

**annual REVIEW**

Year ended March 2019



**BEATSON  
CANCER  
CHARITY**

*We're with you*



# Welcome to Beatson Cancer Charity's Annual Review for the year ended March 2019.



In 2014, Beatson Cancer Charity was a small team formed from the merger of Friends of the Beatson and The Beatson Oncology Centre Fund, with a vision to support The Beatson West of Scotland Cancer Centre. Five years on, the charity has established itself as a key player in Scotland's cancer care landscape. We have achieved so much since then, but our message to patients, families and loved ones has stayed the same, 'We're with you'.

Beatson Cancer Charity has continued to support people affected by cancer and their families, every step of the way. From the hospital wards, right to the heart of the communities that The Beatson serves, we believe no one should experience cancer without care, without love and without hope.

This year we celebrated the charity's first big milestone, our fifth birthday - and what a year it was! We unveiled a special timeline of our five-year history situated in the Beatson Café, illustrating where it all began and how far we have come. This is just a small reminder of the hard work, dedication and commitment shown by our staff and volunteers over the years.

I am so proud of everything we do and what we stand for. Working alongside our NHS, charity and university partners, Beatson Cancer Charity continues to go from strength to strength.

We aim to keep providing high quality services in four areas: patient wellbeing, clinical excellence, practical care and support, and life-changing research. We will strive to develop new networks and relationships to further increase our impact and influence, while raising more funds to be able to do more positive things.

As we mark this latest milestone, I continue to look forward with ambition and anticipation to achieving even more in the years to come. We are delighted to share some of these latest achievements with you.

**Jamie Matheson** | Chairman



At Beatson Cancer Charity we believe that no-one should face cancer on their own. This has always been our aim and we will work hard to continue to support even more people and families in the years to come.

Throughout the last year we have focused on delivering excellent care and support to people who have used our services, working in partnership with our colleagues within The Beatson West of Scotland Cancer Centre.

Our aim is to continue to strengthen and develop the relationship between The Beatson and West of Scotland NHS Boards. We want to carry on delivering high quality services and innovative ideas to those facing cancer and their families. We also want to involve people who use our services in wider organisational activity in our ideas and planning.

We have contributed in every way we can to invest in a better future for patients and their families; be it through our staff in the Wellbeing Services, who deliver therapeutic approaches, our volunteers who offer a warm, friendly face, the staff and volunteers in the Beatson Café, whose unwavering enthusiasm is a great support to customers, or indeed a member of staff providing expert advice as part of our Specialist Health and Work Service. We are also incredibly proud to support innovative research projects with our colleagues from the wider Beatson network.

Everyone has played their part in helping support people in their own way. This would not be possible without the wider staff team and volunteers working behind the scenes to raise funds and keep the organisation on track.

Without our dedicated supporters we would not be able to achieve all this. Our supporters have gone the extra mile to raise vital funds to allow us to continue what we do. On behalf of everyone involved with Beatson Cancer Charity, we thank you.

In 2020, we will launch a new organisational strategy. Through this we will seek to build on all of our achievements to date, so that in the years ahead we can continue to enhance everything we do and play our part in progressing cancer treatment, care and support.

I hope you enjoy reading this report and finding out more about our valuable work.

**Martin Cawley** | CEO

# Wellbeing Services

Beatson Cancer Charity's Wellbeing Centre is a unique space, based on the fourth floor of The Beatson West of Scotland Cancer Centre. Opened over a decade ago, it is a haven for patients to escape the clinical ward environment. It welcomes both inpatients and outpatients seven days a week.

The atmosphere is calming and relaxing, promoting a sense of warmth from the moment of entering. Many patients will spend long periods of time in the Wellbeing Centre, either relaxing, reading a newspaper or taking part in one of the many weekly activities.

A number of complementary therapies are also available to inpatients. From reiki, to stress management, reflexology and podiatry. Therapies continue to play a very important role in helping someone with how they are feeling at what can be a very challenging time. A hairdressing service is also available to support inpatients throughout the changes they may experience, such as hair loss. We have an experienced wig consultant on site who can supply and fit a wig to suit a patient's needs and taste.

Some of our highlights for the year include the introduction of our Be Beautiful service and extension of our wellbeing services to Inverclyde Royal Hospital.

  
**25,752**  
Amount of hot drinks served from our tea trolley



## Be Beautiful

Our Be Beautiful service was introduced in March 2018 and started out with one trained therapist (the service now has three) who can help patients with some of the changes that cancer treatment can bring to their physical appearance. Be Beautiful can help patients with make-up choices and application. For example, if someone has lost their eyebrows through chemotherapy they can receive eyebrow tutorials, or a patient can have a therapist apply their make-up for a special occasion or simply for a boost. The make-up used is mineral-based, which is kinder to skin and cruelty-free - and was generously donated by a former patient's son. This quite unique service has received positive feedback from patients.

  
**18,319**  
Number of visits to our Wellbeing Centre

  
**14,172**  
Number of therapies received

  
**447**  
Wig appointments



## Reaching out to Inverclyde

We extended our services to the Inverclyde Royal Hospital in March 2018 following on from a pilot carried out in September 2017. Services including manicures, pedicures, facials, reflexology and massage are provided in the Day Unit and the total number of therapies carried out between April 2018 and March 2019 was a total of 336. The Hair and Wig Service was introduced at Inverclyde in March 2019 and the Queen Elizabeth University Hospital in January 2019 and this contributed to an overall increase of 46% in hair and wig appointments compared to the previous year.

## Case Study

### Taking our services to our patients

The support we provide to patients and families doesn't stop at The Beatson. I am based at the Inverclyde Royal Hospital two days a week and I know from speaking to patients how much of a difference it makes to them to be able to access Beatson Cancer Charity services closer to home.

Some patients can't always travel to The Beatson for various reasons, so it's nice to be able to bring our services to them. And that goes for the seven other hospitals we currently visit to carry out complementary therapies, podiatry and wig and hairdressing services. I have worked as a Complementary Therapist at Beatson Cancer Charity for almost two years, working as a registered nurse before that. Working as a nurse on the wards, I had always felt that there was a real need for complementary therapies but had never come across it before.

I decided to train in therapies while continuing my nursing registration and it was during my training that I came across the charity. My mum had been diagnosed with recurrent breast cancer and was attending The Beatson for chemotherapy. We were in the Day Unit for her first treatment and I noticed a patient receiving a therapy. So I had a chat with the therapist and learned more about the charity and its services, and at this point I knew it was what I wanted to do.

After my training I applied for a job with Beatson Cancer Charity and haven't looked back. I really enjoy my job and it's invaluable that we can take our services out to patients at different locations. I also like that I can provide relaxing therapies to patients but still use all my nursing experience and knowledge. I also love the difference complementary therapies can make to patients and how they look forward to their treatments.

**Hazel, Complementary Therapist**



**1: The Beatson West of Scotland Cancer Centre, Glasgow**  
Number of therapies year ended March 2019: 6753 Team member: Claire Bradley, Head of Wellbeing

**2: Glasgow Royal Infirmary, Glasgow**  
Number of therapies year ended March 2019: 1300 Team member: Zoe McLaren, Complementary Therapist

**3: Lanarkshire Beatson, Airdrie**  
Number of therapies year ended March 2019: 1427 Team member: Laura Ross, Complementary Therapist and Podiatrist

**4: New Victoria Hospital, Glasgow**  
Number of therapies year ended March 2019: 1276 Team member: Lisa Stanulis, Complementary Therapist, Hairdresser and Wig Consultant

**5: Queen Elizabeth University Hospital, Glasgow**  
Number of therapies year ended March 2019: 1474 Team member: Sara McNulty, Complementary Therapist

**6: The Royal Alexandra Hospital, Paisley**  
Number of therapies year ended March 2019: 1038 Team member: Aga Ozga, Complementary Therapist

**7: Inverclyde Royal Hospital, Greenock**  
Number of therapies year ended March 2019: 336 Team member: Hazel MacFarlane, Complementary Therapist

**8 & 9: Vale of Leven Hospital and Vale of Leven Health Centre, Alexandria**  
Number of therapies year ended March 2019: 568 Team member: Chris Lynas, Complementary Therapist and Podiatrist

# With You at Work

Beatson Cancer Charity's Specialist Health and Work Service (SHAWS) provides nationally-recognised help and support to patients and families at a time when finances and the ability to work can add to the stress of a diagnosis.

## The service provides:

- advice on finances and loss of income
- information to patients regarding their rights at work
- support to help manage the effects of treatment and diagnosis
- help to those looking to rebuild their confidence
- assistance to those living with cancer
- support to someone at the end of their life wanting to make informed decisions

## Independent research

In the year ended March 2019, independent research of the Specialist Health and Work Service was carried out by Iconic Consulting. The results showcased compelling evidence demonstrating the positive impact the service has had. This was shown in improvements to health and wellbeing, particularly mental and emotional health, as well as improvements in the workplace. The most significant impacts were reported in alleviating anxiety and depression, with improvements also reported in undertaking usual activities, pain and discomfort, mobility and self-care.

Many people reported their personal and work circumstances would have been very different without SHAWS support. This research identifies the need for a cancer-focused health and work service in the West of Scotland.

With regards to employers, independent research has identified a need for more knowledge, skills and confidence surrounding employees facing cancer. With support from the Scottish Government's Workplace Equality Fund, Impact Funding Partners and NHS Greater Glasgow & Clyde, Beatson Cancer Charity has successfully worked with Marks & Spencer, Arnold Clark, Tesco Bank, Ten Live and Fish to Water HR on its 'We're with you at work' project to address these needs.

HR professionals collaborated intensively to devise new resources that reflect legal requirements and best practice. This has produced an innovative training resource to empower and enable businesses to manage and support an employee facing cancer.

**100%**

of people would recommend the service

**97%**

would use the service again

**85%**

believe that SHAWS had a positive impact on their work situation

**6984**

the number of times SHAWS was in touch with people affected by health and work worries

**89%**

of those who were off sick as a result of their cancer returned to work after contacting SHAWS



## Case Study

### Living well beyond cancer

After my treatment finished, I realised I would have to go back to work even though I felt at my worst both mentally and physically. I put myself under so much pressure to return to work and I was so worried I would be expected to go back. I heard about Beatson Cancer Charity's Specialist Health and Work Service, and after one phone call I felt like a huge weight had been lifted off my shoulders. I learned that I didn't have to return to work until I was ready to, I had time to recover. I couldn't have asked for a nicer practitioner. Whether it was attending meetings with me or a simple chat, they really did help me, every step of the way.

I can't explain how much they helped by providing information to my employer to help them understand what I was going through, and in turn allowed them to support me. And I'm grateful to the Psychologist, who helped me manage my stress and anxiety.

I'll be forever grateful. Beatson Cancer Charity has been a lifeline for me, I couldn't have gotten through this journey without the support I received. If it wasn't for the fantastic service the charity provides, I would not have felt able to return to work and would be suffering from anxiety and depression.

Beatson Cancer Charity and the Specialist Health and Work Service have totally changed my life and I am so thankful for their extraordinary care and love.

**Yvonne, former patient**

## Clinical Psychology



**In October 2018 Beatson Cancer Charity's Specialist Health and Work Service developed an exciting new initiative integrating specialist clinical psychology into the service. This pilot project showcases a good example of charity and NHS collaboration, working towards supporting patients and families facing the broader impact of cancer. Here Clinical Psychologist, Naomi White, explains more about her role and the positive impact the service is providing.**

Working as a Clinical Psychologist is a real privilege and I'm proud to support people at a particularly difficult and challenging time in their lives. By providing patient-focused psychological and emotional support, our aim is to help build

confidence to allow people to make the right choices for them. The impact of cancer in the workplace can be significant for a whole range of reasons. Work can be closely tied to a person's sense of identity, self-worth, as well as a source of social contact, meaningful activity, routine and a sense of normality; not to mention income and financial stability.

Whether it is difficulties in adjusting to a diagnosis, coping through treatment, or engaging in the process of recovery, the wider impact of cancer can include heightened anxiety, struggling with low mood or managing other challenging emotions. However, research suggests it can be hugely beneficial to be supported psychologically at this time.

At Beatson Cancer Charity, our dedicated team aims to provide specialist support to former and current patients. This proactive and holistic approach can contribute to helping people not simply to survive, but to thrive.

# Volunteering



Our volunteers work tirelessly every day to ensure that all patients, their families and loved ones receive the very best care. From helping those arriving at the hospital find their way, to offering hot drinks from our tea trolley in waiting rooms and treatment areas. Volunteers also play a big part in keeping our Beatson Café running, which can be a haven for loved ones.

The team has grown quite significantly over the years. We began with a few volunteers but by the end of March 2019, we had grown a wonderful team of over 218. We are also extremely proud and grateful that our very first Beatson Cancer Charity volunteer is still with us today, many years later.

Our volunteers deliver an outstanding and patient-focused approach to cancer care, while also playing a significant part in the growth and success of the charity. Not only has the number of volunteers increased considerably, but also the variety of roles they carry out.

One of the biggest and most significant achievements for the year ended March 2019, has been the successful pilot of our ward volunteering service. This is a unique and innovative service offered by the charity. Our ward volunteers work alongside NHS colleagues to support patients in a ward environment.

The role can vary, from providing one-to-one companionship, helping staff create a friendly and safe environment for patients and families, to serving refreshments and snacks.

The pilot launched in two wards and, following a three-month trial and positive feedback from NHS, patients and volunteers, the service was rolled out to other wards.

Our ward volunteers have shown outstanding commitment in what can be an emotionally challenging but very rewarding role. They continue to selflessly give up their time to visit patients in the wards, offering companionship and someone for patients to talk to, which can help reduce loneliness and isolation.



## I look forward to my Wednesday shifts

I began ward volunteering in May 2018 during the pilot scheme to introduce this service to The Beatson. Right from my very first shift on the ward I was aware of the difference I could help make to a patient's day, with a ready smile, a listening ear and a Metro newspaper. I have great respect and admiration for patients and their families and how they cope with their cancer journeys.

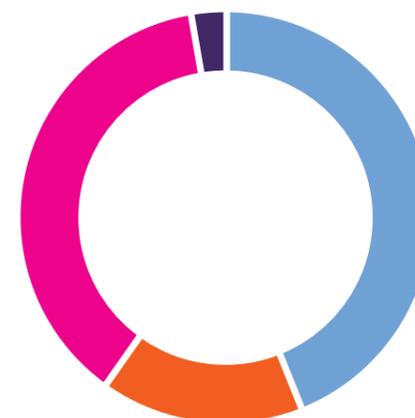
Often with patients who are in hospital for a while, we can build up a terrific rapport and at times they feel comfortable enough to off-load things they might perhaps find difficult to share with their families.

I look forward to my Wednesday shifts, and while I experience great joy in the interaction I have with patients and families, it is also very humbling as they are so appreciative of all that the ward volunteers do. I recently had the privilege of listening to a young man's cancer survival story. He said if there had been ward volunteers when he was going through his cancer journey it would have made all the difference.

**Katie, Ward Volunteer**

**“The ward volunteers really brightened up my day during my hospital stay. Having someone to chat to makes a huge difference.”**

Patient, Anonymous



## Beatson Cancer Charity Volunteers

<b>Total number of volunteers</b>		<b>218</b>
<b>Department</b>	<b>% of time</b>	<b>No. of hours</b>
Patient and Family Services	44%	7408
Fundraising	14%	2267
Trading	39%	6612
Office	3%	528
<b>Total Number of Hours</b>		<b>16815</b>

# Fundraising

Beatson Cancer Charity could not continue the work it does without the generosity of its supporters. From individuals to community groups and businesses, people choose to support the charity for many different reasons, and the commitment is very much appreciated.



## HIGHLIGHTS FOR 2018/19



**Kiltwalk Glasgow: we saw over 400 participants walking 26 miles, and raising a staggering £120,000**

**Off the Beatson Track:  
Income: over £136,000  
Participants in 2018: 2189  
Miles Walked in 2018: 13,065**

## Community Fundraising

The Community Fundraising team prides itself on working closely with all our supporters and ensures that whatever their reason for supporting the charity, they have the help and advice they need.

**Boiler Room Fitness** organised a sponsored spin cycle in Hyndland to raise money for the charity due to a personal connection for one of its instructors. The event sold out very quickly, so they organised an additional sponsored spin for later in the day. It was a fantastic day and raised £9,311.

**Kilted Kangaroo** is a themed pub in Stirling, who chose to support the charity at their annual fundraising day, Ozfest. They raised £1,141 after a full day of fundraising and fun in the sun. They also chose Beatson Cancer Charity as the beneficiary for 2019's fundraising.

## Corporate Fundraising

The Corporate Partnership team works closely with businesses, offering guidance and support to staff whether fundraising or volunteering.

More than 2,000 staff from Tesco Bank in Glasgow have embraced their charity partnership with Beatson Cancer Charity with a great deal of passion and bags of enthusiasm. The team has organised bake sales, raffles, quiz nights and family fun day events to raise funds, as well as sponsored climbs of Ben Lomond and Scafell Pike, and Kiltwalk Glasgow. Colleagues from Tesco Bank have raised more than £51,381 for the charity year ended March 2019.

Over the past three years of their partnership with Beatson Cancer Charity, the team at Glasgow Credit Union have given a huge amount of support, through sponsorship of events and fundraising activities.

**"Sponsoring both Off The Beatson Track and the annual Beatson Ball has been a privilege and helped raise awareness of our partnership with such a well-respected charity."**

Glasgow Credit Union

**"Beatson Cancer Charity does some phenomenal work, supporting whole families during the worst of times. They are our heroes."**

Corporate supporter

## Events

Our events portfolio is wide and varied offering a calendar that is fitting for all our supporters from business to pleasure. This year has seen Beatson Cancer Charity introduce some new and exciting initiatives such as the Beatson Belle experience. We chartered the luxurious Northern Belle Train for a festive extravaganza. Then there was the Paul Lawrie 20th Anniversary Pro Am, where we celebrated the golfing champion's accolades. We were also delighted to grow and develop our staple events such as The Bard & his Belles, Ladies Lunches, Sporting Dinner and the Beatson Ball. Each of our functions allows us to engage with new and existing supporters while raising funds for patients and families facing cancer.

## Trading

Beatson Café has become a real hub within the hospital, providing a comforting, healing and relaxing environment for cancer patients and their families, while at the same time offering an affordable service. Our Café could not open without our dedicated team of staff and volunteers.

Beatson Café was named Best Not for Profit Café 2018 at the first Scottish Café Awards, which joins our Healthy Living Plus Award.

Also, in the last year, the charity has been developing its range of branded merchandise, which is available to purchase from the Beatson Café and Hub.

Our Beatson Trading Pop Up Shop also made its debut, offering a range of unbranded merchandise, such as scarves, bags, purses, wallets and candles. We are now 'popping up' regularly at Beatson events, the Beatson Café and most recently at workplaces of our business and corporate supporters. All profits go to Beatson Cancer Charity.

## Philanthropy

During 2018/2019 Beatson Cancer Charity introduced a Philanthropy team, focused on raising funds from charitable trusts, foundations and major donors to deliver the charity's own services and to fund projects within the hospital.

Highlights of the year include securing two grants to enhance and expand the Specialist Health and Work Service (see page 5) and obtaining funds to fully refurbish five relatives' overnight rooms within The Beatson (see page 12).

We are confident that the team will continue to fund projects which make a huge difference to the lives of people affected by cancer.

## Individual Giving

Individual Giving continues to be a successful area for the charity, with appeals performing well and creating great engagement opportunities with our supporters.

As the charity becomes more established we have also seen an increase in income from legacies and gifts in wills.

These donations are vital in helping the charity continue to provide our services and we are incredibly grateful to those who make these wonderful gifts.

We hope to further develop these vital areas in the coming year.

# Life-changing Research

We are committed to funding world-class scientific research that has the potential to save lives in Scotland and beyond.



## Developing novel treatments - PET Scanning

While CT and MRI scans help clinicians to understand the size and shape of tumours to unprecedented levels of detail and clarity, they are less effective in measuring the progress and effectiveness of treatment in real-time.

We are supporting Professor Owen Sansom's team at the Beatson Institute to use PET (Positron Emission Tomography) imaging technology in new ways at The Beatson. The team is developing radioactive tracers in sugars that go straight to particular tumours when ingested. The radioactive trace can then illuminate the tumour's metabolism under a PET scan.

Understanding the metabolism of a patient's tumour would allow clinicians to more rapidly prescribe the most effective treatment, or to take patients off a less effective therapy at an earlier stage and reduce side-effects.

Like all our research, the team is prioritising those tumours prevalent in the West of Scotland. Having purchased and installed the equipment, the team are now beginning to develop a range of 'tracers' that will target pancreatic, lung, colon, brain, liver and prostate tumours.

## Building up a critical mass in research potential at The Beatson

We are proud of our track record in making modest but carefully considered investments that have led to important discoveries or leveraged more significant funding.

An excellent example is our support of Professor Anthony Chalmers' Radiotherapy Research project which focuses on the more hard-to-treat tumours, such as lung and brain. Often the most thrilling and unexpected breakthroughs in science occur through the synergies and interactions between diverse scientific disciplines.

So, rather than supporting a single research project, we supported Professor Chalmers in assembling a team of specialists from various fields: a statistician, data scientist, physicist, oncologist and a radiographer.

Professor Chalmers' team has since been recognised as a centre of excellence in radiotherapy research and awarded £3.5m over five years by CRUK. This funding will take their work to a new level, accelerating the development of new technologies and techniques that will make radiotherapy more personal to each individual patient, and more effective.

This is an immense achievement and we are excited about what breakthroughs the team will deliver in the near future.

## Investing in the research leaders of the future

We also seek to develop future leaders in cancer research. By focussing on early career researchers, we can create a stimulating research environment that attracts the brightest talent worldwide, bringing advances closer to local patients.

We have been supporting Dr Rob Rulach who is investigating ways to safely deliver repeat courses of radiotherapy to recurrent lung cancers, which occurs in about a third of patients after initial treatment. Re-irradiation is a high-risk treatment that can cause significant damage to healthy tissue, so it is essential to discover who would benefit from this, and what is the best way to deliver a second treatment.

His research has focussed on a novel radiotherapy planning technique called multi-criteria optimisation. This has shown to be effective in minimising damage to healthy tissue while maintaining effective treatment to the tumour.

These breakthroughs give something priceless for people with difficult prognoses – hope.

# Learning & Development



One thing Beatson Cancer Charity is proud of is its continued commitment to learning and development for its staff and NHS colleagues.

Not only do learning and development opportunities allow participants to expand their knowledge base and allow personal growth within individual roles, they are also a chance for the charity to work with others in the field to share best practices and ideas.

## Clinical Excellence

Beatson Cancer Charity funds 17 specialist posts, mainly within the Beatson West of Scotland Cancer Centre – from radiographers, researchers and clinical nurse specialists to a medical librarian. These posts make a direct impact on enhancing care and support for cancer patients and their families, as well as taking part in educational and research activities.

In the year ended March 2019, the charity invested £754,000 in these posts. Beatson Cancer Charity also provides additional funding for NHS staff education and training, to allow attendance of conferences and study days to gain further experience and qualifications.

In September 2018, funding was awarded to two NHS colleagues from the clinical oncology department to attend the World Lung Cancer Conference in Toronto. Dr Stephen Harrow, Consultant Clinical Oncologist and Senior National Research Fellow, was asked to present data from a pathology study, which the charity funded for three years.

Dr Harrow also did a poster presentation on e-cigarette use in patients with stage four lung cancer. Dr Rob Rulach, Specialist Registrar in Clinical Oncology, was also asked to present a poster on his re-irradiation research. Not only is this an extremely prestigious conference to be asked to present at, it raises the profile of The Beatson and Beatson Cancer Charity on an international stage.

## Beatson Bootcamps

Beatson Cancer Charity-funded Practice Education Radiographer Lorraine Whyte has been a charity funded post for eight years having qualified in radiography and psychology of cancer care 17 years ago. Lorraine's role involves looking after 160 radiographers, as well as coordinating education opportunities and continuous professional development. Lorraine began running the successful Beatson Bootcamps six years ago.

Beatson Bootcamps, funded by the charity, are educational conferences promoting further learning, networking and sharing of knowledge on subjects that are often not discussed, such as sexual wellbeing for cancer patients and cancer and addiction. Experts in their respective fields from across the UK come together to share their knowledge and experience with other professionals, with all that is learned going back to improve the experience of patients.

Between April 2018 and year ending March 2019, two bootcamps were held. The first discussed radiotherapy treatment of cancer in the elderly and the second was a radiographer showcase.

The level of participation has remained high and that is partly due to the excellent quality of speakers, who generously donate their time to be involved, such as world-renowned scientist Professor Anthony Chalmers and Dr Ian Kunkler.

## Education Series

Beatson Cancer Charity's Education Series has been running for over two years and is a great way for charity staff to learn more about relevant topics from an expert in the field. It includes an informal lecture where the speaker presents their chosen topic and opens a discussion afterwards.

It is a great way for the charity to keep up to date with interesting and new developments in the area of cancer care. This year topics presented included a carer's perspective and late effects of pelvic radiation.

# Working in Partnership



The Beatson West of Scotland Cancer Centre is an internationally renowned institution. It is one of the most innovative and modern cancer centres in the world and one of the busiest in the UK, in terms of clinical activity and patient numbers. Beatson Cancer Charity works alongside NHS, charity and university partners to support The Beatson. Throughout 2018/19, we have done that in many ways.

## Late effects of Pelvic Radiotherapy Clinic

In October 2018, a new and unique service jointly funded by Beatson Cancer Charity and Macmillan Cancer Support was launched in order to support patients both physically and mentally following pelvic radiotherapy treatment.

The diagnosis, treatment and survivorship of cancer has a profound effect on the quality of life and psychological wellbeing of patients. The primary aim of the service is to support and enable cancer patients suffering from debilitating gastrointestinal (GI) symptoms, which can sometimes occur as a late consequence of pelvic radiotherapy.

The service provides a dedicated and comprehensive care package for patients delivered by a team of specialists. It is hoped that this service will become nationally acknowledged as a pioneering, multi-disciplinary approach to managing the consequences of cancer treatment. This will reflect The Beatson's commitment to offering patients a better quality of life.



The Late Effects team: Stephanie, Carol and Sally

## Funding applications

Beatson Cancer Charity is committed to providing significant funding and services to enhance the experience, treatment, outcomes and wellbeing of current and former cancer patients and their families, in partnership with The Beatson West of Scotland Cancer Centre.

As well as funding specialist posts, the charity welcomes funding applications from all Beatson staff, individuals and institutions involved in the care and investigation of cancer. These funding applications can be significant in the field of cancer care and life-changing for patients.

Between April 2018 and year ending March 2019, Beatson Cancer Charity granted £52,000 to The Beatson's Clinical Oncology Department for the purchase of four Visual Coaching Devices to enhance patients' voluntary deep inspiration breath-hold (vDIBH) technique.

This equipment benefits patients with left-sided breast cancer to reduce the risk of long-term heart complication from radiotherapy. The device has a screen which shows the patient their optimum breath-hold.

The devices will also allow for faster overall treatment time, as it will reduce the time which radiographers spend in checking the position before treatment.

## Overnight rooms

Thanks to a generous donation from The Kilpatrick Fraser Charitable Trust, Beatson Cancer Charity was able to upgrade all five relatives' overnight rooms within The Beatson hospital. These rooms allow relatives to spend the night when their loved one is in the hospital, perhaps receiving treatment over a long period of time or receiving end-of-life care. The chance to be close at hand during this difficult time, at no cost, makes a huge difference to both families and patients.

All rooms have been redecorated (thanks to Bell Group for donating the paint), had new flooring installed (thanks to Donaldson and Paterson Ltd for the materials and NHS Greater Glasgow and Clyde for the labour) and been kitted out with lovely new furniture including comfortable beds, brightly coloured sofas, clean, fresh blinds, lamps, a table, dining chairs and a fridge. Beatson Cancer Charity is delighted that we can now offer a bright, welcoming and practical space for relatives.



Alexander Kilpatrick and NHS colleagues

## A small amount can make a big impact

A cancer diagnosis can affect every aspect of life for patients and their loved ones, including their financial situation. For many, treats such as a meal in a restaurant, theatre trip or holiday becomes rare. That's why Beatson Cancer Charity and the JMA Trust created the JMA Experience Fund in 2017, with funding from the Trust. The friends and family of John Maurice Aitken were inspired to establish the JMA Trust in his memory to make a difference to groups and individuals across Scotland.

Thanks to their generous grant in 2018/19 we have been able to support 98 people connected with The Beatson: patients, their families, partners and friends, giving them the gift of quality family time and helping to create precious memories together. We were delighted to make grants to individuals and families so that they could enjoy a whole host of exciting outings such as family holidays, days out with friends, city breaks and theatre trips. We even helped a young woman to achieve her life-long dream of meeting elephants, and helped a young couple to hold a beautiful highland wedding.

These wonderful experiences are priceless, giving joy and hope to people at such a challenging time. We are grateful to the JMA Trust for the funding and support which allows us to bring these experiences to young people and young families facing cancer.

**“My family and I were given a holiday to the Isle of Arran. We all had a great time and left our comfort zones to do adventurous activities. The most important thing is that we all took a deep breath and for the first time in 6 months exhaled slowly. We had all forgotten how it felt to be relaxed. We will forever be grateful. We are now looking forward to the future with hope.”**

## Financial Report

Group statement of financial activities for the year ended 31 March 2019	Unrestricted Funds £000	Designated Funds £000	Restricted Funds £000	2019 £000	2018 £000
<b>INCOME</b>					
Donations and legacies	3,749	-	532	4,281	3,510
Other trading activities	897	-	-	897	911
Investments	48	-	-	48	41
<b>Total income</b>	<b>4,694</b>	<b>-</b>	<b>532</b>	<b>5,226</b>	<b>4,462</b>
<b>EXPENDITURE ON:</b>					
Direct cost of raising funds	(645)	0	0	(645)	(678)
Fundraising support costs	(1,115)	0	0	(1,115)	(1,115)
Charitable expenditure	(2,183)	(410)	(848)	(3,441)	(3,462)
<b>Total expenditure</b>	<b>(3,943)</b>	<b>(410)</b>	<b>(848)</b>	<b>(5,201)</b>	<b>(5,190)</b>
<b>Net income/(expenditure)</b>	<b>751</b>	<b>(410)</b>	<b>(316)</b>	<b>25</b>	<b>(728)</b>
Gain on investment assets	2	-	-	2	10
Tax credit	1	-	-	1	1
<b>Net movement in funds</b>	<b>754</b>	<b>(410)</b>	<b>(316)</b>	<b>28</b>	<b>(717)</b>
Transfer between funds	(599)	451	148	-	-
<b>Total funds brought forward</b>	<b>2,058</b>	<b>410</b>	<b>741</b>	<b>3,209</b>	<b>3,926</b>
<b>TOTAL FUNDS CARRIED FORWARD</b>	<b>2,213</b>	<b>451</b>	<b>573</b>	<b>3,237</b>	<b>3,209</b>



Beatson Cancer Charity  
Beatson West of Scotland Cancer Centre  
1053 Great Western Road  
Glasgow, G12 0YN

**Office:** 0141 212 0505  
**Email:** [info@beatsoncancercharity.org](mailto:info@beatsoncancercharity.org)  
**Online:** [www.beatsoncancercharity.org](http://www.beatsoncancercharity.org)  
**Twitter:** @beatson\_charity **Facebook.com/beatsoncancercharity**

