

ellen macarthur cancer trust

ISSUE NINE 2018

inspire



CELEBRATING
15 YEARS



ellen
macarthur
cancer trust

rebuilding young
people's confidence

15 years and counting

Over **1,900** young people have sailed with us in our first **15 years!**



This year the Trust celebrates its 15th anniversary. It's gone in a heartbeat. Back in 2003, the Trust was five young people on one boat

on a four-day trip from Cowes. Last year we worked with 573 young people from across the UK, who enjoyed the variety of sailing-based activities we now offer. Anniversaries inevitably prompt reflection. But there's something special about turning 15 in getting a real sense of the long-term impact the Trust has had on the lives of so many young people in recovery from cancer.

Those who sailed with us in the early years are now in their late 20s and 30s;

they have experienced life's ups and downs, both as a consequence of and independent to cancer. Some we're delighted are still involved as volunteers, others have flown the nest, confidence restored and reengagement with life complete.

Each young person that comes sailing for the first time is incredibly special. But while the faces change over time, what we do doesn't because we know it works. How? Our young people tell us what they gain stays with them for many years.

This long-term impact is what makes the Trust unique, and why I continue to want to drive the Trust to do more.

It's been a fantastic 12 months as we gained great exposure from Round Britain 2017 and being one of The Times' Christmas charities. Meanwhile, this year we're running a pilot trip for up to 25 siblings of young people who have already sailed with us.

What keeps driving us is, today 11 young

people will be diagnosed with cancer, and nine will need our support after treatment. Currently we can only work with one of those nine. We have more to do.

There will be young people who join us for the first time this summer that in another 15 years we hope can reflect on the long-term impact the Trust's had on them.

We can only give more young people that prospect with your help.

You have changed thousands of young lives since 2003. Thank you for the first 15 years; please keep supporting the Trust for the next 15.

Frank Fletcher (CEO).

2 In 2003 we set sail on our first trips

47

In 2018 we will be setting sail on 47 trips, more than ever before



In 2003 **10** young people sailed with the Trust

In 2018 **663** young people will sail with the Trust



In 2003 **1** person worked for the Trust part-time

In 2018 **16** people now work for the Trust



In 2003 **14** volunteers were part of the team

In 2018 **207** volunteers are part of the team



The biggest difference YOU can make...

...is to become a Friend of the Trust. To build these long-term relationships we need long-term support. Sign up for a monthly Direct Debit on p22 and be that difference.

4

This is life

6

Round Britain 2017

10

Long term impact

14

Four day trips

16

This girl can

18

Round the Island

20

Doing your bit

22

Friend of the Trust

"Every year the magic is there, every time. And it keeps happening." DAME ELLEN MACARTHUR

This is life

I first met Gemma Foster when she was 14. It was 2005 and I'd spent a day on a Trust trip, writing a Southern Daily Echo feature about this small Isle of Wight sailing charity for young people recovering from cancer.

Diagnosed with Hodgkin Lymphoma in March 2004, and having endured a year of chemo, Gemma was one of five children on a boat skippered by then Trustee, Frank Fletcher. When I left Cowes, absolutely inspired by my few short hours aboard, I never imagined over the next 13 years our Trust paths would keep crossing.

Gemma is now 27. So why has that funny, mouthy (in a good way), seemingly confident teenager, who fancied Cristiano Ronaldo and moaned about washing up, needed the Trust ever since?



Courtesy of Southern Daily Echo

Donate now
Support the next Gemma and the many Gemmas after that... text **EMCT15** and your amount to **70070** now

Where were you in your life when we first met?

It was a very strange time. No one at school had ever experienced anything like that. Cancer was a taboo; you didn't talk about it. There weren't as many adverts on the TV and you never saw children with it. To have it was very isolating.

I needed to meet people that had been through a similar thing, to make some friends that knew and understood and be in an environment where you could be yourself. With the Trust you didn't need to wear a hat or a wig because cancer's not a shocking thing. You just felt at home and could be a kid.

You seemed so confident on that trip. Were you?

It didn't sink in straight away, but a few years later having cancer really affected me. I held myself back. Everyone else had carefree lives, they

didn't worry about anything. I worried about everything, that it would come back or I'd get something else. I really resented being in the position that I had to worry about these things.

"Cancer can be very medical, but there's a whole dimension beyond science."

How did having the Trust help over the years?

It's the environment I've always felt I could be honest. You're with people who just get it. You find yourself in these conversations and you open up before you really think about it. I met people on my first trips that are still my closest friends today.

Cancer makes you different. After 10 years of it being a 'thing' you don't want to be different anymore so you don't tell new people. But on Trust trips everyone already knows why you're there. Instead of it being a thing, it's life; it's who you are.

Why you do still need the Trust?

It's only been in the last couple of years I've dealt with cancer. No one really knows or understands it unless you've been through it or lived with people with it. You can be very medical about cancer, but there's a whole dimension beyond science. It's been five years since I had the medical all clear, yet some days your past hits you harder than others and you can feel massively vulnerable. The Trust fills that gap.

That's why going back to volunteer was the best decision I ever made, because it's giving something back. When I book holiday from work to volunteer I'm very proud to speak about it and why I'm involved. I'll talk about my cancer freely now.

What was it like reading that Southern Daily Echo article again after so long?

You read Frank's name, the Trustees' names, and it's not 'Who's that person?' Or 'We don't see them because they're high up and sit in an office.' Everyone is still so familiar. When I bought my first house with my boyfriend, Alex, Frank was one of the first people I told as it was a massive thing in my life and the Trust has been with me for the majority of my life. It's given me happiness, inner peace and confidence with just being myself. No matter how old you are, you're never cut off.

By Karenza Morton, Inspire editor.



Mission accomplished

By the time the voyage yacht, *Moonspray*, sailed up the Firth of Clyde and came to rest in Largs on 23 September 2017 – exactly 127 days since setting off – 125 young people had taken part in the 17-leg 2,400 nautical mile relay Round Britain!

There were the iconic moments that made headlines; sailing through Tower Bridge in London, rounding Land's End, being part of the Extreme Sailing Series in Cardiff.

But then there were the private moments – conversations between new friends, personal reflection during stunning sunsets, a young person finding the confidence to

do something beyond their comfort zone – things the rest of us will never know about that the young people involved will remember for the rest of their lives.

Round Britain 2017 was a celebration of recovery, achievement and potential. But for many young people it was so much more. It was a life-changer.



"Confidence comes from being given responsibilities aboard. Those things are often taken away while you recover at home."
Abbie (Falmouth-Cardiff)

Fast facts!

 **13**

hospitals visited to inspire young people on treatment as to what life after cancer can look like.

 **58**

ports visited in Scotland, England, Wales and Northern Ireland.

 **17**

crew and skippers who first sailed with the Trust as young people in recovery.

 **30M**

people reached through print, online and broadcast media.





Kitted out

Having supported Round Britain with commemorative kit, we were chuffed when Musto, our partners since 2003, again committed to supplying long sleeved t-shirts and caps for our young people and trip volunteers over the next three years.

The partnership goes beyond sponsorship, as proved last year when, having been inspired by our young people during the Round Britain London stopover, four Musto employees

fundraised for the Trust by taking part in the Great South Run.

Annaleigh Hockaday, Musto's senior designer and sustainability officer, said: "We were blown away by the Trust ambassadors. Everybody came back to the office full of enthusiasm and we wanted to do something to help."



"It was my 10th birthday and it's not every birthday you get to spend sailing through the Thames Barrier!"
Ernie (Harwich-London)

"This trip has cemented my view that I want to stay involved and grow with the Trust."
Mark (Cardiff-Holyhead)



"It makes me very humbled to be a part of it"

Having been involved with the Trust for 10 years, Cath Vise is in the unique position of having skippered on both the 2009 and 2017 Round Britain adventures.

"I don't know how many dolphins I've seen in my life, but I'm still 'WOW!' every time. That's what it's like for the young people on Round Britain; they enjoy the wildlife, beautiful skies, phosphorescence of the sea, it opens their eyes to how incredible Britain and the ocean is.

"They get a pure sailing experience and need to be a lot more engaged in the whole process, from navigating to helming to being on watch. Having young people who themselves sailed with the Trust in recovery involved in Round Britain 2017 as skippers and full-time crew is wonderful testament to what the Trust does."



Getting social

Telling our young people's stories through #Tell9People was a massive part of Round Britain. Thanks for sharing!

Join the community

Facebook Twitter Instagram

@EMCTrust

Facebook reach
2.185m

Twitter reach
902k

Instagram followers up by
40%

Man talk

Men don't really talk at the best of times, do they?

But when you've had cancer, talking about some of the most personal things in the world, like whether you can or can't have kids, what you've done with your sperm samples and what your testosterone levels are like, well they're not the sort of things you'd bring up over a pint with your best mate in the pub.

Unless that best mate has had cancer too.

Mark Stevens and Dan Monk typify that type of 'mate' the Trust nurtures. Being close enough to someone to confide your biggest fears in or ask the most uncomfortable questions inevitably leads to deeper friendships that surpass cancer.

Those friendships are about life and it's an enduring impact of the Trust.



"Sailing saved my life when I relapsed at 19, and it's still saving my life now."



DAN AND MARK MEET



DAN AT YARMOUTH RNLI



MARK WITH ROUND THE ISLAND CREW



DAN ON ROUND BRITAIN 2017



Parallel lives

Mark was a 24-year-old first-timer, just off three years' intensive chemotherapy and radiotherapy treatment for Acute Lymphoblastic Leukaemia, when he met Dan on the Trust's first Over 18s trip in 2010. Dan, who himself had been a young person twice treated for leukaemia in his teens, was skipper.

Immediately they connected; they were the same age, had the same cancer and it almost killed them both. Instinctively they knew what the other had been through.

"I referred to Dan as the Trust poster boy," Mark reflects.

"He had this long blond hair, good boyish looks, earring in one ear, I was like 'Man he's my age, he's had the same cancer as me, he's a Yachtmaster, he's sailed most of the way round the world,' and here's me deciding whether to go on a four-day sailing trip. He was impressive, he knew what he was doing and I looked up to him."

But as they spent more trip time together in the following years, the dynamic changed. What started as a basic shared identity became leaning on each other as adult life took over. Both are now 32. They're men. Mark's a father.

The Trust is the tie that still binds them. "Reproduction is a hard conversation for any 20 something lad to have," Dan confides. "So we had a connection that we weren't alone going through this.

Finding somebody you're going through a similar stage in you life as is pretty special."

Mark continues: "As I got to know Dan I became intrigued by his back story. He opened up to me and I had the impression he hadn't opened up to a lot of people.

"Dan had leukaemia at 15 and was in hospital for nine months, so, guess what,

he didn't do GCSEs, and because of that, guess what, he didn't take A-levels, so, guess what, he's not got a degree. He's had to duck and dive just to stay afloat."

Dan admits that's a fair assessment.

"I really struggle with my 'land life'. I hold on to sailing so much through the winter because I know when summer comes around, I'll be back on the water skipping.

"Our backgrounds are completely different, even the way we talk! I'm a typical Essex lad, Mark's very well spoken and I love that. He's so smart and really conducts himself very, very well. He's got a very good way of seeing the right way and how things should be." He grins. "Don't tell him or he'll get a big head!"

Dan and Mark's story continues on the next page...

Deep Ties

When Mark talks about Dan's 'back story' he means their cancer experiences.

Mark considers himself hugely fortunate to have had the loving network of his family supporting him throughout his treatment. He knows people who weren't so lucky. Dan says he's probably one of the people Mark is talking about.

He explains: "I've said before sailing saved my life when I relapsed at 19, and it's still saving my life now, but in a different way. Life goes up and down massively, not just because of cancer, and the one thing I hold on to is the Trust trips."

This is why Mark and Dan's friendship still thrives within and beyond the Trust.

They see each other socially, have gone sailing together and each says the other has always been there when he's needed to talk. When Mark's son was born in April, Dan

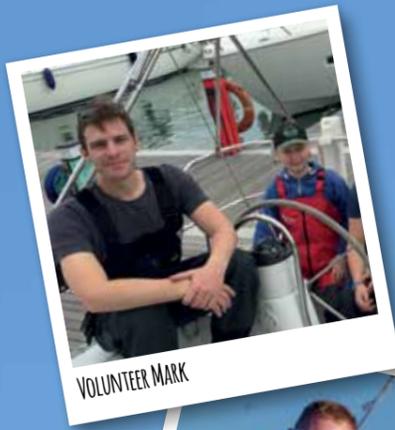
was one of the first to receive photos.

The Trust takes young people sailing to rebuild confidence and Dan is the first to acknowledge its importance in giving him life skills, a support network and even employment to keep him on track. It's been the constant in his life for half of his life.

That, Mark articulates, is what makes the Trust so powerful; it's the unseen things that have the biggest impact and it helps people in so many different situations at different times in their lives.

He concludes: "The Trust gave me a really strong foundation to build on. I went back to university a year earlier than I would have, if at all, and I have new life of adventure, sailing, meeting people and supporting others. But it's done something pretty incredible for Dan Monk. I look up to him now in an even greater way."

"The Trust enriches the life of everyone who passes through it, but in different ways."



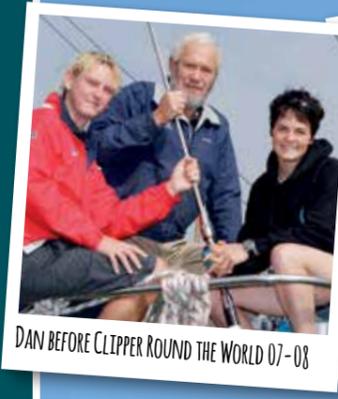
VOLUNTEER MARK



THUMBS UP DAN!



MARK READY FOR THE 2016 TRANSAT BAKERLY CROSS-CHANNEL RACE



DAN BEFORE CLIPPER ROUND THE WORLD 07-08



MARK TACKLES THE FASTNET RACE



CHEESE!



MARK TAKES THE WHEEL



DAN LOOKS OUT



100%

of volunteers said they had enjoyed being a volunteer

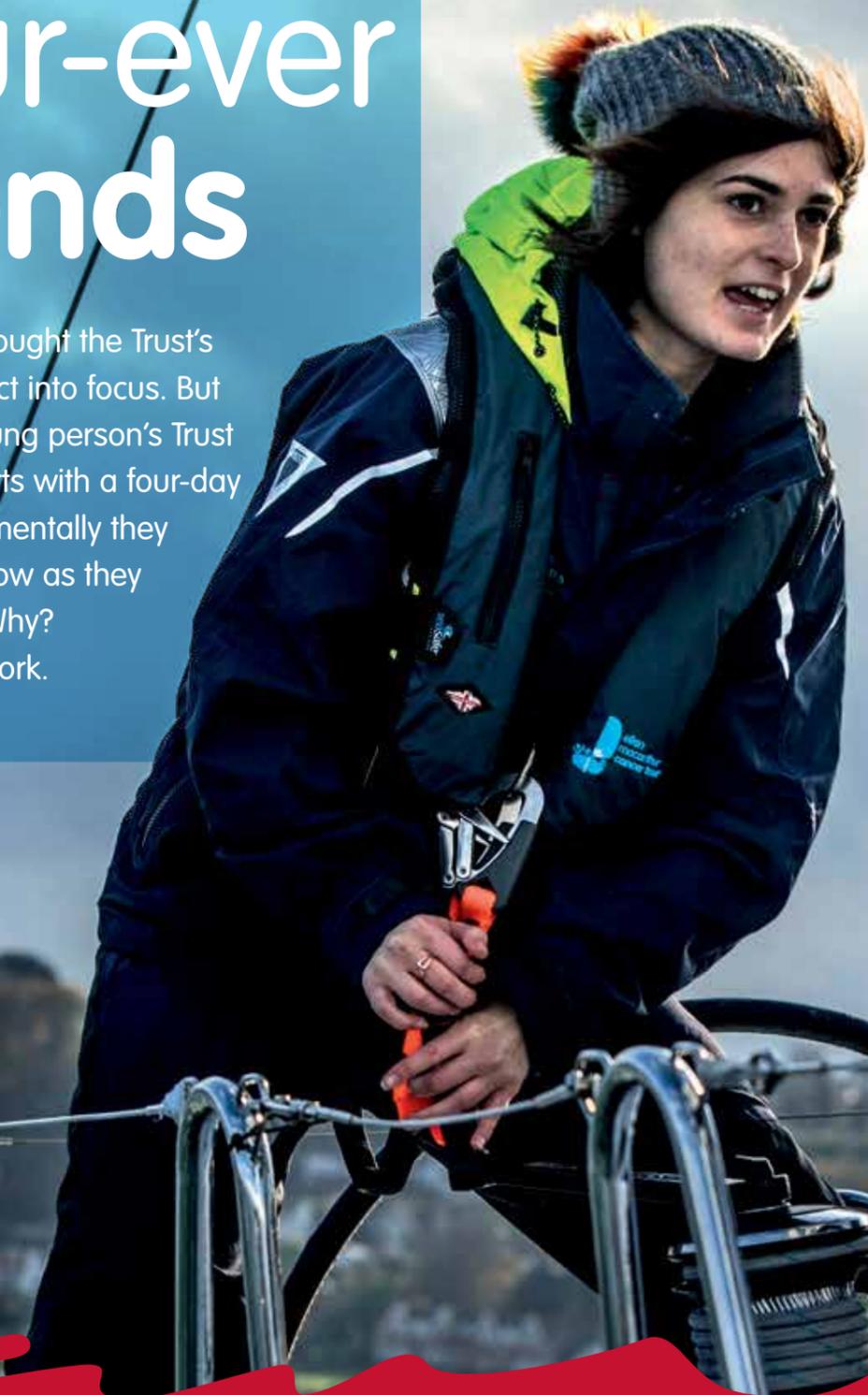


100%

of Over 18s on their First Time Trip in Cowes said they had made new friends

Four-ever friends

15 years has brought the Trust's long-term impact into focus. But every single young person's Trust relationship starts with a four-day trip, and fundamentally they are the same now as they were in 2003. Why? Because they work.



PHOTOS OF JESSICA WERE TAKEN BY PIP CHURCHILL

"Just say yes"

"Why not?" is Jessica Mennell's new motto.

As a teenager Jessica suffered severe anxiety and panic attacks. But a post A-level gap year designed to get a job, spread her wings and gain confidence became about basic survival when she found a lump in her neck in January 2016.

Despite living on the Isle of Wight, Jessica never sailed. Anxiety had always stopped her saying 'yes' to things. Cancer changed that.

"I was still having radiotherapy when I was invited on the Trust trip, but I just said 'yes'. After what I'd been through, why not?"

"When you're ill being 'normal' gets put on a pedestal. I hate that word but it's how you feel. You're held back while your friends get on with their lives. Cancer kicked my anxiety out of me, what was the point of feeling like that anymore?"

After treatment Jessica, now 21 and studying photography at university, needed to "fill the void" of hospital, treatment

regimes and the medical support that had enveloped her. When told she was in remission in October 2016, she had no education nor job to return to and nothing in the diary to look forward to.

Saying 'yes' filled the calendar and gave her new opportunities. Her first Trust trip in 2017 was one of those.

"I was nervous as I didn't really know anyone, but straight away you feel part of a new community. I loved the sailing too; I like learning and this was a new skill.

"After treatment I just wanted to be comfortable and confident in my own body again. The Trust has helped me flourish and it has become one of the important building blocks in my recovery towards who I am now."

"I am definitely more confident since my trips, after a week of sailing I feel empowered to return to daily life and take on new challenges" Jenny
😊😊😊😊 4 trips since age 23

Learn about 10-year-old Maisie's first trip on the next page

Over 18 trips – fast facts!

In 2010
 **6** young people over 18 sailed with us for the first time

In 2017
95 over 18s sailed with us for the first time, and...

 **30** over 18s joined our Return to Sail trips

In 2010
1  the first trip was chartered for young people over 18

In 2017
8  first time trips for over 18s set sail, and...

5  Return to Sail trips for over 18s

This girl can

A post on an Acute Lymphoblastic Leukaemia (ALL) Facebook support group led to 10-year-old Maisie Symes going on her first Trust trip in Largs last summer.



"No one pities you, they understand. We are all learning to sail for the first time and are all in the same boat"
Emilia 🌟🌟 2 trips since age 12



"Trust trips give me the belief that I can do anything and keep up with the others, it's not like that in school"
Vincent 🌟🌟🌟🌟🌟 5 trips since age 9



To her mum's surprise she wanted to go despite knowing no one else. After three years' treatment, a more assertive, steely Maisie had emerged. That she will Return to Sail this year speaks volumes.

"I wanted to make new friends. I had to be quite brave because I'd never been that far away from my family. But when you get there you make new friends and forget about home because you focus on what you're doing that day. I had such a fun time.

"When there was a storm we had an indoor Olympics, we played Uno on another boat and had a Dessert Challenge, but our boat's lemon and orange cheesecake was beaten by an Eton Mess!

"I loved steering the boat; I really wanted to do that. It was quite hard but our skipper, Sally, showed us what to do and how to clip ourselves on so we were safe.

"The trip made me more confident around other people and helped me make new friends at school. I think other children should go because it's really fun."

Under 18 trips – fast facts!



Round the Island

It started with 15 riders cycling around the Isle of Wight at the same time as the iconic Round The Island yacht race took place on the Solent in 2006.

J.P.Morgan



"We really recognise the Trust's work for young people and the Round The Island Challenge is a great chance for our staff to get involved. We always have a lot of fun on the day."
Gary Ford, Managing Director, External Relations

5k Run

Half Marathon Run

32 miles cycle

62 miles cycle



By this year, 111 cyclists and 56 runners from the J.P. Morgan Bournemouth office were raising money for the Trust as part of their own annual Round The Island Challenge, what is now their biggest community fundraising event of the year.

Inspired by the story of a young person who took part in the 2005 Round The Island yacht race with the Trust despite learning his bone cancer had returned three days earlier, J.P. Morgan employees saddled up for the first time the following year.

In 2007, runners joined the J.P. Morgan Round The Island party while many more employees started getting involved as volunteers, helping to marshal the courses and hand out water. A year later the bike ride attracted over 100 riders for the first time and numbers and enthusiasm have continued to grow ever since.

Runners and cyclists taking part in the Challenge are set a fundraising target of a manageable £120 each. But the cumulative effect of that is enormous.

Over £23,000 has been raised so far in 2018, with the overall total since 2006 now standing at more than £310,000.

"It is fantastic how many people get involved each year including cyclists, runners, and organisers," said Lottie Forte, Community Relations, J.P. Morgan Bournemouth. "Each year, the hard work pays off and you feel inspired by the young people who will benefit. That's what makes it all worthwhile."

Could we be your company's chosen charity?

Nominate us as your 'Charity of the Year' or could we build a corporate partnership? Baking, cycling, giving up chocolate, entering local 10k races, hosting quiz nights, whatever it is, have fun, become closer as a workplace team and raise some money.

548 young people funded on a first time trip

Doing your bit

Help make our next 15 years as successful as the first by fundraising for us!
There are heaps of things you can do...

Sign up for a challenge

We get places in many national and local events and organise our own. All the details are on our website. You can also sign up for an event not on our list and still support us.



The gift of giving

Got a significant event or anniversary coming up? Instead of presents could you ask for people to make a donation instead?



Organise an event

Dinner parties, quiz nights, movie nights, fashion shows, raffles, auctions, these are just some of the popular things people do.



Leave a legacy

there are a number of people each year who, once they have looked after those they love, leave us a small gift. It's always an honour to be chosen.



Donate now!

 **Online** at www.ellenmacarthurcancertrust.org/donate/

 **Give instantly by texting** EMCT15 and your amount to 70070.

 **Send a cheque** payable to the Ellen MacArthur Cancer Trust (see back cover for address)

 **Sponsor a young person** via our website

Take Tea by the Sea!

You don't have to be Mary Berry to be a star baker and raise dough for the Trust with our tea-riffic new Tea By The Sea!

Use our Tea By The Sea event pack to bring the coast to wherever you are in the country and get baking and brewing for your family, friends and local community.

Whether at work, home or a club you belong to, bring everyone together for a cuppa and cake whilst making a HUGE difference to young people in recovery from cancer.

So grab your mixing bowl, put the kettle on and get your floury mitts on a Tea By The Sea event pack at www.ellenmacarthurcancertrust.org/teabythesea



The fun-damentals!



Ash Gibbs, Trust Fundraiser (Community and Individuals), gives us her top 10 fundraising tips

1. Get creative

You want to enjoy your fundraising, so come up with something that's fun or an achievement for you and that other people can get excited about too. Don't just think outside the box throw the box away!

2. Be realistic

You, like everyone else, is super busy. So why put extra pressure on yourself? Come up with a timeframe you can realistically manage and requires a scale of effort that isn't going to make you rue the day you ever committed to do it.

3. Group effort

Everything is more fun with family and friends so get them involved in raising money too, to share the workload or support each other in preparing or training for a challenge or event.

4. What's your story?

People will support you if they feel invested in why you're doing what you're doing. So why do you want to raise money for the Trust? Make it personal to connect with people.

5. Create a page

Online fundraising is the most low maintenance way to promote what you're doing, for people to give and for you to keep track of who's supporting to you. Just Giving or Virgin Money are equally recommended.

www.ellenmacarthurcancertrust.org/get-involved

6. Set a target

A great motivator! Seeing how much you're raising can inspire you to complete your task, while donors are more likely to get behind you if they can see how you're doing towards your total.

7. Share the love

Social media and WhatsApp have transformed fundraising so use them to tell your story, post regular updates and funny photos and videos about how you're getting on and promote the link to your fundraising page.

8. Show the love

Make a point of thanking your donors and telling them how they will make a difference, whether that's replying when someone donates online or posting something on social media each time a new donation comes in.

9. It's not over 'til it's over

Did you know 20% of donations come in after an event or challenge? So keep the story going. Post photos and videos from the day for some time afterwards and provide a countdown to how long people have left to give.

10. Use us!

We're here to help and can support you with planning, supply you with branded Trust fundraising goodies you might need, like collecting tins and more, and share your story through our social media too. So keep us posted!



Help celebrate our 15th birthday and become a Friend of the Trust

Becoming a Friend of the Trust is a great way to support young people and rebuild confidence after cancer. For every one young person we support in recovery, there are nine we can't. Yet.

Regular donations mean we can plan for the future, to ensure we can have a life-changing impact on even more young people over the next 15 years. By joining our community of monthly supporters, you can change that 'yet'.

It's the best birthday present we could ask for.



Each month, giving us...

£2 provides one young person's trip essentials kit, including a baseball cap, long-sleeved UV t-shirt, water bottle and sun cream



£5 provides sleeping bags for eight young people or a summer outdoor games kit, including cricket sets, kites, rounders games and frisbees



£15 provides a BBQ for 50 young people, volunteers and skippers plus marshmallows to toast on the fire



£20 provides a waterproof jacket and trousers, a lifejacket and annual lifejacket service for one young person



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.

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

Title:	Forename:
Surname:	
Address:	
Postcode:	
e-mail address:	
Telephone number:	

We are so pleased you have decided to become a Friend of the Trust!

We would love to keep you updated on the Trust's news, events and appeals, and on the impact your generous regular support makes to young people in recovery from cancer.

How would you like us to stay in touch? EMAIL PHONE

For full information about how we use and store your personal data visit ellenmacarthurcancertrust.org/about-us/privacy

If you are a UK taxpayer, the value of your gift can be increased by 25% under the Gift Aid scheme at no extra cost to you.

I am a UK taxpayer and understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to pay any difference. I have given my home address to identify me as a UK taxpayer.

YES, I want The Ellen MacArthur Cancer Trust to treat all gifts of money that I have made in the past four years and all future gifts of money that I make from the date of this declaration as Gift Aid donations.

NO, I do not pay UK income tax.

Please notify us if you want to cancel this declaration, change your name or home address or no longer pay sufficient tax on your income and/or capital gains.

giftaid it

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



Name and full postal address of your bank or building society

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

Service user number

6	3	1	1	1	3
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Reference

E	M	C	T	D	O	N	A	T	I	O	N				
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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.

Name(s) of account holder(s)

--	--	--	--	--	--	--	--	--	--

Bank/building society account number

--	--	--	--	--	--	--	--	--	--

Branch sort code

--	--	--	--	--	--

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.

Signature(s):	Date:

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

The Direct Debit Guarantee

This guarantee should be detached and retained by the payer

- 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.

CUT HERE

Always remembered...

As we celebrate 15 years of the Trust, 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 in a unique way.



Contact us

General Enquiries:

01983 297750

info@emcancertrust.org

Want to come sailing with us?

gosailing@emcancertrust.org

Fundraising:

getinvolved@emcancertrust.org



Follow us on social media:

@EMCTrust



Watch us on YouTube:

www.youtube.com/emctrust

www.ellenmacarthurcancertrust.org

**Ellen MacArthur Cancer Trust,
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Off Britannia Way,
East Cowes, IOW,
PO32 6DG**



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