

● believe in a brighter future ●

ISSUE 12 2021

inspire



**Together
again**



ellen
macarthur
cancer trust

Brighter future



2021 was a triumph for the Trust in so many ways. To welcome 315 young people on a trip for the first time since 2019 was truly special.

Emerging from the pandemic was simply about trying to bring young people together again. Our Virtual Summer gave them a chance to be together online in 2020. But nothing compares to the impact of supporting young people in person.

If that meant running a COVID-adjusted programme, where we might not be able to support as many young people as usual, that was a compromise we had to make.

It was a constant balance between risk and reward. We heard from all fronts that young people needed the Trust more than ever, so everything became about how we could bring them back together safely. And we achieved that. We got #BackOnBoard. In this Inspire, you will discover how we did it and the difference it made to young people.

Alongside this, we reached another milestone. Through a long-term project with social impact specialists, Trust Impact, we are collating data to really understand how, where, and why we have our biggest impact for young people. This will start to shape trips, so we do more of the things that work best.

A further outcome from this project was our purpose being refined to 'inspiring young people to believe in a brighter future.' We learned the Trust is about so much more than rebuilding young people's confidence. It is about next steps, however big or small, and young people finding whatever tools they need to start taking those steps.

Now we look to the future, a brighter future for both young people and the Trust.

In 2022, we hope to support the number of young people and run a trip programme comparable to before the pandemic. We also start to look at our Ambitions for 2023-25 and how the Trust will continue to grow and achieve impact, so we make a greater long-term difference to more young people living through and beyond cancer.

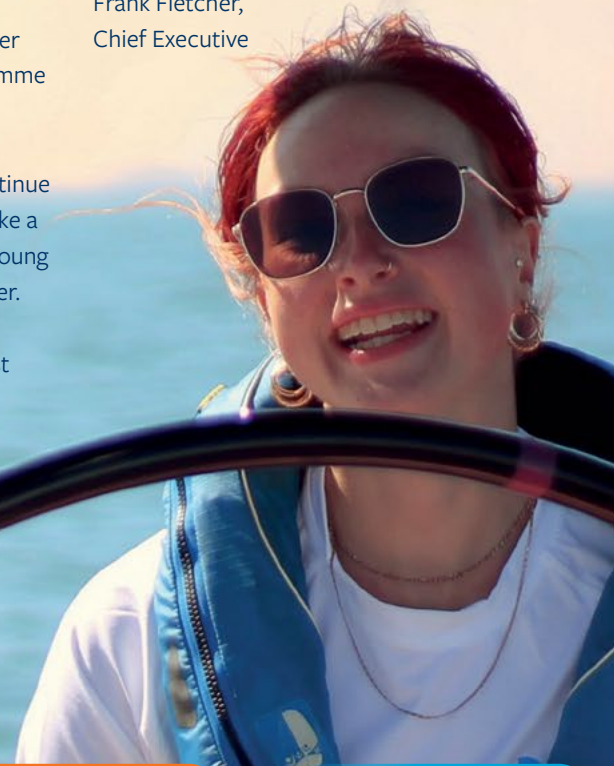
The past two years have been the most challenging of my 16 years as Chief Executive. But standing on the dock at Bangor Marina, Northern Ireland for the first trip of 2021, seeing young people

laughing together on a yacht again, was up there with the biggest highs I've ever known.

To everyone who's made this possible – by supporting the Trust through the pandemic and going above and beyond to get young people back on board safely – THANK YOU.

Frank Fletcher

Frank Fletcher,
Chief Executive



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Because of the Trust, young people feel...



Accepted

They meet and make friends with others who have had similar experiences – often for the first time – and stop feeling like ‘the only one’.



Independent

They rediscover independence away from home and outside of their ‘cancer bubble’, and begin to realise what they are capable of again, physically, mentally, and socially.



Optimistic

They experience an increased sense of purpose and self-worth and can start to take the next steps towards re-establishing their place in the world.

which leads to...



Improved mental wellbeing

Belief in a brighter future



FOLLOW US @EMCTrust

on social media for all the latest news, photos, and more.



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Back on board

Together again

Going into 2021, the message was loud and clear. Young people living through and beyond cancer needed Trust support more than ever.

Lockdown had amplified the feelings of isolation, loneliness and anxiety of cancer. The Trust would do whatever it could to put together a COVID-safe sailing and outdoor adventure programme so they had somewhere to turn.

But if it couldn't be done as safely as possible, the season would not have gone ahead. That meant fewer young people, limiting travel, lateral flow tests, temperature checks, fogging equipment. Wearing a mask inside was a small ask if it meant getting back on board.

Trust on tour

After 16 months of reduced social interaction, fewer day-to-day activities and increased anxiety, welcoming young people back to the Trust would look different than usual.

For young people being supported for the first time, that's where **'Taste of the Trust'** came in. We took the Trust to young people, instead of them going sailing in Cowes or Largs. These sailing or outdoor adventure taster days took place at 9 coastal and inland venues across England, Northern Ireland, Scotland, and the Welsh borders.

For young people supported by the Trust before, the opportunities of **longer sailing cruises** and **five-day outdoor adventure residentials** were similar to previous years, just with fewer people.

After a year apart, bringing **315 young people** together again was truly magical.

For those who already knew the Trust, there was relief and celebration, overdue reunions, and cathartic conversations. For new friends, Taste of the Trust was only the beginning.

"Creating friendships and knowing you are not alone in going through treatment is so important and has been sorely missed. Taste of the Trust gave the young people something to look forward to and the chance to meet other patients in a social context again."

Rachel Funnell, Piam Brown Ward Charity Coordinator, Southampton General Hospital.





See you again!

Almost 150 young people enjoyed a 'Taste of the Trust', and they can all come back for a traditional four-day Trust sailing adventure in Cowes or Largs in 2022.

That means more chances to learn sailing skills. Pushing their boundaries and realising what they are capable of. Evenings on deck with hot chocolate, bonding with others who have been through the same as they have. Not feeling like the 'only one' anymore.

The impact of these conversations and friendships lasts long after the four days are over and see young people want to return to the Trust again and again.

Getting a Taste of the Trust

“It felt like my bucket was filled back up”

Sailing in Northern Ireland as part of Taste of the Trust, Aine was one of the first young people back on board. Treatment had been the “easiest bit”, she said. Taking to the sea was her first big step in years.

After so long indoors, Aine was grateful for something to look forward to.

Diagnosed with Hodgkin lymphoma between Christmas and New Year in her AS Level year in 2017 – “a great Christmas present”, she says – there was relief

that “it wasn’t all in my head and they could put a name to it” after a period of not knowing what was wrong.

She describes treatment as the easiest bit. Her friends and family supported her through her exams, which she

sat at home. Having a focus helped. The hardest part was yet to come.

Aine explains: “Trying to recover mentally and physically is hard. You’re not able to do the things you once could. I couldn’t run as quickly, you look different, you have short hair, if any. You keep getting knocks on the way to your recovery.”

She kept busy during the COVID lockdowns by preparing for university exams and taking part in the MOVE Forward programme, which she thanks Young Lives vs Cancer Social Worker, Simon Darby, for getting her involved in. But the long wait for normality to return was even longer for Aine.

New horizons

Aine’s ‘Taste of the Trust’ was the big step into the unknown she needed to take. She left that “unreal” day on the boat feeling “refreshed”.

She continues: “After I finished treatment, I hadn’t really ventured outside. I packed, I was excited, wondering who I was going to be with. We had a nice trip to Belfast, got a coffee. We hadn’t been able to do anything like that since the start of the pandemic.



Taste of the Trust in numbers

148

Young people

22

Taste of the Trust days

95

Volunteers supporting

9

Venues visited

47

Hospital & charity partners



“Everyone at the Trust treats you like a normal person. Everyone was so friendly, there was a team bond.”

Come sailing in 2022!

Find out more and sign up



“It gave me that change from our normality. I had never been near a boat before, never tried anything like it. It made me feel like I couldn’t wait to try things again and like my bucket was filled back up.”

She adds: “People treat you so differently when they find out what you’ve been through. Everyone at the Trust treats you like a normal person. Everyone was so friendly, there was a team bond.”

“When we got back to dock, we were told what we would do next time. Navigating, different marinas, I’m even excited to sleep on a boat! There aren’t many times I’m going to be able to say I’ve done that.”



View from the helm

“The summer was unbelievable, and almost double the magic because it meant so much to people. They had looked forward to it for two years. For some, it was the first time they had met other people, been outside, tried something new for two years. It gave them the confidence to come on a longer trip they might not otherwise have felt able to do.” **Trust skipper, Liz** (pictured left).

Never more needed

The biggest comfort for many young people is knowing the Trust is somewhere they can come back to for as long as they need.

They rely on it for a mental top-up and a chance to be somewhere everyone understands them. Those benefits felt even greater when they returned to the Trust in 2021.

Having that assurance back – of being with close friends who ‘get it’, stepping out of their comfort zones, and discovering what they are capable of again – was what they needed to keep believing in a brighter future.



Still buzzing



After being diagnosed with non-Hodgkin lymphoma at 13, Bhavan has returned to the Trust every summer since 2016 (except 2020). Getting back on board – for a longer cruising adventure – in 2021 felt better than ever. It was time to put a year of anxiety behind him to continue to grow with the Trust. This is why it matters, in his words.

It kind of fixes my head

The Trust is an experience you can't get anywhere else. I'll never forget the friends I've made, the experiences I've had. I couldn't describe what it's done for my mental and physical health. That sense of security sticks with you for a long time.

I've never felt like an outcast at the Trust. I've always had the best time, I'm always

looked after, and we all help each other. You learn a lot of life skills which, when you have cancer, some of those things don't come as naturally as they do for others. That's why I look forward to returning to the Trust every year.

Even better than before

With COVID and lockdown, 2020 was stressful at times. I was too scared to

leave the house. I wasn't doing anything; I was overthinking stuff and was stressed. So, I was a bit apprehensive about going back sailing.

But once I got there, I felt completely safe. In fact, after two years away, it was even better. I'm still buzzing from it!

"I've grown with the Trust."

There is this long-term impact. You've built a skill, you've built connections, you do things on trips you don't think you would be able

Graduate volunteers

No one can relate to young people who have had cancer like others who have been through the same thing. That's why some young people go on to become Trust volunteers themselves.

Leila became one of the newest 'graduate volunteers' in 2021, after first sailing with the Trust in 2016. She said: "It's exciting to see becoming

a volunteer is a possibility, especially when you're going through difficult times. Having those volunteers on trips is amazing, they are the glue that holds the group together.

"I wanted to become a graduate volunteer to help inspire other young people, and be a part of providing the same support that I'd received."



2021 Return to the Trust in numbers

 157

young people
came back

 12

five-day sailing
and outdoor
adventures

 07

different locations

to do. Once you've accomplished that, it makes you feel like you can do anything. It gives you a good mentality going forward.

Growing and overcoming

It's a scary thing when someone tells you you have cancer. The first thing that went through my head was, am I going to die? It was an awful thing to go through. But, if it hadn't happened, I wouldn't have the friends I have now, I wouldn't be doing the degree I'm doing. It shaped me and taught me if I can go through that, there are endless opportunities.

My closest friends are from the Trust. If I ever need someone to speak to

about things like the stress of still having to attend appointments, for example, they understand, they have been through it too. I'm so lucky to have them.

I cried before my first Trust trip. I told my consultant I didn't want to go. It might have taken me a few hours to settle in, but once I got past that initial fear, I absolutely loved it.

Going through that nervousness and apprehension was worth it. I felt better because I overcame it, and it opened my eyes to new things and new opportunities. I have grown with the Trust.



Wider. horizons

My Life Now is the Trust's online series showing brighter futures after cancer are a reality.

So many young people have spent summers with the Trust and gone on to do all sorts of wonderful things with their lives. Checking back in with them shows young people more recently off treatment what's possible and how to get there.

Whether it's a dream job, a life of travelling, or just reassurance that normality can return, My Life Now helps widen their horizons.

Ed's life now

Ed Yelland had two diagnoses for testicular cancer in 2012 and 2016 but has become a star of the stage. Having first sailed with the Trust in 2013, he is now an actor, works in a theatre box office, and is studying horticulture. He is also a Trust volunteer.

That sounds like a life, Ed! What is the most interesting part of what you do?

The variation. Every job is different. Travelling is great too. I've been to Australia with a show and toured the UK. The thrill of performing on stage is great.

How did you get into acting?

I started acting when I was 14 or 15 in a youth theatre group. I loved it and found it very easy at school, always got good grades.

I went to do a drama degree at university but didn't go to drama school. It's been a long progression from starting out and taking any job that would come, to building up contacts and having a group of people who like to use me for various shows.

What was it like getting back to acting after your second diagnosis?

I was about to start a job when I was diagnosed in 2016.

It was a theatre show in London, and with the agreement of my doctors, I

put off having the operation so I could do it. It was safe enough I could wait a few months before having the rest of my testicle out and it was important to me to do the work.

I was grateful to have the opportunity to finish the job, get my operation, have a recovery period, and then go back to the show.

"The Trust helps you get back into society again."

How does the Trust prepare you for a career?

It helps you get back into society again after you've been stuck in hospital or with whoever's helping to look after you. That's a huge help. You chat and you have a nice time, and the new skills and interests you learn on the trip bolster you as a person and your CV.





Be curious, be connected, be courageous

Cancer throws everything up in the air, including career plans. But Careers Consultant and Parent Trustee, Emma Francis, says there is lots you can do to keep preparing for the future, however you're feeling.

“There are so many opportunities out there. Pay attention to the world and be inquisitive. That curiosity really will serve you well.

“One of the great things about the Trust is the connections it provides.

“Our community is fantastic, we have this great network who all understand each other. There are wider connections with skippers, medics, and volunteers too.

“You have pushed yourself outside your comfort zone by coming on trips. You've

been courageous. Build on that. Ask what else you can do to push yourself a little further. Maybe it's speaking to somebody, or sending an email, asking questions about entering a certain industry?

“But the number one tip is to be kind to yourself. Don't try and do too much. Reward yourself when you've done each of these and embrace the opportunities they provide.”

Never miss a My Life Now



Sign up for our monthly e-newsletter to read **My Life Now** along with all our latest news, information on trips and impact, fundraising, events, and volunteer opportunities. Sign up via any page at ellenmacarthurcancertrust.org or scan this QR code.



Why did you want to volunteer?

I talked to a graduate volunteer when I was a young person. A guy called Ben. I remember thinking 'wow, I could do that'.

It was really helpful to see someone who had been through a similar experience to me, who was healthy, and in a position where they could volunteer but had other stuff going on in their life too.

Being a graduate volunteer also looks good on your CV. I've had lots of job interviews where people have asked about it.

What part has the Trust played in your life now?

Recovery is a long and difficult road, mentally and physically, with many ups and downs. You take any encouragement and confidence where you can find it. I need that belief in myself to stand up on stage in front of people. So, I'm very grateful for the Trust's role in helping me achieve that.



Supporting the Trust

Pedal power



Cycling has become a popular way for people to raise money, both on the move and stationary. Inspired by these awesome cycling challenges? Get on your bike!

Largs to Cowes 'Brighter Futures' Cycle Challenge

Three years on since the first Largs to Cowes challenge, the 600-mile cycle returns for eight days in June 2022. Up to 20 riders are cycling north to south, from the Trust's base on Scotland's west coast to our southern home on the Isle of Wight.

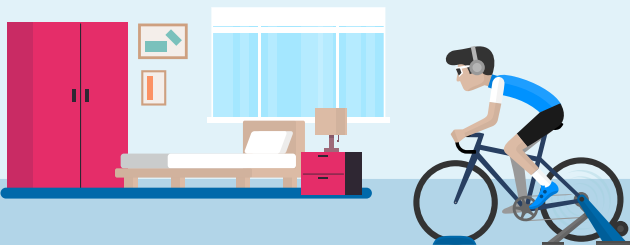
Find out how you can get involved or support the riders on our website.



Go virtual

Lockdown taught us one thing – you don't even need to leave your house to push those fundraising pedals. All the effort but without the weather!

James Fletcher cycled 260 kilometres on his indoor bike – the distance from London to Manchester – and **raised over £1,400 without leaving his bedroom.**



Got a cycling-inspired idea but don't know where to start?

Download and order helpful resources, including our Fundraising Guide, from the fundraising pages on our website or get in touch with our team at fundraising@emcancertrust.org who will help you pedal to success.

Plan your own

Could you arrange your own cycle challenge, like these amazing fundraisers...

Nicholas Earley and his brother, **Matthew**, staged their own Largs to Cowes cycle, only three years after Nicholas received a stem cell transplant to treat Hodgkin lymphoma. Nicholas had an "amazing" experience when he sailed with the Trust in 2017 and the brothers raised over £8,000 for three charities that supported Nicholas during treatment – the Trust, Southampton Hospitals Charity and Teenage Cancer Trust.



Graham Myers visited 17 Scottish islands, climbing over 31,000ft, on his own 600-mile cycle challenge. He raised over £1,000 and saw some stunning sights along the way.



Tim Clark and his **colleagues** at HSBC and Barclays have raised over £12,000 for the Trust by organising annual Dorset cycle rides. Tim supported his wife through cancer, and after meeting some Trust volunteers in 2014, wanted to make a meaningful difference to young people living through and beyond cancer.



Do your thing

When it comes to fundraising, the only limit is your imagination. Whether it's running 10km or selling handmade arts and crafts, a sponsored performance or a gaming marathon, there are countless ways to help. Here are some inspiring feats our awesome fundraisers have achieved over the past year.



Scenic stroll

Anna and **Mike** crossed 16 London bridges – that's 25km – on their Thames Bridges Trek, almost 8 years to the day since their son Jack was diagnosed with acute myeloid leukaemia. Anna said: "Jack is now a strong and healthy young man, with the world at his feet, thanks to the help and support of the Trust."

Get your loved ones involved.

That's what young person, **Bhavan**, did when he and his family conquered the 3,560ft to reach the peak of Snowdon, Wales's highest mountain, days before he returned to sail with the Trust this summer.



Diving in

Young person, **Emily**, raised over £2,000 by swimming 11 miles in Lake Windermere, England's largest lake. She has spent each summer with the Trust since 2017, after treatment for Langerhans cell histiocytosis, and looks forward to every trip as her end goal for each academic year.

We are the champions



Fundraising doesn't have to be about taking on a challenge. You can make just as big a difference by spreading the word about the Trust in your local area by becoming a Community Champion.

Whatever your community – whether it's your local neighbourhood, school, college, workplace, or clubs you're involved in – could you deliver talks, distribute Inspire, put up posters, and leave collection tins, for example?

We have tonnes of ideas and resources to support keen Community Champions in making a local impact – get in touch if you want to join them!



Just want to donate?



Give online now:

ellenmacarthurcancertrust.org/donate



Give instead of a gift: Birthdays, weddings, anniversaries – whatever the occasion, make a donation in someone's name.



By post: Send a cheque payable to the Ellen MacArthur Cancer Trust, Units 53-57 East Cowes Marina, off Britannia Way, East Cowes, PO32 6DG



Pledge a legacy gift:

Email fundraising@emcancertrust.org and our Fundraising Manager will be in touch.

Make a difference over time: Find out about becoming a Friend of the Trust on page 18.

Three of a kind



The last Inspire explored how long-standing relationships with Teenage Cancer Trust and Young Lives vs Cancer (formerly CLIC Sargent) had led to hundreds of young people coming sailing with the Trust since 2003. In 2021, the three charities made that partnership official.

If a young person is being supported, it doesn't matter who by – that is the ethos of the three-way partnership between the Ellen MacArthur Cancer Trust, Teenage Cancer Trust and Young Lives vs Cancer (formerly CLIC Sargent).

Over many years, the three charities have worked collaboratively, from sharing rooms or offices in hospitals,

to developing the Children and Young People's Cancer Coalition (CYPCC) – a CEO-led coalition of 40 charities that aims to improve outcomes for children and young people with cancer by speaking up on issues that matter to them.

Many hundreds of young people have found their way to the Trust after treatment thanks to the

relationships between decision makers across the charities, and the frontline teams working with young people and families in hospitals (Teenage Cancer Trust nurses and Youth Support Co-ordinators, and Young Lives vs Cancer Social Workers).

But out of the darkness of the pandemic came an opportunity. What if the charities joined forces to make what had been happening informally more organised? How would young people who are living through and beyond cancer benefit?

Rachel Kirby-Rider, Chief Executive, Young Lives vs Cancer, explains: “The three charities had been having

New adventures



Sarah Matthews was supported by Young Lives vs Cancer after she was diagnosed with metastatic germ cell carcinoma at 23. Through the three-way partnership, Sarah sailed with the Trust for the first time in Belfast in 2021.

“When we turned the engine off and I was at the helm sailing, it was so peaceful and relaxing in a way I didn't know I needed. It was amazing to finally meet

some people around my age, in person not online, who had been through something similar to me. I was on an adult ward during treatment so never had anyone to relate to.

“The group aspect was so nice too. Everyone on board from the Trust made me feel so welcome and normal. To be able to go away for the day and act like a young person instead of a responsible adult was a much-needed break.”

conversations for a long time about how we could work in a more integrated way. We recognised things weren't working seamlessly, but they could.

"By putting the cause before the brand, taking any ego out of it and focusing on the most important thing – young people getting the individual support they need – we could create those seamless pathways so they could get better access to better services."

"The pandemic turned intention into action," continues Kate Collins, Chief Executive, Teenage Cancer Trust. "It was absolutely the right thing for us to do, to focus on the complementary areas of shared focus and purpose."

"Charities should never be competitive in terms of cause... Everything should be about how we make the biggest impact for a young person." **Kate Collins**

Growing together

The partnership will help ensure children and young people get timely access to the right skilled support at key stages

of their cancer journeys, from diagnosis to living beyond cancer. This has initially focused on cross-partnership service referral pathways, given that many of these already informally existed.

Of the 315 young people who enjoyed a sailing or outdoor adventure in the Trust's COVID-adjusted 2021 season, many were referred through Teenage Cancer Trust or Young Lives vs Cancer, having been supported by either or both charities during treatment.

Looking ahead, aligning each other's services and embedding streamlined offers on the frontline, so that young people and their families can seamlessly access the right support at the right time, is going to be key to the partnership's success.

Frank Fletcher, Trust Chief Executive, concludes: "This is about coming together and asking, 'How do we do better for young people?' We are unique organisations; there are things we do well as unique organisations and there are things we do well together.

"Looking at and identifying what those things are, so we are not duplicating services, is part of the next steps. But it must be about impact and putting young people at the absolute heart of it all."

"It's the small steps"

Julie Gonzalez is a Teenage Cancer Trust Youth Support Coordinator at Birmingham Children's Hospital and a Trust volunteer.

"Going through cancer treatment during the pandemic has been so isolating, even more so than usual. I spoke to one young person who equated it to being in prison and when they left hospital it was like being released.

"But there is fear that has come with wanting to go out and do things again and being so anxious about that. Anxiety levels in young people have been absolutely huge, made worse by having a cancer diagnosis and doubly worse by a pandemic.

"The Trust trips give young people some sort of sense of normality, of being able to push themselves a little bit and to get back out there after treatment. It's the small steps."



What the partnership aims to achieve

1

Shared voice

On issues that matter most to children and young people with cancer.

2

Identify barriers

Seeking joint solutions to improve access to services.

3

Reduced duplication

Providing the right skilled support from the right organisation at the right time.

4

Individual impact

Each charity making a bigger difference to more children and young people.

Staying on course



When 'Better Connections, Bigger Impact – Our Ambitions 2020-2022' was launched in early 2020, no-one imagined a pandemic threatening the Trust's three-year strategy. But, heading into year three, the 'Ambitions' are firmly on course as the Trust adapted, innovated, and transformed.

Our Ambitions for...Young people



SHOUT LOUDER – improve how we talk about the difference we make to young people living through and beyond cancer.

What we've done in the first two years

- New purpose and vision to better communicate impact.
- Communications Officer (North) appointed full-time.



REACH MORE – evolve our systems, infrastructure and recruitment channels so more young people in recovery, and their siblings, hear about and want to access Trust support.

What we've done in the first two years

- Digitalised sign-up processes including via website.
- Formal partnership with Young Lives vs Cancer and Teenage Cancer Trust.
- Virtual support programmes engaged new young people.
- 'Taste of the Trust' days enabled first-timers to safely join the Trust in 2021.
- New pocket guide showcasing opportunities and impact.
- Ongoing marketing consents project to improve regular communications.



DELVE DEEPER – make a real step change in how we measure our outcomes and impact to connect better with young people, parents and professionals working in cancer care.

What we've done in the first two years

- New pre and post-trip impact questionnaires to better assess outcomes and impact.
- Partnered with charity, Mind Over Cancer, to provide professional mental health support to young people.

Our Ambitions for... Fundraising and Communications



DIVERSIFY INCOME – secure alternative funding sources so no one body contributes more than 20% of our income by 2022.

What we've done in the first two years

- Ran first virtual events, including 'Round Britain Your Way'.
- Created 'Brighter Futures Community' high-net worth network.
- New Philanthropy Fundraiser appointed.
- Monthly giving now possible via website.



HIT TARGETS – raise the funds we need to achieve our Ambitions for young people and to maintain current levels of reserves.

What we've done in the first two years

- Achieved fair but ambitious revised 2020 and 2021 targets.
- New Fundraising Committee involving Trustees.
- Digitalised Gift Aid process to claim more on donations.
- Festival partnerships with CarFest and Camp Bestival raised awareness and funds.



KNOW OURSELVES – review our purpose, brand story and core messages to improve how we communicate and raise awareness of the Trust.

What we've done in the first two years

- Developed new Theory of Change.
- Purpose and vision aligned with Theory of Change.
- New trip impact questionnaires to better understand impact.

Our Ambitions for... Our Team



BE CONSISTENT – clarifying how we talk about the Trust and our values means we can confidently speak with one voice about our purpose and the difference we make.

What we've done in the first two years

- Wide-ranging consultation on purpose and logo.
- Developed key messages for fundraising applications and young person recruitment.



STRENGTHEN OUR FRONTLINE – focus on volunteer and skipper development and management to ensure all young people get the best outcomes possible from the trip.

What we've done in the first two years

- Skippers and volunteers involved in 2020's 'Virtual Summer'.
- In-person (2020) & online (2021) volunteer training days.
- Volunteer Handbook and Safeguarding pocket guide created to support volunteers.
- 9 new Graduate Volunteers trained in 2021.



KEEP EVOLVING – invest in the ongoing training and development of the Trust team to achieve our Ambitions for young people and fundraising and communications.

What we've done in the first two years

- Grow operations team to 'Reach More' young people.
- Internal communications review.
- Develop role and profile of Youth Board.

What's to come in 2022?



Lots! Work towards making the Trust fully accessible to and representative of all young people diagnosed with cancer in the UK continues, while using feedback on our impact, to do more of the things that work best, is a priority. Fundraising will diversify including through a regular giving campaign and growth of our Community Champions, and we will keep investing in our full-time and seasonal teams to inspire every young person to believe in a brighter future.

What friends are for

Our Friends of the Trust make it possible for young people to stay with us for as long as they need. Your ongoing support means we can be here for their ongoing support.

Making a regular donation has a long-term impact, as many young people need support over time to feel accepted, independent, optimistic, and to experience the improved mental wellbeing benefits that come through the Trust.

As a Friend of the Trust, you will receive annual updates, including letting you know how, because of you, more young people have been inspired to believe in a brighter future.

Sign up NOW



The easiest and most cost-efficient way to set up your **Direct Debit** is via this **QR code** or online at ellenmacarthurcancertrust.org/donate.

If you would prefer to **sign up by post**, complete and return the form opposite.

Difference over time

30%

of young people have come back on 4 or more trips.

164

have become graduate volunteers to inspire and support young people more recently off treatment.

2,645

young people have sailed at least once with the Trust (up to the end of 2021)

Become a Friend of the Trust

Make a difference by signing up as a regular supporter. Simply complete the Direct Debit form below and return it to the Ellen MacArthur Cancer Trust today.

Please fill in the whole form and send to: **Ellen MacArthur Cancer Trust, Units 53-57, East Cowes Marina, Off Britannia Way, East Cowes, IOW, PO32 6DG**

Title:	Forename:
Surname:	
Address:	
Postcode:	
e-mail address:	
Telephone number:	

Thank you for becoming a Friend of the Trust!

Sign up for our monthly newsletter to get the latest news and information on our impact, trips, fundraising, events, and volunteering straight to your inbox.

'Yes, please sign me up!'

For full information about how we use and store your personal data visit ellenmacarthurcancertrust.org/about-us/privacy

If you are a UK taxpayer, the value of your gift can be increased by 25% under the Gift Aid scheme at no extra cost to you.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference. I have given my home address to identify me as a UK taxpayer.

YES, I want The Ellen MacArthur Cancer Trust to treat all gifts of money that I have made in the past four years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

NO, I do not pay UK income tax.

Please notify us if you want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.

giftaid it

Instruction to your bank or building society to pay by Direct Debit



Name and full postal address of your bank or building society

To: The Manager	Bank/Building Society
Address:	
Postcode:	

Service user number

6	3	1	1	1	3
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Reference

E	M	C	T	D	O	N	A	T	I	O	N				
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Name(s) of account holder(s)

--	--	--	--	--	--	--	--	--	--	--	--

Bank/building society account number

--	--	--	--	--	--	--	--	--	--	--	--

Branch sort code

--	--	--	--	--	--

Banks and building societies may not accept the Direct Debit instructions for some types of account

Please fill in the information below

I instruct the Ellen MacArthur Cancer Trust to take £..... from my account on the of each month until I instruct otherwise. Ellen MacArthur Cancer Trust will write to you to advise when the Direct Debit will commence.

Instruction to your bank or building society

Please pay Ellen MacArthur Cancer Trust Direct Debits from the account detailed in this Instruction subject to safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with Ellen MacArthur Cancer Trust and, if so, details will be passed electronically to my bank/building society.

Signature(s):

--

Date:



The Direct Debit Guarantee

This guarantee should be detached and retained by the payer

- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit Ellen MacArthur Cancer Trust will notify you five working days in advance of your account being debited or as otherwise agreed. If you request Ellen MacArthur Cancer Trust to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit, by Ellen MacArthur Cancer Trust or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society. If you receive a refund you are not entitled to, you must pay it back when Ellen MacArthur Cancer Trust asks you to.
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

How you can help



Do you know a young person with cancer?

Maybe you work directly with young people, or you know of someone who could benefit from the Trust's support. If so, we would love to hear from you.

Please contact our team at gosailing@emcancertrust.org



Can you support our fundraising?

From taking on personal challenges, to rallying your friends, family, or colleagues to do something with you, to making us your charity of the year, there are so many ways you can financially support the Trust. Email fundraising@emcancertrust.org



Could you volunteer?

Whether it's using your sailing or professional medical skills or cheerleading at events. Your time and effort make a huge difference no matter what shape they take. Email volunteering@emcancertrust.org

Always remembered...

As we reflect on another year of positive impact, we never forget the extraordinary but all too short lives of those young people who are no longer with us. Every one of them continues to inspire us.

Contact us

Call us on:
01983 297750

Email us at:
info@emcancertrust.org



Follow us on social media:
@EMCTrust



Watch us on YouTube:
www.youtube.com/emctrust

www.ellenmacarthurcancertrust.org

Ellen MacArthur Cancer Trust,
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Off Britannia Way,
East Cowes, IOW,
PO32 6DG



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