

opendoor

Autumn 2014

the newsletter of the
Lynda Jackson Macmillan Centre



Thirteenth time lucky for the Moor Park 10k

There was no need to be superstitious about this year's Moor Park 10k, organised for the thirteenth time in September. The sun shone and we welcomed a record number of people to our largest annual fundraising event. Each year the team is faced with the challenge: how to make the Moor Park 10k & Junior Fun Runs even better. This year, the young people in the area did our work for us by turning out in their droves.

Inspired by the 2012 Shield for the largest entry, local schools actively promoted the event and we even had to include an extra race for the youngest children.

It was a joy to see so many children taking part, cheered on by their families and friends. The enthusiasm with which they lined up at the start, jostling for position in the front row, was matched only by the cheers of the spectators which endured till the last child had crossed the finish line.



The playing fields of Merchant Taylors' School were packed with people enjoying the glorious sunshine although this posed its own challenges; the 10k runners were particularly glad of the water stations along the route.

The winners' podium was familiar territory for Nigel Rackham who has now won this event three times. Helen Mussen took the honours in the ladies'

event with the 2012 Shield going to a delighted Charlotte House Preparatory School.

Congratulations to everyone who took part and thank you to everyone who supported the event: our sponsors and volunteers and particularly the runners. So far, this year's race has raised more than £48,000.

We look forward to seeing everyone again on 27 September 2015!

Welcome to our new Miss Money Penny

We are delighted to welcome a new fundraiser to the LJMC team. Fiona Hussey officially joined us in September although her association with the LJMC extends back to 1995 when she worked as a therapeutic radiographer in the Cancer Centre.

Soon after starting at Mount Vernon, Fiona spent time on secondment to the LJMC. "I remember it so well,"

said Fiona. "As radiographers, it seemed like a huge luxury to be able to spend time with each patient and it's wonderful to come back here and find that this philosophy is still so important at the LJMC."

Fiona worked for a pharmaceutical

company gaining commercial experience in a range of sales and marketing roles and ran her own business before she returned to her oncology (cancer) roots.

"Having trained in oncology, I found myself drifting further and further away and the timing was right to re-evaluate things," she said.

Life turned a full circle as Fiona came back to the LJMC in September 2013 to work as a volunteer in the Drop-in centre.

She also offered to help with fundraising activities and, when the centre advertised for a new fundraiser

to join the team, she jumped at the chance to apply.

"I feel enormously privileged to have been appointed to this post," said Fiona. "It combines a bit of my clinical training, fundraising experience and business skills and I'm thrilled to be embarking on a new career here."

Fiona has been catapulted into her new role with the 10k and all the seasonal fundraising activities of Christmas cards and raffles. Needless to say, she welcomes offers of help! She's particularly interested in hearing from people who would like to organise an event in aid of the LJMC.





Lynda Jackson Macmillan Centre

... supporting people affected by cancer...

Mount Vernon Cancer Centre
Northwood, Middlesex HA6 2RN

Telephone helpline: 01923 844014

Website: www.ljmc.org



Social media: @ljmcentre

Registered Charity No: 1053338

The LJMC is part of the Mount Vernon Cancer Centre (East & North Hertfordshire NHS Trust)

Drop-in advice and information Telephone helpline

Monday – Friday
9.30am–1.00pm + 2.00pm–4.30pm

Complementary therapies Counselling

Available by appointment to NHS patients under the care of an oncologist at MVCC

Benefits advice

Drop-in service during opening hours

Relaxation classes

Monday: 2.30am–4.00pm
Tuesday: 10.00am–11.30am
Thursday: 11.00am–12.30pm
No need to book; carers welcome (space permitting)

Look Good...Feel Better™

Skin care and make-up sessions for ladies (Tuesday: 2.00pm–4.00pm)

opendoor is sent to friends and supporters of the LJMC who are on our mailing list. If you wish your name to be removed from future mailings, please contact Buzz Coster (01923 844107) or buzz.coster@nhs.net.

It is also available electronically. If you would prefer to receive **opendoor** by email, please sign up on our website.

We would like to reassure you that our mailing list remains confidential and will not be sold to or used by any organisation other than the LJMC.

In loving memory

We send our sincere condolences to the families and friends of those who have died and thank them for their generous support of the LJMC:

- Joan Curran
- Mrs Delisser
- Sheila Denis
- Katie Gordon
- Lyndam Gregory
- Stephen Hankin
- Himat Lalgadher
- Sheila Melvin
- Keith Pavier
- Ted Pinney
- Stephen Scott
- James Sinclair
- Susan Slattery
- Peter Snow



Photo: Annie Simons

We were delighted to be chosen as one of three special charities by Councillor Chris Lloyd when he was elected Chairman of Three Rivers District Council. Congratulations to Chris who is undertaking his second spell as Chairman.

'Buy a book' scheme takes off

We have been thrilled at the generosity of supporters who have bought new books for the LJMC library. Thank you so much to:

- Jane Deacy
- Ann Grace
- Mrs P M Greening
- Susie Jackson
- Samantha Newbury
- Mrs T Phillips
- Pamela Allanson
- Iris Atwell
- William Davis
- Olu Olayinka

We have set up a Wish List with Amazon so that supporters know exactly which titles we need. If you would like to find out how you can support the development of the LJMC library, please contact the Helpline (01923 844014).

Lizzie 'does' London

LJMC volunteer, Lizzie Ehrmann, is taking on a somewhat larger role in April as she tackles the Virgin London Marathon on our behalf.

Lizzie already walks quite a distance each week as one of our guides for pre-treatment visits although she anticipates her training for the Marathon will be a little more challenging!

Lizzie will be setting up a fundraising page in the new year and will welcome support and encouragement!

What's in a name?

When we asked for volunteers to help with tending the LJMC garden, it seemed appropriate that someone named Clive Gardiner should offer to help. What Clive didn't know was that he was following in the footsteps of a previous volunteer: Bill Gardner!

Thank you to Clive and fellow volunteers, Marie Baldry and Julie Wilcox, who have worked tirelessly to bring some order to the little patch of green outside the LJMC.



Thank you for your support...

- Inspired by the Great British Bake Off, two of our younger supporters, **Emilia Clark** and **Alcia Willis**, donned their aprons to make cakes which they sold to raise £34.
- **Jessica Buckle** and friends organised a Bikram-athon combining three demanding bikram yoga classes in Balham, Fulham and London Bridge, running between each class to raise £2,150.
- **Pavilion Bowls Club** held a match with St Joseph's Football Club to raise £400.
- A charity concert by local choir, **Accord**, at Ruislip Baptist Church raised £480.
- **Jane Bowler** chose the LJMC as her charity during her special year as Lady Captain of Chorleywood Golf Club. Through a range of events and matches she raised £1,400.
- A coffee morning at **St Paul's Church of England Combined School** in Wooburn Green raised £1,000. The event was made more poignant as it was organised in memory of Katie Gordon, a former member of staff who about to become a volunteer at the LJMC. Sadly, Katie died before she was able to start here.
- **Susan Heffernan** has been putting her creative talents to good use, making greetings cards which she has sold in aid of the LJMC.
- Head of Year 9 at Douay Martyrs School, **Si Moore**, had his head shaved to raise £500.
- **Jane Simms** engaged the services of singer and entertainer, Funky Mac, for a fundraising evening at her local sports and social club to raise £650.
- **Alison and John Warner** hosted a magnificent tea party at their home to raise £220.
- The Football World Cup provided a fundraising opportunity for **Ivan Mera** and friends. In association with Arens Bar in Northwood Hills, they organised an event to coincide with England's opening match against Italy. Despite England losing the match, the LJMC was the winner with £330 raised.
- **Donna Jones** also organised World Cup-themed fundraising events at Star ID. She sold England flags and ran sweepstakes at work to raise £205.
- Staff at the Rickmansworth branch of **Santander** held a charity day to celebrate the refurbishment of the branch. With games and a tombola, they raised more than £335 which was matched by the bank.
- **Middlesex County Automobile Club** raised £180 at the MiddleWick Stages rally, organised jointly with Green Belt Motor Club.
- **Nilum Rayat** organised a splendid curry lunch for friends and family, raising £405.
- The LJMC was delighted to be chosen as one of two charities for support by **Croxley Green Parish Council**. More than £1,000 was raised at a quiz night, dog show and other events during the year.
- Well known bridge player, **Howard Cohen**, has been giving his time to play duplicate bridge at the Acol Bridge Club with all donations coming to the LJMC.
- **Anne Connell** continues to sell surplus stock of cotton reels to raise money for local charities, including the LJMC.
- Customers at **Betty & Dolly's** hairdressing salon in Bushey are invited to make a donation to charity instead of giving tips to staff. They clearly do a great job because they raised £674 for the LJMC.



Graham Metcalfe took part in the Prudential RideLondon-Surrey 100. His 100-mile cycle ride took him from the Queen Elizabeth Olympic Park, through the capital and into Surrey's stunning countryside. The challenging route, with its leg-testing climbs, ended on The Mall and a total raised for the LJMC of more than £1,150.

- We were thrilled to receive the support of **Harrow Light Opera Company** at their production of 'Aspects of Love'. Bucket collections after the performances raised £260.
- Congratulations to **Sheila Metzger** who celebrated a special birthday and asked for donations to the LJMC instead of gifts.
- As President of the **Insurance Institute of Watford**, Pat Nixon chose the LJMC as the charity to benefit from donations at their recent annual dinner raising £1,130.

Thank you to the organisations who have chosen to support the LJMC:

- Southall Cricket Club
 - Sothebys
 - Stewarts Law Foundation
- Thank you to the local venues who have a collecting tin on their counter:
- Adams Opticians, South Oxhey
 - Café Loco, Moor Park
 - Emmanuel Church, Northwood
 - Food Fayre, Ruislip
 - Howletts Lane Post Office, Ruislip
 - Queens Head, Pinner
 - William Hill, Rickmansworth



Paul Cummins and Gabriel Cooney organised a football match between Buckley's Bar and Delaney's Bar as part of a memorial day for Tina O'Connor, former manager of Buckley's. This hugely successful family fun day raised £3,350.

If you'd like to find out more about fundraising for the Lynda Jackson Macmillan Centre, please call **Fiona Hussey** on **01923 844589** fiona.hussey@nhs.net



First class information

Congratulations to the Information team for their 19th commendation in the annual British Medical Association Patient Information Awards.

'A guide for patients having radiotherapy to the head, neck, mouth and throat' was Highly Commended.

The judges remarked, "This is an excellent leaflet. If I were a patient facing radiotherapy for head and neck cancer this is what I would want: it answers the sort of things I would want to know clearly. It is very thorough and the involvement of health professionals and patient panels is comprehensive."

Specialist nurse, Sandra Jackson, proudly shows off the certificate with co-author and Patient Experience Lead Radiographer, Kerry Chapman.

Shop online and support the LJMC

If you are shopping online, you can raise money for the LJMC at the same time – at no extra cost to you. Sign up at www.easyfundraising.org.uk/ljmc.

Each time you make a purchase, a donation is given to the LJMC. There's even a handy 'donation reminder' to help you raise even more!

This service is completely confidential and we are immensely grateful to those who are already supporting us in this way – thank you!

easyfundraising
.org.uk



Easing the load

Thank you so much to The Pleasure Home for their generous donation that enabled us to buy a new industrial standard washing machine for the complementary therapy service.

No longer do the therapists have to cart the washing back and forth to another building.



Golf Day 2015

Following the success of last year's charity golf day at Chorleywood Golf Club, we are organising another event on **Friday 15 May 2015**.

Chorleywood Golf Club is the oldest golf club in Hertfordshire. It is a picturesque, tree-lined course, set in the middle of Chorleywood Common.

Players may enter either as teams or as individuals.

If you would like to take part, please contact Fiona Hussey (01923 844589). Further details will be available early in the new year.

Donation form

I would like to make a donation to the Lynda Jackson Macmillan Centre

I enclose a cheque for £made payable to 'Lynda Jackson Macmillan Centre'

Name:

Home Address:

Telephone:

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I am a UK taxpayer and wish this donation (and any others I may subsequently make*) to be treated as a Gift Aid donation. I confirm that I pay in Income and/or Capital Gains Tax an amount at least equal to that which all the charitable organisations to which I donate will reclaim in the tax year. I understand that Council Tax and VAT do not count. The LJMC will reclaim 25p for every £1 that I have given. (*delete if not applicable)

Signature: Date:

Lynda Jackson Macmillan Centre, Mount Vernon Cancer Centre, Northwood, Middlesex HA6 2RN
Registered charity no. 1053338

Office use:
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