Dear friends,

This year’s theme for World Hospice & Palliative Care Day – Healing Hearts and Communities – has in mind the losses that people all over the world have suffered during the covid-19 pandemic. The sudden and unexpected brutality of the early phases of the pandemic left many people feeling both bereft and unable to cope or process their grief. The burnout we have witnessed among care providers and the rise in mental health issues at large is testimony to this.

We use this occasion to thank our CanSupport team of staff and volunteers for having stood their ground during this crisis and helped patients and their families navigate the new challenging situation despite the personal risk involved. We also acknowledge the help we received from donors who generously provided the personal protective equipment, masks, sanitizers, oxygen concentrators, etc., that were essential to keep our services running as well as meet the needs of those under our care.

Let us use this occasion to all join together as a caring community to assist those who still need our support and who are hurting from the loss of a loved one because of cancer, covid or any other life limiting condition.

Warm regards.

Harmala Gupta
Founder-President, CanSupport

---

World Hospice & Palliative Care Day Message

Dear friends,

This year’s theme for World Hospice & Palliative Care Day – Healing Hearts and Communities – has in mind the losses that people all over the world have suffered during the covid-19 pandemic. The sudden and unexpected brutality of the early phases of the pandemic left many people feeling both bereft and unable to cope or process their grief. The burnout we have witnessed among care providers and the rise in mental health issues at large is testimony to this.

We use this occasion to thank our CanSupport team of staff and volunteers for having stood their ground during this crisis and helped patients and their families navigate the new challenging situation despite the personal risk involved. We also acknowledge the help we received from donors who generously provided the personal protective equipment, masks, sanitizers, oxygen concentrators, etc., that were essential to keep our services running as well as meet the needs of those under our care.

Let us use this occasion to all join together as a caring community to assist those who still need our support and who are hurting from the loss of a loved one because of cancer, covid or any other life limiting condition.

Warm regards.

Harmala Gupta
Founder-President, CanSupport

---

CanSupport Expands Further Into Haryana & Punjab

CanSupport’s Home Care service further expanded to Sonipat with one home care team, supported by Cipla Foundation. CanSupport took this initiative due to high prevalence of cancer in Sonipat. Those with advanced cancer practically had no support. Most cancer patients in Sonipat go to Pandit Bhagwan Dayal Sharma, Rohtak for treatment. There’s complete lack of any palliative care service in Sonipat.

CanSupport also added another team in Bathinda with the support of Tata Capital. Financial Services (LTD). Along with two home care teams, Bathinda now has two Outpatient clinics in - Advanced Cancer Institute and AIIMS Bathinda.

With these additions, CanSupport now has 32 home care teams across 15 centres in five states - Delhi, Haryana, Uttar Pradesh, Punjab and Jharkhand. Our teams are now looking after nearly 3000 cancer patients and thrice the number of family caregivers in their homes at any given time.

Palliative Telemedicine - The New Program at CanSupport

CanSupport has introduced ‘A Palliative Telemedicine Unit’ for patients who are outside its operational area. Based on the successful experience of the use of telemedicine during Covid and considering that India has very limited palliative care services, telemedicine has been introduced as one of the units in CanSupport for patients living in areas with no access to palliative care.

This service is for people living in any part of India. Patients can call, text, WhatsApp, video call or email to take consultation on drugs/opioids for symptom management.

There are many benefits and advantages of telemedicine like it increases timely access to appropriate interventions including faster access to services that may not otherwise be available. Telemedicine saves cost and effort especially of rural patients and their caregivers as they needn't travel long distances for obtaining consultation and treatment.
PROGRAM HIGHLIGHTS JULY TO SEPTEMBER 2022

Home Based Palliative Care

32 TEAMS
Comprising of a doctor, nurse and counsellor. Home Care teams operate through 15 Home Care centers across 5 states of India

1115  New patients enrolled

Outpatient & Mobile Clinics

5 Clinics
1146  New patients enrolled
5323  Patient visits

Day Care

10  Sessions Held
497  Patients Attended
377  Caregivers Attended

Community Outreach

5  Awareness Sessions Held
62  Self help Women Workers Trained

Telephone Helpline

2767  Calls served
343  Service referrals extended

Resource Facilitation

5621  New patients enrolled
5621  Patients successfully facilitated

1146  Concurrent patients under care
9560  Home visits
2767  Mobilized for tests and treatments from Central and State Government Schemes
187 lakh  Worth of resources mobilized in-kind for patients through various networks
EMPLOYEE ENGAGEMENT ACTIVITIES

**Tata Capital Financial Services Ltd**

On July 29, 18 employees from Tata Capital Financial Services Ltd from its various offices across Delhi, came to our South Delhi Day Care to celebrate late JRD Tata’s birthday with a group of 20 Day Care children. It was an informal interactive session between the employees and the children. The children were shown a film on the life of JRD Tata and were given various gifts. Later they paid *shraddhanjali* to late JRD Tata by offering flower petals on his photo along with the employees. The children also coloured and put together a sketch of JRD Tata as a collage.

The employees from Tata Capital not only personally served a delicious meal to the children but also sat and ate with them. Day Care children thoroughly enjoyed talking and interacting with the employees. It was a fun experience for our Day Care children and they left from Day Care happy and smiling!

**Optum Global Solutions India Pvt Ltd**

Optum Global Solutions India Pvt Ltd as part of their ‘Volunteering week at Optum’, decided to come to CanSupport’s Day Care to spend time with children who are battling cancer.

15 employees from Optum visited our Day Care in South Delhi and spent quality time with the children. They played games, sang songs, danced and played musical chairs. The children also received gifts such as soft toys and games. In between various games, Optum employees distributed snacks and later treated children to a delicious lunch. The children had a great time interacting and doing activities together with Optum employees.

**Help a Cancer Patient Receive Free Palliative Care**

**Cost per visit per patient:**
- 1 Visit @ ₹ 1600/-
- 4 Visits in a month @ ₹ 6,400/-
- 12 Visits in 3 months @ ₹ 19,200/-

(The cost includes visits by a team of doctor, nurse and counsellor, transportation, medication, nursing supplies and medical equipment)

**Corporates and Businesses:** For Individual Donations:
- For more information and CSR partnership contact: Navdha @ 9599558368 or write to navdha@cansupport.org
- Call Donor Relation Team @ 9667718209 or write to rajni@cansupport.org

On Sunday, 9 October 2022, CanSupport partnered with Dharamshila Rahat Medical Centre for ‘Healing Hearts and Communities – A Music Concert’ by the renowned ghazal singer Dr Radhika Chopra to celebrate World Hospice & Palliative Care Day 2022, at NCUI Auditorium, Delhi.

This year's World Hospice & Palliative Care Day theme being ‘Healing Hearts and Communities’, the event was titled the same and was aimed at bringing people in the community together.

The chief guest was Dr Sushma Bhatnagar - the Chief at Dr BR Ambedkar Institute Rotary Cancer Hospital, AIIMS Delhi and the President of Indian Association of Palliative Care, In her keynote address Dr Bhatnagar said, “The care that CanSupport teams give to those living with cancer, in their homes is unimaginable. Every doctor, nurse and counsellor at CanSupport is very disciplined and respectful towards everyone. That's what every patient wants – Respect. This is what Palliative Care is about.”

Other prominent people to attend the event were – Dr Suversha Khanna, the founder of Dharamshila Rahat Medical Centre, Sophie Ahmed, the former Managing Committee member of CanSupport, Dr Ambika Rajvanshi, the CEO of CanSupport and the RWA presidents of many colonies in South Delhi around CanSupport’s Palliative Care Training center and headquarters in Gulmohar Park. The event was attended by about 500 people including 50 of our home care patients and their caregivers.

Dr Radhika Chopra, the renowned ghazal singer who sang at the event pro bono, mesmerized the audience not only with her flawless singing but also with her warmth. During her performance she praised CanSupport and its work and appealed to the audience to support and donate to CanSupport generously. We thank Dr Radhika Chopra for supporting our mission.

A special Souvenir was also released at the event that carries articles on the importance and benefits of Palliative Care. The Souvenir can be viewed and downloaded at this link. https://cansupport.org/downloadcontent/WHPCD-2022-Souvenir.pdf

Leading up to the event, CanSupport with Dharamshila Rahat Medical Centre, organised free cancer awareness talks and screening camps in many residential colonies including Gulmohar Park, Panchsheel Park, Sarvodaya Enclave and Greater Kailash 1 with the help of their respective RWAs. These camps were greatly appreciated and beneficial for the residents.

The event was hugely successful and lived up to its theme of ‘Healing Hearts and Communities’. Each attendee went back feeling refreshed and uplifted.

We thank Dharamshila Rahat Medical Centre for sponsoring the event!

We are also grateful to Sophie Ahmed for her gracious presence and generous donation!

We thank our WHPCD Event Partners and Supporters

- Amyyra Diagnostics
- Bryan Pharmaceuticals
- Chawla Art Gallery
- Chhaitanya Diagnostics Pvt Ltd
- Devats (India) Pvt Ltd
- Doux Amour
- Dr Poonam Batra Dental Clinic
- Garg Medicos
- Grover Associates
- Housing Development Finance Corporation Ltd.
- I T Tech Services
- Ishwar Dass Rajkumar
- Jewellers M Raj Sons
- K I C Food Products Pvt Ltd
- Magnus Air Control
- Marchers International Pvt Ltd
- R S Pharmaceutical
- Ramesh Chander
- Ramkrishna Choudhari Trust
- S K Pharma
- Sarika Ahuja
- Shalini Khanna
- Sri Jagannath Charitable Cancer Institute & Research Center
- Tanu Monga
- Usha Chopra
- Vaco Binary Semantics L L P
- Vandana Chawla
- Vasantha Suresh Bharucha
- Vitrana Healthcare L L P
- Wembrace Biopharma Pvt Ltd
- Yogesh Sethi
Helpline Networking Meet

In September, Telephone Helpline organized an online Helpline Networking Meet. This was attended by representatives of six helplines - Sanjivini, Helpage India, Elderline, Ardh Astha, Jagori, Naaz Foundation and Arjan Vir Foundation. We thank Mr Shailaja Ranjan, Senior Counsellor - Sumairti (NGO), with more than 15 years of experience in counselling, for giving a session on 'How to Help People in Distress'. His session was well received and greatly appreciated.

A Session on "Good Death"

In August, Anu Paul from Quality Management & Research Unit and Anil Sharma, Senior Counsellor at CanSupport, conducted a session on 'Good Death' for CanSupport Headquarters staff. It was a very interactive and well put together session as vocalised aptly by Dr Ambika Rajvanshi, CEO at CanSupport, ‘It was amazing to see that the ‘heavy’ subject managed to bring about some candid sharing and even laughter.’

Research Article in Indian Journal of Palliative Care

An original article by Dr Ishita Gandhi and Dr Reena Sharma titled ‘Improving Delirium Assessment in Palliative Home Care - A Quality Improvement Project at CanSupport’ was published in Indian Journal of Palliative Care (IJPC) in its April to June 2021 issue, also on IJPC’s website. View the article at this link: https://jpalliativecare.com/improving-delirium-assessment-in-palliative-homecare-a-quality-improvement-project-at-cansupport/.

A Session by CanSupport's Third Party Resource Facilitation team at Delhi Transit Home

Rajvinder, Coordinator - Hospital Outreach & Third Party Resource Facilitation conducted a session on government schemes for cancer patients at Delhi Transit Home (Intas Foundation). It was an insightful session where patients and their caregivers learnt about various government schemes, its benefits, documents required and how to apply for them. She also conducted one on one sessions with the patients guiding them about proper medication.

Free Cancer Awareness and Screening Camp

On September 29, the Community Outreach Team organised a free cancer screening camp for the community at Andean Parbat in association with Rajiv Gandhi Institute & Research Centre and Prayas - Children’s Hope India NGO. Along with Cancer Screening the camp also provided free BP -Sugar and weight check at the camp. 80 people benefited from this camp.
Annual Report 2021-2022
CanSupport’s annual report for the financial year 2021-2022 has been published. The cover page of this year’s annual report features logo that celebrates CanSupport’s 25 years of caring for people with cancer. The soft copy of the annual report can be viewed and downloaded from our website at this link: https://cansupport.org/FCRA/FY22-CanSupport-Annual-Report.pdf

An Outing for Day Care Patients
Café Culture in GK1 M block market hosted Day Care children and their caregivers for breakfast! Not only were the Day Care patients and their caregivers treated to a sumptuous breakfast but the entire café was exclusively used for their entertainment. There was music to which Day Care patients and their caregivers danced and had a great time! It was indeed a fun outing that brought cheer in the lives of all those who were present there. We thank our volunteer, Simran Preet Kaur for organising this treat!

Health Camp for Day Care Patients
Inner Wheel Club Vasant Vatika organised a ‘Health Camp’ for our Day Care patients at the club president, Chanchal Ahuja’s residence in Vasant Kunj. The club members had invited Govid Pandey and Nishikant Dixit of the famous tv serial ‘Crime Patrol’ to meet and interact with the patients. Both Govid Pandey and Nishikant Dixit interacted with the patients, served them lunch and shared stories from their experience as tv actors that brought smiles to the faces of our patients.

CanSupport Receives an Award for Serving the Elderly
On International Day of Older Persons, CanSupport received a Social Impact Award in recognition of its exemplary Palliative Care services for the disadvantaged elderly. Dr Ambika Rajvanshi, the CEO of CanSupport, received the award conferred by HelpAge India. About 40% patients enrolled under our Home Care program and 32% visitors to our Outpatient Clinics are above 60 years of age. CanSupport uses a multi-disciplinary approach to ensure that the elderly receive high-quality care during serious illness and to a dignified death free from overwhelming pain and in line with their spiritual and religious needs.

Times of India Writes About CanSupport’s Work
Times of India published an article titled ‘Non-Profit That Gives Hope and Help to Cancer Patients’ in its September 2 edition, highlighting and showcasing CanSupport’s work. Indeed, a proud moment for all of us! You can read the entire article here: https://timesofindia.indiatimes.com/times-special/non-profit-that-gives-hope-and-help-to-cancer-patients/articleshow/93938371.cms
WE THANK OUR DONORS AND SUPPORTERS

We thank BASAID for supporting our mission and allowing us to purchase a vehicle to transport cancer patients from government hospitals to our Outpatient clinics and palliative care centres.

We thank Vir ji da mini dhaba for raising funds for CanSupport by holding an event on August 22. Not only did the event help raise funds but also gave the Community Outreach team at CanSupport an opportunity to disseminate information about CanSupport and its free of charge Home Based Palliative Care services to all those who came to the dhaba.

The Resource Mobilisation team would like to thank all the donors who donated towards ration support for our Home Care patients during ‘Shraddh’.

---

### Donations received from July - September 2022

<table>
<thead>
<tr>
<th>Donation amount</th>
<th>Donation amount</th>
<th>In Kind Medicines and Equipment</th>
</tr>
</thead>
<tbody>
<tr>
<td>Rs. 1,00,000 and above</td>
<td>Rs. 50,000 to Rs. 100,000</td>
<td>- Delhi Langar Seva Society</td>
</tr>
<tr>
<td>Arjun Ashok Mehta</td>
<td>Gita Sarup Mehta</td>
<td>- Humanity Trust</td>
</tr>
<tr>
<td>Augustine Eustace Souza</td>
<td>Indira Man Singh</td>
<td>- Khalsa Help International</td>
</tr>
<tr>
<td>Automat Industries Pvt Ltd</td>
<td>Inner Wheel Club Of Delhi</td>
<td>- Manavta Ek Ahsas</td>
</tr>
<tr>
<td>Association for Basic Aid (BASAID)</td>
<td>Midtown Charity</td>
<td>- The Good Food Project</td>
</tr>
<tr>
<td>Cipla Foundation</td>
<td>Lions Club New Delhi Shakti</td>
<td></td>
</tr>
<tr>
<td>Deepankar Sanwalka</td>
<td>Prerna School Of Inspiration</td>
<td></td>
</tr>
<tr>
<td>Dharamshila Rahat Medical Centre</td>
<td>Rajiv Kumar Jain</td>
<td></td>
</tr>
<tr>
<td>G4S Secure Solutions (India) Pvt Ltd</td>
<td>Sharat Kumar Charitable Trust</td>
<td></td>
</tr>
<tr>
<td>Harcharan Singh</td>
<td>Shri Ganga Foundation</td>
<td></td>
</tr>
<tr>
<td>Indians For Collective Action</td>
<td>Vatsala Balakrishnan</td>
<td></td>
</tr>
<tr>
<td>Kalpataru Trust</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Kotak Mahindra Bank Ltd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Malini Saran</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Manjula</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Meenakshi Devi Mattoo Charitable Trust</td>
<td></td>
<td></td>
</tr>
<tr>
<td>N Nagaraj</td>
<td></td>
<td></td>
</tr>
<tr>
<td>NTT Data Information Processing Services Pvt Ltd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Nissin ABC Logistics Pvt Ltd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Real Time Data Services Pvt Ltd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>SRF Welfare Trust</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Salil Gupta</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Tata Capital Housing Finance Ltd</td>
<td></td>
<td></td>
</tr>
<tr>
<td>UK Online Giving Foundation</td>
<td></td>
<td></td>
</tr>
<tr>
<td>Zubair Darrab Aria</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**In Kind Donation valued at Rs. 10,000 and above**

- Amita Baig
- Tina Bhayana
- Inner Wheel Club of Delhi Vasant vatika
- Project Help
- Vinita Idnani
- Shayam Gupta
- Dr Sai Priya
- Vivek Sharma
- Anita
- Neena Kapur
- Ladies Club of Vasant Vihar

---

After a gap of two years due to Covid-19, CanSupport is once again holding a 'Physical Walk'. Get ready to Walk with us on Sunday, 19 February 2023.

CanSupport ‘Walk for Life, Stride against Cancer’ is held every year in February to mark World Cancer Day, to show support to those living with cancer, to break the silence around cancer and to create greater awareness about the rising incidence of cancer in India and the world! Let’s stride against cancer, together!

Wish List

- Blankets (300 Nos)
- Adult Diapers (100 packets)
- Colostomy bags (50 boxes)
- Ration Kits (100 Nos)
- Flask & Electric Kettles
- Sattu 500 grams (250 packets)
- Raisins, Almonds & Walnuts (2 kgs each)
- Parle G Biscuits 200 grams (800 packets)
- Chemo and general medicines (Contact the team for the list)

For more details, please contact our donor relation team @ 9667718209.

Head Office and Palliative Care Training Centre
A-2, Gulmohar Park
New Delhi - 110049
Ph: 011-41010537
E: info@cansupport.org
www.cansupport.org

The Invincibles

Jiji Thomas & Miniamma John

Jiji Thomas, Senior Nurse in Field Support Quality Management & Research Unit has been working at CanSupport for more than 16 years now. She is certified in End of Life Nursing Education Consortium Program (ELNEC). Jiji is the epitome of patience. With her patience and kindness, she has touched the hearts of not only countless number of our home care patients but also each CanSupport staff. She is a unique God gifted human being, hardworking, generous and extremely empathetic.

Miniamma John, Nurse Counsellor in Field Support Quality Management & Research Unit has also been working for more than 15 years at CanSupport now. She holds a certification in lymphedema management and serves our home care patients with the love, compassion and concern like a parent. She is wise, well informed, knowledgeable, and gentle. She tirelessly continues to care those living with cancer with patience.

Thank you Jiji and Miniamma for continuing to uphold the mission of CanSupport and making it your own personal mission!