

THE ELLEN MACARTHUR TRUST

ISSUE ONE 2010

# inspire

Inspiring young  
people's cancer  
recovery through  
sailing



## inside ...

Find out about our inspiring Round Britain voyage

Help us make a difference and become a Friend of the Trust

Read about our exciting plans for 2010



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# Welcome from our Patron, DAME ELLEN MACARTHUR



I'm so pleased to welcome you to 'Inspire', the Ellen MacArthur Trust's very first newsletter, and what a time to launch it, having just had our most exciting year so far!

We set up the Trust in 2003 with the aim to help young people in recovery from cancer and leukaemia rebuild their self-confidence through sailing. Like any new venture there was always the worry it may not work! Today I'm in no doubt that sailing with the Trust does make a huge difference to the lives of these incredible young people.

The Trust is all about building confidence and self-esteem, restoring independence, having fun and making new friends through sailing. After everything these young people have been through, to visit somewhere new and be able to forget about treatment, hospitals and their everyday environment for a while, experiencing the freedom of being on the water with others who can understand what they've been through, can be invaluable. Our newsletter will introduce you to some of the inspirational people who sailed with us last summer for the first time, or who returned to continue their journey with the Trust, and give you a taste of the many adventures we had, including our unique Round Britain voyage.

2009 marked the dawn of a new era for the Trust in taking on challenges far and above what we had achieved before. Our Round Britain voyage was incredible. How did it go? Well the young people pretty much said it all through their blogs and videos, which were not only hilarious, but moving and inspiring. I was lucky enough to be at 15 of the stopovers on the way round, so I could keep up with the voyage as it happened, and the homecoming party was a memory that will stay with me forever. It was very emotional, and the enormity and success of what we had just achieved was re-enforced by the many smiling faces at the finish.

The Trust has grown so much over the years and now offers young people from every specialist children's cancer hospital in the country the opportunity to help rebuild their self-confidence straight after treatment, which is enormously important in their long-term recovery. We believe every young person in this position should have the chance to join us, and this is why I urge you to get involved and help us continue our work.

Please sign up to become a regular giver, be inspired to join one of our sporting events, come up with your own fundraising schemes, nominate us as your workplace Charity of the Year, or contact us to find out more about our corporate partnerships. Every single pound we receive does make a difference to the lives of these young people.

I'm incredibly proud of the amazing and diverse community of young people, their families, volunteers, fundraisers, supporters and friends that we have created. Every one of you has helped make the Trust the very special charity it is today. I hope you enjoy our review of 2009 and that you will continue to follow the Trust as our future unfolds. Without you we simply couldn't operate, and I'd like to personally say a massive thank you for your support.

Dame Ellen MacArthur D.B.E



# LILY'S STORY



LILY from Sheffield was diagnosed with a Wilms Tumour (a form of kidney cancer) aged 13. Lily had never heard terms like 'tumour' and 'chemotherapy' before, and at first didn't understand what was happening. In Lily's own words, "I was in hospital a lot. I had chemo to make the lump go down, then an operation to take out my right kidney, followed by radiotherapy and more chemo. I felt really ill and out of it most of the time." Lily missed a year of school. Then she came on her first sailing trip.

As her Mum Liz explains, this was quite a big step, "Lily was apprehensive because she'd not been away from us since her treatment began. She is not the type of teenager who talks much about her illness with friends – it's hard to explain what she has been through and she doesn't want to seem like she's asking for sympathy, so it was important that on the trip she had the chance to talk to others in the same position. We're really glad she went."

When Lily arrived in Cowes to sail with the Trust she had recently stopped wearing her wig, and was still self-conscious about her short hair. Meeting people with the same experiences boosted her confidence, and she could just enjoy herself with no explanations. "I was nervous at first, but the sailing was fun and I made lots of friends. If treatment came up that was fine, but there was no pressure to talk about it. My favourite bit was the evenings: I could chill out with my new friends, play games, go crabbing or just talk."

Lily is back at school now and doing well. She hopes to return to sail with the Trust in 2010.



confidence

# Rebuilding CONFIDENCE

It can be difficult to explain the difference our sailing trips make to young people in recovery from cancer and leukaemia. Lily, opposite, describes her first experience of sailing with the Trust on a four-day trip, tailored for those just off treatment. These trips are all about building confidence and having fun in a safe, supportive environment. Sailing is the ideal sport, as it can be enjoyed and mastered by all, whatever the level of fitness.

When cancer is diagnosed, a young person's life completely changes. Familiar everyday routine is turned upside down to make way for hospital stays and appointments, school is put on hold as treatment takes over; independence is lost. Physical effects of treatment can vary greatly, from feeling unwell, gaining weight and losing hair to dealing with amputation or changes in mental

**“She left Waterloo in tears and came back beaming, a great big smile like I hadn't seen for ages! She gained confidence, experience, memories and friendships!”**

MOTHER OF HANNAH, 16

ability. All this can understandably lower a young person's confidence and self-esteem.

Our gentle introduction to sailing aims to encourage these young people to move on from their illness, and take back control of their lives by trying a new and exciting activity with others who have shared similar experiences.

One of the most valuable elements of these trips is giving the young people the opportunity and space to interact with others who understand what they've been through. Our trips are not counselling sessions, but everyone appreciates that they share a common ground. The young people will often offer advice and support to each other, forming friendships that continue well beyond the end of their trip. A specialist nurse or doctor is on every trip to provide medical back up.

The trips are structured to balance sailing with shore-based activities, so there is something for everyone. They run from Monday to Thursday throughout the summer, and each group usually enjoys a relaxed BBQ on the beach, a hi-speed RIB ride, shopping for souvenirs, a tour of the Yarmouth Lifeboat, a visit to Royal Solent



**“Her self worth, self-confidence and self-esteem returned. Thank you for giving it back to her.”**

MOTHER OF AMIE, 12

Yacht Club, and the odd water fight.

The Trust also organizes day-sailing trips on request, for young people who would be unable to participate in a four-day trip, or have a life-limiting illness. They bring family and friends to make it a memorable day for all.

*The Trust has helped hundreds of young people since it began and in 2010 will be working with every specialist children's cancer treatment hospital in the UK*

## FACTS & FIGURES

Every day **10** young people in the UK are diagnosed with cancer

**75%** of young people who develop cancer will survive the illness

It costs just **£500** to take a young person on their first sailing trip with the Trust

# EMMA'S STORY



A year later Emma was first approached to go sailing with the Trust. For her Mum this was a daunting prospect but it proved to be the making of her. “To let her go away with a group of strangers, to go sailing of all things, was quite frightening. When she left for the trip she was an empty shell, but on her return, Emma had a new lease of life!”

For Emma it was life changing. “I don’t think I’d be the person I am now if I hadn’t sailed with the Trust. When I found out I had cancer my life stopped, I was just in

a self-contained world of hospitals. On my first trip, the fact that everyone had been through the same sort of thing meant we could all just have a laugh together and be kids without any issues. It was incredible. The Trust has been so important for me since then. I’ve returned every year and always have an amazing experience. I have grown as a person, I’m happier and more confident, and now I volunteer on the trips. Everyone who has been through treatment for cancer should get the chance to sail with the Trust.”

“The fact that everyone had been through the same sort of thing meant we could all just have a laugh together”

EMMA, from Essex, was just 12 when she was treated for Acute Lymphoblastic leukaemia at Great Ormond Street Hospital. Emma’s Mum recalls, “At the time, the whole calendar was filled up with hospital appointments and treatment. It felt like there was no room for anything else. Emma was so ill – a very ill and frail little girl.”



community



# Strengthening OUR COMMUNITY

Returning to sail with the Trust is very important; something we know from talking to our young people, their parents and medical consultants. The impact on anyone treated for cancer or leukaemia is often long-term. Once diagnosed, young people are forced to grow up quickly and after treatment finishes, coming to terms with what happened and trying to get

their life back on track can be challenging. Many charities provide fantastic one-off experiences when a young person is still on treatment, but offer no continuity. At the Trust we ensure everyone has our support and can be part of a unique community of friends, until they no longer need us.

Emma, featured opposite, is just one of the inspirational volunteers who

**“It is hard to put into words the positive impact that these trips have had on Joel. At times he has found it hard to resume a normal life after all the trauma he experienced when he was unwell. You have made a lasting impression on him and contributed to his long term recovery.”**

MOTHER OF JOEL, 13



made sure that the 34 young people returning for our residential dinghy week at Bradwell Outdoors in Essex had a fantastic time. Spending the week in dinghies and catamarans always results in plenty of laughter and capsizing. This trip demonstrates that you can have a successful water fight in any type of boat! In this fun-fuelled environment, strong friendships are formed, and sailing skills improved. Everyone receives a sailing qualification at the end.

## FACTS & FIGURES

Trust CEO Frank instigated at least **14** water fights

Latest ‘can you PLEASE go to sleep now’ call was **00:40**

Longest time spent getting people out of bed and ready for breakfast was **27** minutes

It costs **£400** for a child to enjoy the week at Bradwell



Other activities include high ropes, archery, canoeing and a special night camping on a small island in the estuary. The Bradwell kitchen produces tasty food throughout the week and in the evenings everyone has time to relax, play table tennis, listen to music and chat before bed. As soon as the lights go out, we never hear a peep out of anyone until the next morning! (Well we can dream can't we...)

We would like to thank Chris and Caroline Mickelthwaite for generously supporting our week at Bradwell. After joining us, Chris said:

**“We were thrilled to support this week in 2009. It was clear that having such fun in a relaxed environment and learning new skills is making a difference to these youngster’s lives.”**

*In August 2010 we will run two weeks at Bradwell for up to 70 young people.*





# LARVELL'S STORY



LARVELL, from Nottingham, was 10 when he was diagnosed with Non-Hodgkin's lymphoma. He spent a lot of time in hospital and missed over two years of school. During this time his hair fell out, he gained weight and lost a lot of confidence. Larvell first sailed with the Trust in 2005. "I had never thought about sailing before, but I enjoyed it a lot, and could talk about anything with the others on my trip." He never looked back, and has returned every year since.

In 2009 Larvell sailed in the J.P. Morgan Asset Management Round the Island Race where he was introduced to the former Head of UK Business at J.P. Morgan Asset



**"The Trust has given him much more confidence, and taught him to see the ability inside him."**

Management. A huge advocate of the Trust, he was so impressed by Larvell's outlook and positive attitude that he offered him an internship with the company, beginning in 2010.

Since Larvell first stepped onboard with the Trust, his Mum has seen him



transform from a shy retiring boy into a more confident and independent young man: "Being on a low income and living in Nottingham, sailing was an experience I could never have given him. Larvell is fairly quiet and doesn't go out much, but has travelled the length of the country on a train by himself to go sailing with the Trust. It has given him much more confidence, and taught him to see the ability inside him. Something good has come out of something bad, and I'm very proud of him."

With first hand experience of how the Trust can benefit young people, Larvell can't wait to return as a volunteer in the future.

# Taking on CHALLENGES

Since 2005, we have been delighted to be one of the preferred charities for the world famous J.P. Morgan Asset Management Round the Island Race, sailing's equivalent of the London Marathon. We receive many requests from the young people who sail with the Trust for more sailing opportunities and this is the perfect event for them to return to, and challenge themselves further. 2009 was our fifth year competing in this spectacular event. Our trip runs over four days, to allow plenty of practice time before the big race day.

Trust Patron, Double Olympic Gold Medallist Shirley Robertson led one Trust crew including Larvell, featured opposite, on Challenge EMT, and Trust Chief Executive Frank Fletcher, crewed with a younger team, on new Trust yacht Moonspray's first official trip. It was bound to get competitive, and friendly banter began before anyone left the shore. It turned out to be a long day of racing, with even the fastest boat taking 6 hours 39 minutes! Challenge EMT led Moonspray all the way around but, nearing the end, the wind dropped leaving hundreds of boats becalmed. Once competitors started moving again, it became clear that Moonspray had sneaked ahead, beating Challenge EMT by just 20 minutes! Any

racing rivalry was soon forgotten as the crews moored up together, tired but happy, to eat some eagerly anticipated fish and chips and compare entertaining stories from the day. The Trust has entered four boats in the 2010 race.



**"I had the privilege of taking part in a truly great event in 2009, and saw a phenomenal effort from our employees. Staff participation has risen each year! It's wonderful to see the amount of money raised and know the impact it will have in helping to re-build lives."**

DORCAS WILLIAMS, VICE-PRESIDENT  
J.P. MORGAN

## Corporate Relationships

Our relationship with J.P. Morgan grows stronger each year and is a good example of how a charitable partnership can benefit all parties. J.P. Morgan have encouraged their staff to raise money for the Trust whilst having fun. Staff are encouraged to use their imagination. For example, non-sailing employees have established a 'Round the Island' cycle challenge providing a great day out for all involved. J.P. Morgan point to increased staff morale and teamwork as a result of our partnership.

Fundraising teams have raised almost £45,000 since this cycle challenge began and in 2009 for the first time, the lead cyclist finished ahead of the yachts!

The partnership has also led to London office employees nominating the Trust as their internal charity of the year with teams again coming up with creative ways to raise money at work. Our Skandia EMT Round Britain Voyage and Bradwell residential dinghy week, supported in the past by Rolls Royce are further examples of the Trust working successfully with a corporate organisation.

Contact Frank Fletcher on **07791 791461**

**frank@ellenmacarthurtrust.org**

*if you are interested in a corporate partnership with the Trust.*

## FACTS & FIGURES

**50** mile race around the Isle of Wight

**16,000** competitors, **1,779** boats

**105** J.P. Morgan cyclists raised **£17,366**

Larvell celebrated his **18th** birthday

Moonspray finished in **11hrs 39mins**,  
**404th** overall

challenge



## CLAIRE'S STORY

CLAIRE, 16, finished treatment for Hodgkin's disease in 2006 and then sailed with the Trust for the first time. She had lots of fun, making good friends, but the following year, a friend she had made during her time in hospital sadly didn't make it through treatment. Claire was left feeling angry, sad and above all guilty that she was in recovery while her friend had passed away. Claire's schoolwork suffered and she really struggled to get back

“I thought to myself this is where existing ends and living starts.”

to normality. The things her friends talked about in the playground seemed so trivial



after everything she had experienced. Claire returned to our residential dinghy week and was still struggling, but afterwards wrote to say, “There's two things keeping me going, talking to my new Trust friends every single day and the thought of sailing with them all again, perhaps even around Britain.”

Claire returned to the Trust in 2009, and crewed on the final leg of the Round Britain voyage. Her journey with the Trust

illustrates that often things don't just go straight back to normal after treatment, and the sense of community the Trust builds over several years can be incredibly important as she explains: “From the moment I boarded Scarlet Oyster I instantly felt a million miles away from everything else that was going on at home, at school and in my head. We'd hardly been on Scarlet five minutes before all the banter started. It's difficult to explain, but everyone on these trips really has a bond that is beyond words.



The voyage homecoming was possibly the best day of my life. The atmosphere onboard Scarlet was really special, we were all so excited as we made our way towards Cowes. Then I stood both hands on the wheel, wind in my face and helmed. Immense is the only word I can use to describe it. The moment we passed the finishing line and the cannon went off we all hugged, smiling from ear to ear, it was incredible, and very emotional. We got off the boat and as I walked along the pontoon arm in arm with my friends, I thought to myself this is where existing ends and living starts. The week showed me life in all its beauty again, and I felt part of something worthwhile. I will keep the memories forever and will hold them close when life isn't quite as beautiful. Thanks for showing me that living was worth fighting for.”

# INSPIRING Voyage



## 3 May – 12 September 2009

In 2009 the Trust embarked on its most challenging, yet inspiring project to date, *The Ellen MacArthur Trust Skandia Round Britain voyage*. Claire, pictured opposite, was one of 74 young people who returned to sail part of the 2500 nautical miles round Britain on one of 16 separate legs. As well as being a step forward in our return to sail programme and a huge adventure for our young people, it also served to showcase the work we do and increase our profile around the country. At many of the stopovers the crews returned to the hospitals where they were treated, to talk to patients, staff and parents about their journey. Ellen gave

**“My lasting memory will be on night watch on deck on the trip from Holyhead. The skies were clear and we did a lot of wishing on shooting stars, it was unforgettable.”**

PAUL, 21 LIVERPOOL

public talks at most stopovers to raise awareness and funds for the Trust.

This incredible journey saw young crews on board yacht *Scarlet Oyster* sail under London's famous Tower Bridge, be welcomed by the Lady Mayor of Belfast following an exciting tugboat escort in to the city, moor up at the PSP Southampton Boat Show, and meet Olympic gold medallists. During the voyage the crews watched whales, basking sharks, dolphins, puffins and seals at close range from the boat.

We took 10 young people from our Scottish hospitals sailing for the first time through the Caledonian Canal and had the opportunity to work with some of our over 18's on more challenging legs.

The homecoming event was a proud day for all involved. Over half the young people who participated on the voyage and their families were able to travel to Southampton to escort *Scarlet Oyster* back to Cowes for a very emotional homecoming, the perfect end to the 133-day adventure.

To get a feel for what went on, and the fun had by all on the way round, please visit [www.roundbritain.org](http://www.roundbritain.org) where you can still read blogs, look at photos and watch the videos made by our young crews on each leg.

This groundbreaking voyage wouldn't have been possible without the support of our partners Skandia, BT and the Energy Saving Trust, along with UKSA,

**“The highlight for me has to be the basking sharks we saw off the Isle of Man. They were amazing – I wanted to go in the water with them but skipper and mate said no!”**

GERARD, 24, BELFAST

Crusader Sails, Southampton Yacht Services, Musto, Geovoile, Volvo, Payne Hicks Beach, Livett's Launches and the countless other individuals, Marinas, Yacht Clubs and businesses who helped and supported the Trust during the voyage.



*A special word of thanks to the Applebey family, all great supporters of the Trust who very kindly donated their yacht Scarlet Oyster for the event. The yacht sailed round in memory of Gordon Applebey, who came up with the idea for the Trust's Round Britain voyage, and who battled with cancer himself but sadly passed away in 2008 before he could see his yacht complete this voyage.*

## FACTS & FIGURES

**74** young people in recovery from cancer sailed on the voyage

Over **50** ports and anchorages were visited

The crew posted **750** tweets and **86** blogs

Over **2,000** cups of tea were made onboard

Over **£25,000** was raised

inspiration

# MORE NEWS FROM 2009



## Participation in 2009

Day persons (one person spending one day sailing with the Trust) increased dramatically from 630 in 2008 to **1,198** in 2009

## Hospitals

In 2010 young people will sail with us from hospitals in London, Southampton, Belfast, Nottingham, Bristol, Sutton, Birmingham, Inverness, Glasgow, Aberdeen, Edinburgh, Cambridge, Cardiff, Sheffield, Manchester, Leeds, Oxford, Liverpool, Truro, Newcastle and Leicester.

Trust website [www.ellenmacarthurtrust.org](http://www.ellenmacarthurtrust.org) was entered into the 7th HantsWeb Awards, and we were delighted to win both 'Best Life-Changing Website' and 'Best Charity or Voluntary Organisation Website'.



**New Yacht:** Poole Sail Training Trust wrapped up their charitable operations and generously donated the Trust a 44ft Gib'Sea yacht Moonspray, with funds to cover maintenance. Used on all our summer trips, Moonspray has also enabled us to expand our volunteer training and 'Return to Sail' programmes. Dean & Reddyhoff's East Cowes Marina has provided free berthing, and the yacht has had an extensive refit thanks to a restricted charitable foundation grant from the Albion Trust.

**81** volunteers helped the Trust on the water.

Many more assisted on land during our Round Britain event, for the Round the Island cycle challenge, in maintaining our new boat Moonspray and at the office.

PR agency Into the Blue did a fantastic job of promoting the Round Britain voyage generating more than 250 pieces of national, local and trade press coverage, as well as over 60 broadcast hits. An independent media evaluation of the voyage by Durrants reported the Advertising Value Equivalent as

**£1,895,033**



## PEOPLE NEWS



**Patron Shirley Robertson OBE** joined the Trust during the Round the Island Race, taking time out from racing all over the world on the 2009 Extreme Sailing Series and presenting CNN's monthly sailing TV programme 'Mainsail'.



**Ambassador Dan Monk**, who first sailed with the Trust in 2004 after treatment at University College London Hospitals, was back skippering our summer trips and also assisted on several legs of the Round Britain event.



**Ambassador Katie Miller** completed the OSTAR Original Single-handed Trans-Atlantic Race and the Rolex Fastnet Race in 2009 and returned between training and graduating from Southampton Solent University to skipper on our summer trips.

# MAKE A DIFFERENCE

Become a **Friend of the Trust** by signing up as a regular giver. Simply complete the Direct Debit form below and return to the Ellen MacArthur Trust today

## IN JUST ONE YEAR:

**£2** per month pays for one young person's food and drink during their trip

**£10** per month will pay for a self inflating lifejacket and its annual service

**£25** per month will allow a young person to return and enjoy an entire week at Bradwell

**£40** per month will give one young person the opportunity to sail with us for the first time after treatment

To make a regular donation online, visit [www.virginmoneygiving.com](http://www.virginmoneygiving.com) and search for the Ellen MacArthur Trust



Title:	Forename:
Surname:	
Address:	
Postcode:	

## Gift Aid makes every £1 worth £1.28

I am a UK Tax Payer, and I would like the Ellen MacArthur Trust to reclaim the tax on all donations I have made as well as any future donations.

Yes  No

I understand that I must have paid an amount of tax or capital gains tax at least equal to the amount of tax that the charity will claim in the tax year.

*giftaid it*

## Instruction to your bank or building society to pay by Direct Debit



Please fill in the whole form using a ball point pen and send to:  
The Ellen MacArthur Trust, Coniston, Victoria Road, Freshwater Bay, IOW PO40 9PX

### Name and full postal address of your bank or building society

To: The Manager	Bank/Building Society
Address:	
Postcode:	

### Name(s) of account holder(s)

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### Bank/building society account number

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### Branch sort code

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### Please fill in the information below

I instruct the Ellen MacArthur Trust to take £..... from my account on the ..... of each month until I instruct otherwise.  
The Ellen MacArthur Trust will write to you to advise when the Direct Debit will commence.

### Instruction to your bank or building society

Please pay The Ellen MacArthur Trust Direct Debits from the account detailed in this Instruction subject to safeguards assured by the Direct Debit Guarantee. I understand that this Instruction may remain with The Ellen MacArthur Trust and, if so, details will be passed electronically to my bank/building society.

Signature(s):

Date:

DD17

**Banks and building societies may not accept the Direct Debit instructions for some types of account.**

## This guarantee should be detached and retained by the payer. The Direct Debit Guarantee



- This Guarantee is offered by all banks and building societies that accept instructions to pay Direct Debits
- If there are any changes to the amount, date or frequency of your Direct Debit The Ellen MacArthur Trust will notify you five working days in advance of your account being debited or as otherwise agreed. If you request The Ellen MacArthur Trust to collect a payment, confirmation of the amount and date will be given to you at the time of the request.
- If an error is made in the payment of your Direct Debit, by The Ellen MacArthur Trust or your bank or building society, you are entitled to a full and immediate refund of the amount paid from your bank or building society.
  - If you receive a refund you are not entitled to, you must pay it back when The Ellen MacArthur Trust asks you to.
- You can cancel a Direct Debit at any time by simply contacting your bank or building society. Written confirmation may be required. Please also notify us.

# FUNDRAISING and SUPPORT

The generous support we receive each year is the only reason we can continue our work. In 2010 we are encouraging our supporters to join one of three sporting events to raise money for the Trust and get fit at the same time.

Come and join us at the **Isle of Wight Cycle Challenge** on 19 June, **West Wight Triathlon** on 19 September or the **Bupa Great South Run** in Southsea on 24 October.

All are achievable with a bit of preparation, we just ask that you raise a minimum of £150 for your chosen event and cover your entry fee. You will then be part of the Trust team for that event and receive a Trust branded sporting top. Please contact [jo.summers@ellenmacarthurtrust.org](mailto:jo.summers@ellenmacarthurtrust.org) for more information or to register for one of these events.



Want to help in other ways? Here is just a taster of the events that were organised last year in support of the Trust. For more fundraising ideas download our fundraising pack from [www.ellenmacarthurtrust.org](http://www.ellenmacarthurtrust.org)



One of our young sailors **Luke**, with his mum Kim, held a fancy dress party, charging friends and family to attend, and playing party games to raise money.

- **KIRSTIN PERCIVAL** and family sailed for charity in the Round the Island Race and with matched giving, raised £6,300 for the Trust
- **TIM CLOGG** raced from the Cape Verde Islands to Barbados

With our Patron Ellen MacArthur on board, **Seb Josse** skippered his BT IMOCA 60 to victory in the Artemis Challenge during Cowes Week. As Seb's charity of choice, the Trust received the £10,000 prize money.

The Trust was the **official charity** of the J.P. Morgan Asset Management London offices, Mylne Classic Regatta, SouthseaFest, Livett's Launches and the Glasthallaigh Festival.

The **Little Britain Challenge Cup** regatta raised £20,300 for the Trust in 2009, taking the total amount the Trust has received from this event since it began to £137,000.

The Ellen MacArthur Trust & Rainbows Children's Hospice Affinity Savings Account kindly established by **Derbyshire Building Society** continues to provide us with a vital regular income. Thanks to everyone who has an account. You can find out more information from our website.



**GEOFF HOLT** became the first quadriplegic to sail single-handed across the Atlantic, choosing the Trust as his official charity for this inspiring passage

Trust Round Britain Skipper **Cath Vise** with First Mate **Karen Fraser** set off on a new adventure as soon as their voyage ended, cycling the length of Britain and climbing the Three Peaks on the way! Setting off from Land's End on 12 October, the girls with Mel and Carie arrived in John O'Groats on 11 November, raising an incredible £2,145.



# TRUST DEVELOPMENT IN 2010



## Pilot Trip for 18-24 age group

In 2010 the Trust will be taking a group of 18-24 year olds in recovery from cancer sailing for the first time. This pilot trip will be slightly adapted from our four-day trips to work for an older group. Following discussions with medical professionals at the hospitals we work with, it became clear that this age group can often be hit the hardest by news of cancer at a time when decisions about university or employment are being made. Treatment can mean independence is lost, both for financial and practical reasons and typically they are treated in wards with much older patients. For these young adults, there is not as much support and we want to offer the same confidence building opportunities. This important first trip will run in September so visit our website then, to find out how the young adults from the Royal Marsden, QMC Nottingham and St James Hospital Leeds benefited from their experience.

## Longer Cruising

“Although there are many charities that support young people who are going through treatment for cancer, the Ellen MacArthur Trust seems to be unique in recognising that recovery continues beyond the immediate treatment period, and offers such exciting opportunities to do something completely different.”

MOTHER OF RACHEL, 17

This year, following the success of the Round Britain voyage and acting on feedback asking us to make our trips longer, we have added a new week of Longer Cruising to our return to sail programme. We will set off in August to wherever time and weather permits, stopping at different ports each night. This is the next step for those young people who want to spend more time on the water, developing their sailing skills and working towards an RYA qualification.

## Graduate Volunteers

“Tyler met a volunteer in his twenties who had had the same cancer as him which gave him a lot of hope for the future.”

MOTHER OF TYLER, 15

We are delighted to have established a network of volunteers who previously sailed with the Trust as young people recovering from cancer or leukaemia, and are now returning to help as boat crew during our trips. We know that they can become very positive role models for those just out of treatment and sailing for the first time. Last year we launched our first volunteer training scheme for these young people and in 2010 we'll be developing this further, to give at least 10 young people sail training and the skills to return and assist on the yachts in the future.

## New Hospital

This year the Trust will welcome the Royal Victoria Infirmary in Newcastle upon Tyne to the group of hospitals we work with, meaning we now deal with all 20 specialist children's cancer treatment centres in the UK. These particular hospitals will see almost every young person diagnosed with cancer in the UK at some stage during their treatment.

- A team entered **L'ETAPE DU TOUR** cycle race in France
- **GURNARD PINES** organised a Swimathon
- **LEAH ASHWORTH** made a charity parachute jump
- **JO GUINNESS** climbed Mount Kilimanjaro
- The **CUNNINGHAM'S** and **BYE'S** made and sold cakes to raise money.
- **KEITH AND SYLVIA JOHNSON** participated in the European Land Rover Challenge
- **GUS MCKECHNIE** completed a variety of sporting challenges, handing over a cheque for £6,000 in September

We would like to say an enormous **THANK YOU** to everyone who spent time raising money, or offered support to the Ellen MacArthur Trust in 2009. We couldn't have done it without you. Every single penny raised really does make a difference.

Many thanks to RF Design for their support, time and design of our newsletter [www.rfportfolio.com](http://www.rfportfolio.com). Photographs courtesy of the Ellen MacArthur Trust, OnEdition and Gleber Rodrigues

For more on how to become involved with the Trust please contact CEO **frank.fletcher@ellenmacarthurtrust.org** 07791 791461

If you are interested in running an event or fundraising for the Trust please contact Operations Manager **jo.summers@ellenmacarthurtrust.org** 07972 300017

“Thanks for all that you do – I think it has some very amazing ripple effects that have not yet been captured – over and above those direct effects on the children.”  
MOTHER OF MICHAEL, 17, GREAT ORMOND STREET HOSPITAL

For enquiries about the trips or young people please contact Young Persons Coordinator **tracy.curtis@ellenmacarthurtrust.org** 01983 297750

For press enquiries please contact **jo.grindley@intotheblue.biz** 01983 247286



For any other enquiries email **info@ellenmacarthurtrust.org** or ring the office on **01983 297750**  
Write to: Ellen MacArthur Trust,  
Coniston, Victoria Road,  
Freshwater Bay, IOW PO40 9PX  
Visit our website **www.ellenmacarthurtrust.org**