

# ABOVE & BEYOND

cancer foundation



## NEWSLETTER

February 2021

### Welcome to our Newsletter

Welcome to our very FIRST Newsletter. As the charity is growing, we want to be able to keep in touch with all those that have supported us through the years and keep people up-to-date with what is happening, and so out of this desire our Above & Beyond Cancer Foundation Newsletter has been born.

We are now into our 8th year of the charity and we are very proud of what we have achieved in those years.

Many will know that our mantra is Personal Support through Personal Experience and it is our commitment and desire to make sure that those facing a cancer diagnosis are not alone and that they, their loved ones and families do not feel alone in the upheaval that a diagnosis can bring.

Jayne, Karen and all at A&BCF know that the current times are challenging and many are struggling to cope. If this is you, or some-one you know, please get in touch.

We look forward to getting up close and personal with many of you later in the year.

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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**

As soon as the lockdown is lifted, we are looking forward to organising a new quiz night. If anyone has any unwanted gifts or items they would like to donate as prizes, please contact: Di Lack 07890 062917

# OUR COMMITTEE



Jayne Proctor  
Co-Founder & Trustee



Karen Chin  
Co-Founder & Trustee



Julie Morrison  
Finance Manager & Trustee



Liz Roe  
Trustee



Susannah King  
Trustee



Diane Lack  
Committee Member

## Who We Are

Since the charity was established in October 2013 we have been committed to providing a safe and confidential network of support in which people with a cancer diagnosis, their carers and family members can exchange experiences, meet others and develop a network or support and mutual aid.

In July 2017 we became a CIO registered charity with the Charities Commission in England & Wales—something we are incredibly proud of.

Our wonderful committee consists of 6 people of which 5 are trustees and 1 is a non-voting committee member. Our committee comprises of professionals from research, teaching, consultancy and accountancy industries. We also have a representative of the community that has been personally impacted by the work of Above & Beyond Cancer Foundation.

### A BIG THANK YOU

We want to take this opportunity to thank each and every one of you that has donated to our charity, particularly during these challenging times.

Whether it has been through your desire to write a cheque, put on a fundraising event or put your loose change in one of our charity cans, we are so incredibly grateful and humbled.

You have helped us remain operational and for that, we will be forever grateful.

Jayne & Karen

*"Understood, appreciated, cared for, pampered, supported. All the things you want to feel when you go through cancer. And they are all the things you feel when you get in touch with this charity"*

*Di, Bedfordshire*

*"Look for something positive in everyday, even if some days, you have to look a little harder."*



## The Lymphoedema Support Network

The Lymphoedema Support Network is a registered charity and the UK's national patient support organisation for those living with or affected by lymphoedema.

The Lymphoedema Support Network (LSN) takes the lead role in educating and supporting people with this condition by providing a high standard of information that can be trusted and promoting supported selfmanagement.

Since its inception in 1991, when there was very little information or help available for patients, the LSN has evolved into an independent and influential charity. The network has a unique understanding of the patient experience of lymphoedema and allows them to work to raise awareness, campaign at a national and local level for equal access to care.

If you are affected by Lymphoedema or require further information on its management, please visit [www.lymphoedema.org](http://www.lymphoedema.org)

**Remember keep your skin CALM**

- Careful observation**  
watch for breaks, redness or infection
- Avoid injury**  
better to avoid an injury than to have to treat one.
- Lather it up**  
use a soap substitute if you like, but keep it clean
- Moisturise**  
Simple, unperfumed moisturisers work best.

**LSN**  
THE LYMPHOEDEMA SUPPORT NETWORK  
[www.lymphoedema.org](http://www.lymphoedema.org)

[www.above-beyond.org.uk](http://www.above-beyond.org.uk)

# FUNDING RECOGNITION



The charity continues to grow and we are serving more cancer patients in the local community and helping them deal with every aspect of their diagnosis, including helping them deal with the mental health aspects of their diagnosis. It is with great humility and gratefulness that we have been able to secure funding for the first time ever.

Therefore, huge thanks goes to The National Lottery, The Wixamtree Trust, The Harpur Trust, St Neots Round Table and Shefford Town Council.

We would also like to thank all those that participated in the Co-op Community Fund by choosing us as their chosen charity when shopping at their local Co-op Store.

It is also with great pleasure that we can announce Primark, Bedford have chosen our charity as their Charity of the Year for the second consecutive year. Thank you.



## 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 ([jayney71@yahoo.com](mailto:jayne71@yahoo.com))