

CoHoC launches Cancer Centre Campaign

Welcome

Sir John Ashworth
Chairman, Cancer
Centre Campaign



Anyone who, like me, has had cancer knows that you are given lots of information and have to choose from the many treatments on offer. All this has to be done when you and those nearest to you are anxious and worried.

The NHS does an increasingly effective job of treating cancer but the provision of support and advice, complementary therapies to alleviate the side-effects of treatments and the surroundings within which the vital treatments and information are given could all be improved.

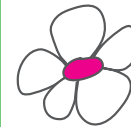
The aim of the Cancer Centre Campaign is to augment treatments and enhance the environment so that patients have as good a service as anywhere in the world.

I am asking everyone concerned about cancer to join me in supporting this Campaign to bring the very best cancer care and facilities to our community.

To find out how to support the Campaign see the following pages.



Colchester Hospitals Charity
making your hospitals
even better



**Cancer Centre
Campaign**

A CENTRE OF EXCELLENCE
FOR MID & NORTH EAST ESSEX

Making your cancer care better

“The Cancer Centre Campaign is an exciting opportunity to create somewhere over and above the norm, a place that will exceed expectations,” says Dr. M B Mukesh, Cancer Specialist, “We want people to feel inspired by their surroundings, confident about the care they receive, calm and in control.”

The new Cancer Centre will combine radiotherapy, chemotherapy and haematology under one roof for the first time, alongside a ‘Wellness Centre’ where patients and their families will be able to access complementary therapies, support and advice.

To be built on top of the current Radiotherapy Centre which opened

in June 2014, the design for the new chemotherapy and haematology suite will give patients the privacy to rest in individual bays whilst being treated, or to watch TV or access the internet. Privacy screens can be moved to create a more open environment with views over the town and nearby Highwoods Country Park.

Colchester Hospitals Charity has launched a £4.5 million fundraising campaign to build a fully integrated treatment and support centre for all cancer patients. The Cancer Centre will provide not only first-class NHS radiotherapy and chemotherapy, but information and advice for people living with cancer alongside a range of complementary therapies and support, all under one roof.

Jean's lasting gift to the Cancer Centre Campaign



Grandmother Jean Long has lived in Colchester all her life and brought up her two daughters with her husband, Ted who died suddenly in 1995 after 41 years of marriage. Her daughters and grandchildren all live near her in Colchester.

The first sign that Jean had breast cancer was a small bruise she discovered in December 2012. She was treated at Essex County Hospital, receiving radiotherapy and chemotherapy. Unfortunately, in 2013 it was discovered that the cancer had spread. Today she is receiving chemotherapy every three weeks at Colchester General Hospital which keeps the cancer at bay but leaves her exhausted and a bit shaky on her feet for several days afterwards. Jean said: "As I live alone, it can be hard to arrange transport from one place to another and when you are suffering from the side-

effects of chemotherapy it is difficult to walk very far."

"The Cancer Centre will make a big difference to people like me if all my appointments were in one place and I could be dropped off outside the Centre instead of seeing my oncologist in outpatients and then having to walk to the other side of the hospital for my treatment."

"The Cancer Centre Campaign is important to me and that is why I have decided to leave a gift in my will so that others will benefit from it in the future."

If you are considering writing your will and would like advice about the correct wording to use to ensure your gift is used for the purpose you intend, please call the Fundraising Office for our leaflet, 'A gift in your will'.

Skydiving

Take part in a fantastic tandem skydive and raise funds for the Cancer Centre Campaign! No experience is necessary and if you raise the minimum sponsorship you can take part for free.

Book for one of these mass skydive challenges to support the Cancer Centre Campaign:

- Mother's Day Leap on 15 March 2015
- Father's Day Jump on 21 June 2015
- Grand-Parents' Day Plunge 3 October 2015



London to Paris bike ride

We're looking for adventurous people to cycle 300 miles over four days from London to Paris in 2015 - it's the trip of a lifetime and something you will never forget! You will need to train for this ride but it really is worth it when you cycle around the Arc de Triomphe and under the Eiffel Tower to complete your 300-mile journey.

Support for the Cancer Centre Campaign

This is the most ambitious public appeal in Colchester General Hospital's history so the Charity is delighted to have the backing of local newspapers, the Gazette and Essex County Standard. Other local organisations fundraising for the Campaign include Gray Dawes Travel, Poplar Nursery and Garden Club, Rotary Club of Colchester Trinity, Two Village CoFe VC Primary School, The Rodeo Rebels Line Dance Club, GSC Contracts, e2v, The Range, The Colchester League of Hospital and Community Friends. There are many others that have made donations or are supporting through fundraising. To get your organisation involved please call Fundraising Manager, Caroline Bates on 01206 755282 or email caroline.bates@colchesterhospital.nhs.uk



Mark Stacey from TV's 'Flog it' is supporting the Campaign too

February is CoHoC's fourth make a will month

MAKE A WILL MONTH

Get your will written or updated for free*

During February 2015, Colchester solicitors are working hard to encourage people to write or update their will. It is important to have an up-to-date will to ensure that your loved ones are protected too.



CoHoC To find out more contact: 01206 745303 fundraising@colchesterhospital.nhs.uk www.cohoc.org.uk

We are delighted to be working with local solicitors again for our fourth 'Make

a Will Month' in February 2015. Your will is written for free and then we ask you to make a donation to the Cancer Centre Campaign instead. If you would like details about participating solicitors please call Fundraising Officer, Julie Arthur on 01206 745303 or email fundraising@colchesterhospital.nhs.uk

Regatta



Regatta is a reflection of the beautiful Essex coast

Regatta is a specially commissioned artwork which is located on the ground floor of the link between the Radiotherapy Centre and the main building at Colchester General Hospital. Many studies have shown that art in hospitals can have a very soothing and therapeutic effect, reducing anxiety and stress - we think that Regatta will do just that! Special glass fins across the surface of the piece change the colours that you see, making it fascinating to view at different times of day. In addition, the names of people who have given to the Cancer Centre Campaign will be engraved on the glass fins, making this a stunning way to acknowledge their generous support. Please do take the opportunity of seeing it when you visit Colchester General Hospital.

Living with cancer

Wendy Weston knows all about living with cancer and is determined to live life to the full despite having been told that the disease in her bones and liver is incurable. She recently told Essex County Standard that the hardest part about having cancer is worrying about her husband, Chris and children Nicola, 25 and Jonny, 19. "I still feel that I have to be here to look after everyone", she said, "although, I know they will be fine, I want to do everything I can to protect them."

Quality of life is really important to Wendy, which is why she supports the Cancer Centre Campaign. "I understand how it feels to be exhausted, vulnerable and confused and I think that the Cancer Centre will help to make life as easy as possible for patients and their families." The 'Wellness Centre' will be a place where people can get support and advice from therapists or meet others living with cancer and share tips and strategies for coping. "Sometimes it is only other cancer survivors who can give you the tips and emotional support that you need, so it will be wonderful to have somewhere in the hospital away from the clinical environment to meet, chat and have a coffee," said Wendy.



Wendy with her irrepressible Labrador, Dexter. See Wendy's full interview with Essex County Standard and other articles at www.gazette-news.co.uk/news/campaign

We need your help

The Cancer Centre Campaign is the biggest fundraising appeal in the history of Colchester's hospitals. Our aim is to create a world-class cancer treatment and 'Wellness Centre', bringing together chemotherapy, haematology and radiotherapy in one building so that patients and their families can receive all the support and advice they need all under one roof. To get involved, raise funds or to make a donation call the Cancer Centre Campaign.

How you can help us

Make a donation today

£20

could help us buy toys for a family room

£50

could help pay for a therapy room

£100

could contribute to a clinical research consultation room

£1000

could buy a reclining chair for cancer patients

Or...

- take part in an event
- organise your own event
- make a gift in memory of a loved one
- make a gift in your will
- other ways to support the Campaign

Colchester Hospitals Charity
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Turner Road
Colchester
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01206 745303

campaign@colchesterhospital.nhs.uk

Find us online at: www.cohoc.org.uk

 CoHoC

CoHoC
Colchester Hospitals Charity
making your hospitals
even better

 **Cancer Centre Campaign**
A CENTRE OF EXCELLENCE
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Registered charity number 1051504

Yes i want to support the Cancer Centre Campaign

Your contact details

First name:

Surname:

Address:

Postcode:

Telephone:

Mobile:

Email:

Your gift

I am / we are pleased to support the Cancer Centre Campaign by making a gift of:

£10 | £25 | £100 | £500 | £1000*

My chosen amount £

Please make your cheque payable to: 'Colchester Hospitals Charity 807B'

Standing order mandate

To the manager of (your bank):

Bank address:

Postcode:

Please pay

NatWest Bank

Account Name: CoHoC Cancer Centre Campaign

Sort Code: 60-06-06

Account No: 80029558

The sum of **£10 | £30 | £100*** £ on (date)

And thereafter monthly / quarterly / annually on the same

day of the month for years, or until further notice

*please delete as appropriate

Account name:

Sort code: - -

Account no:

Signature:

Date:

Return to

Cancer Centre Campaign, Villa 10,
Turner Road, Colchester, CO4 5JL