



opendoor

the newsletter of the Lynda Jackson Macmillan Centre

Something for nothing

It's often said that there's no such thing as a free lunch but occasionally this isn't strictly true. There are a number of ways in which the Lynda Jackson Macmillan Centre is able to benefit at no cost to our supporters.

A 'free lunch' at the expense of the Chancellor of the Exchequer sounds too good to be true but the Gift Aid scheme certainly qualifies for nomination as a charity's best friend.

Since April 2000, it has been possible to increase donations made by UK taxpayers by 28%. So, a donation of £100 can be turned into a donation of £128 as the LJMC can reclaim the tax that the donor has paid on the gift.

All we ask from donors is that they make a declaration, either in writing or verbally, that their donation qualifies and that's it! It really is that simple.

For higher-rate taxpayers, it gets even better. Although the LJMC doesn't get any more, donors can reclaim the difference between the higher-rate tax they've paid and the basic rate tax that the LJMC reclaims – so everyone wins.



We try to make life easier by including a Gift Aid declaration on all our forms. It's also possible to make an 'in perpetuity' declaration which will apply to any donations in the future.

Gift Aid only applies to monetary donations; payments for goods and services are not eligible. The good news is that sponsorship pledges do qualify and are a great way of boosting fundraising – provided we have the donors' details.

Concerns that the forthcoming cut in the basic rate of income tax would

mean a reduction in Gift Aid have been allayed by an announcement in the recent Budget that charities can continue to reclaim tax at the current rate for three years.

The Chancellor has also pledged to help simplify the scheme. Good news!

The LJMC has a leaflet about different ways of making tax-effective charitable donations including charity bank accounts and Payroll Giving. For a copy of this leaflet, or for information about fundraising, please contact the Appeals Office on 01923 844107.

PS – Talking of a free lunch, it is our experience that many of the most popular and successful fundraising events are based around food. Why not put this theory to the test by organising a foodie event in aid of the LJMC? Let us know how you get on!

More ways of raising money at no expense

The Internet continues to offer innovative ways of fundraising and the LJMC Appeals Team keeps a close eye on new opportunities for 'wugging' – web-user giving.

For some years, online shopping has offered a great way of supporting charitable causes with the use of 'affiliate marketing'.

This works by retailers donating a commission from each sale to the purchaser's nominated charity.

The LJMC has chosen **Buy.at** as its affiliate marketing partner. Buy.at has negotiated with hundreds of different leading retailers to give commissions ranging from 2-10% or more.

Supporting the LJMC in this way has been made even simpler by gathering the retailers in one place in our own 'webshop'. By accessing the retailers' sites from our webshop, they know that you are supporting the LJMC.



A huge range of retailers is taking part in this scheme including household names such as Amazon, M&S, John Lewis and many more, with products and services from music to holidays, clothing to broadband.

There is no additional cost to you – or the LJMC – and this service is completely confidential. The LJMC isn't given any information about who's using the service; we just get sent a nice cheque every month!

Another way in which you can support the LJMC through an everyday task is by searching the Internet using **everyclick.com**, the search engine that donates half its revenue to charity.

The idea of being able to raise money simply by doing something you're doing every day is great.



Most Internet users use a search engine several times a day. If you're one of these people, you could be raising money for the LJMC every day by switching to everyclick.com.

This search engine is powered by Ask and is already one of the top ten search engines in the UK.

There is no charge to you or to the LJMC for using this service. It's really easy to register as an LJMC supporter and then get searching.

www.buy.at/ljmc
www.everyclick.com
For tips and hints on making the most of these opportunities, see page 3.

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.

In Memoriam

It is with enormous sadness that we announce the deaths of two members of the LJMC team shortly before Christmas. We send our condolences to Bill's and Janet's families – we miss them both very much.

On his retirement, former police officer, **Bill Gardner**, was promptly signed up to work as a volunteer at the LJMC by his wife, Joan.

"I didn't want him under my feet all day," said Joan, who had worked as a volunteer in the Drop-in centre since the LJMC first opened.

Given his name, it was appropriate that Bill became the LJMC gardener, looking after the patch of garden outside the centre's front door, tending it and keeping the area looking tidy and welcoming.

Bill was also a keen runner and always took part in the LJMC's annual 10k race. Although he had only recently had surgery, Bill completed the run in September 2007 – a major achievement of which he was very proud.



Janet Chetwood worked in the Information Team, initially as a volunteer before joining the staff four years ago. Her particular responsibility was the Information database which holds details of all the information resources held at the LJMC – an essential tool for the whole centre.



Janet's quiet, calm manner and her attention to detail ensured that nothing was overlooked and her skills as a proof reader were legendary. Her background as a teacher was particularly useful, contributing to the production of the LJMC's patient information publications with carefully crafted words and phrases.

She was very astute and often brought a different focus to projects with a unique insight as well as a depth of experience that made her a huge asset to the team.

Another award

The Information team was delighted that its publication 'A Patient's Guide to Gastrectomy' was Highly Commended in the Patient Information category of the British Medical Association's annual Medical Book Competition. Nine of the LJMC's publications have now received similar commendations.

Living With Cancer

The next 'Living With Cancer' course starts on 16th April 2008.

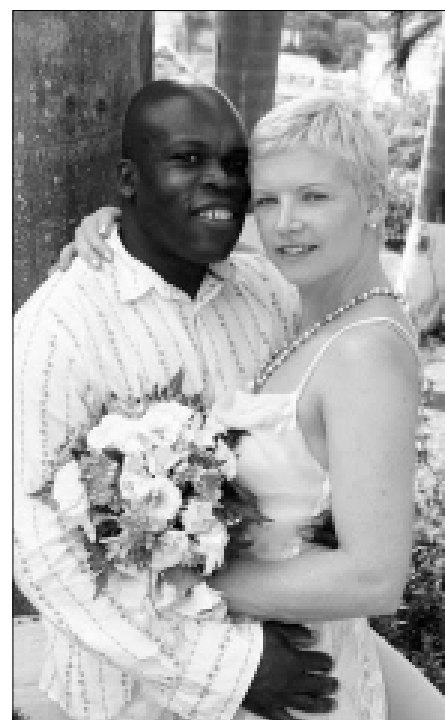
Dates for the next 'Naya Rasta' course will be available soon.

Please contact the LJMC Telephone Helpline for further information.

Charity of the Year

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

- Jerusalem Lodge
- Inner Wheel of Uxbridge
- The London Ex-Boxers Association



Congratulations...

Wedding bells rang for LJMC Data Manager, Clare Gwilliam, who married Mark Scarlett in Jamaica in February.

Thank you...

Fundraising events December 2007 - February 2008

We are always very grateful when people organise a fundraising event in aid of the Lynda Jackson Macmillan Centre. If you are planning an event and would like any help or advice, please contact our Appeals team (01923 844107 or 844589) and they will do their best to help you. They are currently developing a fundraising information pack which they will be pleased to send to you.

- Watford Piscators held their Xmas Fayre angling match on the Grand Union Canal in Watford just before Christmas and donated the entry fees – a total of £170.
- Members of the Argus Lodge requested that proceeds from their Ladies Festival be given to the LJMC.
- Staff at St Helen's School in Northwood ran a stall for the LJMC at their Christmas Fair and raised £200.
- The refurbishment of the Drop-in Centre was completed with the generous donation of new cushions and window blinds by the Friends of the Cancer Centre.
- Instead of sending Christmas cards to each other, staff at a number of organisations including the London Borough of Hillingdon School Improvement Service and Breakspeare Junior School made donations to the LJMC.
- The ongoing support by members of Middlesex County Automobile Club was boosted by the donation of £1,670 from the 2007 Rockingham Stages. This was augmented by £100 from Cadbury Trebor Bassett who matched the fundraising of one of their employees.



Staff from MCC Maritime Component Command Northwood presented a cheque for £350 to the LJMC. The Morale and Welfare Committee raised the money through a variety of different social and sporting activities.

- Martin Grahame presented another music programme, donating his fee to the LJMC.
- Thank you to everyone who bought LJMC Christmas cards, helping us achieve record sales.
- The donation of a signed photograph of 'Freddy' Flintoff was maximised by Northwood Cricket Club who held an auction at their annual dinner to raise £320.
- Congratulations to Philip Bunt who celebrated a special birthday and asked his friends and family to make donations to the LJMC in lieu of gifts.

10k update

Despite a slight drop in numbers taking part in the 10k, we're delighted to announce that the Manches Moor Park 10k 2007 raised more than £28,000.

This is still the largest annual event that is held to support the LJMC each year and we are immensely grateful to everyone who has contributed to its success, particularly those runners who raised sponsorship.

This year's event will be held on Sunday 21st September 2008. We hope to make it even bigger and better than before and welcome offers of help and support to achieve this goal.

There are many sponsorship opportunities for local companies and

we will be really pleased to hear from anyone who would like to explore these with us.

For example, companies can sponsor individual race trophies from £100 or contribute to vital aspects of the day such as equipment hire.

We hope to set up an online entry facility this year and would be particularly pleased to hear from anyone who is able to help with this.

Please contact the Race Director, John Hambleton (020 8950 6586) if you would like to be involved in this very successful event.



Spread the word...

Please spread the word about the fundraising opportunities featured on page 1.

Tell your family, friends and work colleagues and show them how easy it is to support the LJMC every day. For example,

- Add links to these sites in your email signature
- Ask your company to add links to these sites on its website
- Encourage your colleagues to switch to everyclick.com as their default search engine
- Remind them that it won't cost them a penny but it will make all the difference to the LJMC

For more information, call Buzz Coster in the LJMC Appeals Team on 01923 844107

Easter Egg Draw '08

This year's annual Grand Easter Egg Draw has been another resounding success raising more than £4,330.

Thank you to everyone who has supported this fundraising event which is now in its third year. We have been truly grateful to you for your generosity.

Not only did we achieve record ticket sales, many of you kindly added donations to your ticket purchase which all contributed to this magnificent total.

We were fortunate to be given some wonderful prizes by:

- Helen Fulcher
- David & Marion Gray
- John Lewis, Watford
- Marks & Spencer, Watford
- Waitrose, Northwood
- and other anonymous supporters



Some of the fabulous prizes that were donated for the third annual Grand Easter Egg Draw

A great start to the new year

The LJMC's Relaxation Therapist, Ann Weston, organised a Yoga Morning and raised more than £500.

Ann is a very well known local yoga teacher and 37 people took up her offer of a pick-me-up tonic to start 2008.

The participants enjoyed a morning of yoga exercises, breathing techniques, relaxation and meditation. On a cold, wintry day, they were challenged to visualise a sunny, tropical beach, banishing winter blues and creating a positive, feeling for the new year.

Some were already familiar with yoga whereas, for others, this was a new experience. For everyone, it was a chance to learn about the LJMC and its services for people affected by cancer.

Ann's session was so popular that she's already planning another for January 2009.



Forthcoming events

Thursday 24th April: Lingerie Evening at John Lewis

Once again, John Lewis, Watford is hosting an evening for ladies who have had breast surgery. The highlight is a fashion show of lingerie, swimwear and summer fashions by members of the Trojans Breast Cancer Support Group.

This event starts at 6.30 pm.

Tickets: £2 from the LJMC (01923 844014)

Saturday 26th April: Concert performance of Verdi's

'Falstaff' by Chambermade Opera at St John the Baptist Church, Pinner. The principal role will be sung by international singer, Andrew Shore, who is currently performing this role for Lyric Opera in Chicago. Other singers come from the Royal Opera House and Scottish Opera.

Tickets: £12 (concessions £10) available from Kitts Travel, Pinner (020 8429 2323)

Saturday 5th - Sunday 6th July: Holistic Living Exhibition

Sponsored by Middlesex School of Complementary Medicine To be held in the Olwen Bettesworth Hall & Postgraduate Medical Centre at Mount Vernon Hospital.

The exhibition will include therapy taster sessions, talks and demonstrations.

Further information available from www.mscm.co.uk or call 01923 720000.

Sunday 21st September: The seventh annual Manches

Moor Park 10k and Junior Fun Runs at Merchant Taylors' School, Northwood. Call 020 8950 6586 or visit www.moorpark10k.org.uk for more information.

Thank you so much...

to the venues that host our collecting tins and who have raised more than £2,300

- Adams Opticians
- Aman Crystal Clean
- Bouti-care
- Cinnamon Square
- The Dick Whittington
- Ducks Hill Garden Centre
- Food Fayre
- Northwood Central Club
- The Old Northwood
- Sea World
- The Spotted Dog
- The Tudor Arms
- The Western Club
- West Herts Sports Club
- The White Bear

If you can find a good home for one of the LJMC collecting tins, please contact Sue Hordyj (01923 844589)

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:

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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:
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