

Celebrating fifteen years

The fifteenth birthday of the Lynda Jackson Macmillan Centre was cause for celebration. It also provided the perfect opportunity to raise awareness of the LJMC at Mount Vernon Cancer Centre.

The LJMC's second Awareness Week was very successful with a significant increase in visitors during the week.

LJMC staff spent time in the Cancer Centre, talking with staff and patients about the centre's services. We were encouraged that the majority of people already knew about the LJMC. Those who didn't know were very pleased to find out about the extensive support and information services that were available to them.

Visitors during the week were also invited to help celebrate all that the LJMC has achieved in fifteen years. Home Bakeries donated muffins for us to give out and Wenzel's Bakery donated a magnificent birthday cake which we were able to share with our colleagues in the Cancer Centre.

See page 7 for details of a special birthday gift for all our supporters.



We invited the General Manager of the Mount Vernon Cancer Centre, Cathy Williams, to cut our birthday cake.

Chairman of council chooses LJMC as Charity of the Year

Each year, the Chairman of Three Rivers District Council (TRDC) is able to choose charities to benefit from fundraising activities during his or her year of office. This year Councillor Chris Lloyd has chosen the LJMC as one of his.

Although he had taken part in the Manches Moor Park 10k for a couple of years, it was not until last year that Councillor Lloyd became more acquainted with the LJMC.

When TRDC became actively involved in the promotion of the 10k event in 2007, Cllr Lloyd was delighted to visit the centre for the press launch.

He was so impressed by the centre and its work that he immediately announced that the LJMC would be one of his charities during his year as Chairman.

The recent loss of close family and friends to cancer has made his choice of charity more poignant.

It was fitting that Cllr Lloyd be asked officially to launch the LJMC's biggest annual fundraising event in June.

He said, "I am delighted to be supporting this year's Manches Moor Park 10k and Junior Fun Runs.

"Not only are the runs in aid of a really worthwhile cause, but they also enable residents young and old to get fit and active whilst training for and participating in the event.

"I have already begun my training for the run and I am looking forward to completing the course in September, come rain or shine!"

Cllr Lloyd is an active and enthusiastic fundraiser and has pledged to raise as much as he can for his charities.

He has already undertaken a walk along Hadrian's Wall and has plans for many other events over the next few months.

The LJMC is immensely grateful to him for his magnificent support.



Photograph courtesy of TRDC

Lynda Jackson Macmillan Centre

for cancer support & information

Mount Vernon Hospital
Northwood, Middlesex HA6 2RN

Telephone Helpline: 01923 844014

Website: www.ljmc.org

10k Website: www.moorpark10k.org.uk

Webshop: www.buy.at/ljmc

Online Fundraising:

www.justgiving.com/ljmc

Search Engine: 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

Prostate Cancer Support Group

Meets 3rd Wednesday of each month

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.

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 best medicine?

Music and laughter proved a winning combination when three Elvis Tribute Artists and other celebrity lookalikes visited the Lynda Jackson Macmillan Centre and the wards of the Cancer Centre.

As part of celebrations to commemorate the life of his late partner, Maureen Bird, LJMC supporter and Elvis Presley fan, Sid Shaw, arranged for the celebrities to visit the Mount Vernon site.

Following a moving ceremony in the LJMC, the lookalikes visited the wards and treatment areas, entertaining patients by serenading them at their bedsides.

The event was captured by a film crew from the Press Association as well as local media, which all added glamour to an afternoon of fun and laughter.

Laughter really can be the best medicine.



Photograph courtesy of Gazette Newspapers

Girls in Peru

A trek in Peru is the latest challenge for two members of the LJMC complementary therapy team.

A chance remark over lunch one day led to Lynda Hannam and Cherry Mackie booking the trip of a life-time – trekking the Inca Trail to Machu Picchu in May 2009.

They are undertaking the trip through Charity Challenge, a specialist travel company that organises adventurous fundraising expeditions around the world. One of the company's aims is to put the 'fun' into fundraising but this trek is going to be more than just fun.

After a couple of days to acclimatise, the hard work starts with the trek through high grasslands, dank cloudforest, challenging high passes and spectacular ruins.

This is not a trip for the faint-hearted. Described by Charity Challenge as

'tough', Cherry and Lynda are already in training, getting fit and building up stamina.

"This is going to be holiday like no other I've ever taken," said Cherry. "My usual holiday preparations involve getting out a suitcase and throwing in a few bits and pieces. For this trip, I'm having to work out and get fit or I won't be able to keep up."

Lynda and Cherry are paying for their trip themselves, which means every penny that they raise will go directly to the LJMC.

We'll be keeping you up to date on progress. In the meantime, if you'd like to sponsor them, please visit:

www.justgiving.com/2girlsinperu



If you'd like to take on a personal challenge like Lynda and Cherry please call the LJMC Appeals Office (01923 844107) or visit www.charitychallenge.com.

Whether you want to go trekking, mountain biking or horse-riding, somewhere in the world there is a challenge for you.

Lynda and Cherry pictured as they went to post their application forms

Thank you

Fundraising events: March – June 2008

- Despite injury, Pam Ifould took part in the Great North Run and raised £100
- On his retirement from Xerox in Uxbridge, John Hall asked for donations to the LJMC in lieu of a traditional leaving present
- David Anderson chose the LJMC as his special charity during his year as Captain of Chorleywood Golf Club, raising more than £1,300
- Liz Hughes held a jewellery party and raised £85
- A tin collection at Waitrose, Northwood raised £1,100 (thank you to everyone who helped)
- Northwood & Pinner Liberal Synagogue organised a concert by The Epstein Trio and raised £600
- As President of Soroptimist International of Thames Valley, Johanna Raffan chose the LJMC as her special charity; she presented a cheque for £1,500 to LJMC Manager, Rosemary Lucey at their special dinner at the House of Lords
- Mike Talbot organised a poetry reading evening and raised £115
- Ian Harvey ran the London Marathon for the LJMC for the second time, beating his 2007 time and raising £611
- Pat Nixon chose the LJMC as her President's charity at the annual dinner of the Insurance Institute of Watford and raised £1,500
- A concert performance of Verdi's 'Falstaff' by Chambermade Opera at Pinner Parish Church raised £740
- Sandra Bisharah and Dotty Thorpe took part in the Bracknell Half Marathon to raise £573
- The Sixth Form at Bishop Ramsey Church of England School held a Lent Appeal and donated £150 to the LJMC
- Rickmansworth & Chorleywood Scout District held a collection at the St George's Day service to raise £200
- Members of the quilting group Round the Block held an exhibition of their work and donated £400 to the LJMC
- Children at 4 Street Nursery in Eastcote raised more than £200 through their annual fundraising week

Thank you to the organisations that have supported the LJMC as part of their annual charitable giving:

- The Cecil Rosen Foundation
- Edgware Bridge Club
- The Hitchin Property Trust
- John Lewis, Watford
- Ruislip-Northwood Flower Arrangement Society
- Parish Church of St Mary the Virgin, Rickmansworth
- Station Charities Committee, Royal Air Force Northolt
- Union of Catholic Mothers, Northwood

Congratulations

Philip Bunt, Walter Parkins and Harvey Silver celebrated special birthdays and asked friends and family to make donations to the LJMC in lieu of gifts.

Thank you to these shops and pubs that have supported the LJMC by placing one of our collecting tin on their counters:

- Attwood Aquatics
- Adams Opticians
- Bouticare
- Café Loco
- Cinnamon Square
- Dick Whittington
- Food Fayre
- Jonathan Ashley Gift Shop
- The Old Northwood
- Ye Olde Greene Manne
- The Tudor Arms

Would your local shop, pub or club like to support the LJMC too?

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

Please can you spare some time?

Despite the fact that this is the Summer issue of 'Open Door', the Appeals Team lives in a bit of a time warp and is already planning its Christmas fundraising.

Having chosen the centre's Christmas cards back in February, we are now working on how and where to sell them. One of our key outlets is the Cancer Centre reception here at Mount Vernon Hospital.

If you are able to spare a couple of hours during the approach to Christmas to run our stall, we would be really grateful. You don't need to make a regular commitment (although it would be great if you can) – so please call Sue Hordyj (01923 844589) if you can help.

Enjoy a special Christmas dinner

Many of our supporters will be enjoying a special Christmas dinner this year with our Meal For Two Christmas Draw.

Draw tickets will sent out in early Autumn – all prizes will be a Meal For Two, donated by one of our supporting restaurants.



If you've got a local restaurant that you are able to ask to donate a prize, please contact Sue Hordyj (01923 844589).

Searching the web?

You can raise money for the LJMC when you search the Internet by using www.everyclick.com.

This search engine is powered by Ask and gives half its income to charity.

Just visit the site, register as a LJMC supporter and start searching.

Give your mouse a heart!



A review of the year

April 2007 - March 2008

I vividly recall the opening of the centre fifteen years ago. There was excitement and anticipation, tinged with a certain amount of trepidation. This was, after all, a pioneering project. We knew that we were providing a service that patients had requested but would the package work in practice?

The last year has been one of consolidation and stability as the Lynda Jackson Macmillan Centre has become more firmly embedded as a key service at the Mount Vernon Cancer Centre.

That this has been made possible in just fifteen years is a testament to the dedication, professionalism and persistence of the incredible team that works at the centre.

People are at the heart of what we do here and it is people who have made the LJMC the successful service that it is. I salute them all.

Professor Jane Maher
Medical Director

1 The LJMC was the **first** centre of its kind to offer a holistic package of support and information services to people affected by cancer. Since it was opened in June 1993, it has been used as a model for many other centres and services throughout the UK and overseas.

It still remains true to its original aims to meet the support and information needs of people affected by cancer by offering:

- Support which is responsive to the wishes of patients, their families and friends
- Information which is accurate, up-to-date and relevant to the individual
- A service which is available at any stage of a patient's illness

As a result of its pioneering work, most cancer patients in the UK now have access to some level of support and information.

2 During the year, we were delighted to work with John Lewis, Watford on **two** Lingerie Evenings. These special events have now become an established fixture in the LJMC calendar, the highlight of which is a fashion show of lingerie, swimwear and fashion, modelled by members of the Trojans Breast Cancer Support Group.

These events are a typical example of the collaborative way in which the LJMC has always strived to work.

During the year, members of the team have worked with the Cancer Action Team. This is a Department of Health group that looks at innovations in cancer care.

They have looked at patient information and how best it can be made available as well as continuing to work on the national communication skills training project.

We continue to work closely with our colleagues in the Cancer Centre and with other support centres, sharing best practice to develop the best possible services for patients and their carers.

3 Each week we hold **three** Relaxation Classes at the LJMC. This is a popular service, particularly because there's no need to book. It is available both to patients and also carers.

Some people come to the classes on a regular basis, others just once or twice. All of them learn techniques they can continue to use to help them during stressful times.

We've been delighted that some of the staff at the Cancer Centre have been along to classes and are now able to

recommend them to patients based on first-hand experience.

Our Relaxation Therapist, Ann Weston, has also undertaken short one-to-one sessions with patients which have been useful where there have been language difficulties or patients have been sensitive to a group environment.

4 Patients under the care of a Mount Vernon Cancer Centre oncologist are eligible for a course of up to **four** complementary therapy treatments.

The team has worked hard during the year to keep waiting lists to a minimum so that the service is as responsive as possible to patients' needs.

They are usually able to make a first appointment at the time that a patient is referred for therapy and this has eased the workload for everyone, as well as benefiting patients.

Our team of centre-based therapists is supplemented by a team of volunteers who work on the wards of the Cancer Centre, helping to ease the stress and anxiety that may accompany treatment.

New volunteers are always welcomed and it is hoped that this service can be strengthened over the coming year.



5 The ear acupuncture service continues to provide relief from some of the unwanted symptoms associated with hormone treatment for breast cancer.

Five needles are inserted in each ear, after which patients rest for a period of time before the needles are removed.

There are now two clinics each week run by members of the Complementary Therapy team who have taken additional training.

This service was a natural development from the research projects run by Dr Beverley de Valois of the LJMC's Supportive Oncology Research Team.

The team has now been awarded a grant for a new project into the use of acupuncture to help with some of the wider problems experienced by patients with secondary lymphoedema.

6 Several members of the LJMC team have been involved in running courses for Macmillan Cancer Support.

Cherry Mackie has been running Living With Cancer, the **six** week self-management course for patients.

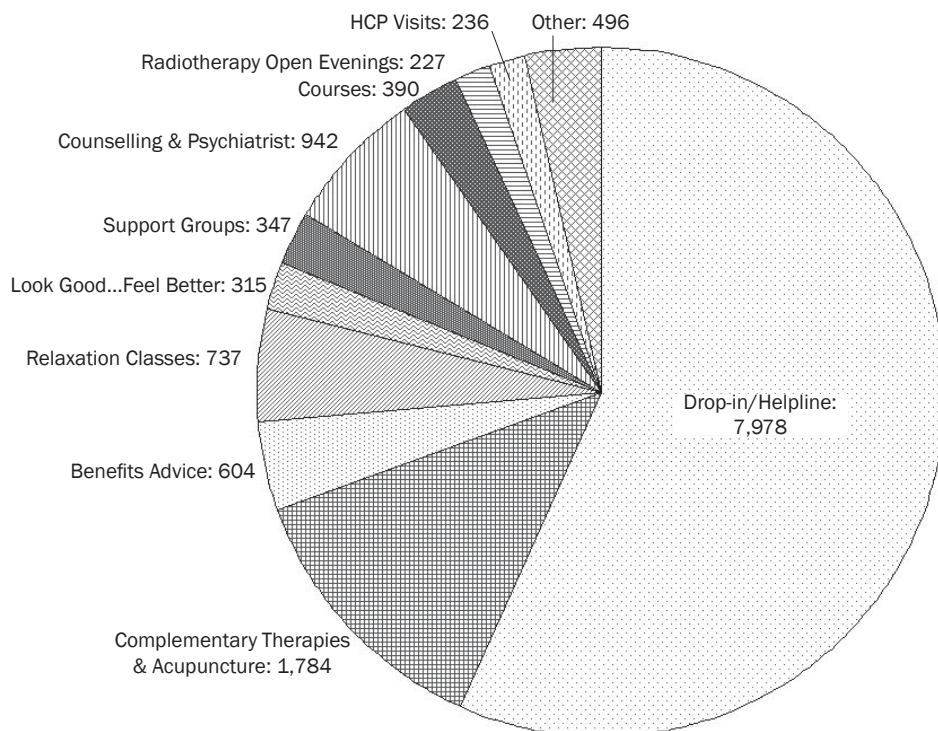
The course includes ways of coping and action plans to take more control of one's life and health.

Vibhu Patel has been running Naya Rasta, a similar programme for Asian patients, tailored to look at some of the cultural issues specific to this group.

7 During the year, **seven** new volunteers have joined the LJMC team.

It's true to say that the LJMC could not exist without its loyal team of volunteers who make a regular commitment to work at the centre.

The majority of our volunteers work in the Drop-in centre, looking after visitors, providing a supportive listening service and carrying out a multitude of other tasks.



Centre Users

Volunteer complementary therapists and counsellors supplement our core services; others work in administrative roles within other teams such as Research, Finance and Information.

Fundraising supporters help on a more *ad hoc* basis, with a particularly loyal team helping out with tin collections and at the annual 10k race. We will be developing this team through the establishment of our new Fundraising Friends group. See page 8 for more information about this initiative.

The LJMC is indebted to everyone who gives their time to help the centre deliver its services. We are immensely grateful to you all – thank you!

We welcome enquiries from people who are interested in volunteering at the LJMC. Please give us a call if you would like to find out more.

8 Visits to the LJMC by healthcare professionals (HCPs) increased by **eight** percent last year.

Many HCPs visited the LJMC as part of their induction training when they started working at the Cancer Centre. Some HCPs came from other hospitals in the surrounding area as part of a general tour of the Cancer Centre.

We welcome their visits which enables them better to inform patients what is available and how the LJMC may be able to help them.

It is a key aim of the LJMC to ensure that all those who might benefit from the centre's services are made aware of its existence; working closely with HCP colleagues is essential in communicating this message.

9 In 2007 the Information team was delighted that one of its publications was Highly Commended in the BMA Patient Information Awards. **Nine** publications in the LJMC Patient Information Series have now been given commendations. These awards are prestigious because the competition is open to publications across all medical disciplines, not just oncology, and therefore reflect the high standards of the LJMC's publications.

In addition to maintaining the information resources in the LJMC, time has been spent planning for the future. The LJMC's reputation in this field has meant that staff have been involved in key discussions both at local and national level, looking at the provision of information to patients.



10 Fundraising is essential in order for the LJMC to maintain its services.

The biggest annual event in the LJMC's calendar is the Manches Moor Park **10k** and Junior Fun Runs.

Other events have now taken root in the annual calendar, including the Grand Easter Egg Draw and the sale of Christmas cards and merchandise. The generosity of our supporters, both in financial terms as well as practical, has been fabulous this year.

We are indebted to everyone who has contributed to another successful year for the Appeals team, especially those who have undertaken fundraising projects in aid of the centre. Thank you!

11 During the year, the Prostate Cancer Support Group met **eleven** times. The group is co-ordinated by LJMC healthcare professional, Lorraine Hawes, who puts together the programme and organises the meetings.

The group was delighted to receive a grant from Macmillan Cancer Support which will be used for some of its running costs as well as for the purchase of new resources.

The LJMC is also the venue for meetings of the Head & Neck Cancer Support Group which has seen a large increase in attendance during the year.

Putting patients and carers in touch with support groups continues to be an important service for the LJMC.

12 The LJMC hosts the Look Good...Feel Better beauty workshops organised by the charity of the same name.

At each session, **twelve** ladies are taken through a beauty routine including skin care and make-up application. The charity is supported by major names in the beauty industry who supply the products for the ladies to use and take home with them.

13 National guidelines specify that patients should have to wait no longer than **thirteen** weeks for counselling.

The LJMC Counselling team is proud to have kept its waiting list well within this time during the year despite a growing number of requests for its services.

14 More than **fourteen** thousand requests for help were received by the LJMC during the year. This is an increase of 11% on 2006-7.

There was a significant increase in the number of people seeking advice on benefits, in part due to national campaigns to raise awareness of financial issues for patients.

Each day in the LJMC is different with a wide variety of demands on the service. One minute the Drop-in centre is quiet, the next it may be teeming with people. As ever, the challenge is to ensure that our resources are adequate to meet these demands.

15 The LJMC was opened **fifteen** years ago but what about the next fifteen?

There are a number of national initiatives surrounding support and information for people affected by cancer and the LJMC's vast experience places it at the heart of many of these developments.

Despite the national nature of these programmes, the LJMC remains committed to providing a local service, sharing best practice and providing the tools that are necessary for each person's unique cancer journey.

Lynda Jackson
Macmillan Centre
... working to improve the lives of people affected by cancer...

Financial report

for financial year 1 April 2007 - 31 March 2008

Income

NHS	£ 293,861
Grants	£ 60,706
Fundraising	£ 199,410
Donations	£ 46,476
Legacies	£ 43,778
Events	£ 48,777
10k	£ 28,174
Merchandise	£ 14,917
Gift Aid	£ 6,687
Other	£ 10,601
	£ 553,977

Expenditure

Salaries	£ 453,326
Staff Training	£ 1,871
Research costs	£ 916
Fundraising costs	£ 21,742
Office costs	£ 23,269
Other	£ 6,154
Transfer to reserves	£ 46,699
	£ 553,977

A significant contribution to the centre's finances this year came in the form of a legacy. This generous gift will enable the LJMC to continue its work and develop its services.

With the pressure and uncertainty of financial commitments, many people are unable to make a donation to the Lynda Jackson Macmillan Centre in their lifetime. Leaving a gift (also called a 'bequest' or 'legacy') in your Will is another way in which you can support the work of the LJMC into the future.

A gift in your Will does not have to be a large amount - any donation to the LJMC is gratefully received and will make a difference.

We are indebted to our supporters who have already included a legacy to the LJMC in their Wills.

There is no obligation for you to notify the LJMC if you choose to leave a gift in this way. However, it's nice for us to know so that we can thank you.

For further information about gifts in your Will, please contact the Appeals Office (01923 844107).



Five News films at the LJMC

It's been a busy time for media activities at the LJMC with a film crew from Five News paying us a visit.

A request from Five News to film a short report was created with enthusiasm. The sequence was to be about Look Good... Feel Better (LGFB), the make-up workshops that are held at the centre.

With only a few days notice, the LJMC's first job was to ensure that the ladies who would be coming to the session were happy to be filmed for national television.

On the day of filming, there was nervous chatter as each lady arrived. They were quickly put at ease by LJMC staff and the LGFB consultants as well as the Five News team. Interviewing the ladies 'before and after' was news presenter Matt Barbet.

The short sequence was shown a few days later and perfectly encapsulated the positive benefits of the beauty workshops.

[At the time of writing, this report is still available to be viewed on the Five News website.]

Look Good...Feel Better is so popular that we have added an extra workshop each month. If you are a lady who has been treated for cancer and would like to come to a workshop, please call the LJMC Helpline (01923 844014) to book a place.



Look Good...Feel Better.



13 – lucky for some

Inspired to undertake a one-mile sponsored swim on behalf of the LJMC, Sean Moloney started planning.

As a member of Denham Garden Village Health Spa, he spoke to the management, stuck a sponsor form on the board and began training.

Before he knew it, thirteen other people had asked if they could join him and between them they swam thirteen miles to raise the magnificent total of £2,525.



Photograph courtesy of Gazette Newspapers

Special lingerie evening

Our next special evening at John Lewis, Watford will be held on Thursday 9th October 2008.

As always, the popular event will feature a fashion show with models from the Trojans Breast Cancer Support Group.

Tickets will be available shortly. If you'd like to know more, please contact the LJMC Helpline: 01923 844014.



A birthday gift for you

As part of the LJMC's 15th birthday celebrations we have been given a generous present by our near neighbour – The Riverside Health & Racquets Club.

Every LJMC supporter is invited to apply for a voucher for a complimentary day at the club for two people to enjoy the superb facilities offered by this leading health and fitness club.

There's a newly refurbished gym full of state-of-the-art equipment, tennis, pool and sauna - or just relax on the patio and enjoy the vista across the greenbelt land in which the club is located.

We are delighted to be able to offer you this special treat as a way of saying 'thank you' for the support you have given to the LJMC over the years.

Please call 01923 848002 and quote the code 'LJMC Birthday' to book your complimentary day which needs to be taken before 31st December 2008.

Shopping online?

If you are, you can support the LJMC at the same time by visiting your favourite retailers' sites via our webshop.

Participating retailers include Amazon, John Lewis, M&S and many, many more. Whatever you're buying, you'll find it at:



www.buy.at/ljmc

The LJMC receives a commission on all your purchases but we'd like to reassure you that this is a totally confidential service.

If you've been using this service already - thank you!



10k 2008

The seventh annual Manches Moor Park 10k & Junior Fun Runs will take place on Sunday 21st September 2008 at Merchant Taylors' School. Whether you are a runner, jogger or walker, we'd love to see you there.

Since it was first organised in 2002, this hugely successful event has rapidly become the LJMC's biggest annual fundraising event, raising more than £150,000 so far.

Although it's described as a 'road race', everyone - whatever their speed - is welcome to take part and all participants will receive a medal.

It's also a great day out for all the family with a fun fair, bouncy castles and other activities as well as the races themselves.

Even if you don't feel up to taking part, please encourage your friends and family to enter and help us make this year's race the best ever.

Runners don't have to raise sponsorship although we hope that they will. As a special incentive this year, we have two prize draws.

Junior Fun Runners raising more than £10 will be entered into a draw to win an iPod Shuffle, generously donated by John Lewis, Watford.

10k runners raising more than £20 will be entered into a draw to win a family membership of The Riverside Health and Racquets Club Northwood - a magnificent prize worth more than £3,500.

For more information about this event, visit www.moorpark10k.org.uk or call 01923 844107.



Fundraising friends

Limited resources at the LJMC stretch our Appeals Team to the limit so we're asking you for some help, please.

If you are able to give some time to helping organise fundraising events, we would be really pleased to hear from you.

We are setting up a group - the LJMC Fundraising Friends - to share the workload involved in putting on events.

A preliminary meeting will be held at the LJMC on Wednesday 17th September 2008 at 10.30 am to explore this exciting venture.

Whether you've had any experience in fundraising or not, if you would like to get involved please get in touch with Sue Hordyj: (01923 844589 or susan.hordyj@mvh-ljmc.org)



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• 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

Office use:
Sum08 TQ:

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