

## Impact of Voluntary sector funding cuts

### **The Impact of voluntary sector funding cuts in Dudley – what we can do to make a difference?**

Dudley Council in previous years has been a major funder of the voluntary sector but due to national austerity measures, the Council has had to make significant cuts totalling £990k in 2016/17 with a further £2.1m in 2017/18. The loss of this contract funding will undoubtedly lead to some organisations closing and for many others the need to greatly reduce or withdraw support previously offered to borough residents. On a daily basis we hear of a healthcare service in crisis, the pressures on accident and emergency, GP surgeries, the list goes on. Social care in particular has been hit extremely hard and unfortunately this will on a daily basis affect people and particularly those who are most vulnerable. All this alongside the loss of voluntary sector support it is inevitable that peoples' physical and emotional wellbeing may suffer.

White House Cancer Support is here to support people affected by a cancer diagnosis and we will continue to do that for however long they need our help. In support of everyone else however, we would like to ask and encourage all our readers, if you are aware of a vulnerable person be it a neighbour, relative or friend, please try and make time to call in and check on them and encourage others to do the same. In many cases those you visit will not require practical help but for them a friendly face calling round for a cuppa and a chat can make a world of difference to their wellbeing!

## Be Clear on Cancer Campaign

In February 2017, Public Health England (PHE) launched the "Be Clear on Cancer" campaign in the Midlands, the aim of which is to help improve the early diagnosis of cancer by raising awareness of abdominal symptoms particularly for those experiencing difficulties for a period of 3 weeks and beyond. The campaign itself will run up to 31<sup>st</sup> March 2017 however, awareness raising will not stop at the end of March as throughout the year we will continue to remind people of the importance of signs and symptoms associated to a whole range of cancers. If you would like more information on this campaign or have concern around any aspect of cancer, please feel free to contact us on 01384 231232.

Source: <http://www.cancerresearchuk.org>

## Walk the Walk – Moonwalk Event

Walk the Walk came into being around 20 years ago when 13 women power walked the New York Marathon in their bras to raise money and awareness of breast cancer. Such was their success, that today this initiative particularly through the famous moon walk activity has become a worldwide phenomenon across many parts of the world. Today the organisation is one of the largest grant making bodies in the UK raising in excess of £113 million for vital breast cancer causes. In their continuation to raise vital funds towards supporting those with breast care cancer, 'WalktheWalk' have arranged for the next fundraising event to take place on 13<sup>th</sup> May 2017 in London with the starting location being Clapham Common. Not only will this event help people become more physically fit but it will raise vital funds and awareness to support the fight against breast cancer. Registration is now open for those who wish to take part . Go to the web site for more details.

Source: <https://walkthewalk.org>



## Ovarian Cancer Awareness Month

March is Ovarian Cancer Awareness month and with no screening programme in place, early detection of the disease is limited. Research from Target Ovarian Cancer has shown that only 3% of women would be confident in spotting the signs and symptoms of the disease themselves, however through early diagnosis the chances of surviving ovarian cancer more than doubles. It is vital therefore that everyone be aware of the symptoms and that greater awareness of the disease continues to be raised. Although for many there would be nothing to worry about, below are some of the symptoms that people may experience. Therefore, if you or someone you know is experiencing these problems please seek or encourage them to seek support from their General Practitioner:



- Persistent pelvic or abdominal pain (the tummy and below)
- Increased abdominal size / persistent bloating
- Difficulty eating or feeling full quickly
- Needing to wee more urgently or more often than usual

For further information on Ovarian Cancer, please contact Sarah Hill on 01384 231232 or e-mail [sarah.hill@support4cancer.org.uk](mailto:sarah.hill@support4cancer.org.uk)

Source: [targetovariancancer.org.uk](http://targetovariancancer.org.uk)

## Bowel Cancer Awareness

Bowel cancer is the second biggest cancer killer, however, when caught early nearly everyone who is affected survives. Currently variations in the screening age across the UK are leading to thousands of bowel cancer patients in their 50's missing out on the opportunity of being diagnosed early. If the screening age was reduced from age 60 to 50 in England, Wales and Northern Ireland, in line with Scotland, over 4,000 patients a year would be given the chance of being diagnosed earlier. April is bowel cancer awareness month. To help save lives we need to act now. Therefore, why not join the thousands of people who are already calling for a change to the screening age. To make a difference and call a halt to the needless suffering of individuals and their families, petition your local Member of Parliament either via letter or email. Together we can fight this awful disease and save lives.

If you would like more information on bowel cancer, please contact Sarah Hill at White House Cancer Support 01384 231232 or e-mail [sarah.hill@support4cancer.org.uk](mailto:sarah.hill@support4cancer.org.uk)

Source: <https://www.bowelcanceruk.org.uk/about-us/bowel-cancer-awareness-month>

## Prostate Cancer Awareness

Research from Prostate Cancer UK has shown that 1 in 4 black men will develop prostate cancer at some point in their lives. According to the research, black men are more likely to develop the disease in comparison to other men, who have a 1 in 8 chance. Furthermore, men are more prone to developing the disease if they are aged 45 plus or a close relative such as a father or brother has also experienced prostate cancer. Unfortunately, a high proportion of black men are not aware that they have an increased risk of developing prostate cancer and that is why the 'Stronger Knowing More' campaign has been recently launched. The campaign aims to raise awareness among men and particularly black men about their risk and what to do about it. Increased knowledge and awareness regarding the risks of developing prostate cancer will, it is hoped encourage more men to seek medical help in the early stages.



There is a wealth of information available, including supporter packs and these can be obtained from Prostate Cancer UK or by contacting White House Cancer Support on 01384 231232 or e-mail [sarah.hill@support4cancer.org.uk](mailto:sarah.hill@support4cancer.org.uk)

Source: [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

## New Venue for Brierley Hill Group

**PLEASE NOTE:** from Tuesday 4th April, our Brierley Hill group will be moving to a new venue. We will be meeting at the community rooms at the Merry Hill Centre from 10am - 12pm. Nearest parking would be at the rear of Sainsbury's on the top deck of Debenhams multi storey car-park. Walk straight ahead to the smaller glass doors to the parent room and toilets. Go through these doors turn left and walk straight ahead towards the Bold Room. On reaching the Bold Room, turn to your right and the room is at the end.



These meetings will be made up of guest speakers and open support meetings, giving people a chance to get together and share their experiences. Tea & coffee will be available. We hope to see you there!

## Do You Enjoy A Good Yarn?

Knitting volunteers are asked to come along and support the Black Country Living Museum (BCLM) costume department to knit whilst nattering and making new friends! Everyone is welcome, whether you are a novice of the needles or an experienced knitter, the support that you give will assist the costume department to develop new and make good garments and other items which in turn will be displayed by the museum.

If you would like to become part of the knitting team, they meet at BCLM reception area, every other Friday 1.30pm – 3.00pm. Tea & coffee is provided

For further information please contact Dianne Rivers, BCLM Volunteer Co-ordinator on 0121 521 5610 or e-mail [dianne.rivers@bclm.com](mailto:dianne.rivers@bclm.com)

## Discover Dudley!!

Dudley is full of places to visit and throughout the year has lots of events and activities going on across the whole of the borough to suit all members of the family. If you are interested in learning more about our industrial heritage, there will be ample opportunity by visiting places such as Stourbridge Glass Quarter with its 400 years of glassmaking history, the amazing underground limestone mines and caverns overseen by Dudley Canal & Tunnel Trust, the Black Country Living Museum where you can meet local people and learn more about our local heritage, or perhaps a more relaxed family activity is more to your liking such as visiting Dudley Zoological Gardens and the 11<sup>th</sup> century castle. Dudley has plenty to offer and to keep you amused, educated and entertained. Therefore, if you would like information on various activities or would like to learn more about the townships of Dudley, their architectural trails, canal walk routes etc., then why not visit [www.discoverdudleyevents.co.uk](http://www.discoverdudleyevents.co.uk)

The website has a wealth of information of both large and small events taking place in 2017 in all parts of the borough and at a cost to meet all pockets!

## Health Care Forums

Dudley Clinical Commissioning Group (CCG) Dudley want to have a two-way conversation with you about how your health care is planned, developed and delivered. To become involved in this conversation, you can attend their next forum which is due to take place Thursday 23rd March 4:30pm until 6:30pm at Brierley Hill civic hall. For further details, please contact Karen Hodgson on 01384 321730 or please email [karen.hodgson@dudley.ccg.nhs.uk](mailto:karen.hodgson@dudley.ccg.nhs.uk)

## The Care Act in Dudley

Dudley Council has put together a series of web pages that give further information about the Care Act including two easy to understand films from Social Care Institute for Excellence and Guardian Angels Training.

You can also download helpful frequently asked questions: [www.dudley.gov.uk/careact](http://www.dudley.gov.uk/careact)

## Plenty Going On!

The get cooking courses are now in full swing at The White House, and the group have been cooking up a storm. So far they have baked beetroot & chocolate muffins, stuffed peppers with goats cheese and chicken curry. More courses are planned for later in the year. Spaces are limited. To book yours call Sarah Hill on 01384 231232.



## Expert Patient Program

The Expert Patient Program (EPP) has also been underway at The White House, helping people affected by cancer manage their diagnosis. Pam Webb, Lorraine White, Edward Lees, Annette Marten and Les Millington have recently completed the course and found it beneficial to manage their health better.



## Looking After Me

Who cares for the carer? The Looking After Me (LAM) course, does just that. We help carers, care for themselves while caring for another person.

We have an LAM course starting Tuesday 4th April, 6.00pm – 8.30pm. Each course is 6 weeks long and each session lasts 2.5 hours.

If you would like any further information on any of the courses go to [www.dudleyselfmanagement.org](http://www.dudleyselfmanagement.org) or to book your place, call Sarah Hill on 01384 231232.



## Remembering

<i>Barbara Stuart</i>	<i>Michael Lovell</i>
<i>Ronald Williams</i>	<i>Kathleen Simpson</i>
<i>David Perry</i>	<i>Ronald Pearce</i>
<i>Daniel Foster</i>	<i>Olive Evans</i>
<i>John Bedford</i>	<i>Michal Pearson</i>
<i>Lionel Cartwright</i>	<i>Janet Douglas</i>
<i>Christine Durrant</i>	<i>Gordon Carswell</i>
<i>Trevor Wooldridge</i>	<i>Colin Cutler</i>
<i>Raymond Philpotts</i>	<i>Christine Amphlett</i>
<i>Maurice Smith</i>	<i>James Weathers</i>
<i>John Slater</i>	<i>Yvonne Drew</i>
<i>Bruce Johnson</i>	<i>Leslie Owen</i>
<i>Bernice Guest</i>	<i>John Elliman</i>
<i>Ivor Woods</i>	



## White House Weekly

Date	1st	2nd	3rd
2nd December	305	11	113
9th December	355	66	55
16th December	224	53	285
23rd December	115	24	289
30th December	121	187	64
6th January	11	365	244
13th January	25	307	335
20th January	74	135	92
27th January	185	370	5
3rd February	327	48	274
10th February	156	185	135

For more information on The White House Weekly, and a chance to win cash prizes every week, please either call The White House on 01384 231232 or email [info@support4cancer.org.uk](mailto:info@support4cancer.org.uk)

## Retirement News

Doug Craig, one of our volunteer gardeners, decided to hang up his 'spade' and retire from gardening activities at the White House. Doug has been maintaining the garden for us alongside Alan Hull for many years and has a wealth of 'green finger' knowledge that has helped our garden flourish. Doug's contribution has been very much appreciated and he will be missed by all.

Also 'hanging up his car keys' is Neville Harrison, one of our volunteer drivers. Neville has been assisting with the transport service, driving patients to and from their appointments for many years but has now taken the decision to retire from volunteering for the White House.

The time has also come to say a fond farewell to Lillian Sproson. For many years Lillian has supported the Stourbridge Group and its members.

We would like to take this opportunity to thank Doug, Neville and Lillian for their continued dedication and wish them all the best for the future.

# Message from the Board

## Developments At The White House

We have now lost all the loud noises from the basement since Mercian Preservation finished their work - making several areas of that space watertight. It is a pleasure to go downstairs and not smell damp and mould! Once the new plasterwork dries out properly, we can get it decorated, with new doors and a new entrance door fit for wheelchair access. It will still take a little while to get this work done and we are in the process of getting competitive prices to make sure we get value for money. It was timely to receive a large bequest from one of our former drivers, Don Brettell, who left us a significant amount for building/ medical purposes. All this work can be paid for without dipping into reserves. We have people who are interested in renting space for reasons that will complement our own services – this can only be for the good!

A re-design of the car park has been 'on the anvil' for some time and we can now move forward on that. However, we need an up to date survey of all the drainage to make sure that these are not interfered with to make the car park an 'in and out' one, from the front to the back. There would also be some landscaping to be done, to enable better use of all the garden area.

Though we have undergone a period of change (at least as far as organising rooms is concerned), everything has now settled down, so we can continue to grow the use of the building for increasing numbers in existing groups, as well as starting up new sessions of various types. The number of people attending all meetings is steadily on the up!

Since appointing David Westwood and Richard Chapman to the Board, we have now also appointed Peter Marsh, a JP and Rotarian. We hope that we will soon have a local doctor to add to our numbers. Of course, their appointments must be ratified by Company Members at the next AGM which is now planned to take place in September.

David Westwood is a retired IT specialist with a wealth of experience and knowledge in the IT world. David previously worked for BT, Lloyds Bank, as well as over sea's clients. David is also a keen volunteer at Halfpenny Green Vineyard. You can find him there helping to harvest the grapes!

Richard Chapman Dip PFS is an independent financial advisor for Hayburn Rock in Stourbridge. Richard specialises in insurance, investment and pensions advice for his clients. Richard is a keen follower of all sports especially football and golf.

Peter Marsh is a retired Deputy Operational Director (Facilities) and currently serves as a Magistrate for Dudley. Peter and his wife, Lindsay have had close links with The White House over the years. Peter is also on the board of Mary Stevens Hospice.

In addition to Don's legacy we have also been notified of another couple of legacies which will also help to swell our funds. With these, as well as all other donations and fundraising activities, we can continue to provide the free services which our Charity was set up to do by Elizabeth Harris. Thanks must be given to all supporters, staff and especially volunteers whose time is given so willingly to achieve this.

Despite the loss of local authority funds, we are in a good position and have reinvested reserves. So, we are looking forward to extending services even further, but without losing any of the 'family atmosphere' which The White House is famous for.

Grahame Griffiths  
Chairman

<u>Bladder Group - 6pm</u> The White House	Thursday 30th March Thursday 27th April	Open support meeting Open support meeting
<u>Breast Cancer Care Group - 2pm</u> The White House	Tuesday 14th March Tuesday 11th April	Dr Martin - Talk & answering questions CAB Talk on Energy Saving
<u>Gynae Cancer Group - 2pm</u> The White House	Wednesday 22nd March Thursday 27th April	Talk around Ovarian Cancer Month 'Pamper Day' (Gynae Members Only)
<u>Prostate Cancer Group - 2pm</u> The White House	Tuesday 21st March Tuesday 18th April	Kath Reynolds - 'Goose, Grease & Brown Paper' Mr Mehdi – My book and how I came to write it
<u>Rainbow Breast Reconstruction Group - 10:30am</u> The White House	Thursday 16th March Thursday 20th April	Leslie Thomas - Nurse from QE Open Support Meeting
<u>Upper GI Group -2pm</u> The White House	Tuesday 28th March	Open Support Meeting
<u>Skin Cancer Group - 11am</u> The White House	Thursday 9th March Thursday 13th April	Open Support Meeting Open Support Meeting
<u>Sedgley &amp; Gornal Branch - 7:30pm</u> St Peter's Church Hall, Kent Street, Upper Gornal, DY3 1UU	Monday 6th March Monday 3rd April	Dave Galley - A Tale of Two Grandfathers. Madeleine Williams – Poems
<u>Brierley Hill Branch - 10am</u> St Mary's Church, High Street, Brierley Hill, DY5 3AE	Tuesday 7th March <b>Tuesday 4th April *</b>	Maggie Brookes - 'Writing Well' John Mobbley - Life on the home front in the war
<u>Stourbridge Group - 7:30pm</u> Stourbridge Health and Social Care Centre, John Corbett Drive, DY8 4JB	Monday 27th March Monday 24th April	John Mobbley - Life on the home front in the war Open Support Meeting
<u>Halesowen Group - 2pm</u> United Church, Hagley Road, Halesowen, B63 4PX	Wednesday 1st March Wednesday 15th March Wednesday 29th March Wednesday 12th April Wednesday 26th April	Pat Walker – Clothes on the canal CAB Talk on Energy Saving Visit to Mary Stevens Hospice Talk by Angela Watts - Georgina Nurse Linda Ellis - Macular Degeneration

\* Please see page 3 for new venue details

# Dates for the diary

## Barn Dance

On Friday 7th April, White House Cancer Support are hosting our first Barn Dance. This will take place at Shipways at The Lodge, Wellington Road, Dudley from 7:30pm. Tickets are priced at £15 and will include a buffet, and are available from The White House. To get your tickets, call 01384 231232. Country and Western dress is optional, however there will be a prize for the best dressed!

## Easter Egg Hunt & Bonnet Parade

On Thursday 13th April White House Cancer Support will be hosting an Easter Egg Hunt & Easter Bonnet Parade. There will be a BBQ from 12.30pm, Hot Cross Buns, entertainment, tombola and raffle. The Easter Egg Hunt will be around the house and garden from 1.30pm. This will be a family event so why not bring the Children, Grandchildren, Nieces and Nephews to join in the fun and take part in the Easter Bonnet Parade. There will be a prize for the 'best bonnet'. Entry to the Easter Egg Hunt will be £2 and will include entry to the Bonnet Parade.



## Easter opening times

White House Cancer Support will be closed Friday 14th April and Monday 17th April, reopening on Tuesday 18th April. Should you require any support during these times please call 07709887801. Please note queries regarding transport should be made on or before Thursday 13th April.

## Fish & Chip lunch

On Thursday 13th July, between 12pm and 2pm, Sofi's chip shop, Dudley, will again be providing a fish and chip lunch for The White House in the garden. Sofi's will be providing mini fish and chips for £3.50 per portion, to reserve your place please contact The White House on 01384 231232.



The Blackheath Townswomen's Guild have two trips with spaces available. They are visiting Bath on Wednesday 12th April at a cost of £15 and the second trip is on Wednesday 3rd May, visiting Weston-Super-Mare and Cadbury Garden Centre also at a cost of £15. To book your place please call, The White House on 01384 231232.



## Volunteers Week

Volunteers' Week is an annual celebration of the fantastic contribution millions of volunteers make across the UK. It takes place from 1st-7th June every year.

This year, White House Cancer Support will be celebrating on Thursday 1st June by holding an open day to everyone and to anyone who is interested in coming and volunteering for us. We will be hosting a BBQ with a 'bring and buy' sale, by our Gynae ladies, a tombola and we will also be joined by the Dudley College beauty students and the Sedgley Strummers.

For more information on volunteering please call Kelly on 01384 231232, or visit [www.dudleycvs.org.uk](http://www.dudleycvs.org.uk)

## Carers Week

Carers Week is an annual campaign between 12th—18th June, to raise awareness of caring, highlight the challenges carers face and recognise the contribution they make to families and communities throughout the UK.

For information and support available for carers please call us on 01384 231232 or you can visit [www.carersweek.org](http://www.carersweek.org) sign post to local services and support

# Fundraising News

## A Festive Fundraising Extravaganza!

Health & Social Care students from Dudley College, held a number of fundraising events to raise money for the White House in the run up to Christmas. They organised a variety of events such as making and selling snow globes, a cake and biscuit sale, organised Christmas Eve boxes, sold personalised baubles, held guess the Christmas song lyric and guess the weight of the Christmas cake! £446.00 was raised and this will be used to set up a new wig facility in one of our new rooms in the basement.



## Continued Support from Armstrong Fluid



Armstrong Fluid based on Mucklow Hill, Halesowen invited Caroline Webb to their Christmas event in December to present a cheque for £925. Since then a further £75 pounds has been raised taking the overall total to £1,000. We would like to thank all associated with Armstrong Fluid Technology Ltd for all their contributions.

## The Mid-counties Co-operative

We would like to extend a big thank you to The Mid-counties Co-operative who supported the White House throughout 2016. Caroline Webb and Kelly Jetson represented the charity at their recent grant celebration event. The Mid-counties Co-operative have not only donated funds but have also supported The White House with events such as the fish and chip lunch, Dragon Boat race and also with the renovations in the building.



## Up for a laugh



We have been approached by Jo Lester, who has arranged two events to be held at The Quality Hotel, Dudley. Jo has very kindly offered to donate all the proceeds from the events to The White House. The first of the events will be held on the 4<sup>th</sup> March, tickets are £15 which will include a meal, bar facilities and the entertainment. Tickets are limited and can be purchased via Jo on 07801 814659 or via the hotel on 01384 458070.

In addition to the above, Jo has also organising a Comedy Night and Disco on Saturday 18<sup>th</sup> March 2017 at 7.30pm. Tickets are £12 and can be purchased via Jo on 07801 814 659 or Dave on 07920 116105.

## Thank You!

We would like to say thank you to everyone that opted to receive our newsletter via email. If you would like to join our email circulation list please contact us on 01384 231232.

## Thanks Kids!

Over the Christmas period the children and young people at St. James Methodist Church, Pensnett, raised £50.00 by making Christmas Tree decorations and selling them at their Christmas Fayre. We would like to thank all those from St. James Church for their support.

## Fancy a Trip...??

Would you like the White House to organise any trips? If so, please let us have your opinions, suggestions and ideas and if you would be happy to cover the cost by getting in touch with us on 01384 231232 or email [info@support4cancer.org.uk](mailto:info@support4cancer.org.uk)



**White House  
Cancer Support**



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