

## A great adventure

Two members of the LJM Complementary Therapy team are heading off to Peru in May for the adventure of a life time – trekking to the lost city of Machu Picchu, raising money for the LJM at the same time.

A cancelled appointment last year gave LJM aromatherapist, Lynda Hannam, the chance to catch up on paperwork in the office. In between making phone calls to patients and writing up her notes, she got chatting to her colleague, Cherry Mackie.

Conversation turned to significant events in their lives and how they might mark them. In 2009 Lynda would be having a significant birthday and it would also be 30 years since Cherry was treated for breast cancer – celebrations were definitely in order.

*... a shared dream...*

“We should go and do something,” said Lynda. Cherry agreed wholeheartedly although she was later to confess that something involving champagne was more what she had in mind.

Brochures about overseas challenge trips had been kicking around the

Appeals Office for some time and the two therapists recalled a previous conversation of a shared dream to go to Machu Picchu.

*...never leave your colleague unattended...*

At this point Lynda’s next patient arrived and she had to go. By the time she returned to the office, she realised the danger of leaving her colleague unattended.

In Lynda’s absence, Cherry had visited the website of Charity Challenge, researched the available dates and booked them both on the Inca Trail trip leaving in May 2009. She broke the news to Lynda over lunch although it took a week for her to tell her husband!

With more than a year before the trip, there wasn’t much more to do until a pack of information came thudding through the letterbox.



Lynda and Cherry brave the elements on their training weekend in Snowdonia

*continued on page 8...*



Picture: Jane Parr

## Fundraisers win prizes

The slight fall in numbers at last year’s Manches Moor Park 10k and Junior Fun Runs was compensated by the magnificent total raised – more than £36,000.

Runners who took the trouble to raise sponsorship were rewarded with entry into a free prize draw.

Local runner, Bethany Gray, won the 10k runners’ prize of a year’s membership of the Riverside Health & Racquets Club.

Fun Run fundraiser Katie shows off her iPod with LJM Manager, Rosemary Lucey, and John Lewis Events Coordinator, Wendy Ray



Nine-year old Katie Bowen won the Fun Runners’ prize of an iPod which was donated by John Lewis, Watford.

This year’s event will take place at Merchant Taylors’ School on **Sunday 27<sup>th</sup> September**. As always, runners of all standards and ages are welcome.

Even if you’re not a runner, perhaps a friend or a member of your family is. Remember, every penny that is raised will go directly towards the provision of the LJM’s services.

You can find out more about taking part in this great event and register your interest for this year at:

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

## 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 Advice and Information

#### Telephone Helpline

Monday – Friday

9.30 am – 1.00 pm + 2.00 – 4.30 pm

### Complementary Therapies

#### Counselling

Available by appointment to patients

under the care of an oncologist at

Mount Vernon Hospital

### Benefits Advice

Call Helpline for an appointment

### Relaxation Classes

Monday: 2.30 – 4.00 pm

Tuesday: 10.00 – 11.30 am

Thursday: 11.00 – 12.30 am

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.

# An international reputation



The reputation of the work of the LJMC has spread far and wide.

In October we welcomed a team of doctors and nurses from Sweden who came to find out more about what we do and how we do it.

They shared a vision to create a similar service in Stockholm and were keen to look around and learn about the LJMC, its history and services.

## Developing a better service

**Travelling long distances for treatment is stressful for patients – especially when it includes international flights. One hospital in the Bahamas is developing a comprehensive cancer care service to make life easier for its patients.**

When one thinks of the Bahamas, the images that spring to mind are generally those of an idyllic tropical paradise – sun-drenched beaches, palm trees and pina coladas.

*... no option but to fly to Miami...*

However, the realities of providing medical care to 300,000 people living on 700 islands bring life into sharper focus. Treatment facilities are limited and, for many patients, there is no option but to fly to Miami for complex treatments such as chemotherapy.

Dr Conville Brown of the Centreville Medical Pavilion in Nassau is a man on a mission – to provide a comprehensive cancer care service at this hospital. He turned to Professor Karol Sikora, an eminent British oncologist, for advice.

Experienced nurse, Jill Ireland, has been working as interim Patient Information Lead at the LJMC since last summer. Having previously worked with Professor Sikora on other projects, she was delighted to be asked to accompany him to Nassau to develop a project plan.

*...enthusiasm and passion for improving services...*

“We had an incredible time,” said Jill. “It was a whirlwind visit, trying to meet everyone and find out what they are currently doing. Everyone wanted to ask us questions and quiz us about what they could do and how they could do things better. The enthusiasm and passion for improving services was inspirational.”

On their return, they compiled a comprehensive report of recommendations

and suggestions, from staff training to the layout of the new facilities.

“The requirements of the centre and staffing levels were clearly very different from somewhere like Mount Vernon,” explained Jill. “On a busy day, they will see 6-7 patients for radiotherapy, whereas at Mount Vernon each linear accelerator will treat 30-35 patients.”

*...chemotherapy service will reduce travelling...*

Training of staff in specialised techniques was another area they addressed and steps have already been taken towards recruiting a specialist chemotherapy nurse.

Establishing and developing this service on the island will be key in reducing the travel times, distances, and costs for patients.

In addition to treatment services, Dr Brown also hopes to establish a screening service as well as an outreach clinic on one of the other islands in the archipelago.

Readers of *Open Door* will not be surprised to learn that a support and information centre also formed part of the recommendations – something that is now considered an integral part of comprehensive patient care.



# LJMC pilots new patient information project

*A national project to provide patients with relevant and timely information is being piloted across the country. With such vast experience in the creation and provision of patient information, the LJMC Information team is delighted to be at the forefront of this initiative, having been selected as one of the national pilot sites.*

Recent national audits identified the need to ensure that all patients, irrespective of their geographical location, receive timely and factually correct patient-centred information.

In particular the National Audit Office (2004) identified poor availability of information for cancer patients.

### *...identify the needs of patients...*

Of particular concern was the patchy and inconsistent availability of information, with some areas of the country being better served than others, and some particular types of cancer having better developed information sources than others.

A key recommendation was the establishment of nationally recognised information 'pathways', identifying the needs of patients according to key stages of the patient journey, from initial diagnosis, through each stage of treatment and into survivorship.

The Cancer Action Team, Cancer Research UK and Macmillan Cancer Support established an alliance to review the situation and plan the way forward.

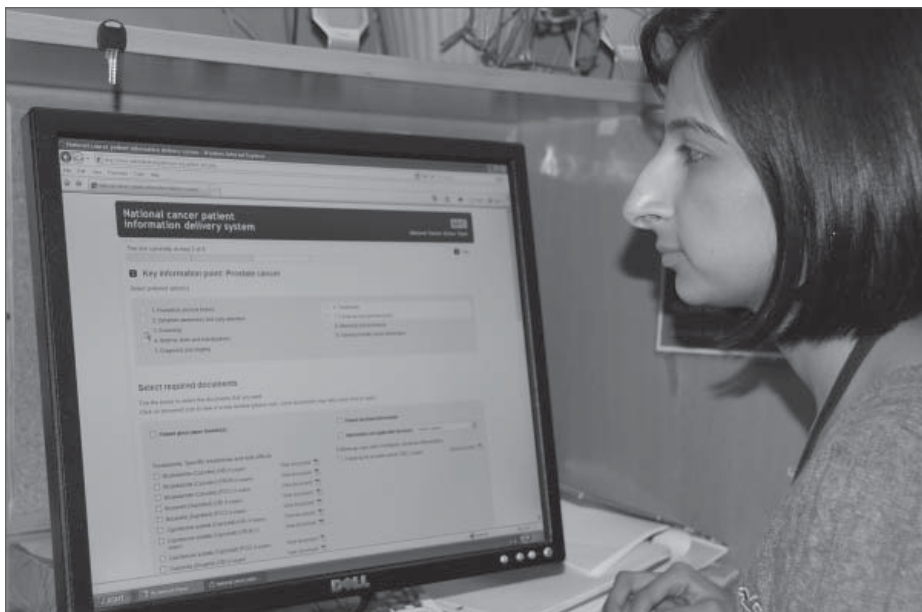
### *...national library of approved patient information...*

Following an initial review of publications already in use (including many of the LJMC's leaflets), a web-based system was created.

Healthcare professionals navigate through a series of questions to identify a patient's information needs. The system then compiles a personal pack for the patient, drawing from the national library of approved information.

Mount Vernon Cancer Centre is one of a number of sites that is testing the system before it is rolled out nationally later this year and the LJMC is playing a key role.

As well as assessing how well the system meets the needs of patients, we are also assessing the practical ways in which information may be provided.



*LJMC healthcare professional, Radhika Unadkat, familiarises herself with the new system*

For example, it's really important that the system is practical in a clinic environment.

The specialist nurse in the oncology clinic may use the system to identify the leaflets that a patient needs and print them out on the spot.

However, if there is no printer available, she will write out a 'prescription' that the patient can bring to the LJMC where a member of our team can 'dispense' the information.

### *...system should be live nationally by the end of the year...*

The benefits of providing information from centres such as the LJMC will also be evaluated and may lead to the establishment of more information centres around the country to provide this important service.

Each week, the LJMC reports on how many patients we have seen, the type of information that has been provided and general feedback on how the system is working.

Initial reports from those who have used the system is that it is very simple to use. They have also been impressed

at the comprehensive nature of the information available.

Different hospitals are testing different aspects of the project. At Mount Vernon, we are testing the system for gynaecological and colorectal cancers and, by the end the year, the system should be live nationally for most types of cancer.

### *...producing relevant information...*

The LJMC Information team will be kept very busy over the coming months ensuring that everyone is trained to use the system.

They'll be reviewing the existing LJMC library of information in line with national guidelines and producing information specific and relevant to Mount Vernon Cancer Centre.

Spearheading this exciting period of development will be our new Macmillan Patient Information Services Lead. We look forward to welcoming a new member to the LJMC team shortly.

# A day in the life of...

*I had thought that following our Macmillan Benefits Advisor, Shirley Burgess, for the day would be a relaxing experience with time to chat over a coffee and catch up on news. I couldn't have been more wrong. Shirley barely had time for a slurp of her coffee before she chased off to see her first client of the day.*

As the Drop-in Centre opened, the first caller was a gentleman asking about whether or not he might be entitled to financial benefits of any kind.

Shirley's knowledge of the benefits available to clients is extensive and enables her to do a quick 'fact find' of his situation. As a recipient of Income Support, an application for Disability Living Allowance (DLA) will also entitle him to extra Income Support.

Shirley feels he may be eligible and orders the forms for him. She asks him to fill in his personal details and return them for her to follow up.

*...is there any help available?*

As Shirley says 'goodbye', a member of the Drop-in Centre team asks her to speak with another client who has been patiently waiting to speak with her. He has a similar enquiry to her first client – is there any help available?

Again, Shirley asks him some questions about his financial status, determining that his modest savings exceed the maximum permitted and therefore that he is ineligible for means-tested benefits.

The client is disappointed and a bit angry. He's been careful with his money all his life and he and his wife had saved hard for a special holiday to



celebrate his retirement. He feels he's letting her down by having to dip into their nest egg while he's off work.

*...giving people the chance to talk..*

Shirley listens to his concerns. "He's got a lot on his plate just now," she tells me later. "He's going through so much and I'm not surprised he's angry with the system. It's very complicated and sometimes giving someone the chance to talk is the best way I can help them."

While she's been with the first two clients, a number of people have called and left messages for Shirley. Grabbing her message book, she returns to her desk to make some calls.

Before she can start, the telephone rings. It's a client calling to say 'thank you' to Shirley for helping her get a grant from Macmillan Cancer Support towards her fuel bill. The client lived in a draughty flat and was unable to afford to heat it sufficiently which, in turn, was having a detrimental effect on her health. She is immensely grateful to Shirley for her help.

Shirley makes inroads into

the list of messages, dispensing advice and information to callers. A couple of clients are calling to let her know the outcomes of their applications for benefits. Shirley keeps a record of the financial gains which exceeded £375,000 last year.

The telephone rings again – this time it's a client who hasn't heard about her application. Shirley makes a note to contact the Department of Work & Pensions as she's worried the application may have been mislaid.

*... gains exceeded  
£375,000 last year...*

Another client calls to see Shirley and she heads back downstairs to the Drop-in Centre. It's the wife of a patient who is enquiring about Carer's Allowance. This benefit is only available to carers of patients receiving middle or higher rate DLA care or Attendance Allowance (AA) so Shirley's first job is to ascertain whether or not her husband is receiving one of these benefits. It's a difficult conversation as eligibility for DLA or AA is sometimes associated with a poor prognosis so Shirley is careful with her questions.

Shirley is an effervescent bundle of energy and by lunchtime I'm exhausted from the rate at which she works. A quick bite of a sandwich and she's off



# ... Shirley Burgess

to tackle the phone again, leaving a trail of acronyms in her wake.

*...treats people as individuals...*

Although many clients' questions follow a familiar pattern of enquiry about eligibility for benefits, Shirley treats people as individuals.

"Very few applications are totally straightforward," she explains. "There are always individual circumstances and exceptions that have to be explored before we can submit an application.

When people are having treatment, they've got enough to worry about and part of my role is to make things simpler for them and take a weight off their minds. I'm always amazed at how well people cope with everything."

*... my role is to make things simpler for them...*

Hazel Middleton, the social worker based at Mount Vernon, calls Shirley and asks her to accompany her to visit a patient on Ward 11. The patient will shortly be discharged from hospital and Hazel is assessing the suitability of her accommodation. She knows the patient will also be entitled to some financial

assistance so enlists Shirley to help with this aspect of care.

On her return to the LJMC, Shirley finds another client waiting for her. He needs some advice on debt.

Shirley's background working for Citizens Advice enables her to give basic advice on this subject and she gives him details of a couple of organisations that can help him prioritise his debts and work out a debt management plan.

*...keeps up to date...*

Back at her desk, Shirley tackles her emails. She subscribes to a number of e-bulletins that keep her up to date with changes in legislation and there's one in her inbox. She scans through it and follows a link to a website that provides more information.

Other emails command her attention and, between them and the telephone, her attention is fully occupied for the rest of the day.

*...compassion and empathy...*

Any ideas I might have had at the start of the day that our Benefits Advisor led an easy existence were well and truly

dispelled by spending a day with her. Not only is her knowledge of her field encyclopaedic, her compassion and empathy are immense.

Shirley's sense of humour is undimmed by some of the difficult cases with which she has to cope and she gets genuine satisfaction from helping people pick their way through the complexities of the welfare benefits system.

- Current LJMC benefits advice service established in 2005
- Most clients come to the Drop-in Centre
- Shirley responds to more than 1,300 enquiries each year
- Total known gains last year exceeded £375,000
- Most clients have never claimed benefits before
- The majority of funds are awarded to clients for DLA care and mobility allowances
- Reducing financial worries has a positive effect on wellbeing



In addition to her work at the LJMC, Shirley works as a facilitator on the Macmillan Benefits Awareness E-Learning programme.

This is a pilot project for staff at the Mount Vernon Cancer Centre to give them a basic understanding of the financial impact of cancer and what benefits may be available, pointing patients in the right direction to get the help they need.

After an initial meeting, all the teaching is done online which enables participants to study at a time that suits them.

Shirley is able to comment on their work, answer questions and motivate them through the online community.

It is hoped that as many Cancer Centre staff as possible will undertake this training over the next year.

# Christmas cheer

*Despite gloomy economic predictions and the credit crunch, we were delighted to receive magnificent support from our friends and supporters last Christmas.*

A stalwart team of Hilary Carr, Alf Jeffreys, Georgie Mead and Jacqui Strubel sold our Christmas cards and tickets for the 'Meal For Two' Christmas Draw in the reception area of the Cancer Centre in the lead up to Christmas.

They helped us achieve record sales for both fundraising ventures. The Draw raised £3,600 and sales of Christmas cards exceeded £8,000. Thank you!

Thank you also to the generous prize donors for the Draw:

- The Grove, Chandlers Cross
- Hawtrey's, Ruislip
- The Bricklayer's Arms, Flaunden
- Park Inn, Watford
- Blue Check Restaurant, Bushey
- Red Lion Hotel, Hillingdon
- Cafe Loco, Moor Park
- Edwinns, Harefield
- The Gate, Northwood
- Ye Olde Greene Manne, Northwood

We hope all the prize winners enjoyed their meals!

Thank you to our supporters who used the Christmas season to raise money for the LJMC:

- IGD Services Ltd made a donation to the LJMC instead of sending cards to their clients
- Each year, St Mary's Church in Denham invited members of the congregation to send greetings to each other on one huge card instead of sending individual cards – for a donation!
- Staff at Breakspear Junior School made a donation to the LJMC instead of sending cards to each other
- Members of Metros Running Club paid to send Christmas greetings to their fellow runners in the club's newsletter
- Rooks Heath High School held a Christmas card charity collection for the LJMC in memory of Tony Taylor
- Members of Ruislip-Northwood Rotary Club organised a bucket collection in Ruislip High Street just before Christmas to raise more than £400



*Chairman of Three Rivers District Council, Councillor Chris Lloyd, chose the LJMC as one of his special charities during his year in office. He has organised a number of fundraising events during the year including a quiz supper that raised more than £2,250. He paid a visit to the LJMC just before Christmas.*

## Recent fundraising activities

- Mel Nichols at the Wig Bank reconditions and styles wigs for sale, making a donation to the LJMC for each wig she sells
- Once again, Lee Higley persuaded friends to join him on a sponsored cycle ride from London to Brighton to raise more than £2,100 including getting their company, Apollo, to match the amount they raised
- Elizabeth O'Hara organised a fundraising event to raise £550
- Members of Hartsbourne Artisan Golf Club raised £100 through a fundraising event
- Lee Evans and Rhys Harris took part in the London Marathon, raising money for a number of charities including the LJMC
- The Moor Park Residents Association supported the LJMC at their annual carol singing outside the shops raising nearly £250
- The Middlesex County Automobile Club donated £1,800 from the Rockingham Stages rally continuing their fantastic support of the work of the LJMC
- Young Ben Goldhawk raised £20 through a cake sale
- Members of the Northwood Mutual Aid Fund raised £500 at their Gala Fireworks Ball at Moor Park Golf Club
- Abi & James Savory cycled from London to Windsor to raise £570
- Some long-serving employees of Royal Mail asked for a donation to the LJMC instead of receiving their Long Service Awards

We are immensely grateful to everyone who has supported the LJMC. We fully recognise the financial uncertainties that people are facing at the moment which makes each donation and event even more special – thank you.

**We are very grateful to the local groups and organisations that have recently supported the LJMC:**

- The David & Patricia Bays Charitable Foundation
- B'Nai B'rith (Jerusalem Lodge)
- Diageo Foundation
- Holy Trinity Church, Northwood
- Inner Wheel Club of Uxbridge
- St Lawrence Group
- Parish Church of St Mary the Virgin, Rickmansworth



*For every day without an accident, Balfour Beatty Plant & Fleet Services make a donation to charity; Juliana Araujo at the Ruislip Depot nominated the LJMC to receive more than £1,900 following a very careful and safe year*

# Acupuncture update

A year ago we reported the exciting news that Dr Beverley de Valois of our Supportive Oncology Research Team had been awarded a grant for a project looking at the use of acupuncture and moxibustion for promoting wellbeing and improving quality of life in patients with secondary lymphoedema. The grant comes from the National Institute for Health Research and is part of a funding programme for innovative projects.

Lymphoedema can be a distressing side effect of treatment for some cancers and there is currently no known cure although it can be managed.

In June, focus groups were held to gather information about the problems experienced by people with lymphoedema and to see how they would feel about acupuncture and moxibustion to address these.

Beverley restricted the initial study to patients with breast or head, neck and throat cancers. She also ran focus groups with healthcare professionals responsible for treating people with lymphoedema. The response was extremely positive.

The clinical phase of the study started in the autumn with acupuncturist Rachel Peckham joining the team. Patients under the care of the lymphoedema service at Mount Vernon



Acupuncturists Rachel and Beverley

Hospital are invited to have a course of seven acupuncture treatments with the option of a further six treatments. The aim is to improve overall wellbeing, rather than to treat the lymphoedema itself.

Most of the participants have opted for both courses of treatment and have reported improved wellbeing

and an increase in energy. Other symptoms such as pain, discomfort and anxiety are alleviated.

With such positive feedback, we successfully applied for an extension to the study, enabling us to recruit more participants.

If you are interested in taking part, please contact Beverley at the LJMC (01923 844014)\*. This study is open to patients who have lymphoedema as a result of breast cancer or head, neck and throat

cancer and who are under the care of the lymphoedema service at Mount Vernon Hospital.

If a fear of needles is holding you back, you may be relieved to learn that even our most nervous participants have reported that they found the sessions enjoyable and relaxing.

*\*Please note: recruitment closes in May 2009*

## Thank you to the local supporters that provide a home for our collecting tins:

- Adams Opticians
- Bouticare
- Café Loco
- Cinnamon Square
- D & D Newsagents
- Dick Whittington
- Ducks Hill Garden Centre
- Elvisly Yours
- Food Fayre
- Frogmore Court
- The Gate, Northwood
- Maidenhead Aquatics
- Northwood Central Club
- Ye Olde Greene Manne
- The Old Northwood
- Riverside Pharmacy
- The Tudor Arms
- Watford Rugby Club

If you can find a good home for a collecting tin, please call Sue Hordyj (01923 844589).

Waitrose  
**COMMUNITY MATTERS**



Thank you to the shoppers at Waitrose, Northwood who nominated the LJMC as one of the charities to be supported 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'. At the end of the month, the money is allocated in proportion to the votes cast.

Thank you also to those who cast their vote in favour of the LJMC. We were delighted to receive £570 from the store.



## Welcome

We welcome  
Marion Ziff as a  
volunteer with the  
Drop-in Centre team

## Special Lingerie Evening at John Lewis Watford

Once again, we are collaborating with John Lewis Watford to present a special evening for ladies who have breast surgery.

These evenings are held twice a year, the highlight being a catwalk show of lingerie, swimwear and seasonal fashions by ladies from the Trojans Breast Cancer Support Group.

The next event will be held at the store on **Thursday 23<sup>rd</sup> April**. You can get tickets by calling the LJMC Helpline (01923 844014).

If you are unable to make this event but wish to be sent details of the next evening on Thursday 15<sup>th</sup> October 2009, please call the Helpline and give them your details.

**John Lewis**  
Watford

# Trek to Machu Picchu

... continued from page 1

This included a full kit list, fitness programme and details of a training weekend in Snowdonia. This sounded like a good idea as a way of checking out their fitness for the real trip.

This proved to be quite a challenge in itself, sleeping in the top bunk at the local youth hostel (never again, they vowed) and clambering up the snowy hillside in arctic conditions.

... it will be tough...

They gained a good insight into the trip and its demands (it's described as 'tough' in the brochure) and lots of advice as to what to expect.

There were tips and hints about equipment, packing and taking care at altitude, giving them confidence in the professionalism of the organisers.

"What about make-up?" asked Cherry, who is, after all, the co-ordinator of the Look Good...Feel Better workshops at the LJMC.

So, on 22<sup>nd</sup> May, we will wave goodbye to Cherry and Lynda as they set off to celebrate.

They fly to Lima, then on to Cusco, one of the highest cities in the world.

The Inca Trail itself is 43km long. This may not sound very far on the flat but, at an altitude of 4,400m (half the height of Mount Everest), it will push them to their limits, with temperatures falling as low as -15°C at night.

[www.justgiving.com/2girlsinkeru](http://www.justgiving.com/2girlsinkeru)

It will take three days to reach the Lost City of the Incas, frequently described as one of the greatest wonders of the ancient world.

Constructed around 1460, Machu Picchu was 'lost' for centuries and only rediscovered in 1911. It is now a Unesco world heritage site of huge cultural and sacred significance.

During the trek, Lynda will have her birthday which we, back at the LJMC, will toast with champagne. Celebrations will be enhanced by the knowledge that they have already raised more than £2,000.

If you'd like to sponsor Cherry and Lynda, you can do so online at



[www.justgiving.com/2girlsinkeru](http://www.justgiving.com/2girlsinkeru) or you can use the donation form below, marking your donation 'Peru 2009'.

It's amazing what can happen when an appointment is cancelled.

If you are inspired to take on a similar adventure challenge and would like more information, please contact the Appeals Office (01923 844107) or visit [www.charitychallenge.com](http://www.charitychallenge.com).

Charity Challenge is the UK's leading adventure travel company specialising in fundraising expeditions throughout the world.

## Shopping online?

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



books ❁ music ❁ holidays ❁ gifts ❁ clothing and much, much more

This service is completely confidential

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

Search the web and raise money for the LJMC

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

- the search engine with a difference - it donates half its revenue to charity



## 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: .....



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

Office use:

Sp09 TQ: