

ellen macarthur cancer trust

inspire

**Rebuilding
young people's
confidence**



ellen macarthur cancer trust

rebuilding young people's confidence

www.ellenmacarthurcancertrust.org

ISSUE EIGHT 2017



Building a nest

I'm often asked 'what makes the Trust different?' I never have any trouble answering; our biggest impact comes through the long-term relationships young people can have with us.

To find the confidence to reimagine a positive future following the devastation of cancer, young people need support over time, not just one-off trips or experiences.

That is why this year we're embarking on arguably our most ambitious project ever – Round Britain 2017 – a 2,300-mile voyage involving 100 young people that symbolises and celebrates the enduring nature of what makes the Trust unique.

We're so excited for the young people and Trust team taking part in this amazing adventure; for the experiences they will have, the memories they will make and the personal triumphs they will achieve to help them believe anything really is possible. You can get the full lowdown on what we're doing and where we're going on page 6-7.

Someone who would have loved the spirit of Round Britain 2017 was our Ambassador, Luke Gilbert. Everyone at the Trust was deeply saddened at Luke's passing last summer and we were

as proud to have him as an Ambassador as he was to have been asked. To celebrate Luke's life and incredible impact we have launched a new volunteer award. You can read about both on page 17.

It continues to be a testing time for the charity sector. The impact of this means the Trust is changing how we communicate with our supporters. Going forwards you will need to give us your permission if you would like to continue to hear from us. How to do this is detailed in the letter accompanying Inspire.

The Trust creates a secure nest for young people in recovery from cancer; an environment where they can be nurtured and a place where they can learn how to fly again. For us, success is when a young person is confident to fly away, but they leave knowing that the nest will always be there for them to return to, whenever they need it.

Only with your help can we make this happen – please keep supporting the Trust.

Frank Fletcher Chief Executive

Keep on keeping on

"The Trust was the only charity that asked me back. I still needed support."

A first four-day trip can make an immediate difference, but long term counts. That's why in 2016...

70%

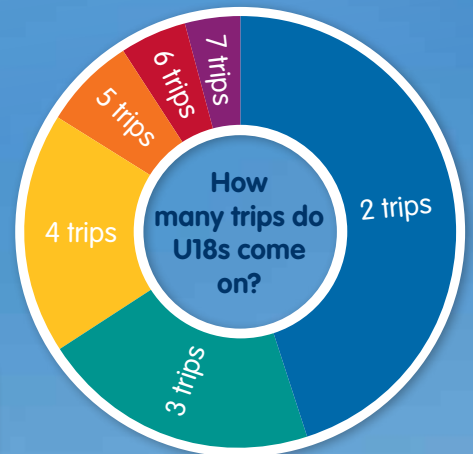
of first timers wanted to come back again

77%

of U18s were interested in returning to volunteer

100%

thought recovery would have been negatively affected without the Trust



The big differences over time...

Social success

"I interact better with people from all different backgrounds and with different challenges."

Education

"I would never have applied for art school without my newfound confidence."

Reconsider approach to life

"I'm going to run a marathon, move to London, get a job and write a novel."

Family

"My daughter's happiness makes for a happier home."

Employment

"I wouldn't be a dietician if I hadn't got the confidence I've gained through the Trust."

Skills

"The Trust showed me it was OK to ask questions and my opinion mattered."



524

More young people than ever sailed with the Trust in 2016 – up 16.7% on 2015

The biggest difference YOU can make...

...is to become a Friend of the Trust. To build these long-term relationships we need long-term support. Sign up for a monthly Direct Debit on p11 and be that difference.

A letter to myself



What would Round Britain Mate, Hannah Spencer, tell herself the day before she was diagnosed with leukaemia eight years ago?

Dear 15-year-old Hannah

When you sit in that hospital room tomorrow, and are asked by a doctor if you know what leukaemia is, you will understand why you spent so much time secretly asleep when you were meant to be revising for your GCSEs, why you felt so exhausted and like you were going to faint when you went walking with your family last weekend.

This is going to be the toughest, most life-changing thing to ever happen to you. You will watch your parents and little brothers devastated but putting on a brave face to support you. You will try to be strong to protect them too from the same fear you all share; you are really ill and don't know what's going to happen.

People you thought were close friends are going to back off. But you will learn who your real friends are. You won't go to school for four years. Your doctors and family will become your cancer bubble.

One day a CLIC Sargent support worker at the hospital will approach you.

She will say. "You look like you're outdoorsy Hannah, there's this cool charity we work

Hannah's Trust Timeline

2009



Diagnosed with chronic myeloid leukaemia

2010



First four-day Trust trip

2011



Undergoes bone marrow transplant / East Coast Longer Cruising return to sail

2012



Walks up Snowdon

with called the Ellen MacArthur Cancer Trust, and you can go on a sailing trip if you like.”

You will feel petrified.

You will be torn.

The adventurous Hannah, who loved climbing trees, riding bikes and going for walks, will want to go. The introverted, reclusive Hannah, who can't talk to people, whose head is always down and whose shoulders are slumped, will hold you back.

This is what I want you to do.

Go on that trip.

All I can tell you is it will help so much that Mum won't actually recognise you when she comes to pick you up; she will walk straight past you because after just four days she can't believe how much you've changed and you're sitting talking to other kids.

She won't see the volunteer who coaxes you off the bench you're sat on alone, to go and play rounders with the other girls. Or how being around others with no hair will help you deal with it when you shave yours off on Christmas Day. She won't know how you feel standing making dinner on the boat when you think it will be too much.

You can rebuild your entire life from there.

There will be a skipper on that trip called Mark Burton. Remember Mark too because five years later, after you've become a Trust volunteer, got your Competent Crew and Day Skipper qualifications and are

skippering a Trust boat yourself, you and Mark will sit on deck watching the sun set at Newtown Creek reflecting on how far you've come. He remembers you at your lowest and most shy, now you're here.

It becomes one of your favourite moments.

I'm writing this to you as a 23-year-old woman who is about to spend five months sailing around Britain with 100 young people who have been through the same things as you. I know it's absolutely impossible to imagine right now, but you will owe pretty much everything to the Trust for building you back up.

From the confidence you rediscover to get over your 'chemo brain' and finally pass your driving test, when you will be so frustrated seeing your friends pass theirs.

The determination you develop to spontaneously walk up Snowdon only a year after your bone marrow transplant.

The single-mindedness you gain not to conform to do A-levels, but to follow your heart to achieve a Level 3 Extended Diploma in Animal Management with a Distinction and the highest mark in your class.

The conviction to push through the debilitating fatigue you will experience after your transplant to cope with the intensity of becoming a Yachtmaster and sailing 3,500 miles in three-and-half-months.

The friendships you build that need no words, just understanding.

The realisation it's ok not to follow the same track as your friends.

The self-assuredness that comes from knowing who you are.

The permission needed to be happy and to have fun again.

The empathy that as a young person who's become a Trust skipper you can help others facing the same challenges and fears you are.

The Trust won't ever drop you or forget about you. It will always be there for you.

This is what I want you to know when you first hear the word 'leukaemia' tomorrow.

**Hannah
XXX**



Donate now

Support the next Hannah and the many Hannahs after that now... text **EMCT17** and your amount to **70070**

2014



Becomes a Trust volunteer and gets RYA Competent Crew certificate

2016



Qualifies as a Yachtmaster and skipper's first Trust trip

2017



Mate on Trust's Round Britain 2017 voyage

2013



Residential Return to Sail at Bradwell Outdoors, starts college

2015



Gains RYA Day Skipper qualification

Round Britain 2017

The most epic Return to Sail trip **EVER!**

The important stuff...

When: From Saturday 20 May to Saturday 23 September 2017

Where: The Trust's 44ft yacht, Moonspray, will visit over 60 ports and towns around the UK

Who: Five young people will take over as crew at each major stopover

Good fact: Over half will be sailing in their home waters

And another thing: On most legs seven out of the nine crew will have had cancer treatment. For three legs that will be eight out of the nine.

Nothing reflects a young person's Trust journey, and celebrates their recovery, achievement and potential like tackling a 2,300-mile sailing relay round Britain.

That's exactly what up to 100 young people will be doing this summer!

They will embrace the challenges of

sailing offshore, while in the ports and inland towns, the crews will visit young people still on treatment to help them see there is life after cancer. They will themselves also meet adults who the Trust supported in the past and who are now beyond treatment and recovery.

Be part of the adventure!



Be part of the party – give the crews a HUGE warm welcome in your hometown

Be part of the event – there are heaps of events we will be organising and attending in-port and inland we would love to have you involved in.

Be a fundraiser – could you help introduce us to new contacts, organise events or raise funds? It all makes a huge difference.

Be part of the story – got good local media contacts? Help us let them know we're coming and whatever your social media of choice spread the word!

Remember: All up-to-date event information will be on the Trust website. If you have any other ideas to help us make Round Britain 2017 even more awesome email roundbritain@emcancertrust.org

Crew tales



London-Cowes leg crewmate, Jess Cunningham, 22, says the Trust built up her confidence considerably through treatment for Hodgkins Lymphoma.

“After being stuck in a hospital regime for such a long time this is a chance to push myself and go on an adventure I'd never otherwise have had the chance to enjoy.

“The Trust helped me get back on my feet after being so unwell. I probably wouldn't have had the confidence nor energy to have considered doing this two

years ago. But the Trust understands everyone has different physical and mental barriers to overcome after treatment and supports you in achieving what you're able of.

“Sailing up the Thames from London, then around the coast surrounding my home area and arriving into Cowes during Cowes Week will be a great experience.”



For every young person we support after cancer there are NINE we can't. Yet. Please donate now to help us change that 'yet.' Text **EMCT17** and your amount to **70070** now

"Through Round Britain the young people will keep pushing back the emotional, mental and physical boundaries that stopped them feeling positive about their futures after treatment and instead really believe their potential is limitless."

Dame Ellen MacArthur

Meet Tom the media guy

24-year-old Tom has been involved with the Trust for seven years after treatment for Ewings Sarcoma. He will be documenting everything on film and in photograph every wave of the way!



Where are we going?

Weather and tides will be a big factor in when we can sail so keep an eye on www.ellenmacarthurcancertrust.org for confirmed in-port dates and event plans!

- Provisional stopover dates
- Where our crews come from
- Route (estimated distances shown in nautical miles)

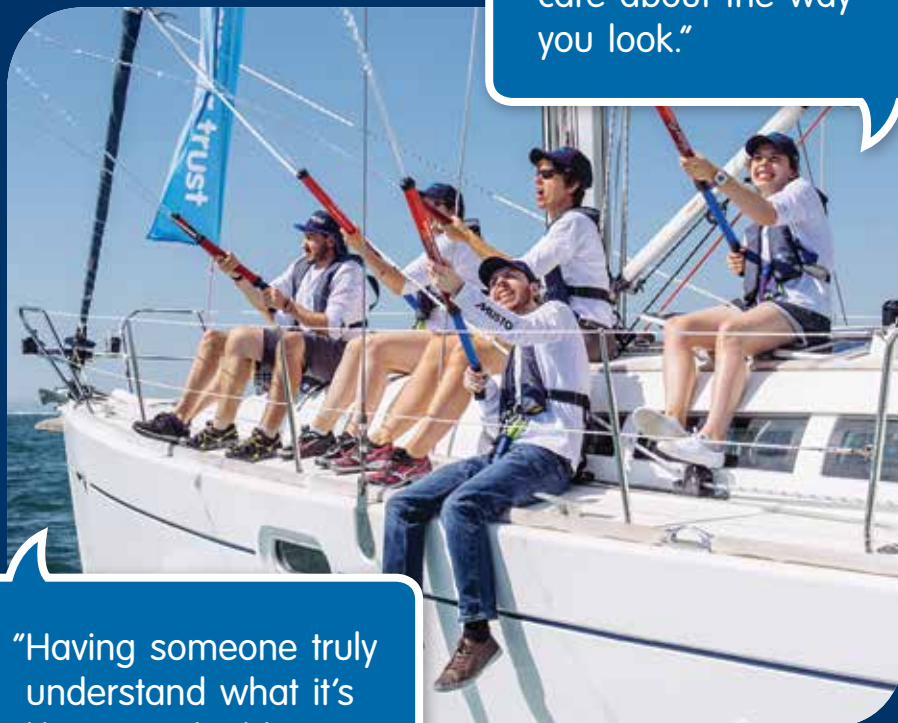


First steps

“The trip made me feel it was possible to be happy again.”

When a young person comes on their first four-day trip, they aren't thinking about what they could do in five years, or the future Trust adventures they might have, they just want to feel like they are no different to anyone else again.

Whatever they are struggling with when they arrive, from crippling shyness and body image issues to fear of hurting themselves and being away from their families for the first time since having cancer, by the time they leave many already can't wait to come back.



“People really don't care about the way you look.”

“Having someone truly understand what it's like is invaluable.”



“Leaving was the worst bit!”

Ellen Walker was just two when diagnosed with neuroblastoma with secondary acute myeloid leukaemia. Her memories of her two-and-a-half years' treatment are cloudy, but the experience still affected her as she tried to make sense of what had happened. Now 10, her first Trust trip in 2016 helped her put the pieces together.

I was excited about making new friends

I've got lots of nice friends but I'd never known someone that had gone through the same thing as me. No one knows what it's like being in hospital and having to keep going back for appointments, injections and medicines. I didn't talk about it much.

I loved getting snuggled up in the cabins

I was on a boat with three girls all of a similar age to me, and one had virtually the same thing I had. It didn't take long for us to become friends. Sleeping on the boat felt safe and comforting. We would stay in bed talking for a long time in the morning and chat about what had happened in hospital and what we were scared of.

We did, you can too...

We're **Amanda** and **Alex**
from Ashbury Labelling

We... made the Trust our company
2016 Charity of the Year

How? By staff sorting lots of events,
including raffles, quizzes, bake sales, a
bowling event, doing the Carsington
Water Walk, hosting fundraising dinner
parties, donating to the Trust instead
of sending Christmas cards and making
the boss dress up!

Motivation? Amanda's son Jack has been
involved with the Trust since 2013. She
knows the huge difference it's made to
him and that inspired her colleagues too.

Why you can too... what we raised
will pay for 11 young people to go on their
first Trust trip in 2017. That is an incredible
feeling; there's nothing else like it.

11 "What we raised will pay for
11 young people to go on
their first Trust trip in 2017"



Be like Ashbury Labelling and get everyone mucking in for the Trust.

Doing fun stuff with work mates never feels an effort. Find out how to make your work work for us at www.ellenmacarthurcancertrust.org/get-involved – don't forget if your company supports 'Match Funding' this can double your efforts too.

"Meeting people that have relapsed and survived gives me hope if something does happen I can get through."

Mostly we just wanted to have fun

We played games I'd never played, we had fish and chips and I had a bright blue bubblegum sundae! We had a beach party and BBQ, watched the sunset, got to know different people and do lots of things I'd never done before. I enjoyed learning about sailing, and having a go at steering the boat and doing different knots, too.

My favourite bit was the RIB ride!

We had no idea we were going to do it on the last day. I'd always wanted to go in a RIB and it was really, really fun. We went as fast as it could go and my hat blew off!



"I feel more confident in who I am."

How four-day Trust trips make the difference

In 2016, **261 young people** (under and over 18) did a first four-day trip...



97%
enjoyed the trip



89%
felt more confident afterwards



96%
made new friends



97%
learned new skills



86%
achieved beyond their expectations

100%
of parents noted a positive difference in their child's confidence and independence



"Adios amigo!"

For young people with more severe mobility issues, in 2016 a different first-time Trust experience was launched – canal boating!

Three young people joined this five-day adventure on the specially adapted and fully wheelchair accessible 'Red Watch', chartered from the charity, Canal Ability in Essex.

Rowan Todd, who finished treatment for an optic pathway glioma (a type of brain tumour) in March 2015, was part of the pilot crew. She said: "When I arrived I said to my mum 'Adios amigo!' because I was excited! I've been on a trip before but not on an accessible boat like this. Thank you for making it possible!"

Frank Fletcher, Trust CEO, added: "To offer opportunities to even more young people through the accessibility of these canal boats is fantastic."



"I felt less like an outsider, more like I belonged."

Become a Friend of the Trust

Sign up as Friend of the Trust today to help us make sure even more young people can lean on us for as long as they need to.

Mobile first

You won't be able to miss them – 45 feet of aqua grace cruising around the Solent and the Firth of Clyde.

Thanks to a **£450,000** award from players of People's Postcode Lottery, young people will get to enjoy trips on two new, specially adapted Trust boats from this year.

These boats will have a massive impact on the experiences of young people sailing with us. Mobility difficulties, most commonly arising from sarcomas and brain tumours, mean for some getting around a yacht can be a challenge.

But the arrival of Solent Hero and Caledonian Hero will change that, as Kerry McMillan, Largs Operations and Fundraising Manager, explains.

“Both boats have been designed so it's easier for young people who are less mobile to move around while the extra volume gives everybody more space.

“One of the biggest things about the Trust is also the sense of belonging young people experience. They feel part of something special and the two Heroes provide a very visual connection with what the Trust means to everyone.”



Common goals

It's not just the young people it's crucial to build long-term relationships with, the Trust can only achieve what it does with enduring support from our partners.

Now into its seventh year, totaling funding over £1.15m, People's Postcode Lottery is just one partner the Trust has worked with for a significant period.

Musto is another. And having supported the Trust with trip t-shirts, caps, wet weather gear, lifejackets and heaps more since the very start in 2003, Musto is again providing £25,000 of kit in support of Round Britain 2017 this summer.

This level of backing only comes when

two organisations totally get what the other is all about, what it stands for and believes in, and share a mutual respect and trust.

This doesn't happen overnight. But by making sure all our partners, new and long-standing, feel an invaluable part of what the Trust does, experience the magic of our trips themselves and know our successes are theirs too, relationships grow, helping the Trust reach and positively impact on the lives of more young people.

Work with us

Do you have a skill, product or expertise you think could have a positive impact on Trust trips? We would love to hear from you at info@emcancertrust.org



Spread out – cockpit areas are huge so everyone can move around easily with a lesser risk of tripping



Hands on – winches have been moved so young people can get more involved in the sailing for more of the time



Getting on – the back of the boats fold down and have less steep steps so can step from the pontoon straight onto the boat



Bunk down – aft cabins are wider with lee cloth added to separate beds and fore cabins' beds arrangement has changed to create more personal space



Gather round – chatting and playing games in the evenings is a really important part of all trips so the tables are more spacious with comfy benches



Grab hold – extra handles added in saloon and inside and outside toilets (or 'heads' if we're going to be properly nautical)



“Thank you to the moon and back!”

It's impossible to namecheck every company and individual that supports us each year. But however big or small, just know every single bit of help makes a **HUGE** difference to the young people we support and it's massively appreciated.





Moving forwards



Return to Sail is where we make our real, enduring impact.

The confidence seeds sown on a first Trust trip blossom into something more permanent and robust every time a young person returns to sail with us. Emotional and physical recovery after cancer isn't a quick fix; the medical green light may have been given but what about education, jobs, relationships, family life? The slow burn rebuilding of independence and self-belief that engaging with the Trust provides helps young people face these challenges with optimism and positivity, while at the same time providing an understanding comfort blanket if they do have a wobble.

Top five best bits of the 2016 U18 Return to Sail trips

- 1  Activities
- 2  Making new friends and seeing old ones
- 3  Water fights
- 4  Seeing seals and other marine life
- 5  Evening games

**from Trip feedback forms*

“The Trust’s given me acceptance”

Diagnosed in 2008, Victoria Sanches didn’t acknowledge her benign brain tumour as cancer, yet the side effects left her very self-conscious about her weight and the delayed onset of puberty. Now 20, three Return To Sail trips have had a huge impact.

Your tumour was in your pituitary gland. Explain what that meant.

Even when I was younger I gained weight, but didn’t know why. With steroids I still find losing weight very hard and this really has affected me. Also I’m only just going through puberty now. Two years ago I had the body of a 12 year old.

How did this affect your school life?

I really struggled. I missed so much; I’ve never even been in a Chemistry class. I didn’t want to miss school, but was exhausted from radiotherapy. As the other girls’ figures developed, I looked like a child. I had friends but not close friends.

How did your first Trust trip help?

I’d felt so alone. I knew other people were going through the same thing as me but I never met anyone, I just had to go to school and be a kid. The Trust was one of the best things to ever happen to me; I actually felt supported.

Why has coming back been so important to you?

Your diagnosis isn’t something you can forget; it isn’t like a cold. Meeting people at different stages of recovery gives you reassurance you can get through it. Everyone deals with it differently, I find talking about it helps and can accept myself. I don’t feel the odd one out.



Anyone can see how my confidence has improved trip by trip.

What are you doing now?

I’m studying illustration and have even joined my university sailing club! Medication made me very weak for years, but the Trust helped me realise I do have the muscle power to sail and do things I’d have never had the confidence to even try before. I can’t wait to help give other young people the same support I’ve had as a volunteer.



“I felt more alive”

Dann Nana Towa, 11, had kidney cancer. Having first sailed with the Trust in Largs aged eight he’s done two Return to Sail trips and is back in Largs this summer.

“I’ve got better at speaking to people, I found it hard especially when I wore a hat because I had no hair, I was worried what people thought. I think I would have been quieter without the trips. I would have felt more down and want to be by myself.

“Sailing is so beautiful, I love the wind and the waves. Sitting at the back of the boat with my friends, watching dolphins jumping out of the water is so amazing”

In 2016, **239** young people (under and over 18) returned to sail...

96%

enjoyed the trips

94%

felt more confident afterwards – 5% more than after a first four day trip

Putting fun in fundraise



Hold a bake sale, host a quiz, give up something for a week or discover how you can have fun AND fundraise at www.ellenmacarthurcancertrust.org/get-involved

Full circle

“I want to help other people because I see how valuable it is.”

“Volunteering is the best thing I do each year, it provides me with so much hope and inspiration.”

Through our Return to Volunteer programme, young people can continue their relationship with the Trust and keep making a difference after they turn 18.

Imagine being a teenager, painfully shy and fearful after cancer, who can't even picture talking to a stranger in the next five minutes let alone what their future could look like in five years. Now imagine meeting a healthy, confident 20-year-old volunteer who tells you they were you at your age. Imagine seeing that volunteer enjoying life and

positively looking forwards. What impact would that have on you?
Return to Volunteer ensures these priceless conversations happen all the time, giving hope and aspiration to Trust first-timers while giving the volunteers the satisfaction that comes from helping others in the way they were helped themselves.

Volunteers who sailed with us as young people – in numbers



The expert's view

Sue Morgan MBE, Nurse Consultant at the Teenage Cancer Trust, explains why the Return to Volunteer programme is so critical in helping others in recovery.

“Peer support is pivotal in recovery. The end of treatment comes with a whole package of anxieties and concerns so how young people are supported after treatment is as important as during.

“Through Return to Volunteer the Trust provides opportunities for young people at different stages of recovery to interact.

“For some young people this might be the first time they have ever met someone of a similar age who has had similar experiences, and the confidence and self-esteem they get from that enables them to start moving forwards.

“The power of the returning volunteers just being there is vitally important and should never be underestimated.”



I did, you can too...

I'm Jackie Langman

I... went way outside my comfort zone for the Trust!

How? By tackling the Tuff Enuff Challenge, a muddy 8km coastline route with very challenging military style obstacles in Cornwall.

Motivation? I saw what the Trust did for my friend's son, Ben. It gave

him new confidence and a chance to be with other children who had been through a similar experience. He felt completely at ease with no need to explain about his illness.

Why you can too... I felt very proud and so happy to have raised over four times my initial target. The challenge was a difficult one but I was determined to complete it.

Be like Jackie and leave your comfort zone for the Trust.

The Trust gets places in many national and local events and we organise our own. You can also enter events not on our list. To experience achievement outside your comfort zone go to www.ellenmacarthurcancertrust.org/get-involved

Setting the standard

Luke Gilbert once said **"You aren't better until you sort your brain out."**

Luke had been on treatment for Non Hodgkin Lymphoma for seven years when he first sailed with the Trust in 2010. From that moment he committed all his effort and energy to helping other young people 'sort their brains out'.

When Luke, a Trust Ambassador for four years, passed away in August 2016 his legacy was immeasurable. Countless hours volunteering, representing the Trust at events including meeting HRH

The Queen, raising thousands through his Black and Blue Ball but, most inspirationally, just being everyone's buddy.

Luke's personality, enthusiasm, compassion and sense of fun embodied the Trust. So to celebrate his life we launched the annual Luke Gilbert Volunteer of the Year Award to recognise a young person who shares his qualities in going the extra mile.

The inaugural winner of the award,

revealed in March, was Paul Gavin.

Described as "being cut from the same cloth" as Luke, Paul's motto is 'falling down is part of life, getting back up is living.' His bad jokes and hard work have lit up countless trips. Congratulations Paul!

The judging panel included Luke's mum Julie, fiancée Angie, Trustee Dr Dave Hobin and Sue Morgan MBE from the Teenage Cancer Trust.



Always remembered...

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.

Beyond the Trust

Staying involved with the Trust opens up ongoing opportunities for young people to learn different skills, enjoy unique experiences and explore new interests.

Why does this matter? Because they miss out on so much while on treatment.

As their friends are laying the foundations for their future education, employment and pastimes, building life skills, gaining qualifications and trying heaps of new things, young people with cancer can't.

Here's a few ways they can play catch up with us.

Join our Youth Board

Our eyes and ears, the Youth Board is a link between the young people, management team and Trustees, helping us understand what young people want from the trips. But for young people like 17-year-old Tallulah Shepherdly, treated for a Wilms' tumour as a toddler, the chance to join the Youth Board is about so much more too.

"On my first Trust trip I felt such relief and elation at being able to get what I was feeling off my chest. It helped me understand what I'd been through a lot more and was validation for how I felt.

"My shyness has always stopped me voicing my opinion before, but I wanted to join the Youth Board and give my input because the Trust has helped me so much. It's a good thing to have on my CV but, even more, I'm so proud I've got the confidence to have signed up as three years ago I never could have imagined being able to do this."

2017



2016

Other cool stuff



RC44 World Championships



2013-14 Clipper Round The World Race



Rolex Fastnet Race



Get sailing qualifications

Many young people don't just love the Trust but end up loving sailing too. Many get their RYA Competent Crew certificate to become Trust volunteers, some pursue their RYA Day Skipper to take on more responsibility while others have become RYA Yachtmasters to skipper trips.

Jake Peach, 20, got his Competent Crew to volunteer. He said: "The skills I've developed through this certificate go beyond sailing. I love being able to do something different for a week, get stuck in and help other young people learn too. I can't get enough of that feeling!"

Awesome one-offs

If you caught BBC's *The One Show* in the build-up to 2016 Children In Need, you would have seen Andy Davies tackling the Rickshaw Challenge.

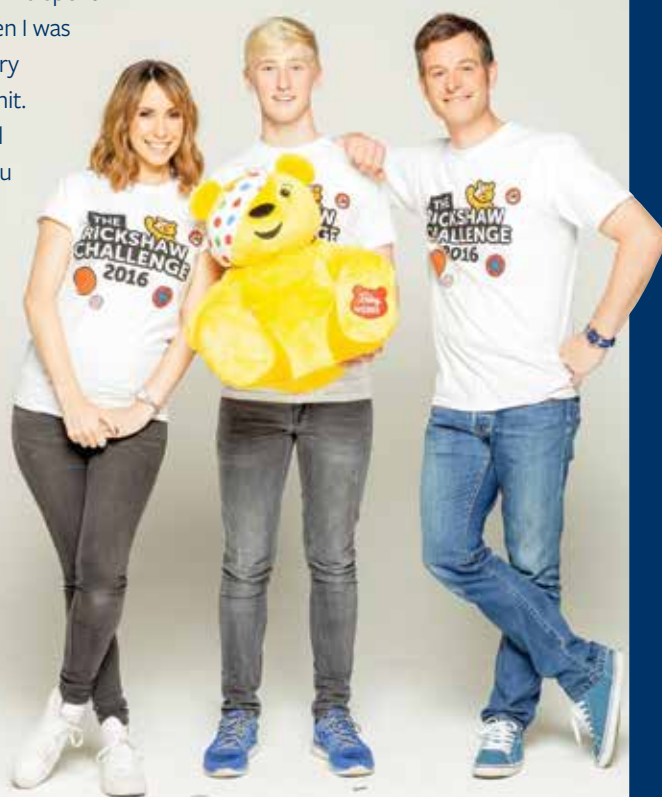
Andy sailed with the Trust three times after treatment for leukaemia and a bone marrow transplant. When he saw a post on the Trust's Facebook offering the chance to apply for the latest Rickshaw Challenge, he wanted it to be his next adventure.

"The Trust proved to me I could be adaptable," he explains. "I'd spent long spells in isolation when I was treated. I'd always been very confident but that took a hit. Even something as normal as going to school puts you out of your comfort zone.

"Through the Trust I gained the experience to be comfortable and confident in new situations. I could be independent, look after myself and felt happier with new people. The Rickshaw Challenge gave me the chance to put all that to the test."

One of the most memorable televised moments of Andy's Rickshaw Challenge journey was meeting

his bone marrow donor, Sofie. He adds: "It was fantastic to be involved in raising such a huge amount of money and meeting Sofie was incredible. I even got a hug from Ellie Goulding! The whole experience really inspired me. Without the Trust I wouldn't have done any of this."



Mediterranean and cross Channel yacht deliveries



Watersports career pathways



A gift for us?

Instead of wedding presents, Erica and Garth requested Trust donations. Could you do that too next time you're celebrating something?

Contact us

General Enquiries:
info@emcancertrust.org

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

Fundraising:
getinvolved@emcancertrust.org

👍 Like us on Facebook:
Ellen MacArthur Cancer Trust

🐦 Follow us on Twitter:
@emctrust

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

www.ellenmacarthurcancertrust.org

Become a
Friend of the Trust
on **page 11** and be the
long-term difference
in a young person's
future.



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

☎ 01983 297750



Registered with
**FUNDRAISING
REGULATOR**

Registered. Charity No. 1096491
Scottish Registered Charity No. SCO44013

Thanks to RF Design – www.rfportfolio.com – for again making Inspire look so fab and to APS Group – www.theapsgroup.com – for again printing Inspire for free.

The fantastic photos were taken by Martin Allen, Marc Turner, Tom Roberts, Mark Lambie, Ellie Stevens, Pedro Martinez. Inspire was written and edited by Karenza Morton.

FSC
Logo