

ellen macarthur cancer trust

ISSUE 16 2025/26

# inspire



Inspiring

brighter futures



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# Keeping the magic

I'm often asked, "What is the magic of the Ellen MacArthur Cancer Trust?" It's a question I always enjoy answering.

It's about seeing young people sharing experiences and rediscovering joy, laughing and watching often lifelong friendships form, and knowing they feel renewed hope that stays with them long after they leave us.

It's certainly been another magical year.

651 young people benefitted from a sailing or outdoor adventure across the UK, and I had the joy of spending four days on one of these trips at Flynn's Barn in the Lake District. Seeing that magic working away from the sea too was a reminder it's the people that create the magic, and we couldn't be more grateful to everyone who gives up their time to make it all possible.

We're at that transition point, the end of our last three years' Ambitions and the start of our next four-year strategic plan. You can read about what we've achieved in this time on page 14-15, and we're excited about building on these foundations, so even more young people and their siblings get the maximum impact at the right time from our support.

We can only do this with the ongoing efforts of everyone who raises money for and donates to the Trust. Continued inflation especially in food and travel – core elements of offering free trips for all young people – means we are making careful choices about the things we do. What could you do to help? You will find lots of ideas in this magazine.



On a personal note, it was a privilege to mark 20 years as the CEO of this incredible organisation in 2025. To have been able to call this my job for two decades is a total honour and it means as much to me now as it did in 2005.

When we started out, we knew very little about young people and cancer. We quickly learned this wasn't just a 'nice to have', this was essential in young people starting to rebuild their lives after the trauma of diagnosis and treatment.

Together, we must keep creating the magic that inspires more brighter futures.

**Frank Fletcher,**  
Chief Executive Officer

# Kalooki making waves

2025 saw the arrival of our new specially adapted boat, Kalooki. So what makes Kalooki special?

## Beneteau Oceanis 46.1

**BASED AT:** East Cowes, Isle of Wight

**LENGTH:** 13.62m (14.6m with bowsprit)

**SLEEPS:** 10 people

### ALL INVOLVED

Sails controlled from both sides so young people can get more involved.

### ROOM FOR MORE

More cabins onboard (five) and with wooden dividers for increased privacy.

### EXTRA SPACE

Bigger cockpit and saloon are more sociable and easier to move around.

### EASY ON, EASY OFF

Bespoke seating and handholds at the back make getting on and off easier.

### STEADY SAILING

Additional handrails around the yacht help with mobility and steadiness.

### BETTER ACCESS

The back of the boat (transom) folds down so can step on from pontoon.

### WINNING WINCHING

Primary winches moved forwards so more accessible to all young people.

Kalooki was brought to the water through the generosity of a gentleman, who was an ardent sailor and who enthusiastically supported the Cancer Trust over many years, in partnership with Ancasta Group.

# Message to six-year-old me



2025 marked 10 years since Emre Mehmet, then 11, first sailed with the Ellen MacArthur Cancer Trust. It's the most important thing he's done in his life.

Hey six-year-old Emre,

There's something I want to tell you. You're going to get punched in the stomach at school tomorrow and it's going to be the best thing that ever happens to you. I know, it sounds crazy.

The punch itself won't hurt that much but what happens after gets pretty serious. It will shape your life but you're going to be so proud of what you achieve.

After the punch, you're going to feel really sick and won't be able to eat or drink, so you'll have to go to the doctors.

They're going to poke and prod you. You'll get sent to hospital a few times, but you'll just think it's like any other school sick day, getting to watch CBeebies all day on the sofa.

But it's not just another sick day.

Your parents and brother will come out of the hospital looking like they've had a punch in the stomach too. They've found out you've got something called a Wilms tumour, a type of kidney cancer. It won't mean much to you as you're only six.

But you'll tell from their faces something's up. They'll hold it together but inside they are terrified, scared of the future for their little boy, their baby brother.

Here's my message to you Emre: just go with it. You're tough. And there's loads of good stuff on the other side of it.

I can't sugarcoat it completely – there's some hard weeks and months ahead.

Treatment that will leave you feeling so tired, so sick. Hospital, every few

## A 'thank you' from mum

**It's hard to believe it's a decade since we were lucky enough to find your wonderful charity.**

When we received Emre's diagnosis, he was so young. No family can be prepared for that. Not only did we see the impact treatment had on him, but we watched as his development and confidence were inevitably dented too.

You worry he will never live the life and achieve the things you dreamt he would. But the Cancer Trust quickly changed that. There was an immediate change in him after that first sailing trip. His confidence and self-esteem had started to return. He never looked back.

With every trip, he grew stronger, happier, more determined. The trips put his life back

2015



2016



2017



2025



weeks, on a seemingly endless cycle. And the needles, so many needles.

And being away from school, other kids, so much. You'll watch them making friends, messing around, growing in confidence, while you have to sit out assembly or avoid running around at break time in case you catch or hurt something.

That bit will hit hardest. Struggling to make friends and talking to others. School feeling like a foreign place. You'll start to realise what you've missed and the impact the illness has had on your childhood.

But it's all about to change. In the haze of your treatment, you'll notice your brother Guray going on some pretty cool looking trips. Don't let him have all the fun. Ask your parents to find you something too.

What they find will be sailing on a boat. Like a lad from Enfield's ever been sailing on a boat! But that trip will change everything.

Go along, despite the nerves. Jump on board, despite your doubts. Chat with the other kids, despite not knowing anyone else.

The people running the trip will make it so easy, so enjoyable, you can just go and have fun for the first time in a while.

There'll be a moment, bobbing around on that boat, when someone will start talking about their experience of being ill. Then someone else will join in. And by the end you'll all be sharing stuff.

And for the first time, you'll get it. You'll be able to make sense of the last few years. And can look forward, not back.

When you get home, you'll tell your mum: "I'm going back next year." And she'll hug you so tight you won't know what's hit you.

Make sure you do go back, too. You'll meet Megan, who had the exact same

tumour as you. You'll bond so much, she's still one of your best mates now.

And keep saying yes to more trips. To the bike rides, rock climbing, caving.

Every adventure, every surge of adrenaline, will fuel your amazing GCSE and A-Level results. Your first-class degree in paramedic science. Your job with London Ambulance Service. Helping to raise millions for a hospice charity. Singing live on TV with Nicole Scherzinger. OK, that one might make you cringe a bit.

From an apprehensive, withdrawn survivor to a confident, positive role model. Everything you experience will give you the invincible mindset.

Getting on that boat will be the most important thing you do in your life.

And that punch tomorrow is what will lead you there, so just go easy on the other kid, OK? **Emre**



on track and helped him build the future we hoped for. I'm so glad I could return some of my gratitude by volunteering on a trip in 2025. Watching the amazing change in those on it reminded me of the huge difference you make.

**Thank you so much.**  
Fatma (Emre's mum)

If you want to give back like Fatma, find out more about volunteering



# Getting connected

There is a 'before' and 'after' to our first time sailing adventures. For 261 more young people, the summer of 2025 was about taking those important steps together.



## Lost and found

**It can be frustrating being a young person who's had cancer. Other people just don't 'get it'. So, what do young people wish everyone else knew?**



**Tegan, 25, Leeds**

"It is a constant battle every day, even if you're years off treatment. Cancer is not just when you have it, it's the after-

effects other people don't think about. I've got my life back on track but still don't feel the same as people my age. To reconnect with people who understand that gap put a lot of things into perspective."



**Adil, 19, Manchester**

"Just treat us like normal people. Don't feel like you have to watch what you say. If you want to ask questions,

ask and get to know about us and what we've gone through. Everyone on the trip could relate on a certain level because we've all been through the same thing. You don't feel awkward."



**Rosa, 15, Edinburgh**

"You go from being surrounded by everybody who understands cancer, to suddenly not. Talking with people who don't live in

the cancer world can be difficult because they look at you with pity or they're not sure what to say. That's why I love stuff like this. There's no judgment. We're still just young people. We've been through this horrible thing. But we still have the same interests and just want to hang out with our friends."



**Ambrose, 11, London**

"The transition to normal life is the hardest part. You've been away for so long, your friends don't understand and you're more mature than them because you just understand life so much more. These trips are like you're in normal life. Nobody's saying 'Oh poor you.' Everyone just knows what you've gone through, and we all understand each other."

## Real impact

\* all data up to year end 2025 (measured using the Warwick-Edinburgh Mental Wellbeing Scale and Net Promoter Score).



**9/10**

average recommendation score.



**73%**

of young people improved in their wellbeing immediately after their first four-day sailing adventure.

# “Grab the bull by the horns.”

Letting a child go after cancer could be the best thing you ever do. For you both.

For any parent dealing with the anxiety of a child going through cancer, the thought of being apart, even after treatment, can be unthinkable. The prospect of them going away on a boat with people they've never met might sound downright fanciful.

Mike and Clare, from Coniston, Cumbria, were those parents. But they also knew the impact a trip with the Ellen MacArthur Cancer Trust could have on their son.

Arran was diagnosed with non-Hodgkin lymphoma at four, relapsing five years later. At the Royal Manchester Children's Hospital, where Arran was treated, Mike heard about the Trust. A keen sailor, he took an immediate interest.

“It was amazing there was this way to give young people such a powerful experience through sailing,” Mike said.

## Working it out

As a pupil in SEND education, Arran requires additional support and discussions about the trip were complex and protracted.

“I knew the trip could be the making of Arran and it was.”

“We understood there were criteria around the trips,” said Mike. “It wasn't easy at times. But once everything was in place, I can't praise the Trust enough. It's been such a positive experience.”

The family were able to talk regularly with the team in Largs, where Arran's first trip was, and a Zoom call was arranged with the boat skipper Simon.

“Seeing Simon's face really helped put Arran's mind at rest,” said Mike.

“We got a text message on the first night telling us everything was going well, which was so reassuring.

“As well as the sailing, Arran loves crabbing, so it was great they did that, as well as litter picking, which he'd been doing as part of his Duke of Edinburgh award.”



## Sign up now!



A life-changing four days on the water is just a click away. If you or someone you know could benefit from our support, sign up now.

## Huge impact

“He wouldn't shut up when he came back and was chomping at the bit to go back.” Mike said. “The integration with others and getting that independence grew his confidence.”

Arran returned for his second sailing adventure in 2025, while sister May also enjoyed a siblings' trip.

Mike's message to other nervous families? “Grab the bull by the horns. I knew the trip could be the making of Arran and it was.”



**+12%**

the average change in wellbeing in young people just before and immediately after their first trip.



**82%**

would recommend a trip to a friend.



**Want to know more?**  
Check out our live impact dashboard

# Going further

When a young person has cancer, it impacts them and their families long after treatment ends. So, whatever they need, whenever they need it, we are here.

**For many young people, the real magic happens over time. That's why they can return for further sailing and outdoor adventures after their first trip. Tadiwa and Lily met on a South Coast Cruising adventure in 2025 – their fourth trip. Both had treatment for brain tumours, affecting their sight. The constant of the Ellen MacArthur Cancer Trust has been vital.**



**Lily:** It gives you, as my mum would say, tools in the toolbox when someone else goes through something too.

**Tadiwa:** When I was younger, I felt coming on a trip built all my confidence up. When I was going through treatment, my face was really bad, and I was very self-conscious. On the trips, people do not focus on that.

**Lily:** Yes! It's not about the body it's about the person.

**Tadiwa:** I was so young when I had treatment, but I remember it, and it was scary, I felt very alone.

**Lily:** Yes, you feel excluded, people think you can't do anything because you're different. And now I'm not the only one going through this, I can share my problems with someone, and they will know what I mean.

**Tadiwa:** I used to go to the hospital and there were so many kids outside, who would play, and run around and just be normal and I wished it could be me one day. It just happened for me to find the Ellen MacArthur Cancer Trust...

**Lily:** ...and that freed everything. These trips give you life rather than just make you survive.

**Lily:** It's really similar what we've both been through. We both have white canes and that makes me feel less alone. I was thinking 'Oh my gosh, I've got a cane, that's so unusual, is this going to be hard on the boat?' But even if it was, we can go through it together. The Ellen MacArthur Cancer Trust makes it normal.

**Tadiwa:** When you said you had a friend who literally stepped back when you said

**"The NHS saved my life, but the Ellen MacArthur Cancer Trust has given me a life." Lily**

you had a brain tumour I thought about those times it happened to me. I thought I was crazy. So, it helps to see other people have gone through that too.



Watch the video



# Support beyond the summer

MIND  
OVER  
CANCER

**Our monthly free mental wellbeing sessions – run by specialist youth mental health charity, Mind Over Cancer – mean young people can continue conversations from their trip with people who ‘get it’, and get the tools in place to look after their mental wellbeing. It’s a lifeline.**

**Daniel:** “My mental health was in tatters, and I needed a big confidence boost as I was heading back to university. It was nice to relate to people my own age who understood exactly how I was feeling. I still feel the benefits months later.”

**Sophie:** “I found it very cathartic to talk and listen to other people and found the different perspectives and ways other people viewed their

cancer really enlightening and made me consider my cancer in different ways. The support and suggestions provided were helpful and practical, which I really appreciated.”



Find out more about the sessions and Mind Over Cancer



## Every sibling matters

**Siblings of young people with cancer have lower wellbeing and higher anxiety than their peers. When Keira was diagnosed with acute lymphoblastic leukaemia at 14, her whole family faced a daunting new reality. Dad, Andy, explains how an Ellen MacArthur Cancer Trust siblings’ trip helped reset the balance.**

Keira is the eldest of four, big sister to Hayley, Aden and Andrew. When she was diagnosed, the younger siblings were thrown into an emotional whirlwind.

“When we got the news, they were scared and nervous,” said Andy. “I did my best to reassure them but admitted Keira was going to be in hospital for a while. Like all siblings, they can fight and squabble, but they were so caring. They just wanted her to know how much they loved her.”

The uncertainty and anxiety a diagnosis brings for brothers and sisters can be significant.

**This is why our sibling trips exist.**

Keira had been on a trip after treatment – her first time away from home. Nervous to leave, she returned home renewed and reinvigorated. So, when the chance for her



three siblings to join a special siblings outdoor adventure came up, Keira convinced them to follow her lead.

“They came back having had a great time,” said Andy. “It got them away as a group without me. It’s created a stronger bond between them. Time to get to know each other and have each other’s backs.”

Andy said the support of the Ellen MacArthur Cancer Trust has been invaluable in helping the whole family.

“The trips have given them all a confidence boost to do something they didn’t think they could.”



For the first time in 2026, there will be **two siblings’ trips** – supporting over **50 siblings** – thanks to the **Melanie White Foundation**.

# Make your difference

What if you could achieve a lifetime ambition knowing you were changing young lives after cancer? Whatever that is, we can make it happen. Ready, set, go!

## Discover adventure



**What's your big dream? We can make it possible. We're talking Himalayan treks, the Great Wall of China, cycles across Europe. See the world while inspiring brighter futures.**

Volunteer medic, Richard, completed a six-day, 450km cycling challenge from Milan to Venice, powering through 6,000m of climbing serious altitude and tough terrain, to raise more than £1,400.

Richard said: "The ride was fantastic, and I outdid what I thought I would be able to do. I've seen the fantastic work of the charity first-hand and have met the most inspiring young people. I have supported getting more young people on to a trip."

## Let's get physical

**Running, cycling, bungees, obstacle races – if you get a thrill out of pushing yourself, set a goal, a fundraising target, and make a real change to young lives.**

That's what 17-year-old George did when he signed up for the Torbay Half Marathon. Not only that, but his brother, Will, also signed up for the half marathon, and parents Julie and Richard did the 10K.

Julie said: "George has been on four fantastic trips and wanted to raise sponsorship for this wonderful charity. Making the commitment together encouraged all four of us to run more regularly."



## Ultra Challenges

**Don't let the name put you off: with epic courses for all skill levels, run, jog, or walk at your pace at the Ultra Challenge Series event of your choice. Whether taking on a 10km or a 100km course, it's your challenge done your way.**

Long-time volunteer, Alex Rickman, has completed two Ultra Challenges – London to Brighton in 2014 and Isle of Wight in 2021, for which he raised money for the Cancer Trust.

Alex says: "The events are the perfect balance of it being a big event while you feel individually supported by all the volunteers and staff, maintaining the community friendly vibe throughout."



# Fundraising heroes

Use your special skills or hidden talents to inspire more brighter futures. Just like these fundraising heroes.

## Take to the sky

Glen raised **£1,155** jumping out of a plane at several thousand feet for a sponsored skydive. Having been supported himself after cancer, Glen said: “The Trust helped me through the years after my recovery to become the person I am today.”



## Get crafting

Sisters Mary and Joan raised **£350** by knitting and selling baby clothes, all while enjoying time together doing something they love. Why not team up with a friend or loved one and get creative for a good cause?

## Find your event

Whether looking to Get Physical, Discover Adventure or take on an Ultra Challenge, find it here.



## Just keep swimming

Ollie and Alessandro swam the English Channel with their relay team, raising a huge **£2,234!** Describing the swim as “the most amazing experience we’ve had”, Alessandro said, “Lives can be changed for the better by being on the water” and said raising money for the Ellen MacArthur Cancer Trust was a “no brainer”.

## Serve your community

Just like volunteer Erica did when she organised a fundraising beach clean in Largs. Not only was the beach left spotlessly clean, but data was collected for the Marine Conservation Society. With extra help from our friends at the Coastal Rowers Regatta, who donated their raffle proceeds, an incredible **£675** was raised.



## Hair today, gone tomorrow

If you have luscious locks like Iggy, could you do a sponsored haircut? ‘Iggy raised over £600 – and donated his beautiful curls to the Little Princess Trust, too! Go Iggy!’



## Get inspired

Whether you fundraise on your own, get other people involved or take on a challenge, the only limit is your imagination.

# Solid foundations

Cheers to the amazing charitable Trusts and Foundations! Whether one-off or multi-year funding, they make the magic possible.

## 15 Year Cheer



2026 marks 15 incredible years of People's Postcode Lottery support!

Since 2011, players of the People's Postcode Lottery have raised more than £5.1m, transforming thousands of young lives after cancer.

"Quite simply, we would not be able to change as many young lives as we do without the players of People's Postcode Lottery."

Thanks to players, we opened our Largs base in 2013, making it easier

for young people throughout the UK to access vital support.

Meanwhile, the addition of our specially adapted Caledonian Hero and Solent Hero boats in 2016 and 2017 made our sailing adventures even more accessible.

And those are just highlights. Every year, players' support means hundreds more young people can start to believe in their brighter future after cancer.

Dame Ellen MacArthur, Founder and Patron, said: "I am deeply grateful for all players have done and continue to do so that we can be there for every young person when they need us."

## Children in Need back on board



Thank you to Children in Need for committing £20,000 a year for three years (2026-2028). This will be life-changing for nearly 100 young people by making it possible for them to join a four-day sailing adventure for the first time from Cowes on the Isle of Wight and Largs, Scotland. We can't wait to see you again Pudsey!

Charitable Trusts and Foundations funding is genuinely transformational. Be part of this difference by talking to us about how or who you know that could help – [fundraising@emcancertrust.org](mailto:fundraising@emcancertrust.org)

# Finding your cause

The Jo Walters Trust – which commemorates the life of Joanna Walters by giving grants to causes she would approve of – is one charitable trust that provides a vital Ellen MacArthur Cancer Trust lifeline to young people living through and beyond cancer.

Over the past two years, the Jo Walters Trust has gifted more than £8,600 to support Scotland Longer Cruising adventures for 8-17 year olds.

Lucy Johnston, Jo's sister and Trustee, says: "Jo loved sailing. She knew how putting a group of people together 'in the same boat' was a wonderful recipe for forging friendships, developing resilience and allowing people to discover their own strengths. The wonderful things the Ellen MacArthur Cancer Trust achieves is something we are so proud to support."



## Other ways to give

### The eBay way



Our eBay shop is a treasure trove of excellent and affordable second-hand

sailing gear, with every purchase raising money to support young people. Wetsuits or jackets, gloves and salopettes, you might be surprised at what you will find.

Have you got sailing kit you no longer need or use? We might be able to resell it. Let us know at [fundraising@emcancertrust.org](mailto:fundraising@emcancertrust.org).

### Shop our products



Be part of the crew with our awesome range of clothes and accessories.

Wear your support for young people on your sleeve (literally) with super-snuggly hoodies and timeless T-shirts or grab a tote bag, and heaps of other goodies.

All products are produced in partnership with sustainable retailer Teemill and come with a hassle-free returns and exchanges policy.

### Be an Amazon explorer



If you want your donation to put useful stuff directly in the hands of the

young people on our trips, head to our Amazon Wishlist.

All the items are essential for keeping our young adventurers safe, warm and entertained on our trips – from bedding to games to suncream.

Having items like these bought for us means we can use our funds for other things to benefit young people living through and beyond cancer.

### Donate in memory



Create a lasting legacy for a loved one by donating or collecting for the Ellen MacArthur Cancer Trust in their memory. Commemorate them in a way that will inspire the lives of young people living through and beyond cancer.



**Donate now**  
Change young lives today.

# Bigger impact, brighter futures

Reflecting on what we've achieved through our Ambitions for 2023-2025.

**It's been a pivotal three years for the Ellen MacArthur Cancer Trust. More young people than ever before benefitted from one of our life-changing sailing or outdoor adventures.**

**At the same time, several major strategic and cultural developments have been embedded across the organisation to ensure we are even more visible, relevant and accessible to every young person who has a cancer diagnosis in the UK, and we have the biggest possible impact on every one of them. This is what we've done.**



## Looking ahead



In early 2026, our Ambitions 2026-2029 will be published. This four-year strategy will ensure we maintain momentum in all the areas we've made progress over the past three years while building on what we've learned in this time, including through being part of the North Star Cancer Collective (see p18), so young people and their siblings get the maximum impact at the right time from our support.

## Our ambitions for... Young people



**BUILD BELONGING** – Our Equity, Diversity, Inclusivity and Belonging Plan 2023–2026 provided the roadmap to creating a safe community that welcomes and celebrates everyone being their authentic self, while a new Racism and Discrimination reporting process keeps us accountable. The number of young people of colour we support has increased from 9% to 14% since 2022.



**GO FURTHER** – Working in partnership with youth cancer mental health charity, Mind Over Cancer, young people can now be supported year-round through the introduction of a monthly online wellbeing programme (May–October) and referrals to specialist 1-2-1 counselling for those needing more acute support.



**DRIVE IMPACT** – With four years' Warwick–Edinburgh Mental Wellbeing Scale data available to view in real-time on our website, we now have a robust, transparent and continually evolving dataset to evidence our impact and help inform decisions about future activities. We measure belonging using 'Recommendation to a friend' scores.

## Our Ambitions for... Our team



**KEEP THE MAGIC** – Creating a Volunteer and Team Development Manager position advanced our volunteer approach with a new focus on equity in roles, opportunity and development. 168 volunteers and skippers were trained as Mental Health First Aiders and new RYA sailing courses help volunteers develop their skills to have even greater impact.



**ASK QUESTIONS** – Developing inclusive recruitment practices to grow diversity across our team remains a priority to be increasingly representative of, and relatable to, the young people we support. We continue to address the gender imbalance amongst our skippers, and Youth Advisory Group recruitment is in line with our EDIB Plan 2023–2026.



**THINK PLANET** – Guided by an Environmental Sustainability Policy Statement, we consciously consider the environment, sustainability and our carbon footprint in all purchasing, resourcing and other decisions. We are developing carbon measurement to be implemented from 2025.

## Our Ambitions for... Fundraising and communications



**DIVERSIFY INCOME** – Investing in extra Trust and Foundations and Philanthropy resource has contributed to a 29% increase in income in a very tough fundraising environment. These continue to be major focuses. Regular giving has grown 22% while a new sailing club talks programme and second-hand eBay shop have helped boost income too.



**GROW LOYALTY** – Developing new and managing existing relationships across our community has been, and remains, a priority, both through team contact and improving our data management systems and processes. Regular giver and high net worth update events and 'see it for yourself' supporter sailing days have also been introduced.



**TALK DIFFERENCE** – Using lived experience to tell the story of how we achieve improved mental wellbeing – framed around the three core aspects of building acceptance, independence and optimism – became central to all communications. What we do (information) matters, but the difference we make (impact) is the key.

# Change for life

The impacts of cancer are long-lasting, so the support for young people must be too. Only with your help can we be here today and into the future so young people can always get what they need, when they need it.

## What friends are for

**Your long-term commitment means young people won't ever have to face their future alone.**

The effects of cancer on a young person can last a lifetime. Whether just completing treatment or diagnosed as a baby, they need somewhere to turn.

By becoming a Friend of the Trust monthly donor, you tell them you are there for them today, tomorrow, and into the future. Because that is when they need you.

That's what Mike did in 2013.

"I contribute to several charities but the one closest to my heart will always be the Ellen MacArthur Cancer Trust. I was introduced to the work Ellen was doing with young people recovering from cancer and I signed up as a Friend of the Trust immediately and continue to support. The regular newsletters and emails remind me why I have remained a Friend across the years."



Sign up to give monthly online or download a Direct Debit form.



## Brighter Futures Collective

**Making it possible for every young person to get the vital support they need.**

By pledging £5,000 annually for at least three years, you will be making a life-changing commitment to young people living through and beyond cancer.

You will also get access to a number of unique events and our exclusive Brighter Futures network, receive regular updates

on the crucial difference you are making, and open doors and advocate for the Ellen MacArthur Cancer Trust.

Be the reason we can plan with confidence over the next three years, because we must be here for each young person when they need us most.

For further details please contact [philanthropy@emcancertrust.org](mailto:philanthropy@emcancertrust.org)

# Long term gain

**Diagnosed with Hodgkin lymphoma at 15, Ellie knew life was about to change. As she turns 30, she reflects on how the Ellen MacArthur Cancer Trust changed it in ways she never imagined.**

You can't change the wind, but you can adjust your sails. It's a cliché, but what better way to explain the lifelong effect of the Ellen MacArthur Cancer Trust on me? I'm turning 30, engaged, grateful to have stayed in remission.

I was diagnosed aged 15 and went on my first four-day sailing trip at 17. Both experiences throw you out of your comfort zone and into the unknown.

My first sailing trip was so inspiring, I was straight back the next year. My life's moved on in so many ways – I now work as a writer, content editor and freelance journalist – but much still centres around the positive connections that came from the cancer and involvement with the Ellen MacArthur Cancer Trust.

When you take those first steps in the cancer club, your life shrinks to a box-like environment that's hard to feel at home in; the same four walls of consultation rooms and clinics.

And while I knew I was going to be getting to grips with a shifting body image and sense of self, I didn't expect my life to split off in a whole new direction. Only the Ellen MacArthur Cancer Trust could do that.

On that first trip, it's hard to picture the openings it can lead to. Taking to the waves every day. Being trusted with the independence of running the boat. Friendliness, freedom and fun, all trademarks of the trips.

Cancer in young adults steals lots of decisions from you at a critical juncture of life. But it also offers you lots of new ones too. We all move at our own pace, through cancer and life.

But it's never in isolation. It's always with our new crewmates by our side and fresh wind in our sails.



"The Ellen MacArthur Cancer Trust navigates you expertly through a difficult chapter in your life into less choppy waters."

# Your legacy

**After looking after those you love, could you leave a gift in your will?**

No matter how large or small, without the kindness of people who choose to leave us a gift, we could not provide the vital post-treatment support young people need.

You can leave behind a proportion or the remainder of your estate, gift a specific sum or item.

There is no obligation to tell us you have left a gift in your will and any pledge you make is not legally binding. With any matter regarding your will, we always recommend you seek professional legal advice.



Learn more about how to leave a gift in your will

# Building a better future. Together.



Since the launch of the ground-breaking 'State of the System' report in June 2024, we have been at the heart of shaping a sector-defining vision: to create change in the cancer care system to improve long-term wellbeing for children, young people, and their families.

We see the huge and lasting emotional, physical and financial devastation cancer has on children and young people and their families every day.

So, we are privileged to be part of a new North Star Cancer Collective, a group of pioneering organisations with one shared purpose: Building a better future for children and young people with cancer, and their families. Together.

The North Star Cancer Collective is working collaboratively in a structured, strategic and creative way to bring about change in the cancer care system to improve long-term wellbeing for children, young people, and their families – including siblings and bereaved families, who both have unique needs.

This does not mean delivering a new support service to children, young people and families after cancer treatment. It means shaping the system, so it better supports children and young people with cancer and their families

throughout their entire diagnosis, treatment and post-treatment journey.

**There are six priorities:**

1. Drive change through greater collaboration across the whole cancer care system.
2. Embed lived experience and clinical expertise in creating the change.
3. Develop shared insight across the cancer care system.
4. Strengthen mental health support.
5. Ensure the right information is available at the right time.
6. Strengthen long-term support and follow up.

To expand the Collective's reach, influence, and impact, different organisations and voices from across the whole cancer care system will need to be directly involved in or work with the Collective at the right time on the right things.

This is a bold, innovative approach to bringing about real change and to make the North Star Vision a reality.

## North Star Vision

That every child and young person facing cancer receives care that's tailored to them. They feel informed and in control, and along with their families can make knowledgeable decisions about their care and future.

They feel empowered every step of the way, facing no gaps in support or barriers to access. They have everything they need from the beginning of their cancer journey, during treatment and for as long as they need it afterwards.

*"This is transformational, vital change that will support the unique needs of children and young people with cancer."*

NORTH STAR CANCER COLLECTIVE, 2025.

## Be part of the change



Find out more, use your experience and register for updates



# News round-up

Some highlights from the past 12 months.

## Royal reception for awesome foursome

Four volunteers enjoyed an unforgettable audience with the King and Queen to recognise their amazing commitment to helping others. Adam, Bhav, Macy and Stacey donned their finest gear to step through the gates of Buckingham Palace.



The awesome foursome, who were all supported by us after their own diagnosis, were finalists for this year's Luke Gilbert Volunteer of the Year Award and enjoyed a royal reception, celebrating those who support people living through and beyond cancer.

## Volunteer of the year "blown away"

Adam Brombley was "speechless" as he was named our 2024 Luke Gilbert Volunteer of the Year for his unwavering enthusiasm and dedication.

"I'm a bit blown away. We don't volunteer to be awarded, but it's nice to have that recognition," he said.

Adam has been volunteering since 2019 having first sailed with the Trust in 2015, after treatment for non-Hodgkin lymphoma. He's also raised funds by organising musical productions and is a member of our Youth Advisory Group.

## Dr Dave gets national honour



Dr Dave Hobin, our Chair of Trustees and long-time volunteer, was awarded the Johann Visser Award for Outstanding Contribution at the CCLG Children & Young People's Cancer Association Member Awards.

Dave, a Consultant Paediatric Oncologist at Birmingham Children's Hospital, has been a leading figure in children and young people's cancer care for more than three decades.



## Blue carpet buzz

Sixteen young people enjoyed the premiere of legendary David Attenborough's documentary, Ocean. They walked the blue carpet, changed from red to reflect the film's title. The invite to the event at London's Royal Festival Hall, was thanks to our friends at People's Postcode Lottery, and was also attended by Dame Ellen MacArthur, and our CEO Frank Fletcher.



# How you can help



## Do you know young people with cancer?

If you work with young people with cancer, or you know a young person who could benefit from our support, we would love to hear from you. Visit

[ellenmacarthurcancertrust.org/our-trips](https://ellenmacarthurcancertrust.org/our-trips)



## Can you support our fundraising?

What could you, your friends, family, colleagues or clubmates do to transform the lives of more young people?

Get inspired. Visit

[ellenmacarthurcancertrust.org/events-and-fundraising](https://ellenmacarthurcancertrust.org/events-and-fundraising)



## Could you volunteer?

Use your professional expertise – from medical to sailing – tell your story or travel with young people to and from their trips, it all makes a huge difference. Visit

[ellenmacarthurcancertrust.org/volunteer-with-us](https://ellenmacarthurcancertrust.org/volunteer-with-us)

## Always remembered...

As we reflect on another year of magical adventures, we never forget the extraordinary but all too short lives of those young people who are no longer with us. Every one of them continues to inspire us.



## Contact us

Call us on:  
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Follow us on social media:  
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Watch us on YouTube:  
[www.youtube.com/emctrust](https://www.youtube.com/emctrust)

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Credits for the awesome photos include Martin Allen, Tom Roberts, and Ashton Howard.

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