

● believe in a brighter future ●

ISSUE 13 2022

inspire



Celebrating
20 years



ellen
macarthur
cancer trust

The next chapter

It's incredible to think we celebrate the Trust's **20th anniversary** in 2023.

I was privileged to see the impact of that first trip in 2003, as five young people – all aged under 18 – from Great Ormond Street Hospital came sailing for four days. Two decades on and I still feel the same joy seeing the difference our trips make to hundreds of young lives every year.

Since those earliest days, we now invite young people back each year to support them for as long as they need and work with 18-24-year-olds. We also run outdoor adventure, canal, and siblings trips, and have sailed round Britain twice too!

We celebrate our 20th birthday at what feels like a perfect crossroads.

In early 2023, our Ambitions 2023-25 will be launched, with the aim to be accessible to all young people who have a cancer diagnosis in the UK and have the biggest impact possible on every one of them.

This comes in the wake of the most challenging three years in the Trust's history as we kept supporting young people in the best way we could through the pandemic.

Considering the unprecedented backdrop against which our Ambitions 2020-22 were delivered, the success has been remarkable and a testament to the team's flexibility, adaptability and above all, commitment to supporting young people. To, once again, have had more than 519 young people

benefitting from Trust trips in 2022 feels like the perfect full stop to that last chapter.

We begin the next chapter with probably our greatest understanding of the impact we have on young people after treatment.

This was a key 2020-2022 Ambition, and while the first part of this was understanding that our trips improve young people's mental wellbeing, we are now starting to see by how much and why through a widely-used independent wellbeing questionnaire young people complete pre and post trip.

In early 2023, we will have real-time impact reporting live on the Trust's website, evidencing the difference we make to both young people and families and our committed supporters.

It's a proud time to reflect on what's been achieved in the past 20 years and to look ahead at how much more we could do to inspire even more young people to believe in a brighter future living through and beyond cancer.

As ever, thank you for everything you do to make all this possible.



Frank Fletcher, Chief Executive



4
My magical four days

6
Letter to myself

8
Making a difference

10
You've got a friend in me

12
Our ambitions

14
Reaching more

16
Marvellous medics

18
All the way

20 life-changing years



Young people supported

2,836



Inspirational adventures

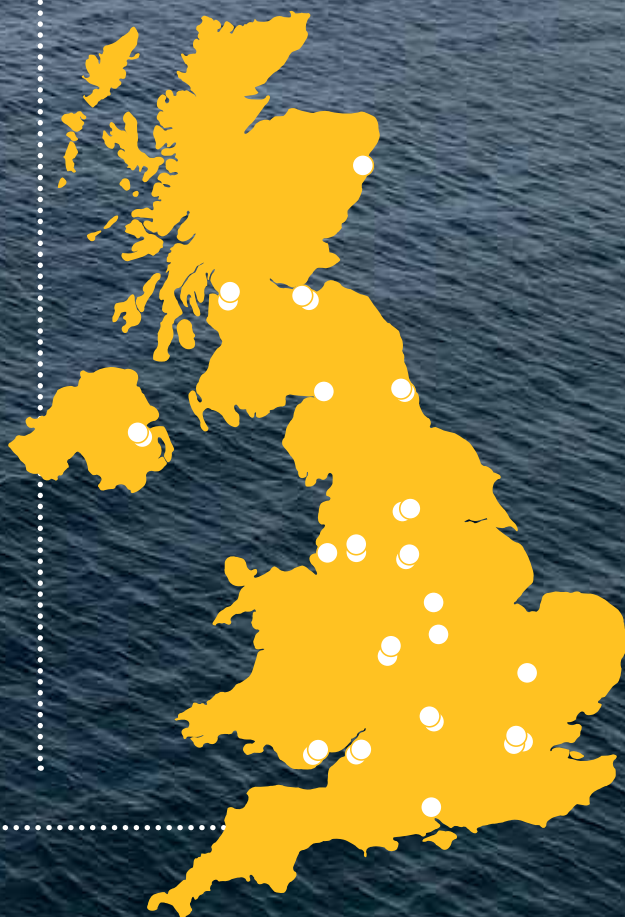
336

Graduate volunteers trained



181

Hospital partners across the UK





magical



In 2021, **Lauren** was diagnosed with **Hodgkin lymphoma**. A year later she was sailing, seal-spotting, stargazing, and most importantly, feeling understood on her first Trust adventure.

We travelled from Sheffield to Largs. I was terrified, I had no idea who was going to be on the bus, no idea what they were going to be like. But everyone was lovely. It turned out the girl I sat next to had been in a chemo session with me before.

When we arrived, everyone introduced themselves, we played some team building games, and split into our boat crews. I was with two girls I hadn't travelled with, so was nervous again, but we got to chatting and all clicked so quickly.

We got settled on board, worked out where everyone would sleep, and went for dinner. That was really nice, everyone was mingling, getting to know each other.



266

young people enjoyed a four-day sailing adventure in 2022.

four days



There was less wind on Wednesday, but we saw so much wildlife. Loads of dolphins, porpoises, baby seals. We had a water fight with another boat, that was so much fun, we all got so soaked.

The sailing was so peaceful that we all had a nap on the bow. It was such a warm day and we were gently rocking on the water. The scenery is so gorgeous too. Everyone has been in the same situation, there's no judgement if you need to lie down or nap in the middle of the day, everyone gets it.

We baked rice crispy cakes on board for a baking competition at the barbecue that night. That was so nice, there was so much food! We were right by the shore and the sunset was amazing.



Everyone was so gutted to be leaving, we all wanted to stay longer. It felt like we'd known each other for ages. We set up a group chat, and all want to come back.

We packed our things, helped clean the boats, and said our goodbyes. We shared our best bit, worst bit, and funniest bit of the week, that was lovely.

We all had this thing in common. Cancer wasn't all we talked about, but it meant we had understood each other quickly. I don't really take my wig off, it's a lifeline for me, but everyone made me feel so good and supported about it. They were complimenting my short hair and giving me styling advice for when it grows. Maybe I won't even be wearing it on my next trip.



We woke up excited to start sailing. We took turns helming with the motor on, then before long, the sails were up and we were doing it for real. At one point the boat leaned on its side, my heart was racing, then my skipper told me I was in charge!

But you find your bearings and realise this is how yachts are meant to be. I loved it. I was learning knots, tacking, attaching the fenders,

I wanted to know everything. When we arrived on the Isle of Bute, we played rounders and boules, and cooked fajitas on the boats. That night, everyone got on one boat and we had such a laugh, being silly, playing games.

When everyone went to bed, me and one of the girls on my boat stayed up stargazing. I'd never seen clear skies like it, it was really beautiful.



Do you know someone who could benefit from a sailing adventure? The Trust is here for anyone looking for support, no matter when their treatment finished.

Sign up!

Find out what you need to know about first time trips and **sign up**.



Letter to myself

What would **Chloe** tell herself the day before she was diagnosed with liver cancer seven years ago?



Dear 17-year-old Chloe,

Everything is going to be a lot different. It's going to be a whirlwind. It's going to be very scary.

You find a bump on your back, which leads to an ultrasound. They find a shadow on your liver, which leads to an MRI and CT scan. You're transferred from Paisley to Edinburgh. You have surgery before the end of the week.

They only tell you afterwards it was cancer. You don't feel like it was cancer. You didn't have radiotherapy or chemotherapy, you wonder if it 'counts'. Going from being totally healthy to having serious abdominal surgery is bizarre. It takes years to accept you need support to move on from it.

It feels unfair and that feeling stays with you for a while. I think everyone feels the same about cancer. Everything feels bleak. The recovery takes longer than you think it will. You end up constantly recovering, it never stops.

How on earth will sailing help?

A couple of years after your surgery, mum sees a Facebook post about the Ellen MacArthur Cancer Trust. She says, 'go on, do it, it'll be good fun'. How on earth is sailing going to help? You almost back out, you worry about being away from home and not knowing anyone. But that's what's so amazing. You make friends and completely come out

of your shell. There's no fear, no worry, and everyone has their own story. It's such a freeing experience.

Talking about it for the first time is like a weight off your shoulders. Being able to say how awful and scary it was, without someone changing the subject or being told everything will be okay is refreshing.

You won't always want to hear that, sometimes you'll just want to say how rubbish it was.

It is a relief. Your worries and anxieties are validated by other people who share them. They help you accept them and find ways of coping. The people you meet on these trips become a wee support network. Every year you go, that support stays with you.

Seven years on

It is so helpful to meet other people who have been through a similar situation. You have all been through something scary.

The Trust helps you find your footing again. It is a huge help. You get your independence back, you leave home,

Inland impact

Fancy a change from sailing? Join the Trust for adventures at scenic outdoor activity centres across the country. These weeks have variety and a community feel that Jonny loves.



There's a real freedom to outdoor activity trips. People are hanging out, listening to music, playing ping-pong. You can roam around in a gorgeous setting talking to everyone you're with. You're not chaperoned, you're an equal part of a big unique group.

You end up doing all sorts of things: dinghy sailing, kayaking, archery, high ropes, cycling. You feel very capable, which stays with you, like you can

and it feels massive. You're optimistic about what comes next.

Your experience becomes a keystone for you. Whenever you're stressed, you stop and think you've been through something so much worse.

Sometimes you have the odd ache still. You see the remnants of it in the mirror, the scar. It wasn't cool what happened to you.

The people you meet become a wee support network. Every year you go, that support stays with you.

Your friendships will change, but that's okay. You figure out who's really there for you. It will be difficult to adapt to all the physical changes, but you will.

Don't try to change any of it. It will catapult you through a whole bunch of things you wouldn't have done otherwise.

Now, seven years on, you're in a much better place. Today, you have a flat, a partner, a dog, a job, and you talk about the future.

Everything is going to be okay. It just takes time.

do more than you thought you could.

They are relaxing social spaces too, and they feel special because everyone can talk about their experiences. The people I've met on these trips are very important to me, you don't get that anywhere else.



The conversations and the dynamic are so unique. You really feel part of something when you're there. You're talking all the time, then you're doing these competitive activities, which are made more fun because you're all so close.

Need more than a one-off experience? Scan here to find out about return trips.



We just have loads of fun, make loads of friends, and unload whatever is on our minds. It's like a week of therapy.

Making a difference

Accepted. Independent. Optimistic.

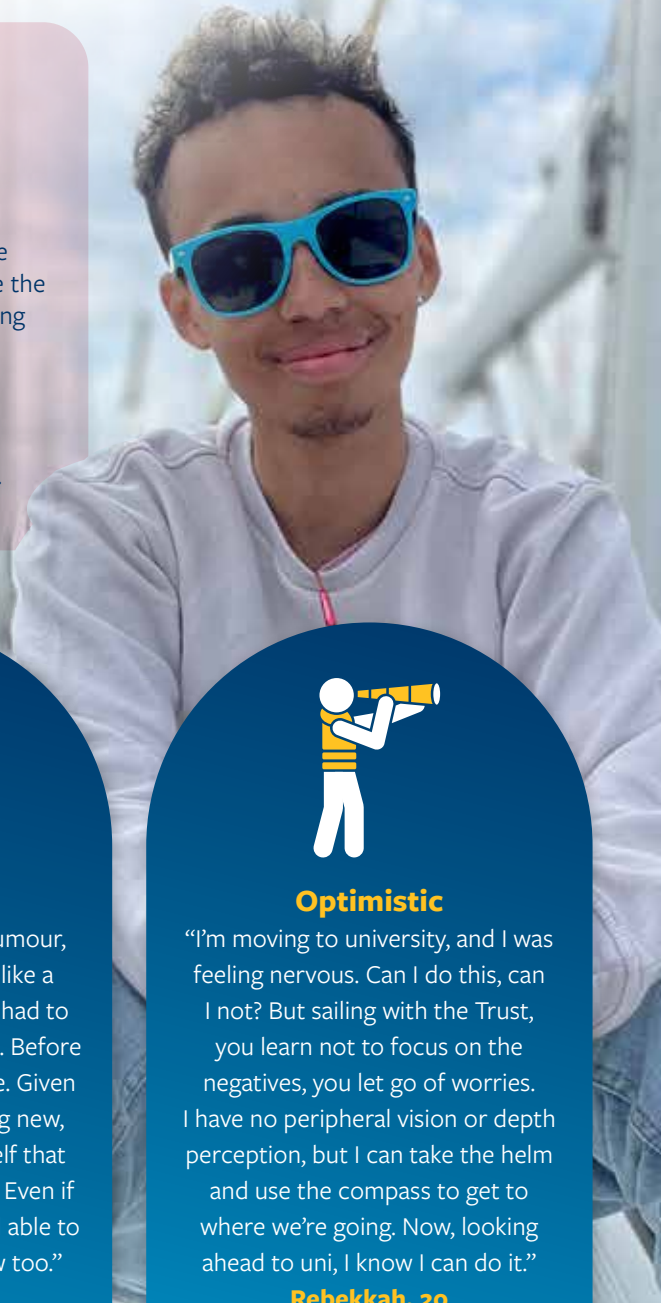
When young people sail with the Trust, they come back to shore with more than just a story to tell.

They feel **accepted**, meeting and making friends with others who have had similar experiences – often for the first time – and stop feeling like ‘the only one’.

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

They feel **optimistic** as their self-worth and sense of purpose increases, allowing them to take the next steps towards re-establishing their place in the world.

With their mental wellbeing improved, they can start to **believe in a brighter future**.



Accepted

“Being with the Trust makes me feel less alone, like I can be myself and not feel embarrassed about being unwell. We’re all different, but we’re also similar in a way. It’s a safe space for everyone, it’s a really supportive environment. After you’ve been on a trip, you don’t want to let people treat you differently or as less than you are.”

Joscelyn, 17



Independent

“After surgery for a brain tumour, I had a condition that was like a factory reset for my body. I had to learn to use everything again. Before the Trust, I wouldn’t socialise. Given the chance to do something new, I wouldn’t do it, I’d tell myself that I can’t do it. Now, I’m willing. Even if I can’t, I will still try, and I feel able to speak to people better now too.”

Jason, 17



Optimistic

“I’m moving to university, and I was feeling nervous. Can I do this, can I not? But sailing with the Trust, you learn not to focus on the negatives, you let go of worries. I have no peripheral vision or depth perception, but I can take the helm and use the compass to get to where we’re going. Now, looking ahead to uni, I know I can do it.”

Rebekkah, 20



Finding belonging

It is the Trust's ambition to be accessible and inclusive to all young people who have a cancer diagnosis in the UK. Our trips should be for everyone, regardless of colour, background, or identity.

To make that happen, we need to know where we are getting inclusion right and where we fall short, as there are so many more young people who could benefit from our support, who don't currently know about us or feel it's for them.

During 2022, behaviour change specialists, New Ways, came onboard to help us become an even more inclusive, diverse, and accessible organisation.

We want to understand and remove barriers

New Ways conducted extensive research and spoke to a wide range of people, including young people – both those who have sailed with us and those who chose not to – parents, volunteers, medics, charity partners and the full-time

team, to build a picture of people's experiences and perceptions of the Trust.

Once they have reported their findings and recommendations back to the team, New Ways will support us to embed inclusive processes, practices and behaviours throughout 2023.

Frank Fletcher, CEO, said: "We want to understand and remove barriers young people face to accessing our support, and promote an organisation-wide culture of diversity and inclusivity through education and training, so every young person who has cancer treatment in the UK feels the Trust is open to them."



Supported by players of

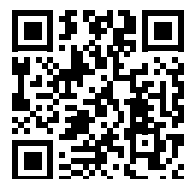


Awarded funds from



All of this is possible thanks to support from players of People's Postcode Lottery. Their significant contributions have impacted the lives of hundreds of young people. The difference they make is life-changing. Thank you!

Scan here to see the difference one summer can make to young people.



You've got a

friend in me

Long-term support from our Friends of the Trust leads to long-term impact on young people living through and beyond cancer.



Want to become a Friend of the Trust like Stuart? **Sign up here.**



Other ways you can support



Fundraise: From bake sales to birthday donations, running marathons to reading marathons, we can help you get creative.



Stuart has been donating to the Trust monthly since 2014. Who better to tell him the difference he's making than someone like Josh who's been supported by the Trust for four years following treatment for synovial sarcoma? This is what happened when Josh and Stuart met.

Stuart: Did you think sailing was going to help you before your first trip? Was there some self-analysis that felt like you needed 'something'?

Josh: My Young Lives vs Cancer social worker was determined to get me on one of the trips. I'm anti-'forced fun', but she wasn't letting me get out of it. I thought, it's only a few days, and it can't be too forced if you're out on the water.

I came back, she asked how it was, and I couldn't stop talking about it. At that point in my life I'd told myself everything was fine, but on reflection that wasn't the smartest thing. I realised mental wellbeing is more important than I thought, I started therapy after speaking to people on the trip about it. That first trip was eye-opening, I'm so glad I went.

Stuart: I can imagine. Did you know the Trust was helping at the time or was it after the voyage was finished?

Josh: It was more afterwards. I was being more open and feeling understood. On the trip it's like 'we've all been through it' rather than doom and gloom, so you take a lot of positives with you.

What made you want to support the Trust, Stuart?

Stuart: The sea's always been good to me. I feel the waves coming in and out, it's as if they're taking tension away with them. I've always admired Ellen and read all her books. The Trust was younger back then and I just felt I could do something. At my 75th birthday party we made it so you had to donate to attend.

We brought the money down to Cowes, and met some of the team. It cemented what I felt. I've seen the benefits of being on a boat, and it was obvious the same was happening here.

Mental wellbeing is more important than I thought

Josh: It's amazing looking at how people have benefited long-term. Some have gone on to have sailing careers, or have trained as nurses and have come back as medics, some have become skippers. I know others have gone to university when they weren't going to, I know others who felt more confident in job interviews. There are so many different ways in which the Trust impacts people's lives.

Stuart: It's like it goes beyond sailing and recovery, it branches out into 'real life' as well. Were your conditions mentioned much or was the focus on what you were doing?


Josh: You can open up if you want to, but there's no pressure to. The more trips I've been on, the more people are like 'this is what went on'. We talk more about treatment and what happened afterwards than the cancer itself.


There's also a realisation that everyone is the 'young person who had cancer' in their social circle. At the Trust, they're not different, so there's a camaraderie. I haven't found outside of the Trust that people understand the long-term implications, they focus on diagnosis.


Stuart: It's been a real pleasure meeting you Josh, it's been an honour.

Josh: Thank you for supporting the Trust, we cannot do this without you.



 **Give instead of a gift:** Birthdays, weddings, anniversaries – whatever the occasion, make a donation in someone's name, or ask others to do it for you.

 **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. Make sure you include your name.

 **Pledge a legacy gift:** Email fundraising@emcancertrust.org and our Fundraising Manager will be in touch.

 **Give online now:** ellenmacarthurcancertrust.org/donate

Our Ambitions

A month before the first national lockdown in 2020, we launched 'Better Connections, Bigger Impact – Our Ambitions for 2020-2022'; our three-year strategy.

Over those three years the pandemic inevitably affected how we supported young people, but our Ambitions remained our pillar; the constant reminder that what you do might have to adapt but why you're doing it doesn't.

We head into the next three years, having either achieved or made great progress towards all nine of those Ambitions. This is what we've done.

Looking ahead



In March, our Ambitions for 2023-2025 will be launched, building on the achievements of the past three years while ensuring the Trust keeps evolving to meet the ever-changing demands of post-treatment cancer support for young people. We will aim to be accessible to all young people who have a cancer diagnosis in the UK and have the biggest impact possible on every one of them.

Our Ambitions for...Young people



SHOUT LOUDER – launched in spring 2020, a project with impact specialists, Trust Impact, led to a clear, evidence-based understanding of our impact and the publication of our revised Theory of Change and brand guidelines. This is now forming the bedrock of our core messaging.



REACH MORE – the formalisation of our three-way partnership with Young Lives vs Cancer and Teenage Cancer Trust in early 2021 is probably the most significant step forward on this front. The digitalisation of key operational processes will also continue to have a greater impact in recruiting and onboarding young people on to trips.



DELVE DEEPER – once we understood our trips improved mental wellbeing, we are now starting to see by how much and in what ways through independent wellbeing questionnaires young people complete pre and post trip. An automated data collection tool, introduced in 2022, is pivotal in processing young people's responses, with a completion rate in its first year of over 70%.

Our Ambitions for...Fundraising and Communications



DIVERSIFY INCOME – the pandemic affected our ability to reduce the reliance on one funder in the way we hoped, but it also led to us diversifying in ways we may not have done otherwise. We found success, and learning, from running virtual events, while there has been a renewed focus on both regular giving and philanthropic giving.



HIT TARGETS – We achieved a fair but ambitious revised 2020 target – £1.1m adjusted from £1.39m – and exceeded our 2021 target of £1.5m, raising £1.79m. In 2022, we are tracking towards meeting our £1.4m target.



KNOW OURSELVES – the revised Theory of Change gave us a new focus on our purpose and core messages around acceptance, independence, and optimism. This is ongoing as we continue to move from talking about 'rebuilding confidence' to 'belief in a brighter future'.

Our Ambitions for...Our Team



BE CONSISTENT – work is ongoing to embed 'one voice' across the organisation, which has included presentations and discussions at both Volunteer and Skipper conferences in 2022. The work on our values is still to be undertaken, with the hope that we will start looking at this in 2023.



STRENGTHENING OUR FRONTLINE – the pandemic saw skippers and volunteers support young people virtually through 2020, while the 2021 Volunteer Training event showed us the potential of online and/or hybrid events. At the end of 2022, we appointed a Volunteer and Team Development Lead to grow this area.



KEEP EVOLVING – we continued to invest in the full-time team, including the creation of new roles such as Relationships Fundraiser, full-time Communications Manager, and full-time Communications Officer in Largs. Professional mental health support for the team is also now available year-round.

Reaching more

It's thanks to our hospital and charity partners that so many young people find their way to the Trust.

Whether on cancer wards, or through our partnership with Teenage Cancer Trust and Young Lives vs Cancer, they are vital in making these adventures happen.



"A different side of treatment"



Johanna said: "Parents could chat to us and ask us questions, young people going on trips could meet and make friends before getting the bus together a few weeks later. A parent told me she felt much better about the trip and had considered not sending her child along, but she was so glad and said we should do this every year. We're hoping to do so."

The trips genuinely are like magic, aren't they?

Johanna went on her first sailing trip in 2022, with young people from GOSH. It's always emotional seeing the transformation happen over four or five days, but she says it was even more incredible seeing families she knew at the end of the trip who were all so grateful for their child's adventure.

Since 2014, Johanna Lee has been encouraging young people to sign up for trips and volunteering as part of the Trust community. All it took to get her involved was noticing one of our posters on the wall at work. Working in oncology and haematology, this is a chance for her to see the other side of treatment.

Before the 2022 season, Johanna held a rooftop party at Great Ormond Street Hospital (GOSH). Families were invited along to learn all about the Trust.

There were young people who had gone on to become volunteers, there were trip staples Uno and Doble. It was a huge success.

Different side of treatment

Working so closely with young people on trips has changed Johanna as a nurse. Hearing them talk about their experiences

In 2022, **89%** of young people sailing for the first time were referred through their hospital or our charity partners.

.....

in hospital made her reflect on how she treats them as patients. She's learned more about how words and attitudes affect young people's experiences on wards, and what to do more and less of.

"It reminds you why you do the job you do. We see them when they are sick and going through a difficult time, their parents too. Through Ellen MacArthur Cancer Trust we see a whole different side of treatment."

Telling young people about the Trust while they are still in hospital gives them something to look forward to. She says the trips are genuinely like magic.

Planting the seed

It wasn't just families who came to the rooftop party. Clinical nurse specialists who attended have become our newest champions at GOSH. One of them told Johanna she had run out of leaflets.

Johanna says: "Clinical nurse specialists often follow up with young people once they've finished treatment. They can plant the seed of going on that first trip. The rooftop event was aimed at both sides: families could come and find out more, and so could medics who could then tell more families."

Hospitals and charities holding events to promote the trips to families, like the rooftop party, makes a huge difference. Taking a group of young people on such an adventure is a chance to see a side of them Johanna doesn't see in hospital. If she had to describe it all in one word? *Amazing.*

Inspirational ideas

Small and simple things can make a real difference when encouraging young people to come on a Ellen MacArthur Cancer Trust adventure.

Conor Smart, a Teenage Cancer Trust Youth Support Coordinator at the Royal Hospital for Children and Young People in Edinburgh, used his photography skills to create an inspiring photobook.

"Most young people I speak to feel nervous about going to some degree. For many it will be their first time away from their families since their diagnosis, but having the opportunity to see what is involved helps put them at ease.

"It's in our Teenage Cancer Trust social space all year round for patients and families to pick up and leaf through. Being able to show what is involved is really helpful in communicating the vibrancy and flavour of the trips."

Emma Thistlethwayte, TYA stem cell transplant Clinical Nurse Specialist from the Royal Marsden, uses Instagram to promote Trust trips.



"We set up tya_royalmarsden in response to our youth forum. This is the medium they prefer to keep up with what's going on. Young people share the channel with others and we have found more uptake in terms of those engaging.

"Being able to share photos and videos of the trips gives young people a real sense of what to expect. It takes away some fear of the unknown, and has the ability to share the amazing atmosphere of a trip."



Marvellous medics

Medics keep everyone safe on our trips. But more often than not, making sure young people are having a good time is the medicine they provide – and we're always looking for more.

They wear lifejackets, not scrubs. They carry out more cups of tea than injections. As part of the crew, they provide reassurance for young people and their families. They are there just in case they are needed. But don't be surprised to see them in the thick of a water fight or losing in a game of Uno.



Having an impact

Peter Todd wanted a change of scenery from hospital wards. While looking into becoming a medic on expeditions, he discovered the Trust. Sailing with young people is a world away from his work in adult kidney medicine – and he loves every minute of it.

The most surprising thing about being a volunteer medic?

“There is a lot less medicine involved than I thought. Your job is making sure the young people are having a good time. The time taken in your role as a medic is very small compared to being a part of the crew.”

Peter helps young people manage their medications and eases anxieties they or their families might have.

He said: “Many young people feel comforted and safe just knowing a medic

is there looking out for them. The main benefit of medics is having someone with authority to say everything is okay.

“If someone is poorly, often all it takes is some paracetamol or hydration and everyone feels reassured.”

Your job is making sure the young people are having a good time.

What you need to know

Medics are told everything they need to know about young people's conditions and medications. In his day job, Peter does not work in cancer care, but he feels fully equipped and confident as a medic with the Trust.

“It's not possible to have in-depth knowledge of every young person before you go on a trip. When you arrive, the information you are given is really useful. I take my pocket book everywhere.”

He is also never alone – there will always be at least one other medic on a Trust adventure. Between them and the experienced skippers, there is a lot of support across the fleet.

Meet our medical adviser

“I have had the privilege of being involved with the Trust since 2007, when I first volunteered as a medic and accompanied a group of young people from my own unit in Birmingham.

The friendly and inclusive atmosphere as we arrived is something I have seen grow and become synonymous with what we now refer to as ‘The Trust Community’. The lively return journey at the end of my first trip was such a contrast to the start of the week.

The difference the Trust made to these young people was so striking, I wanted as many young people as possible to benefit from the amazing experience I had witnessed for my own patients. I attended several trips as a volunteer medic, and began supporting the team with many of the queries arising when supporting young people with complex medical challenges as their medical adviser.



With the fantastic foundation the Trust provides for young people to move forward after they have completed their cancer treatment, they realise they can go on and achieve so many things – and believe in a brighter future.”

Dr Dave Hobin, Consultant Paediatric Oncologist at Birmingham Children’s Hospital and our Chair of Trustees.

Top 5 things to know

- 1. Every trip has two qualified medics.**
- 2. Having medics in the Trust community is key to us supporting more young people. No medics, no trips.**
- 3. Medics are insured through the Trust.**
- 4. ‘Medic’ can mean doctor, nurse, or paramedic.**
- 5. If medic volunteers travel with young people, their costs are covered and you’ll get Musto kit too.**



Want to use your medical skills to inspire and support young people? Come join us!



Travelling with young people

Flying from Northern Ireland with a group of young people gave Peter the chance to meet some of the crew before their adventure. Getting to know everyone and seeing the impact a trip has on them is one of his highlights.

“There is a good level of staff-to-young people, so I had another volunteer in the travel group as well.”

Witnessing the magic

“When you see young people open up and enjoying themselves and getting involved, that’s when you know you’re having an impact. I’ve seen it with everyone I’ve been on a trip with. I think it will benefit them for the rest of their lives.”



All the way

As the Trust celebrates our 20th anniversary, it is also the 20-year milestone of our relationship with Musto.



Since 2003, Musto have kept young people safe and looking the part as our official clothing supplier. Thanks to them, young people have waterproof and UV-resistant clothing when they take to the water.

For the fifth year, Musto ran a competition in 2022 for young people to design next year's trip t-shirt. There were so many incredible entries, but it's Lucy's compass design that will be worn by all young people and the team in 2023.

Life can go in any direction

Lucy said: "I had so much fun designing the tee and I'm so happy it was selected to celebrate the amazing work of the Trust in the past 20 years.

"A compass is vital for calculating coordinates when sailing. I outlined the Trust's logo at the centre because it reflects my cancer journey. The Trust has played a fundamental role in the growth of my confidence, independence, and optimism for the future, knowing I should be proud of what I have been through.

What Ellen set out to achieve 20 years ago was inspirational and we are glad to have been there for every voyage

"A compass was chosen as my life can go in any direction, but I know I have the Trust at the heart of my journey."

Believing together

Nick Houchin, Head of Marketing at Musto, said Musto is proud to have been with the Trust since day one..

He said: "What Ellen set out to achieve with the Trust 20 years ago was inspirational and we are glad to have been there for every voyage.

"All of us at Musto have an emotional connection with the Trust. When we join trips, we come back excited to do more and volunteer again.

"The Trust supports young people to believe in a brighter future, and we believe in the Trust."

The obvious choice



Dame Ellen MacArthur and Musto go back a long way.

"I can't think of Musto's involvement with the Trust without thinking of Musto's involvement with me. It began when I was a kid, they were my first sponsor.

"I've worked with Musto ever since. We weren't going to put the young

MUSTO

people in anything else on the boats. It was just the right thing to do.

"Musto have been a phenomenal supporter of me over many years and it's wonderful to see warm, happy young people on trips as a result of their help."

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**

You can sign up to be a Friend of the Trust online too by scanning the QR code.



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

Thank you for becoming a Friend of the Trust!

Sign up for our monthly e-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/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)

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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 magic adventures, 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](https://www.instagram.com/emctrust)



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

www.ellenmacarthurcancertrust.org

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Off Britannia Way,
East Cowes, IOW,
PO32 6DG



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