

opendoor

summer
2011

the newsletter of the Lynda Jackson Macmillan Centre

Tenth year for the 10k



Back in 2002, the LJMC Business team took the bold step of putting on a 10k road race. It was the biggest fundraising project they had ever tackled and they launched themselves into unfamiliar territory. Ten years later, the Moor Park 10k has become a major fixture in the local running calendar and has raised more than £280,000 for the LJMC.

The pressures on the fundraising department of a charity are incessant with the need to come up with new ideas and projects to bring in much needed funds.

A fortuitous encounter with an experienced, local Race Director was the inspiration to organise a 10k race and, with some trepidation on our part, plans were made.

As entries arrived at the LJMC, doubts were replaced by a new spirit of optimism and, as the event drew closer, there was a sense that we might have a success on our hands.

Raising more than £11,000 was an exhilarating feeling, tempered by doubts that this might be a one-hit wonder. Could we repeat, or even increase, this successful event?

In 2003, not only did we double the number of runners taking part, we doubled the amount we raised too. The Moor Park 10k was officially declared an 'annual' event in the LJMC calendar.

The Moor Park 10k has managed to get everyone at the LJMC involved in some way: members of staff, their children and grandchildren take part, many others help on the day, the Complementary Therapy team offers a service for weary runners and, back in the Centre, it's difficult not to catch the excitement and buzz of activity as race day looms.

As we approach the tenth Moor Park 10k, we pay tribute to the thousands of runners who have supported the LJMC through their participation. Many runners have come back year after year, full of praise for the event as well as the charity in aid of which the event is organised.

We have also enjoyed the support of several local companies who have sponsored trophies over the years and, of course, our corporate sponsors, Manches LLP and more latterly Stewarts Law LLP. The generosity that all these companies have shown has been significant in enabling us to develop the event.

Every penny raised by the 10k goes directly towards the LJMC's services.

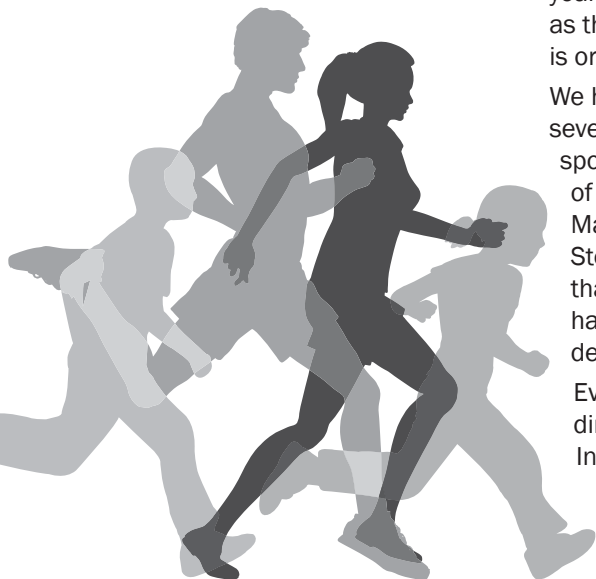
In particular, it is used to fund the Complementary Therapy service that is so greatly valued by so many of our patients.

This year's race will take place at Merchant Taylors' School on Sunday 25th September and we warmly encourage you to come along and join us in celebrating ten years of running in aid of the LJMC.

Whilst the event is advertised as a race, many people enjoy the event at a more sedate walking pace. You'll still get a medal at the end!

The junior events are always great fun so why not encourage your children and/or grandchildren to come along and take part too? There are other activities going on for young people with a fun fair and bouncy castles and many families bring picnics to make a great day out.

We're always pleased to hear from people who'd like to help on the day as well. If you can spare some time, please contact Sue Hordyj on 01923 844589.



stewartslaw
Moor Park 10k
& Junior Fun Runs
Sunday 25th September
Merchant Taylors' School,
Northwood
Further information from:
07779 458285
www.moorpark10k.org.uk
All welcome!



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

Moor Park 10k: www.moorpark10k.org.uk

Webshop: www.buy.at/ljmc

Online Fundraising: 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 Cancer Centre

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.

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.



Congratulations, Doctor Sagoo

Head of the LJMC Counselling Service,
Parminder Sagoo, is celebrating
following successful achievement of
her professional doctorate in
counselling psychology.

For her research project, Parminder
undertook a qualitative study of the
experiences of South Asian women
with breast cancer. We will publish
more about this study and her findings
in a future issue of Open Door.

Hello and welcome...

We're delighted to welcome many new volunteers to the LJMC:

Robert Day and **Pam Barnard** have joined the Complementary Therapy team,
working on the wards and in the waiting rooms of the Cancer Centre.

Jane Deacy and **Jennie Greaves** have joined the Drop-in centre team.

The Information team has a whole crowd of new volunteers working on
the iPoint, showing people round the Cancer Centre and helping with
administrative tasks: **Iris Atwell, Linda Bedford, David Brown, Ka Chan,
Patricia Grady, Teresa Gray, Maureen Hardy, Pauline Howard, Valerie
Jenkins, Fauzia Jones, Ameen Keshavjee, Maggie Lord, Anne Matthews,
Ann Meitiner, Hilary Nicolls, Natasha Nicolson, Pauline Nunnerley, Elaine
O'Sullivan, Paul Palmer, Jack Parnell, Laura Race, Omika Tinani, Emily
Tondel, Cheryl Vials, Marleen Vos, Betty Westbrook, Julie Wilcox and Gilla
Woodward.**

Thank you for volunteering and for your commitment.

You can find more information about opportunities for volunteers at the LJMC
on our website: www.ljmc.org.

Painter needed

Are you, or do you know, a painter with a head for
heights?

We need to redecorate the Relaxation Room at the
LJMC which, at its peak, has a 20' high ceiling.

If you can help, please call Rosemary Lucey
(01923 844014).



iPoint update

The youngest LJMC service, the outreach information service in the Cancer Centre, has now been fully operational for just over three months and is already proving a valuable addition to the portfolio of services we offer.

Following our selection as an NHS Beacon for the implementation of the new online Information Prescription Service (IPS), Macmillan Patient Information Lead, Theresa Sullivan, has been working to establish a satellite patient information service in the main building of the Cancer Centre.

One of the first tasks was to recruit a brand new team of volunteers to run the service. A great article in the local paper in the late autumn yielded a magnificent response and the next couple of months were spent interviewing and training the new recruits.

"Everybody here has been so nice to me."

Comment by patient

Meanwhile, Theresa had to identify and furnish a suitable spot in the Cancer Centre which was convenient for patients and staff alike as well as order laptops and arrange for Internet access. Finally, in April, we were ready to go live with our fledgling service.

Staff in the outpatients' clinics are now becoming more familiar with the new service, identifying patients' information needs and directing them to the iPoint where they are given the leaflets they need.

Like many new projects, it's been a slow start but this has also given the team time to become more familiar with the computer system and the workings of the LJMC and Cancer Centre.

"Having the IPS in clinic is a great reminder for me and junior members of the team of how much information is out there to support our patients."

Comment by MVCC consultant

Located close to the reception area, the volunteers spend much of their time giving directions to visitors too. Very often they will take visitors to



"You have all achieved such a great deal during the Beacon period which also reflects the hard work and commitment of yourselves in the cancer centre and LJMC."

I know that your excellent work will continue to go from strength to strength."

Elaine Wilson

National Cancer Information Prescriptions Manager
National Cancer Action Team

where they need to go. "It's quite a complicated hospital site until you get to know it," they said, "so it's easier to show people than draw a map. Sometimes patients come back to the iPoint to thank us which really makes it worthwhile."

During the implementation we have been fortunate to have had the support

and help of our project facilitator, Jenny Freeman. Jenny was seconded to the LJMC for six months by the National Cancer Action Team as part of the Beacon initiative.

Jenny has now moved on to help other hospitals implement the IPS, drawing on the experiences she gained working alongside us at the LJMC.

More volunteers needed for iPoint

IP

We are still in need of a few more volunteers to work on the iPoint. If you are interested in helping, or know someone who is, please contact us via the Helpline (01923 844014).

Volunteers need to enjoy working with people, reliable, compassionate and discreet. They should have basic computer skills and full training will be given in using the IPS.

Most of the iPoint volunteers commit to working half a day each week.

A review of the last year

1st April 2010 - 31st March 2011

Sometimes it can be exhausting to recall all that has happened and been achieved in a twelve month period at the LJMC and the last year is no exception.

A few key themes recurred over the year with the activities of the Information team being very much at the forefront of our achievements.

Being appointed a Beacon site for the implementation of the new Information Prescription Service (IPS) was a distinct high point, acknowledging the high standards of the team and national confidence in their abilities to pioneer this exciting new service.

A key feature of this project has been to establish a satellite information service in the main building of the Cancer Centre, taking the LJMC to the heart of where the patients are.

Planning the new service, recruiting and training new staff and familiarising everyone with the IPS itself have all taken a little longer than we planned. However, the end result has been a high level of service that meets a great need.

Part of being a Beacon site has included sharing our experiences with others and we hope we have enthused and motivated others to take their own first steps in using the IPS to provide cancer patients with information.

In tandem with the Beacon project, the other strand of the Information team's work has been an application for certification to the Information Standard. Supported by the Department of Health, this is an independent scheme that helps the public identify reliable and trustworthy sources of health and social care information.

The wintry weather did everything it could to throw a spanner in the works of the project but, undaunted, the team pressed on and received confirmation of their successful achievement in January.

During the year the Complementary Therapy team underwent its first peer review, a daunting task and one from

which they emerged with flying colours, commended by the regional leads.

The review was conducted across the Mount Vernon Cancer Network, affirming the team as part of a wider service.

A new addition to the LJMC's portfolio of services is Art Psychotherapy. We were honoured to receive funding for this post from the Corinne Burton Memorial Trust (CBMT), initially for one year.

It has been extremely satisfactory to see this service grow as quickly as it has and we were delighted to hear from the trustees of the CBMT that they wished to extend their support for a further year.

The latest buzzword in cancer care is 'survivorship' with greater emphasis being given to living well during and

after treatment for cancer. Many new projects and initiatives have found their way on to the LJMC drawing board and the next year will be an exciting one for us all as some of the projects are launched.

We were delighted to be asked to host the pilot group of Hope, an education group for Asian patients run by Macmillan Cancer Support.

A new service for patients experiencing late effects of treatment will launch in the autumn and LJMC staff are involved in supporting the development of new support groups.

The financial climate has certainly taken its toll with everyone urged to tighten their belts to reduce expenditure.

The Appeals team has had the added pressure of increased revenue targets.

Financial Report

for financial year 1st April 2010 - 31st March 2011

Income

NHS		£ 331,390
Grants		46,147
Fundraising		153,515
	Donations	£ 34,080
	Events	48,350
	10k	46,823
	Merchandise	14,685
	Gift Aid	8,365
	Other	1,212

Transfer from Reserves 19,270
£ 550,322

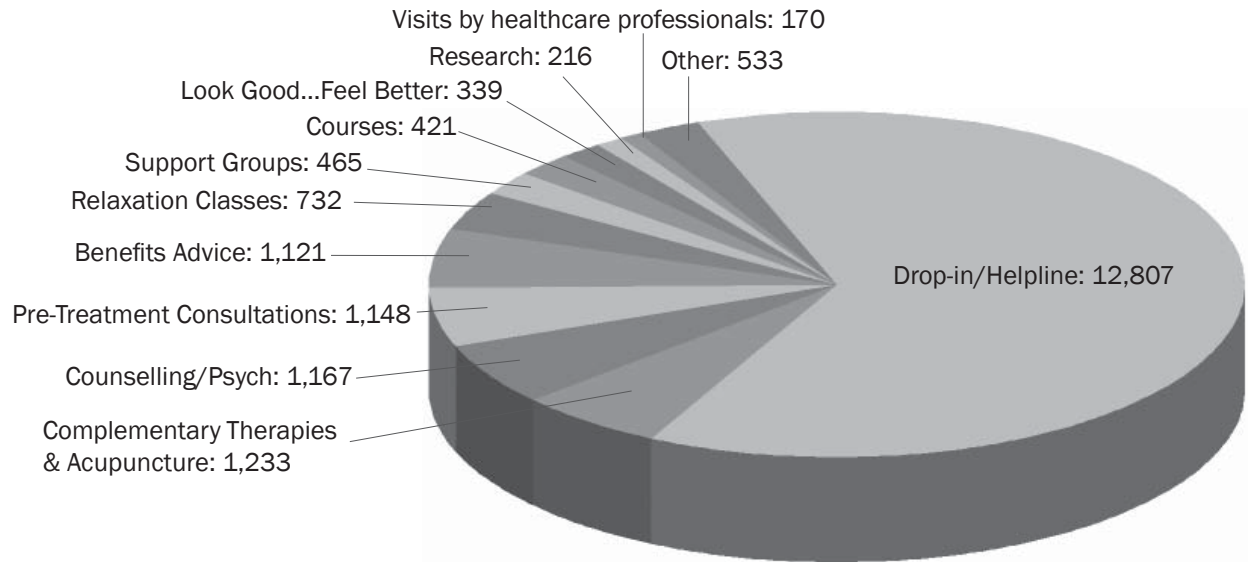
Expenditure

Salaries	505,221
Staff Training/Travel/Supervision	7,296
Research Costs	178
Fundraising costs	23,656
Office costs	10,126
Other	3,846

£ 550,323

Exceptional income

Legacy (set aside for capital reserve)	£ 124,533
Milly Apthorp Charitable Trust (set aside for survivorship initiatives)	£ 55,000



Centre Users 2010-2011

The annual Moor Park 10k has become a major part of the fundraising year and, despite experiencing rain at the event for the first time in 2010, raised a record-breaking amount.

It has been good to develop a stronger relationship with the fundraising department at East & North Hertfordshire NHS Trust during this key time with new ideas and patterns of thinking.

With similar financial challenges for the coming year, we are more grateful than ever to our supporters who make donations, hold events or contribute goods and services to help us maintain our services.

We received a substantial grant from the Milly Apthorp Charitable Trust

which has been ring-fenced for some of the survivorship initiatives and we are very grateful to the trustees for their generosity.

The LJMC was also the beneficiary of a very significant legacy which we have set aside for a capital project.

We respect the fact that wills and legacies are a very sensitive area but cannot stress enough how such a gift to the LJMC can further the work we are able to do to support people affected by cancer.

It seems as if everyone has been even busier than usual and this is reflected in the increase in the number of people who have used the LJMC's services.

At times, waiting lists have been higher than we would like and, even with the increase of our staff numbers by 50%, it seems that staff are running at full stretch.

I commend everyone for their commitment and willingness always to go the extra mile in response to the many and varied demands on their time and talents. It is a privilege to work with such an amazing team of people.

Rosemary Lucey
Head of Centre

Needle news

We are continuing to spread the word about using acupuncture to improve wellbeing in people with lymphoedema, as well as furthering our research.

In terms of spreading the word, we are pleased to have had two papers accepted for publication in peer reviewed journals.

One will appear in the European Journal of Oncology Nursing and describes the results of the treatment phase of our study. The other is a collection of case studies and will be published this autumn in the European Journal of Oriental Medicine.

To further our research, we have applied for funding from the National Institute of Health Research (NIHR) Research for

Patient Benefit programme. This proposes a randomised controlled trial for patients with breast cancer related lymphoedema.

We are delighted to have been informed that the proposal has passed the first step and will now go out for further review. We will hear the final decision in November.

In the meantime, we are initiating an exploratory study into using acupuncture to promote wellbeing and improve quality of life in patients with lower body lymphoedema.

We are planning initial investigations this summer with a view to developing



a research grant proposal at the end of this year.

For all these projects, we have been developing Patient Public Involvement. We worked closely with participants of our previous study to develop the breast cancer grant proposal.

We are also indebted to participants of that study for their further involvement in helping us to develop the case study paper. We are looking to initiate a close working relationship with people with lower limb lymphoedema to help us develop that research project.

Beverley de Valois PhD
Research Acupuncturist

Thank you so much...

Fundraising activities March – June 2011

- Professional Blue Badge tour guide, **Sonya Grist**, has organised a number of fundraising walks in London, donating her fee to the LJMC.
- Staff at **Musgrave Retail Partners** in Harefield chose the LJMC as their special charity. Over the year they organised a wide range of fundraising events to raise £5,000.
- Local pilates teacher, **Mary Clarke-Mills** celebrated Valentine's Day by inviting class members to share some love and make a donation to the LJMC. They raised £130.
- The **3 Greens Restaurant** holds regular quiz nights, inviting the winning team to nominate a charity to benefit from the raffle. Colin Kidd captained the winning team and chose the LJMC.
- Members of the congregation of **Northwood Hills United Reformed Church** held a coffee morning and raised more than £100.
- Members of the **Middlesex County Automobile Club** and **Green Belt Motor Club** jointly organised the annual MiddleWick Stages, inviting participants to make a donation to the LJMC to raise £355.
- Last Christmas, **Ducks Hill Garden Centre** held a special Santa day in aid of the LJMC and raised £250.
- The **Insurance Institute of Watford** held its annual dinner and raised £285.
- **Pauline Jones** and residents of Broadhurst Gardens and Greencroft Road in Ruislip held an event to celebrate the Royal Wedding and raised £300.
- We were privileged to be chosen as the special charity for the **Uxbridge Provincial Grand Lodge of the Royal Antediluvian Order of Buffaloes**. During the year, members held many events including a sponsored walk along the South West Coastal Path from Torquay to Lyme Regis. At the end the year we were absolutely thrilled to receive £3,785.
- **Jane Greer** organised an Arts Garden Party which raised £150.
- A sale of new and nearly new clothes and accessories at the LJMC raised £350. Thank you to everyone who donated items for sale.
- **Abbots Langley Men's Club** hosted a lunch for Manchester City FC supporters. Thanks to the culinary efforts of Yvette Maitland and Graham King, they raised £90.
- Every month, **Bellway Homes Ltd** holds a Dress Down Day. They money raised by staff is matched by the company and donated to a nominated charity. Amanda McAnrew nominated the LJMC and we were delighted to receive £114.
- **Anne Connell** continues to sell surplus reels of thread and raised more than £65.

Supporting groups and organisations

We gratefully acknowledge donations made by:

- St Mary's Church, Rickmansworth
- Broxbourne Masonic Lodge
- Hale Masonic Lodge

Waitrose
**COMMUNITY
MATTERS**



We were delighted to be nominated by customers at **Waitrose, Rickmansworth** to benefit from their Community Matters scheme. Each month the 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. Thank you to the customers who voted for the LJMC to raise £488.

In loving memory

Thank you to the family of **Ted Fitzgerald** who asked for donations to be made to the LJMC in lieu of flowers in his memory.



If you are organising an event in aid of the LJMC, please send us a photograph for Open Door.

Photos should be high resolution, clear with good contrast, preferably showing people enjoying your event! Photos can be emailed to the editor: buzz.coster@nhs.net.

Congratulations..

Ena Diamant, Roy Levene and **Tanya Levene** have all celebrated special birthdays and asked for donations to the LJMC in lieu of gifts.

Mr & Mrs Mackinnon celebrated their Golden Wedding anniversary and also asked for donations to be made to the LJMC in lieu of gifts.

If you are celebrating a special event and would like to invite your friends and family to make a donation to the Lynda Jackson Macmillan Centre in lieu of a gift, please get in touch with the Appeals Team (01923 844014). We can supply personalised, donation envelopes, complete with the Gift Aid declaration which will enable the LJMC to maximise their donations.



Collecting tins

Thank you to the patrons and customers of the following venues that display our collecting tins:

- Adams Opticians, South Oxhey
- Bouticare, Ruislip
- Costa Coffee, Mount Vernon Treatment Centre
- Food Fayre, Ruislip
- Jerry Mac's Pub, Greenford
- Misty Moon, Northwood
- Northwood Central Club
- The Swinley, Ascot
- William Hill, Rickmansworth

Our collecting tins work hard all year to help raise several thousand pounds for the LJMC.

If you can provide a collecting tin with a good home, perhaps on a shop counter or the bar of your local pub, please call Sue Hordyj (01923 844589).

Tin collections

Thank you to everyone who helped at our tin collection at Tesco, Rickmansworth, raising more than £260.

We'll be holding another tin collection at

**Marks & Spencer,
Rickmansworth**

on

**Saturday
19th November**

If you can spare just an hour to help, it will make all the difference. Please call **Sue Hordyj** (01923 844589).

A facelift for the LJMC webshop

Regular supporters of the LJMC will already be familiar with our online webshop whereby visiting your favourite retailers via the webshop generates commission for the LJMC.

Exciting news is that this fundraising venture is expanding with a host of new retailers joining the scheme and a new name and brand.

New supporting retailers include Boots, Dell, Halfords, John Lewis, Comet, Groupon, British Airways, Sainsbury's and many other household names.

We're awaiting final details but you can start supporting the LJMC by doing all your online shopping via:

www.buy.at/ljmc

This service is completely confidential.

Grand Easter Egg Draw 2011

Thank you to everyone who supported the Lynda Jackson Macmillan Centre by buying tickets for our annual Grand Easter Egg Draw which raised nearly £3,000.

Thank you also to the generous individuals and companies, including Waitrose, Northwood, for donating the chocolate prizes.

If you would like to organise or help with a fundraising event for the LJMC, please get in touch with our Community Fundraiser

Sue Hordyj
01923 844589

Christmas cards

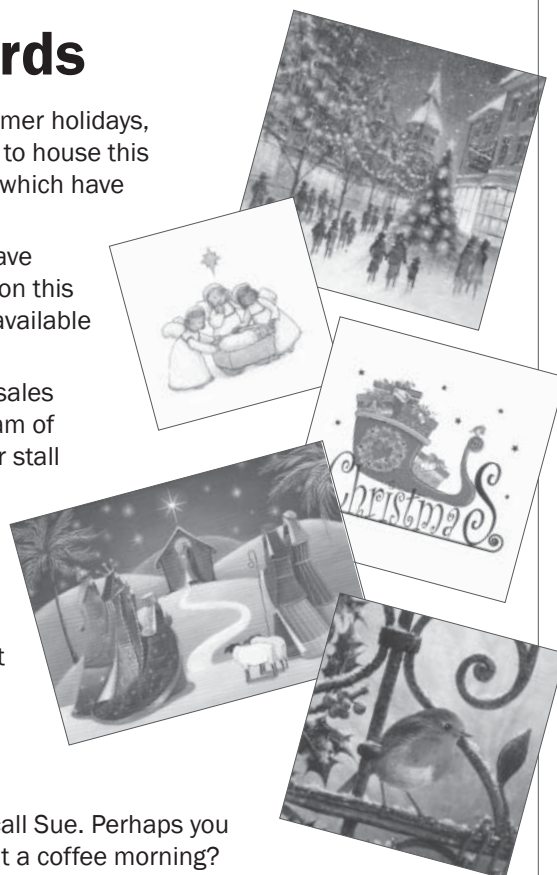
Just as we're thinking of our summer holidays, we're clearing space in the LJMC to house this year's stocks of Christmas cards which have already started to be delivered!

After record sales last year, we have ordered a completely new selection this year and details of these will be available in the autumn.

One of the reasons for the great sales figures was due to the superb team of volunteers who came and ran our stall in the Cancer Centre in the run up to Christmas.

If you can spare a couple of hours a week between September and early December and would like to help, please get in touch with Sue Hordyj (01923 844589).

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



London Marathon news

Congratulations to Sue Davie who took part in the Virgin London Marathon in April on behalf of the LJMC.

Having put in lots of good training through the cold and wet winter with long weekend runs, Sue set off surrounded by snails and rhinos with the odd camel thrown in for good measure. However, she took it all in her stride to finish in 5 hours 30 minutes, consistent with the previous two marathons she had completed.

Sue's memories of the day? Running across Tower Bridge at 13 miles and the well deserved cold beer at the finish!

Regular runners often find it hard to keep asking their friends to sponsor them so Sue was pleased to raise

more than £400 for the LJMC, a charity which had helped a good friend so much last year.

Well done Sue, and thank you for supporting the LJMC once again.

Now it's your turn...

If you fancy taking part in the London Marathon, the world's largest annual fundraising event, the LJMC Appeals team will be delighted to hear from you. We will have a guaranteed place in 2012 and will be choosing our runner in the early autumn.

If you would like to be considered, please get in touch with Sue Hordyj (01923 844589).

Please note: the LJMC runner will be asked to pledge to raise a minimum amount of money.





stewartslaw

Moor Park 10k & Junior Fun Runs

25 September 2011 at Merchant Taylors' School



Entry forms & information:		Under 15s	3.9km	12.00pm
www.moorpark10k.org.uk		Under 12s	2.6km	12.45pm
07779 458285		Under 10s	1.3km	1.15pm
		Stewarts Law Moor Park 10k		3.00pm

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 25% [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:

Sum11 TQ: