Message on World Hospice & Palliative Care Day

In these days of COVID-19, there is an urgent need to ensure that all those with pre-existing palliative care needs, which includes people with cancer, continue to be treated and supported. They and their families are particularly vulnerable as they cannot easily access all the services, treatments and support they require to manage their health-related suffering. It is to the credit of the CanSupport team that they have continued to serve patients and their families, often at great personal risk.

They have also taken on additional responsibilities such as supplying necessary medicines, performing interventions like ascitic taps, catheterisations, etc., and providing food rations and hygiene kits. Our Volunteers have helped caregivers generate income through making masks and sanitary napkins. The fear of contracting COVID-19 has added to stress levels with many cancer patients afraid to step out of their homes. This has led to isolation and depression. The telephone helpline has served as a life line for those who seek both information and emotional support. Our home care teams have also used tele-consults for patients and family members who they are unable to visit regularly.

The theme for this year’s World Hospice & Palliative Care Day, held on 10th October, Palliative Care: My Care, My Comfort, will continue to guide us during these challenging times. We also urge oncology centres nationwide to address the needs of people with cancer who appear to have been neglected during this pandemic.

Harmala Gupta
Founder - President

Optum commits to continuing support to Home Based Palliative Care

We thank members of Optum Global Solutions (India) Private Limited who visited CanSupport to celebrate the Optum Service Week. From Optum, Prashant Srivastava - Senior Director, along with Mohd Tahir Hasan- Director Software Engineering and Rahul Rawat- Service Delivery Leader, presented a cheque to the CanSupport team towards the grant support for its free Home Based Palliative Care programs at Amritsar (cancer capital of Punjab) and Tughlakabad (NCT of Delhi) in FY 2020-21. This grant will enable us reach out to 1600 people touched by cancer in these areas. The need for palliative care here is very vital as the populations are from the economically and socially lower strata of the society.
PROGRAM HIGHLIGHTS JUNE-OCTOBER 2020

Home Based Palliative Care

31 TEAMS
Comprising of doctors, nurses and counselors. Home Care teams operate through 11 Home Care centers across 4 states of India

814 New patients enrolled

2515 Concurrent patients under care

7545 Family caregivers being supported

14271 Home visits

Outpatient Care

2 Outpatient Clinics, one in South Delhi and another in East Delhi

275 New patients enrolled

1420 Patient visits

Telephone Helpline

2702 Calls received

768 Service referrals extended

Resource Facilitation

2188 New Patients enrolled

2162 Patients successfully facilitated

5,415 CRORES mobilized for tests and treatment from Central and State Government Schemes

63,5 LAKHS worth of resources mobilized in-kind for patients through various networks

CanSupport Helpline Numbers - Delhi: 011- 41010539/ 9899011212 | Amritsar: 9501887956 | Bathinda: 9315905178 | Meerut: 8826576722
LOCKDOWN STORIES

LOCKDOWN CHRONICLES: Pushpa Devi finds another family in CanSupport

Pushpa Devi (name changed) is domestic worker with many responsibilities. Of her three children, the eldest son and his wife with their five children live with her. Pushpa Devi’s earnings along with those of her eldest son’s were what kept the house together. Her husband earned small sums of money occasionally from petty jobs, and her second son never bothered to work despite the huge financial crunches. Her daughter had been married into a family where her life was quite miserable. Her already difficult life took a very nasty turn with her eldest son passing away, her husband falling severely ill and she herself getting diagnosed with an advanced stage of breast cancer. This was also the time when covid came to India and the lockdown broke the family completely. The mental turmoil that she faced made her condition worsen.

With the physical symptoms getting severe, she was soon bed ridden. With five little children in her family, a widowed daughter in law and an ill husband with no regular source of income, she had lost all means and hope to keep the house together, or to even survive long enough to see things getting better. Due to lockdown, she stopped getting proper medication from the hospital and resorted to treatments from local quacks. The situation was slipping out of her hands and she was absolutely helpless. This was when she heard about and got in touch with CanSupport. The CanSupport home care team visiting her worked whole heartedly to do all they could to help Pushpa Devi and her family.

Our social worker helped them apply to the Delhi Arogya Nidhi Program through which her treating hospital received full costs for her treatment. With sound counselling, emotional support and financial help from the government, the team convinced her to revert to proper hospital treatment and medication. When the lockdown was over, they encouraged her second son to go out and work, which he did, becoming the sole source of income in a family that was quite desperately in need of a regular income. Due to the social worker’s efforts, the daughter-in-law in the family now started getting her widow pension from the government as well. In the last seven months of focused care by the team, Pushpa Devi’s treatment is going well, her symptoms are being managed well and she finds herself emotionally secure. With support mobilised from the community by the team, her husband now runs a small tea stall cart stationed just outside their house. He is slowly recovered from his own ailments and supports the family adequately. Pushpa joins him in his new ‘enterprise’ and takes pride in his work. Although her cancer treatment outcome daunts her occasionally, she lives her life with more courage, hope and faith than she ever had. The team continues to support her through her journey.

Help a Cancer Patient Receive Palliative Care during COVID-19

Cost per visit per patient:
1 Visit @ ₹ 1500/- ; 4 visits in a month @ ₹ 6000/-
12 visits in 3 months @ ₹ 18000/-

Corporate and Businesses: For Individual donations:
For more information and Call Donor Relationship Team
CSR partnership contact: @ 98183 55437 or write to
Richa @ 98119 01035 or savita@cansupport.org
richa.aggarwal@cansupport.org

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The Landscape of Loss, Grief and Bereavement” – Prof. David Oliviere

We invited Prof. David Oliviere, Former Director of Education and Training, St Christopher’s Hospice and Consultant in Psychosocial Palliative Care, to share a lecture on the topic “The Landscape of Loss, Grief and Bereavement” on 31 July 2020. The discussion was focused on practical steps in helping people deal with post-bereavement situations of anxiety, depression and anger especially where Covid had resulted in many ‘bad’ deaths and where families could not be involved and say their goodbyes.

“Handling Emotions” - Dr Santosh Chaturvedi

Dr. Santosh Chaturvedi, Senior Professor of Psychiatry at NIMHANS, Bengaluru, was invited to speak on the topic of ‘Handling Emotions’ in palliative care provision. The webinar was conducted on 29 September 2020 and aimed at enabling our teams to respond to challenging emotional situations and strong emotions during their care provision. People coping with advanced illness experience many symptoms, emotions, and feelings during their illness trajectory that can contribute to their suffering. These emotions may result from a variety of different factors and the intensity usually varies considerably from day-to-day, hour to hour and patient to patient. In this emotional context, the relief of suffering or emotional distress and the improvement of well-being are the two priority goals of the Palliative Care. We are grateful for Steel Authority of India (SAIL) or supporting CanSupport in organizing this webinar.

Panel Discussion on "living will"

CanSupport organized a panel discussion around the need, importance and practical steps around making a ‘Living Will’. The panelists included Dr. R. K. Mani: Director Strategy and Covid Management, Yashoda Hospitals; Dr. Roop Gursahani: Consultant Neurologist and Epileptologist, P.D. Hinduja National Hospital; Akshat Aggarwal: Research Fellow, Vidhi Centre for Legal Policy; Dr. Nagesh Simha: Medical Director, Karunashraya and Harmala Gupta: Founder-President, CanSupport who shared their views on the subject. The session was moderated by Dr. Ravinder Mohan Head- Training, Education and Research, CanSupport.

The “Living Will” helps provide people the opportunity to think about, talk about and write down their wishes, preferences, priorities and refusals especially at a time when they may no longer be able to make decisions or communicate these decisions.
On 10 October 2020, CanSupport and NewsX celebrated World Hospice and Palliative Care Day by organizing a mega live event “GIVE-a-THON” on NewsX channel and on its OTT platforms, namely Hotstar and DisneyTV, etc. The show witnessed participation of eminent speakers from sectors, including State Ministers of Health, representatives of health organisations, Doctors, Palliative care practitioners and celebrities from the Hindi film and television industry, coming together in support of availability of palliative care in India. CanSupport Give-a-Thon was a platform to amass voices for the need of a palliative care policy in Delhi and other states of the country. A CanSupport short film titled: ‘A day in the life of CanSupport” was also premiered at the event. It showcased CanSupport’s free palliative care programs focusing on different stages of cancer journey, highlighting the need of palliative care for people suffering from serious illnesses such as cancer. CanSupport is providing a service that fills a gaping hole in public health provision. Below are the excerpts from the interviews as they voiced the need for Palliative Care.

Satyendra Kumar Jain, Hon’ble Minister of Health, Delhi:
“Palliative care is similar to service of the God. Delhi government strives to contribute indispensably in this service.”

Dr Randeep Guleria, Director, AIIMS:
“At AIIMS, we have been able to provide the medical support to the patients, but when it comes to palliative care which is home-based, CanSupport has really helped us in improving the quality of life of the patients”

Dr. Nitesh Rohatgi, Assoc Dir., Max Super Speciality Hospitals:
“Oncology and palliative care intermingle from day one.”

Dr Bhawna Sirohi, Consultant Medical Oncologist, Apollo Proton Cancer Centre:
“We have become very good in treating cancer with newer drugs, robotics and radio therapy. But, palliative care is something that needs to be more talked about. It focuses on bettering quality of life for the patient and their family. I think what CanSupport is doing is some really fantastic work in providing home-based palliative care which is really helpful for the patients”

Manisha Koïrala, Actor, Cancer Survivor and Crusader:
“CanSupport is doing such a great work. I am really honored to have contributed. they are very few organisations that takes care of people where there is no hope. Hats off to team CanSupport”

Sir Mark Tully, Author and Former BBC India Bureau Chief:
“Keep going, take pride in your work and continue to stride forward even in difficult times”

Dr. Katherine Pettus, Hospice Volunteer, Author & Advocate
1 am impressed by their (CanSupport home teams) care, love and the relief of suffering.”

Mohini Daljeet Singh, Trustee & Advisor, Max India Foundation:
“When you treat a patient, the whole family is impacted.”
Dr Dwaiypayan Banerjee, Assoc Prof, Science, Technology & Society, MIT:
“We need to think of Cancer as a fundamental health problem in India and support organizations like CanSupport.”

Ruth Wooldridge, Chair of Trustees, Palliative Care Works, UK:
“Nurses are at the heart of palliative care; they must be valued by doctors, social workers and the government.”

The famous Shillong Chamber of Choir dedicated its three renditions to the work of CanSupport: The Wind Beneath My Wings, Sar Jo Tera Chakraye and Ye DostiHum Nahin Todenge. Our Volunteer, Rajni B. Arora, released CanSupport’s Hindi Illustrated Palliative Care Booklet (translated from its original English version by Rajni herself, Kamlesh Choudhary and Priti Khanna). We thank Agilent Technologies for supporting the printing of the booklet.

At the event, Bharat Bhardwaj, Country General Manager - Agilent India, also announced their CSR grant support for our Home Care Program in Faridabad, Haryana. He said, “At Agilent we do everything possible to improve the quality of research and diagnostic capabilities, and I want to say thank you to CanSupport for walking that extra mile. We feel privileged to be part of this initiative and would continue to support this noble cause.”

The programme concluded with Harmala Gupta, Founder-President, CanSupport thanking eminent speakers, supporters and Agilent Technologies for their partnership and generous support. She concluded her speech with a quote by Jim Dwyer, Pulitzer Prize-winning American journalist who died of complications from lung cancer: “In times to come, when we are all gone, people not yet born will walk in the sunshine of their own days because of what women and men did at this hour to feed the sick, to heal and to comfort.”

We thank Rishab Gulati and Team NewsX for their relentless support and making this possible.
To combat the challenges posed due to COVID-19 pandemic, we shifted our strategy from on ground events to virtual events, starting with an orchestrated series of Masterclasses to engage our stakeholders including staff, volunteers, supporters, associates, patients and caregivers.

We tied up with eminent personalities in the field of Cooking, Photography and Lifestyle. Master Chefs Rahul Akerkar, Vicky Ratnani and Akshay Malhotra happily came on board with live tutorials around their recipes and sharing tips and tricks of great cooking with the participants. The Masterclass on Photography was taught by renowned photographer Dinesh Khanna, who shared insights about good photography and demonstrated the art of reading images. Masterclass by JJ Valaya took us through the concept of appreciation of life and art as he shared his own journey as a fashion designer and photographer. We are deeply indebted these friends of CanSupport who shared their time and expertise of their unique art forms with the audience.

Beats - India Beats Cancer

BEATS - India Beats Cancer was an online fundraiser concert showcased live on 9 August 2020 on YouTube. This unique initiative especially curated by Aditi Singh, a student from University of Pennsylvania along with her friends. Young talented artists from across the globe came together with their musical performances while raising awareness about cancer and CanSupport’s work. Funds raised through the concert were dedicated to our home care services for destitute cancer patients who could not work due to the covid pandemic. We salute the team of Aditi Singh: Founder; Sahir Singh: Head of Music Editing; Ritzvick Bhalla: Head of Technology; Avya Bhalla: Head of Communications; Nitya Dhingra - Head of Graphics and Design; Samantha Barraza - Head of organisation; Amanat Sekhon, Utkarsh Nath, Jiya Jain and Vridhi Jain: Marketing Team; and Harsifat Kaur: Promotions for this extraordinary contribution in aide of cancer patients.
“We Can Overcome” Breast Cancer Awareness and Care Concert

Music is a form of therapy and can help ease patients mind and anxiety. CanSupport collaborated with renowned performing artists from different genres to spread awareness about breast cancer on 31 October 2020. The online benefit event was shown live on our facebook page to commemorate breast cancer awareness month.

We are indebted to the performers: Varun Gupta, Srijonee Bhattacharjee, Susmit Sen, Rashmi Agarwal, Dr Madan Gopal Singh, Deepak and Ruchika Castelino for sharing their soulful music and generous support towards the cause.

We also thank our Event Partner: Vaco Binary Semantics LLP and Long-Standing Event Supporters: Ms. Sophie Ahmed, Chawla Art Gallery, RKC Trust, Classic Consultancy, DeVats (India) Private Limited, Garg Medicos, Pentachem Healthcare, IMPEX Healthcare Pvt Ltd, M Rajsons Hiranyam Jewellers, Shalini Khanna, Sarika Ahuja, Shibani Chawla, and Shri Jagannath Charitable Cancer Hospital.

We remain grateful to Harmala Gupta, Dr. Bhawna Sirohi, Shashank Arora and Rajni B. Arora for their messages for both men and women on the importance of early detection of breast cancer and soliciting support for those affected.

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WE THANK OUR DONORS AND SUPPORTERS

Partner testimonials

Rajeshwar Susheela Dayal Charitable Trust

"Our trust have been supporting CanSupport for many years and I hope we continue to do so for many years to come. I would like to take this opportunity to thank CanSupport for their hard work and dedication and wish them all the very best for the coming years."

Shiv Dayal Chairman, Rajeshwar Susheela Dayal Charitable Trust

Donation received from June to October 2020

Donation amount Rs. 1,00,000 and above
- CIPLA FOUNDATION
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- G4S SECURE SOLUTIONS (INDIA) PVT LTD
- INNER WHEEL CLUB OF DELHI MIDTOWN CHARITY
- JEANNIE MULFORD
- JIV DAYA FOUNDATION
- KALPTARU TRUST
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- VATSALA BALAKRISHNAN
- VINEET JAIN

In-Kind Donation valued Rs. 10,000 and Above
- HELPING HANDS
- RAKESH ACCARWAL
Fundraising Initiatives

- Rotary Club of Delhi Regency Next mobilized funds to donate medicines for CanSupport patients.
- NTT DATA GDS Pvt Ltd has pledged to support ration for the CanSupport patients till January 2021.
- Mrs. Pooja Jain Gupta from Luxor company donated stationary to 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 @ 9818355437.

Wish List

**Medicine and Nursing Supplies**
- PPE Gowns
- Examination Gloves
- N95 Masks
- Surgical Masks
- Hand Sanitizers

**PPE Kits**

**Dry Ration Support**
- Covid-19 Relief package @ Rs. 2000/- per patient per month.
- Weekly Nutritional Support for a Day Care Patient @ Rs. 250/-

Others
- Head Sets with Microphone X 5 Sets
- Driver Uniform X 8 Sets

For more details and quantity enquiry, you can contact our donor relationship team @ 9818355437.

FUNDRAISING INITIATIVES AND WISH LIST

**Fundraising Initiatives**

We are happy to announce!

**CanSupport First Virtual Walk for Life**

*14TH WALK FOR LIFE – STRIDE AGAINST CANCER*

*SUNDAY, 7 FEBRUARY 2021*

FOR INFORMATION AND PARTNERSHIP:

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**Amritsar Centre**

Amritsar Sewa Samiti.  
Beri Gate Hospital, Inner Circular Road.  
Beri Gate, Amritsar - 143001

**Bathinda Centre**

Booth No. 6, Near Tulip Club,  
Ganpati Enclave, Dabawali Road.  
Bathinda - 151001

**Meerut Centre**

A-18, Surya Nagar.  
Behind LIC Building.  
Meerut - 250001

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