

ellen macarthur cancer trust  
rebuilding young people's confidence

# inspire

ISSUE THREE 2012/13



## inside...

**Read how your donations meant 25 young people had a splashing time at our new dingy week up North**

**With your support, ten new hospital groups joined our trips for 18-24 year olds**

**Find out how you can help us make a difference to these young people's lives**



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cancer trust

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Your help meant we changed the lives of all these young people in 2011. Thank you!



We celebrated **8** young people's birthdays during our summer trips



**134** young people returned to sail with the Trust



We arranged **3** day sails for young people too unwell to join our summer trips



**102** amazing volunteers helped us on and off the water



**169** young people sailed with the Trust for the first time, on **39** yachts



"You cannot put a price on the difference a trip with the Trust makes to a young cancer sufferer or survivor, and their family. If your child goes into remission you are so grateful that they made it through treatment, but at times it seems that your life will forever be overshadowed by the fear that cancer might come back, or that it might affect other members of the family. The Trust helps lift everyone in the family out of these dark times."

Mother of Darragh, 16, treated at Great Ormond Street.

# Welcome from our patron, Dame Ellen MacArthur



“In 2011 we took 304 young people sailing, helping them to get back what cancer can take away. Thanks to your generosity, we all

had an amazing summer, and you are a vital part of the unique community we continue to build. However, now, for the first time, the number of young people hoping to sail with the Trust is greater than the number of places we can offer. Now we need your support more than ever.

I want to share this letter with you, to show the impact your help has both on the young people who sail with us, and their families.

“I am the dad of a young woman who was lucky enough to sail with the Trust during the summer. I will not dwell on her history, other than to say she spent more than five months in hospital. She was blind, mute and unable to control her body when she recovered from a coma, after an operation to remove her brain tumour. Over the last two years she has learned to talk and walk again, regained her sight, and recently returned to school. She finds it hard to sustain friendships, still struggles physically, and her memory and learning have been badly affected. Despite everything, her determination and resilience has been humbling. We were thrilled when she was offered a place sailing with your Trust. She was very shy during her adventure, however the impact of the experience was extraordinary. When we collected her,

she spoke as much in 2-3 hours as she had in the last 2-3 weeks. She returned even more determined to push her recovery and challenge herself. Last week she refused to take her stick into school! I know that I cannot find words that adequately express our gratitude for what the Trust has done for our daughter.”

This is exactly the reason we run our trips. I had the privilege to sail with this incredible young lady, who had just taken the wheel and was helping like a pro. She is just one of the hundreds of young people with similar stories that you help us work with. Your generosity has helped make such a difference, enabling us to work with more and more young people each year. I am so proud of what we've achieved; how our small team, supported by dedicated volunteers, ensure we get the absolute most from your donations. But we need to do much more! If just ten people become a Friend of the Trust, giving £4 a month, after a year it will mean someone else's son or daughter can be offered this experience after treatment.

We are all passionate about what we do and continually inspired by the young people who sail with us, as I hope you are. Every penny really does count. So if you are looking for a charity to support please consider the Trust. Spread the word, and thank you for continuing to help us in whatever way you can.”

*Ellen MacArthur*

Thanks to all those who have helped or supported us this year, including Adband, Aqualung Trust, ASTO, Bain Cares Fund, Bestival, Burgess, Cadbury Trust, Chris & Caroline Micklethwaite, Cornus Trust, Corries Cabin, Cowes Online, Cowes Sailing Networks, Derbyshire Building Society, Eco-Island, Ed Stacey, Estate Insurance Group, Froggnal Trust, Glashalleigh Festival, Golden Bottle Trust, Gus McKechnie, Intellegentia, Into the Blue, IOW Yoga Camp, Island Sailing Club, Jackson Foundation Pot Grant, JW Robertson Trust, Kevin Mole Outboards, Marine Care, Medina Yard, The Mercers Company, Micro-Mesh, Mowle Charitable Trust, OC Thirdpole, Outreach Marine Services Ltd, Pelican Racing, Pioneer Sailing Trust, Plaza Ice Cream, POM Charitable Trust, Quba, RF Design, Richard Ellis Trust, Rita Lake, Royal County of Berkshire Yacht Club, Royal Solent Yacht Club, RYA, Speedbird Offshore Yacht Club, Spinlock, Sunsail, Teenage Cancer Trust, UKSA, Vanilla Catering & Events, Whirlwind Sailing Trust, Wightsails and Yarmouth Lifeboat

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Tom & Matt raising the anchor

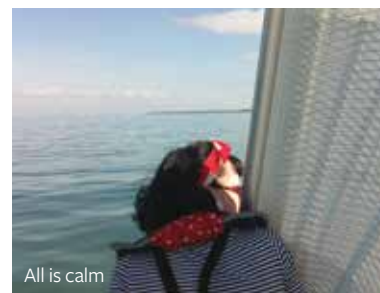
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All is calm

# Inspiring Confidence

You think we are just about sailing? THINK AGAIN...  
We can't turn a 12 year old into a seasoned sailor in four days, but we can send them home a different person.

David Walker, Professor of Paediatric Oncology at QMC Nottingham has conducted studies into Therapeutic Recreation. He concludes, "Measuring the impact of these experiences for young people with validated research may not mean as much as the level of enjoyment that can be reliably observed in smiles, laughter and friendships. Also important is the feedback, in particular the observation from parents and adults known to the young people. Both the young person and parent benefit. The young people feel safe and looked after, outside the parental control which has been enhanced by illness. These trips give the parent the confidence to let their children go away after illness. This crucially gives the parent time to themselves or to other siblings who have missed their attention. When their children return both the young person and parent are refreshed because they both feel they have had the permission to let go, and they have changed in the process."

In 2011 you helped us give 106 young people between the ages of 8-17 the opportunity to sail with the Trust for the first time. They met others with similar stories, offered support, and laughed lots, giving them a chance to move forward from their illness in a new and challenging environment. Our trips aim to help children and young adults once cancer treatment ends. The experiences they share can be described as 'Therapeutic Recreation', which aims

**125**  
young people aged  
8-17 will join our  
four-day trips in 2012  
with your help

to aid recovery by providing recreation to improve physical and mental wellbeing. We know the unique experience the

Trust offers can make a big difference after treatment for cancer, providing invaluable support at a key stage in recovery. Trust graduate volunteer Louise Boyle explains, "People don't always get what it's really like to have cancer. When I was twelve, I was diagnosed with a brain tumour, and cancer treatment makes you feel like you've

been fifty rounds in a boxing ring. It was hard when I returned to school. I was bald, pale and very skinny. People couldn't help but stare because they were curious, but it made me feel a bit awkward. My closer friends asked me about what I'd been through but most people just whispered when they thought



Young people from Liverpool, Sheffield and Birmingham Hospitals enjoying their week!

# SOPHIA'S STORY

I couldn't hear them – which made me feel a bit like an outsider.

However, when I first went on the Trust trip, it was so nice to be able to talk to people who had been through exactly the same as me– it made me feel more comfortable because everyone was the same and nobody treated me like I was about to break. Everyone knows what it's like, and everyone asks questions and nobody minds. It builds your confidence to be around friends who know how you feel.

I love knowing that every year I will be going back to friends who understand me.”



**Sophia was 12 when she was diagnosed in 2008 with bone cancer in her leg.**

Her treatment began almost immediately. After three months of chemotherapy, doctors cut out the tumour and surrounding bone, inserting a prosthesis that could be lengthened with magnets, so as Sophia grew she wouldn't need another operation.

Then Sophia had more chemo. “The second lot of chemo was worse, I felt sick, got ulcers in my gut and because it started so soon after my operation, my leg couldn't heal properly so the stitches split. I had a rotting part on my knee that had to be dressed every day. Then I had another operation, where they took muscle from my back to graft round my knee and prosthesis. They found eight different types of bacteria around my knee, which I'm still taking antibiotics for two years later. I had to stay in hospital for three weeks and was then in a wheelchair on and off for six months.”

Sophia's Mum continues, “I thought the sailing trip would be a great opportunity. Teenagers need

to share things with people their own age that they wouldn't necessarily talk to parents about. Sophia's biggest challenge, after chemo and operations, has been recovering her physical mobility. Joining in sporting activities at school has proved difficult. This trip gave her the chance to

**“She returned home absolutely buzzing, with a spring in her step”**

try a completely new sport in an environment where everybody understood and shared her problems. At sea she was able to forget physical limitations and focus purely on the task at hand, it challenged

her physically, but with the Trust she was able to tackle it without inhibitions. She returned home absolutely buzzing, with a spring in her step.”

Sophia adds, “I absolutely loved it. I'd never been sailing before in my life but it was a really relaxed atmosphere. I met some really good friends. I hate to use this term, but ‘normal’ people are sometimes not as understanding, and here everyone knew about how everyone else felt, and could sympathise. My physiotherapist noticed a real difference in my leg flexibility after the trip, so it has also been a great help to me physically.”

**You can help us** really make a difference to young people like Sophia featured above **by signing up to become a Friend of the Trust on p15**

# Inspiring young adults



Smiles

## KATIE'S STORY

**"My name is Katie.  
I'm 24, and from Surrey.**

I was diagnosed when I was 22 in May 2010 with Acute Lymphoblastic Leukaemia. It came as a complete shock to me and my family, and was the last thing I would have expected to happen to me. Everything happened very quickly and was a bit of a whirlwind. I felt scared most of all because I knew nothing about cancer, like anyone the first thing you think is the worst, and you panic.

I was very upset because I was starting to progress with my career and I had plans of going traveling and seeing the

world. It was very frustrating to have to put it all on hold. You start to reevaluate everything you have and what you've been doing and now I personally appreciate things a lot more and don't take the small things for granted.

When I went sailing with the Trust, I'd never been on anything like it before and was a little nervous. I've got to say that the nerves went as soon as I got on the bus with the guys from the Royal Marsden. We all got along really well and the journey flew by.

The best parts of the sailing trip were learning about the boat, getting involved in activities, rigging the boats, beautiful

sunsets and just being with awesome people. My most favourite part was sitting at the bow and crashing against the waves, just seeing nothing but sea. It made me appreciate everything around me and I realised there's plenty more experiences like these to be had.

The only bad thing was that we had to go home and it was sad to say goodbye to everyone, but thanks to good old Facebook we're all buddies and still keep in contact.

I couldn't believe how comfortable everyone made me feel, I couldn't ask for a better team. I can't thank the Trust enough for what they gave me that week, memories I'll never forget."



Sometimes half the battle after treatment ends is finding a way to move forward again. Meeting others who understand, trying something different and regaining a sense of control over life can kick-start this process. This is where we come in.



We took three times as many 18-24 year olds sailing in 2011 after the success of our pilot trip. The demand for our trips is high, because there are almost no therapeutic recreational opportunities aimed at this age group. Cancer diagnosis for a young adult will have a massive impact on work or University, relationships and

independence. Over half are still treated on adult cancer wards, and will rarely meet anyone their own age going through the same thing. The effects of treatment, such as fatigue, memory loss, mobility issues and changes in appearance can all affect their ability to pick up where they left off. On our sailing trips they get the chance to relax and have fun. For once, it's not about cancer, although everyone shares that experience and so can feel they are not on their own. And with plenty of time to get to know each other, people can really open up. By working as a team in a close environment, they can also recognise others strengths and weaknesses, both physical and emotional, and offer support and encouragement. If they

Sarah, a TCT YPU Doctor in Birmingham provided medical support on one of these trips in 2011 and explains, "The Trust gives young adults the opportunity for personal growth in a safe but challenging environment. It enables them to regain some control in their lives following the restrictions of treatment whilst surrounded by others who understand their experiences. Each individual has the opportunity to learn new skills, which can increase confidence and provide inspiration for their future."

want to learn more about sailing, they can, if they want to lay on deck, they can. All these elements combine to help them feel stronger and more able to move forward in their lives. It's a unique environment, and it works!



This year we have had to to reduce the number of places allocated to each hospital for these overlooked young adults. **We really need your help to give everyone in this age group the chance to sail with the Trust.**

# Return to sail: Our Residential Dinghy Weeks



Volunteer Paul Gavin acts as human shield during Water Park waterfight



Above: Ghyll walking becomes Ghyll swimming at Water Park!



Canoeing at Bradwell is rarely a dry business!



The girls in Sonatas sailing out of Bradwell





“Whilst we hope the cancer has gone, the effects will be life-long”. We want to support young people throughout their recovery journey, not just provide a one-off experience. This is why our our Return to Sail programme exists.

With your support, 96 young people aged between 8 and 17 returned for our water-based activities in 2011. These weeks give our young people the sense of belonging to the Trust’s really unique community, and something to look forward to! The atmosphere is always incredible, with laughter, a little bit of chaos, and always a lot of water thrown in, literally!

For the fifth year, your support has allowed us to take over the centre at Bradwell Outdoors, providing the 34 young people who attended with an experience they will never forget.

We were also able to introduce a dinghy week at Water Park Lakeland Adventure Centre in the Lake District aimed at our young people in the North. You can only imagine the laughter after a kayak capsized, the screams as a water pistol hit its target, the thrill of abseiling down a zom tree, and the buzz of chatter as the group enjoyed hot chocolates around the fire. It was a huge success!

Our residential weeks allow our young people to come back

to the Trust year on year, to meet new people, help others through their recovery journey, learn new social and sailing skills, and to have fun. Many go on to return as volunteers with the Trust, embodying the fact that life goes on after cancer, and just what it’s possible to achieve.

“I really hope to return as I have so many good memories and met so many fantastic people”

Paul Gavin, 22, from Cheshire, treated at Alder Hey, and now an electrical engineer, helped at our first Water Park week.

Paul explains, “It truly was a jam-packed, fun-filled week where I witnessed, once again, the positive impact a trip has on the personal belief and self-confidence of so many inspirational youngsters. I find being a volunteer with the Trust after my own path with cancer so rewarding, and I take time to share my own story. It is so satisfying to highlight the fact to the youngsters that cancer doesn’t have

to put a stop to your dreams. When I attended my first trip as a patient I remember the fear, the uncertainty and the doubt of my own capabilities, but the Trust soon proved that anything is possible. Regardless of past diagnosis and medical restrictions, I believe that it is the belief in yourself that truly determines life’s outcomes. That is why I find it so rewarding to see the youngsters regaining these traits in such a fun, relaxed, and breath-taking environment.”

If you work for a company that is interested in working with us, find out how you can **support one of our Residential Dinghy Weeks** and make sure these smiles continue year after year.



Friends connect as the Bradwell sun sets



Picnic-break at Osea Island, Bradwell



Chilling out on the Bradwell Catamarans



Facing fears and conquering them up Water Park’s telegraph pole

# Taking on challenges



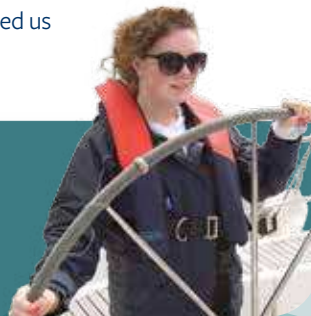
In 2011 you helped us raise £57,548...and also give 32 young people an experience they'll never forget!

"The J. P. Morgan Asset Management Round the Island Race is incredibly special. Nothing can prepare you for the sheer number and variety of yachts that bring the Solent alive. The well-loved 60mile race around the Isle of Wight celebrated its 80th anniversary in 2011, and we were honoured to be official race charity. You helped us

raise a staggering amount of money, but we need to beat this in 2012. So, highlight the 30th June in your diary, and whether you're taking part, watching from shore, or following on Facebook, please Buy a Mile to support our amazing young crews, as they take on the race of their lives."

*Ellen MacArthur*

Holly, 16, from Cardiff first sailed with the Trust in 2010 after treatment for a brain tumour.



Holly has been through five long operations, still suffers from muscle weakness down the entire left-hand side of her body and gets tired easily. Her tumour is still there, and she says the worst thing is not knowing what's to come in the future.

Holly was on board EMCT6 for the race, and remembers, "I had the fabulous opportunity of entering the Round the Island Race in 2011. Beforehand I began to wonder what the race was like and imagine how it might feel to finish, but I can tell you now... nothing can prepare you for the feeling you get once you cross that finish line. It feels like you have accomplished something amazing in life!"

The early start was hard, but once I was awake the adrenaline was insane! I had a go at steering, tacking and winching on the way round and I am so proud that me and my crew completed the race! The conditions were pretty challenging, and many of the boats had to turn back but we strove through and beat the weather! Nothing was going to spoil our glory! I can still picture the scenes from the race vividly in my memory as a keepsake of such a fulfilling achievement!

Completing the race has taught me that you can do anything if you have ambition, and with the help of the Ellen MacArthur Cancer Trust I have gained confidence from making new friends in a totally alien environment."

*EMCT2 is the first Trust yacht to fly past the Needles, followed by our valiant crews on 3, 5 & 6*



*Crew of EMCT6 relax for a photo opportunity past the Needles lighthouse*



## Official Charity

In 2011 we raised a staggering £57,548 as official race charity, but we won't stop there! This year we want to change even more lives by raising £60,000, but we need your help!

**Buy a Mile:** We could give 74 young people the support of the Trust following treatment if you donate through 'Buy a Mile' on our website or Facebook pages. Share the link with everyone you know to get our four boats and crew virtually Round the Island.

**Text to Donate:** The easiest way to add to our fundraising total is to TEXT EMCT00 £5 TO 70070. Every penny goes straight to us.

**Charity Challenge:** Enter your yacht in J. P. Morgan Asset Management's Charity Challenge and you could win another £1000 for your chosen charity.

**Race Village:** Take part in fundraising events at Cowes Yacht Haven on race day.

06:40 And they're off!  
Ellen and the crew of  
EMCT1 begin their  
race. It's looking  
choppy out there!



06:00 Trust volunteer  
Michelle Luke fires the  
**start** cannon with  
Denise Van Outen.  
1908 yachts are on  
the water for the 80th  
Anniversary of this race



Keith on EMCT5 looking back at  
hundreds of yachts as they head  
for Needles in 28knot winds.  
We soon hear EMCT1 & 4  
retired and are heading home



First Trust  
crew home on  
EMCT2 celebrate  
after a challenging 7hrs  
17 mins on the water



Trust RIB greets  
EMCT2 & 3 as they  
race to the finish



## Congratulations to all our crews of 2011!

Working hard  
to get round  
the corner  
on EMCT6



EMCT2 crew  
soaking up the  
wet and wild  
weather



Luke & Mr Squirrel  
give the thumbs  
up on EMCT3



Waves from EMCT5 as  
they round St Catherine's  
Point, halfway there!



# New Horizons

In 2011, nineteen young people had a real adventure with the Trust; a week exploring the East Coast on a historic Deep Sea Smack and Thames Barge. Highlights included a BBQ on the beach, watching basking seals as the sun set, and lots of games and water fights around Harwich, the Walton Backwaters, Brightlingsea and Bradwell.

**Lily, 16, was featured in Inspire two years ago after her first trip with the Trust and explains how the Trust continues to have a positive influence on her life.**

“I went on the Longer Cruising week for the first time in 2010, and to be quite honest I was anxious and didn’t really know what to expect. However after all the usual nerves had passed I can honestly say it was one of the best weeks I have had! Along with having a lot more time to learn how to sail, some of the best moments were spent on the beach, or having one of many water fights with all the new people you have met who have been through, not the exact same, but similar experiences to you,

so who can more easily empathise with how you’re feeling or felt. I had a Wilms’ Tumour when I was 13 and even though I had fully

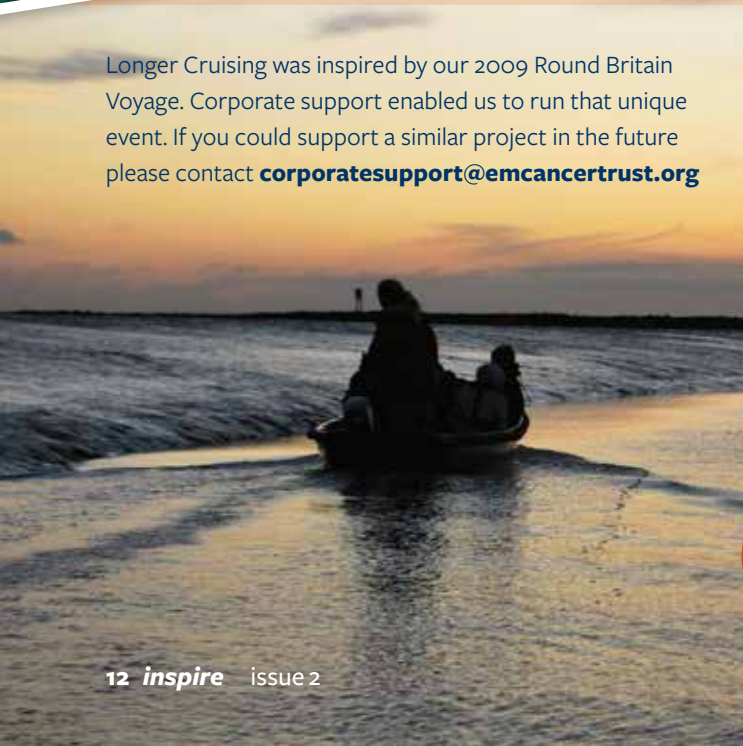
recovered by the summer, my confidence had taken quite a big knock. I found that going away with the Trust was a big break from home life and the day to day routine, and felt like something good had actually come out of my experience. And although no one has to talk about their past illness if it does pop up in conversation it is never awkward or upsetting, just incredibly relatable. This trip in particular has enabled me to meet some fantastic people, both the young adults and the incredibly welcoming (and sometimes entertaining) volunteers, who understand how I feel and give me the confidence to hold my head high about my time dealing with cancer.”

Lily’s Mum adds, “The ongoing support and friendship that the Trust gives Lily is just amazing. When Lily goes off on one of her

sailing adventures we are confident that she is in safe hands, will have fun, and will come back having gained so much from the experience – plus she will never stop talking for at least 48 hours! I can’t really put into words how much we appreciate what this wonderful charity does for Lily, but other parents will know exactly what I mean. Thanks to all at the Trust!”



Longer Cruising was inspired by our 2009 Round Britain Voyage. Corporate support enabled us to run that unique event. If you could support a similar project in the future please contact [corporatesupport@emcancertrust.org](mailto:corporatesupport@emcancertrust.org)



# Our Volunteers

How many 19 year olds do YOU know who would give up a week to help young people with cancer? We know LOADS!

The Trust is very proud of our volunteers who first sailed as young people after treatment. We invite our young people back year on year to support them, and build up strong relationships. Because of this, we are able to offer graduate volunteer training when they reach 18. They can then gain an RYA Competent Crew qualification, and return as volunteers. This can be a real

inspiration to others going through similar things. Our graduates understand, they reassure, and they are lots of fun! They are a testament not only to their own strength of character, but to the strength of this Trust community. In 2011, fourteen young people completed our Volunteer Training, with 28 graduate volunteers helping on the trips, including Katie and Abi.

## **Katie sailed on the first ever Trust trip in 2003 aged 13, after treatment for a brain tumour.**

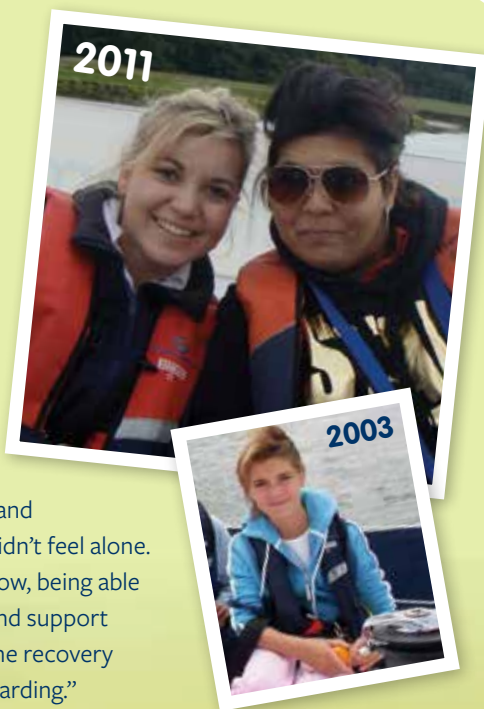
“Before coming on my first trip with the Trust, my confidence was down. It was after my treatment and I didn’t know where I was in life. However, through sailing with the Trust my confidence was noticeably boosted. Being able to talk and share experiences with other people my age made a huge difference – we had all been through the same awful experience and thus able to help each other as we didn’t feel alone. The Trust helped me so much and now, being able to go back as a volunteer and help and support others who are just going through the recovery stages as I once did, is massively rewarding.”

**This is why our Return to Sail programme works, it makes our community stronger, and better for those who need it.**

We couldn’t operate without ALL of our amazing volunteers, including those who provide medical and emotional support, and our experienced sailors. This special mix of people make the Trust what it is and we thank them all!

Help at our events and in the office is also invaluable to us. If you feel you have skills or

time to help, please email [getinvolved@emcancertrust.org](mailto:getinvolved@emcancertrust.org)



2011



## **Abi was treated for Ewing’s sarcoma and sailed with the Trust in 2007 aged 14.**

“After my first trip with the Trust, I came home and couldn’t stop talking about it. Spending so much time in hospital left me little chance to socialise, I closed myself off from friends, lost many and was scared to make new ones. I was so shy, I was close to pulling out of my first trip because I couldn’t face meeting new people. I am unbelievably glad I didn’t pull out. The trip transformed me and I had the best time, I met so many people and gained so much confidence in a matter of days. Even better though I made friends for life, and I’ve been every year since.

As a graduate volunteer I can see from two perspectives just what the Trust does for young people with cancer.

The trips are organised so everyone is involved, everyone interacts and everyone makes friends, I haven’t met anyone who hasn’t. I am so excited to now be involved in such an amazing charity that has done so much for me, this summer will be the best one yet!”



# If you're not involved, get involved!

We love it when people take on a challenge for the Trust, it means we can help even more young people come back to life after treatment for cancer. Join one of our activities below, or come up with a new idea. We can't wait to hear from you.

## In 2012 you can join the Trust at the following events:

### 15 April **Brighton Marathon:**

Cheer on our twelve runners at this 26 mile race. If you would like to take part in 2013 then please contact us.

### 26 April **BT Tower Fundraiser**

**with Barretstown, London:** Unique opportunity to enjoy the spectacular views over London from the 34th floor with a glass of bubbly, and support two fantastic young peoples cancer charities for just £50. Tickets available from [www.stubmatic.com/emct/event/7022](http://www.stubmatic.com/emct/event/7022)

### 25, 26, 27 May **Yarmouth Old**

**Gaffers Festival:** Visit our stand, we will be around all weekend raising money and awareness.

### 30th June **J. P. Morgan Asset**

**Management Round**

**the Island Race:** We are the official charity for the second year. See page 10 for more info.

### 12 May **Black Tie Ball, West Yorks:**

Organised by one of our young people raising money for us and TCT, tickets just £40 from [gilberts\\_sister@hotmail.co.uk](mailto:gilberts_sister@hotmail.co.uk)

### 25 Aug **Spinnaker Tower Abseil,**

**Portsmouth:** Five daring supporters will be abseiling from 100m up!

### 6-9 September **Little Britain Challenge**

**Cup:** We are one of the supported charities of this regatta for Construction and Property industry professionals.

### 27 Oct **Bupa 5k, Mini or Junior Great**

**South Run:** Is 10 miles too far? Sign up for a shorter distance to run for the Trust! For those aged 16+ take the 5k challenge. 3-8 year

olds can get involved in the 1.5k Mini. The 2.5k Junior is for those aged 9-15.

### 28 Oct **Bupa Great South Run:**

We'd love you to join our team of runners, which was 50 strong in 2011 and raised over £16,000. Emma and her husband Steve ran the race barefoot! Below Emma describes why the race was so special.

Q. What's the Trust's fun new fundraising evening to be launched this autumn called?

**A. The Big Blue Brainteaser**

Q. Who can take part and how can I find out more?

**A. It's for teams from any club or organisation, for more info get in touch!**

## Mr & Mrs Barefoot complete the Great South Run

"On the start line the atmosphere was electric. Opera was piped across the waiting crowds and butterflies were jumping in my stomach. We started in waves according to our projected times, and the first 5 miles just flew past.

Samba bands, Royal Marine bands, Brass bands and rock music seemed to be round every mile.

The crowds cheered everyone on, and I heard people yelling, "Cummon Mr / Mrs Barefoot", or "OMG, look at those two!! Ouch that's gotta hurt."

By seven miles I was beginning to feel the pace, until I hit the final party mile! Loud pumping party tunes with thumping bass lines filled the streets. My second wind came and I started to sprint – no one was going to pass me in the final 500m.

As I passed the finish line I was EUPHORIC! I slashed my target time by 4 1/2 minutes and was beyond happy. Five months of barefoot training paid off. So if you fancy giving yourself a mission, then please consider running for the Trust, shod or otherwise; they would love your support."

Please email [getinvolved@emcancertrust.org](mailto:getinvolved@emcancertrust.org) to sign up or find out more, or ring 01983 297750

# Make a difference

Become a **Friend of the Trust** by signing up as a regular giver. Simply complete the Direct Debit form below and return it to the Ellen MacArthur Cancer Trust today.



## IN JUST ONE YEAR:

**£2** per month pays for one young person's food and drink during their trip

**£25** per month will allow a young person to return and enjoy an entire week at Bradwell

**£10** per month will pay for a self inflating lifejacket and its annual service

**£40** per month will give one young person the opportunity to sail with us for the first time after treatment

To make a regular donation online, visit [www.virginmoneygiving.com](http://www.virginmoneygiving.com) and search for the Ellen MacArthur Cancer Trust

Title:	Forename:
Surname:	
Address:	
Postcode:	

## Gift Aid makes every £1 worth £1.25

I am a UK Tax Payer, and I would like Ellen MacArthur Cancer Trust to reclaim the tax on all donations I have made as well as any future donations.

Yes  No

I understand that I must have paid an amount of tax or capital gains tax at least equal to the amount of tax that the charity will claim in the tax year.

*giftaid it*

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

Please fill in the whole form using a ball point pen and send to: **Ellen MacArthur Cancer Trust, Coniston, Victoria Road, Freshwater Bay, IOW PO40 9PX**



### Name and full postal address of your bank or building society

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

### 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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### Service user number

6	3	1	1	1	3
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### Reference

E	M	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:

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

DDI7

## This guarantee should be detached and retained by the payer The Direct Debit Guarantee



- 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.

# Fundraising

Each year it is people like you, who get up and do something amazing, that ensure more young people continue to benefit from our trips. If you have taken on a challenge, or had a great fundraising idea for the Trust recently, we are more grateful than ever. We know the last few years have been financially difficult for everyone and not just for charities like ourselves. Thank you for helping us to expand our community, and we hope you will continue to be a part of it.

In April 2011, ISG's Director of International Business Development,

Duncan Adams faced his fears and joined the Red Devils in Wiltshire to support one of ISG's favourite charities, the Ellen MacArthur Cancer Trust. He successfully boosted his adrenaline junkie credentials and raised an incredible £7,500.

"Arriving at 8.30 for registration, the briefing from the highly competent and professional Red Devils put me at my ease, although not enough to risk a full English prior to the dive! The clouds cleared and with some banter in the plane on the way up to 16,000 ft it was time to see if I would dive or duck out.



"Falling like a stone at 120mph, face distorting and unable to get a meaningful breath – it was absolutely fantastic. Sadly the 45 seconds of free fall was over in the blinking of an eye but followed by a very pleasant, sedate parachute ride from 6,000 ft down to the drop zone.

"It was a superb life experience with a significant amount raised for the Ellen MacArthur Cancer Trust – a great day's work and one that I'd love to repeat, with over £7,500 raised for a great cause!"

## Corporate Support

Just because our trips don't operate near your offices doesn't mean we aren't helping someone in your area.

**As a national charity, there are many ways you can get involved to ensure someone local to you benefits from our trips. Adopt us as your Charity of the Year. Donate your goods or services. Encourage your employees or colleagues to come up with their own fundraising ideas! All provide an opportunity to promote valuable employee social interaction. We are always very grateful for new ideas and enthusiasm from our commercial partners, so please, CHOOSE THE TRUST!**

### Musto Clothing working with the Trust

"Musto have supported the Trust since it's launch in 2003, by providing each young person & the crew who take part in their trips with a t-shirt", explains Nigel Musto, Founder.

"It's really important for companies to support charities, especially if there are direct synergies between the company

and the charity and staff are able to get involved. The benefits of working with a smaller charity means Musto are able to play an important part in helping the young people get the most out of their experience. Our staff enjoy volunteering on the trips and fundraising for the Trust. Ellen is an inspiration to

Musto employees on how to achieve goals and do things in a better way."

### Charity of the Year

Your company can support the Trust by making us your 'Charity of the Year'. If you can raise just £500 that's enough to take one young person sailing!

In 2011 Chubb Underwriting Service Centre (USC) in Manchester selected the Trust as its 'Charity of the Year' with the goal to raise £500 to fund a voyage for an individual from their local area.

Alan Dupre, Field Technical Specialist for Chubb explains "We chose to support the Trust when we learnt that they work closely with The Christie cancer treatment centre in Manchester. There was also a realistic fund-raising target, which



Our really great South runners!



Musto provide shirts



BT Tower event



Chubb support a young person



Little Gloucester swimmers



**Be inspired by one of our exceptional fundraisers to set up your own challenge:**

- Jim Pritchard ran the Amsterdam Marathon
- Holly, Laura & Eloise made bookmarks, perfumed hearts, and personalised coasters themselves, and sold them at the Legend Owners Association annual rendezvous
- Peter Smith took part in the Clipper Round the World Race

If you belong to a club or association why not find out if they would hold a charity event for us?



## Shout About It

Send us details of your event and we can help promote and encourage support.

- Contacting your local media will let your community know about your fundraising
- Set up an online fundraising page and send the link to all your friends
- Contact us for sponsorship forms or posters to promote your event
- Publicise your event on our website, Facebook and twitter communities

## Regional Fundraising Coordinators

The Trust are looking for enthusiastic volunteers across the country to spread the word, engage local business, attend cheque presentations, and coordinate our exciting regional fundraising plan. If you feel you can help, please email [getinvolved@emcancertrust.org](mailto:getinvolved@emcancertrust.org) for further details.

# Event Charity

would directly help a local individual who had faced great personal challenge.

Over the year a number of events were held including a 'You bring it, we sell it' appeal using eBay, 'Jeans days', a cake sale and a voluntary contribution to watch an England Football match in work hours. We are extremely fortunate that Chubb operates a gift-matching program for donations from its employees.

The fact that there was a target sum to provide a trip for a local youngster really focused the efforts. One difference with the Trust is that funds raised directly help individuals with the voyages, there was a feeling of a greater connection knowing that the amount of money raised would really be used to help an individual."



Since 2004 the Trust has been one of the official charities for the Little Britain Challenge Cup, a sailing regatta for the construction and property industry. In 2011 this event raised nearly £40,000 and the Trust were very grateful to receive £7,565, enough to put another 15 young people on the water.



**We were also the official charity for**

- J. P. Morgan Asset Management Round the Island Race
- West Wight Triathlon
- Southseafest
- College Chambers Ball
- Cowes Sailing Network
- 'An evening with Geoff Holt'
- The Little Gloster's sponsored swim and fancy dress dog show

**Supporting us with goods or services:**

- Payne Hicks Beach helped us with free legal advice
- Solent RIB Charter supplied the exciting RIB rides on all of our first-time trips
- Red Funnel donated ferry tickets for our summer trips
- Dean and Reddyhoff supported

- us with reduced mooring costs and rent at our base in their East Cowes Marina
- Atkins Holdings supported the Trust's running shirts for the Great South Run and Brighton Marathon
- Dream Sailing & Jolie Brise provided yachts free of charge for summer trips

# Meet the Trust Team



Dame Ellen MacArthur  
Patron



Shirley Robertson OBE  
Patron



Frank Fletcher  
CEO

## Goodbye to...

**Jo Summers**, Operations Manager who arranged all our on-water activity since 2008. She said, "I've witnessed hundreds of waterfights, met many truly inspirational young people, and made lots of friends, and will be back skippering this summer!" Thanks to Jo for her years of hard work, she will be greatly missed.

## Welcoming...

New Operations Manager **Dan Taylor** to the team. Dan has worked as a skipper for the Trust since 2007 and has extensive experience managing sailing centres.



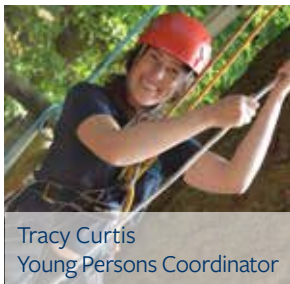
Dan Monk  
Ambassador



Katie Miller  
Ambassador



Dan Taylor  
Operations Manager



Tracy Curtis  
Young Persons Coordinator



Mari-Louise White  
Fundraising and Events



Ellie Stevens  
Operational Support

## New Medical Trustees:

**Prof David A Walker**, Professor of Paediatric Oncology BMedSci at Queens Medical Centre in Nottingham & **Dr David Hobin**, Consultant Paediatric Oncologist at Birmingham Children's Hospital. Both have been involved with our trips for several years and bring their expert knowledge of working with young people with cancer to the Board.

**Trustees:** Clive Stephen, Richard Butcher, Mark Turner, Teresa Schuster, Drew Harrison, Kim Rowlandson, Nick Williams, Chris Micklethwaite, Dr David Hobin, Professor David A Walker. **Company Secretary:** Joey Bootle.  
**Accounts:** Wendy Taylor. **Consultant Paediatrician:** Dr Piers Rowlandson. **Permanent Volunteer:** Dave Wright.



## Order Now!

What you've all been waiting for! Support the Trust and look great wearing these fabulously cosy and stylish hooded sweatshirts! Choose from black or blue at just £25 for child or £30 for adult sizes. £5 from every purchase is donated to the Trust. Visit [www.spyprints.com/emct](http://www.spyprints.com/emct) to buy for yourself, friends and family now.



Thanks to the People's Postcode Trust, a grant giving body funded entirely by players of the People's Postcode Lottery, we have been provided with our first van. It's been put to work already, transporting staff, young people and the equipment necessary for our trips and events, and will continue to be a great asset for years to come.

**Inspire photos courtesy of** Ellen MacArthur Cancer Trust, OnEdition, Owen Buggy, Thierry Martinez & Sarah Bole. **Front Cover:** Lucie, 23, from Lancashire sailed for the first time in 2011 after treatment for Ewing's sarcoma. She now helps young people share their experiences of cancer creatively at [www.jimmyteens.tv](http://www.jimmyteens.tv), well worth a visit!

# OUR DIARY DATES

2012 will be another busy year of sailing trips and fundraising events.  
**First time sailing trips** **Fundraising Events** **Return to sail activities** **Training days**

2012

## MARCH

31 March – April 5: **Graduate Volunteer Training**

## APRIL

5-10: **Graduate Volunteer Training**

10-15: **Graduate Volunteer Training**

15: **Brighton Marathon**

26: **BT Tower Event**

## MAY

12: **Black Tie with a splash of Blue Ball, West Yorks**

19: **Volunteer Induction Day**

## JUNE

5-8: **18-24 year old Trip** (Bristol, Cardiff, Leeds, Liverpool, Manchester, N. Ireland, Scotland)

9-13: **18-24 yrs sailing week, IOW**

16: **Commodore's House Cocktail Party**

28 June – 1 July: **J. P. Morgan Asset Management Round the Island Race & Official Charity Events**

## JULY

9-12: **Under 18 Trip** (Birmingham, Leeds, N. Ireland, Oxford, Scotland)

16-19: **Under 18 Trip** (Bristol, Cardiff, Cornwall, Liverpool, Manchester, Newcastle)

23-26: **Under 18 Trip** (Cambridge, Leicester, Nottingham, Sheffield)

30 July – 2 August: **Under 18 Trip** (London Hospitals & Southampton)

## AUGUST

9-14: **8-17 year olds Bradwell Residential Dinghy Week, Essex**

9-14: **Longer Cruising Week, Essex**

20-24: **Waterpark Residential Dinghy Week, Cumbria**

25: **Spinnaker Tower Abseil**

27 August – 1 September: **18-24 year olds Bradwell Residential Dinghy Week, Essex**

## SEPTEMBER

3-6: **18-24 year old Trip** (Birmingham, Cambridge, Cornwall, Newcastle, Southampton, Sheffield)

10-13: **18-24 year old Trip, IOW** (Leicester, Nottingham, London Hospitals)

10-13: **18-24 yrs sailing week (IOW)**

## OCTOBER

28: **Bupa Great South Run**

## Remembering Kayleigh

Kayleigh was diagnosed with an untreatable Brain Tumour in 2009 aged just 20. She joined our first 18-24 year old sailing trip the following year, when her incredible spirit and radiant personality left a huge impression on us all. Kayleigh made sure that she lived every moment to the full, and after being told she had just months to live, she brought her family for a very special day's sailing with the Trust. We saw her again at Find Your Sense of Tumour, where she hosted a forum to help other young people to talk about their incurable cancer. Kayleigh achieved so much during her final months, including her dream of marrying fiancé

Danny, the happiest day of her life. Kayleigh was 22 when she sadly passed away in August 2011. Her determination to 'live every day like it's your last!'

continues to inspire everyone at the Trust. We will remember Kayleigh, along with all of the incredible young people who are no longer with us.



KAYLEIGH (LEFT), ON HER FAMILY SAIL DAY, WITH SISTER LOUISA



Poem by Marcus Anthony Trinder, 16, from East Yorkshire, who finished treatment for a brain tumour in 2010 and sailed for the first time in 2011.

### Ellen MacArthur Cancer Trust

From that bed of worried eternities  
they give us unique opportunities

Their dedicated will  
and loving thrill  
settles our frowns  
with confident smiles

Hoisting our minds away from misery  
laying, swaying  
our innocent sails  
whilst dodging them hails

Winching in a world of discovery  
our experiences anchored  
for a lifetime

Your tenderous hearts shine  
to make our time fine

Every minute is savoured  
from the start, and through  
to do what you do  
is a blessing from the blue

Inefficient are words  
at thanking too  
but you can be sure  
we'll never forget you

To Dame Ellen MacArthur and all  
involved with the Trust.  
To the skippers and volunteers who helped.  
On behalf of all young people who took part,  
Thank you.

## Contact us



General Enquiries: [info@emcancertrust.org](mailto:info@emcancertrust.org)

Fundraising and Volunteer Enquiries: [getinvolved@emcancertrust.org](mailto:getinvolved@emcancertrust.org)

Corporate Enquiries: [corporatesupport@emcancertrust.org](mailto:corporatesupport@emcancertrust.org)

Phone: **01983 297750** Write to: **Ellen MacArthur Cancer Trust,  
Units 53-57 East Cowes Marina, Off Britannia Way.  
East Cowes, IOW, PO32 6UB**

Search on Facebook: **Ellen MacArthur Cancer Trust**

Follow us on Twitter: **emctrust**

Watch us on YouTube: **Ellen MacArthur Cancer Trust**

“He came home thinking he could do things that cancer had made him believe he couldn’t.”

Mother of Deryn, 12, treated for Acute Lymphoblastic Leukaemia

Registered Charity No. 1096491



Just some of the incredible young people who were able to sail with the Trust for the first time in 2011, following treatment for cancer. Help us make sure everyone affected is offered this chance in the future!

[www.ellenmacarthurcancertrust.org](http://www.ellenmacarthurcancertrust.org)

Become a Friend of the Trust and help us help more young people like these, because cancer may change a young person's life, but we can't let it ruin it. Simply fill in the form on p15 to give a regular donation.