



## NEWSLETTER January 2009

Happy New Year to all Conference delegates and friends. Only nine months away from Conference 2009 but lets first look back at Conference 2008 which was another great success. The theme was 'Communication' and a great deal of communicating went on whether it was through the fantastic guest speakers, the contributions of the workshop leaders and participants, the moving speakers for 'my story', or the chats over coffee and dinner. We even managed to get on television!

Conference is all about people and this year it was decided to recognise one person who has worked tirelessly over the last 25 years to provide support for people affected by cancer. Adeline Reid started Keith Cancer Link in 1983, a support group which has been so valuable to so many people. The ethos of the group is about giving love and friendship, helping people to feel whole again. Since then Adeline has developed the group, spent hours listening and helping hundreds – if not thousands – of patients and their families. The Conference Committee acknowledged her work over the past quarter of a century and presented her with a small award for her services to cancer support.



**Photo shows  
Award winner Adeline Reid  
with guest speaker Lynn  
Faulds Wood.**

Our two guest speakers were exceptional and we are pleased to be able to offer copies of their presentations on CD. If you wish to receive a copy please let Clare know.

We had two 'My Story' contributors this year, both of whom told about their journeys with warmth and humour moving the audience to tears and laughter.



**Photo shows speaker June  
Gormley enjoying the fringe  
night with delegate Jenny Low**





Friday evenings entertainment was enjoyed by all 120 delegates and guests, some of whom partied on until late.

**Photo shows Susan Crighton, workshop leader and Jimmy Bickerstaff SCCSG's oldest delegate who also stays up the latest!!**



In general we were all happy with the conference and the hotel. There were very few negative comments on the evaluation forms and, of course, the committee are taking these into account for the 2009 event. We are very grateful for all the feed back and for all the constructive ideas and thoughts given to us which we do take on board.

Someone wrote... *'best conference ever. How can you top that in 2009?'*

We don't know..... but our enthusiastic committee has some wonderful ideas already for the programme. Our web site ([www.sccsq.org](http://www.sccsq.org)) has been updated and as we book speakers and workshops for September 2009 the details will be added. We can give you a bit of forward insight and let you know that fantastic entertainment has already been booked and due to the continued popularity of the music workshop we have asked Steve Bretel to lead one in the main hall for all delegates. So no-one need miss out (*and no other workshops need be disrupted by enthusiastic drumming!*) We are already sourcing raffle prizes and sponsorship and we are approaching guest speakers and setting up workshops.

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## **2009 Scottish Conference of Cancer Support Groups**

**18th and 19th September  
Aberdeen Marriott Hotel**

***The 2009 Conference will run from Friday morning, 18th September to Saturday afternoon 19th September. The Fringe Event on Thursday 17th September is optional but with a vastly reduced rate for overnight accommodation we hope to persuade many of you to come along and enjoy a relaxing, informative and fun evening with us.***

***With the usual high quality speakers and workshops on offer we are sure this will be a conference to remember. Make sure you tell everyone about it, and book early for 'early bird discount'.***

***Full programme and costs will be mailed out spring 2009  
But keep an eye on the web-site for up-dates:***

***[www.sccsq.org](http://www.sccsq.org)***



# MINUTES OF THE 2008 ANNUAL GENERAL MEETING

## Friday, 26th September 2008



Minutes from the 2007 AGM were approved

### Convenor's Report

Debbie reported that year on year the one aim is to provide the best possible conference and for this we use the feedback given in your evaluation forms - this year our conference theme is all about communication – and we have a varied and interesting programme

We aim to showcase examples of positive attitudes, positive communication and stories that will demonstrate challenges that have been overcome. Conference addresses issues – raise awareness that life doesn't stop because you have cancer.

This year's conference has again two excellent speakers – Lynn Faulds Wood – known for promoting 'plain talk' and Andrew Schofield – Researcher at Aberdeen University Medical School talking about 'Today's Research – Tomorrow's Cures.'

Debbie thanked Clare for the excellent job organising the conference and for the delegate information pack which contains all the information the delegates would need over the next two days. Coming to the conference for the first time can be a bit daunting and certainly having the fringe event on the Thursday evening has helped delegates to settle in.

The Welcome Groups have also been brought back this year to give delegates a further chance to meet each other and make new friends.

### Treasurer's Report

Debbie informed those present that the Accounts to Year End March 31 2008 were presented in the delegate pack. She asked members to note that what was once called income and expenditure is now listed as receipts and payments – this is in line with the guidelines from OSCR (Office of Scottish Charities Regulator). All our receipts and payments directly involve the purpose of the charity, which is to organise our annual conference and she pointed out that again committee expenses for organising the event have been kept to a minimum and have involved only one face-to-face meeting and three telephone conferences over the year.

The total 2007 Conference costs of £15,262 include payment to Salutation Hotel, speaker/workshop and administration costs. The Salutation Hotel costs were exceptional and this year's conference venue costs will be considerably higher. Although delegate fees had been increased for the 2008 Conference, the 2007/8 healthy surplus of £5,691 had been used to keep this increased to a minimum.

Conference is again very grateful to Macmillan for the considerable sponsorship of the event.

### Auditor/Independent Examiner

The 2007/8 accounts had been examined by Susan E Christie, Chartered Accountant and non practicing member of ICAS. There were no objections to Debbie's proposal to ask Mrs Christie to examine the 2008/09 accounts.

### 2009 Conference Organising Committee

Debbie informed members that she was stepping down as Convenor of the Conference but would continue on the Committee as Treasurer. Bill Stewart, this year's Vice-Chair had agreed to take on the role of Convenor. Clare had agreed to continue as Conference Organiser and Secretary. Other Committee members had agreed to remain (Nesreen Badiozzaman, Carole Smith and Alan Gow). Debbie asked that those present give thought to joining next year's committee and if interested should note on the evaluation forms or contact a current member of the committee.

### AOB

Debbie continued that collectively each year we must offer help, support and comfort to thousands and she felt we do not sing our own praises enough. Cancer support doesn't grab as many headlines as miracle drugs, etc. and we have never seen headlines talking about volunteers spending time listening, comforting or driving.

Debbie felt we should all shout more about our achievements as we are helping the nation's general health and well-being and must save the NHS millions in anti-depressants, painkillers and sleeping tablets.





## SCOTTISH CONFERENCE OF CANCER SUPPORT GROUPS

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SCCSG is a Company limited by guarantee no SC136409  
And registered charity in Scotland No SC019940

### 2009 CONFERENCE COMMITTEE

#### How to contact us:

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Committee Members	Nesreen Badiozzaman Tel: 01464 820021  Carole Smith Tel: 01383 418020  Francis Cascarino Tel: 01343 547102



As an organisation that holds information, we are required by law to ask those who are on our mailing list if they still wish to receive mailings from us. Should you wish not to remain on our mailing list or if the information we hold on you is incorrect, please contact us immediately by calling Clare on 01224-647000 or emailing her at: [claredavidson@btinternet.com](mailto:claredavidson@btinternet.com) so that we can make the necessary alterations.