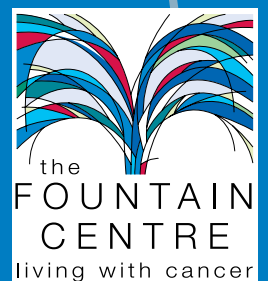




A capital appeal to expand the Fountain Centre

Help us improve the lives of even more people living with cancer



Who we are

The Fountain Centre is a special place within St. Luke's Cancer Centre at the Royal Surrey County Hospital. It offers information and support, counselling and a wide range of complementary therapies, to cancer patients past or present, relatives or friends, those bereaved and staff.

The Fountain Centre was established in 1998 following the initial idea from three social/healthcare professionals. In 2001 we became a registered charity, and through various fundraising initiatives and the donation of space from Royal Surrey County Hospital, the Centre was fully equipped with three treatment rooms, a lounge area, two counselling rooms, a kitchen and an office. In the first year of opening the centre had 150 visits per month and employed one full time member of staff, two part time staff and 25 volunteers. Owing to the demand and success of the charity in 2003 we obtained funding for a major building project which provided the centre with a large creative arts room and extra office space. Within the same year the Supporters Club was launched which meets during the year for both social and fundraising purposes.

Integrated cancer care, which involves complementary therapies being used in conjunction with conventional medicine, is now recognised by many health professionals as the way forward. The Fountain Centre – although a totally independent charity – works in partnership with the St Luke's Cancer Centre, which is part of the Royal Surrey County Hospital NHS Trust Foundation. St Luke's Cancer Centre is the Surrey, West Sussex and Hampshire regional centre of excellence for cancer care, and our aim is to complement the medical treatment provided.

The Fountain Centre offers a variety of services. Patients may receive four free 'hands on' therapy sessions and six counselling sessions, thereafter patients are asked for a

small donation. Carers can access the same therapies but will be asked for a small donation from the start.

There are many physical and mental side effects for patients suffering from cancer. The Fountain Centre promotes a holistic approach with the aim of minimizing these effects, putting the patient in the best position to support the clinical treatment of cancer. This can include helping to overcome the initial shock of being told that the patient is suffering from cancer, to minimizing the side effects of chemotherapy and radiotherapy and in re-establishing confidence and the feel-good factor. Some complementary therapies can also help in the management of pain, reducing stress, anxiety and stimulating the circulatory, immune and other systems in the body.

Since the launch of the Fountain Centre the charity has grown and developed and now has approximately 95 volunteers, the majority of whom are qualified complementary therapists, 15 are counsellors and the remainder are administrative volunteers. The team now manages more than 650 visitors per month, however many more could benefit if our services were expanded.



Expanding our work

– building a second Fountain Centre

Every year the Fountain Centre helps over 2,500 new cancer patients and their families, carers and friends. We want to do more to help and to make our services more widely available. This vision has led us to identify a prime area within St Luke's Cancer Centre where an extension of the Fountain Centre could be built. This is currently being referred to as 'The Level A Project'.



Negotiations with the Royal Surrey County Hospital have been ongoing throughout 2010. As a result we have now secured agreement to build the new centre, and have started to seek donations towards the £150,000 appeal target.

The Level A Project will be sited at the entrance to the Radiotherapy Department so that it will be highly visible. The total estimated throughput specifically to the Radiotherapy Department is some 250 patient visits per day. The same entrance is also used by patients who visit the Nuclear Medicine area, of which there can be a further 30 to 50 patient visits per day. The Level A Project will enable us to extend our high quality, accessible support to all these patients, and their carers and families too. In addition, as this entrance is also a main thoroughfare for staff entering and leaving the hospital, it will substantially raise the profile of the Fountain Centre throughout the St Luke's Cancer Centre and the region.



Aim: To complete this area and to have it up and running within 2011 assuming funds have been raised. Success would include:

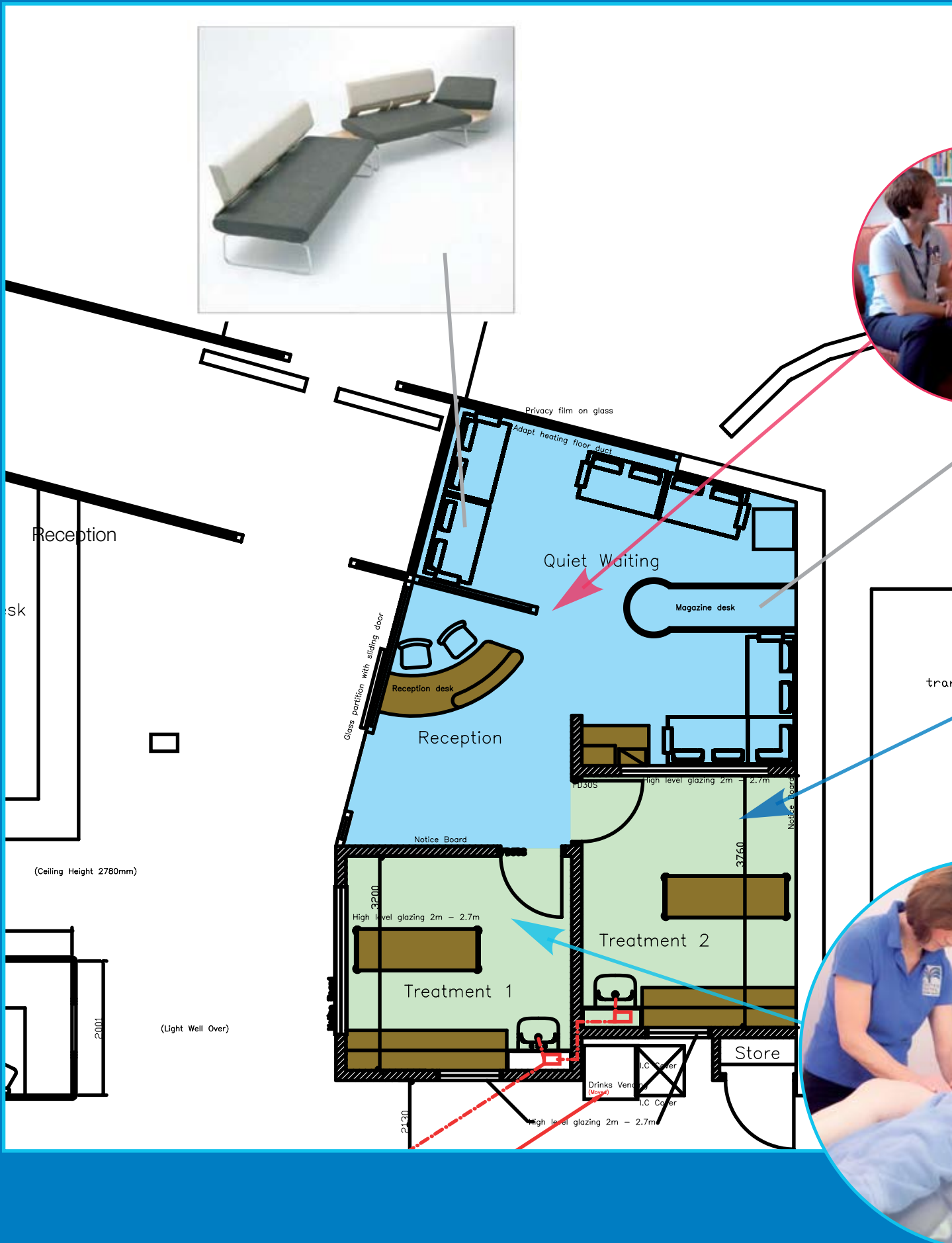
1. A substantial increase in the number of users and carers from the Radiotherapy Department, particularly an increase in the numbers of male patients.
2. Provision of support to staff.
3. Therapy sessions tailored to patient needs (e.g. therapy sessions may be shorter for hospital transport users, but with more patients treated).
4. Promoting Fountain Centre services as part of Integrated Cancer Care.
5. Creating an enhanced waiting area, a non-clinical space within a clinical area where patients can feel safe enough to express their fears and anxieties.
6. The use of therapies that could assist patients who experience pre-radiotherapy treatment problems such as anticipatory nausea/anxiety, as well as post treatment side effects, so reducing the time radiographers may have to take with some patients.

The Level A Project will be staffed by trained volunteers as is currently the case in the main centre. Running costs will therefore be minimal.

Drawings, costings and agreements are now in place to begin this exciting new piece of work. All that remains is to secure the necessary funding to begin work.



New treatment room



rooms and lounge



nsformer



Now that we have approval for the plans, we urgently need to raise the funds. We are asking if you will contribute towards the establishment of this new Fountain Centre at Level A of the St Luke's Cancer Centre. It will enable those patients attending for Radiotherapy or other essential medical treatment to benefit from the special holistic care and support that we can provide.

Alterations to reception area costs

Demolition and Alteration

Remove partitions, doors, internal finishes, sanitary ware, fittings and redundant services to existing layout	£2,010
Carefully remove miscellaneous fixtures and fittings for retention by Trust	£335

£2,345

New Work

New stud partitions including wall finishes	£8,400
New internal window 2000mm x 600mm	£1,000
New internal window 1000mm x 600mm	£700
New internal glazed partitions with sliding door	£3,825
New floor finishes	£4,425
New MF ceiling	£1,440
New grid ceiling	£1,350
Decoration	£1,475
Porters Area glazed office shell	£4,704
Porters Area flooring	£600
Make good floor and ceilings where partition removed	£500
New single door sets incl ironmongery	£1,800

£30,219

Fixtures and Fittings

Reception desk	£2,000
Provisional allowance for fitting mirrors, coat hooks, soap dispensers and alike	£295
IPS boxed out units for wash hand basins	£1,800
Corner protectors	£375
Drinks station: Base unit, wall unit and worktops	£600
Healthcare Furniture: Base units, Wall units, worktops and adjustable shelving	£4,500
Shelve to store	£175
Work tops to Porters Area	£560
Provisional allowance for signage/privacy film to windows	£500

£10,805

Services/ Mechanical

Clinical wash hand basin, optitherm taps and wastes	£1,200
Allowance for pumped Waste	£1,500
Hot and Cold Water Supplies	£1,050
Ventilation: Alter and extend existing ventilation ductwork and provide ventilation ceiling diffusers in Quiet Room and Treatment Rooms	£1,500
Beverage water boiler	£600

Electrical

Containment	£500
Telephone & Data: 3 Phone, 2 Data & 2 Fax	£2,000
Small Power: Double switched sockets	£1,000
Ventilation alterations and extension	£5,605
Provisional allowance for adaptations to Emergency Lighting	£1,500
Provisional allowance for adaptations to Fire Alarm System	£1,500
New Lighting: Recessed dimmable circular light fittings with emergency lighting to treatment rooms	£1,200
New Lighting: Indirect wall lights to waiting/ reception	£1,800
New Lighting: Dimmable low voltage downlighters	£3,300
Adaptions to Nursecall (Static Systems)	£2,000
Electric panel wall heaters	£500
Floor duct and service pole to Porters area	£1,000
New Lighting: Porters area	£750
Adapt light fittings to porters area	£150
Alterations to heating and associated pipework etc	£800

£29,455

Builders work

£30,928

Net Total

£74,297

Running costs **£20,000**

Contractors prelims **£14,859.35**

£89,156

Contingency **£4,457.81**

£93,614

BCIS Contract Size Adjustment **£4,680.70**

£98,295

Professional Fees **£11,795.35**

£110,090

VAT 20% **£22,017.99**

Grand Total

£152,108



What the Fountain Centre means to us

Sue Moore

My experience of the Fountain Centre

I first visited the Fountain Centre 3 months ago and I have been several times since – it has become part of my regular clinical visits to St. Luke's.

I was first introduced to the Fountain Centre by my Breast Care Nurse, Jane, at Frimley Park Hospital who gave me a leaflet outlining the wide range of services available – I thought that I would investigate further.

When my husband and I first visited we were made very welcome and offered a drink and biscuits. One of the volunteers took time to show us around and make us feel comfortable. On each of our subsequent visits the volunteers were very helpful and always asked if there was anything we needed; nothing was too much trouble.

Sometimes I visit to pass the time between clinical appointments, sitting on one of the comfy sofas drinking tea! I've talked to other patients; browsed books in the extensive reference library; and sometimes just listened to the relaxing music and sounds of water from the fountain.

On one occasion I asked a volunteer if there was any information on use of crystals and also the effects of green tea. I was very impressed when Jane phoned me back with her findings which was very helpful.

So far I have had one of the complementary therapies – hypnotherapy – and was able to take away ideas from this to use myself. I am looking forward to trying out further therapies – the problem is which one to choose!

I have briefly visited the wonderful fountain garden and I am looking forward to returning in the summer months ahead, somewhere to sit and relax and maybe to get inspiration for my own garden.

I would say to anyone visiting St. Luke's to go along to the Fountain Centre and see what they can offer you. I am sure that like me you will not be disappointed – it has been a gem of a find in these difficult times.



Helen Parker

Do you like hospitals? What images do they bring to mind?

I'm not that keen on them, the functional but cheerless corridors, the cocktail of smells, the sight of unfortunate people looking wan as they are pushed along in a wheelchair; none of it makes for a happy place to be. The staff, doctors and nurses are caring but busy, always busy, with the constant and I'm sure exhausting demands of the sick.

When I had the bombshell of a diagnosis of breast cancer, I was confident that my medical needs would be met, but thought I'd be on my own, relying on friends and family to deal with the emotional fallout and practical support. I was wrong, there is an oasis of calm and support, blessed support, for my stressed and fearful situation, it's called the Fountain Centre.

Walking in to the centre for the first time was like soothing balm on irritated skin. The atmosphere radiated calm. I was totally unprepared for the warmth of the welcome, the offer of a cup of tea and a comfortable seat in an aesthetically pleasing environment complete with relaxing music was not something I'd encountered in any NHS establishment before. What really makes the Fountain Centre for me though, is the love. All the staff and volunteers are there simply because they want to help people with cancer feel better and get better.

The personal care they offer through their various skills be it counselling, hairdressing or complementary therapies radiates concern and compassion. I always leave the centre feeling relaxed, listened to, supported and more cheerful about the world to know that these wonderful people exist. Thank you Fountain Centre staff and donors, you have made the scary cancer journey so much more bearable.



Your support will make a lasting difference

We hope that after reading about the Fountain Centre's plans for the future you will want to support this capital appeal with a donation.

We are writing to trusts, companies and other grant making organisations to ask them for assistance towards raising the £150,000 that is needed to enable building work to commence.

Your donation will enable us to build a very special place, which will provide comfort, treatment and support to hundreds more patients every week.

To discuss supporting this appeal please contact Fiona Dick, Donor Liaison on 07765 135198 or by emailing fionadick@phidelta.co.uk

Please help us improve the lives of even more people living with cancer.

Martin Read
Chairman
The Fountain Centre

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Royal Surrey County Hospital **NHS**
NHS Foundation Trust

Registered Charity Number: 1089086

