

## New Information Lead appointed

*With its reputation for excellence for the provision of patient information, the Lynda Jackson Macmillan Centre is delighted to announce the recent appointment of the new Macmillan Patient Information Lead.*

Boston-born Theresa Sullivan is excited to be joining the LJMC at a time when the provision of patient information has never been more important.

The national initiative to provide consistent, high-quality information is entering the next phase of the pilot scheme and Theresa is looking forward to taking the next steps as the project becomes more widespread.

*"Patients need to be aware of their options."*

"Patient information is a hot topic in healthcare at the moment," she explained. "Patients need to be able to navigate the changing NHS and be aware of their options."

"With more choices than ever, they need to be well informed, whether it be evidence-based information about treatments or how to pay their mortgage while undergoing treatment. Well informed patients know what questions to ask and this gives them more control in their lives."

Finding ways to help patients and healthcare professionals access information easily will be a key part of Theresa's role. She will also liaise with staff both across the Cancer Centre and more widely, providing feedback to the National Cancer Action Team on the development of this project.

Theresa will also be undertaking a full review of the extensive list of existing LJMC publications, some of which will form part of the national project.

*"... more control in their lives"*

Having previously worked in hospice nursing in the USA and as a staff nurse on Ward 10 at Mount Vernon Hospital, Theresa's interest in the field of patient information was sparked by a new role in the Chemotherapy department into

which she moved last year.

Over the last few months, Theresa has also had a chance to work at the LJMC, helping out as duty healthcare professional to cover staff shortages.

"It took a special post to convince me to leave clinical nursing," she explained.

"When I began working at the LJMC to help cover the healthcare professional's role in the Drop-in centre, I was amazed by the amount and variety of high quality information that was now available. I realised that being part of the team at the LJMC means making a difference to patients and am excited to have the chance to be part of that team."

"I'll miss working with patients in a clinical setting," she explained.

"However, patients have always been an



integral part of the development of the LJMC's information publications, so I won't be losing all contact.

*"Focussing on meeting patients' needs is what makes this job so challenging and worthwhile"*

Patients are so much at the centre of what we do, both in the clinical areas of the Cancer Centre and also the LJMC. Focussing on meeting their needs is what makes this job so challenging and worthwhile."



## They're back!

Following their fundraising trek to Machu Picchu in Peru in May, LJMC complementary therapists Lynda Hannam and Cherry Mackie returned safely having had an amazing experience and raised more than £5,000 for the centre.

Read more about their trip on page 7.

## Lynda Jackson Macmillan Centre

for cancer support & information

Mount Vernon Hospital  
Northwood, Middlesex HA6 2RN

Telephone Helpline: 01923 844014

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

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

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

Online Fundraising:

[www.justgiving.com/ljmc](http://www.justgiving.com/ljmc)

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 Centre and 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 available to give  
talks, both about the LJMC and also  
cancer-related issues.

If your company, school or other  
organisation would be interested in an  
LJMC speaker, please contact Buzz Coster  
(Marketing Manager) (01923 844107) or  
[buzz.coster@mvh-ljmc.org](mailto:buzz.coster@mvh-ljmc.org).

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 (details above).

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.

# The LJMC welcomes new members to the team

*As well as welcoming Theresa Sullivan to the LJMC, we are delighted that some other familiar faces are joining the permanent team here.*

**Jill Ricks** has moved 'over the road' from Marie Curie Ward as one of our duty healthcare professionals. She'll be working here on Tuesdays and Wednesdays.

After training and working as a nurse, Jill took a break to run a restaurant business with her husband for 18 years.

Six years ago she undertook a Return to Practice course. Jill specialised in oncology and started work at Mount Vernon Hospital on Ward 11, moving to Marie Curie Ward soon after.

Staff shortages at the LJMC over the last few months gave Jill an opportunity to help out here so when a permanent vacancy arose she was first in line with her application form.

"It's unusual to be able to try out a job before you apply," said Jill, "but it's a really good way of finding out whether or not you like the place."

One of the aspects of nursing that Jill enjoys is talking with patients. "The ward is such a busy place," she said. "There's just not as much time as we would like to spend with patients, answering questions or listening. Being



able to give patients this time at the LJMC feels like a real luxury after working on a ward but really it's just a part of providing the very best care we can."

The Counselling team is expanding and we hope to welcome new staff to the team in the autumn.

We welcome **Wendy Blewden, Elaine Hunt, Angie Jones and Lynn O'Loughlin** who have all successfully completed their induction training to work in the Drop-in centre, strengthening team numbers.

**Frank Thompson** has joined our band of volunteer supporters and is working with the business team on the forthcoming Manches Moor Park 10k. If you are interested in becoming a volunteer at the Lynda Jackson Macmillan Centre, please get in touch. Centre Manager, Rosemary Lucey, will be meeting potential volunteers on Wednesday 16<sup>th</sup> September. You will have the chance to look round the centre and see if there may be suitable opportunities for you. Please call the Helpline (01923 844014) to make an appointment.

## And says farewell to...

Katherine Anderson, one of the original members of the LJMC team, retired in March.

Katherine worked as an aromatherapist at Mount Vernon Hospital long before the LJMC was even a twinkle in anyone's eye.

The opening of the LJMC provided a perfect new job for her and she has worked here since the centre first opened in 1993.

We're really sorry to see Katherine go but wish her every happiness in her retirement – which already sounds busier than most people's working week!



# Running for the LJMC

The starter's gun has been fired for this year's Manches Moor Park 10k & Junior Fun Runs with entries starting to flood in as word of this popular annual event spreads.

From small beginnings in 2002, this event has gained a great reputation in local running circles and is now the biggest event in the LJMC's annual fundraising calendar.

The event is a mammoth feat of organisation for the team who work on the project all year round.

This year, we've set up an online entry facility to make it even easier for people to enter.

We've teamed up with IMG eCommerce, the information technology division of the world's premier and most diversified sports, entertainment and media company and a global leader in online services to the world of sport and entertainment.

*"Online entry makes life easier"*

In 2008 our complementary therapy team provided a welcome service for tired runners' legs. This service was so successful that they will be returning again this year, making the event a true LJMC team effort.

Even if you're not a runner, you can still take part as joggers and walkers are also most welcome. If you don't feel up to this, maybe a friend or member

of your family would like to take part instead? It's always a great day and spectators are also welcome.

*"Children's races are great fun"*

The children's races are always great fun too, so encourage your children and grandchildren to come along and join in – everyone who takes part gets a medal, regardless of how long it takes them to get round!

Of course, as this is a fundraising event, we want to pay tribute to those who take the trouble to raise money for the LJMC.

*"Lots for the whole family to do"*

As a small way of saying 'thank you', we have two special prize draws for runners who raise more than £10:

- 10k runners will go into a draw to win a year's family membership of The Riverside Health & Racquets Club (worth more than £3,500).
- Fun Runners will be entered into a draw to win an iPod donated by Marks & Spencer Watford.

There are lots of things for the whole family to do all day so we look forward to seeing you on 27<sup>th</sup> September!



## Manches Moor Park 10k & Junior Fun Runs

Sunday 27<sup>th</sup> September 2009

At Merchant Taylors' School

12 noon	Under 15s	2 ½ miles
12.45pm	Under 12s	1 ½ miles
1.15pm	Under 10s	¾ mile
3.00pm	Manches Moor Park 10k	

020 8950 6586

[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

## New fundraising pack now available

It's always great when people want to put on an event to raise money for the LJMC. We always try to help out with whatever advice and support we can.

With this in mind, our Appeals team has produced a user-friendly guide with ideas, suggestions and guidelines for events.

There's also information about some of the many ways in which you can support the LJMC in addition to organising events.

If you're thinking about holding an event or fundraising for the LJMC and would like a copy of the information pack, please call Sue Hordyj in the Appeals office (01923 844589).

This can also be downloaded from the LJMC website: [www.ljmc.org](http://www.ljmc.org)



*... working to improve the lives of people affected by cancer...*

# Improving quality of life for patients

*Radiotherapy treatment at some hospitals in the late 70s and early 80s resulted in an increase in radiation-induced injuries in some women.*

Macmillan Cancer Support, in conjunction with the Department of Health, is currently working on a national project, NCSI (National Cancer Survivorship Initiative) Recall Programme, setting up pilot clinics for people who are experiencing severe long-term side effects as a result of radiotherapy for breast cancer.

*Read more about 'Yesterday's Women' at [www.macmillan.org.uk](http://www.macmillan.org.uk).*

Prof Jane Maher, LJMC Medical Director and Chief Medical Officer at Macmillan Cancer Support is leading a national programme to find out the best way to help these women.

Pilot clinics are being set up across the UK and one was recently held at the Lynda Jackson Macmillan Centre. A specially convened multi-disciplinary team included a Clinical Oncologist, Palliative Care Consultant, Occupational Therapist, Lymphoedema Specialist as well as staff from across the LJMC.

The team of healthcare professionals was able to make individual physical and psychological assessments of the

patients, discuss quality of life issues and explore possible solutions to some debilitating problems.

The LJMC's involvement in this clinic continues the centre's long-established tradition of collaboration in projects. It is another example of the centre's commitment to improving the lives of patients and develop the national support services that are provided at all stages of the patients' cancer journey.

*Informal setting was beneficial*

This was the first time that a pilot clinic of this nature had been held in a support centre rather than in a hospital environment and the patients clearly found the informal setting beneficial.

A further clinic is planned for at the end of the summer and, as a result of the positive feedback from the LJMC clinic, others will continue in other support and information centres, eg, Bristol.

*Note: It is important to stress that radiotherapy is very much safer today. Risk factors are far better understood with excellent quality assurance, particularly for patients with breast cancer.*

## Acupuncture study update

*The study into the use of acupuncture and moxibustion to promote wellbeing and improve the quality of life in patients with secondary lymphoedema is under way.*

This exciting research project has attracted considerable interest and a four month funded extension has been awarded by the National Institute of Health Research Central Commissioning Facility.

This will allow additional time to carry out the clinical treatment phase of the study. The project will now end in January 2010.

Recruitment closed at the end of May with 35 patients taking part in the study. Each participant received a course of seven treatments with an option to have a further six sessions.

*"Enjoyable and relaxing"*

Many of the participants have commented on how enjoyable and relaxing the sessions have been, opting for the supplementary sessions and necessitating the extension to the project.

Dr Beverley de Valois, the research acupuncturist heading up the study, is now collaborating with the Peninsula Medical School at the University of Exeter to assess participants' experiences of acupuncture.

*"Improving overall wellbeing and quality of life"*

Early observations indicate that they have found the sessions beneficial, in improving their overall wellbeing and quality of life.

We would like to express our sincere thanks to Elaine Melsome, the Macmillan Lymphoedema Nurse Specialist at Mount Vernon Cancer Centre, for her commitment to this project in referring patients.

*Note: No participants had acupuncture needles inserted in the affected area during the course of this study.*



We were delighted that our annual Grand Easter Egg Draw continues to be so successful.

This year's draw raised more than £3,220. Thank you to everyone who bought tickets or made a donation.

Special thanks to the donors of our chocolate prizes:

- Helen Fulcher
- Dave & Marion Gray
- M&S Watford
- Waitrose Northwood

## Special Lingerie Evening at John Lewis Watford

There will be another special evening for ladies who have had surgery for breast cancer.

The highlight of the evening is a fashion show of lingerie, swimwear and fashions by members of the Trojans Breast Cancer Support Group.

**Thursday 15<sup>th</sup> October  
6.30pm – 8.30pm**

Tickets will be available from early September. Please call the LJMC Helpline (01923 844014) if you would like to come.

There is a nominal charge of £2 for the evening. All proceeds are given to the LJMC.

**John Lewis**  
Watford

# Thank you very much...

Events March - June 2009

- Master of Kingsway Masonic Lodge, **Richard Simpson**, chose the LJMC as his special charity at his Ladies Festival. As well as a raffle, they auctioned a scrubs shirt signed by the cast of the BBC TV series 'Holby City' which raised £250. The winner then donated the shirt back again for a second auction which raised a further £200 bringing the total raised by the event to £1,250.
- **Middlesex County Automobile Club** joined forces with Wickford Auto Club to organise the MiddleWick Stages rally. Entry fees included a donation to the LJMC to raise more than £200.
- A generous donation from the **David & Patricia Bays Charitable Foundation** has been used to provide special notepads and appointment cards for the Drop-in centre.
- **Angela Murphy** bravely entered the London Marathon. She completed the course in 5 hours 15 minutes and raised £230. See you at this year's 10k, Angela!
- A sale of baby clothes by **Joanne Wake** raised £30.
- **Letchworth Garden City Rugby Football Club** held a raffle that raised £180.
- **Lee Higley and friends** took part in a cycle ride from London to Brighton again, raising more than £1,100 including match-funding from their employer through the Apollo Charitable Trust.
- The PFA at **St Teresa's RC First & Middle School and Nursery** in Harrow Weald held a very popular and successful Indulgence Evening raising more than £330 for the LJMC.
- At the wedding of the son of LJMC supporter Debbie Burchell, a sweepstake was held to guess the length of the best man's speech, raising £60 for the centre.
- **Miranda Hall and Laura Charalambous** took part in the St Albans Half Marathon, raising £180 through their participation.
- Cultural events continue to be popular and two of our regular supporters held successful events recently; **Mike Talbot** organised another poetry reading evening to raise £90 and **Martin Grahame** presented a jazz programme for a local group to raise £35.
- **Up Front**, the Chiltern Hospital Breast Centre Support Group, donated £1,200 from their fundraising activities.
- **Chambermade Opera** performed for the Harrow National Trust at their 20<sup>th</sup> Anniversary Dinner and chose the LJMC as the beneficiary of a donation of £100.
- **Mel Nichols'** Wigbank service continues to raise money for the LJMC. Mel reconditions secondhand wigs for sale, making a donation to the LJMC for each one sold.
- Thank you to the **Hitchin Property Trust Ltd** and **Ruislip Tangent Club** for supporting the LJMC through their charitable giving schemes.

## Celebration time!

Some of our supporters have been celebrating special birthdays and asked their friends and family to make a donation to the LJMC instead of buying them a gift.

Congratulations to **Pat Beeston, Karen Bunt, George Singer** and **Mrs J Surey**.

**Jeffrey and Sheila Groman** celebrated their Silver Wedding anniversary and invited their friends and family to make donations to the LJMC instead of buying them gifts. Sadly, Sheila passed away at the end of June which makes these donations particularly special and poignant. We send our sincere condolences to Jeffrey and their family.

If you are having a special celebration and would like to find out how you can support the LJMC at the same time, please give our Appeals team a call on 01923 844014.

We can provide you with specially personalised donation forms which have the added benefit of including that all-important Gift Aid declaration so that donations are maximised.

## Thank you to the pubs, clubs and shops that collect money for the LJMC

- Adams Opticians
- The Ballot Box
- Bouticare
- Café Loco
- Cinnamon Square
- Crystal Clean
- The Dick Whittington
- Ducks Hill Garden Centre
- Food Fayre
- The Gate, Northwood
- Harefield Tackle
- Homecraft
- The Misty Moon
- The Old Northwood
- The Spotted Dog
- Starbucks, Northwood
- Threshers, Northwood
- Threshers, Rickmansworth
- The Western Club
- The White Bear
- William Hill, Rickmansworth

## Could you spare an hour or two, please?

*If you have an hour or two to spare this autumn, we'd love to hear from you!*

In the run up to Christmas we will be running a stall in the Mount Vernon Cancer Centre selling Christmas cards and other merchandise. This is a key fundraising activity for the LJMC.

If you can spare a bit of time, please call our Community Fundraiser, Sue Hordyj (01923 844589).

You don't need to make a regular commitment, although Sue will be very grateful if you can!

### Please can you help at our forthcoming tin collection?

Monday 7<sup>th</sup> and Tuesday 8<sup>th</sup>  
September 2009

9.00 - 6.00pm

at Tesco, Rickmansworth

Please call Sue Hordyj  
(01923 844589)

# A review of the year

April 2008 - March 2009

The last year has been another busy period for the Lynda Jackson Macmillan Centre with a 27% increase in requests for help.

Whether this has been due to increased awareness of the centre's services or an increased openness to seek support, we do not know.

*"27% increase in requests for help"*

What we do know is that centre staff have responded admirably to the challenge and I am very proud of the way in which they have coped.

The LJMC's participation in the national patient information pilot has been an exciting project.

Having been at the forefront of the provision of printed information for so many years, staff have been enthusiastic to see how new technology has been harnessed to improve the way in which we can serve patients.

The start of a research project, the study into the use of acupuncture and moxibustion for patients with lymphoedema, has been another milestone. Everyone is hugely excited at where this might lead and how it might affect patient care in the future.

*"We are grateful to everyone for their generous and continued support"*

Many of the LJMC's departments have been involved in the Cancer Centre projects surrounding survivorship, part of the NHS Service Improvements Initiative. This has brought us closer to our Cancer Centre colleagues and strengthened the ways in which we work together.

Significantly, finance has been much at the forefront of everyone's minds this year. No-one has been able to escape the effects of the credit crunch and we are particularly grateful to everyone for their generous and continued support.

*"Significant challenges"*

With funding for the running of the Lynda Jackson Macmillan Centre coming from two stretched income streams, our ability to maintain services at the same levels has been very important.

As one would imagine, the NHS side of the LJMC's funding is under regular

scrutiny. The Appeals team works hard to ensure that the charitable aspect of our work, principally the complementary therapy service, is unaffected by the highs and lows of national economic fortunes.

The forthcoming year will present the LJMC with significant challenges in many areas. With an increase in requests for services, we have recently recruited new staff to the team to manage this demand.

*"Keep abreast of best practice"*

The changing nature of support and information for people affected by cancer keeps us on our toes as we keep abreast of best practice and apply our resources to ensuring that the LJMC remains at the vanguard of patient care.

The LJMC team is special group of people and I pay tribute and thank each one of them for their commitment and contribution to the centre over the past year.

Thanks are also due to our loyal supporters who have helped us in so many ways, from giving their time as volunteers to financial support.

Thank you.

**Rosemary Lucey**  
Head of Centre

## Financial report

for financial year 1 April 2008 - 31 March 2009

### Income

NHS		£ 355,127
Grants		43,894
Fundraising		159,811
Donations	£ 48,949	
Legacies	245	
Events	35,521	
10k	36,235	
Merchandise	18,611	
Gift Aid	11,108	
Other	9,142	

**£ 558,832**

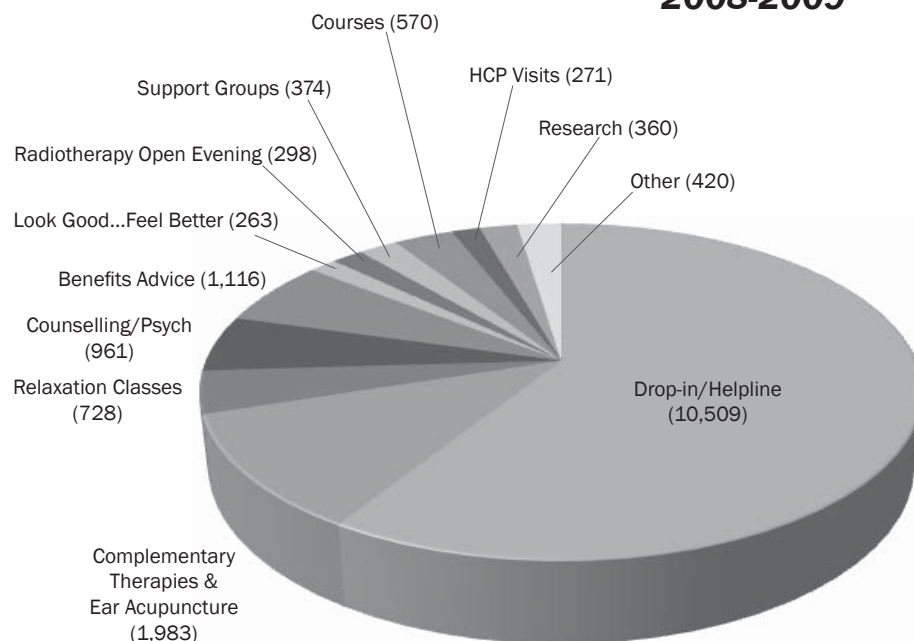
### Expenditure

Salaries	£ 495,140
Staff Training	5,372
Research costs	720
Fundraising costs	23,931
Office costs	18,270
Other	9,597
Transfer to Reserves	5,802

**£ 558,832**

*62% of visits to the Drop-in centre are dealt with by our superb team of volunteers*

## Centre Users 2008-2009



# Machu Picchu conquered

*Regular readers of 'Open Door' will be relieved to learn of the safe return of our two complementary therapists from their mega-adventure in Peru in May. Cherry Mackie and Lynda Hannam undertook a tough trek to Machu Picchu to raise more than £5,000 for the LJMC.*

As they landed in Cusco, Cherry and Lynda were disconcerted to see a sign advertising free oxygen.

Despite all their training and preparations, they knew that acclimatising to the altitude was going to be one of the toughest parts of the challenge.

*"Amazing, stunning, awe-inspiring..."*

Fortunately, their itinerary was well planned and they had 24 hours in the town to get used to the thinner air before heading off on their trek.

The superlatives and adjectives they have used since their return have certainly inspired us all and we've been poring over the Charity Challenge brochure with envy.

*"...beautiful, breathtaking, outstanding"*

Amazing, stunning, awe-inspiring, beautiful, breathtaking, outstanding, trip of a lifetime are just some of the ways in which they have talked about their experience.

Their trip didn't follow the usual tourist route along the Inca Trail. Instead, they walked through the quiet, peaceful mountains, greeted by local people at every village and entertained by the children.

*"Took their breath away"*

The group of 16 trekkers returned the hospitality with a thoroughly English rendition of '10 Green Bottles' which has possibly set back Anglo-Peruvian relations by a few years!

Nothing prepared the intrepid duo for their first sight of Machu Picchu itself.



At the end of several days of hard walking, the Lost City of the Incas took their breath away.

Lynda was celebrating her birthday that day. "What an incredible birthday present," she told us.

*"What an incredible birthday present"*

After more than a year of planning and training, the two therapists were not disappointed in their trip.

They are particularly thrilled to have received such magnificent support from colleagues, friends, family and patients and thank everyone for helping them raise so much money for the LJMC – £5,217 at the last count!

If you are interested in taking on a similar challenge, visit

**[www.charitychallenge.com](http://www.charitychallenge.com)**

for ideas and inspiration.

Charity Challenge organised the well publicised climb to the summit of Mount Kilimanjaro by ten celebrities in aid of Comic Relief earlier this year.

This trip inspired David Stern and Clive Newman who will be taking on this challenge in aid of the LJMC in February 2010.

You can sponsor David at [www.justgiving.com/missionmanjaro](http://www.justgiving.com/missionmanjaro)



## How does he find the time?

Just as 'Open Door' was going to press, outgoing Chairman of Three Rivers District Council, Cllr Chris Lloyd, presented a cheque for £5,860 to Centre Manager, Rosemary Lucey.

Cllr Lloyd chose the LJMC as one of his special charities during his year of office. He tackled his fundraising with relish, walking the length of Hadrian's Wall, holding a Quiz Supper, entering the Manches Moor Park 10k (and encouraging his friends and colleagues to do likewise) as well as many other events.

His total fundraising for the centre exceeded £6,000.

We cannot thank you enough, Chris, for choosing the LJMC and for raising so much money. We very much appreciate your support.

*... working to improve the lives of people affected by cancer...*

# Manches Moor Park 10k & Junior Fun Runs

in aid of the  
Lynda Jackson Macmillan Centre  
for cancer support & information  
at Mount Vernon Hospital

Sunday 27 September 2009



Merchant Taylors' School, Moor Park

Under 15s	2 1/2 miles	12.00 pm
Under 12s	1 1/2 miles	12.45 pm
Under 10s	3/4 mile	1.15 pm
Manches Moor Park 10k		3.00 pm

Entry forms available from:  
[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

Tel: 020 8950 6586

**MANCHES**



Over Midsummer weekend, twenty keen gardeners in the Northwood area opened their splendid gardens for charity. More than £5,000 was raised altogether. Congratulations to Warren Reeves on his excellent organisation of this superb event and thank you to the gardeners who nominated the LJMC as their special charity.

## Shopping online?

Visit your favourite retailers via our webshop and raise money for the LJMC at the same time!



books 🌸 music 🌸 holidays 🌸 gifts  
fashion 🌸 films  
and much, much more  
This service is completely confidential

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

## Donation form

I would like to make a donation to the Lynda Jackson Macmillan Centre

I enclose a cheque for £ ..... made payable to 'Lynda Jackson Macmillan Centre'

Name: .....

Home Address: .....

.....

Telephone: .....

*giftaid it*  I am a UK taxpayer and wish this donation (and any others I may subsequently make\*) to be treated as a Gift Aid donation, increasing this donation by 28% [To qualify for Gift Aid, what you pay in income tax or capital gains tax must at least equal the amount we will claim in the tax year] \*delete if applicable

Signature: ..... Date: .....

Lynda Jackson Macmillan Centre, Mount Vernon Hospital, Northwood, Middlesex HA6 2RN  
Registered charity no. 1053338

Office use: Sum09 TQ:
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