

Moment



Cover story

*Newly refurbished shop
celebrates its new lease
of life*

www.helenrollason.org.uk

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is trialled
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benefits from our
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The chairman & charity manager

Message from the chairman



Professor Neville Davidson (chairman)

"In recent times we have seen a lot of changes in the charity and the country.

The country has a new government and is looking forward to leaping out of its economic perils. Our charity now has a firm infrastructure and base to go forward. My trustees, staff and I are fully committed to the five aims of the charity:

- To improve prevention and screening
- To improve diagnosis and treatment

- To conduct leading edge research into new treatments
- To provide holistic therapies in conjunction with conventional medicine
- To provide environments where those touched by cancer feel comfort and security

Our strengths are the services, care, support and compassion we offer. We cannot do this without your support. I strongly encourage that everyone read this magazine to see the work we do and help us progress in whatever way you feel you could help.

"Without wood a fire goes out, without gossip a quarrel dies down". Proverbs 26:20

Neville

Update from the charity manager



Nicola Douglas (charity manager)

2010 has got off to an encouraging start. In February we launched our new Tea for Helen promotion and have raised over £22,000 from over 200 tea parties across

the south east. A big thank you to everyone who participated in this initiative.

Our 16 London Marathon runners have raised over £30,000 between them. I was there watching them come over the finishing line - it was a truly inspirational day. The charity was delighted to be chosen as one of Major Phil Packer's 26 charities for his marathon challenge and we even featured in the BBC programme "Phil's biggest

challenge yet". See page 3 for more details.

The charity was delighted to be invited to speak at a new event "Female Cancer Awareness" at the Rainbow Theatre in Finsbury Park, London. Over 400 people attended and heard about the services we provide at our London support centre. It was heartening to see so much enthusiasm for the charity and the work we are doing.

Sales through our chain of charity shops are on target to exceed £500,000 in 2010 - the highest level ever. The Braintree HRCC shop underwent a major facelift in April and sales have been boosted as a result. All other 10 shops are doing well thanks to the loyal support and hard work of our army of over 200 shop volunteers.

We hope you enjoy reading Moment - if you would like to hear more about any aspect of our work, please do let us know.

Nicola

Invitation to our Supporters' Reception

Monday, July 19 at 7pm

at the Mulberry House Hotel, Chelmsford Road, High Ongar, Essex CM5 9NL

An opportunity to meet trustees, staff, associates & supporters
Drinks and canapés

RSVP by Friday July 2, 2010 to

nicola.douglas@helenrollason.org.uk or call 01245 514325



Prize draw winners

In issue 24 of Moment, we launched a regular standing order campaign and donators were automatically entered into our 'Give yourself a pat on the back' prize draw.

The winners of the competition were:

- 1st - Chryselle Bland (Colchester)
- 2nd - Richard McPherson (Heybridge)
- 3rd - Sally Allen (Danbury)

Thank you to everyone who supported the campaign.

Phil's major challenge

Major Phil Packer, winner of the Helen Rollason Award at the 2009 BBC Sport Personality Of The Year show, completed the Virgin London Marathon within 26 hours for 26 charities.

Phil was told he would never walk again after being badly injured in Iraq in February 2008. However since this devastating news he has walked the London Marathon twice and this year smashed his former record from 2009 which took him 14 days to complete. At the end of April, he joined thousands of marathon hopefuls in the capital to finish the course in 25 hours 55 minutes.

Joining him on mile six was cancer patient and Helen Rollason Cancer Support Centre client Stephanie Houlty. 26-year-old Stephanie has been using the support centre at North Middlesex University Hospital since her diagnosis of Hodgkin's Lymphoma in February 2009.

She said: "I feel very honoured to have been asked to represent the charity and walk one mile of the London Marathon with Phil Packer.

"Phil is an amazing person who shows great determination for



Major Phil Packer and Stephanie Houlty walking mile 6 of the London Marathon



From left: Rebecca Brainerd (London cancer support centre co-ordinator), Major Phil Packer, Stephanie Houlty, Angela Lodge (community relations manager) and Anne Brown (community fundraiser)

what he believes in, it was a real privilege to walk with him and be part of the marathon. The day was really enjoyable and it was great to see public support for all the charities involved.

"I would like to say thank you to the Helen Rollason team who were there to support me throughout and also Phil and his fantastic support crew who made this all possible. Finally, thank you to all the wonderful people who supported financially, we are on target to have raised more than £1000 for the charity – which I know will be put to great use."

Phil's challenge was broadcast on Sky News, GMTV, ITN and BBC with articles written in the daily nationals and online. There was also a follow-up documentary on BBC1 called "Phil Packer's Biggest Challenge Yet" in which the charity's London Cancer Support Centre was featured.

Angela Lodge, community relations manager, said: "We would like to take this

opportunity to thank Phil for walking the London Marathon. His determination in the face of adversity has truly captured everyone's imagination. Our support walker Stephanie was fantastic on the day too, joining Phil on mile six, soaking up the brilliant atmosphere and joining all 26 charities for the final few yards of the walk.

"Everyone at the Helen Rollason Cancer Charity is very proud of Phil and the 26 support walkers who joined him on the day. He is an amazing person who is keen to help others and we are very appreciative of his involvement with the charity this year since winning the BBC Sport Personality of the Year's Helen Rollason Award."

At the time Moment went to print, Phil's fundraising amount for the charity had reached £1150.

If you would like to donate to Phil's mammoth challenge please visit www.helenrollason.org.uk/philpacker.php

Stampede drug trial...

STAMPEDE (Systematic Therapy in Advancing Metastatic Prostate cancer: Evaluation of Drug Efficacy) is a clinical trial designed to look at the outcome following the use of different combinations of agents for metastatic or advancing prostate

cancer assessing both the safety and effectiveness of the drugs (docetaxel, zoledronic acid and celecoxib). These drugs are given in varying combinations to patients since the study has six different arms to it.

The study is being co-ordinated by the Medical Research Council and hopes to recruit about 3300 patients over 6-10 years.

Research nurse perspective Judy Hill:

"As a research nurse I check patient eligibility for this study, discuss trial specific patient information and organise the consent process. Once randomised to the study, further tests are organised including blood tests and an ECG. I inform the patients about the arm of the study which they have been selected for.

I usually see Charles*, who is a patient on the study, every three or four weeks for regular check-ups and treatment on the trial and to discuss any issues or problems arising.

"We are the patient Nurse Specialist in conjunction with their urology CNS who may be at another hospital. Charles saw my urology colleague at Chase Farm Hospital and still does for ongoing treatment."

"It's a very good straightforward study in terms of how it runs. The question asked is does giving earlier treatment with the use of chemotherapy, an anti-inflammatory drug celecoxib and a bone strengthening drug zoledronic acid help improve survival? So anything that might help has to be worth looking at.



Judy Hill (HRCC-funded research nurse at North Middlesex University Hospital)

Patient perspective:

Charles was diagnosed with prostate cancer in October 2008. Although he was told it was not curable, he was eligible for the Stampede study, as it could help to slow the progress of his cancer.

have the zoledronic acid IV, followed by a flush of my system which normally takes around 90 minutes in total."

Charles added: "I take calcium supplement tablets daily as the zoledronic acid can reduce the amount of calcium in my body.

"The research nurses are very pleasant and friendly. When I was told they couldn't do anything for me except slow down the cancer by being on the trial, it will help me for a while and may help some others in the future – anything to help others benefit from it is worth it."

Joining the team...

New addition to the Broomfield oncology research department is clinical trials co-ordinator Oliver Anderson.



Nicola Douglas (charity manager) with Oliver Anderson taking part in the Braintree Road Race

While studying for a BSc degree in Anatomical Sciences at Cardiff University, Oliver discovered his passion for medical research.

As part of his role, Oliver is involved in the set up of new clinical trials and provides data input to keep the trial sponsor up-to-date with progress of trial participants. He also works to ensure the trial documents are up-to-date and any amendments are submitted to the local Research and Development department for ethical approval.

"I enjoy being part of cancer research and improving patient care. I'm continually learning from highly experienced staff and meet a wide range of people when dealing with many different departments and companies. I work within a very friendly team and everyday brings something new."

Oliver has relocated from Devon for this post and in a bid to launch his clinical research career.

*False name to protect person's identity

2010 research conference beckons

Dr Chrissie Greenwood presented her work from the research project carried out in Sweden at the Breast Cancer Campaign's Research 2010 Conference on May 18.

Dr Greenwood conducted months of research into the chemotherapy resistance of breast tumours in the Scandinavian country. Teaming up with the Karolinska Institute Chrissie will present her collaborative work at the Royal Society in London.

University funding helps protein study

The charity's laboratory has received £5000 funding from

Anglia Ruskin University's Faculty of Health and Social Care support fund. The money will be used for consumables for the lab's CTCF protein study into cancerous and non-cancerous breast samples.

Science Speakers

Dr France Docquier and Dr Chrissie Greenwood were invited to speak at the Essex Biomedical Sciences Institute (EBSI) in April.

Their speech at the Colchester hospital for EBSI's first annual conference highlighted their work on triple negative breast cancer and a project on novel biomarkers.

Okezie joins the lab team

Okezie Ofor joined the charity's research laboratory team in February 2010 to study for a PhD.

Okezie, who has previously worked in The Gambia and Namibia on diabetes and internal medicines, is now turning his hand to the Helen Rollason Research Laboratory.



Okezie Ofor with Dr Chrissie Greenwood

"I'll be working on a couple of studies with the team: BORIS and a protein study (CTCF). On a daily basis I'll be giving support to my colleagues in the lab, taking part in in-depth discussions and analysis of published works related to the research projects."

Okeize, an honorary clinical research fellow at the lab, will be working with the team of scientists at the HRCC lab for the next three years.

"I find working in the lab exciting and from being a PhD student here I hope to not only train in laboratory experiments and gain an academic degree; but also help the charity move closer to making breakthroughs on its studies into this disease."

Student open day

Nearly 50 visitors took up the opportunity to take a look behind the scenes of our working research laboratory based at Anglia Ruskin University in Chelmsford on Saturday April 24, 2010.

During the "Uni4U - A taste of your local university" event organised by the university for year 9 and 10 students from the Essex area, the youngsters and their families were welcomed and introduced to a wide range of activities across the campus.



Senior research fellow Dr France Docquier said: "There were around 50 people who came into the lab and they all left very enthusiastic about the research being undertaken here.

"The students were really fascinated in what goes on at the lab and it was satisfying to see them eager to find out more."

The lab's next open day is on Thursday September 30 (10am - 4pm).

Courtesy: Essex Chronicle

Support proves successful



Wayne Cownden

"My life has changed severely since being diagnosed with cancer," said Wayne Cownden, who has been using the London Cancer Support Centre since January 2009.

Wayne was diagnosed with throat cancer in November 2008 and while waiting for his appointment one day at the North Middlesex University Hospital, he noticed the cancer support centre nestled in the middle of the waiting area.

"I decided to take a look inside and have a chat to the staff and I've been using the centre ever since.

"The staff at the centre really are top notch! The centre is great and I go every three or four weeks for reflexology. It's totally relaxing."

Reflexology is a form of gentle foot massage which helps reduce

stress and anxiety. Certain areas on the feet correspond with areas in the body.

Wayne underwent six weeks of radiotherapy and six sessions chemotherapy to help treat his throat cancer. "It's very convenient to have the centre next to the oncology waiting area. Having familiar and friendly faces to come to on a monthly basis for reflexology is great and we always have a laugh afterwards."

Our London Cancer Support Centre is open Monday to Friday from 8.45am – 3.45pm. The centre offers reflexology, aromatherapy, counselling, support groups, Bach flower remedies plus a regular monthly support group.

Support Group

At the London Cancer Support Centre, North Middlesex University Hospital

Advice on:

- Amoena Life
- Pharmacist
- Physiotherapist
- Manual Lymph Drainage therapist
- Dietician
- Pain management

Refreshments available.

For more information and dates of meetings please contact Rebecca Brainerd on 020 8887 2408.

Easter bunny appearance

Gravelle's
Budgens

Budgens in Sawbridgeworth has taken on the charity for the year after launching the partnership in March.



From left: Barry Plowman (trustee), Budgens representative, Georgie Plowman (volunteer) and Linda Bowler (cancer support co-ordinator) Courtesy: Herts & Essex Observer

The store is hoping to raise a considerable amount of money for the charity since adopting it. To celebrate the partnership, the Easter bunny stopped by to kick-start the fundraising activities by launching a raffle.

Since the charity's new cancer support centre in Hertfordshire opened, the local community has become increasingly interested and thanks to Budgens, it is hoped a significant amount of money can be raised in that area.

Extended hours for Hertfordshire centre

Due to increasing demand at the charity's cancer support centre at the Rivers Hospital in Sawbridgeworth, Herts, it now operates three days a week.

The support centre is now open on Mondays, Tuesdays and Wednesdays from 9.30am – 4.30pm.

Cancer support centre co-ordinator Linda Bowler said:

"I am delighted the centre is now open three days a week in order to help cancer patients in the Hertfordshire and West Essex areas. We have been overwhelmed by the level of interest and support for the centre so far since opening in November."

The centre offers reflexology, aromatherapy and manual lymph drainage (MLD).



Student of the year award for Geoff

Training for one of our therapists, Geoff Bowen, is being funded by the Nancy Salmon Trust.

Geoff, who works as a reflexology, aromatherapy, Bach Flower Remedies and massage practitioner at the charity's cancer support centres in Springfield and Broomfield in Essex, is now receiving training to become a manual lymph drainage (MLD) therapist.

Thanks to the Nancy Salmon Trust, more cancer patients will be able to access MLD. The trust was established in memory of Dr Nancy Salmon, a GP from Essex, who suffered from lymphoedema following a mastectomy. Nancy's lymphoedema was relieved by a massage and bandaging technique known as manual lymph drainage but she was sad to find there weren't enough practitioners to meet the needs of all who could benefit.

Her dream was to establish a centre where people living with cancer could access MLD and

alternative therapies including reflexology. The trust offers funds for training in MLD to NHS employees and charities.

Geoff said: "It's fantastic to be able to train as a MLD therapist – it means more cancer patients will have access to this therapy via our cancer support centres. The training is due to finish in June when I will have to take an exam to become qualified. A follow up course in November will enable me to work on people with compromised lymphatic systems."

Geoff recently won the ICNM Student of the Year 2009 and the ceremony will be held at Anglia Ruskin University later this year.

Geoff has also been raising money for the charity playing with



Geoff Bowen (therapist)

his band called Dirty Work. So far they have raised £320.

Breast Cancer Support Group

The Essex (Springfield) Cancer Support Centre holds a monthly breast cancer support group from 7.30pm until 8.30pm. Although it is aimed towards female breast cancer, we welcome men to join in. The next meetings will be on **Wednesday June 16** and **Wednesday July 21**.

Staff profile – Linda Bowler

Linda has been instrumental in aiding the set up of the new cancer support centre in Hertfordshire since joining the charity in 2003.

"I helped to establish the office at Rivers Hospital which was a bare shell with no furniture. My role extended to establish the Brachytherapy treatment offered by the charity, but after maternity leave in 2005, I returned to the charity in 2008 as a fundraiser in the Hertfordshire area.

"In 2008 I organised a Pink Ball which raised £22k and it's lovely

that many of the patients are supportive of the local events I organise and are happy to attend and enjoy themselves.

"My current role is the running of the cancer support centre: booking in patients for appointments with therapists, liaising with local partnerships and secondary schools who have chosen us as their charity of the year.

"I really enjoy my role as no two days are the same, the patients are lovely and it's inspiring to hear each patient's story."

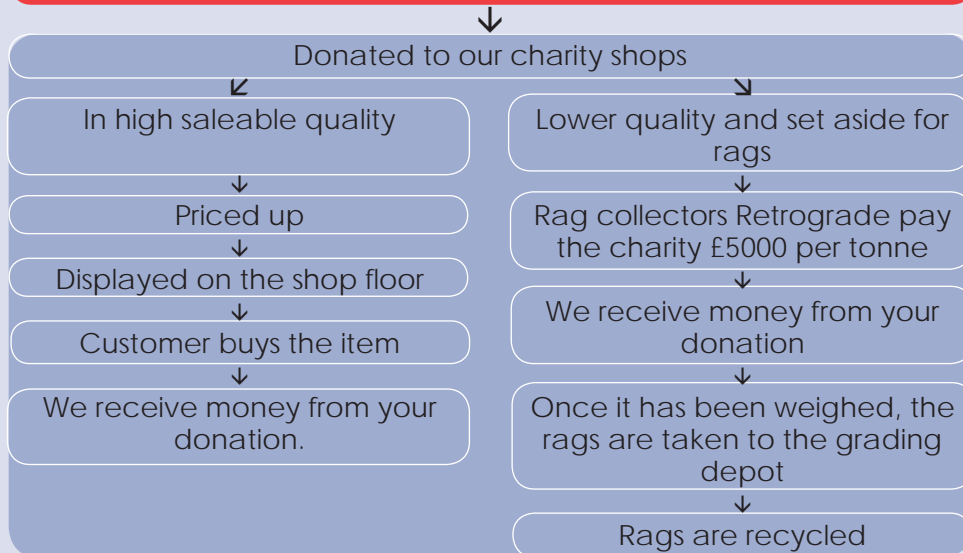


Linda Bowler (cancer support centre co-ordinator) with therapist Rachael Hart

A day in the life of your donations

Want to know more about what happens to the donations you give to our charity shops? Then why not follow the flow-chart below to find out!

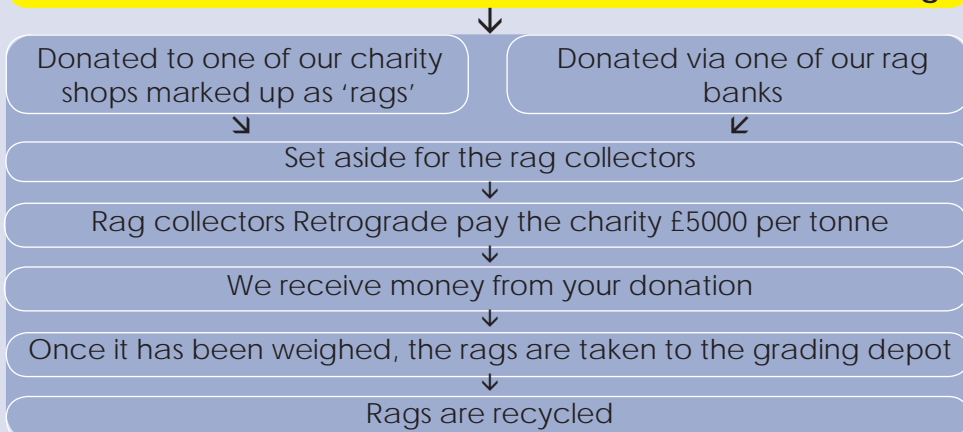
CLOTHING: t-shirts, dresses, trousers, skirts, shirts, scarves



FURNITURE: beds, sofas, tables, chairs



RAGS: Worn bed linen, towels, tea towels, worn out clothing



Volunteer appeal

Do you want to give something back to the charity?

We need people like you to donate time to working in our charity shops and helping with the distribution of our collection tins.

By volunteering, you will be helping the charity to continue providing its services of cancer research and cancer support centres. Retail volunteers will enjoy the community atmosphere offered by our shops.

For more information please call us on 01245 516547 or e-mail enquiries@helenrollason.org.uk



Shop donations

Thank you very much for all your kind donations to our charity shops. Recently there have been a number of donations left outside our shop fronts outside of opening hours – this has resulted in some donations being stolen.

Please check the opening times of your local Helen Rollason Cancer Charity shop (contact details shown on page 16) to ensure we are open when you donate your items.

We are extremely grateful for your support.

Enviro-friendly facelift gives shop sparkle

Cover story

Freshening up the Braintree shop at the end of April has boosted sales and footfall at the store.

The Braintree shop made record sales in the first week after its makeover.

Our Braintree branch is the first of the charity's 11 retail store exteriors to be fitted with the new logo on its fascia board.

As part of the refurbishment, the shop was painted, fitted with new clothing rails and shelving. In addition the shop now boasts a "book room", offering an ideal corner for reading enthusiasts.

This store is the first to be kitted out with low energy light bulbs – meaning not only should this save on overheads but will go towards saving the environment too.

The shop was officially opened by the chairman of Braintree District Council Margaret Gallione alongside fundraisers John Ames and Bob Pennick. Alison Matthews (retail support and development co-ordinator) made a short speech thanking everyone who came along to the launch, those who helped with the refurbishment plus the shop volunteers for their continued support of the charity.

Chairman Margaret Gallione said:



Centre: Margaret Gallione (Chairman of Braintree District Council) with Bob Pennick (left) and John Ames (right)

"Charity retail shops play a very important part in raising money to fund the work carried out by the charity in addition to providing information on the services available and are an established part of every high street. Without the hard work of volunteers, this valuable source of income would

be missed. It gives me great pleasure to officially declare the Helen Rollason Cancer Charity shop in Braintree open."

Thank you to M&G who sponsored the new fascia board at the Braintree shop.

Donations in memory

Joan Argent
Gladys Abrams
Colin Batt
Dennis Barrett
John Berry
Clifford Brown
John Davidson
James Fisher
Ian Filby
Kit Frances
Rose Grehan
Janice Gumtrel
Zita Killick
Louise Jacob
Jacque

Jean Lane
Mrs Lewis
Mary Lewis
Rachel Lowe
Marion Lowing
Jean Love
Dick Malin
Frankie Malin
Kenneth Maile
Andrea Martin
Barry McKay
Colin Moore
Megan Morris
Carol Moss
Eileen Heslop

Alan Ovel
John Parlour
Pamela Parkinson
Maureen Porter
Winifred Perry
Edith Rawlingson
AHJ Sargeant
Derek Scales
Molly Tarbert
Sarah Anne Torr
Linda Walkinshaw
Ronald Webb
John Webb
Joan Wieracki
Ann Wood

Please send your letters, drawings and poems to us by e-mail at enquiries@helenrollason.org.uk or post to Melissa Matthews, Helen Rollason Cancer Charity, Woodside, Broomfield Hospital, Chelmsford, Essex CM1 7ET.

When I come into the Helen Rollason Cancer Support Centre, to have some foot ther-a-py, I'm usually met by the calming talents of Maureen, Klaire and Rebecca you see!

For all of you stand out in-div-id-ually, it is true, and Rebecca is always smiling and calm, and looks after you!

Whilst Maureen and Klaire with their famous foot massages, know all the points on your feet, and any personal talk in their rooms, is kept quite discreet!

And Rebecca is always busy, making many appointments in the book, and Maureen will answer any questions, relating to the foot!

So all in all your dedication, certainly shows right through, with all your work at the centre, that you all do!

Always ready to listen and chat and help one to feel better on the day, it means a great deal to me as a patient, in every single way!

Anonymous

Client comments...

Tim Malyon

Thank you again for everything! Just fabulous that the centre is at the Rivers, it is making such a positive difference to me now. I really feel like I am getting back on track to having a normal life again! Please thank therapist Rachael for all she has done - her treatments are brilliant.

Katie & John

Our thanks to you all at the Helen Rollason Cancer Charity for doing such a fantastic job in looking after people affected by cancer. You have made a huge contribution to the way we have coped during our experience at your London Cancer Support Centre.

Carol Bailey

The staff are friendly and the specialists excellent!

David & Linda Thomas

Wow, what a lovely place to come when life's not been kind.

Marian McLaughlin

A place to find support.

Remembering Helen

Extracts taken from Helen's autobiography 'Life's Too Short'



"Living with cancer has taught me a lot about using that most precious resource - time. I've learned to recognise what is important in my life and spend time on those things, and I've learned to take nothing for granted. I have learned about living in the present and using my available energy to get in as much happiness as possible.

"I make a determined effort not to waste that energy asking why I should have found myself in such a pickle, and I don't fritter away the good times agonising about what might go wrong in the future. Whoever you are, whatever your circumstances - life's too short for any of that. There's an old Zen parable which says it better than I can. It goes like this:

A man was walking through the woods when suddenly a large tiger jumped out and started to chase him. He fled to the edge of a precipice and, grabbing hold of a vine, he swung himself over the edge and out of reach of the tiger. As he hung there he could hear the tiger pawing the ground and growling. And then he heard another sound, a small chomping. Looking up he saw a mouse was nibbling its way through the vine from which he was hanging. He looked down, and far below him he could see another tiger prowling around waiting to eat him if he fell. Just then he noticed a ripe strawberry right next to his hand. He picked it and ate it. The strawberry tasted delicious!"

Helen Rollason, May 1999.



**Saturday June 26, 2010,
10.30am-5pm**
*Crossing Temple Barns,
Braintree, Essex CM77 8PD*

Admission on the day:
Adults: £3.50
Under 16s: £1

Other attractions include:

- Suffolk Punch Horses
- Jive Dancing
- Archery
- Sweets
- Photography
- Linen
- Teas & Teaware
- Bears
- Vintage Flowers

Plus much much more....



Our Vintage Fayre promises to be a fabulous day out.

You will have the chance to get your treasures valued by Reeman Dansie (as seen on BBC's Flog It!) between 10.30am and 2pm.

Vintage enthusiasts will be in their element as we have vintage cars, Morgan three wheelers and Harley-Davidson bikes on the day.

For those interested in fashion, we have stalls with vintage clothing, hair & make-up styling and accessories.

Support the charity while shopping



A new way to fundraise has been adopted by the charity... it's called Simply Fundraising!

Simply Fundraising is a pre-paid debit card which when used for consumer purchases raises money for charity. Top up the Simply Fundraising card either online or by phone, then when paying for your shopping, use your Simply Fundraising card. A percentage of your purchase is given from the retail store to us on a monthly basis - so why not raise money for us while shopping at Sainsbury's, Asda, Boots, Argos, HMV, B&Q and many more.

To become a Simply Fundraising pre-paid debit card user, please register at www.simplyfundraising.co.uk then choose to support the Helen Rollason Cancer Charity.

Helen's Club

Want your chance to win £100 a month? Then why not join our new fundraising initiative called Helen's Club.



To be in with a chance of winning £100 a month, you'll need to fill out a Helen's Club registration form. By signing up to a £5 monthly direct debit you will be given a unique number which will be entered into our £100 monthly prize draw.

Helen's Club is a new way of helping to raise much needed funds for the charity's services including supporting people living with cancer and research into the disease.

For a registration form and terms & conditions please contact Angela Lodge on 01245 514325, email: angela.lodge@helenrollason.org.uk or visit our website.

Forthcoming community events

17-19 June Braintree Real Ale Festival

Venue: The Institute, Braintree
Tel: Braintree Lions 01376 326746

18 June John Ames Golf Day

Colne Valley Golf Club
Tel: John Ames 01206 210571

19 June Sunflower Ball

Tickets: £45
Venue: Colne Valley Golf Club
Earls Colne
Tel: 01245 514325

19 June Tea & Tunes for Helen

3pm - 5.30pm
Tickets: £5
Venue: 22 Kelvedon Road,
Wickham Bishops
Tel: Chris Kirwan 01621 891417

26 & 27 June Ladies' Driving Challenge

Max. £42 per person with min. sponsorship of £100

Venue: Bentwaters Park, Suffolk
Tel: Mal Beckly 07730 387080

22 September Sex & The City 2

7.30pm for 8pm start
Tickets: £8 or £6
Venue: Harlow Playhouse
Tel: 01279 431945 or visit www.playhouseharlow.com

25 September Welly Walk

10.15am start
5k (3.2 mile) route through the stunning Hatfield Forest.
Venue: Hatfield Forest, Essex CM22 6NE
For a registration form please call 01245 514325.

For a full list of charity events, please see our website.

Treks and challenges

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

Great North Run



Why not pound the streets of Newcastle with thousands of others in this year's Great North Run on **Sunday September 19, 2010.**

Registration: £50
Min sponsorship: £300

We have 13 places available so if you fancy joining in the fundraising fun, please contact us.

The closing date for entries is Wednesday June 30, 2010.

London 10K



Fancy running through the capital? Then the British London 10k is for you and we have 12 places available.

Participants run past some of the city's most impressive and well-known attractions.

The closing date for entries is Wednesday June 30, 2010.

Indoor skydives

Fancy raising money for us but too scared to jump out of a plane? Then why not try an indoor skydive at Milton Keynes in a wind tunnel?

With group and solo flights available, this unique experience is ideal for those wanting to explore what skydiving is like just a few metres from the ground.



Hill tribe jungle trek (Vietnam)

Duration: 10 days

Grade: Moderate

Dates: 23 Oct 2010, 26 Mar 2011



The Pu Luong limestone landscape of Northern Vietnam is an area of outstanding beauty, cultural interest and high biodiversity.

You will see few tourists venturing this far off the beaten track, but as we trek through the forested hills and paddy-fields you will experience first-hand the everyday life and culture of the minority Thai and Muong people. The group sleep in traditional villages houses each night.

Time in bustling, colonial Hanoi provides a wonderful contrast to the tranquil remoteness of our trek.

Volcanic ash keeps Sara in China

Fundraiser Sara Gilbert set off for her Great Wall of China trek on April 8, but her return to the UK was delayed as a result of the volcanic ash cloud disruption across Europe.

Although Sara is now safely back in the UK, while stranded in China, Sara explained: "Everyone is keeping busy by doing more sightseeing. The team I'm with have really made the most of it, but I'm ready to come home now.

"The trek itself was fantastic and I've had to keep pinching myself. It was the best experience ever!

The scenery was great, the people are lovely and I've had a wonderful trek."

"Being told I had cancer was extremely frightening. Skin cancer is associated with sun beds so I was surprised as I have never used sun beds. Although in my early teens, our holidays consisted of sunbathing using no stronger than factor six sun block.

"The treatment period was tough. I felt most depressed when my hair started to fall out, but I managed to battle through." Sara has raised in excess of £8300 so far.

Donate to Sara's challenge at www.justgiving.com/saragilbert



Sara Gilbert

Roman Rome-ing

Two sisters from Ireland tackled the Rome Marathon at the end of March.



From left: Majella and Carmel

Majella Falconio and Carmel Gilligan, who live in Suffolk and Haverhill respectively, decided to run the Italian capital route in memory of their sister Joan and their aunt Rose Grehan, who recently died of cancer.

Carmel said: "Out of the four marathons I've done, it was by far the hardest, but really worth all the pain when you reach the end goal. We never quit and crossed the finish line for our sister Joan and Aunt Rose, who recently died of cancer.

"Running the Rome Marathon in warm weather, on cobble streets would put anyone to the test but

it's really worth all the effort. We started training five months ago in memory of our aunt, but little did we know our sister Joan, aged 47, would pass away just weeks before we ran the marathon. Although Joan didn't die from cancer, Majella and I knew we just had to run this journey in her memory.

"Joan was such an inspiration as her disability never stopped her from living her life to the full. She was very bright and never considered herself as disabled. She was active, full of life and loved her country music."

The sisters ran past some of the most iconic structures in the world including the Coliseum, the Trevi fountain and the Spanish steps. Carmel's aim is to run a marathon each year for the rest of her life.

"I can honestly say that the Rome Marathon hasn't put me off running a marathon every year - none will. So I'm already looking forward to New York in 2011."

The pair are very pleased with the money raised to date which is more than £1500.

To donate visit www.justgiving.com/carmelgilligan

Mammoth marathon

A huge thank you to our wonderful team of London Marathon runners 2010 who have raised more than £30,000.

The atmosphere at the London Marathon was truly amazing and we hope everyone thoroughly enjoyed the experience.



Thank you to our runners: Tom Benton, Sabina Bird, Graham Bird, Dominic Cotton, Kate Crawford, Heather Eltham, Katie Grassick, Julie Hamby, Divan Kombrink, Pam Miller, Alice Norton, Elaine Oddie, Sarah Crawford, Andy Sears, Sally Thomson and Jane Winfield.

Pedal power

A pair of sporty 11-year-olds from Essex hit the headlines of their local newspaper as they geared up for an Easter challenge. Friends Mikey Barton and Angus Muir from Felsted Prep School, embarked on a 40k cycle trip in aid of the charity.

Helen, Mikey's mother, said: "The boys have to show the school they have been involved in charitable work and although they wanted to do a charity ride for a while, this has really

motivated Angus and Mikey. A few of the parents recently held a coffee morning at the school in aid of the charity and when we took the leaflets home, both the boys decided to fundraise for HRCC as they found the work of the charity really interesting."

Mikey and Angus were joined by their mothers Helen Barton and Rachel Muir on the trip.

To donate to their fundraising efforts visit www.justgiving.com/Helen-Barton2



Mikey Barton and Angus Muir

Tea for Helen hits £21k!

Thanks to you, we have raised over £21,000 as a result of more than 200 tea parties as part of our Tea for Helen campaign.



Plenty of cakes at our London Cancer Support Centre tea party

Just a selection of tea...

- Marilyn Sadler raised £360
- Sylvia Lord raised £30
- Young caterers from Parkview Academy in London raised £112
- Mercedes-Benz in Bishop's Stortford raised £151
- Kate & Reg Crouch raised £236
- RDSI raised £117
- South Woodham Ferrers Bereavement Support Group raised £266
- Chancellor Park School raised £92

Try-ing it for charity



Nearly £2000 was raised for the charity thanks to a Chelmsford Rugby Club Match. Guests were treated to a meal, auction, raffle and BBQ.



- RBS raised £1053
- Adrian Roberts raised £215
- BBC Essex raised £40
- Blue Peter raised £125
- Southminster Brownies raised £114
- University of Essex's department of biological sciences raised £123
- BDO raised £426
- Gloria Arber from Walthamstow raised £200
- Our London Cancer Support Centre raised £400
- Students at Parkiew, Tottenham raised £161

Quirky parties...

Hospitality students from Colchester Institute held an Alice in Wonderland themed party and Tiptree factory shop held a mad hatters' tea party.

Due to the great response to the Tea for Helen this year, it will become an annual event and we hope to raise even more next year. To register your interest in next year's Tea for Helen e-mail angela.lodge@helenrollason.org or call 01245 514325.

Icelandic trekking



Dr John Booth was presented with a certificate from the charity after fundraising more than £4600 from his trek in Iceland. Dr Booth, who is also a trustee of the charity, is now looking to try an indoor skydive.

Spring Ball

A Spring Ball held in May at Channels Golf Club in Little Waltham, Essex and organised by Denise Tyler raised in excess of £5000.

Up to 150 guests were treated to drinks on arrival. In addition they enjoyed a three-course meal, coffee, close-up table magic by Michael J Fitch plus live entertainment.



From left: Nicola Douglas (charity manager), Michael J Fitch and Denise Tyler

Barn dance

A barn dance held in Woodham Walter, Essex, raised £625 for the charity. The event, which was held in memory of Nicky Clarke, was a great success with more than 60 people attending.

Mud race raises money

Ian Scott raised £300 for the charity as a result of taking part in the Maldon Mud Race. He decided to fundraise for the charity after his mother-in-law received treatment from the charity's cancer support centres in 2007.

Cheered on by his children Edward and Emily on the day, Ian took part in the challenge along with more than 200 other people, some of them in fancy dress. The competitors had to complete a 500 yard course, twice wading through the freezing waters of the River Blackwater.



Ian Scott at the finish of the Maldon Mud Race

Mobile phone donations

A class of 14 teenagers from the Year 11 Health and Social Care Class at Chelmer Valley High School in Chelmsford, collected more than 70 old mobile phones for the charity.

The fundraising team said: "It was fantastic to see how a group of youngsters have collected a significant amount of mobile phones to be recycled through the charity.

"We collect old and unwanted mobiles and turn them into cash for the charity to be used on its services including cancer support centres and research. It's great to know the pupils are keen to help fundraise for charity in a quirky way. By the sounds of it they've really enjoyed seeing all the old mobiles collected in which have been replaced by much lighter, thinner versions in recent years."



Health & Social Care Class from Chelmer Valley High show off the phones collected

It's Ladies Night!

A £4250 cheque was presented to the charity following a Ladies' Night organised by the Masons. The master of Ingatestone Lodge No 5167 Tony Appleton held the night at the Ivy House Hotel in Margarett, Essex to help raise money for the charity's cancer support centre in Springfield, Chelmsford.

Gordon and Heather Cameron introduced Tony to the charity when they decided to start fundraising last year after Heather used the cancer support centre.

Tony said: "I was touched by Heather's brave attitude towards cancer after suffering from it in the last five years and the excellent treatment she has received from the charity's cancer support centre."

In 2006 the charity launched an appeal to raise funds for a new cancer support centre in Chelmsford and the search for a new property is currently underway.

Diamonds are forever

Students from Colchester Institute held a black tie and diamond dinner at the start of May. Guests paid £30 for a three-course meal, live entertainment and were treated to canapés and drinks on arrival.



Indian Night

An Indian night in March raised £800 for the charity. Held at Vojan in Ongar, guests enjoyed a three-course meal and Rat Pack tribute.

How you can help us...

Donations

Please complete the details on the left for one off donations and the right for regular standing orders. If you are illegible to claim gift aid please sign the declaration below. This form should be returned to: Helen Rollason Cancer Charity, Woodside, Broomfield Hospital, Chelmsford, Essex CM1 7ET.

ONE OFF DONATIONS

Donation amount £ _____

Payment options:

- Cheque** - please made payable to HRHCC
 Credit card - please visit www.justgiving.com/hrhcc/donate or complete the details below.

Card type Visa Debit Card (or VISA Delta)
 Visa Credit Card Solo
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Card number

Issue no. (if applicable)

Valid from / Valid to /

Security no. (last three digits of card reverse)

Signature _____ Date _____

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giftaid it If you are a taxpayer you can make your donation worth 25% more to us at no extra cost to you (You must pay an amount of income tax or capital gains tax equal to the tax we reclaim on your donations - 25p for every £1 you give). Simply sign the declaration below, complete your address above and return this form to us with your donation.

I wish the donation to be a Gift Aid donation. I am a UK taxpayer and I request that HRHCC treat all my donations as Gift Aid donations until I notify the charity otherwise.

Signature _____ Date _____

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Frequency Monthly Quarterly Annually

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Date of first payment _____

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Date of last payment _____ OR

please continue until further notice (please tick)

Signature _____ Date _____

Name _____

Address _____

_____ Postcode _____

Telephone _____

Mobile _____

E-mail _____

BENEFICIARY DETAILS:

Barclays Bank, Romford Branch

Sort Code: 20-72-91

Account No: 00696293

Credit: Helen Rollason Cancer Charity Ltd (HRHCC)

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