

ellen macarthur cancer trust
rebuilding young people's confidence

ISSUE FIVE 2014/15

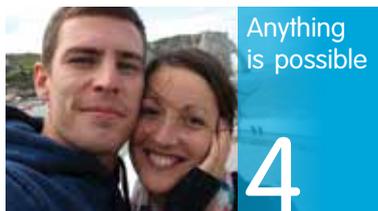
inspire



On target
for a bright future



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Bright future



2013 marked our 10th anniversary – it was an incredible year, a time to celebrate and reflect on what everyone involved with the Trust has achieved.

We've met some amazing young people during these 10 years, and as we celebrated their achievements we also remembered those who are sadly no longer with us.

One of the most rewarding parts of my job is that many of these young people, including some I've known from the very first trip in 2003, are now involved with the Trust as volunteers.

Seeing these young people become buoyant, bright, happy adults really hammers home why what we do is so important.

We're so excited to have launched our new three-year plan to more than **DOUBLE** the number of young people we work with by 2016.

Thanks to the support of people like you, we now work with every young person's principal treatment centre, and a growing

number of designated units, in the UK.

Each year we take sailing an estimated 6.1% of all young people in the UK in recovery from cancer. **But for every one young person we work with, there are 12 we can't.**

Almost 80% of young people – some 2,800 a year – receiving treatment for cancer in the UK now survive. We need to offer more of these young people the opportunity to sail with us. With your support, and our three-year plan, we can.

These young people's lives have been devastated by illness. We know most need continued support over time to deal with the, often unseen, physical and mental impacts of long-term illness to help rebuild their lives.

When a young person regains confidence, rediscovers independence and either no longer needs our support, or returns as a graduate volunteer, our job is done.

You are the only reason we can do what we do. Thank you.

Frank Fletcher
Chief Executive

A SPECIAL THANK YOU



Help to kick-start our three-year plan has come from players of People's Postcode Lottery, who, in 2014, are supporting the Trust with £100,000.

This has enabled us to plan with confidence as we embark on our mission to achieve our long-term goals.

www.postcodelottery.co.uk

THE PLAN

Increase the number of young people we take on trips from **353** in **2013** to **780** in **2016** – that's **6.1%** to **14.2%** of all young people in the UK in recovery

Maintain the **quality, intimacy** and **community** that make our trips unique

Better understand how to get the **best outcomes** for our young people

HOW WILL WE DO IT?

Enhance relationships with **hospitals** and **partners** to keep working with those young people that most need support

Increase funding from **£477,000** in 2012 to **£905,000** in 2016

Make the right **investments** in our **staff** and **volunteers**

WHAT WE NEED: YOUR SUPPORT!



Anything is possible



Cancer can make
a young person feel like a
'normal' life
is an impossible dream.
It isn't.

Mark's Story

In 2007 Mark Stevens was diagnosed with Acute Lymphoblastic Leukaemia (ALL), aged 21, while in the third of a four-year Biology degree at the University of Bath.



Three years of intensive chemotherapy (inpatient and outpatient) and radiotherapy at the Kent and Canterbury Hospital and the Royal Marsden followed. His studies were put on hold for two years.

Having first sailed with the Trust in 2010 and again in 2011, Mark took part in the famous 700-mile 2013 Fastnet Race onboard 'Jolie Brise', through the Trust.

Seven years since his diagnosis, he now works as a Cash Equities Analyst at J.P.Morgan (Bournemouth) and is settled with long-term girlfriend, Mary, who he met through a fellow patient at the Royal Marsden during his treatment.

"At my lowest point I almost lost my fight due to septicaemia and multiple organ failure. I spent a week in intensive care. Thankfully, I made it through but was weak and had to learn to walk again.

"In October 2009 I returned to complete my degree, whilst still receiving outpatient chemo and suffering many side effects; fatigue, sickness, lowered immunity etc. It was a very tough year. I was so proud to graduate with First Class honours.

"Had I been told during this time I'd one day achieve the endurance feat of completing the Fastnet Race, I simply wouldn't have believed it. We raced for five days, through the night, in rough seas and strong winds.

"I always enjoyed being outdoors and playing sports. But since being ill, I've not been able to take part like before

due to complications with my leg bones from treatment.

"I'd been very unsure about going on my first Trust trip; I was uncertain whether my legs would be up to it. Coming away unscathed helped me realise maybe I was capable of more than I thought. It massively enhanced my confidence to push myself physically. I try to keep that same mindset when faced with new challenges now.

"The Trust gave me a great boost to push on with life and take the next steps on the road back to 'normality'. It helped me get where I am today by aiding my psychological recovery from such a serious illness.

"There's nothing like being on the open sea to make you feel alive and each time I go sailing I remind myself how lucky I am to be alive."

What happens after cancer?

Cancer treatment can be excruciatingly lonely, soul-destroying even.

Long periods in isolation away from family, friends and school, missed experiences and opportunities that develop a young person's identity, personality and CV, not to mention often long-standing, debilitating physical implications.

Playing catch up socially and academically, testing physical boundaries, worrying about appearance, even mustering the courage to get a bus on their own again, can be the most daunting things imaginable to a young person in recovery.

Thoughts of the future – education, careers, family, friendships – can feel terrifying, hopeless even. They shouldn't

With your support we can help even more young people start to rebuild their lives after cancer and inspire them in developing the confidence to do it.



Largs-ing it!

Largs in Scotland became our newest Trust base in 2013, a huge step in giving more young people than ever the first chance to sail with us, wherever they live.

Our four-day trips are our backbone.

At the end of treatment a young person can come on their first trip with us. All these trips previously took place in Cowes, on the Isle of Wight.

But 2013 was a landmark year in even more young people having the chance to enjoy a first four-day Trust experience, as, thanks to £40,000 from the players of People's Postcode Lottery, our Scottish base at Largs opened its doors!

Why is this important?

Even more young people can step outside their illness in a safe, positive environment where they are with other young people, and volunteers, who have undergone similar treatments, share the same worries and have

also had their confidence shattered and independence stripped away by cancer.

They go from being hospitalised, dependent and cocooned in a protective bubble, to getting involved in all aspects of boat life. They live, sleep and eat onboard, cook, wash up and clean the deck. They can gain a 'Start Yachting' qualification too.

They learn to achieve again, re-discover what they are capable of and overcome physical and mental barriers to find the confidence and belief to rebuild their lives.

Whether on the Solent or the Firth of Clyde, the same inspirational sense of fun and camaraderie abounds.

It is YOU that gives them back this independence.



Beth's Story

Even if a young person gets the all-clear from cancer, recovery can be a rocky road.

Beth Fraser, 21, was diagnosed with Ewing's Sarcoma in her left arm in March 2009. With an inner prosthetic fitted to part of her upper arm, Beth endured many operations and orthopaedic setbacks leaving her housebound, reliant on her parents and depressed.

Beth, from near Inverness, joined our first Over 18s' Largs trip in June 2013. Now studying for a degree at the University of the Highlands and Islands, she can't wait to sail with the Trust again in 2014.



The fear

"I haven't had cancer since 2009. But orthopaedic complications and infections meant I was trapped inside the house, terrified of hurting my arm again, often dosed up on so many painkillers I couldn't get out of bed. It breaks you.

"In the months before my trip I was really struggling mentally with the sheer weight of the previous four years. My friends had moved away and I couldn't do any of the things I used to love, like riding my bike or playing the piano and viola.

"I couldn't even go for a walk on an uneven surface because of the pain and fear of damaging my arm. I was so wrapped up in the negative connotations of what might happen I did nothing. I couldn't cope with anything going wrong again."

Biting the bullet

"Going on the Trust trip was a gamble. But I was so desperate to get out of the house, meet people and have fun I tried not to think about what could go wrong.

"My experience on that trip was so freeing, I cannot explain how important it was. It made me realise I could do

things on my own again, and it gave me the confidence to try. I was testing my arm and strength for the first time.

"If I could pull ropes, cook and clean I could at least try to do more on my own, and if I still couldn't do something it no longer felt like the end of the world, I'd just try again another time."

Finding normality

"During a water fight I was doubled over laughing to the point of not being able to stand up, it felt wonderful. I achieved things I hadn't since I was 15.

"The confidence I've gained to do everyday things means so much.

Beth Fraser @may_be_random

Just walked 2+miles. A week ago I'd have said that was impossible. Thank you @emctrust for making me realise I'm stronger than I thought!



"During a water fight I was doubled over laughing to the point of not being able to stand up, it felt wonderful."

"Taking milk out of the fridge with my left arm and making porridge. Lifting baking trays, playing the piano again and I hope to learn to drive. My parents even had a week away without leaving me with a babysitter! Before my trip I'd have said none of this was possible."

Become a Friend of the Trust (on p15) and give more young people a first trip

Onwards together



When treatment ends our work begins. That can be the start of a lifelong relationship with the Trust.

The physical and emotional effects of battling life-threatening illness can last years. Teenage osteoporosis, fertility fears, debilitating tiredness, peer group bereavement and survivor guilt are some common examples.

The associated loss of confidence and depression can have massive implications for a young person's future education, career and social prospects.

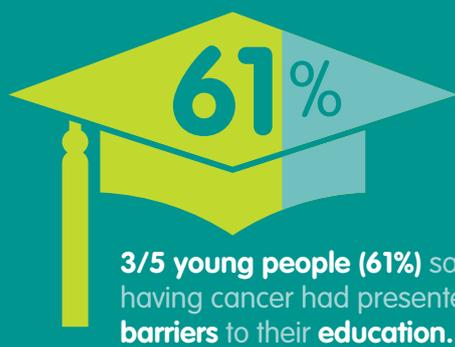
Our four-day trips are just the start of the difference we can make.

Famous yacht races, residential multi-activity weeks, our graduate volunteer

programme, longer cruising trips, other personal sailing challenges and adventures, sailing qualifications, even potential maritime employment opportunities, whatever journey each young person wants we can try to support them in it.

When they do begin to drift away, as the future they never thought was possible suddenly starts becoming a reality, we know we've done our job.

We can't do that job without your support.



Over **1/3 (37%)** said having cancer presented **barriers to finding a job**. Of these, **3/4 (75%)** said their **lack of confidence** was a barrier.



Almost **3/4 (74%)** 'agreed' or 'strongly agreed' they were worried about the **impact cancer** will have on their **future employment opportunities**.

*courtesy of CLIC Sargent 'No young person with cancer left out' (young person defined in research as aged 16-24)

Meet Anne

Anne Ranasinghe was just three when she was diagnosed with Acute Lymphoblastic Leukaemia and nine when she joined her first Trust trip. Having returned to sail with the Trust at Bradwell in 2011, 2012 and 2013 she will join us again, aged 13, in 2014.

Girl in the Corner

"I used to be really, really shy. I didn't really talk to anyone and just sat in a corner listening. At school I'd walk around at lunchtime and keep myself to myself. People didn't really understand why I was like I was and it was too difficult to explain.

"Maybe it was brave to go on my first Trust trip so young but I was really excited. I knew they would understand and we would all have something quite big in common. I wouldn't have to live up to any standards or fit in with a certain image, I thought I could be who I am and be taken for who I was.

"It was so easy to talk to the other young people. There weren't many of us on our boat so we spent a lot of time together and could really open up. I knew they really understood what I was saying without me having to explain it.

"I stopped being the kid in the corner"

"My teachers saw the change in me. I was more easy going, I joined more clubs and was getting other people to join in too. I stopped being the kid in the corner."



Together forever

"The friends I've made through the Trust are a very big part of my life, I can't imagine my life without them. We all lead very different lives but they are really important to me and we stay in touch a lot. The friendships are different to my other friendships; more intimate because we all have this thing in common only we know.

"Going back to Bradwell so many times has been brilliant for seeing old friends and making new ones. I love all the different activities, especially canoeing, when everyone's trying to sink the other boats and you get so wet! You also get to know people better as you're sharing a canoe and it's about teamwork.

"When you survive cancer there is a quiet confidence and self assurance inside you but you don't know how to let it out. The Trust trips help you do that and it feels really good. It's something we all do together; just let it go. That's so important."



1/3 (33%) said having cancer makes it hard to keep a job – of these 38% said lack of confidence was a reason for this.

38% lack of confidence



1/4 (25%) were concerned about how other students would treat them.

Sign up as a Friend of the Trust on p15 to stop confidence being a barrier to a bright future



Our heartbeat

Our founder and Patron, Dame Ellen MacArthur, strives to spend at least one day on every trip and join as many longer cruising and residential trips as she can. Ellen's commitment to the Trust is as strong as ever.

The Trust celebrated its 10th anniversary in 2013. Is there one moment from last year's trips that summed up for you what the Trust has achieved in that time?

I never cease to be amazed by the young people, their incredible courage, determination and characters, which shines though all they've been through. The wonderful thing about the Trust is each week, each trip and each year brings new experiences, which stay with you forever.

If I were really pushed for one moment it would be seeing the interaction between young people we sailed with in our early days, now young adults who have returned



as volunteers, and those young people, fresh out of treatment.

Young people going through treatment never meet adults who had cancer as

a child. Those adults know exactly how they feel, but yet have moved on with their lives and create wonderful role models for those young people.

Our strategy of continuing to work with the young people, rather than running one-off trips, really has begun to pay dividends.

Why is it so important to you to maintain a 'hands-on' approach?

Being with the young people feels like a gift each time. I love sailing, and spending time with the young people, working as a team, but I also feel I can contribute to the future of the Trust and our quest to always improve the experience.

It's also tremendous fun, and once you've experienced a Trust trip you want to instantly sign up for the next!

I hope I will remain as closely involved with the Trust as I am today, focusing my time on fundraising and spending time with the young people as my priorities.

Sam Dore

What have you learned is most important to young people in recovery?

What the Trust is able to do is help the young people who engage with us to see out from, or see beyond, their illness.

We do this in several ways – the sailing, the adventure, the understanding onboard from other young people and the adult volunteers who understand.

It remains vital to what we set out to do 10 years ago, and we continually look back at each trip to make sure we have achieved that.

What impact do the Trust's supporters have on the lives of the young people the Trust works with?

The support is absolutely priceless – smiles, confidence, hope and inspiration, rising out from places that no young people should ever have to go.

What's your personal ambition for the Trust for the next 10 years?

To continue to help to rebuild young people's confidence in the way we have seen time and time again over the past 10 years, but to help more young people.

We currently only work with 6.1% of the young people we could help, and I would dearly love to see that number grow.

My real hope is that a cure for cancer is found, and the Trust ceases to exist. A long shot perhaps, but it would be absolutely wonderful.

What does the Trust mean to you?

Inspiration.

Sam Dore first sailed with the Trust in 2011, having been diagnosed with advanced nasopharyngeal carcinoma two years earlier. Sam was part of Ellen's crew cruising on Thalatta in 2013. He recently started training as a Watersports Instructor.

"I can't thank Ellen and the Trust enough. Through being invited on a Trust trip I found my passion in life and my future career. Bearing in mind I hadn't stepped foot on a boat before I was poorly, once I turn 18 I hope to do the super-yacht crew course and then crew yachts anywhere in the world.

"Ellen's given me loads of advice and helped me with any queries I had. She is really warm, friendly and approachable and really gets stuck in on the trips. She is great company and just one of the gang. It's clear she really wants to be there with the young people and I've always been impressed with how easy she is to talk to.

"Ellen's not just the figurehead of the charity, she's the very heart of it."



Ellen MacArthur – "Please become a Friend of the Trust. You WILL change a young person's life." (See page 15)

Parental guidance



There is no Parents' Handbook when a child has cancer. But parents need as much encouragement, understanding and the same inspiration in helping their child re-build their lives from the ashes of cancer as that young person themselves.



The parents and siblings of all the young people that sail with us are like our extended family. As their child starts to rebuild their life after cancer, these families can lean on us for support and confidence in letting that child rediscover their independence. Daisy Skepelhorn was 14 when she was diagnosed with Hodgkins Lymphoma in 2007. Her parents Stuart and Triff tell their story.

No cough or lump or clue to what lay ahead

Over months, Daisy got weaker, slower, more lethargic and thinner. No one could explain why our daughter was disappearing. Glandular fever, ME, Limes Disease, anaemia, growing pains. As she became physically weaker she began to retreat emotionally from her friends and her isolation became more entrenched.

Daisy tried everything, she even felt guilty! Every night became a tearful, sleepless rollercoaster of emotions. We would wake the next morning exhausted, but still no closer to an answer.

NHS Patient Number 533622 – Hodgkins Lymphoma Stage 3

Eventually our nemesis had a name – CANCER. At last we had something to blame and fight against.

For six months Daisy underwent intensive chemotherapy. Regular trips to the Royal Marsden, where radioactive poison was pumped directly into her heart for two hours, were punctuated by local hospital visits for additional medication and blood tests, and a cocktail of daily drugs prescribed

“The relief was palpable as tears of joy flowed from men and women alike. They were kids again and they were enjoying themselves amongst equals.”

to counteract the chemo side effects.

Daisy lost her hair and fingernails, and her mouth was full of ulcers. The arches in her feet collapsed and she had difficulty walking. For half this time she also had no means of fighting even the smallest of infections.

Did we become obsessive, overprotective? Of course we did!

At a time you're supposed to be protecting and nurturing your child, you're stuck, paralysed by fear and helplessness. You immerse yourself in arranging hospital visits, monitoring drug regimes and blood tests because, ultimately, all you can do is wait.

How do you explain to your teenage girl

that losing her hair is a sign the treatment is working? Imagine what it's like to help your daughter shave her head and do it without crying.

Children can be so kind and cruel. How can some be so supportive and others want to rip off the bobble hat to humiliate someone? As a parent, what advice can you give your child, and how can you blame them when they no longer want to go out?

The tumours died and disappeared, Daisy was handed back to us.

But where do you start? The doctors had worked their magic and Daisy was alive but somehow we needed to rediscover our little girl. Daisy had been ill for so long, and experienced so much, we weren't sure where to begin.

The Skepelhorns don't sail!

One day Daisy received a letter; would she like to come on a sailing jaunt around the Isle of Wight?

I think my seasickness had coloured Daisy's view of the sea! Plus did she want to spend a week with other cancer survivors? Would it be a positive experience or revive old painful memories? Should she try and put that behind her and move on?

We weren't sure what to do. But as we read the literature and spoke with the nurses it became evident the Trust was something special and could make a difference. ▶

For every Daisy, Stuart and Triff we work with, there are currently 12 families like them we can't. You can change that by becoming a Friend of the Trust.

A huge welcoming party put us at our ease

This was the first time the family would be separated since we got the all clear and we shed a few tears standing at the quayside.

During the next four days, short text messages and rushed phone calls suggested Daisy was having a ball. When we picked her up, all the young people were laughing and joking, teasing their shipmates and taking the mickey out of Frank.

The relief was palpable as tears of joy flowed from men and women alike. They were kids again and they were enjoying themselves amongst equals.

Daisy wasn't alone

Her crewmates were great; they compared treatments, experiences and even the length of their scars! There were others just like her and they were all getting on with life. Whatever magic Ellen and her team employed it had a dramatic effect.

Daisy learnt it was ok to have fun and laugh. That cancer wasn't a punishment, it did not consciously choose its targets and there was no place for guilt.

She had learnt to sail and had something she was proud to show off. If she could do this what else could she achieve? She regained her confidence and sense of purpose. She returned to school as an equal.



Not a victim but a survivor

A year on, Daisy was invited to join the Trust on its Round Britain challenge.

Following an eventful crossing of the Bristol Channel, we were woken by a 6am phone call. Not sure what to expect, we listened intently as in hushed tones Daisy described how she was responsible for making sure the yacht wasn't run down by a tanker and she was watching the sunrise surrounded by a school of dolphins. We cried tears of joy.

To the Trust, thank you

This is the impact the Trust has had on Daisy's recovery, and the impact it had on our entire family and circle of friends. The fight is all consuming and the Trust's work is so important in rebuilding the entire family unit.

I've looked around the quayside and watched other families, who like us had been ripped apart by cancer, rediscovering and reconnecting with their children. We all have a lot more to be grateful to the Trust for than just the rehabilitation of our children.



Become a Friend of the Trust

Make a difference by signing up as a regular supporter. Simply complete the Direct Debit form below and return it to the Ellen MacArthur Cancer Trust today.



To make a regular donation online, visit www.virginmoneygiving.com and search for the Ellen MacArthur Cancer Trust

IN JUST ONE YEAR:

£24 OR **£2** a month = **Young Persons Trip Essentials**

£120 OR **£10** a month = **One day of a first time trip with the Trust**

£240 OR **£20** a month = **An adventure week with the Trust**

£540 OR **£45** a month = **A first time trip with the Trust**

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Gift Aid makes every £1 worth £1.25

I am a UK Tax Payer, and I would like Ellen MacArthur Cancer 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: **Ellen MacArthur Cancer Trust, Units 53-57, East Cowes Marina, Off Britannia Way, East Cowes, IOW, PO32 6DG**

Name and full postal address of your bank or building society

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Please fill in the information below

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

Instruction to your bank or building society

Please pay Ellen MacArthur Cancer 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 Ellen MacArthur Cancer Trust and, if so, details will be passed electronically to my bank/building society.

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|---------------|
| Signature(s): |
| Date: |

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

DDI7

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 Ellen MacArthur Cancer Trust will notify you five working days in advance of your account being debited or as otherwise agreed. If you request Ellen MacArthur Cancer 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 Ellen MacArthur Cancer 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 Ellen MacArthur Cancer 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.



Get inspired!

The things people do to raise money for us always blows us away. What can you do to help a young person re-discover their future? Here's some ideas...

People never fail to surprise us with their inventive ways to raise money, but equally tried and tested ideas are just as fab. Each year the Trust enters or organises some big fundraising events you can get involved in, or if you have a great idea of your own we can support you in setting it up and promoting it.

So what can you do?

"Myself and two colleagues ran together, which made the whole experience more fun as we supported each other when the going got tough."

JOE ILES (GREAT SOUTH RUN 2013)

Challenge Yourself!

Whether on your own or in a team, push your physical limits, overcome a fear or do something totally new, and get double the fundraising feelgood factor!

Some ideas for 2014/2015...

- April-October 2014 – **Tough Mudder** (eight events across UK)
- 8 June 2014 – **Needles XC Half Marathon**
- June-August – **Great Swim** (five events across UK)
- 17 August 2014 – **Solent Swim Challenge**
- 31 August 2014 – **Spinnaker Tower Abseil**
- 28 September 2014 – **West Wight Triathlon**
- 26 October 2014 – **The Great South Run**
- April 2015 – **Brighton and London Marathons**



Get Involved: Check out our Facebook page for the latest events or inspiration!



Our handy fundraising pack is full of ideas and tips to make sure your fundraising is a hit! Email us at getinvolved@emcancertrust.org to get a copy

Put the FUN in fundraising!

Ideas for fundraising are endless – the only limit is your imagination! Whether organising an event, a raffle or shaving your head, do it with a smile!

Some ideas...

- **Organise a BBQ/dinner party** – hospitality fundraising!
- **Put on a quiz night**
- **'Guess the...?'**: weight, amount, name etc of anything you want!
- **Host A Great Bake Off** – sell the (edible!) results
- **Cold turkey** – sponsor someone to give up their bad habit(s) for a week
- **'Blue-Sky Thinking' swear box** – make office jargon a fineable offence
- **Host a Teddy Bear's Picnic** for your children and their friends
- **Pretty much anything else as long as it's legal!**

Above and beyond

Miss Isle's Channel Triumph!



'Sip and puff' sailing teenager, Natasha Lambert – Miss Isle – blew our minds again when she raised money for the Trust by sailing 25 miles across the English Channel from Boulogne to Dover in less than five hours!

Born with athertoid cerebral palsy, which severely affects her limbs and speech and confines her to a wheelchair, Natasha sails her specially adapted yacht with her mouth using a 'sip and puff' system operated by a straw in a mountain bike helmet.



This was the second fundraising sail Natasha has done for the Trust. In 2012 she raised over £7,300 sailing around the Isle of Wight. And she's at it again in 2014 with her Sea and Summit Challenge – she will sail around the South West coast of England before crossing the Bristol Channel to climb Pen y Fan in the Brecon Beacons!

Patron Ellen MacArthur said: "Natasha is not only a talented sailor but a star and an inspiration. Through her challenges she has helped so many young people. We are so proud to be a chosen charity for this truly amazing young lady. Thank you!"



Pedal Power!

It's no exaggeration to say the staff of J.P. Morgan have played a massive part in helping more young people sail with us than we dreamt possible, and 2013 was no different.

Employees from the Bournemouth, Edinburgh, Glasgow and London offices raised £29,378 for Trust as 100 employees again took part in a charity cycle around the Isle of Wight on the same day as the J.P. Morgan Asset Management Round the Island Race. It means over a fantastic seven years of the cycling and sailing challenge more than £130,000 has been raised for the Trust. Here's to 2014!



We are so grateful to everyone who tackles a challenge or organises an event to raise money for us. But some efforts are simply exceptional. **Hats off to these stars!**



Epic Challenge Goes Swimmingly for Anna

Imagine swimming against the tide in pitch black for six hours. Nope us neither! But that's what the incredible Anna Wardley did as she became only the fourth person ever, and the second woman, to swim the 60 miles around the Isle of Wight.

Anna trained two years for the epic challenge in September 2013, completing it in 26 hours, 33 minutes and 28 seconds.

The swim was part of her Five Island

Swim Challenge to raise £50,000 for three charities, including the Trust. She has one island to conquer after frigidly cold seas saw her abandon her swim around Tiree, 20 miles into the 30-mile swim, last year.

Anna said: "Thank you to all my supporters, especially the residents of the Isle of Wight who came out all the way round the course. It really did help spur me on, especially as those last miles were seriously tough."

A special thank you to all our corporate supporters who have boosted our fundraising through work place challenges, corporate social responsibility activities and a range of other ideas over the past 12 months.

BT

J.P. Morgan

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Shorelines of Cowes

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Britannia Corporate Events

Clipper

Corries Cabin

Speedbird Offshore Yacht Club

The Royal Country of Berkshire Yacht Club

Sail Spy

RF Design

PSP Logistics

PS: Thanks too to all the companies who have kindly donated auction prizes to the Trust! If you think you might be able to offer us a prize, please get in touch.

Last year, LCH.Clearnet, who have kindly supported us since 2012, donated an incredible €100,000 to the Trust. LCH.Clearnet employees also raised £3,760 through their fundraising activities. This is priceless in supporting our long-term plan.

Global statement

Nothing screams "I'm well again!" like taking part in a gruelling ocean yacht race. But while the 2013-14 Clipper Round the World Race is one journey Trust Ambassador, Kristie Reid will never forget, it's her journey with the Trust that changed her life.

KRISTIE'S CLIPPER DIARY HIGHLIGHTS:

CREW OF
20



12 September (Atlantic Ocean): Today has been brilliant; the conditions have been incredible. We hit 26 knots, the fastest I've ever sailed! I've already experienced exactly what I hoped for.

1 September (London): Ellen and Frank came to see me off. Standing at the bow as we passed under Tower Bridge was incredible and something I'll never forget.

5 September (arriving in Brest): We finished second with only 0.7 nautical miles between us and Qingdao!

29 September (crossing the Equator): I'm now a Shellback! With a visit from King Neptune we celebrated with a production based on the traditional Royal Navy ceremony. I was a royal bear; with my face painted I wore a black bin-liner and a pair of ears made of grey polystyrene tubing and gaffer tape!

DISTANCE:
5887
MILES

HOURS SLEEP
PER 24HRS
6hrs
MAX

BOAT:
**GREAT
BRITAIN**
(70FT OCEAN
RACING YACHT)



5 October (Atlantic Ocean): During our watch a whale appeared within about 20m of our boat. We all stood in amazement; it was a truly incredible sight.

DAYS AT SEA
32

6 October (Rio in sight): Arriving in Brazil will be a mixture of emotions. Although I'm really excited see a part of the world I've never seen before, it signifies the end of this amazing experience.



Meet Kristie:

Diagnosed with Synovial Sarcoma of the left shoulder in August 2009, Kristie, now 21, discovered the Trust at the 2011 Find Your Sense of Tumour conference and first sailed with us that summer. She did two more trips, including as a volunteer on our first Largs trip in 2013, before embarking on leg 1 of the 2013-14 Clipper Race.

Poignant realisation

“Crew change day for the Clipper Race was three years to the day I had my surgery. When that struck me it was bizarre, but a really nice feeling knowing I’d come that far. I was healthy and taking on an ocean sailing race.

“I had the muscle in my left shoulder removed during treatment. My first Trust trip was the first physical thing I’d done using my shoulder since surgery. I was still building my strength back up and didn’t know what I could and couldn’t do.

“Pain I could cope with, but what if I seriously damaged my arm and it had a big impact on the rest of my life? I was excited about sailing for the first time, but hoped it wouldn’t be too strenuous. But how would I know what my arm could take if I didn’t try?”

Pushing the limits

“There was nothing I couldn’t do. I might not have been able to do something for as long as others, but I could still more or less do anything.

“I realised I shouldn’t worry about hurting or damaging my arm. It was a massive confidence boost. My arm didn’t need to hold me back anymore.

“When I saw the Clipper Race place on the Trust Facebook page, it looked incredible and too good an opportunity not to apply. I never thought I would be selected, but I knew I wanted to build on my sailing experience after the trips I loved.

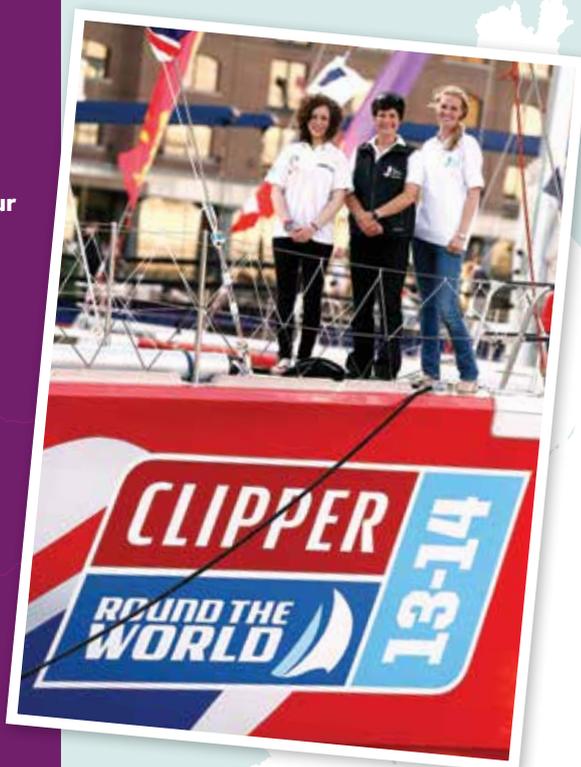
Never doubt me

“The Clipper was such an incredible experience and opportunity. It taught me I shouldn’t doubt myself so much and should have self-belief to just go for things. I’d hate to miss an opportunity on the basis of ‘I might not get it’.

“The Trust has shaped what I want to do with my life. I’d like to do more offshore sailing, delivery trips and get superyacht qualifications.

“Physically my arm is able to do just as much as everyone else. Would I be so happy and confident if I hadn’t discovered sailing? I think the answer is ‘no’.”

Kristie was joined by one of the Clipper ‘Ellen Mascots’ on her Atlantic crossing. The mascots have been across the globe!



Good Luck Lucie!

Lucie Carrington becomes the second Trust Ambassador to compete in the 2013-14 Clipper Race when she departs New York for Northern Ireland on 7 June. Lucie, diagnosed with Ewing’s Sarcoma – a bone and soft tissue cancer – in her left arm aged 15 in 2004, will then race from Derry-Londonderry to Den Helder, Netherlands before returning to where it all started for Kristie, at St Katharine Docks in London.



Giving our young people a voice

Our Trust Youth Board gives our young people a say in the future of the Trust.



An aim of our three-year plan is to better understand how we can best meet the outcomes our young people need from us. The Youth Board will help us do this.

Under the leadership of Claire Amaladoss, who first sailed with us in 2007 and was part of our Skandia Round Britain crew in 2009, the Youth Board was established in early 2013 with up to 10 young people making up the board.

Its aim is to provide a more informal forum to gather trip feedback and identify

what's working, what isn't and what young people really want from their trips.

Meetings are held twice a year, and some key actions emerged from the first two.

Many young people revealed their first trip worries so the Trust is improving its pre-trip information, including more case studies and more young people going to hospitals to talk to trip candidates. The Youth Board have also confirmed many young people use their trip as a tool to talk about cancer within their peer group.

Claire says: "One of the best things about Trust trips is their intimacy and family feel. Maintaining that while numbers increase is one thing the Youth Board is looking at.

"The Trust knows although treatment may be over it doesn't mean instant recovery. Ten years down the line you can still be very confused and angry. I still have days when everything hits me and I feel so grateful for the Trust and the friends I've made.

"The value of the Youth Board is we've all been there, are at different stages of recovery and have different

New Facebook Group To Keep You In Touch

The Trust has launched a new Facebook group exclusively for all the young people who have ever sailed with us. Whether you want to track down people from past trips or simply share exciting news with your Trust friends, you can do in this new private online community. Ask to join at www.facebook.com/groups/tripcommunity



experiences, so know what matters. The Youth Board makes the Trust stand out from other charities."

The Trust's full Board of Trustees is now looking at how the young people's views, via the Youth Board, can be fully represented on the main Board. Get involved in the Youth Board by emailing info@emcancertrust.org



© Mike Millard

Jonny's Paralympic Goal

One of our young people, Jonny Currell, has his sights on future Paralympic sailing success after making his international debut at the 2013 2.4 Metre World

Championships in Poole, just five months after first sailing the boat! Lifelong sailor Jonny, diagnosed with osteosarcoma (bone cancer) in his left femur, which resulted in a total femoral and knee replacement in 2007, has sailed six times with the Trust and wants to volunteer in the future. The 2.4mR is the one-person Paralympic class.

Moonspray Gets A Facelift!

Moonspray is the Trust's flagship used in all our summer trips and the J.P. Morgan Asset Management Round the Island Race. The Trust became owners of the 44ft yacht in 2009 after being kindly donated by the Poole Sail Training Trust. But there was no mistaking who she belonged to in 2013 as Moonspray's brand new 'Ellen MacArthur Cancer Trust' hull wrap made its debut. Doesn't she look pretty!

A Massive Huge Thanks!

As the Trust's three-year plan takes off, and we start running more trips for more young people, our skippers and volunteers become more important than ever! Thank you so much, all of you, you're the unsung heroes.

There's no way we could do what we do without the ongoing support of a few other supporters too...

Players of People's Postcode Lottery, Red Funnel, Lymington Yacht Charter, East Cowes Marina (Dean & Redyhoff Marinas), Sally Water Taxi, Musto. Into the Blue, ASTO, Jules' Ices, Royal Solent Yacht Club, Yarmouth Lifeboat, Tom Young, The National Trust at Newtown Creek, Solent RIB Charters, Dauntsey's School, Flamingo Yacht Charters, Yacht Haven Group (Lymington Yacht Haven, Largs Yacht Haven), Largs Sailing Club, National Watersports Centre at Great Cumbrae, Ocean Safety, Medina Yard, Marine Care Yacht Services, Spy Prints, Bradwell Centre for Outdoor Learning, Water Park Adventure Centre, Britannia Events, Isle of Wight Radio

Who's who at the Trust

The staff:

Frank Fletcher – CEO
Dan Taylor – Operations Manager
Hayley Attrill – Young Person & Hospital Liaison
Ellie Aarons – Trip Coordinator
Christian (Frizz) Mitchell – Seasonal Operations Assistant
Mark Lamble – Manager and Fundraiser for Scotland
Clare Ryan – Events and Community Fundraiser
Jon Ely – Trust & Grants Fundraiser (Part-time)
Suzu Raymond – Fundraising & Operations Assistant/CEO Support
Wendy Tayler – Book Keeper

The Trustees:

Clive Stephen (Chair), **Chris Micklethwaite**, **Dave Hobin**, **Drew Harrison**, **Kim Rowlandson**, **Nick Williams**, **Richard Butcher**, **Teresa Schuster**, **Joey Bootle** (Company Secretary).

Photo (right) L to R – Ellie Aarons, Hayley Attrill, Dan Taylor, Charles Matthews (skipper), Frank Fletcher, Ross Applebey, Mark Burton, Mark Lamble, John Gillard (all skippers), Christian (Frizz) Mitchell lying down at the front.



As we reflect on another landmark year for the Trust, we never forget the extraordinary, but all too short lives, of those young people who are no longer with us. Every single one of them inspired us in a unique way.

Contact us     

Phone: **01983 297750** General Enquiries: info@emcancertrust.org

Want to come sailing with us? gosailing@emcancertrust.org

Fundraising: getinvolved@emcancertrust.org

Corporate Enquiries: corporatesupport@emcancertrust.org

Volunteer: **Visit the 'How to Help' page on the Trust website**

Write to: **Ellen MacArthur Cancer Trust, Units 53-57 East Cowes Marina, Off Britannia Way, East Cowes, IOW, PO32 6DG**

Like us on Facebook: **Ellen MacArthur Cancer Trust**

Follow us on Twitter: **@emctrust**

Watch us on jimmyteens.tv: **Ellen MacArthur Cancer Trust channel**

"These trips have completely changed my life. Never forget how much your work impacts our lives or belittle how powerful and beautiful your work is. I never, ever stop being thankful."

DEBBIE CHESSELL, 18

Registered Charity No. 1096491 Scottish Registered Charity No. SCO44013



www.ellenmacarthurcancertrust.org

Become a Friend of the Trust and help us help more young people like these, because cancer may change a young person's life, but we can't let it ruin it. Simply fill in the form on p15 to give a regular donation.

FSC Logo