

ellen macarthur cancer trust

ISSUE TEN 2019

inspire



Looking towards
a positive future



ellen
macarthur
cancer trust

rebuilding young
people's confidence

Making more smiles



Last year we celebrated our 15th anniversary, which was a wonderful opportunity to reflect on how more than 2,200 young people

have now had their lives positively impacted through being involved with the Trust since 2003.

On our trips some real magic happens and we quickly realised it's not about sailing, it's not about being on the water even, it's about being together.

Everyone has stories to tell, everyone's busy and doing everyday things they often haven't done since their diagnosis. It's all a bit of an adventure, which takes the young people to a very different and unique space.

We see a huge transformation in so many young people the first time they come on a trip, and often get letters from parents saying 'thank you' for giving them their son or daughter back.

But then they can stay part of our family and keep coming back. Many go on to volunteer, and some even gain sailing qualifications to work on Trust trips.

That continuity is important, not only in a young person being supported for as long as they need us, but it's a real inspiration for new young people too as they rarely meet adults who had cancer

as a child. Seeing someone thriving in adulthood can be incredibly powerful for a young person in recovery.

It's wonderful to see new research showing more young people are surviving cancer in the UK, and it's our aim to work with every young person in recovery who wants support.

This means continuing to grow the range and number of activities young people can benefit from and in this *Inspire* you will discover what's new and the real difference being made.

You have helped us to achieve so, so many smiles in our first 15 years. Seeing these smiles and confidence build is what the Trust is all about. Only with your support can more young people find their smile.

Thank you.

Ellen MacArthur

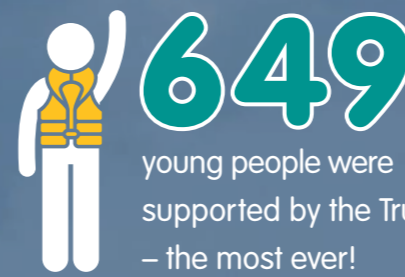
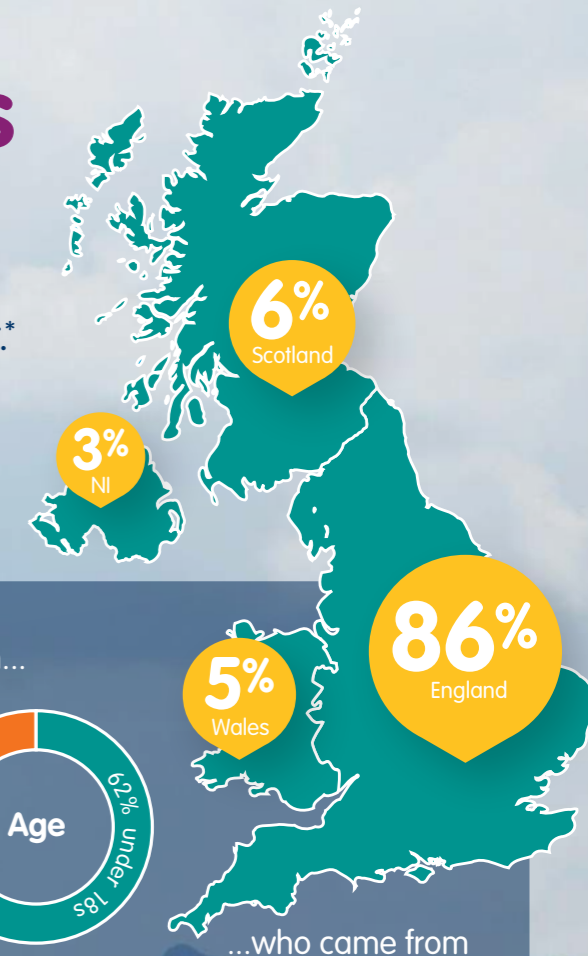
Dame Ellen MacArthur DBE



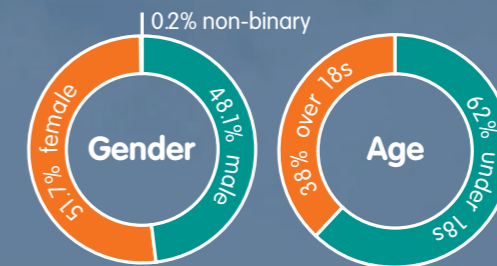
When treatment ends our work begins

More young people now survive cancer than ever.* This is great! But it means more young people need support in recovery.

That's why in 2018...



By 2018 we worked with...



...who came from

"Thanks to the Trust, my child..."

...became more confident."

...was more positive."

...felt more optimistic for the future."



*2018 survey of 120 parents of under 18s

"The Trust creates an environment in which you can build a new story."

The biggest difference YOU can make...

...is becoming a Friend of the Trust. Help make more smiles by signing up to give regularly on p19.

4 Crystal's story	6 First time trips	8 Outdoor adventure	10 Casting the net	12 Enduring impact	14 Return to volunteer	16 Trust tribe	18 Friend of the Trust
-----------------------------	------------------------------	-------------------------------	------------------------------	------------------------------	----------------------------------	--------------------------	----------------------------------

*Over 85% of 13-24 (Teenage Cancer Trust 2019) and 82% of 0-14 (Cancer Research UK 2019)

I know what you did last summer

Sometimes a single moment stops everyone in their tracks. That is what happened when an email from Crystal Marshall landed in the Trust inbox. In July, Crystal had sailed in Cowes in recovery from facial cancer and wanted to share a blog she had written about it. No one could talk as they read. This is Crystal's story in her words.



The picture in the bubble is me next to the minibus that took us to the Isle of Wight. Can you see the fear in my eyes? Lol because I was honestly nervous but excited at the same time, and yes, this Harry Styles hat goes with me everywhere I go ;)

Not many people know how much importance the picture below holds in my heart. This Crystal is free, doesn't have hair covering her face, like she always used to, she feels confident with the people that she is with and doesn't feel out of her comfort zone at all.



My BFFs: Jordan and Rebekah

Before my trip I said to my social worker 'I'm not going until I at least know one girl who knows my situation and is cool about it!' which is how I got to meet the two most amazing, supportive, kind girls I'd ever had the fortune of knowing. After weeks of speaking to them on Facebook, I asked if I could show an unedited version of my face. I was shocked how supportive and kind they were! Thankfully, Jordan and I were on the same boat and in the same cabin. All I want is social acceptance from everybody I come across, so having them not being bothered by how I look was there with me 100% throughout the trip. I will forever be thankful for that.



It was the first trip I went on since my operation (and with my new face) so you could imagine how much I was freaking out about what other people's reactions were going to be like.

For nearly a year I'd been hiding in my house, away from the outside world, because I didn't want to be judged or stared at. The thought of doing things out of my comfort zone left me in hot sweats because I didn't know what to expect.

But I've learned the hard way, hiding and missing out on opportunities as great as this wouldn't be healthy for me mentally. I could have focused on those thoughts and never left my house ever again. But I didn't. I was not only tired of running, but I was also tired of being scared all the time.

I don't remember much of our first sailing day, but what I do remember is the feeling of embarrassment and shame. The wind



was so strong it blew away the hair that normally covered the right side of my face and exposed my cheek completely.

I panicked and quickly escaped into the cabin and never participated in the sailing. I was so embarrassed everyone had seen how unusual my cheek was; I didn't feel like showing my face again.

This made me feel really mad and frustrated with myself. Yet again I was running away from my fears and, in the process, was missing out on something I looked forward to doing all day.

Everything came pouring out

It wasn't until we had a heart-to-heart after dinner, I told everyone about my fears and worries. I told them things I've not even told my close family about. I told them how ugly

I sometimes feel, how I felt frustrated with myself because I wanted to sail and I was still traumatized from my intense operation.

Nearly everyone around the table was teary-eyed, and I got loads of hugs and reassurances that they didn't care what I looked like and they thought I was strong and brave to come on this trip. Our skipper said he wanted my goal for the next day to have a try at steering and not care if the wind blows the hair out of my face.

He, as did the whole group, agreed no one will judge and no one would say anything if my face was exposed. He just ultimately wanted me to have fun, enjoy myself, and get as much out of the trip as I possibly could. Which was exactly what I did.

"I will never forget how happy I felt that day. It was seriously a magical moment."

Going on this trip was a very therapeutic experience. I not only grew as a person, but was accepted by the young people, staff and everyone involved over something I was embarrassed about.

*edited from the 'The Crystal Life - don't let facial cancer define you', reproduced with the kind permission of Crystal Marshall



You're not ALONE

Cancer can make young people feel very isolated. Their first Trust trip is often the first time they meet others who feel the same. This matters.

From being nervous about not making friends to embracing their first year at senior school, meeting on their Largs trip last summer helped **Tom** and **Ted**, then both 11, feel they could take on the world.

How did you feel beforehand?

Tom: I wanted to go to experience something new I hadn't done before and I'd learn how to sail a boat. But I was nervous about meeting people I didn't know and thought I wasn't going to make any friends.

Ted: My mum explained the other kids going had had cancer too and it might be good to build up my self-confidence. It made me feel comfortable as I wouldn't be the one who was different and people would get me, because not everyone does.

Why did you feel like that?

Ted: I'm smaller than other people my age. I had my treatment when I was a baby and so I don't grow as much. It makes me feel annoyed, especially when people think I'm twins with my 'little' sister. I also don't often

83%

experience loneliness during cancer*

*CLIC Sargent (2017)

understand what's going on in social situations, when I'm expected to understand how someone else feels.

Tom: I have NF1, a genetic condition that causes tumours to grow along my nerves, and an optic nerve glioma. This has made me think 'why me?' and I've had to mentally and emotionally understand the tumours – it's a scary word! School's been challenging and I get very angry and frustrated at times. I question my self worth.

How did you become boat buddies?

Tom: Ted was just easy to talk to. He was kind and understanding and I felt I could always talk to him. I felt different afterwards because I'd met Ted.



Thanks PPL!

Tackling isolation and loneliness

An Extra Award from players of People's Postcode Lottery will help more young people to feel less isolated and lonely after cancer. The award is part of People's Postcode Lottery commitment to support the Government's £20m investment in tackling loneliness. Players of People's Postcode Lottery have been incredible supporters since 2010 so even more young people can feel like they aren't the only one. **THANK YOU!**



What was it like starting senior school after your trip?

Tom: My mum was amazed when I told my form tutor/Maths teacher about my condition and that's why I struggle with dyslexia and other side effects (dysgraphia, dyscalculia, dyspraxia). My tutor replied 'No worries Tom I'm dyslexic too.' This made me feel brilliant! I wouldn't have had the confidence to tell them before my trip.

Ted: My mum said even though I hadn't physically grown, I was walking taller and was more confident. I was very worried about High School, but going on the trip alone, experiencing things I'd never done before and coping made me believe I can do the same at school. I enjoy school now, but not as much as sailing!

Ted: Tom is definitely my kind of person because he is calm, kind and good to have around, because I get stressed with people who are too loud and silly. He didn't make me feel left out or that he was better than me. We were the same.

How did this help you?

Ted: I learned I could cope in social situations without my parents' help, and even when something is a bit scary at first try it because it can end up being one of the best experiences ever.

Tom: I made new friends, it helped me gain confidence and to be able to talk more openly about my condition.



We socialise with others so we...

Belong

"He tends to isolate himself, this is the first time he feels like he belongs in a group and feels comfortable in it."

Don't feel judged

"Everyone has experienced the same thing so we all have trouble making friends."

Are more positive

"He came back with a positivity, realising what things actually matter in life."

Feel our anxiety reduce

"The girl who returned is different from the girl I dropped off. She is glowing. The friends she's made she holds close to her heart. Friends for life."

Think differently about ourselves

"We were able to discuss our experiences, this helps to normalise our experience and solidify thoughts regarding our own coping strategies."

More than Young people having the support they need for as long as they need, wherever they live. SAILING



For every young person, the Trust magic begins on the yachts of Cowes and Largs. But as they come back year after year, there's no limit to the adventure!

Emily

"After four days you literally become un-biological siblings."

A-OK!

After a diagnosis of Langerhans Cell Histiocytosis just before her 15th birthday, Emily Shattock missed a year of school. She says post-treatment can be "the hardest, most depressing part" of cancer. But thanks to meeting a group of friends who call themselves the 'A-Team' life has changed. She returns for the third time this year.

"During treatment people know you're a cancer patient. But afterwards no one knows why you look the way you do; I was

a pale, freckly person with no hair. I felt judged everywhere I went. People would look at me like I came from outer space.

"It's horrendous. I'd have really sudden outbursts of anxiety where I just wanted to curl up in a ball. By the time of my first trip I was at my wits' end. I was still getting to grips with life. That trip really picked me up and encouraged me to keep going.

"Meeting people who had gone through similar was so reassuring. Being on the sea it felt safe to talk about the really personal, sometimes dark, things we had never talked about before. No one else could hear. I wanted to live on that boat forever.

These are the friends that are always there for you. We're on our 'A-Team' group chat all the time and it feels like we've always known each other.

"We live all over the place so don't get to really meet up in person outside of trips, but that doesn't matter. When we're together it feels like we've never been away and without saying anything, we can recognise how each other is feeling. Friendships are a huge part of what trips achieve and I've been able to find myself again."

This is where we adventure together and...



Achieve

"I try new things on every trip, even when I think I won't be able to do them."



Overcome our fears

"I managed to go out with no wig for the first time ever!"



Change our self-perception

"It has shown me I can do things and I'm not useless. I'm super proud."



Feel important

"I'm OK, who I am is OK, and I'm not alone."

- Largs, Ayrshire**
 - Opened in 2013
 - > First time trips - for under and over 18s
 - > Scotland Longer Cruising
- Glasgow**
 - > Volunteer training
- Castleton, Peak District**
 - > Hollowford Centre - New trip for 2019
- Essex**
 - > Bradwell - under and over 18 outdoor adventure trips plus first siblings trip
 - > Harlow (CanalAbility trip)
 - > Brightlingsea - extended sailing aboard historic yachts (Pioneer Sailing Trust, Thalatta)
- Coniston, Lake District**
 - > Waterpark
- Birmingham**
 - > Volunteer training
- Bude, Cornwall**
 - > Outdoor Adventure
- Cowes, Isle of Wight**
 - Trust HQ
 - > First time trips - for under and over 18s
 - > Round The Island Race
 - > South Coast Cruising
 - > Volunteer training
- Southampton**
 - > Ocean Youth Trust South's Prolific

Casting the net

Different people need different types of support, so expanding opportunity matters.



Our turn!

Brothers and sisters can be badly affected by the long-term illness of a sibling. So for the first time in 2018, 23 siblings of young people in recovery had their own trip to Bradwell, enjoying their moment to shine and chance to confide. Waterpark in the Lake District hosts the siblings this year.

Imagine having a newborn and two-year-old twins when your four-year-old is diagnosed with leukaemia...

That was Stephanie and Rohan Molligoda's reality in 2012. As eldest son, Romesh, underwent three-and-a-half years of treatment, the three other boys, Ashan and Nihal, and little Ravi knew no different.

But that didn't stop their parents being racked with guilt. That was until the twins got the chance to go to Bradwell last summer.

"Life is so, so difficult for siblings," Stephanie explains. "I sometimes forget how much my younger boys have gone through and it's moved me to tears to see and hear of them having so much fun and getting some of the limelight for once."

"At the time you're just getting through one day and one week at a time. We tried to keep everything as normal as possible for the twins; they would go to nursery

but were always being looked after by other people. It was the best thing for them, but selfishly I wanted them with me. I felt guilty about everything; guilt, guilt, guilt."

As Romesh's treatment progressed so the twins became more aware; not that their brother was so ill, but that mummy might not be there in the morning if there were an early hours hospital dash, and that Romesh was the one who 'got treats'.

There was no jealousy or tantrums, just the total innocence of knowing nothing else.

"The boys were absolutely buzzing when they came back, they were so chuffed with themselves."

Romesh enjoyed his first sailing trip in Cowes in 2016, and returns for his fourth adventure this year. Seeing the difference in him convinced the Molligodas the siblings' trip could do the same for the now eight-year-old twins. They were right. They had all these exciting stories and new experiences and were pushing themselves, being adventurous outside of their comfort zone.

"They weren't clinging to each other and using each other as a safety blanket; they did different activities with different groups and that's indicative of how confident and happy they were feeling."

"That trip still crops up all the time in completely unrelated conversations and they are more up for trying things because of that experience. **It was properly amazing for them to have that something special of their own.**"

Change of pace

Since 2016, young people under 18 with more severe mobility issues, or who don't yet have the confidence to go sailing, have been canal boating instead. It's had such an impact, this year over 18s will cruise the waterways too.

"In the outside world we feel like the odd ones out, but when we get on the boat we can be ourselves, we don't have to be people we're not."

When she was 11, Mary Isherwood was diagnosed with a brain tumour. For the next three-and-a-half years she underwent intensive treatment; she missed school, her friends moved on, she was alive but now in her mid-teens, life was unrecognisable.

Rowan Todd has a similar story. Now 13, she was only three when she was diagnosed with an Optic Pathway Glioma – a type of brain tumour. In seven years she had four-and-a-half years of chemotherapy and is now almost completely blind.

She felt a "kind of stigma around me" as she went back to school and tried to reintegrate back into the life she used to know.

Mary and Rowan were amongst four young people who, thanks to a partnership with CanalAbility, enjoyed five days cruising through the Essex and Hertfordshire countryside last autumn.

Trip leader, Dan Taylor, explained: "A canal boat feels slightly more contained and stable than a yacht. Young people do the locks, wind up the paddles and push open the lock gates. They helm the boat for periods of time and do line work as well. They love it because it goes at their pace. It's more relaxed and that works."



Long term gain

Almost a third of young people have come back more than four times. There's good reason...



As a result of the Trust we are more...**

*EMCT, 2015 **Adapted from the Roberts-Bull Model of Enhanced Psychological Wellbeing (Southampton University, 2014)

Happy...


Young people experience a positive change in perspective on their illness and life. Fun is important, the trips are life changing and an escape from daily life.

 **91%**
of parents say their child was happier†

"It really set a drive in me to feel what I really want to do."

Confident...


Confidence is enhanced through a new awareness of abilities and a change in self-perception with feelings of self-assurance and self-belief.

 **Over 92%**
of young people say they are more confident†

"I haven't felt this confident, related to and happy in a long time."

Independent...

Parents observe children being happy away from home and family and doing things on their own. Young people get a sense of normality and not feeling different.

 **Over 95%**
of parents say their child gained independence†

"She has more drive and determination and is more independent and headstrong, which I love!"



Dr Dave Hobin, Consultant Paediatric and Adolescent Oncologist, Birmingham Children's Hospital, Trustee and Trust medical advisor.

"The Trust invites young people back and builds relationships up over a period of time. We're not there to foster dependency and make people reliant on us we're there to provide them with the bricks to build the foundations to launch them off into their future life. It's just more of the building bricks coming together."

COULD YOU BENEFIT? Go to www.ellenmacarthurcancertrust.org/what-we-do or email info@emcancertrust.org

"Every time I come back my parents see a difference in me"

Emre Mehmet's mum says the Trust is "the only thing that has enabled him to get on with his life." But why?

"I didn't know I had cancer and was so young I wouldn't have understood what it meant anyway."

Getting your head around cancer when you're six-years-old is nigh on impossible. How could you possibly understand what cancer could mean? The terror your family is feeling? The smiles they wear so you're not scared? That was Emre Mehmet.

Diagnosed with Stage 4 Wilms Tumour aged six, Emre spent a year on treatment as his left kidney was removed and he had chemotherapy along with radiotherapy for lung lesions. But being so young doesn't make having cancer easier to process.

"As you get older it gets both easier and harder to deal with it," Emre explains. "As you learn more about it, you begin to understand how rare it is, but at the same time you realise how lucky you were. It's definitely a big thing to get your head around."

New direction

Although never shy, Emre went into his shell. Physical side effects included phantom kidney pain, if he ran his lung would hurt and leave him doubled in pain and he had shortness of breath. At 11 he got the chance to come sailing. It was a turning point.

"To start with I just liked the sailing," Emre admits. "It's an amazing skill to get to learn when you're from North London!"

"But it was also the first time I'd been around people like me since hospital. I was still quite young, but the older kids were talking about their experiences,

and although I still didn't really understand why, I knew it felt right and quite nice."

Back for more

For the past three years, Emre has enjoyed outdoor adventure trips to Bradwell, while this year he will join the first Peak District trip to Hollowford. He likes the range of activities most. But the impact on him is all about the people.

"Having cancer was unfortunate for me, but having the opportunity to join the Trust has been a privilege."

"You mature a lot faster with the Trust, in a good way, 100%. When you've got a shared experience, you bond with people and can be more empathetic. You can trust them more. It's a thing between you."



"I'm exploring and doing things by myself on trips. That impacts on your life. I feel more confident socially and I can talk to people a lot better than other people my age. It's helped my verbal skills and I bond with different people quite well too. It's helped me grow up."

Looking ahead

Emre is excelling as Head of Class having been determined to catch everyone else up after missing so much school. But he can never wait for the summer again.

"Having cancer was unfortunate for me, but having the opportunity to join the Trust has been a privilege. Beyond the social aspects and maturity I've gained, it's just so fun to go away and do your own thing with different people."

"I can now use my life experience to help other young people like me, especially ones who might still be going through treatment. My aim is to volunteer in the future. **That's why the Trust is one of the best things that's happened in my life.**"

You can be ME!

134

young people have returned to volunteer

20

more young people will become volunteers in 2019

3

average number of such volunteers on each trip

Having the chance to interact with others at different stages of recovery is vital in a young person seeing there is life after cancer. That's why young people who were supported by the Trust in recovery coming back to volunteer is so inspirational to those who have recently finished treatment.

Rosa Coker-Burnett first sailed with the Trust in 2009 after treatment for Acute Myeloid Leukaemia. A decade on and Rosa won our Luke Gilbert Volunteer of the Year in recognition of her incredible contribution in supporting young people who now have the same anxieties, confusion and lack of confidence she did as a young teen.

What inspired you to volunteer?

I really, really enjoyed my time with the Trust. It gave me the confidence to do stuff by myself.

What's the biggest difference you can make to young people?

I think I can get them to smile and smile again and hopefully sometimes they appreciate my jokes! I'm not the best sailor, but I can show them you don't have to be. It starts with small things, like them helping with the cooking and chopping veg, so many have never even done that before.

It's just about making them feel they can do things, whilst having fun, talking to people and making a lot of new friends.

"Seeing a face light up is a huge thing."

Would the 13-year-old Rosa recognise you today?

No, definitely not! I was very quiet and tomboyish and I didn't know who I should be mixing with. I'd spent so long with adults in hospital I wasn't sure why I should hang around with people my age. At secondary school, I wouldn't go to parties, as I was really nervous about being around that many people and the logistics made it too stressful. Now I'm studying for a Masters at university four-and-a-half hours away from home in a brand new city with brand new people! I've shown I can make a go of it and enjoy it. I hope others see they can go on and do things they want too.



Inspiring style

Nobody knows what it means to be a young person better than the young people. That's why last summer, Musto, the Trust's Official Clothing Supplier, handed the 2019 trip t-shirt design over to them!

During trip downtime, the young people put their creative talents to the test to sum up what the Trust means to them. And it's the artistic talents of Iona Sutherland that will be showcased by more than 700 young people in recovery this year.

Her symbolic sketch, of a yacht sailing into blazing sunset, captures how young people can embrace their future and re-engage with life after cancer.

Iona, who first sailed in Largs in 2016 in recovery from leukaemia, said: "The trips made me feel like I wasn't on my own. To be around people who had shared my experiences was really comforting." The competition runs again this year to design the 2020 t-shirt - pens at the ready!



MUSTO

"Musto is proud to have supported the Trust from the very beginning in 2003. We are delighted to deliver a genuine difference by providing the young people and crew with kit that keeps them protected against the elements and allows them to focus on the all-important task of having fun." Emma Jackson, Category Marketing Manager - Sailing.



Above and Beyond

Not only does Musto provide trip kit for the young people and the crew, but Team Musto love to get involved with fundraising for the Trust too.

In 2019, Musto have already raised over £7,500 in support of the Trust and staff have already signed up for several fundraising events this year.

Whether it be through a Musto team taking part in the Great South Run or a Bake Sale in the office, the team like to get involved, from head office to retail store.

Why not join them!



How you're giving young people their future back...

You're giving them the chance to test their physical and mental boundaries

You're helping them make friends with others who have been through the same

You're allowing them to see there is life after cancer by meeting Trust volunteers

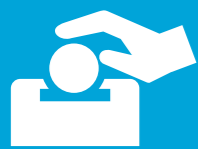
You're giving them permission to have fun and to laugh again

You're rebuilding their confidence after the devastation of cancer

Join the Trust TRIBE

Better together

Join forces with friends, family and the community around you to really put the fun in fundraising!



Think outside the fundraising box

Capture people's imaginations with an **innovative idea** and you're onto a winner. Ideas like a jargon swearbox, giving something up or hosting a 'blind dinner party' are all ways to get everyone involved and have a laugh.



Get inspired

Our new fundraising pack will be full of ideas and top tips so pre-order yours now by emailing info@emcancertrust.org or sign up for our tri-annual fundraising e-newsletter, **Shine**, at the same address to get inspiration to your inbox.



Tea time

Coffee mornings and tea parties are amongst the most popular fundraising events. From recipes, posters and cake toppers, we have everything you need to help your event 'bake' a difference! Email info@emcancertrust.org for your pack.

Everyone can be part of the Trust Tribe! There are so many ways you can help a young person get their life back on track after cancer. Here's how you can make a difference this year.

The Ed-venture continues

When budding radio presenter and communications student, Archie Parker, wanted to celebrate the life of his cousin, Eddie, he turned to the airwaves.

Eddie sailed with the Trust shortly before he sadly passed away from leukaemia. And having seen his auntie Louise, Eddie's mum, cycle from Vietnam to Cambodia with a friend to fundraise for the Trust, Archie was inspired to channel his passion in Eddie's memory by completing TWO marathons 24-hour university radio broadcasts! Archie also joined the Trust Tribe at the Great South Run, raising almost £1,500 in total.



"Be passionate about your event. The young people you are fundraising for would want you to enjoy it and complete it with a smile."

On the run

Join the Trust Tribe teams of runners at three of Britain's most iconic events in 2019.

Running can be a challenge for even the most experienced road pounder. But being part of a team makes the whole day much more enjoyable. By joining the Trust Tribe event teams, each runner will be supported every step of the way.

You will...

- Get a personalised Trust running top for training and the event.
- Receive fundraising support from the Trust throughout.
- Have the event logistics sorted – you just need to get there and meet the team.
- Be cheered along the route by the Trust's volunteer cheerleading squad.
- Feel part of something much bigger than a one-off event.

Great North Run (Newcastle) Sunday 8 September

Run from city to coast in the World's biggest half marathon. The 13.1-mile route takes runners across the iconic Tyne Bridge and past thousands of cheering crowds in Gateshead before heading out towards South Shields and the coast.

Royal Parks Half Marathon (London) Sunday 13 October

Passing London's most iconic landmarks, the stunning 13.1-mile route takes in London's world-famous sights on closed roads and four of London's eight Royal Parks – Hyde Park, Green Park, St James' Park and Kensington Gardens.

"Volunteering with the Trust has been amazing, emotional and inspiring and it drove me to take on this challenge. I've got so much out of it, I feel like I've found my tribe."

Alex, 2018 Great South runner and Trip Volunteer.

Great South Run (Portsmouth) Sunday 20 October

The Trust Tribe has taken part in this event for many years, enjoying Europe's greatest 10-mile road race. This flat course through Southsea, Portsmouth takes you past much of Britain's naval heritage, including HMS Victory and HMS Warrior!



Knowing the life-changing difference you're making is the only motivation you need!

Be an event volunteer

Want to join the team but don't feel ready to take on the physical challenge? Join the Trust Tribe as an event volunteer!

From helping runners get kitted up to being part of the cheering squad and dishing out sugar hits, you will make a massive difference to hundreds of young people in recovery. **It's rewarding, inspiring and lots of FUN!**

GET INVOLVED!

Go to www.ellenmacarthurcancertrust.org/get-involved or email info@emcancertrust.org



GIVE NOW

Your generosity is the only reason young people can benefit from Trust support. Without you, young people cannot go on a first time trip, come back year-on-year or support others like them as volunteers, and it is more challenging for them to rediscover the confidence to positively embrace their future.

The ways you can make that difference today...



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**



DONATE By Phone

To make a card payment or bank transfer call the team on **01983 297750**.



Pledge a legacy gift

Email info@emcancertrust.org and our fundraising manager will be in touch.



You've got a friend

Know you are supporting more young people year-on-year by giving regularly.

Become a Friend of the Trust: Choose the amount and the date you would like to donate on to give monthly. This can be changed easily at any time. Complete the form to the right and post it back to us.

Want more flexibility? If giving annually or quarterly suits you better just let us know! Drop the team an email at info@emcancertrust.org and we can 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 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:	

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

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

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

Reference

E	M	C	T	D	O	N	A	T	I	O	N				
---	---	---	---	---	---	---	---	---	---	---	---	--	--	--	--

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:
---------------	-------

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



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,
East Cowes, IOW,
PO32 6DG**



Registered with
**FUNDRAISING
REGULATOR**

Registered. Charity No. 1096491
Scottish Registered Charity No. SCO44013

Thanks to RF Design – www.rfportfolio.com – for making Inspire look so fab
and to APS Group – www.theapsgroup.com – for again printing Inspire for free.
Credits for the awesome photos include Tom Roberts, Marc Turner, Ashton Howard,
Paul Wyeth and Mark Lamble.

**FSC
Logo**