

ABOVE & BEYOND

cancer foundation

NEWSLETTER

May 2022



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Social Media

If you haven't already, please engage with us on our social media sites: You can find us on Facebook (Above & Beyond Cancer Foundation), Instagram (abovebeyondcf) and Twitter (@ABBedfordshire)

Raffle Prizes

If anyone has any unwanted gifts or items they would like to donate as prizes, please contact:
Di Lack 07890 062917



Welcome to our Newsletter

Welcome to our fourth Newsletter.

Here we are at the beginning of May and we hope that everyone is finding the time to enjoy the lighter evenings and spring sunshine.

Back in November 2021, we were able to hold our first Holistic and Wellbeing day since the beginning of the pandemic. This was our 9th Holistic & Wellbeing Day and like those that have gone before, it was a fabulous day and a much needed time of relaxation for patients and loved ones.

We therefore wanted to dedicate this Newsletter to that day.

We wanted to take this opportunity also to thank The Co-op Community Fund, that contributed to the funding of this event. (Co-op Logo)



Holistic & Wellbeing Days

We first started holding our Holistic & Wellbeing Days (previously known as Pamper Days) back in 2015 and were fortunate enough to hold them in the beautiful surroundings of Moggerhanger House in Bedfordshire. A beautiful local attraction and venue, set in stunning grounds with the beautiful Bedfordshire vista on full display. However, in 2018 we had to make the decision to move away from this amazing venue, due to increase in numbers and accessibility issues.

Upon looking at different venues in the local area, Wyboston Lakes resort (WBL), not only met all of our needs with regards to capacity and accessibility, but also held a wonderful attitude in wanting to help charities in the local community. We are so honoured to be able to hold our events at this venue and we count ourselves truly lucky to have such a wonderful relationship with this organisation. During the pandemic WBL underwent a refurbishment and we were lucky enough to be one of the first organisations to use the newly designed space.



Moggerhanger House





Our Event in November

Our event was held within The Salix Suite, which is a dedicated conference area. As we do with all of our events, we put our stamp on the area to make patients and their loved ones feel relaxed and secure.

On arrival those that attended were welcomed into our Lounge Area where they could relax while being served tea/coffee and be offered a variety of gourmet biscuits and fruit

Due to the ongoing pandemic, we still had in place Covid-19 protocols, including mask wearing, hand sanitising and social distancing, which thankfully did not detract from the day, and provided a safe haven for all those that attended

The day itself consisted of morning and afternoon appointments with cancer patients experiencing a range of pre-booked holistic therapies. The therapies on offer included Reflexology, Back & Shoulders Massage, Manicure and Pedicure, full facials, Indian Head Massage and Reiki. At previous events, we have been able to hold a relaxation session, but due to Covid Protocols, these were suspended on this occasion, but we hope to offer these again in the future.



Our Amazing Therapists

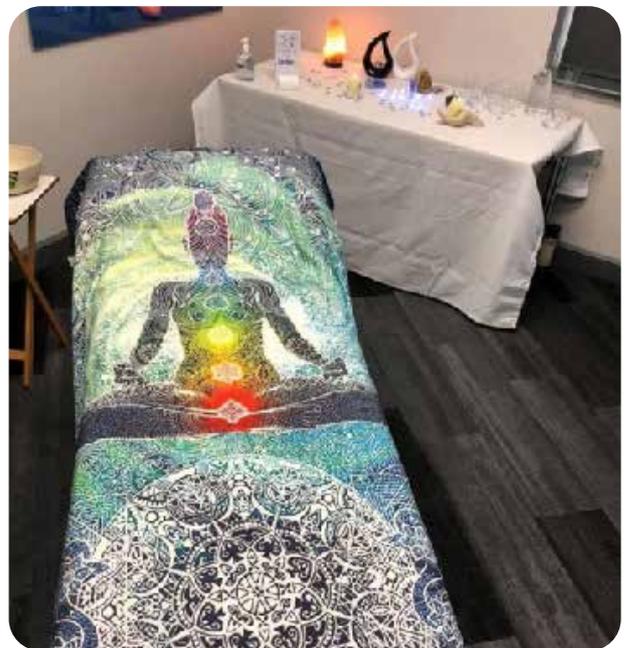
As a charity, we are so grateful for the amazing group of therapists and salons that work closely with us in providing these much needed therapies to our patients. Altogether, we had 14 therapists running sessions. These therapists and their organisations are listed opposite.

These amazing people give their services and time free of charge. We would not be able to put on these events without them.

We are indebted to their commitment and care in supporting us at these events. They provide local cancer patients an opportunity to breathe, relax and unwind.

Our 14 Therapists

Melissa Crane, TLC, Biggleswade
Luci Cutress, TLC Biggleswade
Jenny Warriner , Polish On, Polish Off
Vanessa Fielding, Sandy Sports Therapy
Abigail Mackenzie, Freedom Holistic
Sammie Jackson, Chic House
Elaine Stead, Ready Steady Therapy
Vickie Wood, Vickie Wood Therapies, Wrest Park
Izzy Coward, IC Wrestlingworth
Clare Baker, Clare Baker Beauty, Wootton
Fay Jellis
Alison Huckle, Solesoother Reflexology
Sarah Annis, Sarah Annis Reflexology
Andrea Cooper, Orchard Therapies



CONTACT US

If you would like to contact us, please call Karen Chin in the first instance on 07812 008103 who will be able to assist.

Please let us know what items you would like to see in forthcoming editions of the Newsletter. Drop an email to Jayne (jayne@above-beyond.org.uk)

"We really enjoy raising funds for your foundation"



The Day Itself

We had the honour of helping 24 patients and 17 loved ones during the day, with each patient receiving three therapies. Loved ones also received a therapy of their choice.

Upon leaving us, each patient was presented with our Goody Bag, which consisted of chocolates, candles, toiletries, creams and a Tropic Wash Pebble. We would also like to take this opportunity to thank MollyMay from Potton who provided a shawl/wrap and woollen gloves at substantially reduced rates. We are truly grateful for their continued support.



Our Holistic & Wellbeing events cost just under £3,000, (which we anticipate will increase due to rising costs) and we aim to hold two per year. We would like to thank everyone that raises money for us, as this enables us to continue to hold these wonderful events and give patients and their loved ones much needed 'pampering' that they so richly deserve. Here's to the next one!



An Important Bit of Fundraising News

Go Fund Me

Unfortunately, Virgin Money Giving closed its doors in Nov 2021. We now use the fundraising platform GOFUNDME. We have been informed by our amazing fundraisers that it is very easy to use and set up.

Our link is as follows: <https://gofund.me/4bd93275>



 Society and Communities  Claimed

Above & Beyond Cancer Foundation

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Fundraise for this charity

A MASSIVE THANK YOU

A massive thank you to all those that have fundraised for us since 1st October 2021. We are so very, very grateful!