

# opendoor

spring  
2010

the newsletter of the Lynda Jackson Macmillan Centre

## New art psychotherapy service established

*Funding from the Corinne Burton Memorial Trust has enabled the LJMC to set up a new art psychotherapy service at the LJMC. It is with great pleasure that we welcomed Shona Elrick to this new post at the beginning of the year*

The benefits of counselling have long been recognised and this service has been a cornerstone of the LJMC's work since it first opened. Giving people the opportunity to talk about their thoughts and feelings in a safe, supportive manner has helped many hundreds of people through the emotional rollercoaster that accompanies a diagnosis of cancer.

Art psychotherapy provides another outlet for patients to express themselves where emotions are too painful or difficult to put into words.

Shona studied at the Gray School of Art in Aberdeen before launching her professional career. As well as undertaking her own work and commissions, she worked with people with learning difficulties and ran children's workshops in London. These experiences inspired her to train as an art psychotherapist, an intensive course at the University of Hertfordshire that included developing her counselling skills.

Shona explained to 'Open Door' a little more about her work.

"Art psychotherapy provides a safe space to express feelings which may be difficult to put into words. Whether someone is angry or frustrated, depressed or scared, art psychotherapy provides a way to explore these feelings.

"An art psychotherapist is there to help name and understand these emotions



by exploring the personal significance of the artwork. How much someone wishes to think about their artwork is up to them – an art therapist will be sensitive to each individual's needs.

"There is a wide variety of art materials available from which to select – different materials work for different people and I will help them if they are not sure.

"Many people believe that you have to be good at art to benefit from art psychotherapy but this isn't the case at all. It's not about producing a piece of work to exhibit – everything a patient does is private and kept confidential. My role involves helping and encouraging patients to resolve personal issues through the medium of art. I'm not there to judge the artistic merit of their work."

Shona is working both with individuals on a one-to-one basis and also with groups. "Many patients prefer individual sessions but, for others, a group setting can be a better way to explore issues," explained Shona.

"In a group, patients may find support and comfort from others who have gone through a similar experience. I have often witnessed people sharing encouragement and empathy with each other which may be priceless for someone feeling alone and isolated."

It will also be possible for Shona to visit patients on the wards of the Cancer Centre. Equipped with a basket of portable art materials, paper and board, she can provide a bedside service. She is sensitive to the needs and comfort of patients so sessions may be a little shorter, depending on how the patient is feeling.

If patients are feeling stronger, they can hold their sessions in a quiet, private room off the ward. Art therapy on the ward provides a creative outlet which may enable patients to take back some control for themselves.

Patients who are interested in art psychotherapy can find out more by contacting the LJMC Helpline on 01923 844014.

*For more information about the Corinne Burton Memorial Trust, see page 2.*



# Lynda Jackson Macmillan Centre

... supporting people affected by cancer...

Mount Vernon Hospital  
Northwood, Middlesex HA6 2RN

Telephone Helpline: 01923 844014

Website: [www.ljmc.org](http://www.ljmc.org)

Moor Park 10k: [www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

Webshop: [www.buy.at/ljmc](http://www.buy.at/ljmc)

Online Fundraising: [www.justgiving.com](http://www.justgiving.com)

Search Engine: [www.everyclick.com](http://www.everyclick.com)

Registered Charity No: 1053338

The LJMC is part of the

Mount Vernon Cancer Centre

(East & North Hertfordshire NHS Trust)

## Drop-in Advice and Information

### Telephone Helpline

Monday – Friday

9.30am – 1.00pm + 2.00pm – 4.30pm

## Complementary Therapies Counselling

Available by appointment to patients under the care of an oncologist at Mount Vernon Hospital

## Benefits Advice

Drop-in service during opening hours

## Relaxation Classes

Monday: 2.30 – 4.00pm

Tuesday: 10.00 – 11.30am

Thursday: 11.00 – 12.30am

No need to book

## Look Good...Feel Better™

Skin care and make-up sessions for ladies

## Support Groups

Contact the Helpline for details of local support groups

Staff at the LJMC are always delighted to give talks about the work of the centre and also cancer-related issues.

If your company, school or other organisation would be interested in an LJMC speaker, please contact Buzz Coster (01923 844107) or [buzz.coster@nhs.net](mailto:buzz.coster@nhs.net).

OPEN DOOR is sent to friends and supporters of the Lynda Jackson Macmillan Centre who are on our mailing list. If you wish your name to be removed from future mailings, please contact Buzz Coster.

We would like to reassure you that our mailing list remains confidential and will not be sold to or used by any organisation other than the Lynda Jackson Macmillan Centre.

## Corinne Burton Memorial Trust

We are immensely grateful to the Corinne Burton Memorial Trust for funding the new art psychotherapist post, augmenting the important work of our counselling team.

The Trust was founded in 1993 in memory of Corinne Burton, a talented artist and illustrator, and is the only charity that specialises in funding art psychotherapy in cancer care.

During her treatment for breast cancer, Corinne Burton gained support and strength from art and drawing, finding it helped take her mind off her illness and treatment.

It was with this in mind that her family and friends sought to commemorate her all too short life by establishing the charitable trust that bears her name.

A key area of the work of the Trust involves funding bursaries for art therapy students at Goldsmiths, University of London.

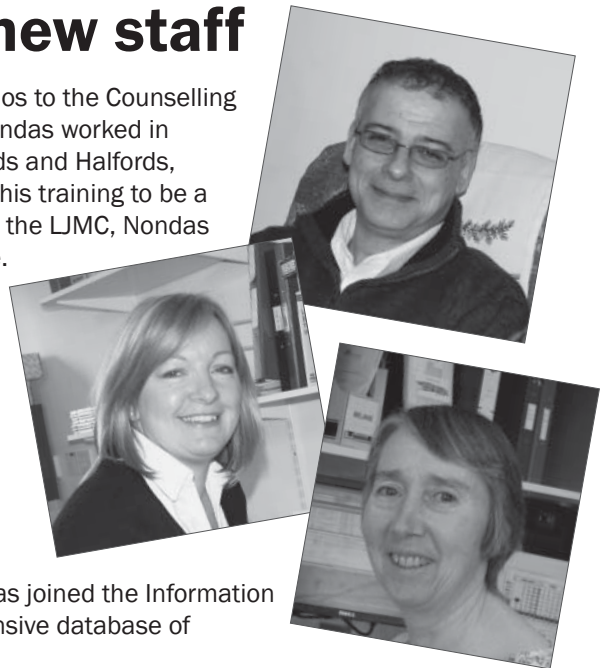
It also funds an art therapist at Barts Hospital in London and promotes the development of art therapy services in hospices.

## Welcome to new staff

We welcome Nondas Triantopoulos to the Counselling team. Originally from Greece, Nondas worked in retail management for McDonalds and Halfords, during which time he undertook his training to be a Counsellor. As well as working at the LJMC, Nondas also has his own private practice.

Sam James has taken over as PA to our medical director, Professor Maher. She replaces Christine Brannan who is now working as part of the LJMC's Supportive Oncology Research Team, job-sharing with Melanie Winterbotham. Welcome to Sam and Melanie.

New volunteer, Barrie Haffner, has joined the Information team, helping maintain our extensive database of resources.



## Special lingerie evenings at John Lewis, Watford

The special evenings for ladies who have had breast surgery continue to be very popular. Dates for 2010 are:

- Thursday 29<sup>th</sup> April & Thursday 14<sup>th</sup> October

Evenings include talks and demonstrations and a fashion show by members of the Trojans Breast Cancer Support Group.

Tickets for the April evening are now available at a nominal cost of £2. All proceeds are donated to the LJMC. Please contact the LJMC Helpline for details.

**John Lewis**  
Watford

# Traditional acupuncture improves wellbeing in cancer survivors with lymphoedema

*The study into the use of acupuncture and moxibustion (acu/moxa) to promote wellbeing and improve quality of life for people with secondary lymphoedema is in its final stages. The data is now being analysed and the first indications are that acu/moxa has the potential to improve the lives of people with lymphoedema.*

Everyone at the LJMC has been excited by this project which has been funded by the National Institute for Health Research (NIHR) Research for Innovation, Speculation and Creativity (RISC) programme.

The innovative leap into the unknown by research acupuncturist, Dr Beverley de Valois, and the potential opportunities it may uncover have ensured that interest in the study has remained high.

There were three questions to which Beverley sought answers:

- Can acu/moxa improve wellbeing in cancer survivors with lymphoedema?
- What symptoms are most troublesome for these individuals?
- Is acupuncture a safe intervention for people with lymphoedema?

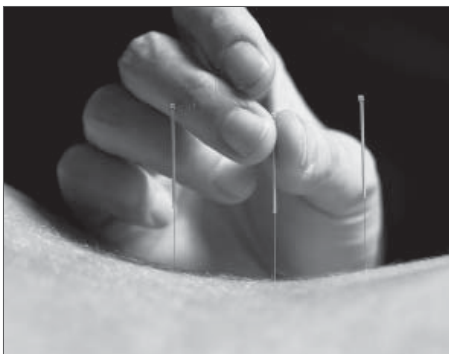
Working closely with Elaine Melsome of the Mount Vernon Lymphoedema Service, we recruited breast cancer and head and neck cancer patients.

*... participants asked to prioritise symptoms they would like to see change...*

Thirty five participants took part in the clinical study in which the majority chose to have 13 acu/moxa treatments.

Using a questionnaire called the Measure Your Medical Outcome Profile (MYMOP), participants were asked to prioritise the symptoms they would like to see change over the course of the study.

While the study did not aim to treat the lymphoedema, breast cancer participants generally prioritised



lymphoedema-related symptoms, including aches, pain, discomfort and heaviness of the arm.

Head and neck cancer participants prioritised a wider range of symptoms, ranging from facial pain to shoulder and back pain and leg pain.

Both groups specified a range of psychological symptoms, including insomnia, anxiety, stress, depression, and issues relating to bereavement.

*... participants experienced noticeable improvements...*

Analysis of the changes in the MYMOP scores over time revealed that, overall, the participants experienced noticeable improvements in their symptoms including those related to their lymphoedema and also other problems.

As a result, Beverley has been able to conclude that acu/moxa can make a significant contribution to the wellbeing of cancer survivors with lymphoedema.

In addition, with no reports of serious adverse effects, it would appear that acu/moxa is a safe intervention for people with lymphoedema. [NB – participants were not needed in the affected area.]

*... further research is warranted...*

Understandably, she is delighted with the findings. "These results suggest that further research is warranted. Furthermore, we observed that many participants were able to self-manage their condition much better."

Beverley will be presenting the study results at several international conferences this spring, including at the Society for Acupuncture Research in North Carolina, the International Lymphoedema Framework conference in Brighton, and the International Conference for Complementary Medicine Research in Norway.

She will also be writing papers for publication and, most importantly, applying for grants to conduct further research.



*Beverley attended the Acupuncture Research Resource Centre Symposium in London in March 2010*

We'll let participants have the final word:

*"The degree of heaviness and pain in my arm is much less than when I started and I am now able to do the fine sewing I was finding impossible before. My fingers are not as swollen and my grip has improved."*

*"Since having cancer I have been lacking in self confidence and felt very vulnerable emotionally. The acupuncture/moxibustion has helped me regain control of my emotions and given me back my self confidence. I feel more positive and more like the person I was before the cancer."*

*"I am very grateful for the help I have received."*

*"Thank you for allowing me to be a part of this study. I have learnt that acupuncture can be used for more than stiff knees and aching joints!"*

# Thank you ...

Fundraising activities November 2009 – February 2010

- Club Real, the pensioners' club for former employees of the John Laing Organisation, chose the LJMC as their special charity in 2009. Through their fundraising activities they raised £250 which was matched by the Laing Charitable Trust.
- Mrs Govey at the Co-Op Group auctioned an 'experience day' to raise more than £475.
- Patrons of the Kings Arms in Hayes held a fundraising evening in memory of their friend Stephen Turnbull to raise £370.
- Profiles Hair & Beauty in King's Langley celebrated their 20<sup>th</sup> anniversary with a charity week, making a donation from every customer's bill to raise more than £110.
- Anne Connell is supporting the LJMC by selling surplus stock of cotton reels. She's raised £100 so far. The brand new threads are available at bargain prices and Anne will be delighted to visit sewing groups in support of the LJMC. You can contact Anne on 01923 821977 to find out more.
- A game of dominoes organised by Yvette Maitland on Christmas Day raised £20.
- Martin Grahame presented another jazz programme for the JACS Mowbray Club and raised £30.
- Avril Goodwin and Eastcote Weightwatchers raised £25 with their 'Name it to Win it' competition to name a teddy bear.
- The patrons of The Tudor Arms pub in Watford held a Christmas raffle, raising more than £560.
- Blue Badge tour guide, Sonya Grist, organised a tour of the Olympic Park, donating her fee to the LJMC. She's offered to organise another tour and details are being confirmed. Please call Sue Hordyj (01923 844589) if you would like to be sent details when they are available.
- Members of the Loudwater Residents Association in Rickmansworth donated £100 following their annual Harvest Supper.



The Middlesex County Automobile Club held its annual Rockingham Stages rally in December and raised £850.

Pictured above are winners Steve Simpson and Simon Hunter in their Hyundai Accent WRC

### Thank you to the groups and organisations that have supported the LJMC recently:

- St Lawrence Group
- Tuesday Fellowship at Pinner Free Church
- Inner Wheel Club of Uxbridge
- Diageo Foundation
- B'nai B'rith Jerusalem Lodge

## Do you shop online?

Our webshop continues to provide a steady income for the LJMC and we encourage you to take a look.

### How does it work?

When you visit your favourite retailers via the webshop the retailer is able to track this electronically and pays us a commission on your purchases.

### What does it cost?

There is no additional fee for using the service. You'll be using the retailers' regular website as normal.

### Will the LJMC know what I've bought?

This service is completely confidential – we receive no details of who has used the service or what has been purchased – we just receive a cheque each month.

### How much does the LJMC receive?

Each retailer pays a different amount of commission. You can see how much each gives by looking at the webshop page.

### Which retailers are participating in this scheme?

Nearly 200 retailers are supporting the LJMC through this scheme ranging from Amazon to Zavvi.

The range of retailers is diverse covering almost anything you could wish to buy online. Take a look at the site and see just how many ways you can support the LJMC – at no cost to yourself.

It's one extra click for you but, potentially, a huge amount of money raised for the Lynda Jackson Macmillan Centre.

Visit: [www.buy.at/ljmc](http://www.buy.at/ljmc) and have a look!

## Easter Draw 2010

As 'Open Door' goes to print, we're delighted to report that this annual raffle of Easter goodies has already raised £2,000. Thank you to everyone who has supported the LJMC by buying tickets this year and also the generous donors of our prizes.

## Congratulations!

Many congratulations to David & Maria Driffill who celebrated their 70<sup>th</sup> wedding anniversary; also to Reggie & Tony Michael who celebrated their 40<sup>th</sup> wedding anniversary. Both couples asked their friend to make donations instead of buying gifts.

Freda Kneale celebrated a special birthday and also asked her friends to make donations to the LJMC instead of buying gifts.



# Christmas fundraising news

As always, Christmas was a busy time at the Lynda Jackson Macmillan Centre. Sales of Christmas cards were excellent, despite threats of postal strikes earlier in the autumn, and our Christmas Draw raised nearly £3,000.

Thank you to everyone who supported these fundraising activities, particularly those who helped promote our cards, including Hilary Carr, Belinda Maund, Georgie Mead, Linda Secker and Sylvia Shillingford.

Rather than sending Christmas cards to each other, a number of companies and groups of friends chose to make a donation to the LJMC. Thank you to:

- Caroline Kentish and her work colleagues
- Staff at Rooks Heath College
- Pre-Prep staff at Orley Farm School
- Staff at Watford Refrigeration
- Staff at Breakspear Junior School

Members of Ruislip & Northwood Rotary Club held a bucket collection in Ruislip High Street just before Christmas and raised £440. Thank you for braving the cold on our behalf!

Residents of Moor Park supported the LJMC through their annual carol-singing event outside the local shops. They raised more than £200.

We were delighted to have the opportunity to provide a gift wrapping service in the Harlequin Centre, Watford one evening just before Christmas.

The shopping centre provided a great site for us to set up our stall and also generously provided rolls and rolls of wrapping paper.

Within a very short while there was a long queue of relieved shoppers, only too delighted to make a donation to the LJMC rather than face the prospect of doing battle with sticky tape themselves.

Presents came in all sorts of shapes and sizes from books (easy!) to teapots (tricky!), from small (a diamond ring) to large (a suitcase). Our stalwart team of volunteers was unfazed by anything, displaying their artistic and creative talents with paper and ribbon to conceal the special gifts with which they were entrusted.

Thank you to everyone who helped out. There was a great festive spirit and the gratitude of shoppers enabled us to raise more than £470.



## Shake, rattle and roll for the LJMC

Thank you to everyone who helped at our tin collection at Marks & Spencer, Rickmansworth in November. This successful day raised £435.

We have a couple of other opportunities for tin collections in the next few months and welcome volunteers to help:

- Friday 21<sup>st</sup> May at Sainsbury's, Watford (Albert Road South store)
- Saturday 10<sup>th</sup> July at Marks & Spencer, Rickmansworth

If you can spare an hour or two and would like to help, please give Sue Hordyj a call on 01923 844589.

Sue explained what is involved. "This can be a fun way of raising money. You don't need to approach people to ask for money, nor do you actually shake your tin so your arm is quite safe and won't fall off! As well as raising money for the centre, it's also a good way to raise awareness of the LJMC."

On the subject of collecting tins, thank you to the shops, pubs and clubs that have our tins on their counters. Between them, the following venues have raised nearly £2,500 over the past few months:

- Adams Opticians
- The Ballot Box
- Bargain Store, Pinner
- Bouticare
- Cinnamon Square
- Comag
- Dick Whittington pub
- Ducks Hill Garden Centre
- Elvisly Yours
- Food Fayre
- The Gate Northwood
- Maidenhead Aquatics
- Mill Hill Services Club
- Misty Moon pub
- Northwood Central Club
- Old Northwood pub
- Ye Olde Greene Manne
- The Royal Oak
- South Oxhey Community Centre
- The Spotted Dog
- Threshers, Northwood
- Threshers, Rickmansworth
- Tudor Arms Pub
- Western Club

If you know of any other places that might take a collecting tin, please get in touch with Sue Hordyj (01923 844589).

Not only are collecting tins a great way to raise money, they are also a great way of raising awareness of the LJMC and the services it provides to people affected by cancer.

Waitrose  
**COMMUNITY  
MATTERS**



Thank you to the shoppers at Waitrose, Ruislip who nominated the LJMC for support through the company's 'Community Matters' charitable giving scheme.

Each month, each store chooses three charities to share £1,000. Shoppers receive a token with which they can 'vote' and the money is allocated in proportion to the votes cast.

In October 2009 we received £562 from the store. Thank you also to those who cast their vote for the LJMC.

# Journey to the top of Africa

A trek up Mount Kilimanjaro in aid of Comic Relief by a group of celebrities last year was an inspiration for David Stern. In February, accompanied by five friends and twenty fellow climbers, he tackled this challenge, battling aches, pains and altitude sickness to climb to the top of Africa. David chose to support the LJMC and also inspired fellow climber, Clive Newman to support the LJMC as well. Between them they have raised more than £15,000.

The celebrity challenge in 2009 created a great deal of interest in overseas adventures. At the LJMC, we'd already got a fair idea of what was involved having supported two of our colleagues on their trek to Machu Picchu in May so we were prepared for the telephone to ring with fresh enquiries.

David was the first of the pair to call the LJMC. He'd made up his mind he was going to undertake the trek and started to approach friends to join him. Clive joked, "David said something about Cheryl Cole having done the trek. I must have thought he said she was coming so I signed up right away!"

David particularly wanted to support the LJMC having lost his mother to cancer twenty years ago. "I was really impressed by the LJMC when I visited. It does some fantastic work."

Hearing David's enthusiasm, Clive also chose the LJMC. They sent off their application forms and started training.

It was essential to get as fit as possible to prepare for the 5,895m mountain. The two men, plus their friends who were raising funds for other charities, embarked on serious training sessions. With their fitness levels at an all-time high, they boarded the plane to Nairobi. Here are excerpts from David's diary:

## Day One

A mixed bunch of 27 people assemble at Heathrow including Mark (the team leader from organising travel company, Charity Challenge) and Alex (team doctor). Depart for Nairobi.

## Day Two

Arrive early morning and transfer by small plane to Kilimanjaro International Airport. Treated to a magnificent view of Mount Kilimanjaro, flying past at almost the same height as the summit. Makes us realise just how high it is!

Briefing session to learn more about the next eight days and meet the team.

## Day Three: 1,980 – 2,800m

A good night's sleep and huge breakfast. Bags weighed (porters can't carry more than 15kg) so have to do a hasty re-pack.



Two-hour drive by Land Rover to Kilimanjaro National Park. Register our climb. At 1.00pm we finally start walking. Soon into tropical rain forest and spot two black and white Colobus monkeys – really in Africa now.

Some steep and muddy parts – a bit like our training treks in Surrey! Everyone starts chatting to new friends. All in great spirits.

## Day Four: 2,800 – 3,500m

Take it very slowly; already notice the effects of altitude on our breathing. Steep and rocky paths so have to concentrate hard. Frequent stops and can admire the scenery then.

It rains a lot but, as the sun sets, we get our first glimpse of our target – seems so high and so far away.

## Day Five: 3,500 – 3,800m

A slow and steady uphill climb across Shira Plateau. Amazed at how slowly we have to walk if we are to have any breath left. Cloudy and raining – a hard, tiring day. I've had a headache for most of it but not enough to interfere with walking.

## Day Six: 3,800 – 3,950m

Glorious blue skies – we deserve it after yesterday's rain. Better weather puts us all in better spirits. My headache's gone. A hard climb over scree but spectacular views up to Kibo and across to the imposing Barranco Wall.

## Day Seven: 3,950 – 3,900m

The Barranco Wall is a scramble up narrow paths and over ledges – hard work but good fun. Really feels like we are *climbing*, not just walking. Our guides are really supportive and encouraging, reminding us to go 'poli, poli' (slowly, slowly) and to drink enough water. Rewarded by magnificent views.

## Day Eight: 3,900 – 4,600m

Amazing view of Kibo as I unzip my tent. This time tomorrow...

A four hour trek today with more spectacular views to inspire us. None of us gets much sleep.

## Day Nine: Summit Day!

Woken at 11.00pm, most of us having slept in our climbing clothes – thermal leggings, hiking trousers and waterproofs, two pairs of socks, thermal top, two t-shirts, fleece, down jacket, neck fleece, beanie, balaclava and two pairs of gloves! Sartorial statement topped off with head torch!

Set off at 12.20am following many other groups up the path. Very cold and very steep. Progress is slow as we realise just how hard this is going to be. Difficult to get breathing right. Frequent stops for snacks and water. I have a headache behind my eyes – assured this is normal.

We are all suffering, emotionally and physically. At 7.00am I 'hit the wall'. I

feel claustrophobic and have to stop. The sun comes up and we can see how far we still have to go. Some of the others give me the encouragement I need to get to my feet and go on.

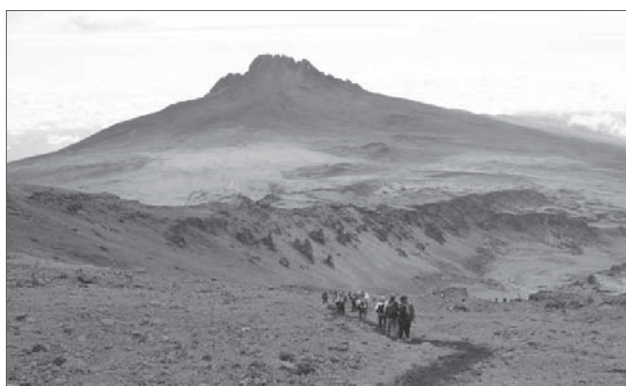
We pass people being carried down on stretchers but, instead of deterring me, it makes me more determined not to quit. Our progress is slow, one small step at a time.

About 400m from the summit, we meet Clive and the others on their way back down. Against the guide's advice, Clive turns round to accompany me – we are determined to get a photo together with our LJMC t-shirts!

At 8.40am I reach Uhuru Point, at 5,895m the highest point in Africa. It is the hardest thing I've ever done, both physically and mentally. I am emotionally exhausted.

We take lots of photos before the guides urge us to start down again as quickly as possible.

At 4.30pm we reach Millennium Camp (3,750m), sixteen hours after starting our summit climb.



### Day Ten

After breakfast we gather to thank the incredible support team (nearly 100-strong). There's a real party atmosphere with singing and dancing.

We all have mixed emotions as we start our walk back to Mweka Gate – relief at the prospect of a bath but sadness that our adventure is nearly over. We reach Londorosi Gate and 'sign ourselves off' the mountain.

We gather for our final dinner together, proud of ourselves for our physical, mental and charitable achievements – between us we have raised more than £150,000 for our respective charities.

### Day Eleven: Time to go home

This whole trip has been absolutely mind-blowing. The mountain, the

walking and even more so the wonderful group of nutcases with whom I've just spent ten days. Many new friendships made.

### Hakuna matata!

*Everyone at the LJMC sends David and Clive congratulations on their amazing achievement, not least of all for raising so much for the work of the centre. Thank you so much for choosing the LJMC as the charity to benefit from your incredible adventure.*

If you are inspired by David and Clive's trip of a lifetime, you can find out more from Charity Challenge. This company organises challenging opportunities in more than 25 countries with more than 100 trips each year and three levels of difficulty.

Whether you want to get fit, visit a new country, experience a new culture, meet like-minded people or simply raise money for the LJMC, take a look at the opportunities that are available to you at [www.charitychallenge.com](http://www.charitychallenge.com).



## Adventures of our supporters

*Our supporters are an intrepid bunch, taking on a wide range of challenges in order to raise funds for the LJMC.*

Lesley Ferguson decided to undertake a sponsored swim, mentioned it to a few friends and, before she knew it, more than 20 people had signed up to take part too. They're swimming a marathon (26 miles) between them on Sunday 28<sup>th</sup> March at Highgrove Pool, Ruislip.

You can support them all at:

[www.justgiving.com/lesley-ferguson](http://www.justgiving.com/lesley-ferguson)

Over the coming year, Lee Higley is taking on a series of cycling challenges. Lee has been getting on his bike to raise money for the LJMC for many years and is bringing it all together in a bumper challenge.

He currently has eight rides booked in his calendar and, together with training, aims to cycle more than 3,000 miles – at least twenty miles each day.

You can support his endeavours by sponsoring him at: [www.justgiving.com/higgers2010](http://www.justgiving.com/higgers2010)

For most people, booking a holiday to France involves a ferry, a train or a plane. For six of our supporters, it will involve a swim as Helen Fulcher and friends swim the Channel.

They've booked a pilot boat for the first week in August and each swimmer will swim for an hour at a time until they reach France. According to the rules of the Channel Swim Association, they are not allowed to wear wetsuits and will have to contend with the cold, shipping lanes and jellyfish.

You can support Helen and her friends by visiting: [www.justgiving.com/channelswim2010](http://www.justgiving.com/channelswim2010)

James Heywood and David Barrett are taking on the challenge of their first ever triathlons.

In June David is taking part in the Blenheim Palace Triathlon (a 750m open water swim followed by a 20km

cycle ride and a 5km run). You can support him at [www.justgiving.com/davidbarrett2010](http://www.justgiving.com/davidbarrett2010)

James is heading off to Zurich in July to take part in the Ironman Triathlon where he will swim 2.4 miles, cycle 112 miles and run a marathon. His fundraising page is: [www.justgiving.com/fatman-to-ironman](http://www.justgiving.com/fatman-to-ironman).



If you're planning a fundraising adventure, please get in touch with the Appeals Team and let us know. We're always delighted to help you in any way. You'll see that all these fundraisers are using the Justgiving fundraising service which makes it really easy for friends and family to support them.

It reduces the amount of chasing up and nagging that usually accompanies paper sponsor forms. Call Sue Hordyj (01923 844589) to find out more.

# New sponsor for the Moor Park 10k race

We are delighted to announce that Stewarts Law LLP is the new sponsor of the annual Moor Park 10k & Junior Fun Runs.

Partner and Head of the Commercial Litigation Department, Clive Zietman, said, "Stewarts Law is absolutely delighted to be sponsoring the Moor Park 10k run this year. The Lynda Jackson Macmillan Centre is a very worthy charity and we very much look forward to assisting it by making the run a great success in 2010."

The event has become the biggest annual event in the LJMC's fundraising calendar. In 2009, we raised more than £43,000, smashing all previous records thanks to some fantastic fundraising by runners.

LJMC fundraiser, Sue Hordyj, said "We always strive to beat what we raised the previous year so we've got a huge target this year. It's going to be a big challenge and we encourage all our supporters to help us by coming along on the day and taking part in some way.

"This event isn't just for runners – you can also walk the route plus we also

need lots of people to help on the day. It's always a lot of fun and we look forward to seeing you there."

The event organisers would like to express their sincere thanks to Manches LLP who have sponsored the event for the last five years.

Their support has enabled us to build the event and its excellent reputation, putting the day firmly on the local running map.

This year's event will take place at Merchant Taylors' School on Sunday 26<sup>th</sup> September and online entry will open at the end of April.

More information about this popular event, now in its ninth year, including details of how to enter, can be found at [www.moorpark10k.org.uk](http://www.moorpark10k.org.uk).



## Would you like to make a difference?

The LJMC Information team is responsible for the development and production of patient information publications here at the Mount Vernon Cancer Centre.

Part of the production process involves making sure that our leaflets are readable, jargon-free and meet the needs of patients.

We are setting up a new Patient Information Panel to help us with this and invite patients who have completed their treatment, as well as any carers who may be interested, to help us.

As well as reviewing publications that are in production, we will be looking at other information needs that will be helpful for patients and those who care for them.

We anticipate that much of the work can be done electronically (or by post) and the extent of your commitment is entirely up to you – from reviewing a single leaflet a month to half a dozen.

The contribution made by members of the group will be invaluable in maintaining the high standards of the publications produced by the LJMC.

If you are interested in finding out more about how you can be involved and make a difference for future patients, please call Theresa Sullivan (Macmillan Patient Information Lead) on 01923 844743.

# stewartslaw



### Donation form

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