

## Special environment receives recognition

Visitors to the Lynda Jackson Macmillan Centre have always commented on how special it is here, how the atmosphere is unlike a hospital and how warm and friendly it feels. This special environment has now been recognised with the award of the Macmillan Quality Environment Mark (MQEM) by Macmillan Cancer Support.

When the LJMC was first built, it was the first centre of its kind and the architect was given the task of interpreting all the ideas everyone had for this fledgling service.

From the outset, the building was different from any of the other buildings on the site with its high, vaulted roof and timber-clad exterior. Once inside, instead of a white, clinical environment, visitors found warm décor, pine and cane furniture and, of course, the traditional LJMC welcome.

MQEM is the first assessment tool of its kind to assess whether cancer care environments meet the standard required by people living with cancer.

The first step in achieving MQEM was to conduct a self-assessment against the MQEM standard and gather data to support our application.

Following this, the MQEM review team visited the LJMC, taking a good look at the building and



By achieving MQEM, we are proud to demonstrate to our visitors that the LJMC is:

- Welcoming and accessible to everyone
- Respectful of people's privacy and dignity
- Supportive to users' comfort and wellbeing
- Giving choice and control to people using our service
- Listening to our users

facilities. Could people find the LJMC? Were things in good order?

As well as this thorough inspection, the reviewers also talked with people – staff, volunteers and centre users – about the environment and the services before finally giving us the good news of our successful achievement of MQEM.

A comprehensive report followed which acknowledged that the LJMC services have now far outgrown the original building, once designed as 'cutting edge'. The report paid credit to staff and volunteers for coping with these limitations yet still maintaining an ambience of support and caring.

Work has already started on implementing some of the recommendations in the MQEM report. We are indebted to the Jane Kasler Foundation for its generous donation that has enabled us to buy new chairs for the Drop-in centre.

## Information leaflet receives award

Once again the LJMC is celebrating success in the annual Patient Information Awards organised by the British Medical Association.

Our leaflet 'Radical radiotherapy/chemoradiotherapy for lung cancer' was Highly Commended, becoming the

22<sup>nd</sup> LJMC publication to receive prestigious recognition.

The judges commended the wide range of people involved in the leaflet's production and particularly the contribution of patients. Special note was also made of our robust processes for producing information.





# Lynda Jackson Macmillan Centre

... supporting people  
affected by cancer...

**Mount Vernon Cancer Centre  
Northwood, Middlesex HA6 2RN**

**Telephone helpline: 020 3826 2555**

**Website: [www.ljmc.org](http://www.ljmc.org)**



**Social media: @ljmcentre**

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

Registered charity no 1053338  
East & North Herts Hospitals Charity

**Drop-in advice and information  
Telephone helpline**

Monday-Friday  
9.30am-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)

**Look Good...Feel Better™**

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

**The Way Ahead**

Demonstration of headwear 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 (020 3826 2541) or [mailinglist@ljmc.org](mailto:mailinglist@ljmc.org).

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.

## Facelift for the LJMC building

We were delighted to receive an offer by local construction company, Skanska UK Plc, to give the exterior of the LJMC a facelift.

A dozen members of the company donned their overalls, picked up their paintbrushes and spent a fine, August day painting



the wood cladding with which the building is faced.

A second coat of paint is due to be applied in November.



## Would you like to help raise funds for the LJMC?

Many of the services at the LJMC would not be available without the generosity of our supporters. If you would like to help our fundraising team, we'd love to hear from you.

Please contact **Fiona Hussey** (telephone: 020 3826 2550 or email: [fiona.hussey@nhs.net](mailto:fiona.hussey@nhs.net)) to discuss your ideas or offer to help.

And, if you're organising an event, we'd really love to hear about it and see some photos so please don't forget to send them to us!

Don't forget there's an easy way to raise funds for the LJMC each time you shop online. When you visit your favourite retailers via the **easyfundraising** website, the retailer will make a donation to the LJMC. Your shopping doesn't cost any more and the scheme is completely confidential so we don't know any details about your shopping.

To help you, there's a Donation Reminder which will prompt you when you are shopping online.

Thank you to all our supporters who are already using this service and who have helped us raise several hundred pounds already this year.



[www.easyfundraising.org.uk/causes/ljmc](http://www.easyfundraising.org.uk/causes/ljmc)

## Helping develop our award-winning information

If you would like to be part of the process of developing information at Mount Vernon Cancer Centre, please get in touch with Theresa Sullivan on 020 3826 2547. We welcome input and help from patients and former patients from proof-reading to reviewing our publications.

## In memoriam

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:

- Amelda Lappas
- Bikhu Karsan Tida
- Christabel Williams



# Thank you very much

Fundraising events June - October 2016

- We were delighted to be invited to raise funds at the annual **Jetstream Triathlon**. Bacon butties, supplemented by a sports massage service, proved popular and raised £440.
- Uxbridge-based **Thames Materials** reprised last year's phenomenally successful golf day in memory of Sheila Melvin (Gomes). They raised £38,000 which was split between the LJMC and another charity.



*Former tennis pro John Malpas organised a fun day of tennis for all ages and abilities at West Herts and Watford Lawn Tennis Club and raised nearly £2,000.*

## Collecting tins

Thank you to our supporters who have our collecting tins on their counters:

- Bouti-care Pharmacy, Ruislip
- Costa Coffee, Mount Vernon Treatment Centre
- Food Fayre, Ruislip
- Hammer in Hand, Oxhey
- Northwood Central Club
- Oak Tree Restaurant, Mount Vernon Hospital
- Royal Oak, Kings Langley
- Style Shop 2

- **Felix Walker's** passion for cricket spurred him into organising a fun day at South Hampstead Cricket Club at which more than £800 was raised.
- **Sarah Wilkins** took part in the Thames Bridges Trek, a 25km walk along the River Thames, zig-zagging over 16 historic bridges from Putney to Tower Bridge to raise £410.
- **HA Women's Institute** raised more than £200 at their quiz night.
- Members of the former **Inner Wheel of Uxbridge** held a coffee morning at which they raised more than £450
- **June Hyatt** organised a darts tournament at Bedfont & Feltham Football Club and raised £460
- Fortunately, the weather was still fine when **Ben Manley** had his head shaved in September to raise £820.
- Staff at **Cox Costello & Horne Ltd** raised £60 at their coffee morning.
- **Kevin Shiel** inspired his friends and family to join him in his sponsored walk to raise more than £1,550.
- **Kelly Bonar** leapt out of plane, raising £1,310 from her skydiving adventure.

Thank you to local groups who are generously supporting our work:

- St Lawrence Group
- Watford Lions Club
- Grenadier Guards Club

*Chris Lloyd completed his overground walk of all the London Underground lines visiting every station on his 370-mile odyssey, even finding time to detour to his beloved Watford Football Club stadium. His walk of 11 Tube lines took 15 days with a grand fundraising total of nearly £3,500.*



*With changes afoot at the Metropolitan Police Training Centre at Hendon, we were thrilled to be chosen as the charity to benefit at the final passing out parade. Fundraising activities on the day included a magnificent cake stall and our own version of a new breathalyser, testing the steady hands of the recruits as well as Commissioner Sir Bernard Hogan-Howe. We were subsequently delighted to receive a cheque for more than £2,500.*

## Congratulations

Some of our supporters have been celebrating some very special events. We are extremely grateful to them and their generous friends who have made donations to celebrate:

- **Jayne & Stuart Jones** celebrated their Ruby wedding anniversary
- **Annabel Bryant and Mary Pearmain** celebrated significant birthdays
- **Anthony Bunt and Hannah Minsky** set up a fundraising page as part of their wedding preparations in the summer.



# Moor Park 10k – fine and fabulous at 15

Over the years, our flagship fundraising event has gained a reputation for being well organised with a great family atmosphere. It's also gained a reputation for always being held on a fine day. Despite dismal weather forecasts and thunderstorms just a couple of miles away, this reputation was upheld this year as we welcomed a record number of runners to Merchant Taylors' School.

The popularity of this event is growing and 1,800 runners of all ages took part, raising more than £47,000 for the LJMC as they sped round the course.

In particular, the Olympics had clearly inspired younger runners with 1,100 taking part, fiercely competing for the trophies. By representing their schools, they were also competing for the 2012 Shield, awarded to the school that entered the most children. In a closely fought contest, this was won by the girls at Charlotte House Preparatory School.

Kerr Millar and Sasha Birkin took the trophies in the 10k race with Metros Running Club sweeping



the board in the athletics club team events.

With such fine weather, the fun fair was particularly popular and families enjoyed picnics in the school grounds as they watched the races.

More people than ever volunteered to help on the day

[www.moorpark10k.org.uk](http://www.moorpark10k.org.uk)

We are pleased to announce that Ryan King will be supporting the LJMC in the **Virgin Money London Marathon** on 23 April 2017. Details of how you can support him are on our website.



and we are indebted to them and everyone else who contributed to making the day so successful.

Planning has already started for 2017 and the date will be confirmed soon. We are hoping to encourage more local companies to field teams so please get in touch with us if you'd like more information about the team competitions.



*Proud girls from Charlotte House Preparatory School receive the 2012 Shield from Chairman of Hertfordshire County Council, Frances Button*



## 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: .....

*giftaid it*

I wish to Gift Aid this donation and any others I may make in the future. 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.

Signature: ..... Date: .....

Lynda Jackson Macmillan Centre, Mount Vernon Cancer Centre, Northwood, Middlesex HA6 2RN  
Registered charity no. 1053338 (East & North Herts Hospitals Charity)

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