



Scottish Conference of Cancer Support Groups

2009 Conference

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Partnership



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**Friday and Saturday
18th & 19th September**

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**Thursday 17th September
Fringe Event from 7pm**

Marriott Hotel, Aberdeen





2009 CONFERENCE INFORMATION

DATES

Thursday 17th/Friday 18th/Saturday 19th September 2009

VENUE

Aberdeen Marriott Hotel
Dyce
Aberdeen AB21 7AZ
0870 400 7291 Or 01224 770011
www.AberdeenMarriott.co.uk

Following a successful conference last year we are delighted to be welcomed back to the Marriott. Aberdeen city centre is 4 miles away and Aberdeen train station has a service to Dyce station which is only 1 mile from the hotel. The hotel is 2 miles from the airport and a courtesy bus operates from there, (reservations required). Within walking distance is a beautiful stretch of the River Dee, a fish and chip shop, a Jimmy Chung's and a choice of venues for bar suppers! There is a large car park and the Marriott will provide a fantastic working environment with modern, custom built conference facilities. There are plenty of seating areas for chatting and leisure facilities (swimming pool, spa bath, sauna and gym) for relaxing. The bedrooms are of a very high quality and all easily accessible.

COSTS

We are again grateful to Macmillan for generously sponsoring this event, which means we are able to subsidise the delegate rates and keep them the same again even although the facilities are 5 star. **Please note that bookings made after 19th August will incur a late booking fee of £25 so don't delay!**

Full Residential Package: Cost includes accommodation on Thursday and Friday nights. Friday and Saturday breakfast and lunches and teas /coffees and the Conference Dinner with entertainment.

Single Room	£200 per person
Sharing Twin Room	£190 per person

Short Residential Package: As above but without Thursday night bed and breakfast.

Single Room	£175 per person
Sharing Twin Room	£165 per person

Day Delegates: Cost includes teas/coffees; lunches on the days booked.

Attending Friday or Saturday £50 per person per day

NB– Don't forget partners not attending conference are also welcome to come along to the Dinner at a cost of £25.

GRANTS

For details of grants, please contact Kelly O'Sullivan at Macmillan Cancer Support;

Phone: 0207 840 4936 E-mail; kosullivan@macmillan.org.uk

Application forms available on web-site.

FRINGE EVENING

This will be our biggest Fringe event to date with over 20 stands, exhibitions and stalls, covering information and complementary therapies. There will be plenty of taster sessions and 'hands on'. If you want to have a stand please contact us.

FUNDRAISING

This year we will be putting four raffle books in with each delegate's confirmation. Please bring stubs and unsold tickets to the Conference. If you can sell more, please let me know. Prizes include: Dinner, B&B for two people at Aberdeen Marriott Hotel, Baxter's hamper, £100 cash, Golf packages and many more exciting prizes. Please note the great discount vouchers on the back of each ticket generously supplied by the Marriott.



Registered Charity No SCO 19940

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WORKSHOPS 2009

1. Coping With Stress

Therapist Anne-Marie Jennow will explore some practical ways of tackling and reducing the stresses in our lives and increasing our abilities to cope.

2. Hands and Head

The art of relaxing massage. A 'hands on' workshop led by Glasgow based therapist and Tak Tent member Grace Stewart who will take you through basic techniques and talk about the benefits of massage therapies. Everyone will have the chance to give and receive.

3. Tai Chi

This is a graceful form of gentle physical exercise and stretching that has existed for 2000 years.

Anyone, regardless of age or physical ability can practise Tai Chi. Ron Mackinlay has led conference Tai Chi for the last few years and by delegate request is doing it in workshop format this year.

4. Drawing and Painting for Fun

This is an opportunity to relax and have fun making images with practical help on hand if needed.

Basic art materials will be supplied but please feel free to bring your own. No artistic skills are required. David Cooper is a practising artist with a studio at his house. In 2003 David worked on a patient involvement project for NHS cancer services and is now Patient Focus and Public Involvement Officer with NHS Grampian.

5. Nutrition and Cancer

NHS Dietician Leigh Hamilton is involved in an exciting development of a nutritional resource centre for cancer patients which will impact positively on dietetic practice and the patient experience. She will have evidence based advice and guidance for delegates.

6. Benefits

Macmillan partnership advisers Louise Stewart and Susie Giles will give delegates a greater understanding of the benefits system and available benefits and will increase awareness of where to go for relevant or further advice. These advisers have particular expertise with cancer related issues.

7. Spirituality

Health Care Chaplains Alison Hutchison and Sylvia Spencer will led an exploration of the spiritual and religious dimensions of coping with the cancer journey.

8. Patient Pathways

Led by Murdina Macdonald, Lead Cancer Nurse in Fife, this workshop will challenge delegates to utilise their support groups to influence change and service development within NHS settings. What is unique about being a support group member and how much does the NHS benefit from support groups?

9. NLP (Neuro-Linguistic-Programming)

Christine Burgess is a NLP Master Practitioner and Coach and explores how NLP can support health and well-being. 'NLP has been described as a manual for the brain. In our workshop we will be taking a light-hearted look at some of our own mental strategies and we'll be exploring the sometimes surprising effects that changing our language and our internal imagery can have.'



2009 PROGRAMME



Friday 18th September

- 10:00 - 10:30 Registration
10:30 - 10:45 **Conference Opening and Welcome**
10:45 - 11:00 **Annual General Meeting**
11:00 - 11:30 Welcome Groups
11:30 - 12:00 Coffee
12:00 - 13:00 **Guest Speaker:** Dr. Marianne Nicholson
13:00 - 14:15 Lunch
14:15 - 15:45 **Workshop 1**
15:45 - 16:00 Tea/coffee
16:00 - 17:00 Support Groups and Organisations information session
18:45 - 19:30 **Drinks Reception:** Hosted by the Marriott Hotel
19.30 - 12.00 **Conference Dinner**
Entertainment from Billy Main and Un1que

Saturday 19th September

- 10.00 - 10.15 **Welcome** to Day 2
10.15 - 11.15 **Guest Speaker:** Mike Grisenthwaite
11:15 - 12:45 **Workshop 2**
12:45 - 13:45 Lunch
13:45 - 15:15 **Workshop 3**
15:15 - 15:45 **Conference music session with Steve Bretel.**
15:45 - 16:00 **Conference Summary** and Close
(Tea available before departure - if required)

Dr Marianne Nicolson: ANCHOR Unit, (Aberdeen and North Centre for Haematology, Oncology and Radiotherapy). Dr Nicolson has been a consultant medical oncologist at NHS Grampian since 1994 having previously been at the Royal Marsden in London. Since taking up her post in Aberdeen she has developed a programme of clinical research. She says that 'oncology is the most dynamic branch of medicine and commercial research means that my patients can access new treatments earlier and are monitored very carefully'. When deciding on a speciality in medicine Marianne thought of oncology because general medicine is very important in the field but also she had lost two family members to cancer and felt there was more to be done to improve patient treatment and care.

Mike Grisenthwaite : Personal Trainer and Certified Cancer Exercise Specialist with NACER (National Association of Cancer Exercise Rehabilitation) which is an organisation dedicated to promote exercise as a complimentary component during the cancer journey. Cycling is Mike's passion and during his 7 years of cancer treatment he completed numerous endurance events in the saddle including the whole Tour de France course in 2007. Four years ago Mike channelled some of his energies into founding Cyclists Fighting Cancer to provide bicycles, tandems, tag-a-longs and specially adapted tricycles to children and young people whose lives have been affected by cancer.

Steve Bretel: Steve's music workshops over the last four years at conference have become increasingly popular so to enable all delegates to have the opportunity for this enjoyment , this year Steve will be doing a whole conference workshop. What better way to end the conference on a high. He assures us he has enough instruments to go round! Make sure not to miss this highlight and book your homeward travel well after 4pm.

Support Groups and Organisations information session : A new session for Conference 2009. Broken into small time allocations this will allow different groups and organisations to share ideas or new innovations with all delegates. There will also be time for questions and answers.

