

ellen macarthur cancer trust

inspire

Rebuilding
young people's
confidence



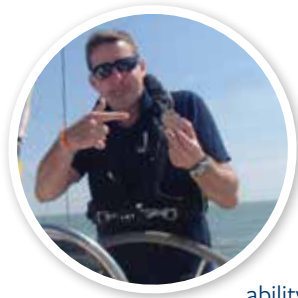
ellen macarthur cancer trust

rebuilding young people's confidence

www.ellenmacarthurcancertrust.org

ISSUE SEVEN 2016

Confident Approach



The Ellen MacArthur Cancer Trust is all about restoring confidence in young people in recovery from cancer. But what ‘confidence’ means for each young person is different.

Confidence can come from re-discovering the ability to nurture friendships, feeling brave enough to do things for themselves again and pushing physical boundaries they have been too scared to test. Or it could be trying something for the first time and not being crippled by the fear of failure or feeling judged on physical appearance.

Every young person takes something different from their trips, but the confidence they do find plays a huge part in them starting to picture their future potential again.

In this Inspire we meet a number of young people who pinpoint exactly how the Trust helped them in their recovery and contributed to them being able to do what they are doing now. These young people, like the many other hundreds who join our trips every year, only get this opportunity because of people like YOU supporting us.

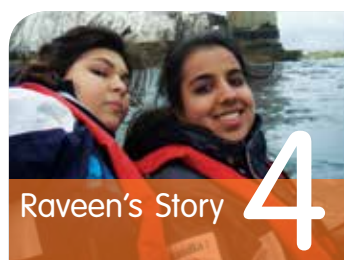
It has not been an easy year for the charity sector; ethics and fundraising have come under intense scrutiny following some high profile failings. I want to stress that the Trust has and will never cold call our supporters, share our supporters’ information or use Third Party organisations, any street fundraisers or knock on doors to fundraise.

The Trust also faces its own tests. Our three-year plan to double the number of young people we work with is well on its way, but we still have a way to go to meet our target number. Recruiting young people in a changing NHS is a challenge. If we do not reach our target in 2016, we will make sure we do in 2017 – the most important thing is we do.

Please help us make sure every young person in recovery from cancer gets the same chance to re-find the confidence to plan and build a future they can imagine.

Frank Fletcher

Frank Fletcher Chief Executive



Raveen's Story



Friends forever

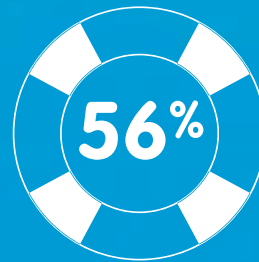


Give something to the Trust



Standing alone

The uniqueness of what the Trust does lies in the long-term relationships our young people can build with us...



return for 2 years or more



return for 4 years or more

76

There are currently 76 active Graduate Volunteers – that's three per trip on average

13 have sat on the Trust's Youth Board since it was set up in 2013



In 2015...

88% of all young people said they gained confidence from their trip

88%



98% of all young people said they loved their trip or it was great

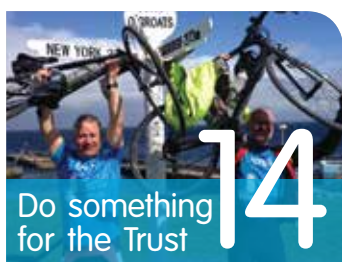
98% of U18 parents said their child had gained confidence from their trip

98%



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“I’ll always stay
with the Trust.
It’s part of me.”

For the first time people understood me. That trip opened my eyes to what support and opportunities were out there.

Every day Raveen Dhillon, 21, lives with the lasting effects of childhood cancer. Diagnosed with leukaemia before her third birthday, she spent three years in hospital while radiotherapy left her with mild learning and communication difficulties. Shyness and acute frustration contributed to a crippling lack of confidence. But her relationships with the Trust and her twin sister have helped her discover a positive outlook and pursue a dream career in childcare. This is how.

People don't understand; I can do things it just might take me a bit longer

I have problems talking sometimes and with my memory, and can get confused with what I need to say. I can get really frustrated, upset and overwhelmed quite quickly. I get a lot of family support to find solutions to manage these when they happen.

It was hard to make friends

I was so young when I was ill, if I couldn't understand what I'd been through how could I explain it to others? I was really shy and school was socially challenging. I was bullied. My sister protected me, her friends knew and understood me. I felt I had people on my side, but no real friends of my own.

I beat myself up about what I thought I couldn't do

My sister was on a different level at everything. I compared myself to her and I'd kick myself down all the time. As twins it's hard sometimes not to see what she's achieved and think 'Why did I go through this? What would I be like if I hadn't?' My illness still impacts on everything.

I didn't know a Trust like this existed

The first mention of a trip came through my Great Ormond Street Hospital nurse, Susan. I was low all the time. I didn't know anyone who had been through anything like I had. I felt I was the only one. Susan thought a Trust trip might help me.

For the first time people understood me

That trip opened my eyes to what support and opportunities were out there. I made friends and it made me really happy I wasn't the only one who had been through this. You're not being judged on what you've been through, you feel comfortable. I felt a lot better about myself after.

There's a sense of comfort you've got someone to talk to

My first trip was in 2011 and I've been back, either as a young person or a graduate volunteer, every year since. At the end of every trip you see the young people who only met four days earlier not want to leave each other. Every time I go back it helps me as you see old friends and make new ones too. There is happiness.

Being a Trust volunteer means so much to me

I get as much from the young people as I hope they can get from me. They can look at me and hopefully see they can achieve things, and when they talk about things they want to do, I think 'I can do that too'. It's very rewarding seeing the difference in them at the start and end of trips.

I shouldn't put myself down

My mum says she still sees how happy going away with the Trust makes me. I'm more confident, have proper friendships and work in a nursery having done my NVQ Level 3 in childcare. I would probably be in a very different place if I hadn't gone on that first trip. I wouldn't be the person I am today without the Trust.



Raveen's twin Daneesha on how the Trust's helped her sister



"Raveen's confidence has gone up loads since she's been involved with the Trust. The Trust is her thing; even travelling on her own and going into town to a shop by herself was such a big deal. She's motivated and now has a get-up-and-go attitude.

"As her responsibility within the Trust has grown, through becoming a graduate volunteer and being invited to sit on the panel when Ellen MacArthur presented the 2015 Trust Impact Report, her confidence has increased. She plans her year around her Trust trips and prioritises it over everything. She needs it.

"We're a tight unit. I might have academically achieved but I still learn a lot from her. She will sit up with me during exam periods, helping me revise and making tea. What the Trust's given her is incredible. I'm so proud of her and how far she's has come."



Friends forever

Friendships are a fundamental part of growing up. But loneliness and isolation are common feelings experienced by many young people after treatment.

When cocooned away on treatment, shyness can set in; it becomes easier not to talk to people, you don't know what to say to people who do visit you, you have

nothing in common with your friends anymore, many drift away not knowing what to say to you. You find people you have known forever have moved on with their lives.

Friendships are a huge part of what Trust trips achieve. Shyness is overcome as, often for the first time, young people can speak to others who uniquely understand exactly what they have been through. Friendships are forged for life as they return for Trust trips year on year. Confidence blooms through re-found social acceptance.



95%

of all young people said they made new friends on their trip



95%

of U18 parents said their child benefitted from making new friends



36%

said social life was the area of their lives which **benefitted most** from their trip

Information from 2015 Trust Feedback Report

Become a Friend of the Trust (on p23) so more young people can rediscover the confidence to build sociable, fun futures

Twin remedy

Diagnosed with leukaemia a week apart in 2009, it's no wonder identical twins Gracie and Megan Garwood, 11, have a uniquely intense relationship. But for their Trust trip, mum Emma had a request; they were split up. This is why.



How did their illness impact socially on the girls?

They were on and off in hospital for three years and got so painfully shy. The doctors would say 'hello' and they would blank them! We had to give them pep talks to encourage them to say 'hello' back. Then their closeness was the best thing ever. But it got to the stage before their trip where Gracie was very much in Megan's shadow.

You insisted the girls were split up for their trip. Why was that?

Megan was diagnosed first and coped with it better. She was emotionally stronger. Gracie was quiet and shy, she had always been like that, but always had Megan to stand up for her. They go to a little school and have the same friends. They needed to break out on their own and not rely on each other so much.

Was that tough for you as parents?

We questioned if we were making the right decision. Were we forcing them to be independent? Were they ready? But they had become less shy, wanted to go sailing,

Marching on



An independent young man with clear military career ambitions, Phil Higgins' life changed forever when diagnosed with leukemia in November 2012. Being alone in the safe confines of his room helped him cope. The Trust got him back outdoors.

"It's hard to put into words what my Largs trip did for me. I was on intensive chemo for eight months, spending up to two months at a time in hospital, and you hardly speak to anyone and no-one your own age. Things you experience are so bad, but you can't speak to anyone else about it.

"It's much easier to talk to someone who has been ill and is your age. Knowing there are friends you have made through the Trust, and stay in touch with on Facebook, who will be there 24/7 if you need them, because they know you will be there for them if they need you too, is so important.

"I'd just joined the Army when my symptoms began, and I was medically discharged after seven weeks, before being diagnosed just after my 18th birthday a few months later. My life was turned completely upside down. Now I'm at college studying games and web design. The Trust played a big part in me being where I am now."

and we needed to grasp the opportunity for them to show their own personalities.

Were they ok with it?

Not to start with! But we explained the reasons we thought them being apart was the right thing and eventually they said, although they were scared, they thought it would be good. Megan was really upset leaving us but Gracie wasn't.

Have they changed since the trip?

Seeing them come off that boat, we knew we had done the right thing. They were buzzing about different things and said they only saw each other twice in four days!

Gracie's confidence, especially, has gone through the roof; talking about friends she made who are her friends, not Megan's too. They both have amazing, very different personalities and this trip has helped them grow into more confident individuals.

How has it impacted on their relationship?

They have been so much happier. They found they can be best friends and sisters, but can have separate friends too. They share a bedroom, share clothes and they shared their cancer experience. They have a unique relationship because of what they have been through, now they are finding themselves as well.



Gracie

GIVE something to the Trust

You are seeing the many different ways the Trust's work helps young people in rediscovering their confidence after cancer. But we can only do this with YOUR support. If you would like to make a one-off gesture to help us impact on the futures of even more young people in recovery in Britain, this is how.

Become a Friend of the Trust

Being a Friend of the Trust shows your ongoing support in helping shape young people's futures. Go to page 23 and sign up to a Direct Debit knowing this is what you could pay for...

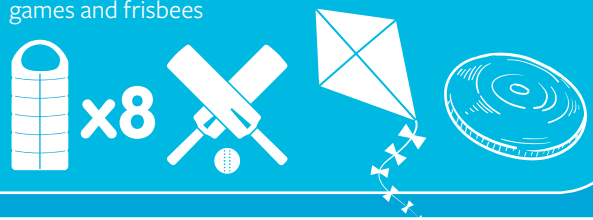
£2 per month

Gives one young person's trip essentials kit, including a baseball cap, long-sleeved UV t-shirt, water bottle and sun cream



£5 per month

Gives sleeping bags for eight young people or a summer outdoor games kit, including cricket sets, kites, rounders games and frisbees



£15 per month

Gives a BBQ for 50 young people, volunteers and skippers plus marshmallows to toast on the fire



£20 per month

Gives a waterproof jacket and trousers, a lifejacket and annual lifejacket service for one young person



HOW YOU CAN give right now

Text

Text **EMCT16**
and your
amount to
70070



Online

Visit **virginmoneygiving.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

Once you have looked after those you love, consider leaving a small gift to us



Want to know
how you can do
something to fundraise
for the Trust?
**Take a look at
p14-15 now!**

Standing alone

When a young person has cancer they are understandably wrapped in cotton wool by everyone who cares about them.

When you don't know if that young person is going to survive you want every minute to be perfect. But their independence can go on hold, often to their great frustration.

Trust trips help young people stand on their own two feet again. The cotton wool is gently unwound and they are supported to do things they haven't had to since before treatment. Doing things for themselves again is a breakthrough moment in a young person starting to imagine their future lives.

Xavier Doran, 14, saw his daily routine shift dramatically after starting treatment for leukaemia in February 2013. Long periods in isolation led to feelings of anxiousness as his reality became something he felt no one else could understand. His Largs Trust trip set him back on the path to the 'normal' he feared he had lost.

Normal things become really difficult to do

Something as normal as going to school, something you do everyday and couldn't think what it would be like not doing it, you have to psyche yourself up to do. I really liked playing rugby too but had to stop when I was ill. How was I going to replace it?

The first day of the Trust trip felt like I'd overcome a hurdle

I think I expected the crew to take care of us and we were there for the ride, but it wasn't like that at all! We were cleaning the decks, cooking, cleaning the heads, all different jobs. I liked the fact we were expected to be involved.

Sometimes you just want to do things for yourself

When you're ill everything gets done for you and everyone's so nice to you, and that can get annoying. But then you feel guilty about being ungrateful for what is being done for you and how kind people are being. Cancer becomes your life but you don't want it to be. Being able to talk and actually laugh about this stuff with other young people on the trip was a big help.

After the trip I was really happy

My motivation to do something had grown, and I'm less grumpy. I can do more than I thought and can't wait for my next trip.



Mucking in



97%

97% of U18 parents thought their child was more independent post-trip

information from 2015 Trust Feedback Report

www.ellenmacarthurcancertrust.org



"I can't be more grateful to the Trust for giving me the chance to go sailing, it's the life I'd love, and it's definitely a big factor in me doing what I'm doing now."

Clear focus

Persistent chronic fatigue and fibromyalgia after two-and-a-half years' leukaemia treatment rendered Luci O'Reilly, now 22, unable to study in her late teens. But having volunteered on the NHS Youth Forum and at her local children's hospital, Luci's 2015 Trust trip helped her map out her future.

"I looked at people around me and thought 'This is what I want to do, I want to work with young people and make a difference'. I'd never felt more relaxed in my whole life; I switched off completely. I'm a water baby; this suited me! I could never go abroad because of my cancer. I've never been on a break

with my friends because I'm exhausted all the time. Typical things young people do. The trip was the chance to be young again and just to be happy and have fun.

"Even when you overcome cancer it never really leaves you. It's the

University of Life, and you can't explain to somebody how it feels to overcome it. When you meet someone who says they've had the same thing there's a bond.

"Now I'm at college studying Youth Work Practice and have a part-time job with a charity. I can't be more grateful to the Trust for giving me the chance to go sailing, it's the life I'd love, and it's definitely a big factor in me doing what I'm doing now."

13% of U18s said education and/or job prospects were the areas of their lives which benefitted most from their trip



 15%

15% of U18s said home life was the area of their lives which benefitted most from their trip

Become a Friend of the Trust (on p23) so more young people can have independent futures

S-killing it!

Doing things. Learning things. Trying things. Most people don't think twice about giving something a go. When you've had cancer lots of barriers can hold you back.

Fear of physical harm, confidence so fragile it's 'safer' not to try, being so reliant on others for so long you've forgotten how to do things yourself, these are all reasons a young person in recovery can need a bit of encouragement to try something new.

All Trust trips give young people the chance to have a go at heaps of new

and old skills – to do something and call it their own.

With re-engagement in education or employment a big concern for young people post-treatment, developing skills can make a huge difference to a young person's CV and future career prospects too.

Medical view

Annie Winfield has been a Trust Volunteer Nurse since 2004. She explains why skill development is such an important part of the Trust's work.

Skills aren't just learned in structured ways, they are learned from peers too and young people can miss so much while

on treatment. Their friends might have all got into skateboarding or whatever in that time, but they are left behind. On trips they can learn new skills, such as sailing, surfing, climbing, canoeing, in safe environments where no one's judging them and do things they wouldn't otherwise do. Young people with balance or mobility issues going for it on the high ropes or going an extra rung up the climbing wall are MASSIVE things for them. A lad on an East Coast Cruising trip had worked as a roofer but his treatment affected his mobility. His boat had a ladder into the cabin and by the end he was going up and down it. He was so happy to get some of his skills back; he said if he could do it on a moving boat he can on land. The young people also learn they can adapt to different environments and work with others, which are vital life skills needed in the work place or for studying,



Riding high



Izzy DeSantis, 20, compares the elation of riding a bike again on a 2015 Return to Sail trip at Bradwell to passing her driving test. So how did Trust support help her get back in the saddle?

Riding a bike probably doesn't seem a big deal to most people, why was it to you?

A treatment side effect was damage to the nerve endings in my hands and feet. I had to relearn to walk, which took a year of intensive physio. I had splints in my shoes, attached to my ankles, so I could lift my foot up by elastic on my shoelaces. I couldn't even tie my laces because the nerve endings in my hands were so damaged. I didn't really ride a bike at home so it wasn't a priority after being ill.

How did it become a priority?

From day one at Bradwell I insisted 'no way am I going on a bike!' But then I thought throughout the trip why wouldn't I? Everyone can ride a bike can't they? I'd done archery and climbing with support so I knew there would be support to do this too and nobody would judge me. I wouldn't get that chance again at home.

What was it like?

At first I was like 'OH MY GOD! THIS IS RIDICULOUS! WHAT AM I DOING??' I did a lap of the yard then fell off 6ft onto the floor! But I gave it another go. There were really awkward sounds coming out of my mouth; screeching and screaming one minute, laughing the next, but I was doing it. I caught up with the group who were riding ahead, and by the end was overtaking! Finishing the ride felt so good, and everyone clapped me in. I rang my mum straightaway and she said 'You did what?!'

How did the Trust help you achieve this?

Having cancer is very, very rubbish; you feel vulnerable and isolated. Before my first trip in 2013, I'd decided I'm not letting this disease take any more from me. I felt comfortable straightaway. Everyone at the Trust makes the effort to learn all our names before we arrive, which makes such a difference. I was still having physio and was worried about getting round the boat before the trip, but by the end I was a pro! I can't put a value on the support and opportunities I've had from the Trust.

Izzy was treated for Hodgkin's Lymphoma in 2012. She spent six months in hospital.

I'm not letting this disease take any more from me.



96%

of all young people said they learned new skills on their trip

100%

of U18 parents said their child benefitted from learning new skills

33%

of all young people said sports and hobbies were the areas of their lives which **benefitted most** from their trip

Information from 2015 Trust Feedback Report

DO something for the Trust

Be creative and get inspired! For you it may be about pushing your physical or mental limits or doing something fun with friends, but what you raise could help define a young person's future. What's more satisfying than that?

Top 5 ways YOU can do something amazing for the Trust this year

1 Volunteer at one of our fundraising events

2 Take on a challenge – one you're inspired to do yourself or join one of ours

3 Turn your hobby into a fundraiser – we can help you with how

4 Make us your work's official 'Charity of the Year'

5 Become a Friend of the Trust (see page 23)



Whatever your passion or idea we can help you find a way to turn it into fundraising. We've had bake sales, art exhibitions and making and selling crafts to giving up a weakness and fining yourself if you crack!

The only limit is your imagination...

One of our graduate volunteers 'Zumba Keith' (read more about him on p20-22) organised a Zumbathon with all the shimmiers and shakers getting a moment to Trust water bottle and wristband. Keith raised a fab £225! The Bosun's Table in Largs, meanwhile, raised £1,070 from a cheese and wine night with an exhibition of paintings by Alastair Houston, who donated a large print to raffle.

Walk Run Bake film night JOG Cheer Abseil Swim Volunteer Skydive donate Auction

Come with us Push yourself and achieve – you can enter these events through the Trust in 2016



Round the
Island Race,
Isle of Wight
2 JULY



Mermaid
Sailing Regatta,
Isle of Wight
1 & 2 SEPTEMBER



The Great
North Run,
Newcastle
11 SEPTEMBER



Spinnaker
Tower Abseil,
Portsmouth
24 SEPTEMBER



Nottingham
Half or full
Marathon
25 SEPTEMBER



The Great
Scottish Run,
Glasgow
1-2 OCTOBER



The Great
South Run,
Southsea
23 OCTOBER



Night Rider and
Night Runner,
Isle of Wight
RETURNING IN 2017



Carsington
Water Walk,
Derbyshire
RETURNING IN 2017

Don't forget Gift Aid and Match Funding

If you're a UK taxpayer, you can claim Gift Aid on individual donations. The value of your donation can be increased by 25% so every £1 you raise is worth £1.25 to us. If your company supports 'Match Funding' this can double your fundraising efforts too.

Trusts and Foundations

There are 10,000 Trusts and Foundations in the UK distributing £2bn, giving grants to many different causes. We're always looking for new ones to approach for funding. Do you sit on the Board of a Trust or Foundation or if you could make an introduction contact ann.beckwith@emcancertrust.org

Host a collection tin

Small gestures can have a huge impact. Could you do something as simple as hosting a collection tin in the rest areas at work, and encourage folk to swap their café bought latte for a home-brewed mug with the savings going in the tin? Or if you work in a public place, have a tin on the counter or reception.

Inspire others by telling us what you've been up to or find out how you can get involved getinvolved@emcancertrust.org

In case you missed it

News bites from the last 12 months

'Extra' Boat Boost for Largs



A £200,000 Extra Award from players of People's Postcode Lottery is enabling us to commission and buy a yacht for Largs. Our Scottish trips have all been on chartered yachts, and a new boat will make a huge difference to how many young people can sail with us in Scotland. Players of People's Postcode Lottery have supported the Trust since 2012, with over £200,000 every year since. This year we also had a £25,000 Surprise Award to boost the core operational activities this funding allows us to do.

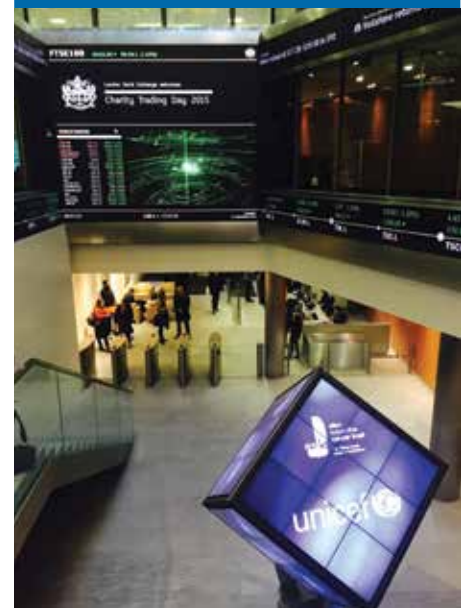
Stocks Away!

It was a huge privilege to be invited to open the London market in November, as part of the London Stock Exchange Group (LSEG) Charity Trading Day. All share trading fees from that day were donated to charity, with around £100,000 raised for the Trust. Dame Ellen MacArthur and Trust CEO, Frank Fletcher, were joined by no fewer than 11 young people, Trustees and Trust staff at the Market opening.

Ellen said: "I would like to say a huge thank you to the London Stock Exchange Group Foundation on behalf of almost 1500 young people we have worked with since 2003. We are overjoyed we will be able to reach more young people."

Towering Occasion

Our annual BT Tower event in February is a favourite on the Trust calendar. The 'three-events-in-one-day' – including breakfast with our Patron, Dame Ellen MacArthur, High Tea and Charity Dinner – welcomed 165 guests, including actors and comedians Griff Rhys Jones and Harry Enfield. It helped raise over £52,000! That is 96 more young people we can take on a first time sailing trip this summer.



Sail on

One of the most brilliant things about the Trust is a young person can build lasting relationships with us. Many young people don't just love the Trust but end up loving sailing too. We're really lucky that, through our connections in the sport, we can sometimes offer once-in-a-lifetime sailing opportunities to our young people.

In September three of our Graduate Volunteers, Lucie Carrington, Mark Stevens and Tom Roberts, were invited to take part in the very prestigious RC44 Cascais World Championship in Portugal by Skipper Chris Bake and his Team Aqua. The trio gained knowledge and new skills on the water with Team Aqua, watched the practice racing and experienced first hand the ins and outs of professional yacht racing.

Tom said: "The RC44 World Championship was unlike any sort of sailing I've seen before. The high-quality sailing, really finely-tuned racing machines, it was a completely unique experience."



Welcome Charlotte!

The British Sailing Team's Charlotte Dobson is our newest Trust Ambassador! Charlotte first joined us for the 2015 J.P. Morgan Asset Management Round the Island Race, and she enjoyed it as much as we loved having her onboard.

When we invited her to join our official Patrons and Ambassadors, including Dame Ellen MacArthur, double Olympic gold medalist Shirley Robertson OBE and Radio 1 DJ and Bestival curator Rob da Bank, Charlotte didn't need asking twice.

"I instantly loved the atmosphere the Trust created," Charlotte revealed. "It was an inspiring day to watch the kids get more comfortable with the boats."

Always catch the latest news from the Ellen MacArthur Cancer Trust by following us on Twitter @emctrust

Thank you!

We can't do what we do without the support of some incredible companies, individuals and Trusts whose generosity humbles us every year. So thank you!



Others include...

- Atkins Holdings Limited
- East Cowes Marina
- Polly Agatha
- Plaza Ices
- Regional Fundraising Group
- Virgin Money Giving
- BT MyDonate
- Royal Yacht Squadron
- Hendersons
- Bestival
- Britannia Events
- Harken
- Medina Yard
- Natasha Lambert / Miss Isle
- Musto
- Payne Hicks Beach Solicitors
- Port Bannatyne Marina
- Royal Solent Yacht Club
- Sailaway Scotland Yacht Charters
- Sally Water Taxi
- Lymington Yacht Charter
- Solent Rib Charter
- SportsScotland National Centre Cumbrae
- Spy Prints
- Water Park Lakeland Adventure
- Yarmouth Lifeboat
- ASTO
- Bosun's Table
- Marine Care Yacht Services
- Brisbane Taxis
- Cowes Rotary Club
- Into the Blue
- Intellegentia
- Island Sailing Club
- Isle of Wight Radio
- J.P.Morgan Asset Management
- Jules Ices, Cowes
- Largs Chandlers
- Largs Sailing Club
- Largs Yacht Haven
- LBCC
- Flamingo Yacht Charters
- Frank Jackson Foundation
- The Hugh Fraser Foundation
- POM Charitable Trust
- The Blagrove Trust
- Souter Charitable Trust
- The Valentine Charitable Trust
- Gosling Foundation
- Bruce Wake Charitable Trust
- The Mackintosh Foundation
- Crerar Hotels Trust
- EBM Charitable Trust
- Aqualung Trust
- Biskra Charitable Trust
- Eric Wright Trust
- Lake House Charitable Foundation
- Moffat Charitable Trust
- The Cornus Trust
- The Cotton Trust
- Whirlwind Charitable Trust



It's important our young people feel like they know us before they arrive, so it's important you know who we are too! This is our Trust team...



Frank Fletcher CEO



Dan Taylor Operations Manager



Ellie Stevens Trip Coordinator



Louise Gray Young Person and Hospital Liaison (maternity cover)



Clare Ross Event and Partnership Fundraising Manager



Ann Beckwith Trust and Grant Fundraiser



Camilla Shelley Community Fundraiser and Administrator



Kerry McMillan Largs Operations and Fundraising Manger



Ruth Hutchinson Largs Operations and Fundraising Assistant



Hayley Attrill Young Person and Hospital Liasion (on maternity leave)

And not forgetting...

A warm thanks to **Mark Lambie**, who got Largs up and running for us, and **Chloe Parsons**, who did an awesome job supporting Clare in fundraising last year.



Want to be a part of it?

Volunteers are the lifeblood of what we do, from supporting our trips to fundraising.

We are looking for fundraising volunteers to help with a number of events this year. If you might have a couple of hours, days or even a week you could give to the Trust, email getinvolved@emcancertrust.org or call **01983 297750** for an application form. In the majority of cases, we can cover expenses. You will make a massive difference.

Body talk

Male or female, body image matters.

From hair loss, weight gain and infertility to hormone imbalances causing changes like male breasts and female body hair, shame and embarrassment about appearance comes with guilt over being bothered about how you look when you think you should just be happy being alive. Confidence gets wrecked.

Trust trips help every young person wracked by such insecurities find they are not the only ones. That realisation and comfort is crucial in a young person's confidence creeping back.

Keith is one young person who struggled with body image. This is the Trust's impact on him by those who know him best...



If I can help one person get 1% of what I got out of my trips that for me is job done

Keith

"I had testicular cancer at 21. I went from living and working in London to being stuck in a hospital bed back home in Liverpool, needing help to do everything.

"I had shoulder length hair I loved, but had to shave off, and because of steroids I was on I weighed 23 stone. I ate so much junk food because I already hated how I looked. I was also dealing with becoming infertile. How would that affect relationships? When do you tell someone you like you can't have children?

"I didn't talk to people or want to make friends because of the way I felt about my body and how I looked. When I was at rock bottom I thought I wish this thing would kill me so I don't have to deal with everything else.

"I couldn't tell people this; I didn't want to let on to my family about how it affected me because me being ill broke their hearts. I didn't want to hurt them any more.

"I re-found my hunger for life because of the Trust. You're around people who have survived cancer and you realise you're talking about your experiences and feelings and it doesn't feel like people think you're doing it for attention, there's no judgment.

"I'd never change my diagnosis, it turned me into the person I am today. I wouldn't know the people I know or have the friends I have, I have a much more positive attitude to life.

I didn't think twice about becoming a Trust Graduate Volunteer.

If I can help one person get 1% of what I got out of my trips that for me is job done."



Grandad Dave has always been very close to Keith

Keith was an outgoing kid, very independent and knew what he wanted to do. In hospital we only saw him joking with the nurses. He never showed us any sadness he was feeling. He talks about the Trust a lot, he really does enjoy it and it's brought him out more. He loves standing up and talking about his experience as it helps others. I couldn't do it! He's so courageous; he never looks back and mopes, he only looks forwards.



Dave the Decorator is Keith's dad

Keith's always known his own mind but now he's extra-confident. He realised the steroids and chemo were bound to put a couple of stone on him, but he had a treatable cancer, there was light at the end of the tunnel. Since 18 he's worked his way up in management at work, it's what he's wanted. I'm proud, Keith just gets on with life. If anything his cancer and work with the Trust has inspired him a bit more.



Fran was a fellow young person on Keith's first Trust trip in 2013

Looking back it's hard to believe Keith was that quiet, shy young man, who kept himself to himself at the start of the trip. As the week went on he came out of his shell and became much more confident within the group. The Trust really has made a difference to Keith's life. He's got involved in many more opportunities and has even presented on increased diagnosis rates for young people at the Department of Health.



Kim met Keith when he started attending her spin classes three years ago

Keith would come in and go straight to the back row in the corner. After a few classes I told him my goal was to get him on the front row. The day he moved to the front row, albeit still at the end, I felt so proud, and the smile he gave me when he moved centre front row sticks with me always. I am so proud Keith is now an Instructor himself. Our friendship has grown and he is an inspiration to others.



Rebecca, Participation Manager (Children and Young People) at CLIC Sargent, met Keith at their Young People's Advisory Group residential in August 2014

'Shall we have a chat?' Keith asked me five hours in. He made sure I was up to the job! Keith shows immense passion and commitment to our young people's group. This approach goes across everything he does in life. He supports his peers and encourages new members taking a 'champion' role. In securing a grant for a new group to enjoy a team activity together, he's had another invaluable positive impact.



Nick has been Keith's boss for the past two years

Since Keith's been volunteering with the Trust I've seen some very positive changes in his character. He is now a more positive, outgoing young man to the one I met, and is more calm and considered when dealing with people. The work he has done with the Trust has really helped him develop and grow as a person. It has been great for Keith to give something back; it has really helped him to overcome his own battles.



As we celebrate the young people who are looking ahead to bright futures, we never forget the extraordinary, but all too short lives, of those who are no longer with us. Every single one of them inspires 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**

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Life brings tears, smiles and memories. The tears will dry, the smiles may fade but the **memories will last forever**

Please become a Friend of the Trust

Help more young people grasp their futures, because cancer may change a young person's life, but we can't let it define it. Just fill in the form on p23 to give a regular donation.

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