

ellen macarthur cancer trust
rebuilding young people's confidence

ISSUE SIX 2015

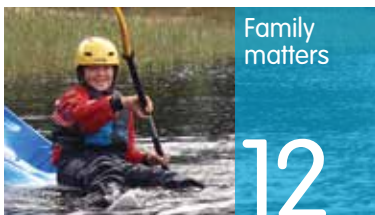
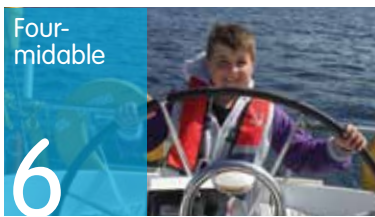
inspire



Sailing towards an even
brighter tomorrow



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Inspired progress



This year has been all about progress.

2014 marked the first year of our three-year plan, focusing on more than

DOUBLING

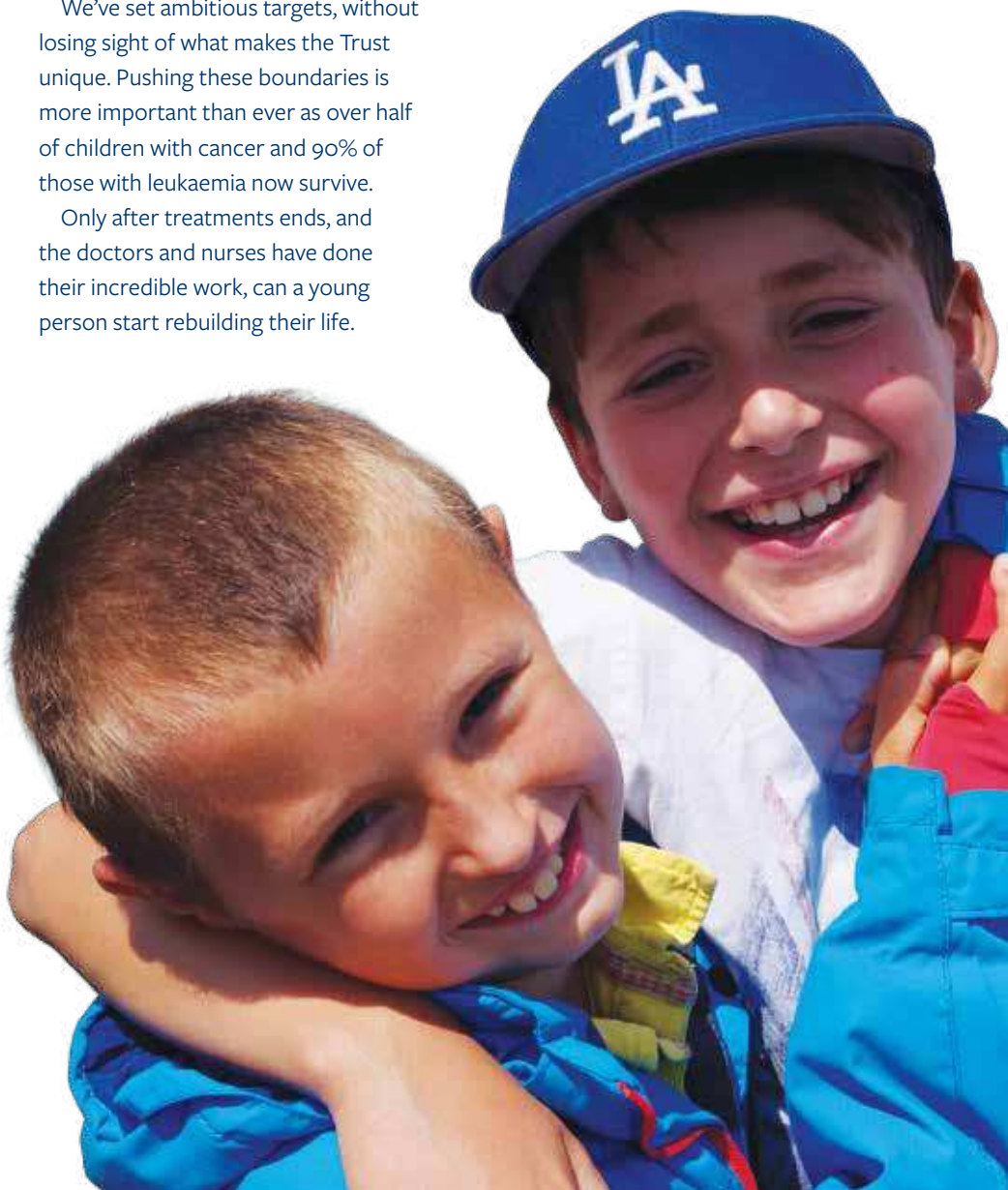
the number of young people we work with between 2013-2016.

We've set ambitious targets, without losing sight of what makes the Trust unique. Pushing these boundaries is more important than ever as over half of children with cancer and 90% of those with leukaemia now survive.

Only after treatments ends, and the doctors and nurses have done their incredible work, can a young person start rebuilding their life.

Even then a young person faces the real prospects of extreme fatigue, infertility, secondary cancers, heart dysfunction and body image issues in addition to contemplating their own mortality for the first time and losing friends.

Then there are things like education, employment, relationships, self-reliance – things a young person just forming their place in the world suddenly has taken from them – to deal with. ▶



What we said we would do...

More than **DOUBLE** the number of young people we work with **from 2013 to 2016**



Increase the number of young people we take on trips each year (2013-2016)

Work with a **higher percentage** of all young people in the UK in recovery from cancer



Maintain the **quality, intimacy** and **community** that make our trips unique



Ambition

What we did in 2014...

23%

Increased the number of young people we took on trips by **23%** (353 to 434)

98% of Under 18s and **99%** of Over 18s first-timers rated their trip as 'Loved it' or 'It was great'

'Loved it'



Worked with **8.1%** of all young people in the UK in recovery, up **2%** on 2013



Stayed on track to double the number of young people we work with by 2016 (target 780)

On target

We will only hit this target **with your support!**

► These are the issues young people talk about, often opening up for the first time, on Trust trips.

Improving survival rates mean more young people need our support.

Last year we took sailing an amazing 23% more young people than in 2013. Our new Scottish base in Largs was officially opened, Claire Amaladoss became the first Trust graduate to join our full Board of Trustees and feedback is as good as ever.

We've grown the Trust whilst critically maintaining the intimate family feel that makes Trust trips so successful. We've only been able to strike this balance between numbers and quality thanks to people like you. But this is just year one.

To achieve our ultimate aim to take 780 young

people sailing in 2016, your backing is crucial. With your help and our support, most young people grasp the chance to go on to lead the lives they choose whilst having a lot of fun along the way.

Our young people know if they need us we will stand alongside them in their recovery. Help us make sure no young person ever has to stand on their own.

Thank you,

Frank Fletcher (Chief Executive)

Guiding light

Nothing is more powerful than something you crave suddenly feeling within touching distance for a young person in recovery from cancer.



Olivia Cork lost her leg to bone cancer at 14. But her reaction to the chemotherapy and steroids that followed proved her sternest test.

Indescribable pain, peeling skin, ulcers, blistering in her digestive tract, convulsions from brain irritation, every day became about achieving tiny goals. Dealing with her amputation was almost secondary, something she had no choice but to accept.

One of triplets, Olivia's relationship with family and friends shifted as an already independent young woman grew up even quicker.

She had no one her age in her situation to look to for inspiration. Olivia joined her first Trust trip aged 17 in 2014.



**"I am who I am. I don't want to cover it up.
Others could see that if I can do it they can too."**

I'm the same as you

I don't have 'skin' on my prosthetic leg. I am who I am. I don't want to cover it up.

I've got a responsibility to other young people going through what I've been through to see it doesn't matter if you only have one leg. I didn't have that when I was on treatment.

Power of the unsaid

Everyone on my Trust trip was at different stages of recovery. Other charity trips I'd done had all been cancer related. This was different. This was just a group of teenagers that just happened to have all had cancer. It was a refreshing atmosphere.

Some were not long off treatment, whose first chance it was to meet people who had been through similar things. I'll talk about anything, I'm an open book, others took a day or so to come out of themselves. But you're like a little family after only four days.

On chemo I got so good at hiding the pain to protect the people who loved me. That's why you can always spot if someone else is struggling, because you've done it

yourself, you've hidden it. You just know. That helped on the trip. Cancer also makes you mature faster.

I left friendships behind during treatment and find it hard to talk to people my own age who haven't had cancer; in my mind they still seem young, but actually they are behaving the age they should be. On the trip you don't need to say anything, there's just a mutual understanding that the little dramas don't matter.

Finding a way

I didn't wear my prosthesis or use my crutches on the boat, it was easier to shuffle around. I'd never sailed before but I never thought about how I'd adapt on the boat, I'd just find a way to do it.

I've always approached my recovery like I approached losing my leg, very matter of fact. I never grieved for my leg; it had to be done.

I'd reached the point where I felt accepted for who I was and was back to being me. Not only was the Trust trip great fun, others could see that if I can do it they can too.

Why we do what we do

This graphic shows where we make the difference



Independence

Over **96%** of all parents said their child was more independent post-trip



Self-esteem

Making friends, discovering new sports/hobbies and learning skills boost self worth



Confidence

96% of Under 18 first-timer parents believe their child was more confident post-trip



Peer support

Over **98%** of all Over 18s and **94%** of Under 18s liked making new friends

Four-midable!

Our four-day trips give young people a first glimpse of the futures that are theirs for the taking.

The moment a young person steps onto a Trust boat, they can start seeing beyond cancer. Surrounded by other young people and volunteers who know exactly what they have been through, everyone is equal, everyone understands.

Only a young person who has had cancer can know what it's like to endure the spirit-crushing, isolating brutality of treatment; relying on others for

everything while also perhaps dealing with sadness and guilt in seeing friends made in hospital pass away.

If a protective bubble is an inevitable necessity whilst on treatment, our four-day trips provide a new safe sanctuary where young people are supported in rediscovering the confidence and independence that cancer crushed.

They can confide, laugh, push physical boundaries and challenge any mental barriers stopping them daring to dream.

Most importantly, they get a sense of who they are now and what they want.

YOU can help even more young people get that same chance.



Letting go

The fallout from cancer is never the same.

Ben O'Brien was eight when diagnosed with bone cancer in his left leg in 2011. He was treated as an in-patient at The Children's Hospital, Sheffield for 10 months. But after another year of trying to save his leg it was amputated. He would not leave mum Dawn's side. Ben's first Trust trip in 2013 showed him how to be a 10-year-old lad again.

The aftermath

Dawn: We both lost our independence. For two years Ben spent 24 hours a day with me and would scream if I left his side. He was scared I was going to die. He was scared I was going to die.

Ben: I didn't really see my friends when I was in hospital. When I came out it was awkward as I was used to being in hospital. I didn't know what to say.

The countdown

Dawn: Ben didn't want to go on the trip but I knew he had to. He needed to separate from me. I had to let him go.

Ben: I was anxious about missing my mum and nervous about talking to new people. My throat was scarred from treatment and I couldn't eat very well. I was confident on my prosthetic leg but didn't know if I'd keep falling over on a boat.

The reality

Ben: When I talked to people it felt like they understood because they had been through the same. It was the first time I'd spoken to anyone about it. If I couldn't swallow I didn't feel embarrassed. I liked having to do jobs on the boat; I didn't need help. I could get on the boat myself and even walking to the toilet with no help gave me confidence. It was a big thing to do this when I thought I'd be falling over all the time. I felt I could do anything. I forgot about missing home.

The difference

Dawn: The change in him was obvious immediately. He had a much more positive



attitude, could distance himself from me and was a bit more independent. He was sorting out washing and tidying his room!

The aftermath

Ben: I loved my second trip at Water Park last year too. I got more confident again. This time it was easier to just use my crutches. Even on unstable or slippery surfaces I thought 'I'm ok, I can do this'.

Dawn: The trips have given Ben a 'normality', shown him there are others like him and there's no need to be ashamed. He plays out with friends and goes to sleepovers now. He does things for himself.

It's changed both our lives.

Only with your help this year can we...

160

Take **160** more young people sailing (target **594** in 2015)

37%

Increase by almost **37%** the total number of young people we work with

40%

Give **320** young people a first time sailing experience – **40%** more than last year!

11.4%

Work with **11.4%** of all young people in the UK in recovery from cancer (8.1% in 2014)

DOUBLE

Stay on target to **DOUBLE** the number of young people we work with (2013-2016)

Become a Friend of the Trust (on p15) so more young people get this first chance

Open door



From Largs to the Lake District, Bradwell to Bude, not forgetting Cowes, the Trust keeps working long after treatment ends.

Wherever a young person lives and whatever stage of recovery they are at, they can always turn to the Trust.

The official opening of our Largs base and first Return to Sail trips on Scotland's stunning West Coast, plus a group getting 'gnarly' in the Cornish surf for the first time, made 2014 a landmark year in even more young people coming back for more.

This is crucial as young people forging

enduring friendships with others who need no explanations, and the chance to keep pushing themselves physically and mentally if they need a boost, takes the Trust beyond simply providing one-off experiences.

When self-doubt is replaced by self-belief, and future possibilities become realistic goals, we know we are doing our job.

Only YOU can keep that happening.



Only with your help this year can we...

TRIPLE

More than **TRIPLE** the numbers sailing from our new Scottish base in Largs



66%

Have **66%** more Over 18s returning to sail with us than in 2014



Increase by over a **1/4** the number of Under 18s enjoying return to sail trips

Northern exposure

Highlands girl Kirstie Paterson co-hosted the opening of our Largs base having done two Cowes trips before gaining her Competent Crew qualification and volunteering on all four 2014 Scottish cruises. Passionate about how the Trust helped her after kidney cancer, she knows what Largs can do for Northern and Scottish-based young people.



"It says everything that I don't remember much about sailing on my first trip, just laughing with the three girls on my boat.

"My confidence was hit hard by cancer. "I was 20, living a busy life in Edinburgh, working full-time and about to start my nursing degree at university when my kidney was removed. When I heard I needed chemo I said to the registrar, 'But I have such lovely hair, you don't want to do that!'

A different me

"I went from always being around people to being on and off in hospital in Aberdeen on chemo for six months. Visitors came when they could but the hospital was an hour-and-a-half from home and four from Edinburgh. I spent long periods alone without face-to-face contact with people. I forgot how to speak to new people.

"I was very aware of my physical

appearance too; without my wig or make-up my face had no definition, my eyes were massive and sad. I was always really self-conscious that people could tell if my wig wasn't sitting right.

"My parents were really, really great, but I had times I struggled with losing my independence. My dad was very protective about me driving by myself, which I understood but was pretty tough to take as I'd been living on my own for so long.



No place like home

"Only other young people who have had cancer can really understand your worries after treatment. Maybe it's being in such close proximity together, it's easier to talk to new people or cancer is the one thing we all have in common, but talking is so cathartic. You don't have to talk it just seems to happen.

"The scenery and wildlife on the West Coast of Scotland is absolutely WOW and so special. We saw puffins, porpoises and seals, every moment I was in awe of it all. Being on a boat is spectacular. I feel so alive out there and love sitting up front, really soaking it all in.

"I enjoyed my first trips so much I really wanted to volunteer. Cancer made me grow up, and I wanted a different, more responsible role. There's always more to do with the Trust. That's why it's unique."

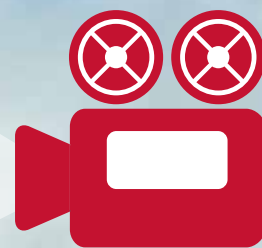


Try to ensure our young people feedback scores are the **best ever** in 2015

Stay on track to give **14.2%** of all young people in recovery from cancer in the UK a first trip by 2016 (from 6.1% in 2013)

Sign up as a Friend of the Trust on p15 to stop confidence being a barrier to a bright future

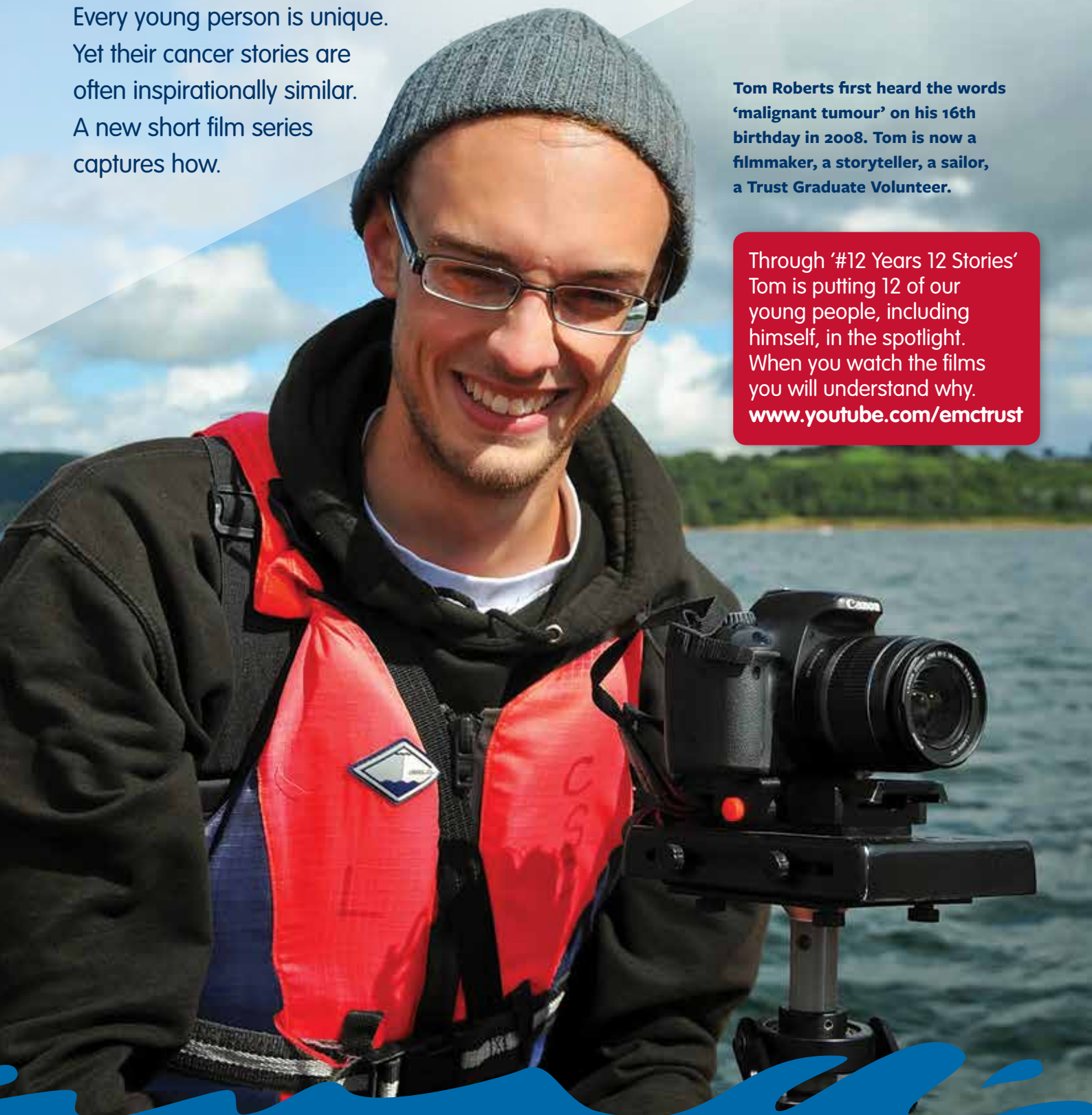
12 Years 12 Stories



Every young person is unique.
Yet their cancer stories are
often inspirationally similar.
A new short film series
captures how.

Tom Roberts first heard the words 'malignant tumour' on his 16th birthday in 2008. Tom is now a filmmaker, a storyteller, a sailor, a Trust Graduate Volunteer.

Through '#12 Years 12 Stories' Tom is putting 12 of our young people, including himself, in the spotlight. When you watch the films you will understand why.
www.youtube.com/emctrust





“What I’ve discovered about myself and the potential people have, the really, really dark times they can go through just to come out the other side and absolutely shine at what they do or who they are, needs to be told.”

Towards the end of summer

I had consistent pain in my back

I thought it was a sports injury. So did the doctors. But it deteriorated to the point where I couldn’t walk and was holding on to furniture to move around a room.

I was blue lighted to hospital in Nottingham

Later I was told if I’d had surgery four hours later I would have been unlikely to walk again because of the damage to my spine. The vertebrae had crumbled.

It was a ton of bricks when I heard ‘malignant tumour’

I spent four days on a High Dependency Unit, but cancer never crossed my mind. I thought I’d brush myself down from surgery and carry on with life. When I heard those two words I couldn’t process anything. My brain went into survival mode.

Choosing between an adult or children’s ward is really difficult at 16

It was where I’d spend a year on three-week treatment cycles. I chose the children’s ward but as the eldest I was forced to mature really quickly. I could have really

done with others my age to talk to, to try to come to terms with things together. I never underestimate the power of being around people in the same position now.

I went into my shell

I was always quite shy and wanted to deal with this in my own way. I couldn’t plan anything exciting or look towards the future; it was getting by, not living.

This wasn’t going to define me

I decided whatever I was going to do, it was going to be something worthwhile to give me a real drive to make a difference and have some purpose in life to aim for.

But, confidence disappears through lack of everyday interaction with people

I thought people would look at me and treat me differently. I didn’t need to speak to anybody so why should I purposely put myself in an uncomfortable position? It dawned on me gradually to progress I needed to be able to speak to new people.

The mental side to recovery was much more difficult than the physical

You can set goals for physical progression,

walk a bit further, lift something etc, but how do you know when you can speak to somebody new? I’d missed an important, huge part of my life, all about being yourself and meeting people. I had to re-learn.

The Trust trip changed it for me

It was the first time I’d had exposure to people on the other side; that weird unknown I wasn’t going to be prepared for after treatment. It accelerated the confidence process massively. I dread to think where I’d be if I hadn’t had that.

What stood out was how human we all still were

We were having the same stupid conversations you do at 16; that’s what we all needed, that normality again. It’s a tiny four-day day trip in the grand scheme of cancer, but it completely resets the image you have of yourself.

My introduction to sailing was the best I could have ever hoped for

I went up to the galley to be greeted by Ellen MacArthur making bacon sandwiches and asking if I wanted red or brown sauce! I was thinking ‘How did I end up here?’ Amazing!

More than anything the Trust keeps me grounded

It reminds me who I was then, and how much I needed help. I will never grow out of understanding what it’s like to be in that position. I never want to.

Family matters

No one can teach a family how to deal with childhood cancer.





How will cancer impact on your daily routine? How understanding will employers be? How will siblings react? How do you answer questions with no answers? How your life will be put on hold indefinitely focusing on the only thing you can; your sick child. Ben Clough was five when diagnosed with a brain tumour. Now 11, Ben's parents and Trust fundraisers, David and Erica, say treatment isn't always the hardest part.

Warning signs

Ben complained of feeling sick and rubbing his tummy, indicating it was sore. After several GP and A&E visits he was diagnosed with impacted faeces and given laxatives. They had no effect except making Ben very unwell for several days. He started having seizures too.

At A&E involving social services was even discussed with suggestions we may need help with our parenting for the behavioral problems Ben had started displaying! How do you cope with that when you know there must be something wrong for your son to act that way? Nobody would listen.

After fighting to have a consultant referral, Ben was eventually diagnosed with severe epilepsy. An EEG scan recorded his brain was awash with electrical activity.

The medication didn't touch the sides

Ben was given epilepsy medication, which was increased almost daily. Yet the seizures continued, up to seven every day. They could happen anytime, anywhere. Ben needed constant supervision.

His behaviour also became more erratic and unpredictable. He would say and do very inappropriate things, even to strangers, and all we could say was 'Sorry'. We tried to protect him, avoiding situations where his behaviour could cause offence.

"We finally had our answer. Now we had many more questions."

One day, Ben was swimming when he had a seizure in the pool. David had to pull him out, scraping Ben's shins. When Ben regained consciousness he complained about his sore shins, unaware he had been saved from drowning!

After each seizure Ben would fall asleep. It was a relief, a break from dealing with his behaviour. But normal daily activities and planning anything were impossible.

Keep demanding

We pushed and pushed, filming Ben's seizures, keeping detailed diaries of when

they happened, to show doctors. Eventually tests were done at our local hospital.

They found something the size of a golf ball. It wasn't their area of expertise we were told, but they thought it was a benign tumour. In many ways it was a relief they found something, it showed we were right.

Benign to Malignant

Ben's scans were sent to specialists at the Royal Victoria Infirmary, Newcastle. Within a week he saw Consultant Paediatric Oncologist, Dr Juliet Hale. She immediately recognised Ben's behaviour as a symptom of the tumour.

We were told the tumour was actually malignant, but that with brain tumours it isn't if they are benign or malignant, rather whether they are accessible or not for surgery. Ben's was accessible and surgery was planned.

We finally had our answer. Now we had many more questions. Is it aggressive? Will it spread? What are the side effects? Will it come back? Will he live?

Juggling act

We have no family near where we live so were completely reliant on each other. David's work was excellent. Erica was self-employed at that time so any time looking after Ben was unpaid. ►

For every Ben, David, Erica and Joe we work with, there are currently 12 families like them we can't. You can change that by becoming a Friend of the Trust.



"Just knowing he's opening up, and seeing the enjoyment they have, helps us too. He never wants to come home!"



Ben's little brother Joe was three. He was fully involved all along; he saw Ben go through this, we couldn't protect him from it. When Ben had to go to hospital Joe had to come with us. Joe's always been content to entertain himself.

Of course you have moments you struggle and ask 'What do we do?' But we wanted to get through it for Ben and Joe and each other. We both have jobs with very supportive colleagues and employers and they helped us enormously.

He doesn't deal with stressful, pressure situations well, which will have to be managed as he goes through school.

He's also got a fantastic scar along the side of his head, but it doesn't bother him.

How do you get a child to open up?

Ben didn't really talk to us, but he would talk to family friends or teachers. It was frustrating he wouldn't talk to us but we were pleased he could talk to someone.

This is where the Trust has been so good. Sometimes it's easier talking to strangers.

The Trust trips give Ben independence. He can talk to other kids like him. We don't ask what they talk about and he doesn't say. But just knowing he's opening up, and seeing the enjoyment they have, helps us too. He never wants to come home!

Ben's confidence has grown so much he talks to student nurses at Teesside University, where Erica now works, speaking about his experiences before, during and after his operation.

Occasionally he asks questions; will it come back? What will happen when I grow up? Or he will ask about his tumour. We don't always have the answers. Often we're asking the same questions.

But the most important thing is he's now in the system. Any sign of symptoms and he's straight back to RVI.

If you don't push no one will.

Kids are resilient

The surgery took five hours. The surgeon said he took a little bit more away than he wanted to. Ben had titanium plates inserted. He was in intensive care for 24 hours and very poorly so Joe went to stay with relatives for a week, a really tough call.

Ben's surgery was on Thursday, but by Tuesday he was out and within a week had visited David's work!

Because it was part of the brain controlling movement and speech we were worried about side effects, but thankfully he is ok.

Ben had to be weaned off the epilepsy medication, which took 18 months, and he remains under the care of his oncologist until he is 18. A clinical psychologist also assesses Ben's development every two years.



Become a Friend of the Trust

Make a difference by signing up as a regular supporter. Simply complete the Direct Debit form below and return it to the Ellen MacArthur Cancer Trust today.



IN JUST ONE YEAR:

£2 a month will pay for one young person's kit of trip essentials including a baseball cap, long-sleeved UV t-shirt, water bottle and sunscreen.

£10 a month will pay for one day of a young person's first time trip with the Trust, following treatment for cancer.

To make a regular donation online, visit www.virginmoneygiving.com and search for the **Ellen MacArthur Cancer Trust**

£20 a month allows one young person to join us for a sailing-based adventure week to build skills and confidence.

£45 a month allows one young person to join us for the first time on a four day sailing trip, following treatment for cancer.



Title:	Forename:
Surname:	
Address:	
Postcode:	
e-mail address:	

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.

No

Gift Aid: I confirm that I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for the current tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities and Community Amateur Sports Clubs (CASCS) that I donate to will reclaim on my gifts for the current tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I have given. Please notify us if you want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.

giftaid it

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, Units 53-57, East Cowes Marina, Off Britannia Way, East Cowes, IOW, PO32 6DG**



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



The Direct Debit Guarantee

This guarantee should be detached and retained by the payer

DD17

- 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.

News rewind

In Claire we trust



2014 was a historic year for the Trust as Claire Amaladoss became the first Trust graduate to join our full Board of Trustees.

Claire, who first sailed with us in 2007 after treatment for Hodgkins Lymphoma, co-founded the Trust Youth Board in 2013 and brings her own personal insight of life after cancer to Trustee level.

Claire said: "It's symptomatic of how the Trust consistently puts us, the young people, at the heart of what it does. The Trust is breaking the mould as a progressive and innovative charity in their governance."

Clive Stephen, Chair of Trustees, said: "I've no doubt Claire will actively participate in all our discussions and provide a healthy link to the Youth Board in the years ahead."

Meanwhile as we welcome Claire to the Board, we say farewell to three of our long-serving Trustees, Nick Williams, Prof. David Walker and Teresa Schuster, who's own daughter Katie sailed on the Trust's first ever trip in 2003. All three have made an invaluable contribution to the growth of the Trust and we give our biggest thanks.

Lucie's Clipper Triumph



There were tears, hugs and huge grins as Lucie Carrington sailed into London as the second Trust graduate to compete in the 2013-14 Clipper Round The World Race!

Ten years after treatment for Ewing's Sarcoma, Lucie raced across the Atlantic from New York to Northern Ireland before the final leg to the Netherlands, then home.

Lucie was welcomed ashore by Ellen MacArthur and fellow Trust Ambassador, Kristie Reid, who completed the first leg of the race nine months earlier. She struggles to explain how life-altering Clipper was.

"After coming off treatment I didn't stop for 10 years. If I had too much time on my hands I'd start feeling low so I filled the emptiness. I suppressed every bad thing. I didn't realise how lost I was.

"The first few days of Clipper I crumbled physically and mentally. I couldn't help but dredge up memories of the year I was ill. On day four I'd reached my limit when I slipped,

tipping a bucket of water I'd used to clean the heads over me. I could laugh or cry. I laughed. From there on it became the most amazing experience of my life. I felt I was slowly rebuilding myself block by block."



Just in case you missed these stories last year...

Race us Round The Island until 2016!



Discovering the Trust will remain the official charity of the J.P. Morgan Asset Management Round the Island Race for another two years was a 2014 highlight!

Each year some 25 young people, and our founder Ellen MacArthur, traditionally race on one of five Trust boats as part of our Return to Sail programme. Since our official partnership started in 2011, the race has raised over £189,000 for the Trust, giving 378 young people the chance to

join us for a first four-day trip.

Ellen said: "The Round the Island Race is an inspirational and important event for us. The young people absolutely love it. We're all very proud of our partnership with race and the outstanding support the competitors continue to show the Trust."

In 2014...

100%

thought the Round the Island Race was **great**

100%

of parents felt their child **enjoyed** the race

100%

of young people said they made **new friends**

100%

of parents said their child was more **independent**

Noah's French Connection

Ellen MacArthur sailing with A Chacun son Cap in France in 2000 sparked the inspiration for the Trust. And 14 years later one of our young people, Noah, followed in Ellen's footsteps in an exchange with the French children's cancer charity.

Noah, who first sailed with the Trust at Largs in 2013 and speaks French thanks to his French-Canadian mum, was joined by Trust volunteer Emily to spend four days sailing off the Brittany coast in July. The following month, three of A Chacun son Cap's young people, plus two volunteers, crossed the Channel to sail with us!



Noah's dad said: "Sailing gives Noah the chance to do something still new to him and be himself. He said he wished he could have stayed longer!"

DO something for the Trust

What's more satisfying than a sense of achievement AND raising money you know will make a MASSIVE difference to a young person's future? Whether challenging yourself to push your limits or just doing something for fun with friends, it all counts.

Do your own...

...think creatively. Have fun. Achieve something. Here's some ideas.

- Enter a local **run/cycle/swimming event** and do it for the Trust
- **What's your weakness?** Give it up and fine yourself if you cheat!
- Organise a **Great Trust Bake Off** with friends and sell what you make
- **Dress Down** or **Dress Up** or **Onesie Days**
- **Auction** a prize/raffles
- Have a **coffee morning/cream tea afternoon**
- **Film night** at yours for less than the price of the cinema
- Do a **skydive**
- **Something even better!**

Involve work...

...there's lots of you which equals huge fundraising potential.

- Organise simple, **fun things like bake sales** with your colleagues
- Make us your official **Charity of the Year** and hold fundraising events/activities
- **Partner with us** – how can we both help each other to achieve big goals



Join us...

...we get places in a number of events. These are 2015's. Give one a go.

- **The Great South Run**
- **The Great Scottish Run**
- **The Nottingham Half Marathon**
- **Spinnaker Tower Abseil**
- **IOW Offroad Duathlon**
- **Carsington Water Walk**

Find out more contact us...

Email: getinvolved@emcancertrust.org

Phone: 01983 297750





Tricia Percival proved age is nothing but a number when at the age of 73 she completed her first ever tandem skydive at Dunkeswell Aerodrome in Devon! Jumping out of a plane over three miles up raised over £1,000 for the Trust.



Long-time Trust supporter **Sarah Branson** convinced 12 friends to give up alcohol before Christmas. A motivating Facebook group was set up as the friends paid £1 each day they didn't drink but £5 if they did. No mean feat as November had five weekends, during which time the pals raised over £450. Sarah said: "The Trust's hard work pays huge dividends to families."



There was no missing **Imogen Restell** in the 2014 Great South Run, donning a waterproof Trust boat designed by her mum, Linda! Imogen's son James sailed with us in recovery from leukaemia in 2014. Although a veteran of four GSRs, James' trip made up her mind to run for us. Linda will be making more costumes for this year's runners! Imogen said: "I love the GSR and really enjoyed running in a silly boat outfit. The best charity costumes are relevant to the charity so it was an obvious choice!"

On a Trust trip in recovery from brain tumours, **Becky Erskine-Thomas** met Max. Max became a close friend but sadly later passed away. This friendship inspired Becky to fundraise for the Trust by abseiling the Spinnaker Tower, twice, and dressed as a monkey! "I loved the adrenaline rush I got from the first time, I knew I had to do it again," she said. "But the second time I was more scared about the heights knowing how high we actually were! It was more of a challenge second time round!"



GIVE to the Trust something

Feel inspired by our young people's stories? Your help does make a REAL difference to each and every one of them. If you would like to make a donation or one-off gesture to support us in working with even more young people, here's how.

Where your money goes...



How you can give today...



£540

gives one young person
a **first four-day trip**



£24

pays for their **Trip Essentials Kit** including baseball cap, long-sleeved t-shirt, water bottle and sunscreen



£36

pays for the **ice creams for 30 young people** on their first time sailing trip



£120

covers **one day** of a **four-day trip**



£240

takes a young person on a **Return to Sail adventure week**



£13

buys a large water pistol for the **legendary Trust water fights**



Text

Text **EMCT01** and your amount to 70700



Online

Visit **virginmoney giving.com** and enter Ellen MacArthur Cancer Trust in the 'What's the charity's name?' box then follow the instructions



Post

Download a donation form from our website or send a cheque payable to the Ellen MacArthur Cancer Trust to Units 53-57, East Cowes Marina, Off Britannia Way, East Cowes, Isle of Wight, PO32 6DG



Shop



New polo shirts, special edition hoodies, iPad covers, funky carry bags, even Christmas stuff, there's heaps you can buy to show your support for the Trust at **shop.ellenmacarthurcancertrust.org**

Sponsor



Sponsor a young person – buy one of four exclusive packages to help a young person benefit from a Trust experience

Legacy

Remember us in your will – once you have looked after those you love, consider leaving a small gift to us



Become a Friend of the Trust

Go to **page 15** and sign up to a Direct Debit knowing **your ongoing support is providing the foundation to our work**

Flashback, fast forward

As we meet a whole new lot of incredible young people in this year's Inspire, we look back at another 12 months in the lives of those who featured in last year's magazine.

MARK



Five years after his first Trust trip, Mark, 29, is back volunteering on the J.P. Morgan Asset Management Round the Island Race and on a four-day Cowes trip this summer. A non-sailor before the Trust, last year he added the ASTO Cowes Small Ships Race to his ever-expanding racing repertoire.

BETH

The confidence Beth, 22, gained from her first trip in Largs in 2013 was a turning point in her reclaiming her independence following several physical setbacks in her recovery. Keen to give something back to the Trust, Beth undertakes her Graduate Volunteer Training in 2015 to volunteer on Largs trips.



ANNE



Still only 14, Anne returns to sail with the Trust for her fifth consecutive year this summer by joining one of our Bradwell residential trips in Essex. Anne underlined the value of the lasting friendships she has made through the Trust and especially loves the diversity of activities at Bradwell.

SAM



A passion for watersports was born when Sam first sailed with the Trust in 2011. As well as doing his Trust Graduate Volunteer training on the Isle of Wight Sam, 18, will also be undertaking his RYA Day Skipper qualification with the Trust in 2015 on a maritime career pathway.

DAISY

Having turned 21 in 2014, Daisy has graduated from Reading University with a 2:1 studying Film and Theatre and continues to pursue a career in production. Involved with the Trust since her first trip in 2009, Daisy will return to volunteer again on a four-day trip in Cowes this summer.



KRISTIE



Her first Trust trip in 2011 inspired Kristie to sign up for the 2013-14 Clipper Round The World Yacht Race, completing the first leg to Rio in the autumn of 2013. A proud Scot, Kristie, 22, is once again set to volunteer on a Largs trip this summer.

New horizons

September 2014 marked a big moment in the Trust's history – our first trip crewed entirely by young people who had sailed with us in recovery from cancer. With Dan Monk as skipper, and Lucie Carrington – fresh from the Clipper Round The World Yacht Race – as first mate, three young people took part in an Over 18 South Coast Cruising trip in the Solent. We hope this will be the first of many more!



Building blocks



The Trust is only as good as its team, which is why we're delighted to have welcomed Ann Beckwith as a Trust and Grant Fundraiser. Only through expanding our expertise can the Trust keep delivering trips for more young people each year.



A special thank you

As we head into year two of our three-year plan, we say thanks again to players of the People's Postcode Lottery who continue to support the Trust with £200,000 in our goal to double the number of young people we work with by 2016. www.postcodelottery.co.uk

Thank You (x a trillion)!

Every year there are so many volunteers (fundraising and trip), businesses and individuals that make what we do possible. We can never say thank you enough but we will always try. THANK YOU!

ASTO

Bay Ices, Largs

Bradwell Centre for Outdoor Learning

Brisbane Taxis

Britannia Events

BT

Cowes Rotary Club

East Cowes Marina

Flamingo Yacht Charters

Into the Blue

Inteligencia

Island Sailing Club

Isle of Wight Radio

J.P. Morgan

Jules Ices, Cowes

Largs Holiday Apartments

Largs Sailing Club

Largs Yacht Haven

LBCC

Lymington Yacht Charter

Medina Yard

Marine Care Yacht Services

Musto

Natasha Lambert/Miss Isle

Outdoor Adventure Widemouth Bay

Payne Hicks Beach

Port Bannatyne Marina

Red Funnel

Regional Fundraising Group

Royal Solent Yacht Club

Royal Yacht Squadron

Sailaway Scotland Yacht Charters

Sally Water Taxi

Scottish Sailing Institute

Solent Rib Charter

sportscotland National Centre Cumbrae

Spy Prints

Water Park Lakeland Adventure

Yarmouth Lifeboat

As we reflect on another year of progress for the Trust, we never forget the extraordinary, but all too short lives, of those young people who are no longer with us. Every single one of them inspired us in a unique way.

Contact us     

General Enquiries: info@emcancertrust.org

Want to come sailing with us? gosailing@emcancertrust.org

Fundraising: getinvolved@emcancertrust.org

Corporate Enquiries: corporatesupport@emcancertrust.org

Volunteer: **Visit the 'How to Help' page on the Trust website**

Phone: **01983 297750**

Write to: **Ellen MacArthur Cancer Trust, Units 53-57
East Cowes Marina, Off Britannia Way, East Cowes, IOW, PO32 6DG**

Like us on Facebook: **Ellen MacArthur Cancer Trust**

Follow us on Twitter: **@emctrust**

Watch us on YouTube: www.youtube.com/emctrust

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www.ellenmacarthurcancertrust.org

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

Thanks to RF Design – www.rfportfolio.com – for again making Inspire look so great and to the following photographers for the awesome pictures in this magazine: Mary Ganczakowski, Mark Lamble, Christian Mitchell, Clipper Ventures plc, Thierry Martinez, Gleber Rodrigues and Ellie Aarons. Inspire was edited by Karenza Morton and printed by APS Group.

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