



Annual Newsletter

Welcome to our annual newsletter for 2023 and what a year it has been! July saw us host our big birthday party at Cutler's Hall to celebrate **30 years** of Cavendish Cancer Care. Thanks to our wonderful attendees on the night and all those who bid for items in our auction and bought raffle tickets. The event raised a fantastic **£64,000** for the charity. I'd like to thank our main sponsor COOPS EMBS, who covered the cost of the event, and all those who donated prizes and sponsored the event.

This year we've launched a number of new services, which have been positively received by our clients. We've also been busier than ever, seeing increased demand for all our services. Fundraising, therefore, remains vital to our survival as a charity.

I'm constantly inspired by the commitment of the Cavendish community. Of course, we have our own events like our fabulous Christmas market, but we wouldn't survive without so many people supporting us by running their own fundraising events. Our dedicated supporters who bring family and friends together by taking part in epic walking or running challenges, hosting concerts, writing books or hosting bake sales are vital to

ensuring we can be there for people who need our support. Thank you also to our team of loyal volunteers, who do so much to support us to deliver services to people who need them.

2023 has seen us relaunch our monthly giving scheme, rebranding it as 'Cavendish GEMS', which stands for Give Every Month. It's easy to become a GEM, just set up a regular amount each month via Just Giving or by standing order from your bank account. Even a small amount donated each month makes a difference and helps us plan for the future. You can find out more about Cavendish GEMS on the monthly giving page on our website.

I hope you enjoy reading our newsletter and finding out what we've been up to this year. As always I'd like to offer a huge thank you from myself and all the team at Cavendish, and we wish you all a Merry Christmas and Happy New Year.

Best Wishes

Emma Draper
CEO



Get cracking! It's raffle time...

It's the highlight of everyone's Christmas... the Cavendish Christmas Cracker raffle is back! For just **£1** a ticket you can be in with a chance of winning our bumper festive hamper worth over **£300** plus many other superb prizes including vouchers, luxury gift sets and hampers. The raffle is a vital part of our fundraising so please buy a book of tickets and ask your friends and family to buy them too. We've included one book of tickets with this newsletter.

Simply send your ticket stubs with cash or cheque 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 **www.christmascracker.co.uk** or by scanning the QR code above.

We will draw the lucky winners on Thursday 14th December so you must get all your entries back by 5pm on 13th December, so get cracking!



Scan to
buy tickets



Lots of prizes up for grabs!

Don't forget it's our Christmas Market,
5th December from 5.30pm, Tapton Hall
www.cavcare.org.uk/events/christmasmarket

The difference your donations make

Last year we supported **1,187** local people affected by cancer. Our clients ranged from 4 to 92 years of age.



5,015

hours of therapy
and support provided

757

cancer patients

231

people caring for a
loved one with cancer



84% of people we supported told us that we helped them to feel more in control of their situation

124

people experiencing
cancer-related
bereavement

75

children and
young people



96% of our clients told us that our care had improved their overall quality of life



97% of people we supported said they would be 'extremely likely' to recommend us to their friends and family

And relax...

In search of the perfect Christmas gift? Join us at Tapton Hall on 5th December from 5.30pm, for our annual Christmas Market where we'll be showcasing local craft-makers. We'll be there with our new Cavendish Candle and Reed Diffuser, inspired by the relaxing essential oils used here at Cavendish. Local candle-maker 'Getting On Me Wick' have produced these exclusively for us, using the

purest essential oils and vegan soy wax. With **£5** from each being donated to Cavendish, you can get yours for £16 each, or the bundle for £30. They will be stocked on our reception at the Tim Pryor Centre, at the Christmas Market and online from **www.gettingonmewick.com/shop**



Virtual Cavendish!

Did you know you can access our support from the comfort of your own home via our online resources? We offer a choice of classes and courses through Cavendish@Home, our online platform (previously known as Wellbeing Bundle). Topics include Managing Worry, Better Sleep, Nutrition, Meditation, Herbal Medicine and much more. This year we've also launched some live resources including our popular online nutrition sessions and our new Grief Circle, an online bereavement support group. Alongside this, we also provide regular classes including Online Relaxation, Tap Away Stress and Chair Yoga and it's all free of charge!

Take a look at our online support on our website at **www.cavcare.org.uk/about-us/online-resources/** or scan the QR code below.



New partnership with Chesterfield Royal Hospital

2023 saw us offering some of our complementary therapies at Chesterfield's Royal Hospital, as part of a new service funded by the Chesterfield Royal Charity. The service is delivered by our expert therapists and offers reflexology, reiki, massage, and hypnotherapy to people with a diagnosis of cancer.

Buddy up with us!

Everybody needs a friend, especially when you're coping with a cancer diagnosis. Our Buddy service provides peer to peer support for anyone affected by cancer. It is run by trained volunteers, all of whom have experience of having cancer or supporting someone with cancer. Buddies are matched by our team and then chat by phone or email, usually on a weekly basis. During 2023 we've trained new buddies, such as Ayesha, pictured, so we have capacity to support even more people. If you or someone you know would benefit from having a buddy please email **info@cavcare.org.uk** or call **0114 278 4600**.



Ayesha, one of our Buddies



Kirsty reaches new heights for Cavendish!

Our client Kirsty Hanberry has undertaken the challenge of a lifetime as she trekked the **26-mile Ancasocha Trail in Peru**, reaching altitudes of 4500m above sea-level, in aid of Cavendish Cancer Care. The highlight of the trek, which Kirsty completed in October alongside her sister, nephew and a friend, was reaching the famous Sun Gate at the Incan citadel of Machu Picchu.

Kirsty was diagnosed with breast cancer in October 2020 and then undertook

a gruelling 18 weeks of chemotherapy followed by four surgeries and radiotherapy. Cavendish supported Kirsty's young daughters with art and play therapy, whilst Kirsty herself benefitted from support via our online wellness workshops.

Kirsty said, "This has been such a huge challenge for me, especially as I'm still feeling the after-effects of my cancer treatment, but it's also been great fun and an unforgettable experience. I couldn't have got the support I received from Cavendish anywhere else, it was incredible how they helped me, and I wanted to do a challenge that would recognise that."

Kirsty is on track to raise **£14,000** for Cavendish Cancer Care. Kirsty's Just Giving page can be found here: www.justgiving.com/fundraising/kirstyperu



Kirsty and her sister, Emma

Sharks bite on new partnership with Cavendish

Cavendish Cancer Care are thrilled to be announced as the first ever official charity partner for The Sheffield Sharks, Sheffield's premier professional basketball team, and women's team The Sheffield Hatters. This season The Sharks and The Hatters have an incredible new home at the newly built, state-of-the-art Canon Medical Arena at the Olympic Legacy Park in Attercliffe, so it's an exciting time for us to get involved.

To celebrate, Sharks have offered Cavendish supporters a discount code offering **20% off tickets** for the game against Caledonia Gladiators on 11th January, 7.45pm at the new Canon Medical Arena. Order your tickets online via the Sheffield Sharks website, www.sheffieldsharks.co.uk using the discount code CAVENDISH.

Cavendish gets into bed with Mattress Online

Our Cavendish Wellbeing service continues to go from strength to strength supporting local business with wellbeing and health services.

This year we've built a fantastic partnership with Rotherham based Mattress Online, the largest independent mattress retailer in the UK. We have delivered wellbeing talks for their staff, collaborated on blog content and we are looking forward to

working with them on the Working with Cancer partnership pledge.

In 2023 this wellbeing partnership with Mattress Online provided funding to the equivalent of over **240 hours' worth of therapy** – a great example of how Cavendish Wellbeing can offer a sustainable funding stream for our work supporting people affected by cancer. If you know a business or organisation which could benefit from these services, contact Chloe Angus at c.angus@cavcare.org.uk





Fundraising superstars!

Once again our supporters have put the 'fun' into fundraising by raising money for us this year in a host of creative ways. We receive a tiny amount of government funding and so without our supporters we simply wouldn't be able to keep our doors open. We really do rely on people running sponsored events, challenges and the generous support of local businesses and individual donors to keep going. There are so many amazing people to mention, and we don't have room to thank everyone, however we are so grateful to everyone who supports us.



Sheffield Half Marathon



Sheffield Round Run

Fun, fitness and fundraising!

2023 has seen a host of supporters lacing up their trainers for us and hitting the road to run (or walk!) for Cavendish. 45 people ran the Sheffield Half Marathon for us back in March, raising over **£13,000** and runners in the Sheffield 10k in September added another **£8,000** to the pot.

Lindsay Smith and team took on the Sheffield Round Run in June in memory of Gareth Smith, an amazing daddy, son and husband, raising **£2188**. Nick Doan raised **£986** doing the Rasselbock run, whilst Olly Barnes and team achieved the incredible feat of climbing Ben Nevis, raising **£1217**.

Big thanks to all our runners and walkers, we really do appreciate it!

If our runners have inspired you to burn off those mince pies, then we have places available in the Sheffield Half Marathon 2024, which takes place on 7th April. Get in touch at hello@cavcare.org.uk or call us on **0114 275 4070**.

Three Peaks for three years!

Cavendish supporters Ben Collins and Harriet Clark took on the Yorkshire Three Peaks Challenge in September to raise money for Cavendish Cancer Care. The Collins-Clark family were supported by Cavendish after son Joshua was diagnosed with leukaemia at just four years old. Now aged seven, Joshua is cancer free so the three peaks of the challenge represent the

three years of gruelling treatment that Joshua endured. Harriet and Ben were joined by a gang of friends and family for the challenge and together they raised over **£10,000** for us.



Three Peaks Challenge!

Fearless fundraisers!

Several courageous people have jumped from heights for us this year! Our abseil from the top of Sheffield Hallam University's Owen building raised **£6854**, with 14 brave souls taking part in some very rainy weather.

Special mention for bravery however goes to Hannah Wakelin, who undertook a 15,000ft skydive for her 16th birthday to raise **£1285** for three charities in memory of her grandad Allan, Sue Whitfield and Karen Siddall. Karen was a past Principal of Constance Grant Dance School, who continue to support us by raising **£600** this year.



Our abseil raised **£6854**

Hallowes Golf Club

Golfers at Dronfield's Hallowes Golf Club raised their game this summer by raising a whopping **£11,500** for us at their 'pink' and 'blue' golf days, which aimed to raise awareness of prostate cancer and breast cancer.



Hallowes Golf Club

Julie Lewins

Julie used her 60th birthday party as a fundraiser for us, treating her friends to a brilliant party and us to **£3419!**



Julie Lewins

Ambulo Café

Ambulo Café have run a coffee morning on the last Friday of every month, with the price of each hot drink bought coming to us as a donation, raising **£1468**.

Team up, game on!

Team Up, Game On is the name for our key fundraising campaign for 2024. We're asking businesses, individuals and organisations to get sporty, get creative, and get involved! Perhaps your sports team could take inspiration from one of the big sporting events happening in 2024 such as the Euros or the Olympics, or you could host a lunchtime fundraiser in your office. The choice is yours! Take a look at www.cavcare.org.uk/teamupgameon for more information or email hello@cavcare.org.uk

Looking ahead to 2024

We've got a packed year of events ahead! Don't forget to subscribe to our newsletters so you don't miss out on all the latest from Cavendish – there's a subscription link on our home page. All our latest events can be found at www.cavcare.org.uk/events

Bucket collectors

We're looking for volunteer bucket collectors for the Sheffield Wednesday game at Hillsborough on 20th January, please email hello@cavcare.org.uk if you can help.

