



NEWSLETTER

June 2021



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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 (@ABBedsfordshire)

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 second Newsletter. Here we are in June, half way through 2021 and the world is starting to look a little more normal.

Karen and I had our first face to face staff meeting in April, which was fantastic after months of Zoom and doorstep chats. We hope you have been able to see family and friends and enjoy the little things in life.

We have been busy writing funding applications and have learnt an awful lot in a short time. We have been fortunate to secure funds which is fantastic and we have made new contacts along the way.

Karen has given our website a total re-vamp and I'm sure you will agree it's a big improvement. Have a look on <https://www.above-beyond.org.uk>

We continue to support patients from diagnosis, throughout treatment and beyond.

Get in touch if you think we can help in any way.



Focus on Indian Head Massage

Complementary therapies are used to promote physical and emotional health. In this issue we give a brief insight into Indian head massage.

As the name indicates, this originated from India and is a beautifully traditional practice that is now immensely popular amongst Western cultures.

This is due to its simplicity and portability, that allows it to be utilised anywhere and everywhere, making relaxation and holistic wellness more accessible for everyone.

The Benefits Include:

- Prevents headaches and migraines by releasing built-up tension in the head and neck area and relieving muscle stiffness
- Renews and balances energy levels by working with the three higher chakras
- Relieves symptoms of depression and anxiety through relaxation
- Boosts memory capabilities by relieving stress and quieting the mind
- Stimulates lymphatic drainage by circulating blood to the neck area
- Better sleep by reducing stress
- Improves circulation of cerebral spinal fluid



"We are always eternally grateful when the local community comes together to fund raise for us"

A Huge Thank You to Kalell and Casper

We are always eternally grateful when the local community comes together to fund raise for us.

Kalell who is 13 and his fabulous Pony, Casper, decided to do just that and what a challenge it was.

We supported his Mum, whilst she was undergoing treatment and Kalell wanted to give something back.

Whilst undertaking his Duke of Edinburgh Award he initially decided to walk the Green Way and raise funds for us. However, he decided to make it more of a challenge and include Casper, his pony as part of the fun.

Kalell walked the route in snowy conditions and had to alter his route to include Casper. Kalell was in the saddle for a total of 5.5 hours and raised an amazing £380! Thank you Kalell and Casper, we are extremely grateful.



Back in December 2020, we had the honour of being awarded funding from the National Lottery Covid-19 Emergency Fund.

This funding has helped us stay operational throughout the pandemic, by enabling us to keep providing support to our patients, loved ones and families. The funding also extended to holistic treatments and core costs.

The impact this funding has had on our charity has been incredible. Sadly, the funding has now come to an end, but we wanted to say a **HUGE THANK YOU** to the National Lottery for helping us through the last 6 months.

*"We really enjoy raising funds
for your foundation"*



Also...A Huge Thank You to the Super 6

On 22nd May, the Super 6, consisting of Lorraine, Leigh, Laura, Sarah, Vicki and Sharon took on the challenge of walking from Bedford to Northampton and have raised a staggering £887.00 and still counting. The weather was kind enough to stay fairly pleasant through the day, although the British weather being as it is, it could not be completed without the obligatory downpour.



In Honour of Graeme

So...what did you do in May? Steve & Jackie Lamb and Martin & Pauline Snaith walked 500 miles in the month of May in memory of Steve's brother Graeme, who sadly passed away in April. We were honoured to have known and supported Graeme through his diagnosis. They raised an amazing £350.



"Thank you for supporting Graeme and Jenny through his illness"

Resource Corner

It's always handy to have some useful resources to hand.

Bohemia Headwear - great for chemo headwear including turbans and sun hats, lovely prints and breathable fabrics.

<https://www.bohemiaheadwear.co.uk>

BBC Headroom is a great mental health toolkit which offers something for everyone. From Lifestyle Escapes to soothing mixes give it a try.
<https://www.bbc.co.uk/programmes/p0965zxg>

Central Bedfordshire Council Active Lifestyles – via Facebook. There is something for everyone, Pilates, Walking Football, HIIT, gentle yoga and pilates. Visit the facebook page for more information
<https://www.facebook.com/GetActiveWith>



RECIPE

Fancy something sweet without the sugar?

Try these Energy Balls

Makes 10 -128 kcals each

120g dates
60g ground almonds
30g shredded / desiccated coconut
2 tbsp chia seeds
20g coconut oil, melted
1 tbsp natural peanut butter

Place all the ingredients into a food processor and blitz until everything is combined. Shape into balls about the size of a walnut. Transfer to the fridge to chill for 1 hour.

Amazon Wish List

We now have an Amazon Wish List which has products that we need to send out to patients in our 'Hug In A Box' parcels.

These items will go directly to those dealing with a cancer diagnosis within our local community for their benefit whilst undergoing cancer treatment and beyond.

Items have a price range from £2.00 to £50.00 and we will be adding/removing items as the need arises.

If you would like to purchase from our list the link is here:

<https://www.amazon.co.uk/hz/wishlist/ls/33Q6LSU24U8QL/>

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)