

ellen macarthur **cancer trust**
rebuilding young people's confidence

ISSUE FOUR 2013/14

inspire



**CELEBRATING
OUR TENTH YEAR**



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macarthur
cancer trust
rebuilding young
people's confidence

“I was close to pulling out of my first trip because I couldn’t face meeting new people. I’m unbelievably glad I didn’t.” ABI



* Courtesy of Teenage Cancer Trust
** Courtesy of Cancer Research UK



Our first 10 years in numbers...

Every day **SIX** young people (13-24)* and **FOUR** children (0-14)** in the UK are told they have cancer BUT more children and young people than **EVER** are surviving

Since 2003 we have taken over **1,000** young people sailing – 15 in year one compared to **348** in 2012!

You have helped us raise over **£3.8m** to invest in activities for our young people

HUNDREDS of young people have been given their dreams back

Wow, 10 YEARS. What an incredible decade it's been.

It seems like yesterday we stepped aboard our first Trust trip in 2003.

None of us could have prepared ourselves for the difference a week on the water could make. What I saw made me more convinced than I'd ever been of the importance of the trips to the young people who experience them.

What began 10 years ago as a step into the unknown has turned into something extraordinary that has touched thousands of lives.

It's been an incredible decade, and honestly I've met more inspirational people on our trips than elsewhere in life. I feel incredibly privileged to have been a part of it.

In 10 years the Trust team has grown and evolved. But those involved with the Trust and the trips are some of the most passionate and dedicated people I've met. Together we've laughed and cried, but are continually buoyed by the spirit, energy and inspirational young people.

Initially we had a small Trustees team, one part-time employee, one boat and worked with one hospital.

Beyond everyone's expectations we have grown into a national charity, working with every UK young person's primary cancer care unit. Between them these deal with around 95% of young people being treated for cancer.

We now run six boats during each summer trip, yet maintain that incredible, magic atmosphere, which allows young people to see past their illness and leave us feeling they are able to get on with their lives.

The mental and social fall-out from cancer can be just as devastating as the physical illness. Everything we do is about building confidence, self-esteem and having fun.

We introduced different activities to give the young people the chance to come back to sail, and see the friends they made on their first trip. Some incredible friendships are forged on trips, and it's wonderful we have young people coming back to volunteer who have sailed with us before. Young people with cancer very rarely meet adults who had childhood cancer, so this brings a really strong element to our activities.

Every young person we've met has inspired us in a different way. This drives us to keep pushing to provide even more opportunities to even more young people.

But we can only do this with help from people like you. You can help a young person realise there is life after cancer and give them a future they never thought possible. You can give a family the chance to see their child rise from the devastation of illness to dream, laugh, embrace life and achieve again.

Become a Friend of the Trust or take on a challenge to support our work.

Our first 10 years have been unbelievable, we want the next 10 to be even better!

Thank you for your support.

Ellen MacArthur



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Maxine's story

2013 may be a special year for the Trust but for Maxine this year is even more momentous.

Maxine is the young girl whose photo famously accompanied Ellen MacArthur on her record-breaking round-the-world sailing voyage in 2005.

While Ellen's voyage was gruelling, uncompromising, Maxine's image was a constant reminder to Ellen she was lucky. She had chosen her path. Maxine was a child winning a battle with cancer. She hadn't had a choice.

To Ellen, Maxine represented every young person who had battled cancer, showing more courage than she was. Theirs was real triumph over adversity.

2013 marks Maxine's 10th anniversary in remission. Having been on our first ever trip, and several more since, she remains an inspiration to every young person you help us support.

Maxine underwent treatment for Ewing's Sarcoma at Great Ormond Street Hospital (2002-2003). Now 20, and enjoying life in London, she gained AS-Levels in Philosophy, Psychology and English and works at a top American clothing store and as a restaurant hostess at The Shard.

"Practically the first question everyone asks each other is 'What kind of cancer have you had?' It's as normal as asking people their name.

"For the first couple of days you talk about your cancer then it's barely mentioned. How much hair you've got, how you walk or if you need to sleep doesn't matter. It's almost funny how casually everyone treats the subject. When all you've been used to is the seriousness of hospital, to laugh and talk about what you've been through is beyond words.

"I thought I'd never want to talk about my cancer. But I remember the overwhelming sense of relief when we were settling down to go to sleep and one of the other children asked me about it. You go from being on the verge of sleep to talking for hours, feeling for the first time in forever like you're not the only one.

"The friendships you build are so close it's as if they are five years ahead of themselves. Once you've shared your experiences of cancer there are no barriers. I have friendships that will last a very long time.

"I went on my first trip with zero confidence. But on the first evening I had more fun than I'd had for a very long time. I was very shy, and people had to talk to me initially, but once the activities started everyone joined in. I was just a 10-year-old girl again; playing games and eating crisps, chocolate and fizzy drinks, doing things you could never do in hospital.

"For the first time you also see young people who have been through the same things as you and come out the other side.

"I didn't even realise how much I was enjoying myself until I got home and was crying that I wanted to go back. Mum was stunned! She said there was a massive

2003



2004



2006



Meet Maxine's mum, Sue

"The Trust gave Maxine her soul back; it's saved both our lives."

"The treatment side effects made Maxine withdraw. She lost her hair, her eyelashes, her nails; the treatment made her distraught. She was 10 years old.

"Maxine refused to see anyone outside the immediate family apart from one friend. She adopted a cancer world and a non-cancer world. She was extremely

depressed, had no self-esteem and never made eye contact.

"When she had the chance to go on the first Trust trip I thought it could be good for us both. I didn't think she would be interested as she still wouldn't leave my side, but she said yes.

"Arriving at Southampton she

change in me but only now I look back and can see that myself. The trip definitely made me more confident again.

“Going through what I did at a young age shaped my life. I’m very adventurous, am always trying new things and making the most of the good times.

“Socialising is very important to me, I’m a massive movie geek and love swimming. I really want to travel too, with South East Asia at the top of my list. I really value my independence and wanted to go out to work as soon as I could.

“To have been invited back so many times is incredible. I know how I felt meeting young people that had recovered. You can see a future; that things will get better. All I can do is try to encourage others to have fun. Just keep having fun. That’s what the Trust taught me.”

2007



2008



2009



2010



was adamant she didn’t want to go. I agonised I was a terrible mother making my daughter do something she didn’t want to. But as painful as it was I still felt it was the right thing for us.

“Before Maxine went on the trip she was always huddled over and using her crutch. When she returned she was

walking tall again, the crutch had gone and she was full of excitement. The change in her was incredible.

“It still took time for her to fully return to normal socially and emotionally but that trip was the foundation that put us in the position where we could start moving forwards.

“Maxine never talked about her cancer but the trips gave her that opportunity. It was very reassuring knowing she was talking to others who had been, or were going, through the same things and she wasn’t bottling things up.

“Of all the medicines Maxine had that first trip was the one that made her better.”

Four life-changing days

Meet Callum's mum, Sally

"Callum's never forgotten by the Trust. They care about my son first and foremost, not what he's been through."

Callum's illness: Brain tumour (February 2008) treated at Addenbrookes, Cambridgeshire.

What you've helped him do:
1 x four day trip (2010),
2 x Return to Sail (Bradwell residential 2011 & 2012).

"When your child's got cancer you don't know what the future holds. To be able to stand there and wave him off on a sailing trip when not long before we didn't know if we would even have him was amazing.

"Cancer's changed my son. He is a very determined young man and doesn't want sympathy. But his treatment



means he has memory problems, double vision, co-ordination issues and fatigue. It's impacted on his social life and friendships.

"When he's with the Trust, none of that matters. He's not the one who's had cancer, he's just Callum. The Honey Monster, as nicknamed by the staff at Bradwell!

"I really wanted him to do that first trip. I cried when he left but he had his phone and could call anytime if he wanted. He hadn't long been on growth hormone treatment and I worried what he would do without me there. Then you see all the other kids with their blue bags and you know it's all taken care of.

"He was anxious too but came back absolutely full of it! He achieved things he didn't think he would be able to and re-found his independence. Who cares your balance isn't very good when everyone's wobbling about on a boat? Everybody's on a level playing field, sharing the same experiences.

"He had the opportunity to do everything but was never pushed to do anything. He just did the sorts of things lads his age should have been doing with great support.

"Callum's doing amazingly and studying for a Health and Social Care (Early Years) National Diploma and English A-level. The Trust has been a constant oasis in his life, playing a huge part in helping him get here. I feel like the Trust will always be there for Callum."



"Nobody treated me like I was about to break"

LOUISE

What the Trust means to me...

"The positive difference in confidence and self awareness in the young people at the start and end of a trip is like night and day."

DAN TAYLOR,
TRUST OPERATIONS MANAGER

Our four-day trips are the front door to a lifetime's involvement with the Trust. So why do they keep our young people wanting to come back for more?

The laughter tells the story, laughter that has so often replaced nervous apprehension of less than 24 hours earlier.

Often you will get ambushed by water guns and, if you're still deemed too dry, buckets of seawater will simply be launched at you amid squeals of hilarity. This is the essence of our four-day trips – no airs, no graces, just fun.

It's easy to forget until yesterday many of the young people will have never met before. See them chatting, laughing, even bickering, you would think they were old friends.

Separate trips are run for under 18s and 18-24 year olds as the two age-groups have very different needs and face very different challenges on a trip.

So how, in just four days, can one sailing trip make such a massive difference to a young person in recovery from cancer?

The key word is 'confidence'.

Give a young person who has had every element of their physical, mental and social

well-being pushed beyond the most imaginable limits by cancer the chance to achieve on so many different frontiers and most revel in it.

Do it on the unfamiliar surroundings of a boat, with the incomparable freedom of being at sea, and it's something new and exciting.

Have a mix of young people and volunteers at different stages of treatment and recovery and you introduce the vision of life beyond cancer.

On a four-day trip a young person will sail, read charts, cook, go crabbing, wash-up, make new friends, enjoy a high speed RIB ride, forget about cancer.

Physical, mental and social challenges are met and overcome, independence is rediscovered, the impact on self-esteem immeasurable.

Nothing beats hearing a smiling young person pledging to return next year.

It is YOU that makes that happen.

2012 IN NUMBERS

- **185 young people** (113 U18s and 72 over 18s) benefitted from four-day trips, 18 more than 2011
- **1 new hospital** worked with – Guy's Hospital, London
- **183 crabs caught** – all returned safely to the sea
- **27 mackerel caught** – all made it safely onto the BBQ
- **4,380 cups** of tea consumed

WHAT'S IN STORE IN 2013?

Under 18s – **120 young people** (30 per trip on five boats) over four weeks in July-August

Over 18s – **70 young people** (10-30 per trip on 2-5 boats) over three weeks in September

Become a Friend of the Trust (see back) and help another young person rediscover life.

Coming back for more



“The sense of being part of something has been so important to me the last few years.” CLAIRE

There are hundreds of charities providing opportunities for young people in recovery from serious illness. What makes us stand out? Our young people can be with us for life.

Our four-day trips are our bread and butter, but our ever-expanding ‘Return to Sail’ programme is where we keep making a real difference.

Every young person that comes on a four-day trip has the opportunity to come sailing with us again and again. This gives our young people a chance to meet up with old friends, make new ones and have fun.

Each trip includes graduate volunteers; young people who have sailed with us before but who can now bring something unique to others going through the same things they have.

So what do we do every year?

- Get competitive in the J.P Morgan Asset Management Round the Island Race
- Run multi-activity residential trips to Bradwell Outdoors Centre, Essex and Water Park Lakeland Adventure Centre, Lake District
- East Coast Cruising trips
- Cruise the Solent on Jolie Brise (gaff-rigged pilot cutter) (O18s)
- Graduate volunteer programme

2012 IN NUMBERS

- **29% increase** on Return to Sail participants from 2011
- **173 young people** came sailing with us for at least a second time
- **Jolie Brise** got its first Trust outing with seven young people aboard
- **111 young people** (U18s and over 18s) enjoyed residential trips

WHAT'S IN STORE IN 2013?

- 12-15 April** – Bradwell 1 (over 18s)
- 1 June** – J.P Morgan Asset Management Round the Island Race
- 24-27 June** – First Scottish trip, Largs (O18s)
- 1-4 July** – First Scottish trip, Largs (U18s)
- 6-10 August** – East Coast Cruising (U18s)
- 6-10 August** – Bradwell (U18s)
- 19-23 August** – Water Park (U18s)
- 27-31 August** – Bradwell 2 (U18s)
- 9-12 September** – Jolie Brise (over 18s)
- 20-23 September** – Bradwell 2 (over 18s)



‘Return to Sail’ is vital in continuing to inspire young people who are in recovery.

Meet Luke

"You aren't better until you sort your brain out. The Trust has helped me do that."



Luke's illness: Non Hodgkin Lymphoma (diagnosed 2003, ongoing treatment) treated at St James University Hospital, Leeds and Airedale Hospital, West Yorkshire.

What you've helped him do: Pilot 18-24 four-day trip (2010), become a graduate volunteer inc.

Competent Crew qualification (2011), 3 x trips as a volunteer (2011-12), Trust Ambassador

What he's done for us: Raised over £4,100 for EMCT and Teenage Cancer Trust through organising and hosting 'Black Tie with a Splash of Blue Ball' in Ilkley, West Yorkshire.

"The mental side was what I struggled with. You aren't better until you sort your brain out. The Trust has helped me do that. Even though I'm on palliative care, I now see myself as someone who is over cancer.

"In just two years I've done so much with the Trust, it's been full-on and really helped push me forward. The mental side of what the Trust does is so important.

"From that first trip, where I was boosted with confidence for the first time in years, to meeting such strong, happy, wonderful young people, almost every memory with the Trust ranks highly in my life. Round the Island Race was one of the best things I've ever done. Also going to the top of the mast in harbour; it was so

quiet and serene, I felt completely relaxed.

"Dan Monk, one of the Trust volunteers and ambassadors, inspired me to come back and volunteer. He shared his story as a young cancer sufferer with the crew on his boat and it helped me a lot, proving that life goes on after cancer. I wanted to be able to do the same.

"I felt with nine years' experience of dealing with this illness, and having reached the point where I had a positive outlook on life, and was happy to be alive and fit and active, I could help others like me too.

"It just shows, a bit of turmoil makes you appreciate how good life is. The Trust means everything to me. I feel so privileged to be able to do these trips."

Our graduate volunteers are in a unique and priceless position.

How do you put young people at ease at a time when their confidence is often low and the prospect of doing a new activity away from home is daunting? Have people there who know EXACTLY what they're going through.

As volunteer Jodie, who first sailed with us in 2007 following treatment for a brain tumour, explains: **"On the first day a young person was worried, scared, nervous and wanted to go home. We sat and chatted and I shared my experience; the nerves I'd felt on the first day too. I let her know I was there if she needed to chat."**

2013 Graduate Volunteer training dates:
 Trip 1 – 2-6 April Volunteer Training
 Trip 2 – 8-12 April and Update Day
 Trip 3 – 15-19 April **Saturday 27 April**

In 2012, 18 of our young people returned for volunteer training. Over three special five-day trips in the Solent they worked through their RYA Competent Crew qualification and learned just what it means to be a Trust volunteer. In 2013 another 14 will do the same. That's a lot of friendly shoulders to lean on.

Become a Friend of the Trust (see back page) so we can keep supporting our young people from the past support even more young people in our future.

Four boats, 25 young people, £48,000 raised. Not bad for a day's, albeit bumpy, sail.



The weather forecasters had predicted the 2012 J.P. Morgan Asset Management Round the Island Race would be tough. But amongst the 1,647 boats milling around the start in the early morning gloom, our quartet boasted some of the biggest smiles. We had Steff's 18th birthday to celebrate after all!

Despite some big gusts and huge swells, our young people and volunteers weren't about to let some dodgy British weather ruin their day out.

Neither were the 103 cyclists from J.P.

Morgan cycling around the island to raise money for the Trust.

Our 'Buy a Mile' race fundraiser was once again a massive success, raising £1,800 for the Trust.

Despite a bit of onboard queasiness, all our crew were determined to make it round and the customary post-race fish and chip feast was even more welcome than usual.

On the bikes, Steve Moss was first home. MASSIVE thanks to the cyclists who raised £18,000 towards our race total.

J.P. Morgan Asset Management Round the Island Race 2012 – The Motley Crews!

EMCT 1 (aka Moonspray): Chris, Sam, Skipper Mark, Rajpal, Larvell, Sarah, Savoula, Steff, Ashdon and Rob with IOW Radio's Paul Topping broadcasting live!

EMCT 2 (aka Southern Comfort): Skipper Mark, George, Luke, Chaz, Jamie, Amy, David, Helena, Camilla and Mary

EMCT 3 (aka Grand Fromage): Esme, Burak, Tyler, Skipper Richard, Rob, Paul, Frank, Ryan, Rosie and Paige

EMCT 4 (aka Dark Star): Anne, Ed, Skipper Richard, Lottie, Dan, Bobby, Dom, Shannon, Ashleigh, Thomas, Lawrence, Ewa, Ellie, Hannah and Ellen



Over the past two years we've raised over £100,000 as the J.P Morgan Asset Management Round the Island Race official charity.

That's another 200 young people we've been able to take sailing for the first time. Wow! Now we're delighted to have been confirmed as the race's official charity to 2014. So how can you help us make the next two years even better than the last?

Get involved without getting wet in 2013

Follow us on Facebook or visit the Trust website to find out how YOU can support the Trust when the 2013 race takes place on **Saturday 1 June**. You don't even need to step onto a boat!

#raceforall – tweet your race news to #raceforall and for every #raceforall tweet, J.P. Morgan will donate 10p to the Trust. The target is £3,000 – or 30,000 Tweets – with prizes for milestone tweeters so 100th, 1,000th Tweet etc. Around 16,000 people do each Round the Island Race so if they each tweeted twice, we'd sail past the target.





What the Trust means to me...

"Working with and meeting the young people has opened my eyes. They truly are inspirational! It's a huge privilege to be involved."

ELLIE AARONS,
TRUST TRIP CO-ORDINATOR



It was murky, it was windy, it was generally pretty yuck. But Radio One DJ and new Trust Ambassador, **Rob Da Bank**, couldn't have enjoyed his first taste of sailing with the Trust more. Yep, even the seasickness!

How come it's taken us so long to get you out on a boat?

The Round the Island Race is always the same week as the Glastonbury Festival so I'm always DJ'ing there. Two or three years running I've tried to go on one of the Trust boats and haven't managed because of Glastonbury but I've finally managed now and had a total ball!

What even the seasickness?!

The whole way everyone was buoying each other up, even the people who were being sick were laughing about it! It was great being out on a boat; even better going round with these hilarious kids. They have been through things most of us will never imagine. It was amazing to see them out there, so vivacious and full of life. The team spirit onboard was fantastic.

What was your race highlight?

Just going across the finishing line was an achievement as it had been so windy and rough. At one point our skipper, Mark, was thinking about turning back so the fact we all made it round safe and sound was fantastic. Going round the Needles was cool. It was really heavy weather and big waves, so it was really thrilling. Just a great all-round experience.

Why do you think sailing makes such a difference to our young people?

Sailing is such a liberating and challenging experience. You have got to be on your toes and learn about team work. To get these young people out of hospital, out of their homes and actually teach them something new is such a special thing.

What's really impressed you about the Trust?

It stays in touch with all the young people. They don't just have a one-off day here or there, they are involved with it sometimes for years and that is really inspirational.

You're now a Trust Ambassador, welcome aboard!

"Thanks! I was really flattered to be asked. I love what the Trust's doing. I do lots of work with young people and top of my agenda is to try to give them hope, whether they are ill or can't get a job, whatever it is. The Trust's national, it involves kids all over the country and it is sailing. It just ticks all the boxes. Also I've got three little boys myself now and when you are a Dad you think that could be my little boy. I've done a lot with my life and career and it is time to give things back and get stuck into other people's lives as well as my own."

Become a Friend of the Trust (see back) and help another young person find a life after cancer.



How do we fund all this?

FUNDRAISING IN NUMBERS

- Amount raised in 2003 – **£66,000**
- Amount raised in 2012 – **£474,000** (that's 618% more!)
- How's that money been spent?
On EVERYTHING we need to give as many young people as possible nationwide the chance to sail with us and stay involved for life
- Blisters accumulated running for us – **754**
- Height being jumped from in Skydive – **13,500ft!**

Whether it's sticking money in a tin at the Round the Island Race, running a marathon, making us your company's charity of the year, becoming a Friend of the Trust or hosting a big event for us, every penny you raise makes an immeasurable difference. **So how can you help us impact on a young person's life this year?**



Take on a challenge for the Trust...

Every year hundreds of ordinary people do amazing, often slightly bonkers, things to make sure we can keep doing what we do so well. Join the Trust team at any of the events we're getting involved in this year or come up with something creative of your own. Whatever you do enjoy the challenge and the delight that comes from knowing you've made a difference.

Get Involved...

Spinnaker Tower Abseil

(Saturday 6 July 2013) – limited number of places to abseil the 100m down Portsmouth's iconic landmark. We ask you pay the £50 registration fee and raise a minimum of £150 in sponsorship.

Ellen MacArthur Cancer Trust Tandem Skydive (Saturday 31 August 2013) – in Salisbury. To take part you must be over 18 (or 16 with parent's consent), and comply with the medical requirements.

Great London Swim (Saturday 31 August 2013) – places available for the

one-mile open water swim. We ask you pay a £40 registration fee and raise a minimum of £150 in sponsorship.

Great South Run (Sunday 27 October 2013) – join us for this ever popular 10-mile event. We ask you pay a £40 registration fee and raise a minimum of £150 in sponsorship. In 2012 our 47 runners raised over £17,500!

What's next in 2014? Row Round the Island (June 2014) – help us beat the current record for rowing around the Isle of Wight! Don't just think, 'That would be cool', get in touch and join us!

Got a brilliant fundraising idea for next year? Or want to know what events are coming up? Our website,

Let us know what you're up to and we can help you promote and publicise it to make your efforts as worthwhile as possible

Butter up the boss...

Support local young people in your area by making us your company's charity of the year.

We work with every young person's primary cancer care unit in the UK – dealing with around 95% of young people being treated for cancer – which means even if you live in Belfast, Glasgow or Cardiff there's a young person near you benefitting from what we do.

Big or small, your company and staff can do something immeasurable to give a young person hope after cancer. Could you donate goods or services? Could your staff organise a sponsored cycle? Could you host a benefit event? Could you have fun doing all of this?

These companies made us their charity of the year for 2012 – LCH, Clearnet, BP Kingsbury, Clipper, J.P Morgan and Vanilla Catering.

Why we did it

BP Kingsbury Terminal raised £2,000 for us this year with employees scaling Mount Snowdon, running half Marathons and holding a Halloween Baking Day. More events are planned in 2013.

"A visit from Frank (Trust CEO) really put into focus what the Trust's been able to achieve and its potential in assisting young adults affected by cancer move forwards. We all feel immensely proud and humble to have been able to contribute in a small way in the Trust bringing hope and support on the road to recovery." Darren Dawson, Storage Operations Manager, BP Kingsbury Terminal.

THANKS!

So many incredible companies have supported us this year it's impossible to feature you all. Just THANK YOU to everyone and get thinking about what you could do for us next!

BT • Passport Yachts • Sail Spy • Island Sailing Club • LBCC • Dark Star • Blackrock • Little Gloster • Southampton XL1 Tangent Club • Red Funnel • SOYC • Bakewell Rotary Club • Britannia Corporate Events • Barefoot on the Beach • Clipper • Wight Writers Fayre • The Royal County of Berkshire Yacht Club • SCATS • Cowes Rotary Club • Corrie's Cabin • Seafields • Speedbird Offshore Yacht Club • Emsworth Slipper Sailing Club



Facebook page and Twitter are full of great ideas and information.

Be Inspired...

Just some of the other cool things people have done to support us this year:

- **Corries Cabin fish and chip shop** donated £500 after 50p from every purchase made throughout February half-term was donated to four local charities
- Emma Spencer-Goodier hosted two fundraising events – a 5km **'Pizza Dash'** run and a **Yoga Brunch**
- Over 450 people gathered to watch the Olympic Opening Ceremony in the Market Place in Wirksworth, Derbyshire, where Ellen MacArthur went to school, raising £300
- Lucy Hill and friends climbed Mount Kilimanjaro raising over £3,600
- **Yarmouth Old Gaffers Festival** raised £1,850 through a charity stall and

donations from programme sales while the **Totland Faith, Hope and Charity shop** stall raised £1,000

- **St Swithun's School**, Winchester donated £1,300 from a fashion show organised and hosted by four of the school's girls
- **Isle of Wight Radio** are great supporters. A team took part in the **West Wight Triathlon** while presenter Paul Topping's daughter held a school bake sale.
- Five cyclists, including three from Solent RIB Charters, raised almost £5,500 by riding 500 miles from Largs, in Scotland to Lynton in six days

***Why I did it:** "The sense of family, spirit of fun, kindness and moral support makes a difference to the young people and their families as they are helped to come through unimaginably difficult times with a smile and renewed optimism."* Kathy Azopardi, Trust fundraising runner, Brighton Marathon.

Why we did it: *"Solent Rib Charter provide the RIB blasts on the Trust's four-day trips so we see first-hand how beneficial the trips are and how much enjoyment the young people get from their time on the water."* Hannah Clark, Solent Rib Charter

Why we did it: *"Having seen the work the Trust does we know the money we've raised will really make a difference to young lives and that's an extraordinary feeling."* Sally Ann Pickles, MD, Vanilla Catering and Events

Get involved...
getinvolved@emcancertrust.org or call
01983 297750 to sign up or find out more!

Trust in us

Our Trustees are the hidden heroes of our first 10 years. In a nutshell they define the direction of the Trust and are responsible for governance.

All our Trustees are seriously successful professionals with a hugely impressive range of skills between them, which they gladly volunteer to help us grow the Trust and, naturally, the number of young people we can help year-on-year.

Plus they all love the Trust so much they can't wait to get involved in all aspects of what we do, joining us as volunteers as often as life allows.



Trustee Nick Williams has done loads to support us in fundraising and spreading the word about the Trust since his first day's sailing on one of our earliest trips. But he had never done a full four-day trip. That was until 2012...

"I've loved all the Trust days I've done but really wanted to do a full trip to help me truly understand why the feedback we get from everyone – the young people, their families, medical teams, volunteers and our own team – is always so positive.

"I live in Nottingham so met the young people and their parents, plus Margaret, the senior nurse from Nottingham, at the Queens Medical Centre Hospital to travel to Southampton.

"I'd felt slightly apprehensive before the trip. How would I fare with the young people? Would I get on with everyone? I wondered if others were feeling the same.

"In Nottingham I experienced the first 'special touch' of the Trust. We boarded this luxury minibus, with blacked-out 'celebrity' windows and leather seats, an instant hit.

"The small numbers helped relax everyone. One coach could have collected the Sheffield, Nottingham and Leicester groups but the initial magic would have been lost. Within five minutes the lads were talking and laughing non-stop. They didn't stop. For five hours!

"The girls were more quiet to start with. But by the first evening's crabbing that had changed! I was amazed how much. The screams when a crab broke loose were hilarious. By sundown it was like this was our normal routine and we had all known each other for years.

"Day two was Joe's birthday and completely unprompted the kids from all the boats made him a card and got him a cake. I think we sang 'Happy Birthday' 43 times that day...

"How many good friends the Trust has on the island was obvious by the generosity and goodwill shown towards the young people. The skippers were great with the kids; having a calm authority while encouraging

and trusting their young crew.

"This all contributed to the laidback, 'give it a go' feel that typified the trip and was key to the young people's growing confidence. I didn't hear a single moan about their health; they just had an attitude that shrugged it off and got on with life.

"The journey home was so different. All the kids sat together, chatting and laughing. When we arrived everyone was hugging, promising to stay in touch and return next year. Then the excited chatter hit a new level when their parents arrived!

"I had a brilliant time. I had intended to keep a daily diary. However, by the time I got to scribble a few thoughts at the end of each day it was through very sleepy eyes and a happy but weary brain!"



Chairman change

Without Mark Turner, there would be no Ellen MacArthur Cancer Trust. Mark was hugely instrumental in setting up the Trust in 2003 and our Chair of Trustees for the first nine years.

Mark believed passionately in building a charity that didn't just provide one-off opportunities for young people but had a real, long term impact.

Despite stepping down as Chair due to increasing business commitments, he continues to support all our activities as a Trust Ambassador.



We were chuffed when Clive Stephen agreed to succeed Mark as Chair of the Trustees.

Clive's been heavily involved with the Little Britain Challenge Cup for years, and when the Trust was formed in 2003 we were appointed as one of its charity beneficiaries, receiving a generous donation – totalling around £107,770 – from the LBCC every year since 2005.

His daughter, Catherine, has run the London Marathon for the Trust and his family have all been involved in several Trust trips.

What the Trust means to me...

“Our daughter, Katie, was on the Trust's first trip. I only have to look at her to know why I believe in the Trust's philosophy. Katie and her mates keep going back for more. They are with a unique friendship group and it is a constant in their lives. That is what we must strive to continue.”

TERESA SCHUSTER, TRUSTEE

We are sailing. But why?

Ever thought just why sailing is such a brilliant activity for young people in recovery from cancer? Medical Trustee, **Prof. David Walker**, Professor of Paediatric Oncology at Queens Medical Centre, Nottingham explains.

“The trips are examples of what we call ‘therapeutic recreation’; the idea of giving young people in recovery from illness some serious, safe fun.

“Sailing is a challenging activity in surroundings that are typically unfamiliar for most of the young people on the trips. For the young people this challenge isn't just enjoyable but promotes friendships and social skills, learning new skills, independence and self esteem,

working together in groups and meeting others having similar experiences.

“The young people feel safe and looked after outside of the parental control, which has been enhanced by illness. The parents get the confidence to let their children go away after illness. It benefits, and results in a change of outlook, for both.

“How the impact of therapeutic recreation is evaluated varies. But the value and extent of enjoyment that can be reliably observed in the smiles, laughter, friendships and improved communication is arguably evidence enough for every young person's loved ones.”



From Twitter...

This is without doubt the nicest invoice we have ever received huge thanks to @theplazaices

Supply of 265 ice creams c/w flake @ £1.67	£442.55
Less 50% discount as agreed	£221.27
Less further discount as I like what you do	£-221.27



Total	= £0
VAT	= £0
Balance	= £0



Royal Approval

It was a privilege for us and some of our young people to be invited to meet The Queen, and talk about the Trust, when she visited the Isle of Wight during her Diamond Jubilee tour

Ellen said: "The Queen was really interested to talk to the young people and was totally engaged and interested in what we do. I was immensely proud to tell her about the Trust."

Goodbye Tracy, Hiya Hayley



We have a new Young Person and Hospital Liaison. Hayley Attrill has replaced Tracy Curtis, who's headed off for pastures new. Thanks to Tracy for all her hard work and hello Hayley!

What the Trust means to me...

"I feel part of a family and can't wait to help create more memories. The trips have an amazing impact on the young people and everyone involved."

HAYLEY ATTRILL, YOUNG PERSON AND HOSPITAL LIAISON

Finding our Sense of Tumour

We were so inspired by our first visit to the Teenage Cancer Trust's annual 'Find your Sense of Tumour' conference in 2011 we couldn't wait to go back again in 2012!

A five-strong Trust team, led by CEO Frank Fletcher, gave out information and met up with young people from our past and future. The conference was delivered to over 400 young people and included inspirational talks from young people in recovery, or given the all-clear, from cancer, medical professionals and lifestyle experts. Thanks for inviting us TCT.



In the spotlight

We have our own TV channel at jimmyteens.tv – loads of our young people have contributed videos plus there are some awesome videos from our trips. Click on the 'Channels' link.



You know you want one...

Our Trust hooded sweatshirts raised a fantastic £1,300 in 2012 – or paid for two young people to come on a four-day trip this year. Get yours now at www.spyprints.com/emct



Who edited Inspire? Karenza Morton – freelance writer and sometime Trust volunteer. **Who made Inspire look so great?** RF Design www.rfportfolio.com. Thanks RF Design!

Who took the amazing Inspire photos? Mary Ganczakowski (cover), Paul Wyeth, Thierry Martinez, onEdition, Tracy Curtis, Mark Lamble, Dave Wright.

We've always loved welcoming young people from Scotland to the South Coast for our trips.



“One of the guys on the boat said it's the exact opposite of being stuck in a hospital bed. That summed the whole thing up for me.”

DAVE JARVIS, PEOPLE'S POSTCODE LOTTERY CAMERAMAN



But from June 2013 they get their turn to show off their beautiful coastline as, thanks to funding from players of People's Postcode Lottery, we go north of the Border!

For the first time, the lovely people of Largs will play host to 30 young people – 15 under 18s and 15 over 18s – over two weeks.

People's Postcode Trust, a grant-giving charity funded entirely by players of the Lottery, has already been a big supporter of our activities, previously awarding us £10,000 to purchase a van to transport the young people, as well as a £5,000 grant for oilskins and lifejackets.

Now People's Postcode Trust has awarded £40,000 to support our new Largs hub to help us charter three boats

for each week-long trip and cover the logistical costs plus everything else we need onboard, from bacon to toilet rolls!

Clara Govier, Head of Charities at People's Postcode Lottery, said: “We're delighted support from players of People's Postcode Lottery can bring the Trust's fantastic services to Scotland.”

How can you support the Ellen MacArthur Cancer Trust in Scotland? Become a Friend of the Trust.

Meet Jodie

“The mention of the Ellen MacArthur Cancer Trust makes me smile; it means everything to me.”

Illness: Brain tumour (March 2007) treated at Royal Hospital for Sick Children, Edinburgh.

What you've helped her do: 1 x four day trip (2007), 2 x Return to Sail (Cowes Week, leg of Round Britain trip), become a graduate volunteer including Competent Crew qualification, 3 x trips as a volunteer, Trust Ambassador.

“I was in the first Scottish group that travelled from Glasgow to the Isle of Wight for a Trust trip. Now I can't wait to volunteer on the first trips at the new Scottish hub.

“Bringing the Trust to Scotland means so many more Scottish young people can experience the magic of the Trust without having to travel far.

“When I went on my first trip I was still experiencing balance problems and struggling with tiredness. I was totally lacking in confidence, terrified to be away from my mum and family and also scared that, having always loved being on boats, I may no longer be able to do this thing I loved.

“But I grew in confidence so much on that trip. I realised I could get back out there and do the things I loved. My balance problems didn't really exist as everyone on the boat found their own way of moving around in an unfamiliar environment that's always changing. I had a sense of freedom back I thought I might not feel again. The sea air in your face, the wind in your hair, the open sea, the feeling there is no-one around for miles, it's hard to explain.

“I really feel if I hadn't gone on that first trip I wouldn't be where I am today. The Trust has been something consistent in



my life, it's always been there. By becoming a volunteer I felt I could give a little bit back and also share the magic, fun and excitement a trip brings.”

Clipper Adventure for Trust Ambassador



One of our young people will fly the flag as our Ellen MacArthur Cancer Trust Ambassador when they take part in the iconic 2013-14 Clipper Round the World Yacht Race.

We are delighted to be the Race's official charity for 2013-14 and the one lucky young person will sail on the first leg of the latest biennial Clipper Race from the UK to Brazil.

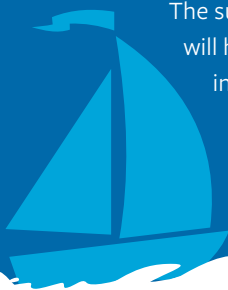
Any young person who had previously sailed with us, was over 18 and had completed their treatment could apply for this incredible opportunity.

The successful candidate will have to complete the intensive three-week long Clipper Race training courses before the

race departs in August. The 40,000 mile Clipper Race is the only race to train amateurs to cross some of the world's most challenging oceans.

Through the race our Ambassador will help to raise the profile of the Trust while encouraging crew and supporters to raise thousands of pounds for the charity to give hundreds more young people the same chance they had to first sail with us.

Ellen MacArthur said: "This provides an innovative and relevant opportunity to help us increase the numbers of young people who can benefit from our work. We are very grateful to Clipper Ventures and believe this will be a very powerful partnership."



Suncream, child protection and water balloons – yep, it's a pretty diverse agenda at our annual **Volunteer Training and Update Day.**



One of the most important dates on our calendar, it's the day all our volunteers – new or returning – get together

to get up-to-speed with the trips, how they work, what their role will be and how their input can ensure every young person has the best trip possible.

We had 53 volunteers join us for our 2012 Volunteer Training and Update Day. This year's event is in Birmingham on Saturday 27 April 2013.

Could you be a Trust volunteer? Find out at www.ellenmacarthurcancertrust.org/index.php/howyoucanhelp/getinvolved/volunteering



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

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

WIN a bottle of champagne signed by Ellen MacArthur by signing up as a Friend of the Trust! All new Friends signed up between April and June 2013 will be entered into a free draw with the winner chosen at random and notified by email in July.

To make a regular donation online, visit 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

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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.

As we mark our 10th birthday we would also like to celebrate the exceptional but all too short lives of those young people who are no longer with us.
Each and every one of them made our lives that little bit brighter.

Contact us     

General Enquiries:
info@emcancertrust.org

Fundraising and Volunteer Enquiries:
getinvolved@emcancertrust.org

Corporate Enquiries:
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 6DG**

Search on Facebook:
Ellen MacArthur Cancer Trust

Follow us on Twitter: **@emctrust**

Watch us on jimmyteens.tv:
Ellen MacArthur Cancer Trust channel

Registered. Charity No. 1096491

“Amazing medical advances in our first 10 years mean more young people than ever are surviving cancer. The next 10 will see even greater steps. More survivors equals more young people we can help. But we can only do it with you. Give a young person their life back.”

FRANK FLETCHER, TRUST CEO



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 p19 to give a regular donation.

FSC Logo