

Cancer Support *Cynon Valley*
Cymorth Cancr Cwm Cynon



Annual Report Adroddiad Blynyddol



18th September 2002
to
31st July 2004



What we Do

We provide emotional and practical support to families of the Cynon Valley and surrounding area whose lives have been touched by cancer, by the provision of community transport, therapies and counselling to aid rehabilitation.

Registered Office and Cancer Centre

76 and 78 Oxford Street
Mountain Ash
Rhondda Cynon Taf
CF45 3HB

Tel: 01443-479369
Fax: 01443-479401

e-mail: information@cancersupport-cynonvalley.com

The support of the following organisations is gratefully acknowledged:

Wales Council for Voluntary
Action



Rhondda Cynon Taf C.B.C.



The Coalfield Regeneration
Trust



Principality Building Society



National Assembly of Wales



Communities First



The Big Lottery Fund



Cancer Support Cynon Valley is a Registered Charity, no. 1096075
and a Company limited by guarantee registered in Wales and England, no. 4538022



Chair's Report

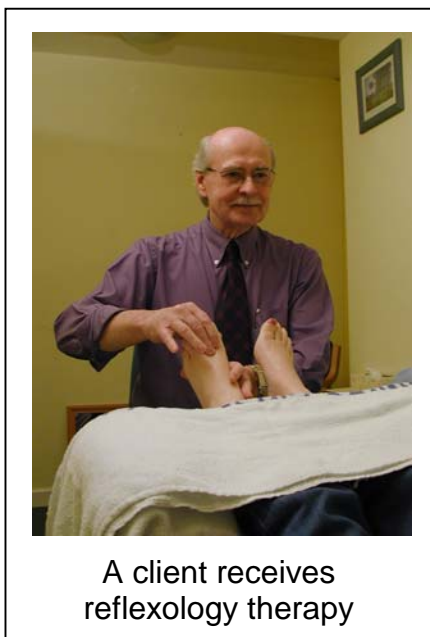
It is my pleasure to present the First Annual Report for Cynon Valley Cancer Support, covering from September 2002 to July 2004.

The main objective of Cancer Support is to offer emotional support for lives touched by cancer, and to provide therapies and transport for both clients and their carers.

Since its inception the provision of the service is continually expanding, but we have to ensure that expansion is sustainable if we are to develop our services in the foreseeable future, as development has a direct impact on the staff and volunteers within the scheme.



Pauline Sims



A client receives reflexology therapy

We are indebted to Rhondda Cynon Taff, Wales Council for Voluntary Action, New Opportunities Fund and many other local organisations, and the people of the Cynon Valley for their continued financial support, without which we would not be able to function.

We are very fortunate in having Mrs Rhian Dash as the scheme manager, she is always the sympathetic and reassuring link with all our clients and carers and ensures that all our Therapists Counsellors, and Voluntary Workers have the support and training essential for them to be the dedicated and quality team that they are, and the regard in which they are held by the clients and carers is proof of their total commitment and dedication.

I would also like to thank the Committee for their loyal support and dedication in the giving of their time to secure the continued future of the scheme.

This has been a busy year, as we have had to ensure that the scheme runs efficiently and adapts to all changes. I am sure the year ahead will continue to go from 'Strength to Strength' in providing the practical and emotional support for Clients and Carers alike.

Pauline Sims, M.B.E.



Manager's Report

First starting on a part-time basis in October 2002, the demand for the services offered by the Charity meant that after the first year I was employed as full time manager. My duties as manager include applying for funding to sustain the services, monitoring and managing all funding, arranging the necessary training for all staff and volunteers, attending meetings and reporting to the Management Committee, plus managing the budget and the everyday running of the Centre.

The volunteers help staff the Drop-In Centre, and volunteer drivers take the patients for their hospital appointments. We work as a close team bringing a personal service to people of the Cynon Valley whose lives are affected by cancer.

The Charity is seeking ways of fundraising and making more people aware of the services that we provide. We were successful in receiving funding from The Wales Council for Voluntary Action (WCVA), Rhondda Cynon Taf C.B.C., The Coal Field Regeneration Trust, Communities First, The Principality Building Society and The National Assembly of Wales. Recently The Big Lottery Fund provided a grant which enabled the Management Committee to appoint an Administration Officer, Ann Gibbon, who started in February 2004. Apart from myself and Ann, there are five therapists, two counsellors, and a business advisor all offering a professional service.



Rhian Dash



The new Cancer Centre and Offices during conversion. Compare with the picture on the front cover.

At present over 400 patients are registered with the Charity, living in the vicinity of Rhigos in the north to Ynysybwl in the south.

As we grew, the limitations of our premises became more restrictive. I applied for a Commercial Improvement Grant through Rhondda Cynon Taf C.B.C. and was successful. We moved in October 2003 to a new Drop-In Centre and Offices at 76 - 78 Oxford Street, Mountain Ash. The building is well equipped with disabled access, therapy room, counselling room, kitchen,



toilet and disabled toilet.

We are all very proud of the Centre which provides support from the time of a client's diagnosis. Therapies and counselling are held at the Centre. Also home visits are provided for clients who are too unwell to travel. Rhondda Cynon Taf Carers Support Project fund a counsellor to be at the Centre one day a week for any carer in the Cynon Valley who needs support.

Working closely with medical social workers of Tenovus, Crossroads, Macmillan Cancer Relief, Social Services, Rhondda Cynon Taf Young Carers Support Project, Helping Hands and many other statutory and voluntary organisations, the Charity provides an invaluable service to people of Cynon Valley and the surrounding area.

Training is essential for the staff and volunteers of the Charity and on-going training is provided. This includes first aid, drivers and clients guidelines familiarisation, the Macmillan Certificate¹, defensive driving, health and safety, listening skills, confidentiality, dealing with crisis, and telephone skills. All these courses are provided by external trainers who come to the Centre on a regular basis.

We are preparing to open a Charity shop which will be situated at 70 Oxford Street, Mountain Ash. Tenovus are helping to design the interior of the shop and we will be looking to appoint a full time manager / manageress in the near future, if our funding application is successful. Volunteers have already come forward to help in the shop - this is a new and exciting venture for everyone!

Mr David Roberts, 'Rhywbeth o Brydferthwch', of Tonypany, has designed beautiful jewelry to support our fundraising. These items will be sold in the Charity shop, with each piece unique to the Charity and carrying our sun and clouds logo.

Through demand, smoking cessation clinics and healthy eating courses are starting shortly. These will be held at the Centre and will be funded by The Big Lottery Fund.

A project ran for three weeks from the 19th July designed to achieve two aims; to recruit volunteers, and to discover the principle factors within a small community which influence the decision of individuals whether to give voluntary service or not. It was funded by the Principality Building Society and was a great success!

On the last day of the project we arranged a street parade with stilt walkers, mime artists, clowns and fancy dress. The parade went through Oxford Street, with all the shops taking part. We plan to do a similar project next year.



Interviewing residents of Darranlas during the Volunteer Recruitment project

¹ Courses designed to meet the needs of anyone affected by cancer.



I would like to thank the Chair, Pauline Sims M.B.E., and the Management Committee for all their support, encouragement, help and guidance. Also many thanks to the staff and volunteers for their dedication and loyalty to the Charity, to all people who use our services and to members of the public who support us. I feel proud to be part of such an organisation.

Rhian Dash



Gaining the town's attention during the Volunteer Recruitment project



Achievements

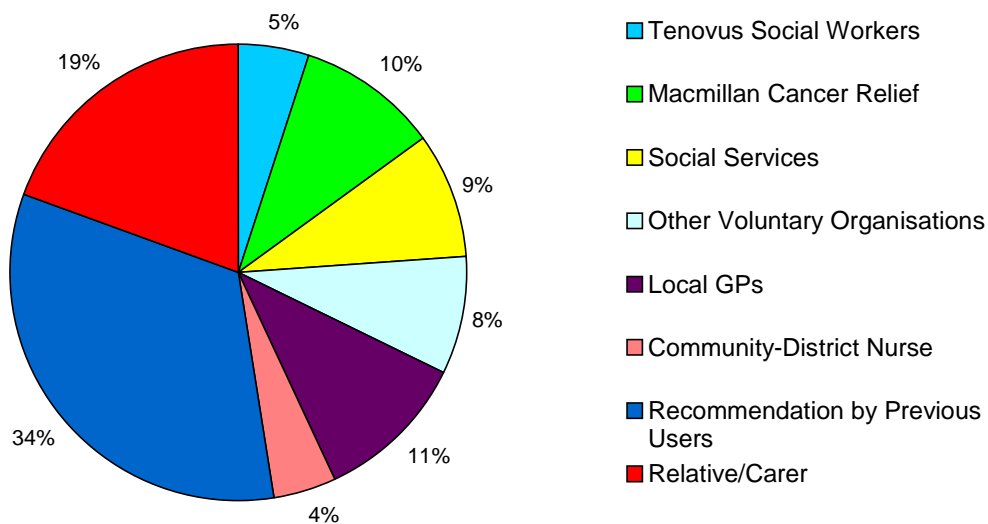
During the period 18th September 02 to 31st July 04 Charity volunteers and staff have:

- ❶ Provided **2,981** trips for clients to hospital appointments and therapies at the Centre
- ❷ Driven **111,285** miles on these journeys
- ❸ Given **1,481** sessions of reflexology and aromatherapy
- ❹ Given **288** sessions of counselling
- ❺ Made **79** home visits

At the 31st July 2004 **401** clients were registered with us.

Sources of Referrals

For all clients registered between 18th September 02 and 31st July 04





Volunteers and Staff

Directors

Neil Dash
Meryl Davies
Karen Rourke

Other Management Committee Members

Anthea Baker
Arthur Carey
Shah Imtiaz
Pauline Sims, M.B.E. – Chair
Anthony Williams

Staff

Rhian Dash – Manager
Ann Gibbon – Administration Officer and
Company Secretary
Howard Jenkins – Therapist
Angela Jones – Counsellor
Diane Raybould – Therapist

Volunteers

Hugh Allen
Janice Bethell
Pat Bousie
Marilyn Bratman
Clare Clarridge
Ann Davies
Sandra Glover
Pat Groves
Brian Jones
Megan Jones
Len Jones
Tony Lewis
Diane Matthews
Elaine Noble
Iris Reardon
John Smith ('Big John')
John Smith ('Little John')
Roger Thomas
Mal Wakefield



Helping clients.....



Raising money.....



Giving therapies



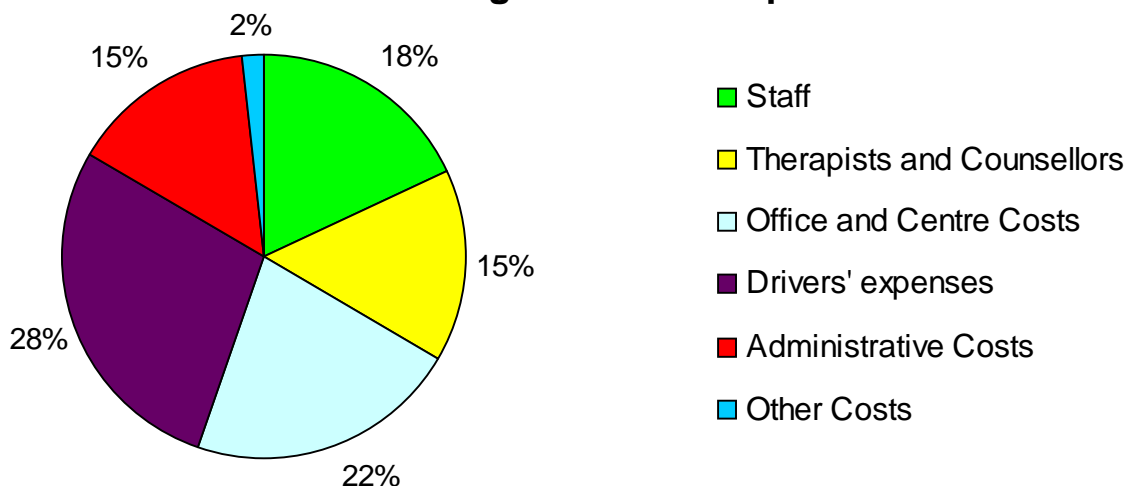
Summary Financial Information

This information has been taken from accounts produced by the Charity's Accountant, and relates to the period 1st October 02 to 30th September 03. The Directors have kept close control of the financial situation, and have no reason to believe that there has been any deterioration in the financial position of the Charity since the closing date of these accounts.

Full accounts for the years 1st October 01 to 30th September 02 and 1st October 02 to 30th September 03 are available on request from the Centre Manager².

	£	£
Income		
Grants	34,696	
Donations	24,412	
Bank Interest	<u>393</u>	
		59,501
Running Costs of the Charity		50,645
Excess of Income over expenditure		<u>8,856</u>

How the Running Costs were Spent



² The annual accounts for the year ending 30th September 02 include accounts for the unincorporated association which was dissolved and reformed as the limited company Cancer Support Cynon Valley on the 18th September 02.



Balance Sheet at 30th September 2003

	£
Bank Current Account	12,916
Band Deposit Accounts	24,177
	<hr/>
	37,092
less Debts owed by the Charity	950
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Total Net Assets	<u>36,142</u>

The Annual Report to be published in 2005 will include summary financial information from accounts for the full years to 30th September 04 and 30th September 05.