

Moment

Cover story

Discover how Joan Studd benefited from the charity's research programme

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Professor Neville Davidson

A whole decade has gone into building up the Helen Rollason Cancer Charity to what it is today. This year we celebrate those achievements and look forward to the next ten years supporting people whose lives are touched by cancer.

2009 has been an incredibly busy year as the charity continues to build upon the foundations laid

since 1999. The research laboratory was relocated to the new Anglia Ruskin University building at the beginning of the year and work towards a major extension of our Essex Cancer Support Centre has been ongoing. Plans are afoot to open two new centres later this year and I will bring you more news of this in the next issue of Moment.

2009 has also seen the charity undergo a facelift, which has been overseen by our new charity manager, Nicola Douglas. Changes to names and logos are always going to be met with mixed opinion but we have had an overwhelmingly positive response so far to the new look. No decisions have been made lightly, and the Board of Trustees and I have carefully considered all aspects of this exercise very carefully. Helen's daughter, Nikki Rollason has endorsed the new look and we are all very confident

that the charity will benefit from this facelift.

On September 26, the charity will be holding it's 10th anniversary Golden Ball at the Dorchester Hotel in London. We hope to welcome many of our loyal supporters at this event, which promises to be a very special occasion. Please contact the charity at enquiries@helenrollason.org.uk if you would like further information on purchasing tickets, sponsorship opportunities or making a donation to the ball.

I'm confident that Helen Rollason would have been happy to know her legacy lives on to this day and has helped so many people with cancer to live better lives.


Professor Neville Davidson

Helen Rollason **Cancer Charity**

10th anniversary
Golden Ball

September 26, 2009
6.45pm - 1.00am

The Ballroom, The Dorchester,
Park Lane, London.

10th Anniversary Golden Ball

In aid of cancer research

The evening will start at 6.45pm with a champagne reception followed by a three-course meal. Our Master of Ceremonies will then host a night crammed with entertainment, including a fabulous auction followed by dancing to a spectacular live band.

Tickets
£150 each

Dress Code
Black tie

*For tickets and more information
please contact us on 01245 514529.*

Bandage funding gives relief

The charity's Essex Cancer Support Centre is to receive thousands of pounds from Mid-Essex Primary Care Trust after it was successful in its application for funding.

The charity is due to recoup seven years of back-dated money for providing a manual lymph drainage service to cancer patients suffering from lymphoedema.

The support centre will receive a £134,000 boost to help pay for the cost of the service.

Centre manager Lorna Ellis said: "To receive this funding is recognition for the valuable service we are providing. We applied for the money from the PCT as we felt medical treatment should be funded by the NHS."

Lymphoedema can occur in the form of a swelling of a limb or other body part due to an unusual build-up of fluid in the body tissues. Swelling can occur if cancer blocks the drainage of fluid in the lymphatic system or when part of that lymphatic system is removed during surgery or is damaged by cancer treatments such as radiotherapy.

Lorna added: "Lymphoedema is occasionally painful but the

swelling can cause the affected area to become heavy and difficult to use."

Patients receive massage to help find alternative channels for the fluid, the application of a multi-layer compression bandage and advice on exercises to do at home.

Lymphoedema practitioner Margaret Idoux said: "This funding is going to make a big difference because it means we can afford new supplies of everything. It really will enhance the service."

Geoffrey Barnard has been using the Manual Lymph Drainage service. He said: "I have nothing but praise for everyone at the centre - it's calm and peaceful. I've only used the centre recently for swelling to my right leg and have found the swelling has gone down by an inch all the way round."



Lymphoedema practitioner Margaret Idoux giving treatment to Sheila Barker at Rochelle House

Our London Cancer Support Centre is currently in early discussions about providing a manual lymph drainage service there too.

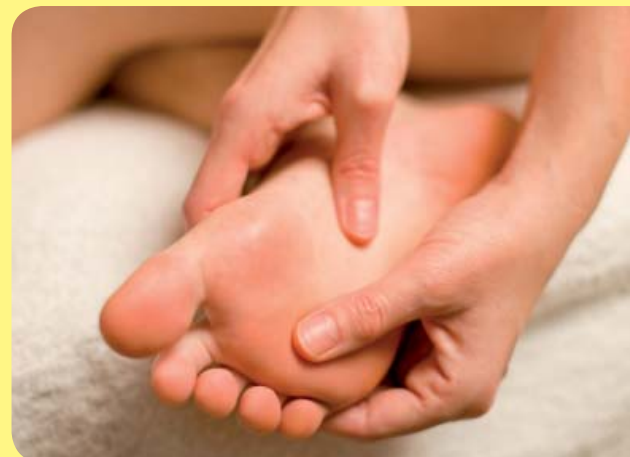
Reaching out to cancer patients

Our London Cancer Support Centre has recently extended its services onto the wards within North Middlesex University Hospital.

A therapist from the centre visits the chemotherapy day unit every Thursday to offer cancer patients a free foot massage. The aim is to promote the support centre while offering patients a foot massage to help them relax during their chemotherapy treatment.

The response from patients has been great, with many of them being made aware of where the centre is within the hospital and the good work of the charity.

As a result, patients have started booking appointments at our cancer support centre for additional services offered.



Trial forms friendship

Cover story

Joan Studd and Dawn Beaumont-Jewell get on fantastically well. However, these two women only met each other after Joan was diagnosed with bowel cancer in 2007.

Joan, a former teacher, was given this devastating news after being admitted to A&E with severe pain and vomiting. Just three days later she underwent an operation to remove a tumour.

"The first hurdle was lack of information immediately available to me. But, subsequently, a specialist cancer nurse explained everything with diagrams and clear information. After that I felt more confident about understanding what had happened to me."

The next stage led to the first meeting with Dawn, when she was offered the chance to participate in a clinical drug trial.

"I was told I'd need chemotherapy and that I had the possibility to enter the Quasar 2 drug trial. After being given all the information I opted to join the trial.

"While on the trial I had to take an 11-month course of oral chemotherapy tablets called Capecitabine, twinned with an intravenous drug called Avastin®. "I was told I could contact my own research nurse Dawn and was also given a 24-hour helpline to call if I had any out-of-hours concerns. I used this service once and I was made to feel as if I was the only person in the world who mattered.

"The benefits of having a research nurse are unquantifiable because it takes away the fear factor. You know there's always someone available should you need them. Dawn always had endless time and patience which made me feel my concerns were important. She also has a wicked sense of humour just like me, which made such a difference to the way I could approach treatment."



Joan Studd working for the charity

Research nurse practitioner Dawn said: "It's a very unique function in nursing as you get to know the patients very well as we have the luxury of spending time with them. Joan's treatment was over the course of a year and as her research nurse, I co-ordinated her care and continuing follow up for her whole cancer journey." Dawn, who recently gained a Masters Advanced Nurse Practitioner qualification, is developing a new and unique

Future treatment of skin cancer

Our team of research nurses are currently recruiting to a study for skin cancer patients called AVAST-M.

This is looking at the prevention of recurrence/progression in high risk melanoma patients. The name of the drug being used is Bevacizumab, or Avastin®, and is already licensed for use in other cancer types including advanced bowel and breast cancer.

There are currently no treatments readily available for patients who have undergone surgery for melanoma unless via a clinical drug trial such as this one. Eligible patients are identified by a team of oncologists, plastic surgeons, nurses, radiologists and dermatologists and then approached. If a patient decides to take part, they enter

a screening period where safety tests are carried out.

For example an ECG, blood tests and blood pressure check, and following the successful completion of these, will be recruited to either receive treatment for one year or be closely observed. Patients are then monitored for 10 years.



Our Helen Rollason Research Nurses have been recruiting to the AVAST-M study for more than a year and so far

have 40 patients taking part. We are the second highest recruiter for this trial in the UK.

This study, which is run by Cambridge University Hospitals, currently has 400 patients participating nationwide but the overall total needed is 1300. This trial will soon be rolled out across Europe.

Senior research nurse Michelle Marshall said: "Avastin® aims to stop new blood vessels from forming and feeding the tumour, so by cutting the blood supply the cancer is starved." For more information or if you wish to know if you would be eligible for this trial, please contact Michelle Marshall on 01245 516032.

New lab equipment funds

role within the sphere of research nursing, which will be the first of its kind in the UK.

Joan met with Dawn every three weeks while undergoing chemotherapy and they developed a rapport which lasts to this day. Joan's chemotherapy ended in August 2008 and since January she has been volunteering for the charity. "Having a research nurse was a huge safety net and I was always treated with respect. I wanted to give a little something back, especially as the research nurses are funded by the charity. I feel very privileged to have been part of this trial."

Tell us your story at enquiries@helenrollason.org.uk

A new piece of equipment which will help scientists separate proteins from blood and tumours is now in use at the Helen Rollason Research Laboratory.

The 2D gel electrophoresis system will enable proteins to be more effectively separated using this method than by a single-dimensional system.

The 2D gel electrophoresis cost £10,000, but fortunately this did not cost the charity any extra funds as the laboratory was successful following its grant application to the Deputy Vice-Chancellor Research & Scholarship Enhancement Competition held last February at Anglia Ruskin University, Chelmsford, Essex.



Dr France Docquier with the new equipment

Dr France Docquier, senior research scientist said: "It's fantastic to have this new piece of equipment set up in the lab as it means we can develop our research and use it on additional projects as part of diversifying our research."

Our scientists will use this technique on tumours and blood specimens from breast cancer patients treated in Essex, in order to isolate and identify new protein markers for breast cancer prognosis.

Dr Docquier added: "Without this equipment we relied on analysing our samples at other collaboration centres such as the University of Essex or the Karolinska Institute in Stockholm, Sweden.

"It means we can now be more independent and as a result our research will no longer be significantly held up. It is also hoped our article submissions to international journals will no longer be delayed.

"Thanks to the funding of this new piece of equipment the laboratory will be considered more credible scientifically by being a more autonomous laboratory."

Swedish studies for Christina

Scientists in Scandanavia are currently working with one of the Helen Rollason Research Scientists, Dr Christina Greenwood.

Dr Greenwood is working in Sweden with a team of scientists at the Karolinska Institute, in Stockholm, on a project aiming to identify the signalling pathways involved in chemotherapy resistance of breast tumours using proteomic technologies.

Her involvement with the Karolinska Institute confirms the charity's international collaborations in the world of cancer research. She is working on this research project for six months with associate professor at the centre Serhiy Souchelnyskiy. The project is based on a project written by former Helen Rollason scientist Dr Louise Aldridge with input from Chandra Sekharan, who is now a breast consultant at Colchester General Hospital.

Dr Greenwood said: "The aim is to look at the proteins in tumours which have responded, compared to those which did not respond

and identify key proteins and mechanisms which may be important in response to primary chemotherapy.

"This may one day lead to the development of new assays to identify those patients who will and won't respond to primary chemotherapy before giving them the treatment."



Dr Christina Greenwood

Shops sparkling since spruce-up

A number of the charity's retail shops have received a make-over in a bid to attract more customers.

The Barkingside and Chingford stores now offer shoppers a cleaner look after being painted in white and new sets of shelves and rails being fitted. The shops are now open plan and have attracted plenty of compliments.

Retail co-ordinator Tony Achilleos said: "The shops have received many kind donations since they opened, but became dated and needed some TLC, so we decided to refurbish to offer a tidier look.

"Since refitting, our store volunteers have had many great comments from the public."

Maria Fernadas, who has worked at the Barkingside shop for the last seven years, said: "We've had a great response since the refurbishment. There are plenty of great quality donations and the number of customers coming through our doors has increased as the shop is now much more



Volunteer Maria Fernadas (far right) with other volunteers happy with charity shop refurbishment

organised. "Volunteers are really pleased with the refit as we now have a better, brighter atmosphere to work in."

The Woodford shop has had a mini-refit and a refurbishment is in the pipeline at Collier Row.

Sunshine Lottery



Why not play in our Sunshine Lottery? By supporting us, you could win up to £10,000 in our daily lottery.

To take part all you have to do is visit:

<https://weatherfunds.co.uk/categories/players/join-sunshine.php>

Furniture generates 28% extra in Gift Aid

Thank you for your continued support in donating good quality items to our 11 charity shops. Furniture donations are all eligible for Gift Aid which generates an extra 28% income.

How it works...

When donating an item of furniture, we can claim Gift Aid on it if you are a UK taxpayer. It's simple – just complete our simple Gift Aid form which we then pass to the taxman to claim extra cash on your furniture donation.

Example... We sell your furniture for £100 and claim 28% Gift Aid. The total we receive for your furniture donation will be £128.



Our best selling items include:

- 3-piece suites
- Tables and chairs
- Bedroom furniture
- Coffee tables
- Chest of drawers
- Bookcases
- Gym equipment
- Pushchairs and prams
- Bikes

Please consider us when you are having a clear out. Call 07723 382581 to arrange a collection.

Rob Bonnet's story

BBC Sport presenter Rob Bonnet reflects on his memories of Helen

It was a sunny August morning in northern France as my wife Margie and I made our way to stay with friends in the Alps, when my mobile phone rang. Moments later I was speaking to listeners of BBC Radio Five Live about the life of Helen Rollason - her death had been announced just minutes before.

The news was hardly unexpected. Everyone knew for some time that Helen's fight against cancer was gradually being lost, though they also knew she'd been determined to see her daughter Nikki through her GCSEs that summer and had succeeded. Just days before she'd personally collected an MBE for her services to charity and broadcasting.

Naturally, the mood in the car was thoughtful as we resumed our journey, but we were on holiday, the weather was good and above all we knew Helen believed life was for living. Rather than fill ourselves with gloom, we shared our memories - when Helen and Nikki came to our house for lunch just a few months before, an occasion shared with friends who still remember Helen's cheerful resilience in the face of an apparently hopeless future.

I was later asked by Helen's vicar Stephen Henwood if I would fulfil her wish that I speak about her at the funeral. This was a surprise to me. Helen and I had been friendly lunch and golf partners as well as co-operative colleagues when it came to carving up the BBC Breakfast and News sport rotas, but this was an unexpected honour and of course I agreed.

Quickly, it dawned on me that this was going to be a big deal. Of course, I had to do full justice to Helen's memory, for Nikki especially, but this was to be a public as well as a private occasion. The mourners would include some of the biggest names

in sport and news broadcasting. I spent much of the next few days scribbling notes on envelopes.

By now we'd moved on to Barcelona, one of Europe's most beautiful and inspirational cities where both Helen and I had covered the 1992 Olympics and somehow those scraps of paper fell into some kind of order.

Helen had been planning her funeral for some time with Reverend Henwood. The whole occasion was exactly as Helen wanted it, maybe because the mood in the crematorium was quickly enlivened by a burst of M People's "Search for the Hero Inside Yourself". That's not to say we were in party mode by the time we reached St Mary's Church in Shenfield, but Helen's instruction against morbidity and for optimism certainly guided us as we remembered her mischievous sense of fun.



The late Helen Rollason MBE

Briefed beforehand by her childhood friends, I spoke of playground pranks, of "running with the fox and hunting with the hounds", but the real message was one of her humanity as I invited the congregation to apply its imagination to hear her laugh



Rob Bonnet, BBC Sport presenter

and see her smile. I think some managed it and yet among the sweet sadness, it was possible to sense so many other emotions in that church - respect for Helen's determination and courage in the face of her cancer, admiration for her achievements both as a mother and a ground-breaking broadcaster and love for her warmth and generosity of spirit.

Outside we swapped our own Helen stories and eventually made our way to our homes. That could have been the end of my association with Helen Rollason apart from the happy memories.

Just months later I received a call from the charity she had helped set up before she died. They asked if I would like to be a charity vice-patron. The more I thought about it, the more it seemed like a good way of keeping a fond memory fresh while helping fulfil Helen's primary wish - that cancer patients should receive the best possible care. And so I agreed.

Once a year I open my contacts book and invite people in sport and broadcasting to join a golf day at Stoke Park Club in Buckinghamshire. And thanks to the support of the golf-loving business community since 2002, we've raised significant sums in support of all those services which mean so much to cancer patients.

If you would like to find out how you can participate in Rob's golf day, please contact us on 01245 514325.

The charity hails the announcement from the Department of Health, that cancer patients can now apply for free prescriptions, as "a great step forward in healthcare".

Prime Minister Gordon Brown announced the abolition of the NHS prescription charges for everyone undergoing treatment for cancer or the effects of cancer, but the scheme, which is welcome news for cancer sufferers, only came into effect on April 1, 2009.

Centre manager Lorna Ellis from the Essex Cancer Support Centre said: "Many cancer patients we see are in financial difficulty and have problems with employment, so paying for prescriptions on top of that is very difficult. I really welcome this move and think it should have been implemented long ago."

The charity's research nurse manager Tracey Camburn said: "This is great news for cancer sufferers and the charity is thrilled the government is abolishing these prescription charges. Cancer

Welcoming free prescriptions



should in part, lighten the stress on cancer patients' lives."

It is thought up to 150,000 patients already diagnosed with cancer are expected to benefit, and may save each patient around £100 each year in prescription charges.

patients often need extra prescriptions for drugs to alleviate symptoms rather than having a direct effect on their cancer.

"Prescription charges were an unfair tax on cancer patients and by relinquishing the charge, this

Manager of the charity Nicola Douglas added: "Living with cancer not only puts strain on your health, but also on your finances so the potential to help 150,000 cancer patients is a great step forward in healthcare."

Julie's Olympic inspiration

A mother of four from Cheshire clinched the prestigious Helen Rollason Award for Inspiration at The Sunday Times Sportswomen of the Year Awards in February 2009.

Julie Shard picked up the award at Lord's Cricket Ground in London, for her 20 years' dedicated volunteering with Special Olympics Great Britain (sport programme for the learning disabled).

The Helen Rollason Award for Inspiration recognises inspirational sporting endeavour and was set up in memory of the late sport presenter.

Helen gained the respect and admiration of her colleagues, friends and the nation for not missing a day's work despite

undergoing bouts of chemotherapy and is the reason why The Sunday Times presents the award.

The winner of this year's award selflessly donates her week to volunteering for the Special Olympics, despite being left in a wheelchair after an operation to remove a tumour on her spine.



Samantha Cameron and Elena Oldroyd, present Julie Shard (centre) with the Helen Rollason Award for Inspiration (Courtesy of The Sunday Times)

Jade Goody's legacy

A review into the effects of reducing the cervical smear-test age is underway and is being backed by the charity.

A petition to reduce the age of smear tests has gathered pace since the late reality TV star Jade Goody died of cancer and as a result a government panel of experts is reviewing current policy.

Charity manager Nicola Douglas said: "News that the current cervical screening age will be reviewed is a positive step forward in an ongoing process of raising awareness of testing for cancer."

The Independent Advisory Committee on Cervical Screening is reviewing the latest available evidence and will consider the harm and benefits of cervical screening in women aged 20-24, consider the impact of an HPV vaccine and look into improving knowledge awareness of cervical

cancer among GPs and practice nurses.

Mrs Douglas added: "Since Jade Goody's battle with cervical cancer hit the headlines, awareness of this strain of the disease has increased. Women have been actively seeking advice and smear tests as a result – they are interested in their health and have followed Jade's tragic story.

"Sadly cancer claimed Jade's life, but her legacy has already forced a review to highlight the best way to tackle cervical cancer.

"Thanks to Jade's openness of living her cancer in the media spotlight, she raised an enormous amount of awareness. She is a perfect example of how celebrities can increase public awareness of medical conditions.

"Just like Helen Rollason, Jade fought her battle in the public eye



The late TV star, Jade Goody (Courtesy of Harlow Herald)

and something good has come out of this."

The recommendations from the review are due to be published imminently.

Hignell humbled by Helen Rollason Award

Winner of the BBC Sport Personality Helen Rollason Award has revealed he feels "honoured" to be placed in the same league as former winners "Bladerunner" Oscar Pistorius and Dame Ellen MacArthur.

The former rugby and cricket international Alistair Hignell spoke to the Helen Rollason Cancer Charity on winning the award: "I was amazed and couldn't believe I would qualify along with previous winners," said Alistair. "It was incredible! I am humbled and honoured to be named alongside them."

The former sport star moved into commentating with the BBC after retiring from the sporting arena but in 1999 he was diagnosed with Multiple Sclerosis (MS) and continued working while battling

the disease until retiring in 2008.

"My life changed completely. I was very athletic and was used to my body playing sport – now it struggles to do ordinary things like buttoning my shirt. MS drains on energy resources so it was managing that in order to do the job I loved. I was very lucky at the BBC – I worked on three World Cups and other England Rugby tours."

Charity manager Nicola Douglas said: "Alistair's determination to continue working while suffering with MS is truly inspirational and echoes Helen's courage to work while suffering with cancer."



Alistair Hignell, winner of the BBC Sport Personality Helen Rollason Award 2008 (Courtesy of BBC)

Tri for it

Looking for a sporty challenge this year? Why not take part in the country's fastest growing sport this summer?

The Mazda London Triathlon is set to rival the London Marathon in years to come and we have places to fill for those who just dipped out on a place in this year's event.



Rosemary Jensen from the charity said: "We have the unique opportunity for people to take part in this year's triathlon. It is a fabulous event offering individuals and teams the chance to take part in the three disciplines of running, cycling and swimming."

For more information on registering please call 01245 514325 or e-mail enquiries@helenrollason.org.uk

Cancer Support Centre Open Days

If you would like to find out more about the services we provide through our cancer support centres, please come along to our next Open Day:

10am - 4pm, Tuesday October 13, 2009

Venue: Essex Cancer Support Centre, Rochelle House, Lawn Lane, Springfield, Chelmsford, Essex CM1 7TJ



Research Laboratory Open Days

If you would like to find out more about the pioneering work we are undertaking in our research laboratory, please come along to our next Open Day:

10am - 4pm, Tuesday October 13, 2009

Venue: SAW 106, Sawyers Building, Anglia Ruskin University, Bishop Hall Lane, Chelmsford, Essex CM1 1SQ



Friends

Would you like to find out more about the work of the charity and find out about volunteer and fundraising opportunities?

The charity hosts regular meetings with all Friends of the Helen Rollason Cancer Charity. These provide anyone interested in our work with an opportunity to find out more about the services we provide, the plans for the future development of the charity, fundraising events and volunteer opportunities. There is also a great social element to these meetings and everyone is welcome!

Dates of forthcoming meetings:

7pm, Monday July, 6 2009

Future dates of meetings will be listed on our website.

Venue: The White Horse Pub, The Street, Pleshey CM3 1HA

Walker to swim channel

A firefighter aiming to solo swim the English Channel is being backed by top yachtswoman Dame Ellen MacArthur.

After hearing of 39-year-old Pete Walker's challenge, the sportswoman decided to support him.

Dame Ellen said: "Pete's efforts in braving the Channel are admirable - it takes courage and stamina. The seas can be very unforgiving and unrelenting and when you don't

think you can take any more, you are pushed even further to the limit.

"However, the feeling of elation when you've completed a challenge is overwhelming and I support Pete in every step of this journey and hope he will accomplish his life-long dream."

Pete was delighted to hear the news, he said: "It's amazing to have Dame Ellen's support. I admire all she has achieved and I'm even more excited about the swim now."



Pete Walker

To sponsor Pete visit:
www.justgiving.com/petewalker1

Helen Rollason Autumn Walk

Sunday October 18, 10am start

You can make a difference! By joining our first ever Autumn Walk through Weald Country Park in Brentwood, Essex.

Our Autumn Walk will guide you through the picturesque 550 acre park on a 5-mile circuit. Weald Country Park, once a royal hunting

estate, is steeped in history. It has a mixture of woods and grassland, lakes and ponds which you can enjoy.

The deer were reintroduced in 1987 echoing the days of when it was a royal hunting estate. The grade 11 listed barn has been

converted into an attractive Visitor Centre.

The walk is ideal for families although the terrain is not suitable for buggies or wheelchairs. Well behaved dogs are very welcome.

For entry forms and more information please contact the fundraising team on 01245 514325 or e-mail enquiries@helenrollason.org.uk

Fierce Dragon Boat Fun



Fancy a fun-filled challenge? Then why not take part in this year's Dragon Boat Festival in Kent.

This year the charity has **TWO** dragon boats to fill for the Bewl Dragon Boat Festival and we want **YOU** to take part!

There must be (min) 17 people per team (max 20 people). Crews do not need to be super fit or skilled to succeed - all that is needed is teamwork!

Entry fee per boat is £350 (max £21 per person) and each team is asked to raise £2000.

For more details please contact the fundraising team on 01245 514325 or e-mail enquiries@helenrollason.org.uk

Treks & challenges

Were you inspired by the group of celebrities including Cheryl Cole, Ben Shepherd and Radio One DJ, Chris Moyles, scaling the heights of Kilimanjaro?

Do you want your chance to prove to yourself and others you can complete a challenge like this? Look no further.

We are offering plucky adventurers to join the ranks of those celebrities to experience a once in a life-time opportunity.

Abel Tasman Beach and Mountain Trek, New Zealand
Nov 2009



The trek takes you to the renowned Abel Tasman National Park on the northern tip of the South Island.

For full details on these and other adventures please contact us on 01245 514325 or e-mail enquiries@helenrollason.org.uk

Land's End to John O' Groats Cycle Challenge
May 2010

Cover almost 1000 miles in 12 days, passing through some of the most stunning and remote countryside in the British Isles.



Andes Traverse Horse Trek
Jan 2010

This 10-day trip follows one of Charles Darwin's journeys through a magnificent variety of terrain and scenery in Chile.



Magical money spinner

A magical night at Sawbridgeworth Town Cricket Club, Hertfordshire, proved successful.

Magician Michael J Fitch entertained audiences with close-up table magic and cabaret. More than 75 guests attended to enjoy a three-course meal with canapés.

Fundraiser Linda Bowler said: "It was a really fantastic night with a great turn out. Michael read peoples' minds, performed magic tricks and

cabaret. With his dash of humour, he was outstanding.

Michael has previously entertained the Queen and had a series on Channel 4. He also presented the charity raffle, which was supported by local businesses.

"Thanks Peking Palace, La Provence and Mike's Fruit & Veg for your support and also thank you everyone who attended. It was a great success which made £800 for the charity."



Congratulations to our Marathon runners

A big thank you to our marathon runners for dedicating their time to raising vital funds for the charity!



Our runners' comments:

Mark Woodcock – Despite pulling out of training five weeks prior to racing due to a virus, Mark completed the marathon in less than five hours. Mark also suffered cramp in his left knee at mile 15, but soldiered on to the finish.

Steven Finn – "It was really tough because of the heat but I really enjoyed the first 18 miles. At mile 20 I hit the wall and, combined with the heat, my pace slowed, then I got cramp in both legs which was agony, but I still achieved my original goal of a sub-four hours time."

Ed Cabrera – "The pain of running, walking and waving for five hours were all gone as soon as I crossed

the finishing line. There was lots of support throughout and what a wonderful moment to see the charity representatives at the halfway mark!"

Heather Eltham – "What an excellent day. Mission achieved. I am still on cloud nine and have already entered for 2010 ballot. I enjoyed every minute especially over-taking Peter Andre and Katie Price!"

If you are interested in running for us in 2010 please get in touch. We have a number of charity places for the London Marathon 2010, the British London 10k and the Great North Run. Please call 01245 514325 or e-mail enquiries@helenrollason.org.uk for more details.

Inspiration in Peru

A woman who labelled herself as "a strictly heels and hair straighteners girl" discarded her creature comforts to find inspiration.

29-year-old Evelyn Bate signed up to trek in Peru after a drive to find inspiration in others and be inspirational.

Evelyn's friends and family were very supportive of her decision so much so that her friend and colleague, Wendy Christensen, also decided to sign up for the challenge.

"This was completely out of my comfort zone and I was very nervous but the experience was amazing. Our guides in Peru were fantastic and I loved the walk itself. I was up early every day to take in the breathtaking scenery then at night to experience a million stars shining down on you. This truly was the best week of my life - anyone with any doubts - just go for it!"



Evelyn Bate (left) with Wendy Christensen

Charity choppers

Two women who decided to chop off their luscious locks raised more than £4000 for the charity in support of their friends who have been diagnosed with cancer.

Georgina Parasheva cropped her long brunette hair to sport a cropped look while Theresa McTaggart shaved her blonde tresses in front of friends at her local pub.



Georgina Parasheva (centre) handed over a cheque to therapists at the London Cancer Support Centre



Theresa McTaggart

Theresa said: "Many people have said how brave I am shaving my hair off, but I don't think I'm brave at all. Bravery is something people going through chemotherapy show – actually coping with cancer is brave."

Georgina added: "I loved having my long hair but it's a small sacrifice and I was a little daunted but I wanted to raise as much as possible."

In the swing

A Glenn Miller-style band entertained more than 120 music lovers at Witham Public Hall, Essex, in April.

The Jeff Short Big Band performed 1940s classics while guests danced and soaked up the atmosphere.

Community fundraiser Anne Brown said: "It was a really great night. Jeff and his band created a brilliant atmosphere – there's nothing quite like a live band. Everyone got into the swing and even I have the jitterbug and want to take up jiving!"

Anne added: "It was really authentic and people really got into the spirit by dressing in unique 1940s style and everyone seemed to enjoy themselves.

"With thanks to local businesses who supported the raffle: Holts Butchers, White Horse pub, Mercury Theatre, Michelle's Florist, Floral Expressions, Marks & Spencer, Knights Taxis, Silhoutte Du Barry, Personalise and Fish 'n' Chick'n."

The night raised £1280 for the charity.

Crystal cash for research

Thousands of pounds were raised in February in aid of cancer research at a ball held at the Radisson SAS Hotel in Stansted Airport.

More than 200 people attended the Crystal Ball to enjoy a fun-filled evening of live entertainment, a casino and auction.

The event, which saw special guest television star Michael



Courtesy of Anne Goodwin Photography

McKell, who plays DC Nick Henshall in ITV soap Emmerdale attend, raised £8800 for cancer research.

Ball organisers Kay Puddick and Karen Fuller said: "We are delighted everyone had a good time. It is so important we recognise the great work carried out by our research teams. They are helping to make a difference in the world of cancer research so to have had such wonderful support is fabulous. We hope people went home thinking more about cancer research and how it affects future treatment options."

Research nurse manager Tracey Camburn said: "I am pleased the amount of money raised from the ball will be ploughed into the charity's research programmes. It will help fund research nurses to operate clinical trials for cancer patients."



Fundraisers Rosemary Jensen and Anne Brown

Dancing shoes



Youngsters present cheque alongside Reverend Henwood to therapist, Maureen O'Brien

A trio of teenagers choreographed a set of 20 dance routines and performed them in a shopping centre in London in aid of the cancer support centre at the North Middlesex University Hospital.

18-year-old Emma Fleet and her two friends Courtney Riddle, 17, and Nicky Deboo, 19, raised £255 from the event.

Rebecca Brainerd, operations manager at the London Cancer Support Centre said: "These youngsters have taken the initiative to put together a fundraising event in aid of the charity which is fantastic. It's great to see young people giving up their time to raise money for a worthwhile cause.

"I'd like take this opportunity to thank the group for its effort in choreographing the dances and putting on a show."

Spreading awareness on World Cancer Day

February 4 was World Cancer Day and this year's theme was highlighting obesity in children.

Chancellor Park Primary School in Essex has been selling healthy snacks for years, but fundraiser Rosemary Jensen talked to the youngsters about keeping active too.



Fundraiser Rosemary Jensen with pupils from Chancellor Park Primary School

Rosemary said: "We are trying to educate schoolchildren about the importance of active lifestyles in order to prevent cancer later in life. These children are the next generation and it's vital we invest our time in them."

According to the World Health Organisation, one billion adults are overweight, up to 45 million adults obese and three per cent of the world's children aged between five and 17 are obese.

Poor diet, lack of exercise and being overweight account for 30 per cent of cancers in western countries, meaning diet and physical activity are second only to tobacco as a preventable cause of cancer.

Professor Neville Davidson said: "Leading inactive lifestyles could contribute towards developing cancer. Being overweight is one of the main risk factors for colon, breast and kidney cancers, but by losing weight it could reduce your risk."

Easter Party

80 youngsters enjoyed Easter party fun with magician Andy at Sawbridgeworth Cricket Club Pavillion, Herts. The youngsters, aged three to six, enjoyed magical games while their parents enjoyed tea and cakes.



Youngsters enjoying the Easter party (Courtesy of Herts & Essex Observer)

Youngsters were put through their paces by the magician. This was the second children's Easter party for the charity. The event, which was oversubscribed, raised £600 for the charity.

Organiser Linda Bowler commented: "The response was fantastic and the event proved to be very popular."

Staff profile: Maureen O'Brien



Maureen O'Brien

Maureen joined the charity in 2007 after finishing a degree in Complementary Medicine at Anglia Ruskin University, Essex. She works at the charity's cancer support centre in London, within a team of nine therapists. Maureen provides reflexology, aromatherapy and Bach flower remedies.

Maureen's day involves providing up to five, one-hour long, sessions of therapies to cancer patients, their families, friends and carers.

Within her role, Maureen supports people living with cancer. Patients

often feel able to open up and talk about their cancer while having therapy.

"Being a therapist at the cancer support centre allows me to make a difference and meet wonderful people who are experiencing cancer. It's nice to be able to offer a range of therapies to suit people's preferences and physical needs. I also think Bach flower remedies are very useful to help people with their emotions. People often ask if it's depressing working for a cancer charity, but it's not. It's actually quite uplifting and I love what I do here."

Online giving without spending



Did you know you can raise vital funds for the charity without it costing you anything?

If you shop online to buy your groceries or the perfect present for someone special, you can help raise money for us without it costing you a penny extra.

How it works...

You can generate free cash donations for the charity every time you shop online at one of the sites listed below. Every purchase triggers a cash donation on your behalf at no cost to you.

Each of these websites has a large number of retail affiliations with stores such as Amazon, Marks & Spencer, eBay, iTunes, Halfords, John Lewis, Tesco, O2, B&Q, Currys, Boots, Mothercare, Game, Argos, Toys R Us, lastminute.com, British Airways, RAC, Next and many more.

The Giving Machine -

www.thegivingmachine.co.uk

Buy At -

www.buy.at/helenrollason

Easy Fundraising -

www.easyfundraising.org.uk

Greetings cards -

www.charitygreetings.com -

we receive £1 per card sold on this site if you choose us as your nominated charity.

Creative Corner

Send us your letters, drawings and poems to us by e-mail to enquiries@helenrollason.org.uk

"I am Samantha and I have had cancer. The fear of cancer returning is as destructive as cancer itself. You can learn to live without certainty, be a little more spontaneous and live for today, but without hope you are lost.

Hope for good weather to get the washing dry, hope to see your children grow up and become the people you knew they could be, hope to walk along that golden beach hand-in-hand with the one you love despite the fact that you are both old and arthritic. I want

a full and happy life. I know it will take time and I'm quite sure that it will be hard, but I can do it. I will do it. I love my family and friends, and sunsets and chocolate. I have a future. I hope for hope. I have had cancer, but I am still me."

