmed down with a 10K in the afternoon. Also Team Seddon for their phenomenal fundraising efforts. Jo, Murray and their friends wanted to give

something back after receiving support from Cavendish when Murray was diagnosed with brain cancer earlier this year. If you've been inspired to lace up your running shoes you don't have long to wait as next year's Half Marathon will take part on 27th March 2022 and you can sign up now just email hello@cavcare.org.uk



Sheffield Hallam University students raise £40,000

We are incredibly fortunate to have great relations with the BSc Events Management course with whom we have worked with for many years. Final year students are tasked with applying their knowledge into a live event that raises money for charity.

This year they have raised an incredible **£40,000** for Cavendish Cancer Care through a series of virtual fundraising events. The students began their projects in autumn 2020, when it was still unclear whether any of the events would be in

person or online. They overcame the unprecedented challenges that the lockdown period provided to deliver a range of events that included murder mysteries, a vintage clothes auction, a cook-along, dog shows, an e-sports sim-racing event, health and wellbeing events, personal challenges and holographic musical bingo.

One group, the Challenge 7 team, managed to raise **£11,000** by asking people to set themselves challenges based around the number 7 representing the 7 hills of Sheffield. Module leader Jane Tattersall said "This is the thirteenth year of students creating fundraising events to complete their degrees, and as a cohort they have generated more funds per person than in any previous year, we are really pleased to support Cavendish for another year as a cause that is close to the hearts of our course." Everyone at Cavendish loved the innovation that the students showed at their incredible hard work raising this massive amount of money for us. Keep your eyes peeled as Challenge 7 will be coming back in July 2022, what will your 7 challenges be in the seventh month? <https://cavcare.org.uk/events/challenge7/>

Challenge 230

Well done to the 50 plus people that took part in 'Challenge 230' raising over **£15,000** for Cavendish, Young Lives vs Cancer, and The Children's Hospital Charity. The challenge was inspired by the 230 miles Josh travelled by ambulance to return to Sheffield from Poole after suddenly being diagnosed with Acute Lymphoblastic Leukaemia. Everyone that took part incorporated 230 as part of their challenge such as Josh's Mum, Harriet, who ran 230 miles over a two-month period finishing with the Sheffield Half Marathon at the end of September.

