

ellen macarthur cancer trust  
rebuilding young people's confidence

# inspire

ISSUE TWO 2011/12



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Working for the first time with young adults aged 18-24

Proud to be Official Charity to J. P. Morgan Asset Management  
Round the Island Race 2011-2012

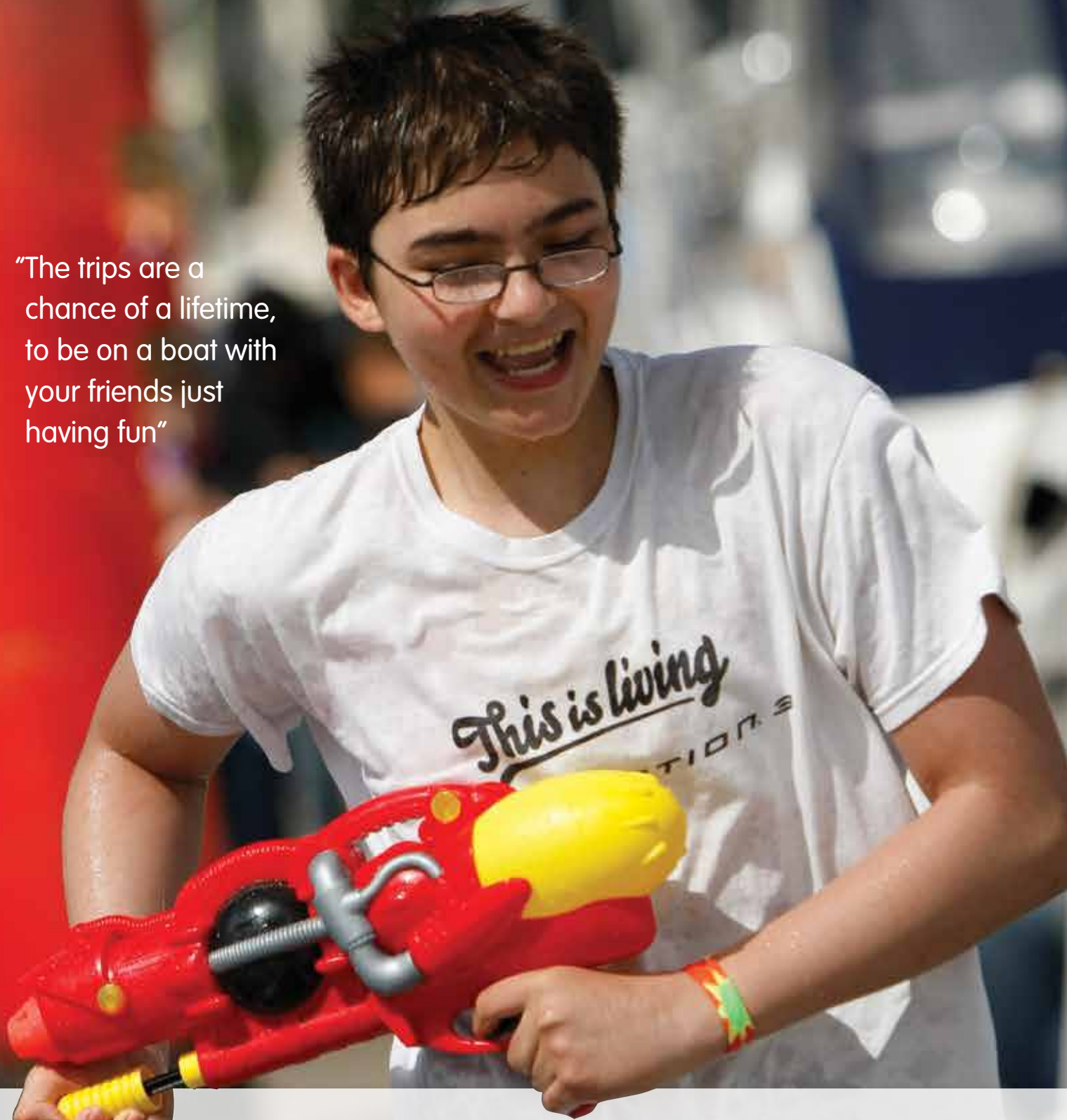
Find out how you can get involved and help us make a difference



ellen  
macarthur  
cancer trust

rebuilding young  
people's confidence

“The trips are a chance of a lifetime, to be on a boat with your friends just having fun”



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## Our new look



We hope you've noticed our new look, as in September 2010 we became known as *Ellen MacArthur Cancer Trust*. Our new name and mission statement *Rebuilding Young Peoples Confidence*, evolved following discussions with young people, parents, medical professionals and corporate supporters about what the Trust means to them, and our logo was based on sketches by Ellen. We are very happy with the results and feel our new identity better reflects what we are doing now.

## Competition



Count how many times you spot Ellen's talented dog Norman (see below left) in this newsletter to win her original signed sketch of our new logo. Email [getinvolved@emcancertrust.org](mailto:getinvolved@emcancertrust.org) by 1st January 2012, when the winner will be selected at random. Good Luck!



# Welcome from our patron, Dame Ellen MacArthur

Welcome to the second edition of our annual Trust newsletter! Despite the fact I'm writing this in freezing February my thoughts are still filled with the smiles, fun and adventure that was had by all last year. Not only that, but last year we took more young people sailing than ever before... more smiles, more fun, more confidence gained. I never cease to be amazed by the brilliant characters who come on our Trust trips, and it is wonderful to work with young people from all over the UK.

Last summer the Trust broke new ground, sailing with young people aged 18-24 for the first time. In the past, these young people would have slipped through the net of activities available to help them move on with their lives. It was just

fantastic. We also trained more young people to become adult volunteers than ever before. I can't describe how wonderful it is to see those faces come back year after year to share their experience with others.

For the first time we ran an extended cruising week for those young people who wanted to adventure a little further afield and learn more about sailing, living on, and running a boat. I'm clearly biased having been passionate about sailing from a young age, but I genuinely feel the experience gained from living on a boat is a wonderful and special one.

And so, moving on to 2011 we have a record number of trips lined up, working with lots of new people and exploring new places, which is really exciting.

We have also got lots of different events and ways you can get involved to help plus you can still become a Friend of the Trust by signing up to give a regular donation. Your support really means a lot, and will help us offer these life-changing confidence-building trips to as many young people as possible in the future.

I would finally like to say a massive thank you to everyone who sailed with, or supported the Trust, last year. You really made it another very special one for everyone involved and we hope to see you somewhere along the line in 2011. Make sure you give us a wave!

*Ellen MacArthur*



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Thanks to: Aqualung Trust, Atkins Holdings, Bestival, Bradwell Outdoors, BT, Burgess, Chris & Caroline Micklethwaite, Cowes Online, Cowes Sailing Networks, Dean & Reddyhoff Marinas, Derbyshire Building Society, Intellegentia, Into the Blue, Island Sailing Club, J. P. Morgan Asset Management, Little Britain Challenge Cup, Liz Earle, Medina Yard, Musto, OC Thirdpole, Outreach Marine Services Ltd, Payne Hicks Beach, Pioneer Sailing Trust, Plaza Icecream, POM Charitable Trust, Red Funnel, Royal Solent Yacht Club, Solent RIB Charter, Southseafest, Spinlock, Sunsail, The Yellow Palette, UKSA, Waterpark Lakeland Adventure Centre, Whirlwind Sailing Trust, Yarmouth Lifeboat and all our supporters.

# PAIGE'S STORY



little tomboy, really active, always playing cricket and football but afterwards she was like a zombie, which was very difficult. Since then it has been one thing after another; she had radiotherapy and then stopped eating so the doctors put a PEG in to feed directly into her stomach, which she still uses.”

“Two years ago Paige relapsed and we were told there wasn’t much more the doctors could do. Miraculously this tumour vanished, but then three more appeared and we had to fight hard for new radio-surgery treatment which was really effective. Paige is not yet in remission and the tumours are still there but they are static, which is great news. There have been many side-effects, Paige is now 15 but will always be the same height as when she was 10, and her memory has been affected so she can’t really go out by herself.

“We get through most things by just laughing about them. When Paige was recently told she had cataracts she joked they should just put her down now! She has an amazing sense of humour and takes everything in her stride.

“I was delighted when I found out Paige could go sailing with the Trust and try something different on her own. I read in the Trust newsletter that the trip aims to rebuild confidence, and it certainly did. She came back a different person, her confidence was back! She couldn’t stop talking about meeting Ellen and her dog, and she loved absolutely everything about the trip.

Paige continues, “I’ve worn the top the Trust gave me every week, and before the next group go on their trip this year I’ve been asked to go and talk at the hospital about what a great time I had. I couldn’t pick my best bit of the trip; I had so much fun and had loads of water fights. I’d love to go again, any day!”

Paige, 15, from Derbyshire was treated at Sheffield Children’s Hospital for a brain tumour. Her mum Jane recalls she had been suffering from migraines and sickness for a while. “The consultant told us Paige had a tumour behind her eyes that was so big he was surprised she hadn’t had a seizure, it was just crazy. Everything happened so fast. Paige was just 10 at the time and absolutely terrified. I remember

her saying she didn’t think she was going to walk out of that hospital alive.”

Just days later, Paige had the first of two eight-hour brain operations.

“Cancer is terrible for anyone, but often, after treatment, the person can carry on with their life the same as before. When it affects the brain, the person can change a lot.” says Jane.

“Before her surgery Paige was a right



“I couldn’t pick my best bit of the trip; I had so much fun and had loads of water fights. I’d love to go again, any day!”

# Rebuilding confidence

The Ellen MacArthur Cancer Trust have been taking young people aged between 8 and 17 out on the water since 2003. They initially join us on a four-day sailing trip.

Here's the great news – more young people are surviving cancer than ever before.

But, many people don't fully appreciate that after treatment ends these young people are left facing new challenges that can have a significant physical and mental impact.

With their lives turned upside down during treatment it can be difficult for a young person to adjust and feel 'normal' again once it is all over. This is where we can try to make a difference.

Our four-day Solent sailing trips give these young people the chance to rebuild their confidence, often after lengthy and isolating treatments, by doing something most of them will have never done before alongside other young people who have been through exactly the same things.

Spending four days living on a yacht, and getting involved with all aspects of crew life can have a huge impact on recovery. The young people rediscover the independence they lost during treatment, and learn new skills in a really fun, inclusive environment, with a specialist doctor

or nurse on hand for medical support.

"Our daughter had a life-changing experience and from the moment she arrived we also felt relaxed. It was her first time away from home after two years of treatment, and she loved it all.

This was a fantastic confidence-building experience and it was lovely to see her smiling and being a 'normal' child away from her life with cancer," wrote the father of Hannah, who came on her first sailing trip with the Trust in 2010.

Much of the post-trip feedback we get highlights the same recurrent themes.

"The trip was a wonderful chance to try something new and gave him the opportunity to meet other young cancer survivors," commented the mother of Charlie. "To be able to interact with other young people who have been through similar experiences is invaluable and these supportive friendships often last long after the trip is over."

In 2010 we worked with Newcastle's

Royal Victoria Infirmary (RVI) for the first time meaning the Trust now works with every specialist children's cancer and leukaemia treatment centre in the UK.

Rebecca, 16, was treated at RVI and said, "I've done so much that I never thought I would; sailing, barbeques and RIB rides!

The best bit was being able to meet new

people who understand and being able to have some fun!"

Michelle, CLIC Sargent Social Worker at RVI

added, "It has been fantastic for the hospital and I am really looking forward to giving more kids the opportunity next year. These types of experiences really do shape

the future of these young people."

No fewer than 113 young people sailed for the first time with the Trust in 2010 and we will see around 125 joining us for our four-day trips in 2011.

The Trust also organises day-sailing trips, on request, for young people unable to participate in a four-day trip or who have a life-limiting illness. They can bring family and friends to make it a memorable day for all.

125

young people will join us on our four-day trips in 2011



# Inspiring young adults

We introduced a new sailing trip for the 18-24 age group in 2010, and intend to offer this opportunity to even more adults in 2011. Karenza Morton, a journalist who has helped on our trips in the past explains why.

You're in your second year of university, loving student life with your new girlfriend and mates, playing rugby twice a week. In a year you will graduate and start that career in teaching you've always wanted. You're 20 and your life is everything you dreamed of.

Then you get diagnosed with cancer.  
Now what?

Just at the point where you are thriving in your newfound independence everything suddenly, indefinitely gets put on hold. Dealing with the emotional and social aspects of becoming seriously ill between the ages of 18-24 are arguably as hard as the physical illness itself.

But through the Ellen MacArthur

Cancer Trust young people of this age-group now have the chance to go sailing and rediscover what is possible.

CLIC Sargent Young Person's support workers Sarah Houghton (Royal Marsden) and Rachael Ewing (Queen's Medical Centre, Nottingham) had both experienced the benefits of Trust sailing trips first-hand having joined earlier 8-17 year-old four-day voyages.

They were in no doubt that with such opportunities at a premium for young people over the age of 18 the impact would be just as, if not even more, significant.

Sarah explains: "Last year was the first 18-24 trip and the young people were

## DANNY'S STORY

Danyaal 'Danny' Raza, 21, spent nine months in The Royal Marsden after being diagnosed with Acute Lymphoblastic Leukaemia in 2009.

After two bouts of chemotherapy and a stem cell transplant Danny was told he was in remission in September 2010 and just days' later he joined the Ellen MacArthur Cancer Trust for its first ever young adults (18-24) trip.

It made him believe life after cancer was there to be grabbed with both hands.

"As soon as I heard about the trip through the hospital's CLIC Sargent social worker I wanted to do it. I'd never sailed before and I needed something to boost my morale and to test exactly how mentally and physically strong I actually was.

"When I was going through my treatment there were some very, very hard moments but I always kept positive and was in an environment that was very helpful. Nevertheless you do wonder if you're ever going to be able to do some of the things you did before you were ill and although I'd been told I was in remission I needed to know how well I really was.

"From the minute I stepped on to the boat I just loved it. I was the first person who volunteered for anything and because

I was so interested my skipper really helped me and let me do loads of the sailing. When you're at sea you feel almost stranded and in total control, which is a fantastic feeling.

"Sailing for three days also requires real physical and mental exertion and I really pushed myself. I astonished myself just how good I felt. I felt 'normal' again; like I did before I was ill.

"I was studying business when I became ill; I'd never been great at study but for the first time in my life I had a good momentum and was taking my studies seriously and then I had no other choice but to stop.

"The trip has given me a great deal of confidence and skills that will definitely improve my CV now. Teamwork is the number one most important thing plus understanding how to run things when there's a dilemma and when and how to make the right decision. Ever since the trip I've been happy. I believe going through cancer has made me better than before."

In 2011 the Trust will work with a further eight hospitals, running three five-day 18-24 trips to give these young adults the opportunity to gain their RYA Competent Crew qualification.



treated like adults, like equals, which, when you've had to rely on other people doing everything for you during your illness, is incredibly liberating.

"They also all really got into the actual sailing. Yes it was great to have the freedom of being away, and being in an incredibly positive environment where there was so much else to talk about aside from hospitals and chemotherapy, but learning new skills was also really important to them, especially those whose illness has affected their mobility and who can't maybe do the sports they used to. Sailing is something new they can do. Everything about the trips is 'can do'.

"One of the best things about the Trust is the trips aren't one-offs.

Those who enjoy the sailing can go back for other trips and events, or volunteer, and now the 18-24 age-group can get qualifications, which is invaluable to someone who maybe hasn't felt a sense of achievement for a very long time."

Rachael adds: "It's gradually changing but many 18-24 year olds are treated on adult or children's wards, and for many of the young people on the trip it was the first time they had even had the chance to speak to others of the same age and share their experiences.

60

young adults from twelve hospitals will join this trip in 2011

"In a way young people lose a lot more of themselves than children when they become ill because they have gone so much further in their lives. But the trip made them feel valued again and realise they could work as part of a team, supporting each other, doing something that was physically and mentally demanding. At the same time it was a real giggle and there were so many in-jokes. That sense of sharing an amazing experience, and accomplishing something new, has only been positive."

"When you're at sea you feel almost stranded and in total control, which is a fantastic feeling"





## Strengthening our community

Our Return to Sail Programme has been running since 2005, giving young people the chance to develop their sailing skills and build friendships.

Nothing makes us happier than being able to help put a smile on the face of a young person who has endured all the pitfalls of prolonged illness and treatment.

But we don't want to just see one smile, we want to see years of smiles. This is why the Trust offers long-term support to all of our young people by inviting them back every year to take part in a wide-range of sailing activities, so they can be part of our unique

community for as long as they want to be.

Our Residential Dinghy Week at Bradwell has proved to be one of the most popular of these activities since its introduction in 2007.

One parent, whose son joined us at Bradwell in 2010, summed it up when he said "It's great for kids to meet up again. Life for them will always be different in some way and these Return to Sail trips give them the opportunity to share their experiences, highs and lows, together.

He always comes back with a new lease of life and a sparkle in his eyes, it's like therapy."

No fewer than 69 young people joined us for two, week-long Bradwell trips last year; some attending for the first time and others enjoying their fourth year.

Following treatment for a brain tumour at Great Ormond Street, Katie (pictured top, fourth from left), was 11, when she sailed with the Trust on our first ever trip in 2003. Now 19, she returned as a volunteer to experience Bradwell for the first time in 2010.

"It was a great privilege to be invited back as a volunteer as I love any opportunity to return to the Trust and help out in any way possible. Ever since my first trip in 2003, I've returned





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

almost every year and now I'm volunteering. “What I love about the trips is being able to talk and share experiences knowing we understand each other. However, the trips are also all about having fun and building confidence, which Bradwell's choice of activities certainly does.

“As it was my first time at Bradwell, I didn't really know what to expect. However I had the most amazing time! Even though the dodgy weather meant we couldn't sail every day, our day was filled with other fun activities like cycling, canoeing, high ropes and plenty more. All were fairly challenging, but hugely rewarding, and confidence-boosting.

The trapezing certainly proved challenging for me as I got stuck at the top of it for several minutes, not being able to move!

“When we did get out sailing we had fantastic trips to local towns, enduring Frank Fletcher-initiated water fights, making up our own entertainment on the dinghies or just chilling and enjoying the ride.

“After some time to relax and have dinner, we enjoyed a range of evening activities including archery, kite flying and other fun stuff. After all that it was certainly time to chill and watch a movie, play pool, or have a table tennis tournament, which meant running around the tables manically trying to catch up with each other! I really hope to

return as I have so many good memories and met so many fantastic people.”

Chris Micklethwaite, from Atkins Holdings, and wife Caroline once again generously supported a week at Bradwell. After joining us for a day, Chris said, “I was thrilled to join the young people, seeing first-hand what a great time they were having, the difference it makes in terms of confidence, and what it means to them to be part of this fantastic Trust.”

In 2011 up to 70 young people will enjoy our residential dinghy week at Bradwell Outdoors or Waterpark Lakeland Adventure Centre in the Lake District.

# Taking on challenges

For those who want to push themselves further and learn more, the J. P. Morgan Asset Management Round the Island Race provides no greater challenge

There's sailing and there's going bow-to-bow with almost 1,800 other yachts and 16,000 sailors in arguably the world's most famous mass participation sailing event – the J.P. Morgan Asset Management Round the Island Race. But that is one of the awesome opportunities young people

sailing with the Trust have enjoyed since the Race became one of our 'Return to Sail' activities in 2005.

For the Race in 2010, seventeen young people crewed on four yachts – Moonspray, Scarlet Oyster, Outreach and Bellerophon. Plus as one of four charities nominated to

contest the Round the Island Race Charity Challenge Cup, we also followed the Challenge Ellen MacArthur Trust crew, comprising relatives of some of our young people who were raising money and awareness.

## Well done to our 2010 Trust crews

**311th Bellerophon of Wight** in 8hrs 16, crewed by Brayan, Freya, James and Joanna with Barrie, Amanda, Hugh and Laura.

**492nd Moonspray** in 8hrs 40, crewed by Ben, Claire, Daisy, Joe and



Daisy, 17 from Dorset returned to take part in the Race on board Moonspray. She gives us a rundown of her day.



A 04.30 wake-up call! We drag ourselves out of our bunks to do our hair and make-up coz there's a Meridian TV crew filming our day on Moonspray! Once on deck the sea air soon wakes everyone up.



As the sun rises Trust founder Ellen MacArthur fires the first starting cannon at the Royal Yacht Squadron before joining us.



We join the exodus of slower boats heading up the river to the start. Ellen pulls alongside in a RIB and jumps aboard.



There are yachts EVERYWHERE, all the different coloured sails are amazing. It's like a dream, maybe because I'm still half asleep! It's crowded on the start line so we all keep an eye out and shout if any boats get too close!



We're the last Trust boat to start but with Ellen onboard we get a good start! The weather conditions are perfect and the race is ON!



Passing Hurst Castle enjoying Ellen's freshly cooked bacon butties as we head to the Needles. Spirits high and sun shining!



Going past the Needles Ellen tells us stories of boats that have hit the rocks. Luckily we make it round in one piece!



The fastest boat just finished taking just over four and a half hours – we're definitely not going to win!



The halfway point – Ellen's been on tea duty all the way and I've been sitting on deck providing the humour and pulling ropes occasionally, this is the life!



Lee, with Dan, Chris, Clive, Ellen with two Meridian TV crew

**548th Scarlet Oyster** in 8hrs 12, crewed by Alice, Stefan, Steven and Suzanna, with Cath, Amy, Peter, Louise and Stephen

**756th Sailtime Challenge Ellen**

**MacArthur Trust** in 9hrs 20, crewed by Emma, Lenaic, Siobhan, Vince with Alasdair and Mark

**807th Outreach** in 9hrs 47, crewed by Ben, David, Jonny and Nathaniel with Mark, Sue, Pat, Barnaby and Debbie.

## "Our time on the water was special"



Claire, now 18, from West Sussex came back for her second Round the Island Race in 2010. She explains why returning each year has made a difference.

"There is something special and unique about the way the Trust sticks with you. I first sailed in 2007 and have returned every summer since. The friendship and support carries on long after you step off the boat. This sense of being part of something has been so important to me the last few years.

"As with all Trust trips there were

no awkward silences during the Race, just silliness and banter and lots of chat from start to finish. Our time on the water was special. It is hard to describe but even amongst all the noise and busy atmosphere on deck, I always find a sense of peace and closure when I'm sailing; it is an opportunity to escape the stresses of life at home, at school, or in hospital. At times the sea and sky can be quite overwhelming, and for a moment everything in life feels right."



Passed another Trust boat, but the wind's dropped so we aren't moving as fast. Seeing other boats overtaking us isn't fun! We've been playing word games to pass the time. Starting to think we won't make it to the end!



Wind's picked up. We all sit on the rail as the Trust team come alongside in the RIB to take photos. We throw them chocolate biscuits, which go down well!



At the end of the Race a boat marks the finish line and we aren't sure if we've crossed it

for a minute, despite being very excited and starting to cheer! When it's confirmed we celebrate, and assume we are the winning Trust boat because we were the best! We can't wait to get back and rub it in everyone's faces, nicely obviously!



All boats are back, we catch up with the others and have a group photo taken. Everyone's tired, but has a great sense of achievement after all making it round.



After a traditional waterfight, general tidying and unwinding, fish and chips arrive and it all goes quiet. What a brilliant day! Even though it turns out on corrected time we were actually the second Trust boat it was an incredible experience and I can't wait to sail again!

### Official charity

The Trust is proud to be the official charity of the internationally renowned Race in 2011-12, and our young people will again fly the Trust flag at this year's race on Saturday 25 June. We are aiming to raise an incredible £80,000 to celebrate the 80th Anniversary of the Race this year. There are various exciting ways you can help us hit our target, whether competing, watching from the shore, or following at home.

- **Buy a Mile of the course:** each young person competing will sell their 50 miles
- **Sailing simulator:** try to beat Ellen's best time on the sailing simulator in the Regatta Village, Cowes Yacht Haven.
- **Segway challenge:** have a go on the latest gadget with all donations going to the Trust over Race weekend.
- **Enter your boat in the 'Charity Challenge':** the fastest (on corrected time) ISC and IRC rated yacht around the island wins a £1,000 donation for their charity. You must raise a minimum £250 to qualify and will receive a signed copy of Ellen's book, *Full Circle*.



# New horizons

In August, several Trust crews headed a little further afield on our new Longer Cruising Week. Here, Skipper Cath Vise (pictured below centre) reports on their experience.

“It was the first day of Cowes Week and there we were, in Yarmouth, our own little fleet, ready to go. But, instead of heading for the race line, we were all excited to head West, beyond the Needles, and out on the first ever Trust Longer Cruising Week. The idea came about after our 2009 Round Britain voyage, where I was lucky enough to be skipper and to see firsthand the benefits a slightly more challenging sailing adventure has on the young people that return to sail.

Our fleet had four boats, most with

a volunteer on board who had previously sailed with the Trust after treatment for cancer or leukaemia, and had come back to share their stories and experiences with the next generation. Our route took us along the south coast, as far as Brixham, with stopovers at Weymouth and Poole. Unfortunately day three was a bit too breezy to sail, but, in true Trust style, we simply found alternate entertainment on shore and had an incredible barbeque on the beach next to the harbour.

Great fun was had, playing softball on a beach, watching fireworks and enjoying the banter and games on board. The sailing was wonderful, with lots of ‘pirating’ and water fights happening between the four boats offshore. With a few good fishermen among us, a fresh supply of mackerel was also enjoyed.

It was an incredible week, and to see how the volunteers worked with and inspired the younger people was amazing. It really brought the whole ethos of the Trust together, and that is exactly what happened. Recovery was inspired, through sailing, and most wonderfully through the work of the returning volunteers.

I can’t wait for the next trip!”

“This experience was very challenging, rewarding, and one I look forward to having again, the best part was sailing through the night, my least favourite part was where it had to end. The trips have taught me a lot about myself and have given me an immense confidence boost!”

“The experience was too good to describe, the best part was everything, water fights, the beach, sailing”



# Our volunteers

Volunteers are the Trust's lifeblood and some 84 dedicated people helped us on land and water in 2010, all bringing different skills and experiences to make our trips as memorable and fun as possible.

If you feel you have the skills to help at our fundraising events, or even on our

yacht trips (sailing and medical qualifications required for this), download the volunteer application form from our website.

One of the things we love the most is when young people who have sailed with us in the past, like Laura below, want to help out in the future.



## LAURA'S STORY

Laura first sailed with the Trust in 2005 whilst in recovery from Hodgkins Lymphoma and is one of 18 young adults who returned as trip volunteers in 2010. Because they understand better than anyone what challenges the young people face, and are proof that life post-treatment can be great, these young adults are inspirational positive role models to newcomers to the trips.

Laura has previously raced in the Round the Island Race and completed a leg of the Round Britain with the Trust and took part in a special graduate volunteer training week to gain the skills to help on our trips.

She tells us about her journey, from diagnosis to having an RYA Competent Crew qualification.

"I was 13 when I was diagnosed with cancer. I found out in the school summer holidays. When I went back to school I started to get more and more tired and my hair started falling out, which was traumatic. I was teased for wearing a hat.

I was nervous before my first trip with the Trust but it didn't take long for everyone to relax. It seems so long ago now but all I remember is having an amazing time. Being on the water every day really is something else.

I wanted to volunteer to give something back to the Trust, but also as an opportunity to have professional training. It was absolutely amazing, we learned so many skills, though it was still fun and relaxed, and at the end I got my competent crew qualification. Sailing was something I never thought I would get a chance to do, let alone qualify as a competent crew!

My first trip as a Trust volunteer was the Round the Island Race last June.

I was wary about being on the other side, being the



volunteer and not the young person, but the young people we had on the boat were amazing, and it was great to meet them and help them learn to sail. I think they were able to relate to me as I've been in their position.

Not everyone wants to talk about their illness but others find it helps them let off steam. Either is fine, I'm just happy to help them as a volunteer."



There are many ways you can get involved to help the Trust take even more young people sailing, your generous support is the only way we can continue our work. Get your workplace on board, think of your own fundraising idea, take part in an event for the Trust, or make a regular donation.



## Your company and us

We have great relationships with the various companies and associations, big and small, who want to work with us and help young people affected by cancer.

From individual employee fundraising activities, to organising larger events that provide opportunities to promote employee social interaction and team building, we rely on the enthusiasm and participation of our commercial partners.

We have been fortunate enough to work with companies who share our passion for improving the confidence of young people affected by cancer.

Support from Skandia, BT and the Energy Saving Trust enabled us to undertake our Round Britain Voyage of Discovery in 2009, where 73 young people joined us for this voyage of a lifetime, which in turn delivered excellent media value and corporate hospitality opportunities for our partners.

In 2008 we were the elected Rolls Royce charity of the year, with the company providing valuable support at out residential dinghy weeks at Bradwell, where employees joined us during the week as volunteers.

### Further examples of Trust support

- Solent RIB Charter provide RIBS for use during our Solent Yacht Trips
- UKSA provide our operations base
- Citisail help maintain Moonspray
- Kevin Mole Outboards reduced the fee for a new Suzuki Outboard

- Dean & Reddyhoff Marinas provide free berthing
- Sunsail (pictured below with the Trust team) came on board in 2011 to provide their Beneteau F40's at reduced charter fees for our summer trips.



In return we can provide unique corporate hospitality and team-building opportunities onboard our yachts, with proactive PR and promotion through our website, e-newsletter, facebook and twitter.

### Your company can work with us by:

- Nominating us as charity of the year
- Donating goods or services
- Encouraging employee fundraising
- Inspiring fundraising by matched giving
- Displaying our collection boxes
- Recycling mobile phones/ink cartridges
- Holding a fundraising event
- Supporting Payroll Giving

### J. P. Morgan Asset Management working with the Trust

"Our staff at J. P. Morgan Asset Management choose our 'charity of the year' and the Ellen MacArthur Cancer Trust was nominated in 2009," explained Vice President Caron Seymour.

"We found working with a smaller and less well-known charity has really helped people engage with the Trust on a personal level. We wanted to ensure our staff could really relate to the difference their fundraising makes and to achieve this we promoted the idea of converting money raised to specific goals i.e. each £500 raised would sponsor one child to go on a four-day trip.

Last year we challenged staff to raise £500 by fundraising in teams and against other areas. To our delight this really brought out their friendly competitive nature and the team culture, which was fantastic. Each team came up with some great ideas and had fun along the way.

The benefit to staff here is really knowing what a difference the money has made. I cannot stress enough that being able to relate the funds raised to individual children has really touched everyone. It has also promoted team engagement, having fun and incorporated some friendly competition.

In the beginning we aimed to raise enough funds to sponsor 20 children, so around £10,000. We ended up raising more than £38,000, which is fantastic and a testament to the effort that everyone has put into making this such a successful partnership."

Please email [corporatesupport@emcancertrust.org](mailto:corporatesupport@emcancertrust.org) to find out how your company could get involved

Lorna Clark, mother of one of our graduate volunteers, raised £320 by baking cakes



For a week, Isle of Wight fish and chip shop, Corries Cabin, donated 50p for every purchase made, raising £700



Volunteer Hugh Dinsdale donated a portion of his sale on BBC's Flog It



Outdoor clothing specialists Musto provide clothing and caps

## Fundraising ideas

Be inspired by one of our fundraisers to set up your own challenge.

Thanks to everyone who has taken on a challenge or had a great fundraising idea in aid of the Trust. Here are just a few of our Fundraisers in 2010:

**Katy, Alex and Debbie** who have all sailed with the Trust after treatment, walked 6.2 miles with friends and family raising over £400! Katy said "I wanted to help the Trust be able to carry on with their amazing sailing trips, and to say thank you for all that they have done

The Trust was proud to be the official charity at the Glasthally Music Festival in 2010

for me and my friends, they made a huge difference to our lives."

**A Trust team** completed the arduous 65km Four Inns Walk (pictured right).

**Pete Edwards** of Osborne Masonic Lodge held a fish and chip supper, Ladies Festival and Caribbean themed night.

**Andrew Funnell** completed 100k on a rowing machine (pictured above left)

**Rob da Bank** DJ'd at OC Thirdpole's Extreme Sailing Series event in Cowes raising £2,500.

### Shout About It

If you are holding a fundraising event or taking on a challenge for the Trust, it makes sense to **Shout About It!** We want to help you raise money so please get in touch.

By sending us details of the events you are planning we can help you promote your fundraising and encourage more support.

We can send posters, newsletters, sponsorship forms or collection tins to aid your fundraising efforts. We will help you set up a Virginmoneygiving fundraising page online, an easy way for sponsors to donate, and can let the local community know what you are doing by contacting your local media.



## Seven year-old Skye cycles 600 miles across America!

In August 2010, seven-year-old Skye Leech cycled the 610 miles from Washington DC to Pittsburgh and back to raise money for the Ellen MacArthur Cancer Trust.

Skye cycled an average of 25 miles a day with her mother Naomi and father Ben, and as she put it herself, "That's nearly 100 miles for every year I have been alive!"

The family camped outside and

cooked for themselves on a small camp stove every night of the three-week trip, even encountering a few rattlesnakes along the way!

The inspirational youngster covered an incredible 46 miles on the last day of her trip. Her father Ben said: "She never complained and she cycled so hard. Even on the last day, which exhausted me!"

Skye chose the Trust as the charity she wanted to donate to, because she wanted



to help a charity that works with children. Skye has almost hit her fundraising target of £1,000. You can still donate at <http://www.justgiving.com/skyecycle>

For more ideas download the fundraising pack from our website [www.ellenmacarthurcancertrust.org](http://www.ellenmacarthurcancertrust.org)

# Get active!

If you are thinking of entering any sporting event, why not raise money for the Trust along the way? You can also join the Trust team at any of the events below.

2011

7th April: **BT Tower Stair Climb Challenge, London**

Join Ellen as she takes on the 843 stair climb to the top of the iconic BT Tower! Tickets are available for breakfast and for the climb.

10th April: **Brighton Marathon, East Sussex**

Support our runners in this 26 mile race!

25th June: **J. P. Morgan Asset Management Round the Island Race, Cowes** (see page 11 for more info)

25th September: **West Wight Triathlon, IOW**

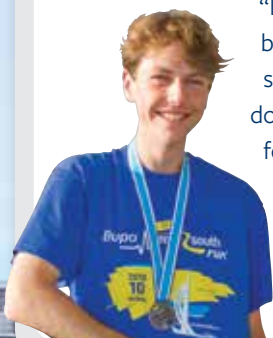
Enter the 600m pool swim, 35k cycle and 7.5k run individually or as a team in this family-friendly event. Supporters raised over £3,000 in 2010.

30th October: **Bupa Great South Run, Portsmouth**

Luke, now a volunteer, sailed with the Trust after treatment for Hodgkins Lymphoma and was one of the 63 runners who joined the Trust team in 2010, helping to raise over £30,000!

“I’d never done anything like this before, but I’ve had so much fun sailing with the Trust that I wanted to do more to help. I’d been telling myself for a while that I should do some sort of exercise, so started training, and was thrilled to finish in 1hr 38!”

Be inspired by Luke to enter the 2011 race for the Trust!



2012

30th March: **Charity Golf Day at Old Thorns, Liphook**

Book now to take part in our fundraising Golf Day, with charity auction and after dinner speaker. Email [dave.wright@emcancertrust.org](mailto:dave.wright@emcancertrust.org) for further information.

15th April: **Brighton Marathon, East Sussex**

Get in training now and take on 26 miles for the Trust in 2012.

30th June: **J. P. Morgan Asset Management Round the Island Race, Cowes**

We will be the official race charity for the second year in 2012. Support us as we line up against 1,700 other boats in our race around the Island.

September: **West Wight Triathlon, IOW (Date TBC)**

October: **Bupa Great South Run, Portsmouth (Date TBC)**

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



# 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 £1.28

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

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

### Branch sort code

--	--	--	--	--

### 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**

DD17

## 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.

# Trust development

## Expanding our 18-24 trips

In 2011 we will work with young adults from Scotland, London, Cambridge, Cardiff, Birmingham, Manchester, Newcastle, and Southampton hospitals, in addition to Nottingham, Leicester, Sutton and Leeds from last year. These trips will last 5 days enabling crews to work towards an RYA Competent Crew qualification.

## 'Northern' Dinghy Week

We are introducing a new residential dinghy week at Waterpark Lakeland Adventure Centre in the Lake District. Similar to Bradwell, it is aimed at those returning to sail who live further North and will include dinghy sailing, canoeing and many other outdoor activities.



## 10th Birthday Celebrations

2012 will be the tenth year the Trust has been running sailing trips, and to celebrate we are hoping to invite everyone who has been on our sailing trips to a big party! We will share more details of this exciting event as they become available.

## Our Young People

Last year's newsletter featured the stories of four amazing young people who had sailed with the Trust. All returned in 2010 and here's how they are getting on now



Lily is studying for her GCSE's, with drama her favourite subject. She sailed on our Longer Cruising Week in 2010 and afterwards told us, "These trips are the best thing that came out of my having cancer, and the week was brilliant, I couldn't have had a better time. I'm already looking forward to this summer." We can't wait to see Lily back in August.



Claire will be making the decision of whether to study English Literature at Exeter University or take a gap year to work abroad after finishing her A-levels this year. In the summer she will volunteer at an AIDS clinic in Africa, and hopes to return as a Trust volunteer in the future. Read her thoughts following the 2010 Round the Island Race on page 11.



Emma is currently studying Forensic Sciences at the University of Lincoln and returned in 2010 to volunteer on two four-day trips and our Longer Cruising Week, saying "To sum up my summer with the Trust, it was amazing, full of laughter, and I can't wait to come back and do it all again."



Larvell is working towards a Marine Studies degree at the University of Plymouth. He volunteered on three trips and raised money for the Trust in the Great South Run. He said, "What made last year special was when I met a young lad who had read the old *Inspire* and seen how much I'd achieved; he told me I'm a role model which made me feel great!"

# Our diary dates

The Trust has a full calendar of summer sailing trips and fundraising events this year:

**First time sailing trips**   **Fundraising Events**  
**Return to sail activities**   **Training days**

2011

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**APRIL**

7th: **BT Tower Stair Climb Challenge**

10th: **Brighton Marathon**

25th-30th: **Graduate Volunteer Training**

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**MAY**

7th: **Volunteer Induction Day**

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**JUNE**

6th-10th: **18-24 year olds Isle of Wight Trip** (Newcastle, Scotland, Manchester, Birmingham)

23rd-26th: **Round the Island Race Trip**

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**JULY**

4th-7th: **Under 18 Trip** (Leicester, Newcastle, N Ireland, Scotland)

11th-14th: **Under 18 Trip** (Cardiff, Bristol, Cornwall, Nottingham)

18th-21st: **Under 18 Trip** (London Hospitals & Leeds)

25th-28th: **Under 18 Trip** (Birmingham, Manchester, Liverpool, Sheffield)

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**AUGUST**

1st-4th: **Under 18 Trip** (Southampton, Cambridge, Oxford)

14th-19th: **Bradwell Residential Dinghy Week, Essex**

14th-19th: **Longer Cruising Week, Essex**

30th-3rd Sep: **Water Park Residential Dinghy Week, Cumbria**

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**SEPTEMBER**

9th-11th: **Bestival**

12th-16th: **18-24 year olds Trip** (UCLH, Southampton, Cambridge, Cardiff)

17th: **Southseafest**

19th-23rd: **18-24 year olds Trip** (Leicester, Nottingham, Royal Marsden, Leeds)

25th: **West Wight Triathlon**

25th-30th: **18-24 year olds Competent Crew Course**

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**OCTOBER**

30th: **Bupa Great South Run**

## Trust team update



Patron Dame Ellen MacArthur launched the Ellen MacArthur Foundation to re-think, re-design and build a positive future and published autobiography *Full Circle* which includes a great section on the Trust.



Ambassador Dan Monk spent three months as second mate on a yacht offering Arctic Adventures, and skippered on our new 18-24 trip. He'll be returning to the Arctic in 2011, and crewing in the Round the Island Race.



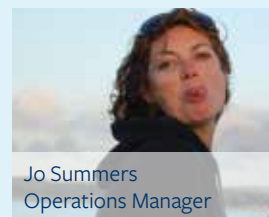
Patron Shirley Robertson OBE continues to present CNN's Mainsail programme whilst raising her twins and retaining her role with London Organising Committee of the Olympic Games (LOCOG) Sport Advisory Group.



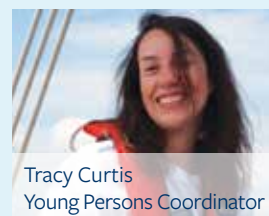
Ambassador Katie Miller gave talks about the Trust and skippered in 2010. Now working at marine suppliers International Paints, she'll compete in the 1000-Mile Doublehanded yacht race in 2011.



Frank Fletcher  
CEO



Jo Summers  
Operations Manager



Tracy Curtis  
Young Persons Coordinator



Mari-Louise White  
Fundraising and Events



Ellie Stevens  
Summer Operations

### Goodbye to...

Cath Bremner, Trustee from 2004-10, and regular volunteer on land and water who will be greatly missed after returning to Australia. Cath's been a great friend to the young people and Trust team, and said, "I've been very fortunate to be involved with the Trust, and met so many inspiring young people! I wish all of you the very best for the future." Thanks to Cath for her invaluable contribution over the years!

### Welcoming...

New Trustee Chris Micklethwaite to the team. Chris has been a great supporter of the Trust for several years and brings his strategic business expertise to the table.

### Thanks to...

**Trustees:** Mark Turner, Richard Butcher, Teresa Schuster, Drew Harrison, Kim Rowlandson, Nick Williams, Clive Steven, Chris Micklethwaite  
**Company Secretary:** Joey Bootle   **Accounts:** Wendy Taylor   **Consultant Paediatrician:** Dr Piers Rowlandson   **Permanant Volunteers:** Dave Wright, Rita Lake

## 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)

Write to: **Ellen MacArthur Cancer Trust, Coniston,  
Victoria Road, Freshwater Bay, IOW, PO40 9PX**

Phone: **01983 297750**

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

Follow us on Twitter: **emctrust**

“He has always been a child who would rise to a challenge, but struggled with this following treatment. The sailing trip gave him the kick-start he needed to enjoy life again.”

Mother of Rowan, 13



A total of 233 young people sailed with the Trust in 2010. We'd like to thank them all, and remember those who are sadly no longer with us.

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

Why not become a **Friend of the Trust**? Simply fill in the form on page 17 to make a regular donation and help us to make a real difference