

2013 PROGRAMME

Thursday 12th September

- 15:00 Registration Opens (Foyer)
17:30 - 19:30 Buffet (Waterhouse)
18:30 - 21:30 Fringe Event (Arcoona)
Exhibition, information and sales stands
nail painting and entertainment.
taster therapies (Cameronia)
19:30 Welcome from Jason Leitch (Arcoona)

Friday 13th September

- 07:30 - 08:30 Qigong (Clyde)
09:15 - 10:00 Opening Welcome and AGM (Auditorium)
10:00 - 10:45 Welcome Groups
10:45 - 11:15 Tea/coffee (Foyer)
11:15 - 12:15 Guest Speaker: Rev Dr Ewan Kelly (Auditorium)
12:15 - 12:45 Speed Networking (Auditorium)
12:45 - 14:00 Lunch (Waterhouse)
14:00 - 14:15 Summary and Martin Julich (Auditorium)
14:15 - 15:15 David Linden and Allan Cowie Q&A (Auditorium)
15:15 - 15:30 Tea/coffee (Foyer)
15:30 - 17:00 Workshop 1
19:00 for 19:30 Conference Dinner (Waterhouse)
Entertainment

Saturday 14th September

- 09:30 - 10:30 Welcome to Day 2 (Auditorium)
& News from the groups and from delegates
10:30 - 11:00 Tea/coffee and check out (Foyer)
11:00 - 12:30 Workshop 2
12:30 - 13:30 Lunch (Waterhouse)
13:30 - 15:00 Workshop 3
15:00 - 15:30 Return to Welcome Groups
15:30 - 16:00 Conference Summary and Uplifting Close
(Auditorium) Tea and Coffee (Foyer)

Please see relevant pages in the booklet for Welcome Groups and Workshops locations.

FRINGE STALLS

In the Arcoona on Thursday evening
from 6.30-9.30pm
7.30pm Introduction from Jason Leitch

- ☒ Macmillan Cancer Support
- ☒ Brain Tumour UK
- ☒ Prostate Cancer Charity
- ☒ SCCSG Chit chat
- ☒ Hebridean Men's Cancer Support Group
- ☒ IRIS Cancer Partnership
- ☒ Breakthrough Breast Cancer
- ☒ Walking with Duncan
- ☒ CLAN
- ☒ Melanoma Action and Support Scotland
- ☒ St Margaret of Scotland Hospice

FUNDRAISING FOR SCCSG

- ☒ Raffle
- ☒ Tombola (thanks to Bosom Buddies)
- ☒ Dolina & co
- ☒ Jewellery by Ishbel
- ☒ Nail painting by Karen and students from Glasgow City College

Taster Therapies in Cameronia (booking from
6.15pm outside)

Taster Therapies

Thursday 12th 6.30pm – 9.30pm Cameronia Suite
Lists will be available from 6.15pm outside of the Cameronia suite for delegates to sign up for taster therapies. We ask that you sign up for only one initially so that everyone has a chance and come back later to see if there are any free slots for more. Please arrive prompt for you therapy.

Entertainment

Thursday 12th at 9.30pm bar area Alan Gow and friends
Friday 13th 9.00pm to midnight Waterhouse Suite dancing to
the band 'FLAIR'. We are very grateful to Jim Allan and
Dave Swinfen who will entertain us at no charge.
We will have a quiz as well!

News Bites

Auditorium Saturday 9.30am – 10.30am

North Highland Cancer Information & Support Centre
One Voice for All
Edinburgh & Lothian Prostate Cancer Support Group
Bosom Buddies/Amazons Fife
IRIS Cancer Partnership
Macmillan Building Research Partnerships



We are indebted to the Big Lottery 'Awards for All Scotland' for giving us a grant this year to pay for therapists expenses, stationary, a new website and for recording the event. The new website and CD of the event will provide a greater service to all support groups in Scotland and we are very excited about this.

MINUTES OF THE 2012 ANNUAL GENERAL MEETING

Friday 14th September 2012 at the Beardmore Hotel, Clydebank

Welcome - Convenor Alan Gow welcomed everyone to the 2012 AGM.

Convenor's Report (excerpts)

My second year of being Convenor of the SCCSG Organising Committee has been as enjoyable as my first and again it's been privilege to work with such a positive and dedicated group of people. We have done our best to take on board the feedback from last year which was very positive and we have, for example, roving microphones and a revised timetable. I would ask delegates to think about their evaluation forms throughout the weekend and not to leave filling them in to the last minute. These forms are important as they help the committee to plan for the following year and to feed back to the organisations who support us financially.

There was yet another change proposed to the way delegates received funding to attend the conference but the suggestion that individual grants should be applied for was eventually postponed, however without doubt from 2013 no further block grant will be made. This means that delegates will need to apply on a group basis. Organising costs have, as always, been kept to a minimum so that money is spent on the delivery of a high quality, informative and hopefully enjoyable event. The Macmillan core grant is set to continue but in the current and foreseeable future no funding can ever be guaranteed and the committee will continue to look for other funding options. I would like to thank the groups for their great work in fundraising for this event and for the support work they do throughout the year.

The committee has worked very, very hard on your behalf and we need to expand the numbers involved so we will be asking for new committee members to help with conference planning in the coming year. Finally I have to inform you, with sadness, that Debbie Thomson of CLAN has decided to step down from conference duties after 15 years and her presence will be missed.

Election of Office Bearers and Committee. Joan Cowie was proposed and accepted as treasurer. Karen Scott (Orkney), Lily Cowie (Mintlaw) and Alan Harrow (UCAN) were proposed and accepted as committee members. Alan, Bill, Clare, Carole, Nesreen and Ann were all happy to be re-elected to continue for another year.

Treasurer's Report- Debbie Thomson

There were no questions so the Organising Committee then recommended to the members of SCCSG that these accounts are accepted as a true recording of the Conference's finances as at year end March 2011. Conference was asked by show of hands if there were any objections and as none were received the accounts were accepted and approved.

Auditor/Independent Examiner

The 2011-12 accounts were examined by Susan Christie, Chartered Accountant and non-practicing member of ICAS. Robin Keymer FCA (Scotland) was proposed to examine next year's accounts. There were no objections.

Organisers Report- Clare Davidson

Conference organisation takes up a huge amount of my time at home. When I settle down for an evening or weekend day of conference work I keep a note of my hours. When I am just replying to emails or doing odds and ends I don't. When I sort out name badges and stuff folders, I watch the telly at the same time or have friends round for a production line with a cuppa, then I don't charge. So I do give many hours voluntarily as do my family and friends. I am delighted to do so as I am whole heartedly behind this event. So much so that I am working hard with the committee to find ways to secure our future. In February I started researching who to approach for donations and sponsorship. I spent hours trawling the internet finding the names in organisations to approach directly but to no avail. For instance I wrote to Scottish Blend citing the fact that we always chat over cups of tea and in my trainings I always say never underestimate the power of a cup of tea. They didn't even respond with a tea bag. I went to all the transport companies that you have used to get here. Carole and I approached all the food companies that you eat and Carole managed to get this generous donation of Tunnocks, great though that is, its not enough. Aberdeen based oil companies say they give donations locally, National companies say they don't give regionally (Scotland a Region ?!!), trust funds say they don't give to conferences. Robertson Trust, Stafford Trust and Bank of Scotland Foundation all say they won't help with conferences as they support you all at grass roots. Big Lottery awards for all say we have too high a turnover! I have given you details of the above in the delegate book so you can approach them for funding because it looks as if we will have to rely on you more and more to help us to finance this event...more of that from Alan. However we will not change what we deliver except to make it even better. Working on Conference and receiving such wonderful warm comments and mails and calls from you has been so important to me this year. There are a few group members who have had to pull out at the last minute due to ill health so would the groups take back our very best wishes to them and tell them that they are top of the list for next year. We have a wonderful weekend of warmth and fellowship ahead so I won't keep you from it any longer. Thank you.

ACCOUNTS

RECEIPTS AND PAYMENTS ACCOUNT FOR THE YEAR ENDED 31ST MARCH 2013

RECEIPTS	2013	2012
	£	£
Delegates Fees	8,935	5,660
Grants Received	19,910	28,450
Raffle Income	1,998	1,840
Donations	9,485	657
Fringe Event	681	302
Fundraising	722	65
Bank Interest Received	-	3
	<u>41,731</u>	<u>36,977</u>

PAYMENTS

Payment for charitable activities:		
Companies House Filing	13	14
Subscriptions	35	35
Conference Costs	31,357	32,508
Raffle/Fundraising	170	94
Conference Organisation	4,199	3,000
Conference Post/Printing/Stationery	243	249
Conference delegate reimbursement/travel	2,541	3,348
National Conference	-	315
Website	49	37
<u>Total payments for charitable activities</u>	<u>38,607</u>	<u>39,600</u>

Governance costs:		
Organising Committee Costs	252	222
Independent Examination (Donation)	100	-
Total governance costs	352	222
<u>Total payments</u>	<u>38,959</u>	<u>39,822</u>

NET SURPLUS/DEFICIT FOR YEAR	<u>2,772</u>	<u>(2,845)</u>
<u>All funds are unrestricted</u>		

BALANCE SHEET AS AT 31ST MARCH 2013

CURRENT ASSETS	2013	2012
Cash at Bank and in Hand	<u>14,577</u>	<u>11,802</u>
Represented by:		
CAPITAL & RESERVES		
Called Up Share Capital		-
Accumulated Surplus Account	<u>14,577</u>	<u>11,802</u>

Workshops

Palliative Care

The education team at St Margaret's Hospice will run a general information session informing delegates about what is currently available in this field, what options people have and how to access them.

'Hospice is not a place, it is a philosophy of care that values each individual and helps them put life into their days rather than days onto their lives'.

Care after Cancer Treatment

A hugely sought after workshop showing how important this is to support groups throughout the country. Gordon McLean, National Programme Manager for Macmillan's Transforming Care after Treatment will outline the work being done in this project and will share his knowledge and information as well as hearing from the delegates. A good conversation is promised.

Using Resources

Joan Cowie, information officer at CLAN and SCCSG Treasurer will work with delegates to look at the enormous amount of information available in cancer support. She will show how to use various resources, leaflets, books and magazines and how to get the best from the internet.

Communication skills

How often do we come away from our Dr wishing we had said something more, something less or had the chance to speak at all? Why did we feel intimidated and why did we forget to tell them a vital piece of information. Our workshop leaders will help us understand the 'whys' and help share experiences and techniques to be more assertive and better communicators with particular reference to our health. .

Colour Therapy

There is a lot more to this than what colour suits you. Therapist Carol Black is highly trained in many complimentary therapies and has more letters after her name than pigments in the rainbow but she will concentrate this workshop on colours and how they affect our health. This will be an interactive as well as a learning experience.

Children and Cancer

Marion Robb has supported children through Cancer Support Centres and groups and has a real insight into what works for children of all ages affected by cancer whether that of their parents, siblings, friends or themselves. Her workshop will help delegates be aware of what may be going on with young ones and will give advice on how best to look after them. The contents of her immensely useful shopping bag will also be revealed!

Lifestyle, diet and exercise

Kerry Smith is a personal trainer who attended a course on Cancer Rehabilitation after one of her clients had come to her following cancer treatment. Focusing on exercise and nutrition Kerry now helps many clients back to fitness.

Qigong and relaxation

Therapist Martin Julich will lead an 'informative, fun, light and deep' workshop exploring energy in terms of posture and mind-set and giving hints and tips to help us relax when that is the last thing we think ourselves capable of doing.

Prostate Cancer

This workshop will look at specific challenges that men with prostate cancer encounter and providing a summary of emerging research. There will also an opportunity to hear about the community support services programme run by the Prostate Cancer Charity.

Massage for Cancer Patients A workshop with practical advice on safe massage techniques along with a chance to practise.

SPEED NETWORKING

Speed networking is a fun, exciting and effective way to make a lot of new contacts and learn new ideas. Speed networking involves people meeting each other one at a time for a short interval and then moving on to the next person in line. So make sure you meet someone new or that you have not shared ideas with before. Each person will be given three minutes to tell the person with them about their support group and what they find successful. After the two three minute sessions, one person gets up and moves in one direction around the circle or down the line until the session has finished. We anticipate that you will have time to meet four people. So how do you go about making the most of this speed networking exercise?

1. **Start with the end in mind.** You're there to learn. You're there to find out what has been successful for other individuals/organisations that you could use in your own activities.
2. **Conduct the exercise as a mini interview.** Think in terms of what you can find out about their success.
3. **Make notes during the exercise.** Write down the information you discover. Be sure to note the person's contact details in case you want to follow up with them.
4. **Follow up.** Where appropriate follow up with the people you have met. There may be other topics that you can share ideas on over a longer period of time. New working relationship and friendships can develop through networking.

This can be a fun, energetic and dynamic way to gain new idea. It will be noisy but should be very worthwhile. We have co-ordinators for different areas in the room and they will keep you organised during your sessions. Each session will be strictly timed and you need to move on when instructed. You can always follow up with the people you meet out-with this session.

HOUSEKEEPING

Meals

- All meals will be served in the Waterhouse. Breakfast from 7.30am on Friday and 8am on Saturday.
- Bar/Lounge adjacent to the Waterhouse will be open for purchase of pre-dinner drinks on Friday prior to being seated for 19.30. Seats are not allocated, so please join friends old and new for the meal. Wine and drinks should be bought from the bar rather than put on rooms.

Qigong

- An optional session of Qigong will be held in the Clyde Room at 7.30am on Friday. Qigong led by Martin Julich is suitable for everyone. The session will be gentle and will get your day off to a great start. All Welcome. No previous experience is necessary.

Reminders

- As a courtesy to all mobile phones should be switched off and we would ask you to be seated in good time for the start of the sessions. If you feel unwell or if the conference has raised any personal issues and you would like to speak to someone please find a committee member.

On Departure

- Check out is by 12noon on Saturday. Luggage storage facilities are available at reception. Please settle your own room bill for any extras. Please allow enough time to check out to be seated for 9.30am. You can check out at the 10.30am coffee break as well.
- To save costs for next year's conference **please** return the conference badges and folders before you leave. Boxes will be available on registration desk for them and for completed evaluation forms.

TRUST FUNDS

We applied to the following for funding for Conference 2012 but were told that they prefer to help groups individually so perhaps as groups you might like to make applications. Then if you do get grants you will have more funds at your disposal to send delegates to conference and perhaps to sponsor workshops.

- www.therobertsontrust.org.uk
- www.bankofscotlandfoundation.org
- www.staffordtrust.org.uk

This is another fund you might like to try:

- www.foundationscotland.org.uk

All groups should also try the Big Lottery Small Awards who have given us funding this year for the website, filming and therapists expenses. www.awardsforall.org