

Moment



www.helenrollason.org.uk

Cover story

Discover Karen Travis' reasons for becoming a charity speaker

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The chairman & charity manager

Message from the chairman

Over the past few years we have been striving towards finding a suitable site for a new cancer support centre in Chelmsford. Our Go for Gold campaign was launched in 2006 and has since raised £220,000. The YJS Trust has come forward and pledged £250,000 towards this project, for which we are very grateful.

With £470,000 available, we have been searching for the right property. We feel that a building which provides suitable facilities for a centre with integrated office space for charity staff would be ideal (such as the one pictured).

Not he who has much is rich,
but he who gives much
Erich Fromm

Such a building would allow us to substantially expand the services we offer to those living with cancer (see below for more details). It would make a wonderful landmark building for the Helen Rollason Cancer Charity.

However we need a further £500,000 to make this happen and although this is a tall order, I do believe in miracles.



Professor Neville Davidson (chairman)

If you can help us by making a significant donation towards this project, please contact me on 01245 516339.

Neville

More about this opportunity from the charity manager



Nicola Douglas (charity manager)

The right building in the right location would enable us to offer a full range of services under one roof:

It would enable us to increase the number of complementary therapy, manual lymph drainage and counselling sessions. We would like to expand our services to include physiotherapy sessions.

A studio space will give us the



opportunity to provide yoga and tai chi classes and art therapy workshops.

This space would also enable us to hold regular "Look Good, Feel Better" workshops for clients who currently have to travel to Colchester or London for these.

We would have space to hold discussion and support groups covering a wide range of cancer related topics such as lymphoedema advice, diet, pain management and travel.

We would like to provide a place where women who have undergone breast surgery can be fitted for and purchase specialist bras. We would have therapists trained to facilitate this service.

Now that lymphoedema compression garments are available on prescription, we would offer a service for measuring clients so they don't have the inconvenience of having to go to the specialist nurses at Broomfield Hospital.

The facility would enable us to



have a smaller 'quiet' lounge in addition to the main lounge where clients can relax in peace after their treatments.

All these services would be available to all clients including those with impaired mobility thanks to an internal lift to all floors.

The enclosed, private garden would enable clients to relax in tranquil surrounds during the summer months.

We have identified demand for all these additional services and a building such as the one pictured above would enable us to provide them. If you would like to find out more, please contact me at the charity office on 01245 514325.

Nicola

Snooker's pot of luck for charity

A rare snooker exhibition featuring Ronnie O'Sullivan fetched in excess of £13,000 at the end of August in Colchester, Essex.

Hundreds flocked to the event organised by 43-year-old breast cancer patient Jacki Ithier, to see snooker champs Ronnie O'Sullivan and Jimmy White fight it out in a bid to boost charity funds.

100 VIP ticket holders were treated to a question and answer session, drinks & canapés plus a signed photograph of Ronnie and Jimmy.



From left: Jimmy White, Jacki Ithier, John Virgo, Michaela Tabb and Ronnie O'Sullivan

Jacki, who is currently undergoing chemotherapy, said: "The exhibition was an absolute storm. I have spoken with some fantastic people in the last few months. Some of them introduced themselves to me on the night, thanking me for making their dreams come true. One man who came as a VIP is unfortunately now

battling cancer too. Jimmy and Ronnie have always been his favourite sportsmen and he told me over and over how I had made his lifetime dream come true. It was such a pleasure to see so many happy people at the arena.

"I'd like to thank everyone who supported this exhibition, which was my first ever charity fundraising event."

Referee Michaela Tabb oversaw the evening's event which saw Jimmy White beat Ronnie O'Sullivan 3 – 1. John Virgo showcased his trick shots proving a hit with the audience and Michael J Fitch hosted the event and captured the audience's attention with some impressive magic tricks.

Jacki said: "I've known Ronnie for a long time and I asked if he would do a snooker exhibition. In February 2010, my entire world fell apart when it was confirmed I had breast cancer and would have to undergo immediate chemotherapy, followed by an operation and then more chemotherapy. Although,



Ronnie O'Sullivan (Courtesy: Newsquest)

absolutely devastated, I have tried to carry on as normal as is possible, almost pretending there is nothing wrong with me."

As promotion for the charity exhibition started, the death of snooker's two-time world champion 'Hurricane' Alex Higgins, hit the headlines. Higgins died of throat cancer aged 61 at the end of July. He was instrumental in raising the popularity of snooker in the 1970s and 1980s and was an inspiration to Ronnie O'Sullivan.

O'Sullivan said: "It was a real privilege to work with Jacki on this event. I don't normally do exhibitions or appearances, but I was really happy I was able to support her on this.

"Jacki and I have known each other a long time and I think her determination to give something back to the charity that is helping her is wonderful, which is why I wanted to help."

Supporting research study

Teaming up the work carried out in the Helen Rollason Research Laboratory with the services offered in the charity's support centres is the focus of a pioneering new study into the effects of reflexology on cancer patients.

The study, led by Dr Christina Greenwood, the scientific research fellow in the lab, will look at the psychological, physiological and biochemical impact of reflexology treatment on breast cancer patients.



Lorna Ellis, Dr Chrissy Greenwood & Carol Ellis

Dr Greenwood said: "Increasingly, complementary therapies such as reflexology, are being used in health care settings to support the treatment of cancer patients and ease the side effects of conventional treatment. Many patients report the treatments help alleviate pain and the anxiety brought on by the disease and subsequent medical treatment, however there is a lack of scientific evidence to support these claims.

"This research is therefore essential in gaining greater

understanding of the effects reflexology may have on breast cancer patients, which will in turn allow patients to make more informed decisions regarding the use of complementary therapies to support their conventional cancer treatment.

A study previously published by the Helen Rollason Research Laboratory, in collaboration with Anglia Ruskin University, showed reflexology had a measurable and beneficial impact in reducing the 'state of anxiety' of healthy individuals. This non-invasive method to investigate the effectiveness of reflexology for healthy individuals is now being extended into cancer patients.

Co-researcher Dr Andrew McVicar in the Faculty of Health & Social Care at Anglia Ruskin University said: "Stress and anxiety are increasingly being implicated as contributory factors in a variety of disorders, both physical and psychological, and some evidence suggests they also may influence the effectiveness of treatments and slow recovery.

"This study combines research with complementary therapy and is an excellent opportunity for the charity's scientists, therapists and other researchers within the Faculty of Health & Social Care to work together to study the effects of reflexology for those living with cancer."

The study, which is being supported by funds generated through the Research Assessment Exercise (RAE) from the lab's previous publications, will recruit patients with recently diagnosed breast cancer from the Chelmsford and Essex Hospital Breast Unit in the new year. Reflexology treatments will be



Dr Andrew McVicar

carried out at the charity's cancer support centre in Springfield, Chelmsford, Essex, and will be run and co-ordinated by the one of the centre's therapists: Carol Ellis.

Support centres' manager Lorna Ellis said: "I am really pleased this research is being undertaken - we have always been aware of the benefits of reflexology but until now, these have all been anecdotal. It will be good to be able to relate the actual evidence to clients when explaining the therapy to them."

Valentines' Dinner

Saturday February 12, 2011

Gaynes Park Barns
Coopersale, Epping

to include a three course dinner
and Rat Pack Tribute

All money raised will go to
Helen Rollason Research

tickets £60

Sunflower ball for Sue

A sunflower ball held in memory of Susan Pennick raised in excess of £6500 for the charity. But the real highlight of the evening was commemorating Sue's life with her family and friends a year after she passed away.

Her husband Bob set the ball in motion for an event in his wife's memory just after she died. Sue battled with cancer for seven years – six of them she spent on chemotherapy.

Bob said: "She was an amazingly strong woman who could always manage a smile even when she felt very ill. She had breast cancer and was put on a clinical trial and given Herceptin for three years. I will be eternally grateful to the charity and the way it helped Sue."

Sue Pennick was like Helen Rollason in many ways, as they were both strong women who smiled even when life was tough. Sue took part in one of the pivotal Herceptin trials. The study involved looking at whether one year, two years or purely just observing patients is the most

effective way of managing HER2 positive breast cancer and was fundamental in paving the way for the future of Herceptin and is the reason it is widely used today.

Research nurse manager Tracey Camburn said: "Sue was a joy to look after as she was always uncomplaining even when the treatments became difficult for her with having very few veins for the treatment to be given. The most noticeable feature for me, in remembering Sue, is her wonderful smile and her calm and cheery disposition.

"Without Sue's determination and generosity in wanting to try new treatments, not just for her own potential benefit, but for others as well, Herceptin may not have reached its target so quickly and conclusively."

The sunflower ball in her memory saw the hall decorated out with yellow balloons and each guest was given a sunflower brooch to wear.

Bob is a great supporter of the



Bob Pennick (front left) with his daughter and sons

work Helen Rollason Cancer Charity does. He added: "My family and I would like to say thank you to everyone involved with the charity. We are sure Sue is looking down on us today with that lovely smile."

The sunflower ball in Sue's memory was a huge success and a fitting tribute to her life.

Pancreatic drug trial

John Spencer is on a clinical drug trial at Broomfield Hospital looking at adding a vaccine to the standard chemotherapy. It is hoped this vaccine will benefit patients' immune systems with inoperable pancreatic cancer.

"Ten years ago I was visited by the disease we all dread; in my case this was pancreatic cancer. I decided to be treated with hormone therapy which worked for me as it helped to shrink the tumour and I was back to good health.

Three months ago I started to get bad back ache. When this

was not getting better my GP sent me for a CT scan and this showed that our old friend cancer had returned. It showed a small tumour in my pancreas and in my liver. After eight weeks of chemo and Telovac, another scan showed the tumour had



John Spencer

not increased in size.

"I have always been a positive person and with the support of family and friends I hope to win this new battle. I am still working and I have always been the sort of person to just get on with things and not moan to anyone.

So this is my way of coping with the situation. I am also very fortunate to have a good team of medical experts are looking after me. So here's wishing good luck to all of you out there in a similar position to me - stay positive."

“A cancer diagnosis is not the end - support is out there”

Cover story

Cancer survivor Karen Travis raised a toast to the 10th anniversary of being diagnosed with the disease.

10 years on from the devastating news, Karen celebrated in style by hosting a luncheon with friends and family.

Since Karen put her teaching career on hold when she was first diagnosed with breast cancer, she has been instrumental in the development of the charity.

Despite undergoing five bouts of chemotherapy and having breast cancer four times, Karen is now working in a positive way to help more people in her position by becoming a charity speaker.

Karen helped set up a fundraising group, promoted the charity's first cancer support centre, been on clinical drug trials and had samples of her tumours sent to the Helen Rollason Laboratory.

“I've used the support centres a number of times to

receive reflexology and aromatherapy. It is a place of total relaxation where I had complete time to myself: a rare treat.”

Karen's relationship with the charity extends beyond the support centres, as her cancer journey led her into taking part in clinical trials and her tumours being donated to the charity's laboratory for testing.

“It's strange but encouraging to know cells from my body have been studied by the charity's lab team and to have been lucky enough to participate in two clinical trials. The first treatment was Herceptin; a well-known treatment now available on the NHS and the second drug was Tyverb - a newer option.

“To me this charity has been an absolute life line and certainly without the opportunity to be on the drug trials I don't think I would be here today.”

She was one of the first people to try the charity's Live Well



Karen Travis (centre) with her daughters

Experience in Ireland which operated from 2004 – 2006. The Live Well Experience was established to give cancer patients a peaceful five-day residential retreat in an isolated area of Ireland.

In a bid to thank the Helen Rollason Cancer Charity and help those living with cancer today, Karen delivers speeches about her cancer journey and the work of the charity. She has touched many people's lives as a result.

Caring for carers

Karen's mother Phyllis Little has been using the charity's support centre at Broomfield Hospital.

Following Karen's cancer diagnosis, Phyllis spent time caring for her daughter and her family, including accompanying Karen to the chemotherapy sessions. Being caught up in the cancer journey with Karen and taking on a lot of responsibility, twinned with coming from a family who always believed in mind over matter, Phyllis found herself pushing her own needs aside. It was only



Phyllis Little (left) and Karen Travis

recently she discovered the support offered to carers by the Helen Rollason Cancer Charity.

“The treatments are a marvellous thing to have – it was lovely to have me-time. I've had back massage and reflexology and both of those treatments have opened a door to release all the tension and stress I was feeling. “I was so relaxed afterwards and the idea of having someone care for you is wonderful. It's a very relaxing and welcoming place to come when cancer takes over”.

Phyllis added: “Support is here for us carers, so if you can use it, do!”

RBS - Really big supporters



RBS volunteers turn into painting pros

Volunteers from the Royal Bank of Scotland helped transform the London Cancer Support Centre with a makeover.

A team of 15 volunteers visited the centre after getting involved with the Tea for Helen campaign. They were offered a taster session of reflexology so they could understand the types of treatment the charity's support centres offer and what they would be raising money for.

After their visit, they decided they wanted to help redecorate the

centre as it hasn't been fixed up since it opened in 2004. The team worked for two days; painting the walls, replacing the furniture and replacing the towels used for treatments. In addition, the volunteers added plants to the centre to give it an even more homely feel.

Centre coordinator Rebecca Brainerd said: "Visitors have really noticed a change - it's made a massive difference. It's brighter, cleaner and makes the patients feel more at ease."

The centre played host to the retirement party of former charity trustee Dr. Naeve in the summer. By holding it in the support centre, many more people from within the hospital are now aware of the charity's services it offers to cancer patients. We wish Dr Naeve all the best for the future.



A new bright & airy reception area

Re-cover girl

Herfordshire cancer support centre co-ordinator Linda Bowler starred on the front cover of Mwaah magazine after winning a competition. The subsequent article featured her cancer journey and the work of the support centre in Herts.

The centre provides a range of support treatments for cancer patients including reflexology, massage, aromatherapy, manual lymph drainage and counselling. Please call the Herfordshire centre 01279 602667 for more information.

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 meeting will be on **Wednesday October 20.**

Support Group

At the London Cancer Support Centre, North Middlesex University Hospital

Advice on & from:

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

Forthcoming meetings will be held on October 29 and November 26 from 2pm.

Refreshments available.

For more information please contact Rebecca Brainerd on 020 8887 2408.



Volunteering in our shops

Calling all energetic fun loving people with time on their hands! We need you!

We are looking for reliable, enthusiastic and active volunteers to join our friendly retail teams across the Herts, Essex and London area. You'll meet new people while making a difference to people living with cancer. The work is physical but fun and extremely rewarding – just read what our volunteers have to say...

Alex, 18, volunteering in our Braintree shop

"I was looking for paid work during the summer holidays after coming home from university but I was struggling on that front. Instead I looked at volunteering my time at my local charity shop. For students struggling to find work, volunteering is a great option. Not only does it give weight to your CV but you feel good about giving something to the local community. I volunteer up to three times a week – it's a great opportunity for students with not much to do."

Andy, volunteer driver

"I don't understand why more young people don't volunteer because it's rewarding and charity work looks good on a CV. I've been with the charity for a year now and I really enjoy helping out on the retail side. I decided to volunteer as I have lost family members to cancer and I think it's amazing that the money raised through the shops goes directly towards funding research and cancer support centres in my local area. I'd encourage other young people to get involved."

Terri, Witham shop volunteer

"I love volunteering! I've been in this shop since it opened a couple of years ago. I enjoy sorting the donations and meeting the customers. It's great because we have some regulars who we always have a chat and a laugh with. When someone comes

into the store looking for something in particular and we search to find it, it does give you a buzz. I'd encourage anyone to volunteer – it gets you out of the house and it doesn't matter if you can only offer a couple of hours a week, it's all worth it."

Mary, volunteering in our Chingford store

"It's a challenge but it keeps me young! I've been volunteering in the shop for four years now and I really enjoy it. I like talking to the customers. Sometimes people who make the donations are upset because they have recently lost someone – but I tell them from my own

experience that time is a great healer. They often leave the shop with a smile because they had the chance to talk to someone. There's a blind lady who regularly visits the shop – I get her a chair to sit on, we have a little chat and she often tells me how I've made her day. That's a wonderful thing to hear. I love volunteering!"

Yvonne, volunteering at our Burnham-on-Crouch branch

65-year-old Yvonne won Volunteer of the Year and Dedicated Volunteer of the Year in 2009 in the Maldon & Burnham Standard. She said: "Volunteering has really helped me. I have had cancer twice and my husband died suddenly, so I decided to volunteer for charity and it's really been my life. I now volunteer five times a week – I meet different people all day long and by volunteering

here I've made new friends. I would say to anyone who has lost someone and isn't sure where their life is taking them to join a charity shop because as I say, it's given me my life back. It's absolutely marvellous."

If you or anyone you may know is interested in volunteering in one of our charity shops, please contact us for an application form on 01245 514325 or e-mail enquiries@helenrollason.org.uk

Clothing banks

When was the last time you wanted to donate your clothing to the charity shop but realised it was not in saleable condition?



From this year, we are offering a new way to recycle your rags. We now have four clothing banks across the area collecting your fabrics which are not quite good enough to be sold through our retail shops.

Before chucking your rags in the bin next time, bag them up and bring them to one of these outlets:

- Cancer Support Centre, Lawn Lane, Springfield, Chelmsford, Essex CM1 7TJ
- Anglia Ruskin University, Chelmsford, Essex
- Village Hall, High Easter, Nr Chelmsford, Essex
- The Co-op, 5 Ways Retail Park, Pear Tree Road, Colchester, Essex

Is there a convenient place to house a clothing bank near you? Let us know by calling 01245 514325.

You have a clear out of clothes and fabrics at home

Any fabrics which cannot be sold through the shops are bagged up

Take rags to one of the charity's clothing banks

Recycling company Retrograde collect the rags

Retrograde pay the charity £5000 per tonne

Rags taken to grading depot

Rags recycled and broken down to be made into new products or sent to be used in 3rd world countries

Remembering Helen

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

"A true friend who is someone who thinks you are a good egg though he knows you are slightly cracked" – Bernard Meltzer

Where would I be without my friends? I really would never have got this far. Their unconditional love and support has carried me through when things looked bleak. Fun times and laughter have strengthened me and helped me to deal with set backs and disappointments. They've been just great. You know how it is with friends in normal times. You're busy with your separate lives, seldom meeting up as often as you would really like because of work or home commitments. Always a matter of good intentions, a snatched phone call, the odd note. 'We must get



together. I'll give you a call in the next couple of weeks and we'll arrange something.' Then suddenly it's Christmas and you realise with a shock as you write your cards that months have gone by since you last saw them. So you leap for the phone or scribble on the card: 'Must get together soon. I'll phone you'. And of course they are busy

writing exactly the same thing on your card.

Well, one of the few positive things about this illness is that good intentions are realised and I do see the people I love much more frequently.

Whereas previously I might have seen my old friends two or three times a year, now it will be every three or four weeks, and I'll talk to them regularly on the phone in between. They are people with jobs and families who have put themselves out to quite a remarkable degree, there when I need them, sensitive to the situation. They have had to adjust to life with the disease as I have. It has probably made us all re-evaluate our lives. I don't think any of us take anything for granted anymore.

Helen Rollason, May 1999.

Forthcoming events & fundraising news

Helen Rollason Cancer Charity's Carol Services 2010

1 Dec - 7.30pm

St Peter's & St Paul's Church,
Station Road, Chingford

4 Dec - 7pm

Salvation Army Carol Concert,
Enfield Brass Band Carol Service,
St Andrews Centre, Chelmsford
Tel: Angela Lodge 01245
514325

6 Dec - 7pm

St Michael's & All Angels
Church, Galleywood Common,
Galleywood, Chelmsford

7 Dec - 7.30pm

St Mary's Church, Burnham-on-
Crouch

9 Dec - 5pm

Chelmsford Railway Station with
Heligan Folk Group Carol Singing

18 Dec - 3pm

St James's Church, High Wych,
Sawbridgeworth

20 Dec - 7pm

St Andrew's Church, Parsonage,
Halstead

Win £100 EVERY month



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

By signing up to a £5 monthly direct debit using the form below, 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.

Helen's Club winners:

August: Kathryn Cutmore from Tolleshunt D'Arcy

September: Claire Read from Margaretting

Sign up now - turn to back page

Forthcoming community events

Oct 16 **In the Pink**

7pm - 11pm

Tickets: £15

Disco, buffet, raffle, auction

Tel: Sharon Halvey 07717 246740

Writtle Sport & Social Club

Oct 26 **Psychic Night**

7pm - 9pm

Tickets: £5

Medium and psychic evening

Tel: 01245 514325

Prested Hall, Colchester

Nov 6 **Quiz Night**

8pm

Tickets: £7.50

Quiz and a ploughmans supper

Tel: Linda Bowler 01279 602667

Sawbridgeworth Cricket Club

Nov 20 **Charity Christmas Fayre**

11am - 3pm

Bric-a-brac, Christmas stalls

Tel: Kathy Prior 01376 349077

Silver Jubilee Hall, Takeley

Dec 5 **Santa Fun Run**

Fee: £20 - includes Santa outfit, goody bag and water

Tel: 01245 514325

Greenwich Park



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



Remember your loved one in the Helen Rollason Cancer Charity Garden

Remember your loved one by joining the Bloomin' Spring initiative this Autumn. This scheme, supported by TV gardener Christine Walkden and sponsored by Bottle Green, will see thousands of bulbs planted in Chelmsford's Central Park in memory of those who have died of cancer.

By sponsoring £10, 25 bulbs will be planted in memory of your loved one on November 1, 2010 at the park by a team of volunteers. We will be planting 10,000 daffodils and 18,000 grape hyacinths, which will flower blue and yellow Helen Rollason's favourite colours.



TV's Christine Walkden

To sponsor bulbs in memory of a loved one, please call 01245 514325.

Tea for Helen 2011

Tea for Helen raised in excess of £25k last year. In 2011 we ideally want to double that figure so we need your help!



TV presenter Andrew Castle supports Tea for Helen 2011

We need people like you to organise tea parties to raise awareness and funds for the Helen Rollason Cancer Charity so we can continue helping cancer patients.

Community relations manager Angela Lodge said: "Tea parties can be as big or small as you like. Every penny will really make a difference to someone living with cancer. Enjoy a cuppa and raise funds for us!"



Waitrose in South Woodford donated £350 as part of its community scheme

Once again we are being proudly supported by Wilkin & Sons who are providing 500 jars of Little Scarlet jam for just £1 (RRP £3.45) which goes direct to the charity. Once you've eaten your jam, please fill up the jar with coins and return it to the charity.

To claim your £1 pot of Little Scarlet, please call into your nearest outlet from February 2011:

- Our charity shops
- Cancer support centres
- Charity office at Broomfield Hospital

Register your interest now!

Tea for Helen 2011 Registration Form



Please complete the details below.

The form should be returned to:

Helen Rollason Cancer Charity,
Woodside, Broomfield Hospital, Chelmsford, Essex CM1 7ET.

Tea party organiser

Title _____ First name _____

Surname _____

Address _____

_____ Postcode _____

Tel. _____ Mobile no. _____

E-mail _____

Date of birth _____

Tea party details

Location of tea party (if different to the details above)

Approximate number of people taking part

Date and time of tea party

North Essex Circular Walk

More than 200 people took part in the NEC walk in Halstead. The popular walk was handed over from organiser John Edwards to the charity to make it a Helen Rollason event in future years. The walk comprised a 7, 16 & 25 mile walk and raised over £5000. Next year's event is on May 29.



Braintree Lions raised £1000 collecting at a beer festival

Groups' fundraising news



Burnham-on-Crouch

A book fayre was organised by a team of volunteers from Burnham-on-Crouch.

The event was held at Baptist Church Hall in the High Street. Youngsters were treated to children's stories between 2-4pm and the event made £250. An extra £2000 was raised from a golf day held the day before.



Braintree

A group of volunteers from Braintree raised £646 after walking the flich way in Essex earlier this year.

In addition the team raised £143 from a collection outside Freepoint Designer Village.

Jolly June

Youngsters from Sawbridgeworth welcomed in the first day of June at a Jolly June party. Budgen's donated the refreshments for the party as part of its National Cuppa Day.

The store also handed over a £500 cheque to the charity as part of its ongoing community support and fundraising efforts from 2010.



Budgen's staff present cheque to Linda Bowler (Courtesy: Herts & Essex Observer)

Cofunds

A bumper cheque for £21k was presented to the charity at the cancer support centre in Springfield from Cofunds.

Alastair Conway, sales & marketing director at Cofunds said: "Cofunds is thrilled to have been able to raise over £20,000

for the charity this year.

"We hope to be able to continue our support in the future; our small contribution to helping make such a difference to those who suffer from this terrible disease. We are privileged to have been able to help."



Church unites to help



Charity volunteer Chantelle Lesforis (right) accepts a £580 cheque from Pavola Cabral and Marco Andrade from UCKG Help Centre. UCKG raised the money as a result of a 5km run in London's Greenwich Park

Mountain magic

Alex Stewart and Sophie Petersen challenged themselves to climb Kilimanjaro, one of the highest mountains in the world, all in the name of charity. So far the pair has raised in excess of £7000.

Their 10-day trip took them to Moshi, Tanzania, trekking through dense jungle, camping at Shira caves,

across moorlands and glaciers to reach Uhuru Peak at 5896m. Views from the summit are just reward for pushing your body physically and mentally. This trek offers the chance to climb one of the world's most impressive and well-known mountains in the world.

Why not take on the challenge?

Dates:

February 4 – 13, 2011
March 11 – 20, 2011
August 19 – 28, 2011

September 23 – October 2
September 30 – October 9

Registration: £549

Minimum sponsorship: £3875



Alex Stewart and Sophie Petersen

Jumpin' June

June 2011 is your chance to get involved with our promotional month of skydives! Don't stop reading just yet though, because even if you are scared of the idea of jumping out of a plane, we've the ideal thing for you!

Jumpin' June is a brand new fundraising initiative aiming to get as many people as possible signed up to do a skydive...however there are two options for budding fundraisers.

INDOOR THRILLS:

If you've ever wanted to do a skydive but don't like the idea of falling out of a plane, then why not try our new brand of skydives – indoors! Dr John Booth will be teaming up with 4 members of his family and friends to take part in this event and will be calling themselves the Flying Doctors.



Take the plunge!

We are the first and only charity in the country to offer indoor skydives at Milton Keynes with Air Kix.

By joining up to an indoor skydive, you have the opportunity to do a group or individual skydive and an indoor skydive lasts twice the time of a normal flight.

Individuals:

£80 registration

£100 sponsorship

Groups (up to 5 people):

£140 registration

£500 sponsorship

Where:

Milton Keynes, Bucks

EXTREME:

By taking the traditional route and freefalling through the air in a tandem jump, you'll be joining others such as paralympian Danny Crates, who will be kick starting the skydiving month on June 4 by doing his very own skydive. Why not join Danny in making Jumpin' June a real success?

Cost:

£70 registration

£395 sponsorship

Where:

Maidstone, Kent

Chatteris, Cambridgeshire

Vibrant vintage fayre

Thousands of people flocked to the vintage fayre organised by the charity at the end of June. Sponsored by Barratt Homes and David Wilson Homes, the fayre raised in excess of £12,000.

The fayre boasted more than 100 vintage vehicles, live entertainment from A2 Jive, singing by Colne Harmony and the sounds of Chelmsford Silver Band.

Youngsters enjoyed donkey rides, a display by the Suffolk punch horses and meeting Harry Potter owls.

Community fundraiser Anne Brown said: "Not only did the vintage cars look amazing, people who dressed up vintage



Classic cars were a huge attraction

style on the day really got into the spirit of things. It was a wonderful event with great community support."

People brought along their treasures to be valued by Reeman Dansie, who have previously appeared on BBC's Flog It, while others sampled 'a most curious party' staged by Rebecca Hoh-Hale with vintage tea ware and homemade cakes.

Rebecca Littler, sales and marketing director from Barratt Homes, said: "What a fantastic day - we all thoroughly enjoyed ourselves. It's been a pleasure to work with this very worthy charity and we're delighted to have played our part in supporting this event."

With such a great response from the community, the charity is making this an annual event.

Next year's Vintage Fayre is on Sunday July 24, 2011.

To register your interest in the event or to book a stall, contact the fundraising team on 01245 514325 or enquiries@helenrollason.org.uk



Rebecca Hoh-Hale (centre) with her 'A Most Curious Party' employees



Café Tabac enjoys the vintage fayre

Tea and tunes

Chris Kirvan decided to hold the 'Tea and Tunes for Helen' event in her garden for her 60th birthday.

More than 110 guests were treated to afternoon tea and a live music programme which raised £1060 for the charity.

Chris decided to hold the event after using the cancer support centre in Springfield, Chelmsford, while undergoing treatment for breast cancer.

"I was diagnosed with breast cancer in February 2008 and as a result I had to have



Chris Kirvan ready for tea party

chemotherapy, radiotherapy and surgery." In an unfortunate turn of events, Chris' husband John was diagnosed with prostate cancer just a day after her own diagnosis with breast cancer.

Chris added: "We decided to write off 2008 after that as we would both have a lot to deal with. I used the Helen Rollason Cancer Charity's support centre for hand massage while I was undergoing treatment."

Chris was delighted with the amount of money she raised.

Sisters are doing it for themselves

A team of women took part in the ladies' driving challenge in Suffolk and turned their hands to test driving anything from tractors, JCB diggers, golf buggies, off-road jeeps, quad bikes, go-karts and sports cars.

Mal Beckly, who took part, said: "We also got a ride in a stretch limo and an opportunity to try on firemen's helmets, uniforms, use the hose and have a fireman's lift before having a ride in the engine."

The team raised £3600.



Fundraising team posing in front of fire engines at the challenge

Tractor Attention



Carol Markham on her pink tractor

A woman who was diagnosed with breast cancer two years ago has been touring the Essex countryside this summer armed only with her pink tractor. Carol Markham has been gaining plenty of attention with her shocking pink tractor as she aims to raise money for the charity.

"Staff at the charity's cancer support centre at Broomfield Hospital were very helpful and friendly to me, so I decided to support the charity by fundraising a little differently."

So far Carol has raised £1500.

Lawnet challenge

Eight employees from Mullis & Peake LLP took part in the 2010 Lawnet Challenge by climbing the 950m tall Helvellyn, situated in the Lake District.

The team of solicitors, Ashley Avis, Debbie Latham, Denise Shelton, Genevieve Gallagher, Helen Beach, Holly Nichols, Jade Oxley and Sarah Beney have raised £4800. They completed the challenge in 5h20m and 8h30m

after splitting into two groups. Solicitor Denise Shelton added: "We have been overwhelmed by the generosity and support of our sponsors. Their support gave us the boost we needed to conquer Striding Edge so we must say a huge thank you to everyone who has supported us in this venture."

To donate to their challenge visit www.justgiving.com/Mullis-and-Peake-LLP

Donations in memory

Joyce Mary Bailey
Sandra Bateman
June Mary Cadey
Sally Carpenter
Pauline Rosemary Chapman
Ron Cheek
Michael Christofi Kissias
John Denton
Ivan Dicker
Keith Dransfield
Violet Emin
Tammy Ford
Lorriane Frost
Peter Henry Gower
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Carol Marshall
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David Lorne Punt
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Address _____
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DONATIONS

As a UK tax payer I would like to gift aid my donations to the charity (**by ticking this box, we collect 25p per £1 you give at no extra cost to you**)

Please tick one:

I wish to make a **ONE-OFF DONATION**

Amount £ _____

- Cheques made payable to HRHCC and sent to the address below
- Credit card (please call the office on 01245 514325)

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Date _____

Beneficiary Details: Barclays Bank, Romford Branch

Sort code: 20-72-91

Account No. 00696293

Credit: Helen Rollason Cancer Charity Ltd (HRHCC)

HELEN'S CLUB STANDING ORDER

Bank name _____

Address _____

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Account number

Sort code / /

One entry per month (please tick)

Regular payment of £5 to continue until further notice

Two entries per month (please tick)

Regular payment of £10 to continue until further notice

Date of first payment: / /

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Date _____

Beneficiary Details: Barclays Bank, Romford Branch

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Account No. 70733059

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Please send your completed donation or standing order form to:

Helen Rollason Cancer Charity, Woodside,
Broomfield Hospital, Chelmsford, Essex CM1 7ET

How to contact us

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Professor Neville Davidson

Lyndsay Johnson (PA) Tel: 01245 516339

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E-mail: france.docquier@anglia.ac.uk
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Cancer Support Centres

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Tel: 07943 056995

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Floor - Podium Building, North
Middlesex University Hospital, Sterling
Way, Edmonton, London N18 1QX

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Helen Rollason Cancer Charity is the trading name of Helen Rollason Heal Cancer Charity

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