

THIS IS MY CHAI

The Chai Cancer Care *Signature* Dinner
Monday 8th December 2014

Chai Cancer Care

welcomes you to

The  Dinner

Menu

Seared Salmon Sashimi
Crunchy Avocado Salad

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Ginger and Chilli Poussin
Lentil Rice
Oriental Vegetables

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Tarte Au Fin
Vanilla Pod Ice Cream

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Coffee & Herbal Infusions
Chocolate Mints
Nut Brittle Pieces

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Wines

Aben Merlot 2011 Réserve
Aben Chardonnay 2013 Réserve

Tony Page Ltd

Order of Events

Welcome

Nick Leslau

Hamotzi

Marc Samuels

Toast to the Queen

Simon Silver

**Toast to the President of
The State of Israel**

Joyce Misrahi

Chairman

Louise Hager

'Signature'

Guest Artist

Lior Suchard

Grace After Meals

Peter Sheldon OBE

Vote of Thanks

Diane Zitcer

Message from our Brochure Chairman

Peter Miller



When I was invited to the Chai Cancer Care Centre in Hendon and heard first-hand what Louise and her team have committed their lives to delivering, I was inspired – truly inspired, to help in whatever way I could.

The ethos, the professionalism of the organisation and range of services are nothing short of impressive and inspirational.

Sadly, cancer touches all our lives in one way or another and will inevitably continue to do so for the foreseeable future. As such, Chai's work is relentless and invaluable in supporting the thousands of people in our community affected by a cancer diagnosis.

To sustain and grow the reach and impact of their incredible work in the community, it is clear that Chai needs to expand its donor base much further this year and into the future. It was with this in mind that I have led the initiative to seek to expand our business and corporate donor base through the dinner brochure and associated sponsorship and I

am honoured to chair the highly energised dinner brochure committee.

It is quite incredible that Chai doesn't receive any statutory funding. In fact, Chai relies solely on your donations to help raise the £2.2m that is needed this year to operate.

It would be fantastic if we could continue to reinforce and build on our network of supporters to underpin Chai's initiatives. We will be looking for assistance from those of you in business and corporate circles who can assist in this endeavour, so please let Louise or myself know if you are willing and able to help us in 2015.

I thank you all for your support, both loyal and committed donors, as well as new friends, to this heartfelt and invaluable cause.

I hope you have a memorable experience this evening.

A handwritten signature in blue ink, appearing to read 'Peter Miller', with a stylized flourish at the end.

Message from our Hosts

Maxine & Nick Lesau



Welcome to this the Chai 'Signature' Dinner, which Nick and I are truly delighted to be hosting.

Much will be said this evening about the amazing work of the Chai team as it tirelessly goes about its invaluable work and deservedly so.

We support Chai not solely because it offers such a wide range of services to so many members of our community when they are at their most vulnerable but because it provides what we sometimes call the 'Big Hug'. It is when we are at our lowest ebb and most emotionally stretched in the battle with cancer that we most need the 'Big Hug' to envelope us and to feel the warm

embrace of people, who totally understand the challenges facing us and profoundly care.

This is what Chai does so beautifully, day in and day out and why my family and I are so very honoured, humbled and proud to be associated with such a wonderful organisation. Tonight is about ensuring Chai can keep hugging for many, many years to come.

Thank you so much for joining us this evening to help Chai continue to support our community with its wonderful work.

Have a lovely evening.

ML Maxine

A message from our President

Lord Young



**The Chai Annual Dinner
has come round again,
seemingly quicker year
by year.**

This dinner has become such a firm fixture in the life of our community that it seems inconceivable that it has not always been with us, yet it is not that

many years since there was absolutely no support for the families of those, young and old, struck down by cancer.

Today we can take quiet satisfaction in that not only do we have the leading institution in the

nation in the field of cancer care but we are helping over 2000 patients and their loved ones in our community. That this help is provided by our community, for our community, is as good an example of tzedakah in action as exists and one in which we can all take pride as we do in the dedication of Louise Hager and all who work in Chai.

I look forward to seeing you all at our dinner.

A handwritten signature in blue ink, which appears to read 'David', written in a cursive style.

Message from our Chairman

Louise Hager



I am delighted to welcome you tonight on behalf of all the Trustees, to the Chai Cancer Care 'Signature' Dinner.

In our fast-changing, faceless, digital world, with contactless payment superseding chip-and-pin, there are few things that

symbolise authenticity and personality more than a signature. It quite literally defines who we are.

There are now just over 2,000 cancer patients and their family members, who turn to Chai for specialised support, during what is often the toughest of times. Just as no two diagnoses are the same and no two cancers are the same, at Chai, no two clients are the same. Each person is treated as an individual, with their own distinct and specific needs.

As pioneers in the field of cancer care, Chai has always recognised and championed this personalised approach, long before it became the buzz-word of the wider cancer community.

We now have ten centers across the UK. Understanding that each community has their own characteristics and personality, our services

are tailored accordingly. With the welcome news that more people are living with and beyond their cancer, our new Lifestyle Group supports clients after their treatment has finished. From the feedback we have received, the positive impact on their lives has been quite remarkable.

Of course we could not do any of this without the dedication and commitment of our staff, volunteers and you, our most generous donors.

In this respect I really must single out one incredible couple for a special thank you. Maxine & Nick Leslau have been true friends and loyal supporters of Chai for many years, and we were all honored and delighted when they agreed to host this evening's dinner.

Just as a signature defines who we are, it is also the mark that we leave. I am in no doubt that Chai's impact on the community, our mark, is both immense and essential. This would not be possible without your mark - your signature to Chai.

It means so much that you are here tonight and able to share what promises to be a moving, inspiring and enjoyable evening.

Louise

Chief Executive's Perspective

Lisa Steele



Chai never stands still. We constantly assess new trends in age, cancer types and trials, and what that will mean for our clients. Conversations with them and the expert input of Chai's Medical Advisory Panel, give us a 360° understanding

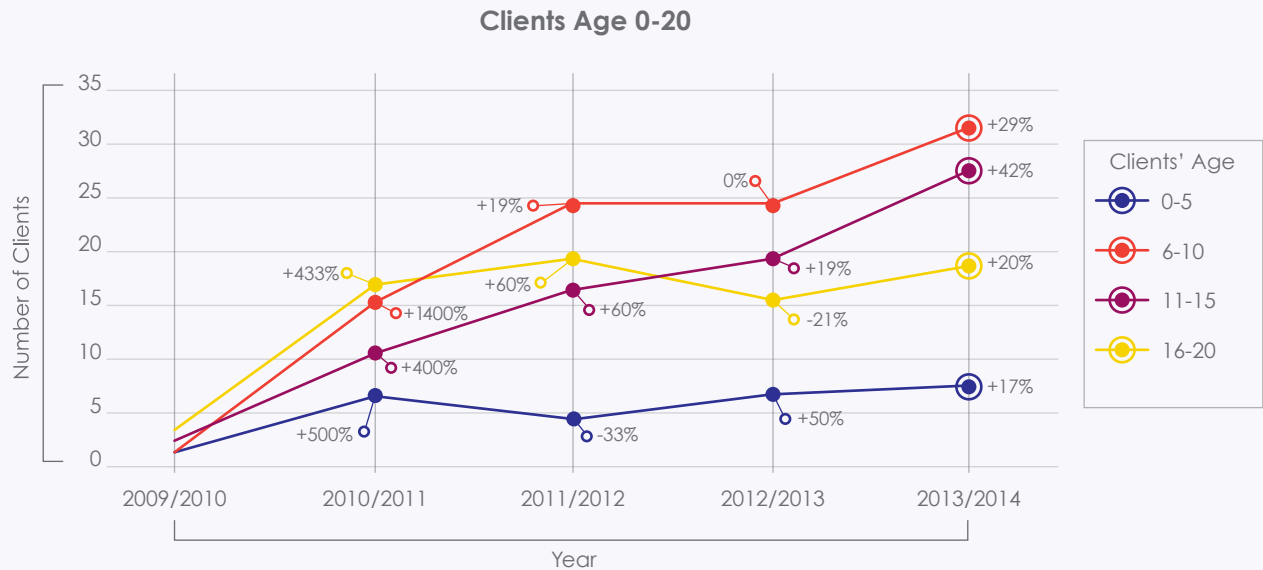
of how cancer, its treatments and its impact on patients is changing. Each step forward brings new challenges as we strive to widen the range of services that answer the multi-faceted needs of our clients. For at the very heart of our organisation is a clear philosophy – each person who contacts us is treated as an individual, with their own specific needs, and every aspect of care is personalised down to the finest detail.

Despite cancer being primarily a disease of older people, the last three years has seen a marked increase in the number of young parents turning to us for support. For a person under 50, the ripple effect of a diagnosis is often much broader than for one who is older. Their

circumstances bring new complexities, and we may see as many as four generations in one family, each with their own individual needs. In this respect, the most significant change we are seeing is in how our services are developing for family members aged 20 and under. There has been an increase of 25% of clients in this age bracket, starting as young as 3 years old. Our Children, Teenage and Family Service, which provides play therapy, art psychotherapy and music therapy – gives young people safe, creative routes through which to explore and express difficult feelings.

Bearing these figures in mind, last year Chai launched its 'Chai in Schools' initiative – which gives teaching staff the strategies to support children going through a cancer diagnosis in their family. Chai acts as a central point of contact, liaising between the school and the family to co-ordinate all the support needs of the child.

Overall client numbers across all centres increased by 21% last year. This has led to a national expansion of our team of counsellors, child therapists and complementary therapists. No single therapy or intervention is the answer



“The number of clients aged under 20 rose by a startling 25% last year”

— rather it is the range of therapies and support delivered by skilled practitioners, all working with one aim — the welfare of the Chai client.

Families can struggle financially as household income decreases and we can advise on a range of benefits, including non-means tested, that will help to ease this additional burden.

The following case illustrates the broad spectrum of needs we are meeting with our services:

Steven* came to Chai with his wife, Katie*. Two months ago, Steven was diagnosed with advanced pancreatic cancer and given a poor

prognosis. He is 42 and Katie is 40. They have four children aged 15, 12, 9 and 6. Steven is on his third session of chemotherapy and is finding the side-effects physically and emotionally difficult to deal with. Katie's parents live in Manchester and Steven's family live in Israel. Katie's sister and grandparents live in Essex.

Steven and Katie met with one of our client service managers who will look after all their needs. She discussed a package of support with them including individual and joint counselling for Steven and Katie, music and play therapy for the children: a consultation with our palliative care consultant for Steven to discuss symptom control; and a consultation with the dietician. Steven is booked for physiotherapy and Katie for hot stone reflexology.

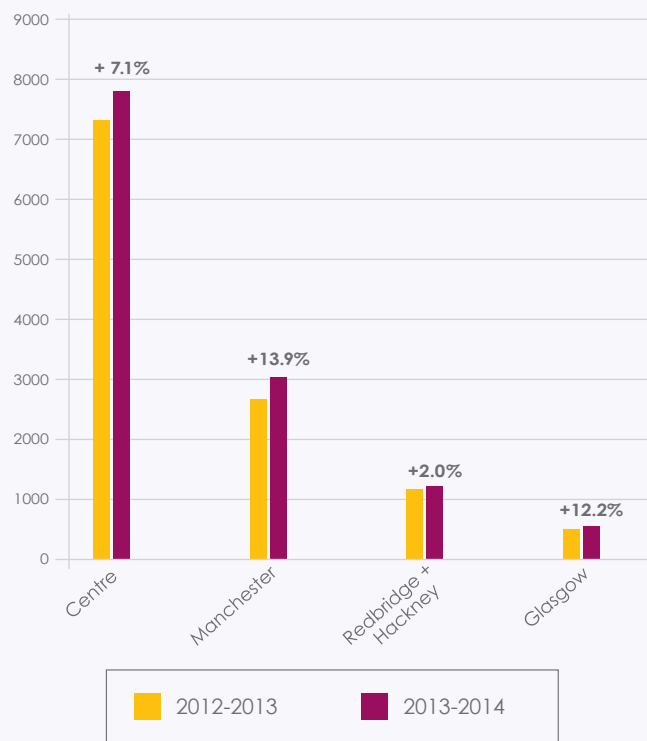
In addition, Steven's parents will be supported in Israel with Skype counselling from London.

*Names have been changed to protect confidentiality

Katie's sister will have counselling in Essex and her grandparents will have support therapies in their home in Manchester.

One diagnosis, 11 clients supported, 16 appointments made and ongoing support for the whole family.

**Number of Client Appointments
July-June 2012/2013 & 2013/2014**



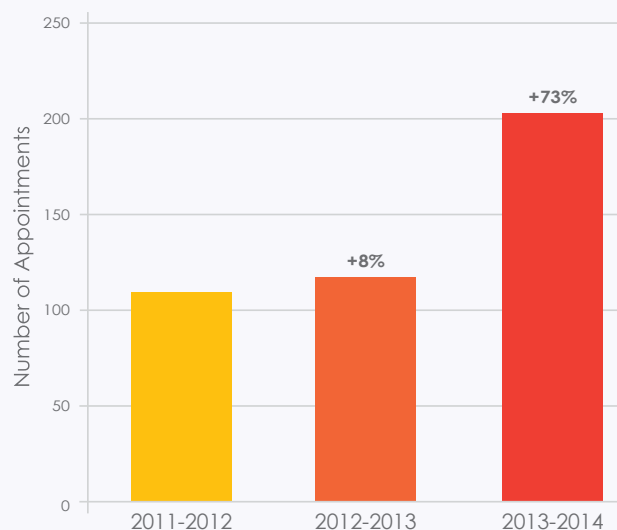
The World Health Organisation predicts that the number of cancer cases will rise from 1.4 million to 2.4 million a year by 2035, while Macmillan Cancer Care reports that at least 500,000 people in the UK face poor health or disability as a

result of their cancer and treatments. With the population generally living longer, the NHS will feel the strain and faces ever-increasing financial and practical pressures.

It is clear that Chai's Medical Outpatient Rehabilitation and Palliative Care Service will be called upon more and more. The 3 way collaboration with the Royal Free Hospital and Marie Curie Cancer Care was established 4 years ago, to provide a multidisciplinary, rehabilitative approach to care, combining conventional therapy with complementary therapies and counselling. Support from this service is not, as sometimes thought, solely about end of life care but can be beneficial anywhere during a client's illness and recovery.

**Medical Outpatient Rehabilitation and
Palliative Care Service Appointments**

June to May: 2011 - 2014



Coming to a Chai centre has intrinsic benefits that go beyond the specific treatment, but there are times when home visits may be the only option. Continuity of care is particularly crucial at this stage and whenever possible Chai ensures that the same therapist who has supported the client continues to facilitate the treatments they require as their needs change. As more patients are turning to Chai for longer periods, there is a greater demand for our Home Support Service. Home visits have increased by 7% from last year, making the total of home visits a staggering 3,600 from June 2013 to end of May 2014.

“The number of client appointments nationally has risen by 8.4%

There is a growing number of cancer survivors. For them and those around them, once treatment is finished, it can take time to regain some sort of 'normality'. Procedures, which are often invasive, may have challenging short and long-term consequences, some of which only emerge years later. Our new Lifestyle Group supports clients after their treatment, with emotional, physical and dietary guidance and advice. The positive impact on their lives has already been quite remarkable. The benefits of this type of shared experience are very powerful and we are expanding the number and range of groups we offer to support clients as they move on from one-to-one care.

Wherever you are, Chai is, too

Witnessing on a daily basis the impact that a cancer diagnosis brings, we are committed more than ever to ensure that no one is without the specialised services that Chai provides,

implementing best practice and optimal care. Over 2,000 clients nationally are currently benefitting from our expertise and support; 60% are cancer patients and 40% are family members. Clients living in Israel, Belgium, South Africa and the USA can also now access our services through Skype.

It is a privilege to be part of this committed and dedicated team who all go above and beyond their duty of care. Chai's staff, therapists, counsellors and volunteers, make up what I can only describe as a very special 'family' of which I am proud to be a part.

Lisa

Chai's Medical Outpatient Rehabilitation and Palliative Care Clinic is a collaboration in association with:

Royal Free Hampstead 
RFHHS Trust

Marie Curie
Cancer Care 


chai cancer care
together we can cope

It's different for men

Coping with a cancer diagnosis raises particular issues for men, who are often reluctant to seek support. Three men talk about the pivotal role Chai has played for them



STUART CAPLAN, 64

Stuart is a business consultant and lives in central London with his wife Susan

“There is an expression in prize fighting: “Everyone has a plan until they get hit.” Well, having cancer is being hit. And it’s up to you to get up. I was diagnosed with cancer of the tongue in May 2012 and had extensive treatment, involving chemotherapy, radiotherapy, the removal of two thirds of my tongue and the complete removal of the lymph nodes in my neck. It has taken a lot of hard work and determination to overcome the obstacles I was facing. I’ve had to learn to speak in a new way and sometimes people cannot understand me. Swallowing, eating and drinking are a challenge and I no longer have a sense of taste.

To improve my quality of life, my surgeon recommended I try some therapies – and this is how I found my way to Chai. From the start, I felt complete confidence in their care, professionalism and understanding of patients’ needs.

The removal of the lymph nodes in my neck means that part of my lymphatic drainage system doesn't work at all, and my neck swells up. The Manual Lymphatic Drainage treatments I receive help enormously to counter this. I also have reflexology, which is very relaxing, and I do yoga, which alleviates some of the residual damage caused by surgery.

Feeling helpless is a huge issue and men in particular don't like the idea of turning to a charity, or of being

dependent on others in some other way. They fear it means the end of their career, and a loss of income and status. Maybe they may feel certain therapies are too 'touchy-feely' for them, or that they won't help. But Chai is not a charity in the sense that it gives 'hand-outs'. It is a key part of your support system when you have cancer, and an extension to your friends and family. This is not the time to be "macho" – it's the time to do whatever is necessary to get well.'



ALEX SAMUELS, 24

Alex is a marketing assistant.
He lives in Bushey Heath

I was diagnosed with Non-Hodgkins Lymphoma just after my 22nd birthday, not an age you expect to have to think about whether you have a future or not. I'd gone through six months of tests, biopsies, operations, scans,

steroid infusions, pills, creams and appointments and hadn't been fazed by it at all.

Finally hearing the word 'cancer' brought out a different side of me. I couldn't make eye contact with my parents or sister who'd come with me to the consultant. We all cried. It's just not natural being told you're going to die before your parents. I felt I'd let them down and it was even more heartbreaking telling my grandparents.

I had to drop out of university to start treatment – my life was on hold, while my friends continued with theirs. It was petrifying, feeling sick and achy. Was I going to die? What would the treatment be

like? What would I look like bald? My specialist also raised the issue of chemotherapy affecting my fertility and said I needed to plan ahead. That hadn't even crossed my mind.

As news got around, friends and relatives kept mentioning Chai. I never imagined my family or I needing help from a charity and wasn't sure what to expect when I walked through the door, but the warmth and care was immediate. We all benefitted greatly from both family and individual counselling. I talked about my disease, the treatment and how it made me feel. There was only so much I could tell my parents about my fears and it was a relief to talk to someone external in whom I had complete trust. Massage and reflexology treatments helped me to sleep, and I also used the gym.

Two years on, I have graduated and am working. Chai brought me out of a very dark place and made me feel human again when I had felt like a science experiment. It was there for my family. It gave me the confidence to go out when I had no hair or eyebrows and felt ugly. It taught me how to be positive and helped make my cancer experience easier to cope with.'



NICK BLACK, 48

Nick works in his family's concrete business in Glasgow. He is married to Abi and they have three children, Noah, 17, Aaron, 15 & Ava, 12

“Cancer takes the wind out of you. Early on, when you don't know what is happening, it's hard to get your head

round it...how it will affect your future, your work/life balance, all those things you take for granted. Cancer is for other people, you say to yourself.

I was told I had myeloma, a cancer of the bone marrow, which affects the blood, in February 2014, just after my son Noah's 17th birthday. It's not hereditary, just random. All the healthy things I did – going to the gym, cycling, eating vegetables – wouldn't have made a difference. Ten years ago, you might live for six months or three years or more. Now, because of improved treatments, though myeloma is not curable, you can go into remission and in July I started stem cell replacement therapy.

Myeloma causes brittle bones and six cycles of treatment, involving Thalidomide, steroids and chemotherapy haven't been a joy ride. I've had fatigue, high and low moods, headaches, numbness and hypersensitivity. The side effects hamper your ability to drive, wash up a few things, or simply watch your son play rugby for more than 20 minutes. That's very isolating. At the start I thought, 'I can handle this, we'll get over it'. It took a few weeks for me to realise that this wasn't something I could do on my own. Not only would this affect me, it would impact on my family, too. Telling the children was the hardest thing I've ever had to do and Abi and I have been very

open with them. They know my cancer is not fatal but that we have to adapt to get through this together.

I was sceptical and nervous about seeing a counsellor at Chai. I didn't want to reveal my feelings and the idea was challenging. But they help me rationalise and develop strategies for dealing with all that is happening and to recognise my feelings. Talking with someone external, rather than bringing these emotions to my family, who are coping with so much already, is so valuable. I have acupuncture and reiki, a non-invasive healing therapy, which is ideal for someone with my condition. The therapies help me relax and tolerate the side effects of all the treatment. I also receive advice from the Chai dietician as steroids make you crave sugar and I've bulked up. By understanding what they're doing to me and now with a workable eating plan, I can get back a little control, which is good for one's self esteem.

Chai supports Abi as well. Parents and friends give invaluable and unquestioning support, but she needs Chai because she's coping with so much too, including the fragility of the children. Men are notorious for not addressing their health issues, but cancer is a life-changing event for you and your family, and you can't handle it all on your own. With Chai we don't have to.'

HOW CHAI CAN HELP

- Dealing with the side effects of treatment, including those relating specifically to male cancers
- Dietary advice, personalised to your treatment needs
- Practical advice about employment law, the benefits system and easing the financial burden and implications of cancer
- Strategies for coping with the changes that you are going through

Did you know?

Many people have heard about Chai Cancer Care, but are not aware of the extent of our services

Here are some key facts:

- 60% of our clients are cancer patients and 40% are family members
- Chai is currently supporting over 2000 cancer patients and their families
- As well as our flagship centre in North West London, clients can now access our services from 9 satellite centres across the country – in South London, Essex, Hackney, Southend, Leeds, Liverpool, South Manchester, North Manchester and Glasgow
- We do not have waiting lists. All calls are responded to and clients are seen within 24/48 hours
- For clients who cannot come to one of our centres because they are either too unwell or who are in the terminal stages of their illness, Chai offers a Home Support Service
- If you live too far from a Chai centre, we can still support you by telephone and/or Skype in the UK and worldwide
- Chai provides a specialist advice and advocacy service, and dietary and nutritional advice can also be accessed nationally
- There are 70,000 Israelis living in the UK. We have added Hebrew speaking counsellors and therapists to our team

HOW TO GET IN TOUCH

Call the Chai Freephone Helpline **0808 808 4567**
Greater Manchester & Liverpool **0161 772 4760**
Glasgow **0141 638 2483**

Leeds **0113 266 7727**
Hackney, South London and Essex **020 8202 2211**
or email: **info@chaicancercare.org**

Tailor-made to every community

Chai recognises that just as every person has their own characteristics and personality, every community does, too. Over the past seven years, we have opened eight satellite centres across the UK, reaching out with our expertise to support people in the most effective way. It's the role of our client services managers to maintain Chai's core ethos and respond to the specific needs of each community



'WORD OF MOUTH HAS BUILT TRUST'

Region: Manchester

Client Services Manager: Johanne Harrison
Catchment area: North and South Manchester, Liverpool and Leeds

📌 This is the fastest growing Chai centre outside London, providing support to more than 230 clients. Each month brings approximately 25 referrals. Based in Prestwich at the Heathlands Residential Home, clients come from far and wide, and encompass every shade of observance. Since opening five years ago, our presence has grown quickly, and services reflect the needs expressed by those we support. These include: counselling, relationship therapy, art psychotherapy, play therapy, physiotherapy, acupuncture, reflexology, massage, aromatherapy, hot stone massage

and reiki. We also provide guidance for parents, helping them find ways to talk to their children about changes affecting the family.

It's a well-known characteristic of the north that people are open and friendly. Word of mouth has definitely helped Chai become embedded in the communities' consciousness, building trust and reaching people in new areas. Leeds and Liverpool are recent additions to our catchment area. Many people like to be seen in their homes – it's one less thing for them to worry about. And of our 20 therapists and counsellors, six are experienced in working with children. The commitment of our Chai team is amazing – we go the extra mile, literally – one of our therapists does a 90-mile round trip to support a client.'



'UNDERSTANDING THE RESERVATIONS'

Region: Hackney

Counsellor: Toni Dzialowski
Catchment area: Stamford Hill, Tottenham

When I was appointed as a counsellor for Chai five years ago, I was impressed that the organisation's team was drawn from across the religious spectrum. The Charedi community in Stamford Hill, where I am based, does not find it easy to address some of the issues around cancer. They are reserved and do not readily seek outside support. Chai appreciated that in order to gain their trust, its counsellors and therapists had to understand the mindset and background of this community.

Word of mouth plays an important part in engaging people but once patients or family members have made contact, they realise the tremendous value of Chai and the range of support they can receive. Additionally, they can access these services at home if they wish. That trust was expressed by one client who said: "No one should have to know the despair of being given a cancer diagnosis. I did not know how to support myself, my husband or my children. Then Chai stepped in and gave me the tools to cope, a place to voice my fears and a haven where I could unload and find new strength to face each day. When one is so vulnerable, it's one less barrier to have a counsellor who understands the community I live in."



'DISCRETION IN A SMALL COMMUNITY'

Region: Glasgow

Client Services Manager: Mandy Strang
Catchment area: Glasgow, Edinburgh and surrounding areas

Chai is based in Giffnock at the Walton Community Centre, a central point for the city's small Jewish community. As such, it can sometimes feel like you're living in a goldfish bowl, with everyone knowing your business. Although confidentiality is guaranteed, clients are often seen in their home – an extra reassurance at a fragile time. We are able to provide counsellors from within the community, which some clients prefer, as well as those who are not known, which other clients request. It's vital people feel as comfortable as possible when they are expressing difficult emotions. Our service also encompasses physiotherapy, play therapy for children, aromatherapy, reiki, Indian head massage, reflexology and art therapy.

Chai in Scotland launched in May 2010, and mainly sees clients in Glasgow and Edinburgh, though we go further afield as needed. Through *The Jewish Telegraph* (the local Jewish newspaper), shul bulletins and shul talks, we are becoming well-known. We leave Chai Brochures and Together magazines in the Kosher Deli in Giffnock – we need to catch people where they are! And we have excellent working relationships with the Beatson Oncology Centre and the Prince and Princess of Wales Hospice.'



'HERE IN TIMES OF CRISIS'

Region: South London

Counsellor and Manager: Susan Archer
Catchment area: South West and Central London and Surrey

“There’s a general perception in the capital that if you’re Jewish, everything happens in North London, so it often comes as a surprise when people learn that Chai exists in South London, too. We are very different in some respects. Our clients are very spread out across South West and Central London, and Surrey. There is more inter-faith marriage in this region, and Chai is here for people in those partnerships as well. I have seen how at times of crisis, the value of Chai really makes a difference. Even in very secular parts of the country, there is a need for us.

Being flexible in how we deliver our services helps clients feel well supported. Our counselling is available face-to-face, over the telephone or via Skype. We also provide reiki, and dietary and advocacy advice. But if people can come to us, our base at Nightingale House in Clapham, is a well-known South London landmark.’



'THE EXTRA DIMENSION OF SUPPORT'

Region: Essex

Client Services Manager: Lesley Midda
Catchment area: Redbridge, Chigwell, Loughton, Romford, Southend, Cambridgeshire

“We were Chai’s first satellite service seven years ago and now support more than 80 clients, whom we see at our consulting rooms in Lily House in South Woodford or in their own homes. We provide counselling for all ages, aromatherapy, reflexology, massage and physiotherapy. Dietary consultations, advocacy information about benefits and the NHS system are also available by phone and Skype.

Clients hear about us through their GPs, hospital or consultant as well as through their shul or community centre. The first call is hard. There's a “salt of the earth” skepticism in Essex. “Can counselling really make a difference?” I've been asked, and people are protective of their privacy. I stress the confidentiality of the process and that we do home visits; also that we provide both practical and emotional support services. Chai supported my mother eight years ago and I knew I wanted to give something back. Two years after she passed away, I began working for Chai. It's very special to contribute and see Chai in Essex grow.’

'Chai Challenges YOU'



Sahara Trek
November 2015



Iceland Trek
Summer 2015



India Himalayan Trek
November 2015

Due to the huge interest in global challenges to raise money for Chai, we are pleased to be able to offer 3 challenges.

If you are keen to experience a thrilling adventure whilst raising much needed funds for Chai Cancer Care, register your interest on which challenge you prefer by emailing alexandramaurice@chaicancercare.org and we will choose one!

Each trip needs to be self-funded and we are hoping for participants to raise a minimum of £3,500

We would love to hear from you!

'My treatment's over – what now?'

Chai's new Lifestyle Group supports and empowers clients to regain their physical and mental wellbeing after their cancer treatment

Once a person finishes their cancer treatment, then what? 'Getting on with life is not always simple – it can be hard to know how to move forward,' says Barbara Prager, the senior counsellor leading the Lifestyle Group at Chai's Hendon centre. 'There are, thankfully, a growing number of cancer survivors,' she explains, 'but often there is an expectation from patients and families, that life can go back to how it was. Both physically and emotionally, people have been through the mill, so this is not always realistic.'

The Lifestyle Group is for clients who have recently finished surgery and/or treatment (generally in the last 6–18 months). A forward-thinking programme made up of six sessions plus two follow-ups, helps people take back control of their life, empowering them through emotional awareness, dietary knowledge and exercise.

In group discussions, clients explore themes such as self-confidence, body image, anxieties, and expectations. 'There is an unspoken understanding between cancer patients, which helps them feel comfortable, supported and able to talk,'

says Barbara. 'Over the weeks, this camaraderie increases clients' self-confidence and motivation.'

Clients also learn about wellbeing through nutrition with Lana Pinshaw, Chai's dietician: 'As a result of treatment, people may experience weight-loss, changes in taste buds, altered bowel movements, mouth sores, nausea and difficulties in swallowing. Steroids meanwhile, may cause weight gain. Being on them long term can knock one's self-esteem.' Lana works with each client to produce a nutritional assessment, body proportion review, and a diet and medical history. She then tailors a nutritional plan addressing their needs, providing recipes, diet plans and advice on managing a balanced approach to food.

The Lifestyle Group also addresses the physical changes caused by cancer. Activity helps survivors cope with and recover more successfully, as Chai's fitness expert and physiotherapist, Johnny Lawton, explains: 'As clients gain in strength, their energy levels rise and they feel good about themselves.' The type of treatment and surgery, and what the client did beforehand, dictates where Johnny starts his work. 'I also look at



medical history, injuries, medication, home life, a work and exercise pattern and we set some goals. A young man may want to start playing football again, an older client may want to walk to the shops. Every small increase in physical activity makes a difference to self-esteem and quality of life.'

Feedback from the first programme has been tremendous. One client says, 'When I had cancer

I felt my individuality and personality had been stripped away. Now I feel like a person again.' The combination of expert advice and the interaction of the group have a powerful and transformative effect, helping people feel a greater sense of physical and emotional wellbeing and new levels of confidence.

FIND OUT MORE ...

The Lifestyle Group programme runs three times a year.

For details, call Emma Gray on **020 8457 2074** or visit **www.chaicancercare.org**

Image Resource Service

Surgery and treatment for cancer can have a dramatic effect on a patient's self-esteem. Chai's new Image service helps build it back up again

Profound changes occur to the body during cancer treatment. Surgery and chemotherapy may result in scars, hair, eyebrow and eyelash loss, changes in skin texture and other side effects from drugs. In addition to the anxiety of the cancer itself, these physical changes can be deeply distressing.

Chai's Image service provides a dedicated room where clients can address sensitive image issues with wig and underwear specialists, permanent make-up treatments, make-up lessons and nail care. The inviting, airy room has a fully equipped salon station to provide a comfortable and professional experience.

Vaso Louca from the BBC3 salon in north London (bbc3hairstudios.com) helps clients select a synthetic or real hair wig, which can be cut, coloured and styled to suit. Macmillan trained and experienced in working with men and women with medical hair loss, she says, 'A wig lets you carry on with your life without having to explain to everybody what is going on.' Head coverings are another option for women experiencing hair loss. Shoshanna Berkley of Yona Designs (yonadesigns.com).



wix.com) produces plain and embellished bandanas in soft jersey. The League of Jewish Women's trained volunteers can also show clients creative ways to wear their scarves. Additionally, we provide underwear advisers should clients require this.

"We can help a client see themselves in a new and positive way"

To deal with the loss of eyebrows and lashes, the areola and nipple (following surgery) permanent make-up treatments are available. Practitioner Hina Solanki, of Sol Cosmedics (solcosmedics.co.uk) explains: 'The formulas, pigments and aim of permanent make-up differ completely from a tattoo. Our colours are blended to look as natural as possible, not to stand out.' The work is performed under local anaesthetic either before or between rounds of chemotherapy. 'How well the pigment takes is dependent on the white

blood cell count, so the consultant's consent is imperative,' says another practitioner Laura Kay. She points out that permanent make up is suitable for men, who equally experience anxiety over their changed looks.

Volunteer, Taly Dahan who trained with Bobbi Brown, provides simple but invaluable make-up tips for clients. 'Showing someone how great they can look even without eyebrows and lashes, is a privilege,' she says. A therapeutic manicure can lift one's spirit, too. 'Nails may discolour and become pitted from chemotherapy and the fingertips become sensitive,' says volunteer Lesley Morris. 'Massaging, shaping, buffing and painting the nails (with formaldehyde-free varnish) means a client can look at her hands and feel a bit better about herself,' says Lesley.

These image boosters play as valuable a part in supporting cancer patients as any other. As Chai's Chief Executive, Lisa Steele, states: 'When nothing else looks or feels right, we can help a client see themselves in a new and positive way.'

The service is available at the North West London centre.

For more information call Emma Gray on **020 8457 2074**, or email: **info@chaicancercare.org**

Where does Chai care?



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Message from the Chief Rabbi

I would like to extend every best wish to Chai Cancer Care for a successful dinner.

Congratulations to everyone associated with the very important help and assistance you provide to numerous people in our community who benefit from your much appreciated and valuable services.

The message you are conveying this year, that every individual suffering from cancer deserves personalised care and support, is the foundation of the work that has been undertaken by Chai since its inception. Those who are ill and the members of their families benefit from the professional and dedicated services that Chai offers.

Having started out as a modest telephone helpline running from two homes, Chai Cancer Care is now a major care facility for our community and you can be rightly proud of how far you have come and what you have achieved.

With very best wishes



Chief Rabbi Ephraim Mirvis

December 2014 / Kislev 5775



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— Larry King

In the United States, Lior recently wrapped a two-month run in Las Vegas. He has appeared on numerous talk shows, including The Tonight Show with Jay Leno, Larry King Live and The Joan Rivers Show. And he has stunned and amazed celebrities such as Leonardo DiCaprio, Jerry Seinfeld, Alicia Keys, Renee Zellweger, Kim Kardashian, Zac Efron and Arnold Schwarzenegger, to name just a few.



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A woman with long, wavy blonde hair is standing on a rooftop, wearing a voluminous black fur coat. She is looking off to the side with a serious expression. The background features a city skyline with a prominent church spire and modern skyscrapers under a cloudy sky.

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Wishing this indefatigable cause
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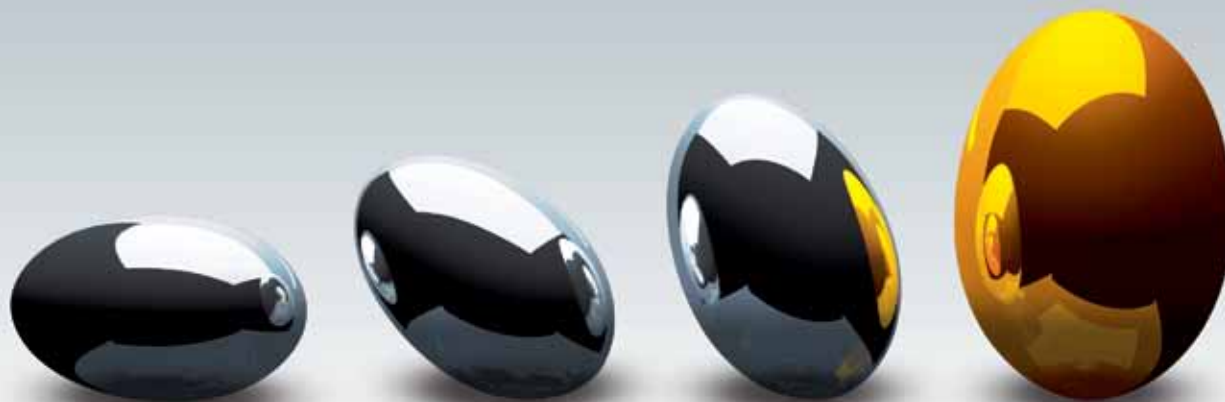
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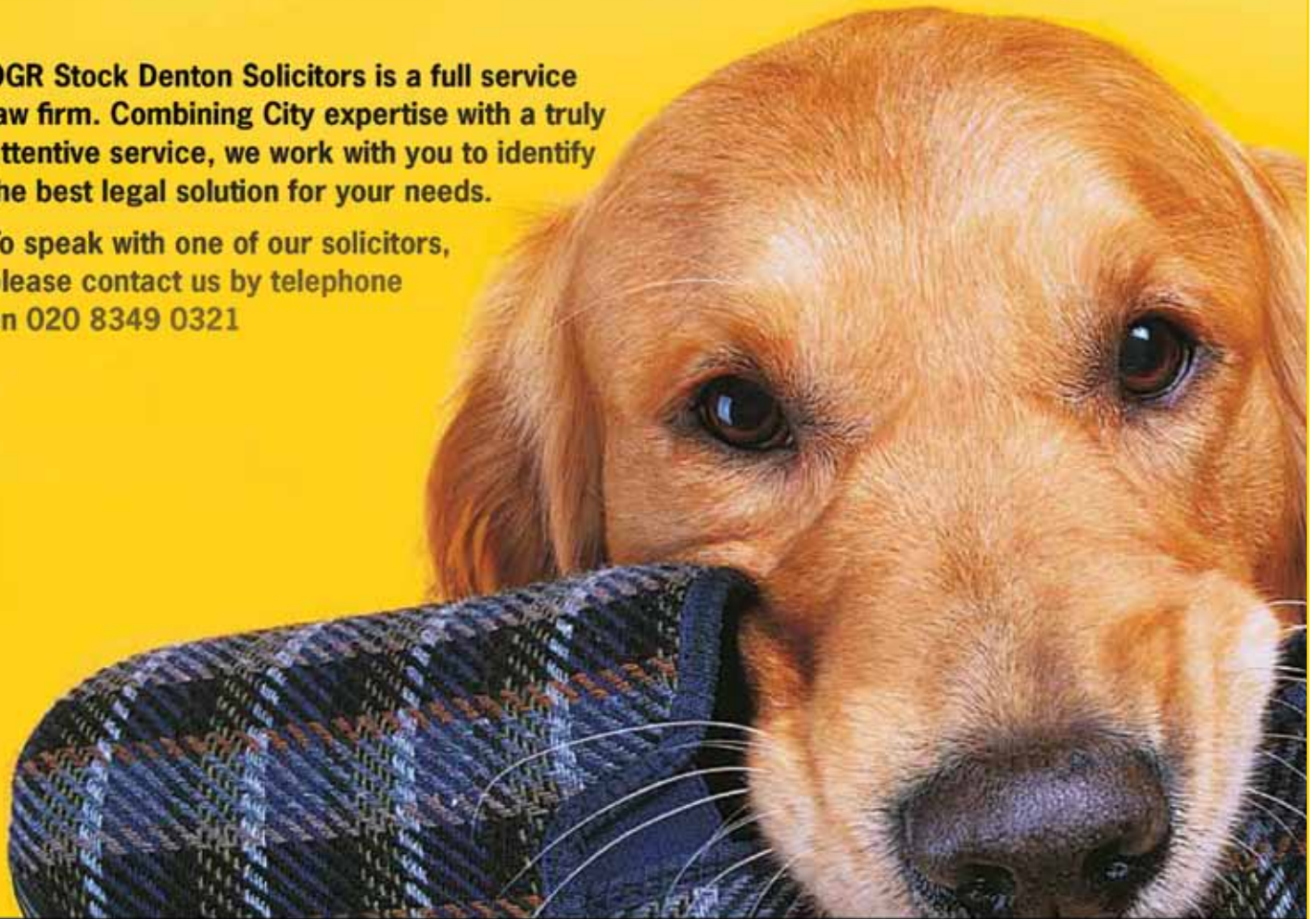
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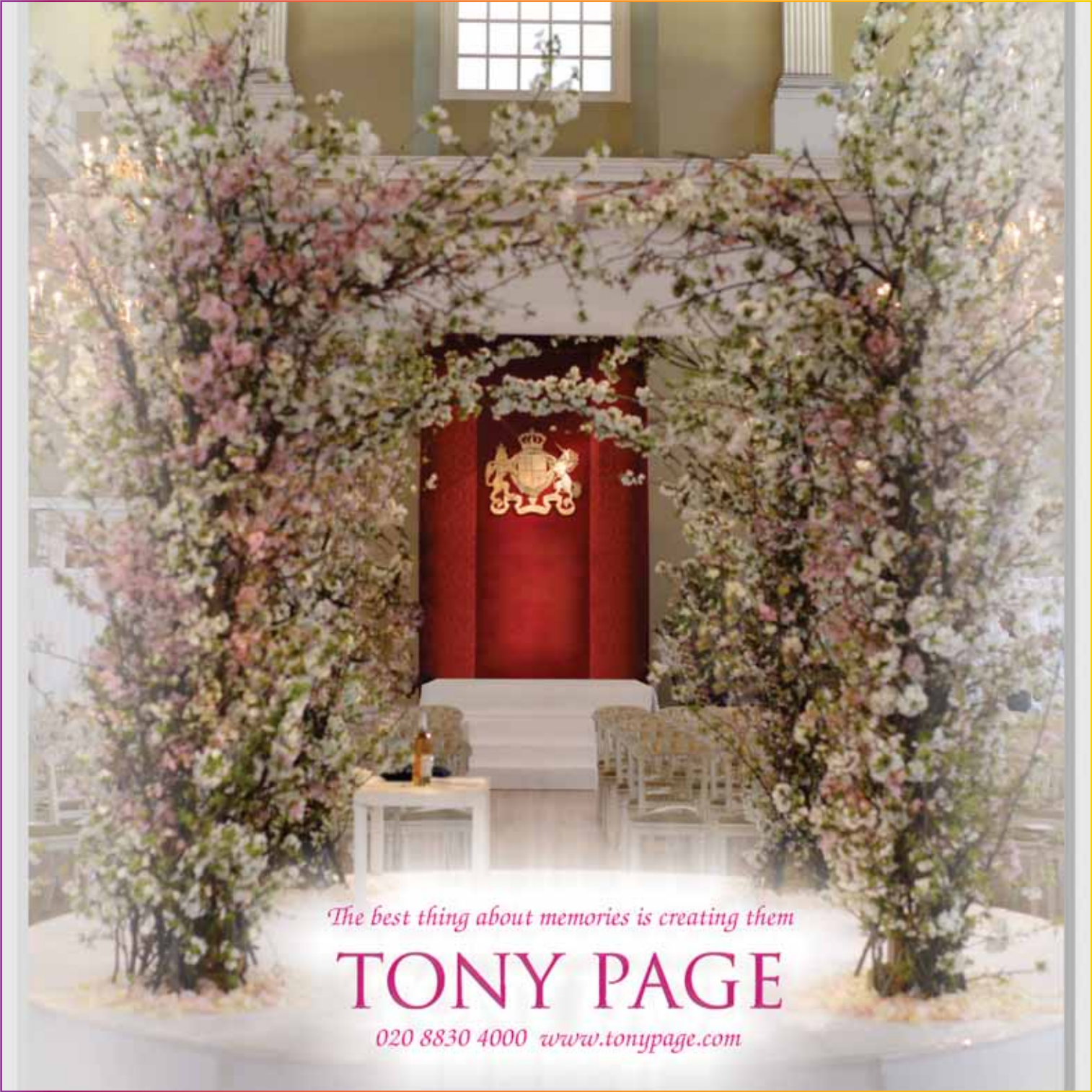
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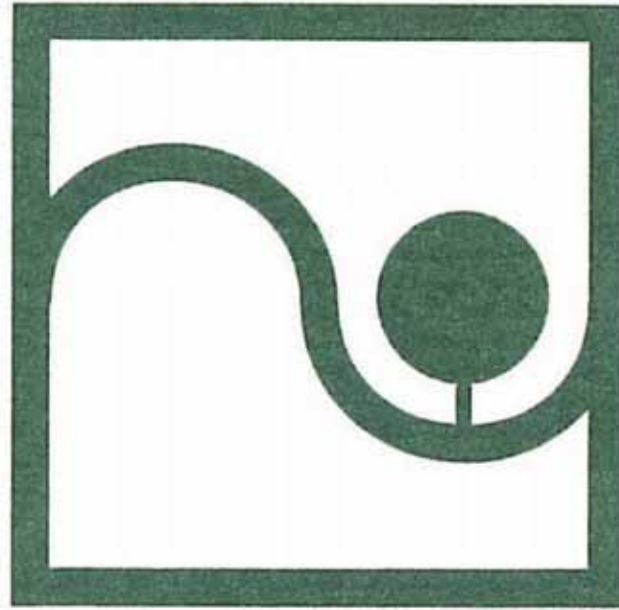
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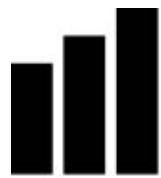


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www.abgggroup.co.uk

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Telephone 020 7330 0000

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wish Chai Cancer Care
every success



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Best wishes to Chai
for continued success

Adam Gamsu MSc MRICS



With much admiration
to all the individuals
who make a
contribution to Chai

TREV ESTATES

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email: reception@eye-spy.co.uk website: <http://www.eyespy.co.uk>

Wishing Chai Cancer Care
every success for their 'Signature' Dinner
on 8 December 2014

The Arthur Matyas & Edward (Oded) Wojakowski
Charitable Foundation

TONSTATE

Best wishes on
The Chai Cancer Care
Signature Dinner

from
Elizabeth & Tristan Nagler

The Fluss Family
wish the Chai Signature
Dinner Great Success

Wishing Chai
continuing success

Best Wishes
Anne & Barry Shine

With very best wishes

Family Field

The Hirst Family
wish Chai Cancer Care
continued success with
their wonderful work

הצלחה רבה
Family L Stempel

**N.A Nissim
Electrical Contractor**

*are proud to be
associated with
Chai Cancer Care
and wish them
every success.*

**0208 958 2463
mobile 0783 6734 216**

**Wishing
Chai Cancer Care
Every Success**

Gideon Cohen

**Congratulations to
Chai Cancer Care and to
Susan and Stuart Caplan
for your stellar work**

**Wishing this function
every success**

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**Wishing you all the best
and great success tonight
and always**

Danielle & Joseph

Ella, Noah,
Libby & Yona

send love to
Louise, Lisa
and all the team
xxx

For many years
Freddy Hager z'l
dedicated this space to
the tireless work of
Chai Cancer Care's
outstanding team of
staff & volunteers.

In remembering their contribution,
we also remember Freddy's.

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