

CLAN up close



ISSUE 07 | Summer 2014

I hope like me you are looking forward to a summer of sport – if not the World Cup everything from school's sports day to Wimbledon, The Commonwealth Games and of course, to our own CLAN Landmark Walk. This season inspires and encourages us to get out and enjoy the sunshine, warmth and to make the most of the light evenings and CLAN certainly has another busy summer with a variety of fundraising, social and wellbeing events taking place across the region.

In this edition we hear from former Board member and now Patron of CLAN, Frances Richards, who continues to be an energetic Friends of CLAN fundraiser and with her friend Pat has undertaken 60 challenges in their special birthday year. And while others who are planning to mark their 70th might be thinking of less demanding ways to celebrate, you will read about our Support Housekeeper, Jan Livingstone, who has set herself a "70" charity challenge.

Last month CLAN in Moray welcomed the Earl and Countess of Wessex at the official opening of our Centre in Elgin (pictured on this page). Our thanks have been conveyed to them and certainly the interest and empathy shown to our clients, volunteers and staff will remain in the memories all those who attended.

CLAN continues to be indebted to so many people who help and support us with their fundraising efforts, giving of their time and their specialist skills. We recently announced the appointment of three new directors – **Kenny Anderson** (Managing Director at Anderson Construction), **Ken Gordon** (Partner at Burness Paul) and **Fraser Moonie** (Chief Operating Officer at Bibby Offshore). We are all delighted that they are joining the CLAN team bringing their wide range of skills, enthusiasm and expertise to our existing Board.

Best wishes,

Debbie

Debbie Thomson,
Chief Executive



Earl and Countess of Wessex officially open CLAN's Elgin Centre



Last month CLAN welcomed the Earl of Wessex in his capacity as the Lord High Commissioner to the General Assembly of the Church of Scotland and the Countess of Wessex to officially open its centre in Elgin.

On arrival, the royal visitors were met by Lt Col Grenville Johnston, Lord Lieutenant of Moray, CLAN's chief executive Debbie Thomson and Moray area services coordinator Tracy Sellar before being guided on a short tour of the centre where they were introduced to clients, volunteers and staff before unveiling a plaque to officially mark the opening.

CLAN chief executive Debbie Thomson said, "We were absolutely thrilled to welcome the Earl and Countess to Elgin to mark the official opening of CLAN's centre within the town. The visit is great recognition and reward for the team of local personnel and volunteers and it's their commitment and dedication that has ensured that we are able to offer free support services in the heart of Moray."



CLAN Elgin, which marked its first birthday on 1st July, provides a wide range of free support services including complementary therapies, a relaxation class, a men's group, creative writing and craft classes. The centre, located at 227 High Street, is open Mondays, Wednesdays and Thursdays from 10am to 4pm and on Tuesdays from 2pm to 8pm.

For more information on the charity's services in Elgin, please drop in to the centre or call CLAN on 01343 544132.

www.clanhouse.org



Making a difference

We've said it before and make no apology for saying it again but we really couldn't do what we do without the support of so many individuals, families, companies and whole communities. We thank you all.

CLAN Up Close caught up with two people who have been very busy raising funds and awareness for CLAN.

Mark Taylor first got involved with CLAN around four years ago when his colleague, Charlie Stott (Chimp), passed away after a short cancer battle. Colleagues and family got together to hold a race night in Charlie's memory. Some of the funds raised were used to buy a bench for the CLAN garden so that Charlie's two children would have somewhere special to remember their dad.

Mark's fundraising continued and over the years he has taken on many challenges and events for CLAN including the Baker Hughes 10K, RunBalmoral, a quiz night, race night, darts exhibition and most recently a bake off. His energy and enthusiasm has raised more than £15,000 – incredible!

Mark said, "Our original intention was to organise one event to raise funds in memory of Charlie, but after I came into CLAN, saw what they did and the difference it could make I just wanted to do more. My friends, colleagues and family have been a tremendous help throughout and I must also make a special mention of Panalpina and CP Cases for their support."

At CLAN Mark is probably best known for his help with CLANCY having donned the infamous rabbit costume at the CLAN Landmark Walk, the Christmas Lights Switch On, the Nippy Dipper and Taste of Grampian. This is harder work than it looks but Mark assures us that he enjoys his CLANCY adventures.



Some people might be planning to mark their 70th birthday with a relaxing cruise or spa retreat. **But not Jan Livingstone.** Jan, a support housekeeper at CLAN Haven, has set herself a charity challenge – 70 different events as she builds up towards her big day later this year.

Last month Jan travelled to Shetland, accompanied by fellow support housekeeper, Maggi Stannard. The pair took part in a rapid fire series of fundraisers including a voyage to the UK's most northerly lighthouse, Muggle Flugga, an adventure at Sullom Voe, a lesson from the fastest knitter in the world, and a chance to pilot an RNLI vessel.

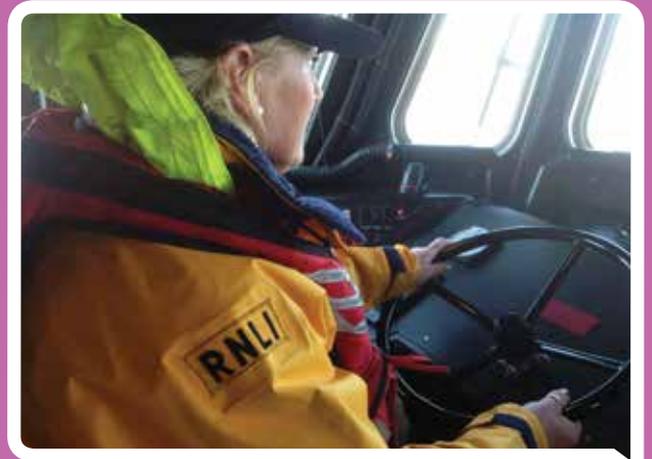
A highlight for Jan and Maggi was the 'open house' evening at Lerwick Boat Club which was organised by Ina Nicholson and Eddie Knight. Jan explains, "More than 120 people came along – the warmth of the welcome and their hospitality was quite overwhelming."

Closer to home in Aberdeen Jan's challenges include, a 70 day shopping amnesty, an ironing marathon, beach walks and Go Ape!

Jan said, "I wanted to do something special to mark my special birthday.

The 70 challenges idea seemed like a good way to do it and a lot of the things I'm planning will be firsts for me, so it should be good fun. Thank you so much to everyone who has encouraged and supported me. You are helping me to help an organisation that means a lot to me."

Already Jan's efforts have raised more than £6,000 and she still has more than three months to go.



Up Close with Frances Richards (former CLAN board member and active Friends of CLAN fundraiser)

In her own words

"I first heard of CLAN in 1996 when I was diagnosed with breast cancer and found it a useful source of information.

Since then CLAN has always been my charity of choice and about eight years ago I was delighted to be interviewed and invited to join the CLAN Board. I have thoroughly enjoyed this role. During my time as a Board Director I have seen CLAN quadruple in size and been involved with not only the development of CLAN House in Aberdeen but more specifically the development of CLAN in the Community."

Frances stood down as a Board Director towards the end of last year but has continued her support of CLAN through her involvement in Friends of CLAN in Stonehaven. She explains, "My daughter, Andrea, and I had been raising funds for CLAN in Stonehaven for a number of years. When CLAN first started a support and services facility in the town it seemed appropriate to increase the number of volunteers and activities locally and so I started Friends of CLAN in Stonehaven which now has around six volunteers. A committee meets every two to three months and sets up an annual calendar of fundraising events. Some of these events such as bag packing or manning water stations at the Stonehaven Half Marathon require little organisation; whereas others such as our Pamper Day or Silent Auction require significantly more effort to organise. Many of the committee members have been affected by cancer in some way or other and they feel it is a way they can help others."

Frances and her running buddy, Pat, are currently two thirds of the way through their 60 challenges for their 60th birthdays which has seen them try a number of things they never thought they'd do! Most challenging for Frances was 'Go Ape' – a challenge indeed when you don't like heights!





On the buses

CLAN became the first charity to benefit from a new initiative by local bus operator, First Aberdeen. The company has pledged that two of its buses will sport the colours, logos and messages of a local charity chosen by employees at First Aberdeen. This is a tremendous way of raising awareness. As well as this generous support First Bus, HSF health plan and The Holiday Saturday Fund and the local branch of Unite the Union also donated £2,000 to CLAN. Look out for the CLAN bus when you are out and about in Aberdeen.

Hop along to CLAN's Aberdeen Shops

If you go down to CLAN's Aberdeen shops today you're in for a big surprise! Renowned for their eye-catching window displays – anything from cameras to cowboys, the windows currently feature a giant comic strip.

The comic strip was designed by one of CLAN's shop assistants, **Emma-Cole Hamilton**, for the charity's newly launched newsletter, **The Hop**, which is aimed at children aged between 4 years and 12 years of age. The window graphics were painted by Emma and her colleague **Dawn Williamson**, (pictured left), who is also a CLAN shop assistant. Pictured with Dawn is **Iona Mitchell**, CLAN's Children & Families Service Manager. What a talented team we have at CLAN!



The comic strip follows the story of a family's first visit to CLAN House in Aberdeen where they are met by a member of the charity's children and family service team; a team that offers a dedicated and confidential service that allows children, young people and their families to share any thoughts and fears they may be experiencing as a result of a cancer diagnosis.

Enhance your wellbeing

This comment from one of our clients clearly illustrates the benefits of participating in social and wellbeing activities at CLAN. Across our bases we offer a wide range of group and social activities all providing friendship, peer support and relaxation in a welcoming and supportive environment.

All these things came together recently on Westray, one of Orkney's Northern Isles. 'Wirds in Westray' offered a weekend of expressive writing workshops led by 'weel kent' faces, **Marlene Mainland** and journalist **Ron Ferguson**.

CLAN's Islands Coordinator, **Karen Scott**, explains, "The peaceful setting provided an excellent backdrop for our expressive writing weekend. Those who attended told us that they found it interesting, stimulating and thought provoking all of which can be helpful in promoting a sense of wellbeing."

Group activities also encourage and empower people to manage their own wellbeing and to support family members. A good example of this is our nutrition workshops.

".....felt supported by others in the group"

Nutritional therapist, **Cathy Clark's** workshops have been very well received in Aberdeen, Inverurie and Ballater. A mix of presentations and practical demonstrations gives attendees some useful tips and tools to help them plan and prepare healthy, nutritious meals. Cathy also offers one-to-one sessions for clients and these can be booked by calling **01224 647000**.

A full list of available social and wellbeing activities in your area can be found at www.clanhouse.org

"Attending groups regularly gives me a sense of wellbeing and something to look forward to"

Did you know . . .

. . . you can now find us at

the Aberdeen Health Village on a **Wednesday afternoon from 12.30pm–3.00pm** and at Chalmers Hospital in Banff on a **Tuesday evening from 6.00pm–8.00pm**.

If you are in the area come along to find out more about us and how we might be able to help you or someone your care about.

CLAN Landmark Walk – Supported by Bond Dickinson

Plans are well underway for the second CLAN Landmark Walk on **Sunday 21 September**. This year there are two routes – 13 miles and 7.8 miles. *There is still plenty of time to get involved either as a participant or volunteer. We will need over 300 marshals on the day.* For more information or to sign up as a walker or marshal please visit www.clanhouse.org



Best foot forward ...

CLAN kick started its summer programme of Aberdeen Health Walks in June with a walk round the Westburn and Victoria parks. A series of eight gentle low level walks is planned with starting points including Aberdeen Beach, Duthie Park and the Deeside railway line. Each walk will last around one hour with time for coffee and a chat afterwards.

CLAN's volunteer coordinator **Jane Adams**, explains, "The walks are led by CLAN volunteers who have completed walk leader training and offer an opportunity for gentle exercise in the fresh air. Our Health Walks offer a gentle route back to fitness following a cancer diagnosis and treatments."

To sign up for one or all of the walks contact CLAN House reception on **01224 647000**.

Events ... Events ... Events

Over the summer months we will be out and about at various shows and events across North East Scotland, Moray, Orkney and Shetland – all helping to raise awareness and funds for CLAN. If you see our marquee, do pop in and say hello.

There are lots of other events planned – we've listed some below, but do please keep checking our website for all the latest updates www.clanhouse.org or sign up to our regular e-newsletter **CLANnow** by contacting clannow@clanhouse.org



<i>Saturday 12 July</i>	<i>Braemar Junior Highland Games</i>
<i>Saturday 19 July</i>	<i>Laurencekirk Gala</i>
<i>Sunday 3 August</i>	<i>Turriff Show</i>
<i>Friday 8 August</i>	<i>Family Ceilidh, Cullen</i>
<i>Saturday 9 August</i>	<i>County Show, Orkney</i>
<i>Saturday 9 August</i>	<i>Pro-Cel-Am, Kippie Lodge</i>
<i>Friday 22 August</i>	<i>Insch Young Pro-Am</i>
<i>Friday 5/Saturday 6 September</i>	<i>Bon Accord Centre</i>
<i>Friday 12 September</i>	<i>Auction of Promises, Stonehaven</i>
<i>Saturday 21 September</i>	<i>CLAN Landmark Walk, Aberdeen</i>

Grampian Business Awards

Staff, volunteers and clients celebrate after CLAN was awarded the Alick Buchanan-Smith Enterprising Communities Award at the Grampian Business Awards for Business Excellence on Thursday 26 June. This prestigious business award acknowledges the work and contribution CLAN has made, and continues to make, to the health and wellbeing of those living with cancer in our community. **Thanks to all staff and volunteers for being part of CLAN and contributing to its success.**



Commonwealth Games Queen's Baton Relay

Congratulations to **Chris McKay**, pictured here with her family, and **Caroline Maddison** who took part in the Queen's Baton Relay. We were delighted to cheer on Chris who ran along Scotstown Road, Aberdeen on Monday 30 June. When the baton reached Shetland on Tuesday 1 July our very own Caroline carried the baton along Castle Street in Scalloway. Both are active fundraisers and volunteers with CLAN. *Well done ladies!*

Sign Up

To receive regular updates from **CLAN**, including the quarterly newsletter, **CLAN Up Close**, visit our website www.clanhouse.org

Newsletter team – *Jane Adams, Ruth Brown, Steph Dowling, Gemma Powell, Karen Scott, Tracy Sellar and Maggi Stannard*

Contact any member of the team if you have any comments on this edition or ideas for future articles. **Editor:** Joan Cowie, **t:** 01224 651037, **e:** joan.cowie@clanhouse.org



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Next issue
out in
Autumn