

LJMC plays key role in new project

The NHS Service Improvement initiative has taken on the task of implementing elements of the Cancer Reform Strategy launched by national cancer tsar, Professor Mike Richards. A key part of this strategy focuses on 'survivorship', an area in which the LJMC has considerable expertise.

Drawing on the positive approach of the Lance Armstrong Foundation, survivorship is often defined as starting with diagnosis.

The Cancer Reform Strategy highlights the need to enable patients to carry on with their lives both during and following treatment – however long that may be.

Over the years, the LJMC has done considerable work in looking at some of the practical problems and issues faced by patients and carers.

Our Supportive Oncology Research Team conducted a major project just a couple of years ago using a 'speed-dating' technique to give service users a chance to talk to many different people about their experiences.

The collation of these results highlighted many possible solutions but, as always, funding was a restricting factor in implementing them.

The opportunity to put in a bid to be a test site for the development of service improvements was greeted with enthusiasm throughout the Mount Vernon Cancer Centre and particularly at the LJMC.

One of the most exciting aspects of this whole initiative is the opportunity to share best practice more widely.

As well as improving patients' experiences of being a survivor, it is hoped that many of the projects will show significant savings and benefits.

Successful solutions may be adopted by the NHS and implemented on a national basis. The potential future of these projects is enormous and the LJMC team is immensely proud to be a part of this initiative.

Some elements of the project are already coming off the drawing board:

Development of support group

Clinical nurse specialist, Sandra Jackson, has been running a support group at the LJMC for head and neck cancer patients for a while. She will be developing this work with a self-help programme aimed at promoting and improving the quality of patients' lives through the adaptation to side effects.

Getting to the end of treatment

The end of treatment can be a confusing time for patients and carers alike and we'll be looking at

how this important aspect of care can be improved. This will include strengthening communication with GPs and the information that is provided to them and to patients.

One of the expected outcomes is that the LJMC will play an even greater role in offering support and information to patients when questions arise between clinic appointments.

Watch this space for news of how our patient services develop to meet the changing needs and demands.

Benefits awareness

Recent research has shown that financial worries are a real concern for patients and that many people are unaware of benefits to which they may be entitled.

We have already been working with Macmillan Cancer Support to run an e-learning programme to train healthcare professionals in benefits awareness and will be developing this as part of the project.

We'll be training more facilitators and thus more staff to help patients with this important service.

A glorious day for a run

The seventh annual Manches Moor Park 10k & Junior Fun Runs were held on a glorious day at the end of September. 1,000 runners of all ages enjoyed the sunshine to raise more than £26,000 for the Lynda Jackson Macmillan Centre. See inside for more about this great fundraising event.



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.

Time for tea for the LJMC

Christine Benn organised a tea party in aid of the Lynda Jackson Macmillan Centre in July and sent this report of a hugely successful event – thank you for all your hard work in raising £590.

Last minute ticket sales made me panic and up the scone order from 50 to 70. The clotted cream was being couriered from Devon but by 5pm on Friday it still hadn't arrived. Frantic emails, voicemails and faxes ensued but the dairy was not responding. At 5.15pm an email from work arrived advising me the cream was there – thank goodness!

Saturday afternoon was spent sorting out the garden, putting up bunting and the gazebo and praying for sunshine the following day. My many bone china tea cups, saucers and tea pots were washed. The dozens of books that had been donated were displayed.

Sunday morning and individual place settings were laid for 40 people. More prayers for sunshine. Scones were



collected from the bakers and the size of them made me realise I'd probably over-ordered!

From 2pm people started to arrive. They were greeted by my mother-in-law and her twin sister on the door. No-one was getting past them without a ticket! Pressure to buy raffle tickets was also part of their 'bouncer' role.

Once past these two ladies, a glass of Pimms was offered and guests were directed to a table where they were served with scones, jam and cream. A pot of tea quickly followed with a selection of cakes.

This may seem fairly straightforward but, of course, my guests did not arrive at the same time so service was continuous for three hours. My legs were killing me by the time the last guests left at 5pm – I'd walked about 50 miles.

My flowery apron was commented upon! At the end of the afternoon there was still quite a lot of cream left which had to be eaten within ten days. My friends and I are slightly heavier due to ensuring it didn't go to waste!

Christine Benn

Welcome

We are delighted to welcome a number of new volunteers to the LJMC team:

- Paul Brooks, Suzanne Walsh and Judy Young have joined the Counselling team
- Three new complementary therapists have augmented our team that works on the wards of the Cancer Centre - Tracey Arends, Tracy Chancheong and Wendie Lynas
- Lin Campbell and Maggie Holleran have started work in the Drop-in Centre
- Lesley Boatman and Ann Marsden are now looking after our garden at the front of the LJMC
- John Hall and Brian Murphy are providing administrative support

Successful publications

The LJMC Information team has maintained its high standards with successful submissions to the annual Book Awards run by the British Medical Association. Three leaflets in our Patient Information Series received commendations in the Patient Information category:

- A Patient's Guide to Cryotherapy for the treatment of Prostate Cancer (Highly Commended)
- A Patient's Guide to Chemoradiation for an Oesophageal (Gullet) Cancer at Mount Vernon Cancer Centre
- A Patients Guide to Oesophagectomy



A winner of a day

The seventh annual Manches Moor Park 10k and Junior Fun Runs were held at the end of September in glorious sunshine at Merchant Taylors' School raising more than £26,000.

The 10k race is now firmly embedded in our annual fundraising calendar. It's our biggest event and draws on the resources of many departments in the LJM with activity throughout the year as we prepare for it.

"Wonderful event, look forward to next year's race."

However much we plan and organise, the one element over which we have absolutely no control is, of course, the great British weather. Whatever contingency plans are put in place, we know that, if it rains, fewer people will take part and so we'll raise less money. We'll also get cold, wet and miserable and find it harder to encourage people to help next year!

"All in all, happy memories."



Two of our therapists, Lynda Hannam and Cherry Mackie, walked the route. They used the event as part of their training for their trek to Machu Picchu in Peru in May 2009.

We'll be telling you more about their adventures in a future issue and if you'd like to encourage and support them, you can sponsor them online at: www.justgiving.com/2girlsinkeru



Anxious scanning of weather forecasts during the days before the event turned to mild optimism and finally elation as we enjoyed one of the finest days of the whole year.

Nearly 1,000 runners of all ages turned out and, very importantly, brought lots of spectators to enjoy the fun on offer.

"Was glad to raise money for a small charity which has benefitted my close family."

There was a huge turnout from members of the Pinner-based Metros running club who were running in memory of their friend, Bill Gardner, a volunteer at the LJM for many years.

It was fitting that a Metros runner won the 10k race, breaking the course record in the process. Bill's three children also took part and have raised more than £1,400.

Other course records tumbled with 12-year old Sky Draper annihilating the Under 15s record by several minutes.

"Thanks again for holding such a fantastic event; all the kids we were with certainly loved it on the day."



Bill Gardner's three children, pictured with their mother, LJM volunteer Joan, raised more than £1,400 in his memory



As well as bouncy castles and fun fair rides, local companies also joined in with the fundraising activities.

We were particularly well supported by staff from B&Q in Watford who ran a very popular face-painting service as well as a very successful raffle, raising £1,000 for the LJM.

"Yesterday was brilliant - very well organised & a relaxed, happy atmosphere."

Members of the LJM Complementary Therapy Network provided a great service including reflexology, Indian head and sports massage. The latter was particularly appreciated by runners on their completion of the route.

Thank you to everyone who contributed to such a successful day. Next year's race will be held on **Sunday 27th September 2009** and we hope you'll come and join us. You don't have to be a runner to take part - whatever your pace, you'll be most welcome, as will your family and friends.

Continuing the sporting theme...

We are always delighted when someone offers their skills and talents to be used in fundraising. Blue Badge tourist guide, Sonya Grist, did just that, taking a group round the sites for the 2012 Olympic Games in London.



Although most of the venues are still in the early stages of construction, Sonya explained what will be happening and where and we look forward to following progress.

We enjoyed a fascinating afternoon - thank you, Sonya.



Searching for that perfect present?

Use the search engine that supports charities: www.everyclick.com

Register as a supporter of the LJM and get searching!

Thank you for your support...

- 1st South Ruislip Rainbows & Brownies held a fundraising evening to raise more than £360
- Marie & Ian Cull held a garden party which raised more than £1,600
- Members of the Rickmansworth Berry Townswomen's Guild raised £50 at their coffee morning
- Friends and family of Gary Cooper, one of the LJMC's staunchest supporters, raised £2,860 from their annual football and fundraising day in Northwood
- Sid Shaw held a fundraising day at Elvisly Yours and raised £200
- Jayne Healey raised more than £530 at her party night
- The Kings Langley Angling Society raised £200 through a fishing match
- Mike Talbot and friends held another poetry evening, raising £87
- A weekend of fundraising by Dave & Marion Gray raised £325
- Pinner Bowling Club held a collection at one of their meetings to raise £80
- Nancy Woods organised a coffee morning to raise £80

Congratulations to our supporters who have been celebrating special events and who asked for donations in lieu of gifts:

- Margot Landes celebrated a significant birthday
- Gill & Denis Durell celebrated their silver wedding anniversary
- Jo & Dennis Rodbert celebrated their golden wedding anniversary

... not forgetting the shops, pubs and clubs that collect money for the LJMC by placing one of our collecting tins on the counter...

- Cinnamon Square
- Crystal Clean
- Ducks Hill Garden Centre
- Elvisly Yours
- Northwood Central Club
- The Old Northwood
- The Spotted Dog
- Watford Rugby Club
- The Western Club

Christmas shopping for the LJMC



Please don't forget to do your internet shopping via our webshop this Christmas because the LJMC will receive a commission on all your purchases. There's no additional charge for you and the LJMC benefits.

Don't worry – this service is completely confidential. We don't know who's using the service or what they are buying.

All your favourite retailers are supporting this scheme including Amazon, M&S, John Lewis, Play.com, Early Learning Centre, Teleflorist and Thorntons.

Then, in the new year, when you're thinking about a break away somewhere, don't forget to book your holiday through the webshop too.

www.buy.at/ljmc

Christmas Draw '08

Tickets are selling well for this year's special Christmas Draw with all the prizes being a Meal for Two, donated by our supporters.

Top prizes include meals at:

- The Grove, Chandlers Cross
- Hawtrey's, Ruislip
- The Bricklayers Arms, Flaunden



If you haven't received tickets or if you'd like some more, please contact Sue Hordyj (01923 844589).

Christmas cards



Sales of our Christmas cards are also going really well this year. We had a great response to our request for help selling cards on the Mount Vernon site in the run up to Christmas and a number of people have taken cards on a 'sale or return' basis. Thank you for your help and your orders.

We continue to offer a personalised overprinting service. Details of this and all our cards can be found on our website: www.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:

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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:
Aut08 TQ:

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