

ellen macarthur cancer trust

ISSUE ELEVEN 2020

inspire



Never more
needed



ellen
macarthur
cancer trust

rebuilding young
people's confidence

Still here to support



It's safe to say 2020 hasn't gone as planned. When the UK first went into lockdown, we pushed our trip season back by a month.

But, as time went on, it became clear our scheduled summer activities could not be delivered safely as measures to tackle COVID-19 were put in place.

It's sad months of preparation were lost while the thought of not having young people around at our bases in Cowes and Largs in 2020 was surreal. But this was nothing compared to the young people who needed our support and were looking forward to their trips.

That is why it is so important they know we are still here for them through 2020 and then into 2021 and beyond. Helping young people rebuild their lives after cancer does not stop, even for a global pandemic.

As soon as lockdown hit, we started a programme of online engagement activities to bring the whole Trust community together, to both ease the boredom and to provide the support network so many young people, especially those who were shielding and isolated, needed.

This included launching our Sound Waves podcast, Tuesday nights became social online hangouts, skippers and volunteers shared their know-how in a series of fun and informative 'how to' blogs and vlogs, and volunteer training

and development continued over Zoom. Fundraising ramped up too, with the 2.6 Challenge especially capturing the imagination and raising more than £10,600 to support young people in recovery.

Attention then turned to how we could keep supporting young people off the water. So we asked them.

Between July and September, we launched our Virtual Summer. This included bigger and better Trust hangouts, Q&As with skippers and volunteers, career skills sessions, drop-ins for further support during recovery, a book club, and a pen pal network, all so young people still had somewhere to turn. Parents were invited to online coffee mornings, bringing them together with the Trust team to chat about issues affecting them.

It might be, by the time you read this, the situation has developed to the extent that we have been able to plan and run some Return trips. But we will only do this if and when it is absolutely safe to do so.

This has been the toughest of my 15 years as CEO. But, out of disappointment has come opportunity as we explore new ways for young people to experience the Trust's magic.

THANK YOU to everyone who continues to support the Trust at this time. We will never lose sight of what matters most.

Frank Fletcher

Frank Fletcher, CEO

Because of the Trust young people gain



Friends

There is no judgement from peers and they no longer feel they are 'the only one'



Happiness

The trips are a positive change in perspective where they can overcome fears



Confidence

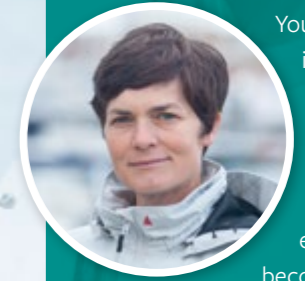
The chance to rediscover what they are capable of



Independence

It is often their first time away from home after treatment

A 'Thank You' from our Patron



Young people in recovery from cancer are going to need us more than ever once life becomes closer

to normality. Some recently off treatment will have been undergoing even stricter isolation than most of us. Imagine how hard that will have been not only for them but also their families.

Those recently diagnosed will be not only be going through something incredibly stressful, being in hospital and undergoing treatment, but also doing so in the middle of a pandemic. Imagine what that must have put them all through.

So I wanted to say thank you. Thank you so much for supporting the Trust during these difficult times; for fundraising, for donating and for sharing our message on social media. We massively appreciate it.

We know there will be even more need for all that we do in 2021 and beyond. Thank you.

Dame Ellen MacArthur

Dame Ellen MacArthur Founder and Patron



Listen to our podcast **Sound Waves** on **Apple Podcasts** and **Spotify**.

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10 years on...



LILY'S STORY

Lily from Sheffield was diagnosed with a Wilms Tumour (a form of kidney cancer) aged 13. Lily had never heard terms like 'tumour' and 'chemotherapy' before, and at first didn't understand what was happening. "I was in hospital a lot. I had chemo to make the tumour go down, then an operation to take out my right kidney, followed by radiotherapy and more chemo. I felt really ill and out of it most of the time." Lily missed a year of school. Then she came on her first sailing trip. As her Mum, Liz explains, this was quite a big step. "Lily was apprehensive since her treatment began. She is not the type of teenager who talks much about her illness with friends - it's hard to explain what she has been through and she doesn't want to seem like she's asking for sympathy, so it was important that on the trip she had the chance to talk to others in the same position. We're really glad she went."

When Lily arrived in Cowes to sail with the Trust she had already stopped hearing her name and was still self-conscious about her hair and was still quite shy about her short hair. Meeting people with the same experience boosted her confidence, same experience boosted her confidence, same experience boosted her confidence. "I was nervous at first, but the sailing was fun and I made lots of friends. If treatment came up that was fine, but there was no pressure to talk about it. My favourite bit was the evenings around a campfire with my new friends. It was really nice to just talk."

"The Trust got me back to my original self"

Lily was the first young person to feature in Inspire in 2010. Then she was an anxious 14-year-old taking her first steps towards recovery from a Wilms Tumour, a type of kidney cancer. Five Trust trips later and a stint volunteering, life is where she wants it to be.

"Each year is another milestone, isn't it?"

Lily was apprehensive about her first Trust trip in 2009. She had missed a lot of school, hadn't spent time away from home since her treatment began, and wasn't the kind of teenager who opened up about what she was going through.

Skip forward to 2014. After five years of Trust support, she volunteered for the first time. Not only did Lily want to give back and help young people she could empathise with, but it symbolised how far she had come personally too.

She explains: "I had passed that stage in my life, and now I was the strong one for other people. I remember volunteers on my trips that were amazing and happy to talk things through. They were so solid and comforting; that was a big reason I wanted to come back."

It's now 2020 and Lily is 25. She feels "completely separated" from who she was in the first issue of Inspire - "It feels like a dream. When I was ill, it feels like it wasn't me. I feel completely removed from that stage of my life," she admits.



Perfect closure

Each trip was a chance for Lily to reflect on what had changed since her last. Sometimes it was more confidence in her physical capabilities, sometimes it was the mental strength to hear other people's stories and share her own.

Returning multiple times meant being able to check in with herself, while she learned new skills and continued to regain her lost confidence. But she wasn't always aware of this progress in the moment.

Lily continues: "I thought, 'This will be great fun, it was great fun last year.' When you come back, you reflect on how you managed to do something you couldn't do last year, or how you managed to open up a little bit more this time with the same friend from the last trip."

She describes the perfect closure as regaining the confidence and strength from before her diagnosis. Stepping away from the Trust meant the rest of her life was ready to begin.

Now, Lily, who's always had a passion for food, is working as a chef, and has spent lots of her time travelling. After leaving school she crossed Central America from Panama to Mexico, then later that year set off to tour New Zealand in a campervan for six months. She's since spent almost a year in Canada and worked in Australia too, before returning home to Sheffield.

"It feels like a dream. When I was ill, it feels like it wasn't me."

NOW

But if that sounds intimidating, so did her first Trust trip. Having come through that, Lily felt reassured things would turn out well if she threw herself into them.

She adds: "The first trip is terrifying. You feel nerves, you feel scared, you're out your comfort zone. By the end, everything's been great, everything has helped so much. I think there's a reassurance that daunting situations will impact you positively by the end.

"Thinking back to that time is always emotional because it's so unsettling. It sounds weird, but there are so many good things that have come out of it. The Trust has been massive. I always tell people about it, and how it helped me get back to my original self."



THEN AND NOW

Some young people who were supported by the Trust 10 years ago are still an integral part of its community. Some have taken that support and carried it forward into new adventures. Throughout this issue, you will hear stories from young people featured in Inspire's first issue, and the difference a decade makes between **Then and Now**.

That was then

The first issue of Inspire was published 10 years ago this year. A lot has changed in that decade. Looking back at that first issue we learned...

Trips for 18-24 year olds weren't always part of the Trust's calendar. A 'developments' page

looked forward to a pilot trip in September 2010. (It must have gone well!)

Moonspray had just joined the fleet, donated by Poole Sail Training Trust. She now sails from our Largs base, which hadn't yet opened when the first Inspire was published.

It was early days for our volunteer training programme, where young people who have been supported by the Trust are invited to become part of the Trust team. These volunteers are now integral to providing the peer support so vital in recovery.

Our name was shorter back then. Above 'Inspire' on the front cover were the words 'The Ellen MacArthur Trust'. The name and logo would change later that year.



Letting go

For many young people, the first time they join a Trust trip is the first time they have been away from home since hospital. It can be nerve-wracking, especially for the families of children not yet in their teens. Take it from a parent: it makes a difference.

A parent's perspective

It isn't easy letting your child fly the family nest, especially if it's the first time you have been apart since their treatment. But for mum Nicole and son Charlie, diagnosed with a brain tumour when he was four, it's done a world of good.

Charlie was only eight on his first trip. Were you nervous about letting him come?

When we first got the letter, I wasn't too keen on the idea at all. I can't swim, I'm terrified of water, so the thought of Charlie being on a boat panicked me. But he was really excited, so we put his name down.

What convinced you to send him along?

We spoke with Charlie's CLIC Sargent Social Worker and she explained what a good trip it was. Knowing he was going to be with Pat, who he knew from CLIC, and one of the ward nurses, settled me as he was with staff he knew.

How did you feel before Charlie left?

Charlie was really excited; he couldn't wait to go. But I remember saying to his dad, should we try and bribe him with something else so he changes his mind and doesn't want to go. His first day away was probably the hardest. I kept checking my phone. After the first night I got used to the idea that he was going to be alright, but it was still quite worrying.

"He's more up for trying new things."

Was this his first time away from home?

The first time he'd been away anywhere. He was only four when he got diagnosed so for four years it's just been me and Charlie. I stayed in hospital with him the whole time, we got close, it was strange him not being with me.

What was he like at the end of the trip?

He loved it! He was beaming, he couldn't wait to tell us all about it. It did the world of good and he still talks about it. Being

FIVE things you need to know

1 It costs nothing – all Trust trips are free, including travel (although you can bring a little bit of pocket money).

2 It doesn't matter where you live – the Trust supports young people throughout the UK and organises all travel, so wherever you live you're welcome.

3 You will be with people of similar age – whether on a trip for 8-17 or 18-24 year olds, young people are grouped together by age.

4 You don't 'win' a place on a trip – everyone who fits the criteria is able to come.

5 No cut off to apply – you can come if you were diagnosed by the age of 25 and would like support.

on his own, doing his own thing. He's never really had any independence before, he's always been in hospital.

Have you seen a difference in Charlie since last summer?

He's more up for trying new things. After four years of being in and out of hospital, he had put on a bit of weight because of steroids, and lost a lot of confidence in trying new things. After coming back he realised he can still do stuff if he tries.

Even simple things like parties at a trampoline park. He wouldn't have gone before because he knew he would get

tired easily and he didn't want to not be able to join in. Before he would pass it up in case he couldn't. Now he will go and actually try things.

What would you tell a parent anxious about letting their child come for the first time?

Definitely do it and try to encourage your child to do it. Charlie didn't know many people but once he was there everyone makes friends and it did him a world of good. It benefitted me as well, because I'm not as mollycoddling with him anymore, whereas before he was kind of wrapped in cotton wool.

THEN AND NOW

Claire is as much a part of the Trust today as 2007. Diagnosed with Hodgkin lymphoma at 14, it wasn't as simple as life improving each passing year.



There were bereavements and setbacks. In Inspire issue one, she described her experience of the Trust's first Round Britain challenge in 2009 as going "from existing to living". She would draw on those memories when life wasn't as beautiful.

Now a Trustee and enjoying a great job in Whitehall, she brings knowledge of health policy and analytics to Board meetings, having had her "geeky side" encouraged by the Trust. If she could tell her younger self one thing, it would be to have a lie in every now and then. And those Trust memories are still a comfort.

"You find a new identity that isn't just the person who had cancer."



Teenage kicks

Adolescence is when you start to take control of your life. But a cancer diagnosis can turn all that on its head...

It's not easy – and that's ok!

As exciting as new experiences are, they can be nerve-wracking too. Tayla was 13 on her first Trust trip. It was a leap into the unknown she didn't regret.

Tayla didn't really want to come on a trip at first. Her oncology doctor told her it would be a great experience and she should try it out, but there were a lot of nerves.

She says, "I was scared because I didn't want to leave my family, and I was still going

through treatment at the time. I still had my line in as well, so I was scared of getting it wet. I wondered what to do about that."

Half a year earlier Tayla was finishing up her course of chemotherapy. The Burkitt lymphoma she was treated for had affected

her chest, pelvis, neck, and stomach, but she felt physically capable of going sailing. She just needed a little convincing.

It was after hearing about the great times other young people had had on their Trust trips she thought about giving it a try.

She continues: "The leaflet they gave me was very helpful. It was just fun to see other people's experiences and how much they enjoyed it."

Tayla was still nervous on the weekend before setting off.

It was the first time she had been away from her family since finishing treatment. But now there was excitement too. She was ready to get away from what her normality had been. She had never been interested in sailing before. It was time to try something new.

"It was just fantastic," Tayla smiles. "I enjoyed making new friends, hearing about what other people had been through, and learning new skills. I learned how to catch a crab and actually sail the boats."

Not the only one

Tayla had never met other young people who had been through the same thing as her. It was nice and comforting to be around others who understood her in a way others simply can't. By the end of the week, she said everyone on the trip had gone from being shy when they arrived to being comfortable talking to new people, and much more relaxed too.

She is still in touch with the friends she made, regularly checking in with them to see how they're doing. As for those who were anxious like she was, Tayla says the staff and volunteers are so welcoming and accommodating your worries soon float away. Having worked through her nerves, Tayla would highly recommend a trip.

She concludes. "There are plenty of people on the trips to help if you need help, and they are all very supportive and caring. Going on a trip is a great opportunity; everyone should definitely try it. It's possibly a once in a lifetime thing and you can learn new skills, have new experiences, and make new friends."

We can't wait to see you again Tayla!



THEN AND NOW

"Looking back 10 years, I was a completely different person, not really knowing where I was going or what I wanted to do."



In those 10 years, Larvell has completed his Yachtmaster Ocean certification, and says the Trust is the reason he works at sea travelling the world, and is not sat in an office in England.

Diagnosed with Non-Hodgkin lymphoma at 10, he missed two years of school, and spent a lot of time in hospital. He had never thought about sailing before his first trip, but now it's his life.

Despite life being more serious now and making some sacrifices along the way, Larvell's happy seeing what the world has to offer and splits his time between South Africa with his girlfriend and his family and friends back home in Nottingham.

"I am now more focused and driven to succeed and have a plan!"



Seal the deal

Young people tell us these can be deal breakers before deciding to come on a trip. So feel reassured...



I can't sail

It doesn't matter if you have never been on a boat. Neither will most of the other young people. Our skippers and volunteers are experienced and you learn together.



You bond quickly

Friendships form really quickly. You might come on your own, but you will leave as part of a family. By the first evening you will wonder what you were worried about.



Home comforts

There are hot showers and clean toilets at each marina we stay at overnight, and clean private toilets on every boat.



Medics onboard

There are at least two qualified medics (nurses, doctors, paramedics) on each trip and every boat has a crew leader, typically a medic or hospital contact.



Safe space

Many young people find talking about their experience, often for the first time, comes naturally during the trip and helps them. But there is no pressure to.

Dream BIG



What comes next? For young people over 18, recovering from cancer can get in the way of further education, careers, relationships, life. The Trust family supports one another in finding that path forward, whatever you aspire to.

The difference I can make

Young people who go on to volunteer with the Trust play a significant part in the recovery of others.

Seeing a volunteer who had come out the other side of what she was going through was huge for Danni. It made her feel okay, that she would be able to get on with life. When the time came, she knew she wanted to be that person for someone else.

On her first trip as a volunteer, a young person cried after she did their hair.

It was the first time since their treatment their hair had been tied up. Danni understood in the way only someone who has been there themselves could.

Volunteers with their own cancer experience have that unspoken understanding and acceptance, in a way people who haven't been ill simply don't.

Danni says the trips need all kinds of personalities: "They need quiet people who are approachable, and bubbly people who'll make you have a laugh. So long as you're yourself and look out for others, you'll make a good volunteer. If you have been through it too, there is no one more suited to accepting young people in recovery for exactly who they are."



Finding your feet

Return trips are a chance to reflect on previous years with the Trust while continuing along the path of recovery. John's life fell back into place after his first time sailing, finding a way out of his post-treatment anxieties into a perfectly suited nursing career.

John didn't always know he wanted to be a nurse. After finishing treatment for Burkitt lymphoma – a cancer of the lymphatic system – at 19, he considered a few possible career paths: engineering didn't work out, he didn't want to stare at a screen all day working in IT, and drama didn't offer guaranteed career stability.

It was on his first Trust trip where things began to fall into place. He was inspired by the compassionate crew onboard the yacht and speaking to volunteers and skippers about what it's like to support young people in recovery. What is it those volunteers do, and how do they do it? It started to become clear...

"I got a sense of, okay, maybe I could be doing something where I can help people," John explains. So afterwards he met up with Said, one of his trip mates, who was studying biomedical science, to ask some questions and to get more of a feel for what it's like working towards a career in helping people.

His second trip with the Trust was right before he was about to begin his studies to become a nurse. He couldn't wait to come back to where his life had fallen into place.

"It's like after the first trip I discovered who I was. I had a blast."

He continues: "I was pretty depressed after treatment. My friends and parents didn't understand me; I needed to come out of that depression to a place I could pursue the things that I want. On the first trip, I had a blast, I had the confidence, I had the inspiration to do the things I want to do."

The unknown need

John had first gone to his GP experiencing abdominal pain, which he put down to training. He was lifting weights and doing a lot of parkour, but doctors found a mass they had to remove. Six months of treatment followed, leading up to his depression.

But his first trip proved formative. "I'd never gone sailing, I was pretty nervous. I thought there was no way I could do this. But now I have a confidence to pursue the things I want to do in the future, I have a clear vision of what I want to be doing. I don't have any fear or doubt because of the volunteers on the trips who have been through this too."

Doing parkour helped him get round the yacht too!

John's gone from having, "no vision, no idea what I wanted to do" to studying nursing. He's learning about medicine, human anatomy, biomedical and human science, and he's had two placements. It's all going well.

"I am loving it, helping people out, I like making people laugh, I like caring for them, being a kind person."

Parkour has been replaced with books and learning to play piano for now. He also works as a nanny around his studies, which he says is a perfect fit alongside his course.

For John, where he is at now all comes back to the experience he had his first time sailing with the Trust.

THEN AND NOW

Ten years ago, Emma – who was diagnosed with acute lymphoblastic leukaemia in 2003 – had just started volunteering with the Trust. She's been helping people ever since.

THEN



The Trust was only in its second year when Emma first came sailing. By 2010, she had started university and become a volunteer. The responsibilities of that role have stayed with her, as she now takes part in confidence-boosting community projects and empowers people by teaching dance.

Sometimes she feels her cancer experience happened to a completely different person, and doesn't realise how much she has overcome, but she credits the Trust with where she has ended up.

"I've always said I wouldn't be the person I am today without the Trust."



NOW

Do your thing!

Young people are going to need the Trust more than ever after the pandemic. **What could YOU do to support the Trust and help make sure we are there for them?**

Get Inspired

How do you enjoy spending time? What's your favourite hobby? Maybe you have a party trick up your sleeve? There are plenty of ways to raise money and have fun!



Take on a challenge – Have you always wanted to row the Atlantic or is running a 5k more your thing? Whether you run, cycle, swim or do it three-legged, there are plenty of UK-wide challenge events you can sign up to. Or you could come up with your own and decide when to do it.



Ready, Steady, BAKE! Challenge your friends, family or colleagues to a community bake off. Why not give it a theme? Vegan bake off anyone? Pastry challenge? Eat cake, donate per slice (or two!) and share a cuppa as you raise money.



Pick a date – From stand-up nights to gala dinners, glitzy fashion shows to golf days, Christmas shows to Easter Egg hunts there are so many fun events you can put on to raise money. You will find local venues are usually more than happy to help you.



Stand out – Head shave? Sit in a bath of beans? A danceathon? A sponsored silence? Think outside the box and come up with an idea to inspire donations.



Battle of the brains – A quiz night – in person or virtual – brings your friends, family and colleagues together, gets the competition going and offers plenty of chances to raise cash whilst you are at it. Remember the best name and team trophy!



Quit it – Get sponsored to boot your bad habits, or donate the money you have saved.



Going digital – Stream a musical performance from your home, host an online auction, or take part in a gaming marathon. There are endless ways to raise money with just an internet connection.

Pack it in!

However you're supporting the Trust, take advantage of our awesome new fundraising pack! Including...



- Fundraising guide
- Collapsible collection box
- Proposition letter
- Range of posters
- Sponsorship form
- Flyers
- Postcards
- Speaker pack
- And more!

Download what you need from our website or contact our team.

"Our company supports match funding, which meant for every pound our team raised, the company matched it."

Malcolm Francis, 14 colleagues took on 80km two-day hike

Join the #TrustTribe



Sign up for one of our events during the year or join our squad of event 'cheerleaders'. As part of the #TrustTribe you will change young lives. Find out when, where and how you can get involved on our website.

Whatever you can do you will make a massive difference. So, if you can, please do something. Thank you.



"We wanted to support the Trust after they helped my niece, Raveen, and other young people boost their confidence. But how?"

"I've taught yoga for several years and with the support of my assistant, Raveen's sister Daneesha, we held an online fundraising yoga class.

"A 90-minute yoga practice with 85 yogis following along on Zoom raised over £650. I was happy to support such a worthwhile cause."



Yoga instructor Steven's niece Raveen is now a Trust volunteer.

Speak up for the Trust

It is as important to raise awareness as money. We have to introduce the Trust to new audiences who might never otherwise have heard about us and our impact. Talks are a brilliant way to do this.

Whether you're a member of a local club and could go and talk about how the Trust rebuilds young lives after cancer, would like to share your story with your colleagues at work, have an 'in' at a nearby business where we could be the Charity of the Year or you want to inspire young people

with cancer, talks can do three things...

- 1) Raise money on the day
- 2) Introduce the Trust to new potential funders and/or supporters
- 3) Open the doors for more young people to access Trust support

To help you do the best talk possible, we have produced a new speaker guide. It includes top tips on the power of good storytelling, planning your talk, the language we use to talk about the Trust, using the right 'call to action', key facts about the Trust and plenty more need-to-knows. There is also a presentation template and other resources to use too.



Everything you need to know for when you're talking or presenting on behalf of the Ellen MacArthur Cancer Trust.



GET INVOLVED! Go to ellenmacarthurcancertrust.org/events-and-fundraising or email fundraising@emcancertrust.org

Feeling Ambitious

'Better Connections, Bigger Impact – Our Ambitions for 2020-2022', is keeping the Trust on course to be there for every young person who needs us after cancer.

Our Ambitions for 2020-2022

How do you build on success? There is still a lot of work to be done until we are able to provide support for every young person who wants it. Our Ambitions set out that path.

When parents thank us for the difference they see in their child, when a teenager stops hiding their scars, when a young adult tells us they feel able to go back to college thanks to the confidence they gained through the Trust, we know we are making a difference.

For every young person currently supported by the Trust, there are nine who aren't. Yet. This is at the heart of what drives our Ambitions for the next three years.

Young People

We want to **shout louder** about the difference the Trust makes to young

people in recovery and improve how we talk about that difference. By evolving our systems, infrastructure and recruitment channels, we want to be able to **reach more** young people in recovery so they hear about and want to access Trust support. We can make a real step change in how we measure our outcomes and impacts if we **delve deeper**, leading to better connections with young people, parents, and professionals working in cancer care.

Fundraising & communications

We want to **diversify our income** by securing alternative funding sources so no one body contributes more than 20% of our income by 2022. Raising the funds we need to achieve our Ambitions

for young people, and to maintain our current level of reserves, means we need to **hit targets**. To improve how we communicate and raise awareness of the Trust, we need to **know ourselves** by reviewing our purpose, brand story and core messages.

Our team

By clarifying how we talk about the Trust and our values, we can **be consistent** and confident about our purpose and the difference we make. Focusing on volunteer and skipper development and management means we can **strengthen our frontline** to ensure all young people get the best outcomes possible from the trip. Investing in the ongoing training and development of the Trust team to achieve our Ambitions for young people and fundraising and communications means we can **keep evolving**.

Skipper talk



Trust skippers are responsible for steering the boats and keeping everyone safe, but it is so much more than just that. Skippers are part of the vital frontline supporting our young people, as Becky Ellis explains.

Ask a skipper what a Trust trip is like and they will hardly mention sailing. When Becky joined the Trust five years ago, it was the "amazing vibe" and getting to meet the young people that have made her a well-known face on trips ever since.

She remembers meeting Josie on her first day, a young girl who ended up "interviewing" Becky.

"She just quizzed me, I felt very on the spot!," Becky recalls. "It was brilliant, very funny questions. You could tell even in that first 24 hours what she was getting out of the trip."

No two trips are alike, so for Becky the role of skipper means being mindful of group dynamics. Every young person and volunteer on each trip is unique, bringing different things to the team.

The skipper is there to make that dynamic feel organic, inclusive, and all about having fun. That involves considering each individual's needs.

Without singling anyone out, she is thinking, for instance, how Uno can include people recovering from brain

tumours that have affected their processing speed. It is her job to ensure young people whose bodies have changed from cancer are comfortable navigating a boat. And that's just two examples.

Leading the way

Skippers are prepared for the difficult conversations too and the Trust's annual skipper training includes invaluable sessions on mental health.

She continues: "We feel geared up for those situations. It gives us the confidence to either have those conversations or know who to ask for support."

Ultimately, nothing beats seeing young peoples' faces on the pontoon, especially when they are returning for another trip.

"When you see them over quite a few years, it's just fantastic," Becky adds. "I've gotten involved with volunteer training too, so young people I remember being 14 or 15 and on their first trips are becoming volunteers. It's quite amazing."

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. We want to hear your ideas. Contact our team at 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

Stronger together

It's thanks to our friends and partners we can do what we do. Whether other charities, corporate organisations, or long-term funders, young people benefit when we all work together.

The power of partnership

Charity partnerships are key to facilitating the support young people need. By pooling and sharing resources, we are all able to make more of a difference to their lives.

Supporting young people in recovery is a team effort. The partnerships between Teenage Cancer Trust, CLIC Sargent and the Trust complement one another, as we work together to provide young people with the help and opportunities they need.

But what does that actually mean? It means social care teams at CLIC Sargent, and youth support coordinators and nurses at Teenage Cancer Trust, recommending the Trust to young people who they think would gain something from the experience.

It means the Trust attending Teenage Cancer Trust's Find Your Sense of Tumour event, where we work in collaboration to encourage young people to join trips. It also means publicly lending our voices to one another, when we need support too.

Kate Collins, Chief Executive of Teenage Cancer Trust, explains why it's so important to offer young people support after their treatment ends. She says: "It can feel like you're expected to be happy and just move forward and think, 'hooray, that's over'. That's often when some of the impacts



It can feel like you're expected to be happy and just move forward and think, 'hooray, that's over'. That's often when some of the impacts of the experience you've been through as a young person really start to hit.

KATE COLLINS, CHIEF EXECUTIVE OF TEENAGE CANCER TRUST

of the experience you've been through as a young person really start to hit. Our partnership makes sure all the communication is in place so we can identify young people who would particularly benefit from coming on a trip with the Ellen MacArthur Cancer Trust, and to make sure that then comes into being."

It is the same with CLIC Sargent. CLIC help reassure parents and young people who could be nervous about being away from home. They assist with

pre-trip paperwork and getting approval from clinical teams too, making the process for young people to come on trips much smoother.

Rachel Kirby-Rider, CLIC Sargent's Chief Executive, believes what both charities do support and complement each other. She said: "The Trust and CLIC Sargent have a shared understanding and drive to ensure children and young people with cancer get life changing opportunities, have fun, be children, and get to meet others. We have mutual respect for each other's charitable goals and values. Children and young people and families are at the heart of what we both do."



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RACHEL KIRBY-RIDER, CLIC SARGENT'S CHIEF EXECUTIVE



Here's to 20 years

Young people can focus fully on fun knowing they will be sun safe and dry(ish!) after Musto – the Trust's Official Clothing Supplier – agreed to extend their partnership for another five years!



Musto has supplied young people, volunteers, and skippers with essential sailing and sun-protective gear, including long-sleeve tees and hats, as well as waterproof jackets and salopettes, since the Trust launched in 2003.

That means the new agreement will see Musto and the Trust celebrate our 20th anniversary in 2023!

Although COVID-19 put a stop to the Trust's 2020 activities, young people, who were scheduled to come on a trip are still receiving their long-sleeve Musto tee, with a brilliant design by

A lot of our employees and colleagues join Trust trips and come back completely inspired, they just can't wait for the next opportunity to volunteer and help.



NICK HOUCHIN, MUSTO'S HEAD OF MARKETING

Romy Rundle, who was supported by the Trust for the first time in 2019.

Nick Houchin, Musto's Head of Marketing, said: "We are really proud of the relationship with the Ellen MacArthur Cancer Trust.

"The relationship started with Ellen's campaigns and her projects, sailing round the world and what she achieved with that, but also what she set out to achieve with the Trust and helping young people recovering from cancer.

"A lot of our employees and colleagues join Trust trips and come back completely inspired, they just can't wait for the next opportunity to volunteer and help. It's seeing the emotional connection my colleagues and myself have with the Trust that makes it all worthwhile and such a fantastic cause and charity to support."

10 years with People's Postcode Lottery

Over the last decade, players of People's Postcode Lottery have enabled the Trust to grow and grow.



From acquiring yachts to setting up a base in Largs, players' generosity means more young people are able to get the support they need to rebuild their lives in recovery from cancer. This is because we can provide better training to our volunteers, tackle issues like the loneliness and isolation young people experience on treatment and increase awareness of the Trust so more young people discover how our support could help them.

Players have made an immeasurable difference to so many young lives and are an invaluable Trust partner. We cannot thank them enough.



GIVE NOW

Where your money goes



£15

Supplies summer essentials including a water bottle and sun cream for a young person on their trip.



£50

Brings the fun by providing water cannons for the Trust's legendary weekly waterfights!



£100

Covers the cost of an essential volunteer travelling with young people to and from trips from across the UK.



£350

Funds a young person who has been supported by the Trust to train as a volunteer. This sort of peer support is vital in recovery.



£560

Pays for a young person to come on their first sailing trip on the Isle of Wight or in Scotland.



You've got a friend

Become a Friend of the Trust: Complete this form or **sign up online** at our website to pledge a monthly donation.

How you can make that difference today...



DONATE BY TEXT

Text **EMCTRUST** and your amount* to **70085** (e.g **EMCTRUST 15**) *If you don't specify an amount it will default to £5. You will be charged the donation plus your standard rate. Ensure you have the bill payer's permission.



DONATE ONLINE

www.ellenmacarthurcancertrust.org/donate



DONATE BY POST

Send a cheque payable to the **Ellen MacArthur Cancer Trust, Units 53-57 East Cowes Marina, Off Britannia Way, IOW, PO32 6DG**



Pledge a legacy gift

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

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 using a ball point pen 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:	

We are so pleased you have decided to become a Friend of the Trust!

We would love to keep you updated on the Trust's news, events and appeals, and on the impact your generous regular support makes to young people in recovery from cancer.

How would you like us to stay in touch? EMAIL PHONE

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.

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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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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:
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Name(s) of account holder(s)

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Bank/building society account number

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Branch sort code

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



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.



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,
Units 53-57 East Cowes Marina,
Off Britannia Way,
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