

# opendoor

summer  
2010 the newsletter of the Lynda Jackson Macmillan Centre

## A host of new projects for the LJMC

*The appointment of the first Nurse Consultant for the Cancer Survivorship programme at the Mount Vernon Cancer Centre, together with a significant grant to the LJMC from a local charitable trust, have led to a number of exciting new initiatives and projects.*

Staff at the LJMC were delighted to learn that the new Nurse Consultant post was to be filled by Dr Cathy Wilson, a former colleague from the LJMC Research team.

Cathy's new role will be to lead and develop the survivorship programme, picking up on national initiatives and turning them into workable, useful programmes for patients and staff.

*... workable, useful programmes for patients and staff...*

As the LJMC bears much of the responsibility for providing support and information at Mount Vernon Cancer Centre, Cathy will be working very closely with many of the teams here and she is delighted to be back amongst her LJMC friends.

Initially, the focus of Cathy's attention will be developing survivorship initiatives for patients living with active or advanced disease.

The clinical aspects of Cathy's work will include setting up assessment clinics for patients living with a diagnosis of cancer. With an increasing emphasis on self-management in cancer care, Cathy will also be working on projects to develop efficient, ongoing support and care for patients finishing treatment.

*... efficient, ongoing support and care...*

Ensuring they have the information they need will be crucial and the LJMC's Information team is well placed to play a key role in this project. The team's experience in anticipating patients'

needs and creating accurate, informative publications will be an essential ingredient. This dovetails neatly with the extensive work that the Information team has undertaken to implement the new national Patient Information Prescription service.

Cathy will be developing a website with information and links to relevant resources on topics such as healthy eating and stopping smoking.

*... information on all aspects of life after treatment...*

The website will be aimed both at patients and also healthcare professionals providing information on all aspects of life after treatment.

The website project is being funded by the Milly Aphorp Charitable Trust, a local organisation that expressed keen interest in funding work at the LJMC. We are immensely grateful to the Trustees for their generous support.

Fulfilling the educational aspect of her role, Cathy will spend time contributing to study days for healthcare professionals as well as talking to support groups.



She is already working closely with Cherry Mackie, the LJMC Support Group Co-ordinator, to set up a new group for carers. This is an exciting project that has been on our drawing board for some time and we're delighted finally to be getting it off the ground.

The third strand to Cathy's role is research. Drawing on the LJMC's existing ear acupuncture service for ladies experiencing hot flushes as a side-effect of hormone treatment for breast cancer, Cathy will be looking to establish a similar service for prostate cancer patients.

With so many possibilities for developing the LJMC's services, there are few areas of the LJMC that won't be involved in some way or other with Cathy's projects and the naturally innovative LJMC team members are poised to roll up their sleeves and start work.

*... supporting people affected by cancer...*



# Lynda Jackson Macmillan Centre

... supporting people affected by cancer...

Mount Vernon Cancer Centre  
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)

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.

## Staff news

We're delighted to welcome a number of new volunteers to the LJMC team.

**Paula Gilbert** joins the Drop-in centre team.

She brings a wealth of experience as a trained counsellor and voluntary case worker for SSAFA Forces Help.



**Fiona MacEwan, Annie Perks, Louise Petch, Jeanne Trill and Barbara Westmore** have joined the Complementary Therapy team and will be providing therapy services on the wards and waiting areas in the Cancer Centre.

We were sorry to say goodbye to **Vibhu Patel** who has worked as a volunteer in the Drop-in centre for eight years.

During this time she has also undertaken further training and has been running the 'Naya Rasta' courses at the LJMC on behalf of Macmillan Cancer Support. Vibhu is leaving to train as a teacher.

Therapy radiographer, **Radhika Unadkat**, our healthcare professional on Fridays, is leaving following her promotion in the Radiotherapy department. Congratulations, Radhika!

Former LJMC volunteer, **Joan Gardner**, was presented with a certificate of achievement by the Mayor of Hillingdon at the recent Volunteer Achievement Awards.

Joan worked as a volunteer at the LJMC when it first opened, retiring last autumn after more than sixteen years.

She was nominated for the award by Head of Centre, Rosemary Lucey, who said, "Joan's contribution to the LJMC has been immeasurable. There was no doubt in my mind that she was a worthy candidate for this recognition."



## Reiki service extended to wards

**A new pilot study into the use of this complementary therapy is due to start on the wards of the Mount Vernon Cancer Centre.**

Reiki (pronounced 'ray-key') is a gentle, relaxing complementary therapy which promotes better health and a feeling of wellbeing. It works by the warmth and comfort of the hands which are placed on, or just above, the body to offer gentle support.

It has been offered through our outpatient service at the LJMC for some time and we are gathering more evidence of its benefits so that we can also offer it on the wards of the Cancer Centre.

Neha Pragji, a volunteer health psychologist, is leading the study as part of her PhD, developing tools to evaluate the usefulness of this therapy.

As an introduction to the therapy, Cancer Centre staff were given an opportunity to try Reiki during our annual Awareness Week. The sessions were quickly booked and very much enjoyed. As one member of staff said, "I haven't been this relaxed in years – brilliant!"

# Reducing the anxiety of chemotherapy

*Before patients receive chemotherapy it is important that they fully understand what is happening and have the opportunity to ask questions at what can be a scary, anxious time. The LJMC has been working with the Chemotherapy team at the Cancer Centre to provide a pre-chemotherapy consultation service.*

National guidelines insist that patients who will be receiving chemotherapy as outpatients receive adequate information about their treatment and the side-effects they may experience.

There's also a myriad of other information to be given to patients, from outlining the treatment day to where to park.

Until recently, this was always done on a one-to-one basis by one of the nurses from the treatment team. This could be a time-consuming activity and could leave patients feeling alone in their diagnosis. It was therefore decided to pilot a scheme whereby the relevant information was conveyed in a group setting.

The informal, friendly atmosphere of the LJMC with our airy relaxation room seemed to be the perfect place and sessions started earlier this year.

The initial sessions were run by our two chemo-trained nurses, Jill Ricks and Theresa Sullivan, and covered all the key areas with plenty of time for questions.

One of the LJMC Drop-in centre volunteers was also on hand to show patients round the hospital to familiarise them with the relevant departments such as pharmacy, pathology and, of course, the Chemotherapy suite itself.

Patients were asked how they felt about receiving the information in a group setting and there was a general consensus that they found it supportive, reducing the sense of isolation that many experienced.

We're delighted that this new scheme has gone so well and it is to be continued and developed. Thank you to everyone who has contributed,



especially the volunteers who give their time to this essential part of the treatment process.

*"I must thank you for the chemo information day. It's honestly the kindest thing that's happened to us since my diagnosis. It was all for our benefit; to make us more relaxed about what was coming. It took away a lot of anxieties."*

## Spreading the word

*Neither volcanic ash nor striking airlines could deter Dr Beverley de Valois in her mission to spread the word about using acupuncture in the management of lymphoedema.*

March saw the first plumes of Eyjafjallajökull whilst Beverley attended the Society of Acupuncture Research (SAR) conference in Chapel Hill, North Carolina, whose theme was 'Translational Research in Acupuncture: Bridging Science, Practice & Community'.



Here she delivered her first presentation of the results of the exploratory study into using acupuncture and moxibustion to promote wellbeing and improve quality of life for cancer patients with lymphoedema, carried out at the LJMC.

*... promoting wellbeing and improving quality of life...*

SAR, an international conference for acupuncture researchers, was an excellent opportunity for Beverley to find out about a range of attitudes to using acupuncture in lymphoedema management from acupuncture

practitioners and researchers from around the world.

Her return to the UK was quickly followed by attendance at the 2010 International Lymphoedema Framework Conference in Brighton.

In tune with the theme, 'Lymphoedema Frameworks – a patient centred approach', Beverley presented a poster illustrating the results of the patient-centred focus used in the study.

*... patient-centred focus...*

She met many lymphoedema specialists from around the world and was able to find out more about their perspectives on the use of acupuncture in the care of their patients.

Remaining in the UK during the worst of the volcanic upheavals, Beverley was delighted to be awarded the prize for Best Poster Presentation at the CAMStrand 2010 conference in Bristol

in April. This recognition from the UK's leading academic researchers in complementary medicine was a great honour.

With the worst of the air space havoc apparently over, Beverley presented the qualitative results of the study's final focus groups at the 5<sup>th</sup> International Congress of Complementary Medicine Research, whose theme was 'relevant research for the chronically ill'.

This visit to Tromsø in Norway's Arctic Circle gave Beverley the chance not only to further spread the word about her research but to experience the 24-hour daylight of the Arctic summer, and - alas - to be caught by the volcanic ash!

Home safely, Beverley will continue to work to spread the word about this study, funded by the National Institute of Health Research 'Research for Innovation, Speculation and Creativity' programme. Work is also beginning on designing the next phase of research into this innovative approach to a challenging area of health care.

# Looking back and looking forward...

There is no doubt that the last year at the Lynda Jackson Macmillan Centre has been one of great change with many new developments and some disruptions.

As we came to the end of the year, there was an increasing sense of stability and it is appropriate to start by congratulating and thanking the magnificent LJMC team for the way in which they have responded to the challenges they have faced.

*... LJMC team has responded to challenges...*

We started the year with the relocation of the Supportive Oncology Research Team from their offices above the Chemotherapy Suite while building work was being carried out.

The team's temporary home was in the old Outpatients building on the other side of the hospital site and, although the Mount Vernon site is not huge, it sometimes felt as if they were miles away.

Where once we had been able to pop next door and have a chat face-to-face, we either had to pick up the telephone or face the trek across the site – delightful in the summer but less appealing in the wind and rain.



*Members of SORT in their new office*

True, everyone's fitness levels increased, but it's really great to have them 'home' again next door. The LJMC team feels complete again.

*... it's great to have them 'home' again...*

The appointment of new staff during the year has been a joy, enabling us to move forward in the provision of our services.

With increasing importance on the provision of information to patients, the appointment of Theresa Sullivan to head up the Information team has been significant. Theresa's ability to juggle multiple projects and new initiatives has been crucial. She is keeping the LJMC firmly on the information map as the health industry embraces new technology and the opportunities it presents to provide the best service possible.

*... sharing knowledge and experience...*

The Counselling team is not just at full strength but enhanced by the addition of the new art psychotherapy service under the expert eye of Shona Elrick. Shona has worked hard to introduce the service and raise awareness among Cancer Centre staff.

New volunteers have joined the team, each bringing unique experience to their respective roles. Existing members of the team have worked to help them settle in, sharing their own knowledge and experience and nurturing new skills in the generous way that typifies the LJMC.

Anyone who is familiar with the LJMC building will, by now, be wondering where everyone manages to work. It's fair to say that space is at an absolute premium and staff have been more than creative in their approach to hot-desking. This is an issue that faces us in the coming year and we are exploring possibilities although it is a slow process.

The topic on everyone's lips this year has been that of finances. With such a substantial part of the LJMC's income coming from voluntary donations and fundraising, this has been a major concern for the centre.

*... thank you for the support you have given during the year...*

Donations were down by a third on the year 2008-9 and this has been a cause of considerable anxiety.

The LJMC makes no charge for its services and is unable to increase its income except through the generosity of its supporters. We thank you for the support you have given during the year.

However, amid this gloomy news, our largest annual event – the Moor Park 10k – had a record year, smashing its target and helping redress the financial imbalance with which we were faced.

The LJMC has always been up for a challenge and, if it were not for four of our supporters who felt likewise, we would be facing financial challenges of a different kind in the coming year.

*... up for a challenge...*

Two pairs of intrepid adventurers embarked on fundraising expeditions: David Stern and Clive Newman trekked up Mount Kilimanjaro and two of our complementary therapists, Cherry Mackie and Lynda Hannam, trekked to Machu Picchu. Between them, they raised well over £20,000, significantly redressing the potential

## Financial Report

for year 1 April 2009 – 31 March 2010

### Income

NHS	£ 353,976
Grants	28,341
Fundraising	163,798
Donations	£ 32,452
Events	54,284
10k	43,605
Merchandise	14,398
Gift Aid	10,494
Other	5,793
Transfer from Reserves	2,772
	<b>£ 546,115</b>

### Expenditure

Salaries	£ 492,505
Staff Training	1,895
Research Costs	143
Fundraising Costs	27,925
Office Costs	20,552
Other	3,095
	<b>£ 546,115</b>

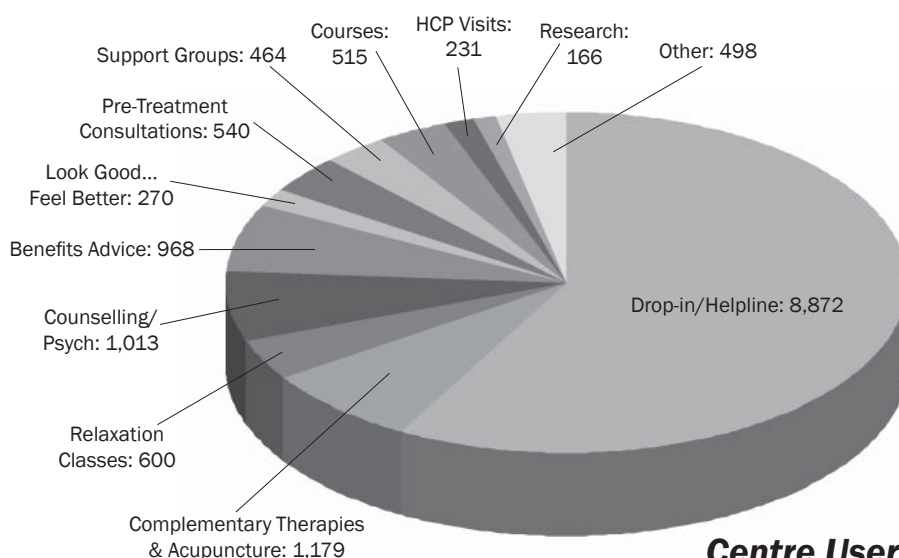
# ... a review of the last year

deficit. We are immensely grateful to them all for choosing to support the LJMC through their endeavours with such successful results.

As the dust from the last year settles, everyone is looking forward with optimism. With fresh announcements daily from the new Government, we face new priorities and, inevitably, new challenges. Budgets are tight but spirits are high.

Amid the changes, the Drop-in centre remains focused on its role to provide a place of support for people affected by cancer. This remains central to what we do and how we do it.

**Rosemary Lucey**  
Head of Centre



**Centre Users**  
**2009 - 2010**

## Another new acupuncture project

*The LJMC's experience of using acupuncture with cancer patients was extended when a multi-centre trial to evaluate the use of this complementary therapy in treating xerostomia (dry mouth) began in July.*

Xerostomia is a side-effect that is frequently experienced by patients who have received radiotherapy for head and neck cancer.

For most patients, the condition gets better over time. However, in some cases, it may be permanent, affecting speech and also the ability to eat with ease and comfort.

Cancer Research UK is funding a trial – Acupuncture for Radiotherapy-Induced Xerostomia (ARIX) – involving patients in several hospitals, including Mount Vernon.

Acupuncturist, Rachel Peckham, who has worked at the LJMC on previous projects, is joined by Celeste Handford, Mary Hurley and Bea Masters as they start treating the first group of patients.

The study is a randomised, controlled trial involving ten patients at a time. Half the patients will receive an eight-week course of ear acupuncture, the other half will receive an education programme covering how to deal with their symptoms.

After eight weeks, patients will take a break, after which the two groups will swap over.

Any changes in the severity of symptoms will be noted and, it is hoped, that a reduction will be achieved.

Patients who are interested in taking part in this study are invited to call Anne Downs (Senior Research Sister) (01923 844011) for a preliminary discussion.

Patients should have finished treatment at least 18 months previously.

Thank you to everyone who responded to our request in the last issue of 'Open Door' to help with the production of our information publications. We were delighted with the response and are immensely grateful to you all for giving up your time to help us.

If you would be interested in helping with this important area of the LJMC's work, please get in touch with the Macmillan Patient Information Lead, Theresa Sullivan (01923 844743).

Tasks may include proof-reading, checking publications for readability and contributing to our Patient Information Panel. The amount of time you spend will be up to you and much of the work may be done electronically or by post.

## Special lingerie evenings

It has been a huge pleasure for members of the LJMC team to work with local retailers, putting on special events for ladies who have had breast surgery.

We joined up with John Lewis, Watford some years ago to organise special evenings which are now a firm twice-yearly fixture in our diaries. The highlight of these is always a catwalk show of lingerie, swimwear and fashions by ladies who have had surgery.

More recently, Marks & Spencer, London Colney has started to host special evenings in the store to present their increasingly extensive range of specialist post-surgery lingerie. It is the store's intention to organise at least two events a year.

If you would like to be kept informed of these events, please get in touch with the LJMC Helpline (01923 844014) to give them your contact details.



# Fundraising news

## A swimming marathon

Lesley Ferguson's idea of undertaking a sponsored swim in aid of the LJMC soon mushroomed into a swimming marathon with friends from her local pool quickly signing up to take part.

Friends of friends and LJMC supporters also joined the team; thus 20 people plunged into Highgrove Pool in Ruislip to swim 26 miles between them.

With three hours to achieve their target, they pounded up and down the pool,

having such a great time that, having achieved their goal, they swam on for a total of 37 miles.

What started in Lesley's mind as a modest event turned into a major fundraising achievement with more than £5,750 raised by the group.

Congratulations and thank you to Lesley and all the swimmers who took part.

There have been suggestions that this might become an annual event. If you'd

be interested in taking part, please get in touch with Sue Hordyj at the LJMC.



*One of the swimmers was Pasquale, a local cartoonist who penned this special self-portrait to help promote the event.*

## A little bit of the X-Factor

We've been delighted to be given some really special merchandise from the popular TV talent show 'The X-Factor' thanks to the support of 2009 finalist Danyl Johnson.



The finalists released a single, 'You Are Not Alone' and we have a copy, signed by the last eight finalists.

We've also been given a copy of the 2010 tour programme, signed by the last eight finalists.

If you would like to make an offer for either of these special items or know of a really great fundraising opportunity that will maximise Danyl's generous gift, please get in touch with Sue Hordyj at the LJMC.

## Swimming, cycling and running for the LJMC

On a fine day at Blenheim Palace, the 'royal' water beckoned as the temperature soared to unprecedented levels. Despite the distraction of the challenge of putting the wetsuit on, the nerves were growing with anticipation.

Before entering the water, the thorough safety briefing meant the wetsuit started to heat up like the preparation of the tyres on an F1 racing car; I was a coiled spring, ready to go.

Wave 3 saw over 200 yellow hats bobbing up and down treading water ready for the 10.40am start. There was no turning back as the claxon sounded.

Immediately my swim training paid off with 750m completed in 22 minutes. Now the hard part, removal of the wetsuit!

An uphill dash to the bustling transition area without my specs on where I had to find my bike amongst 3,000 others. After a quick change into socks, shoes and helmet I had a brief moment to take on some jelly babies!

With the swim over it was all downhill... if only! Bursting out of the blocks on the bike to start three laps of the beautiful palace grounds, the support crew were going wild on the sidelines and my energy levels were high.

In the distance, looming ahead came the mountain that even the Tour de France 'King of the Mountains' would have struggled with (note to self; training on tow paths doesn't pay off).

At this point I drew on the strength of all the messages of support leading up to the day, helping me to burn up a number of my competitors en route in some fantastic overtaking manoeuvres as, in the heat of the day, the St John Ambulance team were kept busy.

With three laps completed in 48 minutes and a very quick transition, it was time to stretch out the jelly legs for the final gruelling section.

Starting to slow and tire on the run, I powered through the first lap. I was now almost down to a walking pace but,

refreshed by a welcome water station, the palace came into sight.

On the final hill climb I persevered into the home straight, with the crowds cheering, to complete the course in a personal best time of 1 hour 49 minutes and 16 seconds.

Phew!! Made it, a fantastic feeling crossing the line and a really enjoyable day out.

**David Barrett**



**Thank you, David, for raising the fantastic sum of £3,115 for the LJMC!**

# Thank you for your support

## Fundraising activities March – June 2010:

- Staff at **K Flynn Brickwork** organised a Dance Evening to raise more than £280.
- **Anne Connell** continues to sell surplus stock of cotton reels and has raised more than £150 in recent months. She is always delighted to visit sewing and craft groups and can be contacted on 01923 821977.
- **Mel Nichols** continues to support the LJMC through her company, the Wig Bank. She makes a donation of £5 for every wig sold. Her service includes reconditioning wigs – you can find out more by calling Mel on 07958 486476.
- **Annette Stannard** held a 'Snowdrop Party' and raised £250.
- Wine tutor, **Lindsay Oram**, was the guest speaker at a wine-tasting evening at the Black Horse pub in Eastcote and raised £55.
- The **Grenadier Guards Association** (Slough & District Branch) held a Charity Night. With a tombola, raffle, games, stalls and refreshments and the support of many helpers, they raised more than £400.
- Hand-crafted greetings cards made by our supporter, **Sheila King**, were sold to raise £27.
- Once again **Nancy Woods** organised a Coffee Morning for the Townswomen's Guild, raising £33.
- The **Middlesex County Automobile Club** supported the LJMC at the Middlewick Stages rally, sending a magnificent donation of £485.
- **Wendy Rankin** held a Coffee Morning and raised £190.
- Love 'em or hate 'em, the vuvuzela (South African blowing horn) was an unforgettable part of the recent football World Cup. An enterprising supporter, **Anne Edwards**, purchased some in Johannesburg which she and her father, **Donald**, raffled outside their local football club to raise more than £175.
- **Julie Knight** and **Evelyn Gloyn** took part in the Hatch End Triathlon in memory of their friend Androulla Vafiadis raising more than £500.

- **St Mary's Church, Rickmansworth** has continued its magnificent support of our work through its annual charitable giving programme.
- Special thanks to the donors of prizes for our annual Grand Easter Egg Draw: **David & Marion Gray, Thames Projects Ltd** and **Waitrose Northwood**.
- More special thanks to the donors of plants for our Plant Sale: **Shane's Nurseries Denham, B & Q Watford** and **Burston's St. Albans**

Thank you to the customers in **Waitrose, Northwood** who used their 'Community Matters' token to support the LJMC. We were delighted to receive £383.

## Collecting tins

Thank you so much to the shops, pubs and clubs that continue to support the LJMC by keeping one of our collecting tins on the counter. Fundraisers over the past three months include:

- Adams Opticians
- The Ballot Box
- Bouticare
- Café Loco
- Cinnamon Square
- Costa Coffee at Mount Vernon Hospital
- D & D Newsagents
- Ducks Hill Garden Centre
- Food Fayre
- The Fox & Hounds
- The Misty Moon
- The Old Northwood
- Ye Olde Greene Manne
- The Tudor Arms
- The White Bear
- William Hill, Rickmansworth

## Congratulations...

... to Bob Hill on reaching a 'certain age'. He had a great party, asking his friends and family to make donations to the LJMC instead of buying presents.

If you're having a special celebration and would like to do likewise, please contact our Appeals Team (01923 844014) who will be happy to help prepare special donation forms for you.

## Forthcoming events in aid of the LJMC...

The date for **Helen Fulcher** and her intrepid team to dive into the English Channel and swim to Calais is approaching.

The six swimmers have been training for several months, first in swimming pools, then in lakes and more recently in the sea. They took part in the Great East Swim in Alton Water near Ipswich and finally plucked up the courage to take to the chilly water of the English Channel itself with training swims off Dover. Fortunately, the warm weather of recent weeks made this less arduous than they had feared.

Under the rules of the Channel Swimming Association, they are not allowed to wear wetsuits and will face the cold, pollution and jellyfish of one of the busiest shipping lanes in the world.

At the time of writing, they have already raised over £3,000. You can support them by visiting:

[www.justgiving.com/channelswim2010](http://www.justgiving.com/channelswim2010).



As we go to press, **James Heywood** is heading off to Zurich 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).

**Lee Higley** continues his cycling marathon in aid of the LJMC, aiming to cycle more than 3,000 miles. His fundraising page is: [www.justgiving.com/higgers2010](http://www.justgiving.com/higgers2010).

If you would like to help with any of our fundraising activities or want more information, please contact the LJMC Community Fundraiser, Sue Hordyj: tel: 01923 844589 email: [sue.hordyj@nhs.net](mailto:sue.hordyj@nhs.net)

# Entries flood in for the Moor Park 10k

Entries are already flooding in for this year's Moor Park 10k and Junior Fun Runs, sponsored for the first time by Stewarts Law LLP. This year's race takes place on Sunday 26<sup>th</sup> September in the beautiful grounds of Merchant Taylors' School.

The team is going all out to beat last year's record fundraising total of more than £43,500 and welcomes everyone to take part or help.

Although it's advertised as a race, it's much more about taking part than winning. Runners, joggers and walkers of all standards, speeds and ages are welcome – you'll each get a medal for completing the route.

As an incentive to encourage people to raise some money through their participation, we're also offering free entry into our Special Prize Draws for anyone who raises more than £10. The prizes are iPods, generously donated by some of our supporters.

It's always a great day out for the family, with lots of other things to do including a fun fair, bouncy castles and other games – all raising money for the LJMC.

Tell your friends and family, encourage your colleagues at work and help us make our ninth 10k the best ever!

## Situations vacant!

If you'd like to help on the day, we'd love to see you! We need people to help with:

- Face-painting
- Henna designs
- The LJMC refreshment stall
- Tombola
- Giving out medals and water at the finish

If you can help, please contact Sue Hordyj (01923 844014 or sue.hordyj@nhs.net)

We also need people to act as marshals both within the school grounds and also out on the 10k route. If you can help, please contact John Hambleton (07779 458285).



## Christmas is coming...

The first delivery of our specially printed Christmas cards has already arrived at the LJMC although we confess we're finding it a struggle to get festive in the heatwave!



However, in anticipation of another bumper year, we'd really appreciate some help in selling our cards in the autumn.

If you can spare a couple of hours a week to join our team at Mount Vernon Hospital, please get in touch with Sue Hordyj (01923 844014 or sue.hordyj@nhs.net).

If you know of any other outlets for our Christmas cards and merchandise, please call Sue. Perhaps you can sell them at work, or maybe you're organising a coffee morning?

## Stewarts Law Moor Park 10k & Junior Fun Runs Sunday 26<sup>th</sup> September 2010 At Merchant Taylors' School

Junior Fun Runs from 12 noon  
Stewarts Law Moor Park 10k at 3.00pm



07779 458285  
www.moorpark10k.org.uk

### 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:

Sum10 TQ: