

WINTER NEWS

Edition 1, Winter 2011-12

fullcirclefund.org.uk

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Full Circle Fund is an independent fund in St George's Hospital Charity.

Registered Charity No: 241527.

Merry Christmas and a Happy New Year

Hundreds of miles of cycling, one fashion show, one concert, twenty jewellery sales: Full Circle Fun-d 2011

2011 has been an exciting year for Full Circle Fund. The year started with a glittery bang with **Surbiton High School's** Fashion Show raising an impressive £3000.

Astonishing physical determination saw cycling raise over £4000 for us. Special thanks go to our amazing **TeamFullCircle cyclists** and to their families, friends and colleagues who supported them in their herculean efforts for us this year. Special mentions go to two former leukaemia patients Alan Brunnsden and Grant Gibson who completed the annual **South Western Road Club's** May Flyer 140km sportive, also to Moe and Yvan Bamping for completing the **Night-**

rider 100km challenge, and to Zoe Brooks for tackling the intrepid 208km **Etape du Tour**.

A warm summer's evening by the Thames was the perfect setting for a piano recital organised by **Do-More4Life** founders, Antonia Dunn and Eve de Beaufort raising a fantastic £1000. Of course we can't forget our jewellery events which have raised over £10,000 in 2011!

To everyone who has supported us in a myriad of ways, your generosity means the world to us and has helped us grow and provide vital support to those who need it most:

thank you

Please
donate now

Just visit
fullcirclefund.org.uk
or give us a call



What your donations have helped us achieve in 2011

WE CAN NOW PROVIDE
OUR SERVICES TO
HAEMATOLOGY AND
TRANSPLANT PATIENTS
4 DAYS A WEEK

We've increased the number of our
oncology therapists from 1 to 4

In 2012 we'll be pioneering
our service for patients in
neuro-intensive care

"It is the
highlight
of my day."

Patient with lymphoma

We've increased the
number of our
paediatric therapists
from 1 to 3



"THE WORK OF
FULL CIRCLE
FUND'S THERAPY
TEAM IS
INVALUABLE."

Ruth Meadows
Director of Nursing, Chil-
dren's, Women's Diagnos-
tics and Therapies, St
George's Hospital

Full Circle Fund

Supporting quality of life

Improving the lives of children, adults and their carers

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Latest news from the charity

She is the light

We're proud to be involved with *She is the Light*

Full Circle Fund has been featured as part of *She is the Light*, an online initiative which allows women to connect as a positive force for change. *She is the Light* profiles women whose lives and work are an inspiration to others, and Full Circle Fund's founder Suzanne Ruggles has been chosen for her work in setting up a charity which promotes positive change. This is a great honour and we look forward to playing a greater role within *She is the Light* in 2012.

www.sheisthelight.org.uk

HEALTHY TIP

Take a deep breath

By Gabriele Friedrich-Steen, Full Circle Fund Therapist and Yoga trainer

Breathing is controlled by the automatic nervous system. When you're stressed your breathing gets faster due to the adrenalin being released into your body. However by simply focusing on your breath and slowing it down a little you can feel calmer and less stressed. Here's an exercise you can try:

Sit on a chair with both feet on the floor.

Make sure your back is straight, your hands are resting on your thighs palm down, and your arms and shoulders are relaxed.

Allow your eyes to close.

Now bring your awareness gently to the tip of your nose.

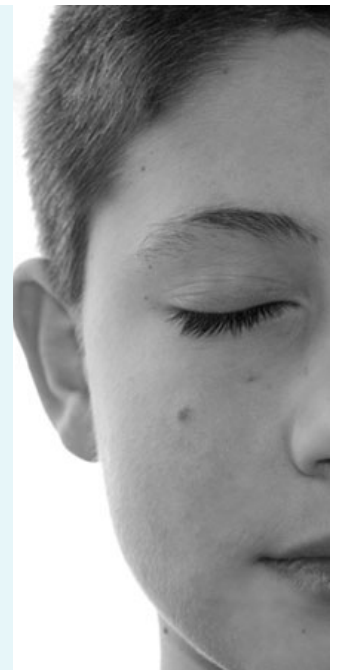
Feel the cool air entering your nostrils and the slightly warmer air leaving your nostrils as you breathe slowly.

Count each breath: inhaling 1, exhaling 1, inhaling 2, exhaling 2, and so on up to 10.

Let go of the count and bring your awareness back to your body.

When you feel ready, begin to move your fingers and toes, stretch through your arms and legs, open your eyes and give your whole body a good stretch.

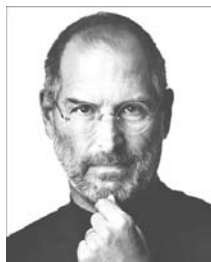
Enjoy.



Please donate now



And finally...



"Remembering that you are going to die is the best way I know to avoid the trap of thinking you have something to lose, because almost everything – all external expectations, all pride, all fear of embarrassment, of failure – these things just fall away in the face of death, leaving only what is truly important. There is no reason not to follow your heart."

Steve Jobs, 2005 (1955-2011)