



Delivering free complementary therapy treatments to people with **Cancer, Multiple Sclerosis & Parkinson's Disease in Fife & Perthshire**

NEWSLETTER

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Welcome to our winter newsletter. Sadly, our service remains on hold whilst we continue to battle this pandemic, but we are doing all we can to raise awareness of Circle of Comfort and what we do. It is heart-breaking that our clients cannot currently receive any of the complementary therapies they rely on to help them relax, maintain their self-confidence, manage pain, and generally contribute to their overall feeling of wellbeing. You will see within this newsletter however that we are working hard in the meantime to raise funds in order that we come back stronger than ever when we get the green light to do so. We would like to take this opportunity to wish you a very safe winter and a happy Christmas. Our next newsletter will be in the New Year and we remain optimistic that we will be back up and running by then.

FUNDRAISING

As a team we decided to take on a group sponsored walk/jog/cycle over 9 days in July to bring in some funds. We successfully walked, ran and pedaled a total



Team Circle of Comfort ready to go

of 450km and raised £2,423 in donations. It was a wonderful team effort, and we got some welcome press coverage before and after the event too.

Unfortunately, we had to postpone our fundraising quiz night that had been planned

back in March, but we remain optimistic that this event will be able to go ahead in the new year.



If you have any fundraising ideas or would like to get involved we would love to hear from you:

Tel: 07740 104712

Email: circleofcomfort@btinternet.com

WHAT'S NEXT?



Some good news has recently come our way, Circle of Comfort has been selected to take part in the Co-op Local Community Fund running over 12 months from 25th October 2020 – 23rd October 2021. We are one of the local causes that Co-op members can choose to support over this period whilst shopping in their stores.

The more members who select us as their cause, the more funds we will receive so we would be ever so grateful if you would consider supporting us when shopping with the Co-op by selecting us as your chosen cause.

If you are not a Co-op member it costs £1 to become one and this can be done in store or via their website. The link below will take you to our profile page where you can sign in or register to become a member.

<https://membership.coop.co.uk/causes/51578>

To date we have treated over 1000 clients, delivering more than 4000 treatments

WHERE IT ALL BEGAN

In 2005 charity founder Roseann Haig started her journey as a complementary therapist for people with a life shortening diagnosis. After completing her BSc in Complementary Therapies from Napier University and setting up her own business, she responded to a call-out from the Victoria Hospital in Kirkcaldy for volunteers to deliver complementary treatments to patients.

And so Roseann began working with terminally ill cancer patients in the hospice at Queen Margaret Hospital, Dunfermline. At that time this was quite a new approach to working with hospice patients for the NHS. She met many different people from all walks of life including Pamela Brock Carstairs.



*Pamela Brock Carstairs
31/7/65 – 31/5/06*

Pamela's cancer had progressed quite significantly before Roseann met her and she was mostly confined to bed. She was very aware of her illness and very receptive to Roseann's reflexology and therapeutic massage treatments. When she got back home she requested Roseann continue treating her. As a result Roseann also got to know Pamela's husband and her parents.

After one of her treatments Roseann asked Pamela how she felt. She replied by saying it gave her "comfort". She also insisted on making a donation even although she knew it was a voluntary service. It was this donation that convinced Roseann the course of action she should take – set up a charity to provide free complementary therapies to people with a terminal illness in their own home.

The charity was launched in November 2007 and was named Circle of Comfort in memory of the "comfort" that Pamela had told Roseann she felt after her complementary therapy treatments.

I would like to thank Pamela's Mum, Sandra and her family for consenting to let me tell you this true story of a beautiful woman who had great courage.

REFLEXOLOGY REFLECTIONS

Reflexologist Carla Pallant gives us an insight into how she got started as a therapist and how her work makes her, and her clients feel.

"My first experience of reflexology was back in 2011," said Carla. "Forth Park Hospital in Kirkcaldy was offering 15 mins reflexology sessions to all expectant mums. I was expecting my second child. I was amazed by the therapist. She could tell so much about my body through just working on my feet!

"This experience is really what inspired me to become a Reflexologist," explained Carla. "In 2013 I completed my Diploma in Reflexology and a month later my younger daughter was diagnosed with Acute Lymphoblastic Leukaemia. Life just went on hold for me and my family during this time. Thankfully seven year later my daughter is now fighting fit and I am back on my feet.

"However, having had this experience, it made me determined more than ever to get involved with a charity offering reflexology. So that is how I came to work with Circle of Comfort. I've been with the charity for over a year now and I'm passionate about the service they provide.



Carla Pallant

Carla explains why working for the charity is so special for her. "On a personal level working with Circle of Comfort clients is very rewarding because of the positive effect I can have on their health and wellbeing. During treatments clients often say they've felt an improvement in their levels of anxiety, sleep pattern, appetite and general mood.

Overall, my clients enjoy having this time to themselves."



Charities Aid
Foundation

We are extremely fortunate to receive donations from local groups and individuals who raise sponsorship for the charity by taking part in various activities, as well as from clients and family members directly. These donations mean the world to us, knowing that our service makes a difference to someone's life during what is often such a difficult time and makes it even more heart-warming that people help us to continue.

Each of our clients can receive 4 treatments which costs a total of £140. If you would like to consider sponsoring a course of treatments for a period of time then donating to our charity is very simple, we use CAF (Charities Aid Foundation) where one-off donations can be received as well as regular monthly, quarterly or annual giving arrangements. You can visit our website www.circleofcomfort.org.uk and click on the 'donations' tab to find out more.

