

# Old Mill Foundation

Winter 2018  
Issue 2



Welcome  
everyone to our  
newsletter

## Welcome

Our first issue was so well received by our staff and volunteers that we ran off bespoke copies for our clients to pick up from Penclawdd, Llandybie and Port Talbot. We will be doing the same with this issue.

Going forward our intention is to increase our circulation to a wider audience and consequently we are in the process of compiling a newsletter database.

Also, we will be posting our newsletter not just onto the staff portal but also onto the News section on the front page of our website [www.oldmillfoundation.co.uk](http://www.oldmillfoundation.co.uk)

## Christmas message from Sarah Clark our Founder and CEO

Well who can believe we are approaching  
the end of another year?

On behalf of us all at The Old Mill Foundation I would like to thank everyone for all their support. All our volunteers have worked so hard offering their time and skills to provide an amazing service for those on their cancer journey. Our staff have worked under huge pressure and still given 110% keeping the doors open and the service running. And not forgetting the trustees, who work away behind the scenes providing us with support and guidance.

I would also like to thank all those who have fundraised for us over the past year, including the Friends of the Old Mill, clients, TSB Swansea, and all the groups out there who have chosen us to be their charity this year. We struggle to make ends meet on a monthly basis and you have helped to keep our doors open.

I would like to wish you all the best Christmas you can have and look forward to the new challenges in 2019

*Sarah x*

# Friends of The Old Mill

“Hello Everyone” - from ‘Friends of the Old Mill’. For those of you who don’t know us, we’re a small band of volunteers set up to raise funds for the Old Mill Foundation. There are six people on the committee:

Mary Taylor – Chairperson

Pam Hayward – Secretary

Sue Lloyd – Treasurer

Ann Ayre - Committee member

David and Helen Crabb – Llandybie representatives

We try to do a number of events during the year and also have an ongoing craft stall run by Pam and her volunteer helpers – who beaver away locked in a tower making goodies for us to sell.

We are responsible for the rip roaring success of the calendars this year - thank you all for buying them we raised well in excess of £1,000. Unfortunately we didn’t print nearly enough of them! But, we’ve learnt from this so look out next Christmas (but it won’t be calendars – watch this space). Our thanks go to Barbara Jones who allowed us to use the paintings of her late husband, Arnold Jones, in his memory.

The ‘Committee’ has its AGM early next year (details to follow) which will take place in Llandybie this time. – everyone is welcome to attend.

We also welcome any new members along with any ideas or help with fundraising events. Please make contact with Jaynie in Penclawdd reception if you are interested.

[reception.oldmill@gmail.com](mailto:reception.oldmill@gmail.com) or 01792- 851553 Monday-Wednesday

I’ll close now by wishing you a very Happy Christmas and Prosperous New Year.

Sue Lloyd (Treasurer) Friends of the Old Mill.

We are ever grateful for the fundraising and donations given to us to keep our fabulous charity afloat.

As a local charity this is particularly challenging for us as we are most often in 'competition' with other charities in the area that have national fundraising and PR departments working around the clock, in the background. We do not have that luxury!

We would like to share with you our recent successes.

### **King Arthur Hotel's**

Their Christmas Fayre raised a total of £ 688 from stall holder donations and the raffle

### **The Mothers' Union**

St. Catherines Church,  
Gorseinon

Following a talk by The Old Mill, donations collected totalled £118, with a further £45 taken for Christmas cards on behalf of our Friends



In addition we are awaiting news from the following funding applications which we have submitted recently

### **Tesco Bags of Help**

1<sup>st</sup> prize = £4,000

2<sup>nd</sup> prize = £2,000

3<sup>rd</sup> prize = £1,000

### **TSB Eat well, Stay well**

£3,000 towards training for our Therapists

### **Neath/Port Talbot**

#### **3<sup>rd</sup> sector funding**

Three year project to run our Port Talbot Outreach centre

£49,500

Disappointments:

Unfortunately we were unsuccessful with our recent GlaxoSmithKline Impact Awards application.

## University students

One of the challenges we now face with funding bids is that we need to evidence how we have consulted with our communities. When we only needed to provide cancer journey stories and letters of thanks from grateful clients and their carers, we found success with our funding applications for core funding and projects. However, these days the focus has changed and it not enough for us to say what we need but instead the need has to be originated from the communities we serve.

One of those is the community of young people and there is therefore a need for us to undertake consultations with those aged 18-25 years old to see what cancer support services need to support them if directly affected by cancer, a member of their family is affected or they are a carer.

In October we took the opportunity to work with a group of 3<sup>rd</sup> year students studying at Swansea University's School of Management. They were looking for a business that required some original research as part of their 'final year report'. So a real win:win for both of us and we have been provided with a great group of students. We will keep you posted on how they get on and their findings.



*Swansea University students with Deb*

# Vegan Christmas Cake

150 grams Sunflower spread  
150 grams Soft Dark Brown Sugar  
750 grams Mixed Dried Fruit (any combination)  
100 grams Glace Cherries  
50 grams Flaked Almonds  
250 grams S R Flour  
1 tsp Bi Carbonate soda  
1 tsp Mixed Spice  
1 tbsp Chia Seeds  
1 tsp Lemon Juice  
1 tsp vanilla essence  
2 large tots Brandy  
1 1/2 cups water



1. Put the mixed fruit in a large saucepan and add 1 cup water, the sugar, non dairy spread, lemon juice and vanilla essence
2. Bring to the boil and simmer for 5 mins then remove from the heat and add the mixed spice, cherries and the Brandy and leave to cool
3. Soak the Chia seeds in 1/2 cup water
4. When the fruit mix is cool (approx 1/2 hour) stir in the soaked Chia seeds and nearly all of the flaked almonds
5. Mix the Bi Carb with the flour and gently fold in
6. Place the mix in a lined greased cake tin and sprinkle the rest of the almonds on top (I usually put 2 large spoonfuls in a small tin and bake a sampler)
7. Bake for approx 1 to 1 1/2 hours at 165c or mark gas 4
8. Wrap in greaseproof paper and keep in an air-tight tin - you can feed it with extra brandy and ice it closer to Christmas

It may not keep as long as an ordinary fruit cake so dont leave it to long before you eat it all up! ENJOY



***A big thank you to our Therapist  
and Trustee Joan Jeyes – a lady of  
many talents as you can see!***

# Sarah's Raw Chocolate

The week before Christmas we ran 3 raw chocolate workshops, one in each of our 3 centres. We will be running more in the new year but thought we'd share with you its benefits along with a recipe for truffles ☺

**Health Benefits** - Raw chocolate contains many important vitamins and minerals including:

- Magnesium, and other essential minerals including calcium, sulphur, zinc, iron, copper, potassium and manganese
- Polyphenols called flavonoids, with antioxidant properties
- Vitamins: B1, B2, B3, B5, B9, E
- Essential heart-healthy fat: oleic acid a monounsaturated fat
- Protein
- Fibre

## **1) Raw chocolate can lower blood pressure & improve circulation**

Flavanols, theobromine and other components found in cacao may lower blood pressure and enhance circulation by promoting dilation, strength, and health of blood vessels

## **2) Raw chocolate can promote cardiovascular function & health**

The antioxidant power of flavonoids and essential minerals and vitamins found in cacao can support healthy heart functioning by lowering blood pressure, improving blood flow, lowering LDL cholesterol, and reducing plaque build-up on artery walls

**3) Raw chocolate can Neutralize free radicals** - High levels of antioxidants protect the body from a build-up of free radicals from sun exposure, pollution, cigarette smoking etc which may damage healthy body tissue giving rise to cancer and cardiovascular disease

**4) Raw Chocolate can improve digestion** - A sufficient amount of fibre delivered with each serving of cacao supports digestion while cacao stimulates the body's production of digestive enzymes.

## 5) Raw chocolate can enhance physical and mental well-being

There are many components of cacao including alkaloids, proteins, beta-carotene, leucine, linoleic, lipase, lysine, and theobromine, that all work together to improve physical and mental health.

### Raw Chocolate

1 cup melted coconut butter (or cacao oil)  
½ cup cacao powder (can use carob instead or half and half)  
1 tablespoon agave syrup  
(Pinch of Himalayan rock salt optional)

Place the melted butter in a mixing bowl and whisk in the cacao powder and agave until smooth.

You can add whatever you like to make chocolates or cover fruit, frozen desserts etc.

### Raw Chocolate Truffles

115g raw cacao powder  
175g raw cashew nuts  
¼ tsp cold milled vanilla powder (or pods)  
80ml filtered water  
125g avocado flesh  
9tbs raw cacao powder  
1 ½ tsp Lucama powder  
110g Agave syrup  
1/8 tsp Himalayan rock salt



Melt Cacao butter in a baine marie.

Add cashew nuts, water and vanilla to a processor until nuts are ground.

Add avocado and process well

Add cacao powder, Lucama, agave and melted cacao butter, process until smooth.

Place in freezer for about 20 mins, when firm enough take out and roll into balls. Then roll into your favourite ingredients, eg. Cacao or maca powder, chopped nuts or coconut!! ENJOY!!

## Outreach Centres – update from Caroline

**Llandybie** has been so busy that we have been calling on Therapists from Penclawdd; many thanks to Tony, Steve, Jeff and Paul who came to help out.

Fortunately two new Therapists, Emma and Sharron, have recently joined us and their arrival has been welcomed especially as they are proving to be popular with our clients. Angela, a homeopath and acupuncturist, has also joined the team having moved from Port Talbot.

Trish is one of our amazing volunteers who supports us on a Tuesday. She now has a stall in Ammanford indoor market and everybody contributes items for her to sell to raise funds for The Old Mill – *many thanks Trish.*

Llywela also works for a company called 'Tropic' which make a range of skincare and makeup that is chemical-free. She held a 'Tropic Christmas Party' in all three centres offering facials and makeovers to our clients, volunteers and staff. She generously donated any profit generated from the sales made on the day – *many thanks Llywela.*

**Port Talbot** is gradually building up clients after a bit of a slow start. Therapist Vicki recently completed the much needed MLD (Manual Lymphatic Drainage) course. In September we ran a four-day Scar tissue massage training course for our Therapists so that they could offer this specialist massage to our clients who have undergone surgery.

Having completed this course Vicki and Michelle are working together to help some of our clients who have lymphodema around their throat after having surgery for throat cancer.

Many of our staff and volunteers became 'models' overnight as they volunteered to have the trainees practice on their scars! Do take a look at this fantastic Scar tissue massage training ran for us by Emma Holly <https://restoretherapy.co.uk/>

## Jaynie's column

'Tis the week before Christmas and my shelves are full of gifts and goodies! They range from yummy vegan cheese & chilli snacks for 70p, natural toothbrush £3, non-alcoholic Shiraz £3, Coconut or Aloe Vera soaps £2 to organic body sets at £18. You'll agree it's a crazy range of Christmas fayre!!

I'm offering Free delivery (local area). Please spread the word !!

My naughty Elf (Dorothy) has been out and about spying on our amazing volunteers!

- Someone we love dearly has had a new hair-do....I'm told that her Christmas date list is now choc-a-bloc with handsome Princes!
- We're told that our lovely Kevin has been kangaroo-hopping in OZ ??? Such Lies!!! We now know his alter ego "Sugarplum Mary" Elf has been helping Santa in his workshop!! Come back Kevin your clients are missing you!!

Finally, now we all up to date and feeling positively legal thanks to our colourful and eclectic mix of superb co-ordination - fondly known as **Deb Barrow Security Ltd.**.. Ahh... now that's what **DBS** stands for!!!

Have a lovely Christmas time!  
Jaynie xx



*'Sugarplum Mary' Elf*

## Diary Dates

### Christmas closing

We close the Penclawdd office at 5pm on  
Wednesday 19<sup>th</sup> December 2018 and  
Port Talbot on Thursday 20<sup>th</sup> December 2018.

We reopen on Monday 7<sup>th</sup> January 2019 at Penclawdd,  
Tuesday 8<sup>th</sup> Llandybie and Port Talbot Thursday 10<sup>th</sup>.

### Annual General Meeting

This will be held from 6.30pm on Wednesday 13<sup>th</sup> March 2019 –  
everyone welcome. At this meeting we hope to welcome new  
Trustees to the Board. Please let me know if you would like to find  
out more about what the role involves.

### Volunteers' celebration

As last year's event was so successful we will be organising  
another get-together in the new year.

I hope you've enjoyed the read! Please let me know what you  
would like included in the next issue.

In the meantime I wish you and your family a Happy Christmas  
and New Year

*Deb x*

My contact details are

[deb.oldmillfoundation@gmail.com](mailto:deb.oldmillfoundation@gmail.com)

01792- 851553 - Monday to Wednesday