



Team CanSupport congratulates Harmala Gupta, our Founder-President, for her appointment on the Board of the International Association for Hospice and Palliative Care. The IAHPC has a Vision of universal access to palliative care and better quality of life for adults and children with life-threatening conditions and their families.



Dear Friends,

The new financial year has started with the fulfillment of a long-standing aspiration of starting our free home care service in Bathinda. One of the four districts in the Malwa region – infamous as the cancer belt of Punjab – Bathinda has 126 cancer patients per lakh population, much higher than the national average of 80 per lakh.

“I wish we’d had palliative care sooner.” When one of the first patients in Bathinda said this to our team, it reminded me of the number of times we have had someone say this to us. And many times we hear it weeks, months, and even years after their loved one has experienced our care. The statement is a compliment to the caring work of our teams, but it is also a message for others. A message that says, too often a patient comes to us for only a matter of days, we could have been improving the quality of their life weeks

or months earlier. When faced with a cancer diagnosis, it is never too early to seek palliative care that helps meet the unique needs of each person and family.

We clearly are not standing still. While you will see many recent highlights of our programs and training courses in this newsletter, there is a special feature on the key achievements of FY 2018-19. My sincere appreciation and thanks to our Unit Heads, Staff and Volunteers who, through their interactions and work each day, made a difference to the lives of others and made possible these accomplishments. Their commitment is matched by the support we have received from partners, donors and supporters in meeting our objectives. We continue to depend heavily on your goodwill to deliver a large scope of work.

Sincerely,
Dr. Ambika Rajvanshi
CEO

Our latest Home Care Centre launched in Bathinda, Punjab



On 6 May, 2019, we started our new Home Care team in Bathinda, making it our third team in Punjab and 32nd in the country. The team comprising of Dr. Rajesh Bansal, Nurse Hardeep Kaur Nagra, and Nurse-Counselor Karnail Kaur Mangat will cover the entire district of Bathinda, and will be supported by Avtar Singh, the Networking Officer. The team will work closely with Advanced Cancer Institute and other oncocare institutions in the district.

At the end of the first month of its operation, the team had already enrolled 32 patients in its care with many more to reach out. The Home Care services can be availed through Cancer Helpline# 9315905178 (9:30 am to 5:30 pm, Monday to Friday) by residents of Bathinda and nearby areas.



We are grateful to Cipla Foundation for providing the seed grant towards setting up and running the project in its first year and the Indo-American Cancer Association for supporting the team’s training in Delhi. We extend our sincere thanks to Shri Rajinder Mittal, MD BCL Industries, for giving us the centre premises as well as lodging and boarding for the mentoring team from Delhi absolutely free of charge and are thankful to Col. Mahavir Singh Gaur from Mittal Group and Shri Rajinder Bindra, Manager, Tulip Club for extending hospitality and logistic support to our team. Our heart felt appreciation to Dr. MK Mahajan (Director, Advanced Cancer Institute), Dr. Ravinder Mohan (Head of Training & Education) and Renu Mital (Volunteer) for their support in establishing this much needed service in Bathinda.

PROGRAM HIGHLIGHTS FEBRUARY-MAY 2019

1. HOME BASED CARE

(Delhi, UP, Haryana and Punjab)

Home Care Centres	10
Home Care Teams	32
Concurrent Patients Under Care	2518
New Patients Enrolled	907
Home Visits	13647



Our Home Care Nurse Sajani Shrestha with Aftab Alam

HOME CARE TEAM STORIES

मन की बात

जी चाहता है, पंख लगा कर बादलों को छू लूँ
अफसोस कि चल भी नहीं सकता।
जी चाहता है, अतीत को भुलाकर भविष्य देखूँ
अफसोस कि देख भी नहीं सकता।
आने वाली हर खुशी को गले लगा लूँ
जाने वाले हर गम को अलविदा कह दूँ
अफसोस किसी से मिल नहीं सकता।
माँ की खाली कलाइयों को कंगन से भर दूँ
बाप के कंधों से बोझ हटा दूँ
बेरोजगारी के संसार में, हाथ बटा नहीं सकता।
बहनों को शिक्षित, और भाई को काबिल बना दूँ
मैं तो एक बोलती हुई आत्मा हूँ
मिट्टी के नीचे गड़ा हुआ मुर्दा हूँ
अफसोस कि फिर से जन्म ले नहीं सकता।

—आफताब आलम

The above poem was written by Aftab, a young boy who was helped by our home care team in making his last days free of pain and stress.

You can visit our website

<https://cansupport.org/category/stories/> to know how CanSupport helped him in his last days.

2. DAY CARE

Day Care	Children (Monday)	Teenagers (Thursday)	Adults (Wednesday & Friday)	Total
Sessions	18	17	33	68
Patients	767	603	2039	3409
Caregivers	680	185	1220	2085



3. OUTPATIENT CARE

Outpatient Clinics	2
New Patients Enrolled	392
Patient Visits	3084



4. TELEPHONE HELPLINE

Incoming Calls	2084
Face to Face Counseling Sessions	65
Referrals to Palliative Care Program	460

5. RESOURCE FACILITATION

Total Patient Applications	437
Applications Successfully Facilitated	404
Fund Mobilized through Govt Schemes	26.25 Lakhs
In-kind Support (amounting to)	73.00 Lakhs

TRAINING AND EDUCATION



A team of 9 members from CanSupport participated in the 26th International Conference of Indian Association of Palliative Care held from 8-10 February, 2019. The theme of the conference was "Voices in palliative care; ensuring quality, creating solutions."



Continuing Nursing Education Workshop was held in Prem Institute of Medical Sciences Nursing College, Panipat, Haryana on 23 April, 2019. The workshop was attended by 125 participants which included students and faculty from 6 nursing colleges across Haryana.



Palliative Care Counselling Workshop was organized in 2 colleges of Delhi/NCR. Nearly 115+ people participated in these workshop. The participating Institutions were:

- Ramanujan College
- Ambedkar University



Foundation Course in Palliative Care held in Sant Baba Bhag Singh Institute of Nursing at Jalandhar, Punjab on 9-10 May, 2019. A total of 140 students and 60 faculty members attended the course.



Indo American Cancer Association Residential Course in Palliative Care was held from 25 March to 3 May, 2019. Two doctors and three nurses from across India were selected to undertake the 6-week course.



Our first 16-hour Volunteer Training Programme was held on 30 March and 2 April, 2019. A total of 13 volunteers were trained through the course.



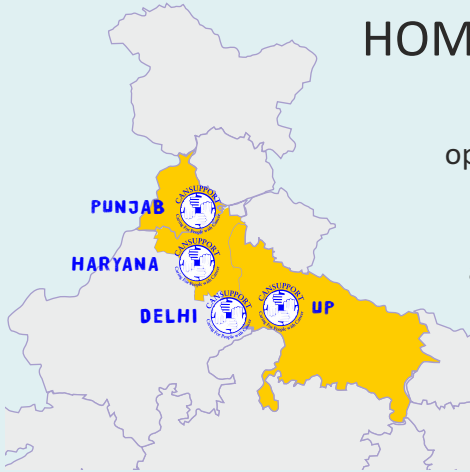
Prof. Santosh K. Chaturvedi from NIMHANS, Bangalore, was invited to run a two day Counselling Workshop for CanSupport counsellors.



Diana Opio, a Palliative Care nurse specialist in UK, conducted Training Needs Assessment for Home care nurses from 16-29 April, 2019.

SPECIAL FEATURE : PROGRAM HIGHLIGHTS FY 2018-19

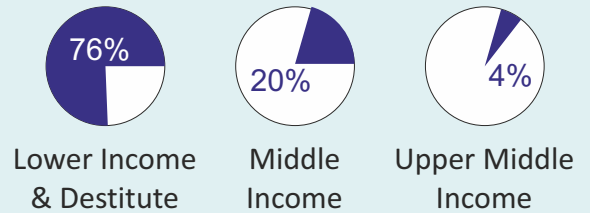
HOME CARE PALLIATIVE SERVICES



Two new teams were operationalized in West Delhi and Amritsar, Punjab. The year ended with a total of 31 teams in Delhi, Haryana, UP and Punjab.

2,212

New patients enrolled



DELHI / NCR



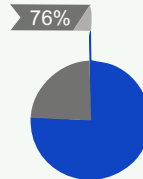
Our teams served 4,117 patients and families through 38,061 home visits in the year.



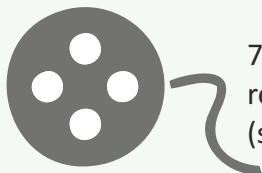
Out of 1,621 patient death, 94% died at home & 6% in the hospital.



New admissions were enrolled through referrals from Helpline (49%), Hospitals (33%), and word of mouth from beneficiaries (18%).



76% families received bereavement support for 1-6 months after their loss.

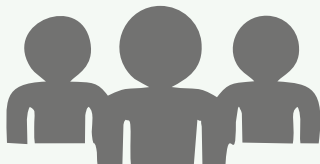


76 destitute patients received rehabilitative support (sewing machines, hand carts, etc.).

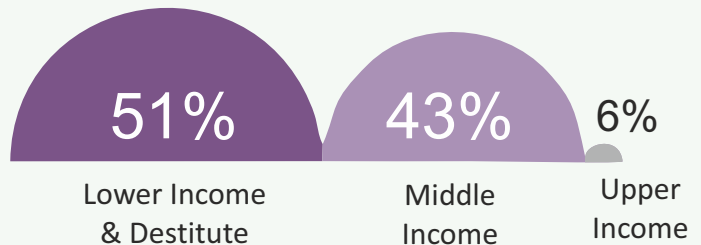


93% beneficiaries were satisfied with the care provided, as per Quality Assurance survey report.

AMRITSAR, PUNJAB



142 New patients enrolled



Teams served 213 Patients and families through 1,903 home visits in the year.

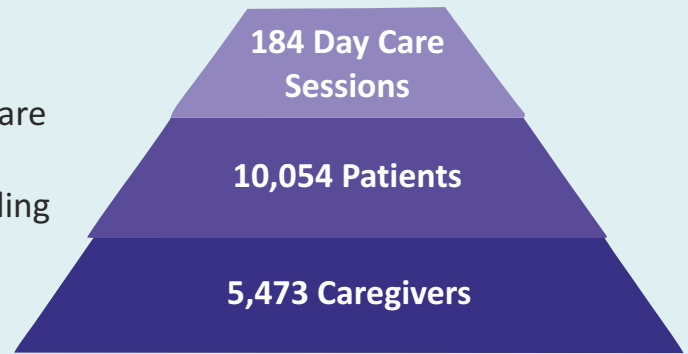


85 patients lost to cancer; 95% died at home & 5% in the hospital.

SPECIAL FEATURE : PROGRAM HIGHLIGHTS FY 2018-19

DAY CARE

Our Day Care continued to provide supportive care to cancer patients and their caregivers. It also offered space and time for rest, respite and healing therapies.



OUTPATIENT CLINICS

OPC East Delhi enrolled 707 new patients and serviced 6,880 patients.

OPC South Delhi enrolled 383 new patients and serviced 1,979 patients.

TELEPHONE HELPLINE



6,257 Total Calls
522 Average Calls per month



728 Emotional Calls



484 Face-to-face counselling sessions



1,336 Referrals to CanSupport services

KNOWLEDGE TRAINING, EDUCATION & RESEARCH

No.	Palliative Care Training and Research	Participants
6	Certificate Courses	25
1	Foundation Courses	275
13	Introductory/ Continuing Education Workshops	3200
4	Informal Education Sessions	67
55+	Community Awareness Sessions	5000+

6 Research Studies presented at IAPCON 2019

THIRD PARTY RESOURCE FACILITATION



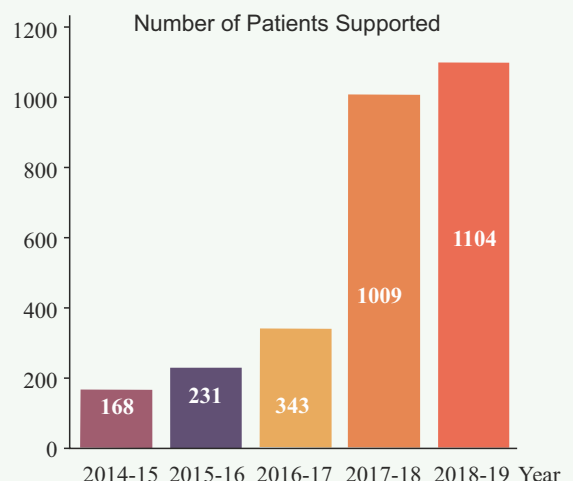
₹ 3.10 Crore

Amount of grants from Central and State Government Schemes successfully mobilized for tests and treatment.

Provision of other resources for daily activities of living, including prosthetic bras, wheel chairs, etc. were mobilized for 1,004 patients through various networks, with a total value of **₹ 1.75 Crore.**



Of the 1,246 patients enrolled, 1,104 were successfully supported through resource facilitation, indicating a success rate of 88%.



COMMUNITY CANCER AWARENESS PROGRAMS

DELHI

Our community networking team organized door to door Cancer and Palliative Care awareness drive in nine Colonies and six Government schools of Delhi, reaching out to more than 2300 families and 2250 school children.

We are grateful to ONGC Limited for supporting us in this program. We are also thankful for the support of collaborating NGOs in organizing the camps:

Ashadeep Foundation, Deepalaya, Hope Foundation, Janadesh NGO, Katha Khazana School, Navjyoti Development Society, Navshrishti, Nipun NGO, Nirmal Jyoti, Save Human Social Society, Sewa NGO



PUNJAB

An Introductory Palliative Care workshop was organized at Advance Cancer Institute, Bathinda on 5 April, 2019. The workshop was attended by 4 Oncologists and 30 Nurses.

CanSupport Amritsar Team participated in two Cancer Detection Camps organized by World Cancer Care Charitable Society in Punjab. More than 1800 people participated in the camp.

An awareness session was also organized for about 100 employees of BCL Industries in Bathinda on 25 May, 2019.



DAY CARE HIGHLIGHTS



We profusely thank Nadira Chaturvedi and Anjali Singh, who lead the Day Care activity from the front for so many years, substantially expanding and strengthening its work before passing on the baton for the new Coordinators, Bhanu Seth and Bineeta Malhotra.



A Fresh Chapter volunteers spent a day with our Day Care children.



A team from Barco Electronic Systems Pvt. Ltd. celebrated a day out with children attending our Day Care.

INVINCIBLES



Bineeta

A quiet and dedicated counsellor, Bineeta's sincerity shines through her compassionate eyes as she listens patiently to a patient's woes. At times, she can barely hold back her moist eyes from overflowing with her empathy. Beneath this lies a contrasting but capable head for numbers and administrative duties. We welcome her to her new role as daycare co-coordinator.

Komal

Agypsy at heart, Komal, with a mysterious exterior hides a soft corner for all her teenage patient group members. She heals them through dance therapy and balance of body movements. Her professional skills in transactional analysis penetrate right through to their unsaid fears and anxieties, which she helps overcome by steadily building emotional and social life skills, thus empowering them for adult life, beyond cancer.



EVENTS AND OTHER HIGHLIGHTS



We participated in the La Fiesta Fashion Walk on 15 April, 2019 in Chattarpur. The event was organized by La Fiesta Magazine for women cancer awareness.



We thanked our nurses – the backbone of our palliative care programs – on the International Nurse's Day on 15 May, 2019.



Sabrina Gill invited us to be the Charity Partner for her solo exhibition of paintings titled "A Melody in Colour" held at India Habitat Centre, from 26-28 February, 2019.



Our team participated in Nidarr Hamesha – an Initiative of Max Healthcare at inner Circle CP on 26 May, 2019.



"Life doesn't come with a Manual, but with a Mother". Our teams celebrated Mother's Day by making cards for our mothers on 7 May, 2019. The fun-filled art activity was organised by a team from Kotak Mahindra Bank.



We were part of the "Real Warrior Meet" organized by Rajiv Gandhi Cancer Institute & Research Centre on 31 May, 2019.



CanSupport hosted the two week India Odyssey program for A Fresh Chapter volunteers in Delhi from 25 February to 8 March, 2019.



Zuleikha brought the work of The Storydancer Project (TSP) into many programs of CanSupport.

WE THANK OUR DONORS AND SUPPORTERS

We salute these individuals who ran special initiatives in raising funds for our free services:

- Meher from Pathways World School, Noida, sold handmade cards and bookmarks.
- Virika Juneja, a VI grade student of Shiv Nadar School, Gurgaon, raised ₹15,400 for CanSupport.

The funds raised from these initiatives will help us in bringing ease and comfort to cancer patients that we serve. We encourage and invite individuals and organizations who can help us in raising much needed funds at their schools, colleges and their respective workplaces. You can contact our donor relationship team @ 9599558368.



Wish List for CanSupport DAY CARE

Food and Nutrition Items (per Week)

Biscuit Packets-80 gm	500
Lassi Packets	200
Almonds	2 Kg
Sattu Drink Packets	300

Medical Supplies

Diapers	200 packets
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Books and Games

Panchatantra	20
Saras Salil	20
Grihshobha	20
Sarita	20
Mukta	20
Suman Saurabh	20
Children Drawing Books	as many
Crayons	as many
Craft Material	as many
Children Books	as many
Games, Plastic Blocks, Ludo, Lego	50-70

Utility Items

Flasks 750 ml	300
Wall Mount Fan (for office)	2
Cycle for Office Boy	1

Sponsor

- Weekly Nutritional Support for 1 Day Care patient @ ₹ 220/-
- Lunch for Patients visiting Day Care @ ₹ 50/- per person
- Outings/Picnics for Day Care patients (Range ₹ 15,000 - ₹ 27,000)
- Ration Support for Home Care cancer patients ₹1000/- per person per month X 20 patients
- For more details you can contact our donor relationship team @ 9599558368

Donations received from February to May 2019

₹ 100,000 & Above

- Adobe Foundation
- Ambience Interiors Pvt Ltd
- Anupam Suri
- Barco Electronics Systems Pvt Ltd
- Cipla Foundation
- Dipankar Gupta
- External Affairs Spouses Association Charitable Trust
- G4S Secure Solutions (India) Pvt Ltd
- Hari L Mundra
- HelpAge India
- Hisar Metal Industries Ltd
- Jeannie Mulford
- Jiv Daya Foundation
- John L Bissel Foundation
- Lal Family Foundation
- Max India Foundation
- Oil and Natural Gas Corporation Ltd
- Optum Global Solutions India Pvt Ltd
- Pallium India
- Pfizer Products India Pvt Ltd
- PNB Housing Finance Ltd
- Preeta Shivdev Sing
- Prof. Manju Jain
- SRF Welfare Trust
- Taurus Asset Management Company Ltd
- TRIGON T S L L P
- Udayan Lall
- Volkart Foundation Indian Trust

In-kind Donations (valued at ₹ 10,000 and above)

- Amar Fruits
- Innerwheel Club
- Rasoi on Wheels
- Shweta Miglani
- Vasant Vihar Ladies Club

₹ 50,000 to ₹ 100,000

- Concierge Association of India Northern Region
- Gita Sarup Mehta
- Harish Malhotra
- Maral Overseas Ltd
- Moksha Fine Wovens
- Nissin ABC Logistics Pvt Ltd
- Poonam Jain
- Realistic Realtors Pvt Ltd
- Rewa Nanda
- Rita Bhagwati
- Sant Baba Bhag Singh University
- Shubham Aggarwal
- Supriya Guha
- Synthetic Inter Dyechem Pvt Ltd
- UK Online Giving Foundation

In-kind Medicines and Equipment

- British High Commission Charity Committee
- Manmohini Rastogi
- PNB Housing Finance Ltd
- Ruchi Jain
- Sanjay Seth
- Savita Shugla
- Vinod Kumar

CanSupport Helpline Numbers

- Delhi/NCR - 011-41010539
- +91-9899011212
- Amritsar - +91-9501887956
- Bathinda - +91-9315905178
- Timings - Monday to Friday
9:30 am to 5:30 pm

Head Office:

A-2, Gulmohar Park
Opp. Kamla Nehru College
New Delhi - 110049
Contact No:- 011-41010537

Palliative Care and Training Centre:

A-2, 2nd Floor, Gulmohar Park
New Delhi - 110049
Contact No:- 011-41010538

Amritsar Office:

Amritsar Sewa Samiti, Beri Gate
Hospital, Inner Circular Road
Beri Gate Amritsar-143001
Contact No:- +91-9501887956

Bathinda Office:

Booth No. 6, Near Tulip Club
Ganpati Enclave, Dabawali
Road, Bathinda-151001
Contact No:- +91-9315905178

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