



Newsletter

Summer 2023



Making a positive difference to lives impacted by cancer in Shropshire, Telford & Wrekin, and Mid Wales

CEO UPDATE



It is hard to believe how this year is flying by and we're in May already, hopefully you've been able to enjoy a few days of sunshine.

It's been a busy time for the team here at Lingen Davies. We kicked off April in style with our hugely popular Colour Run. We had 750 people registered to run (including yours truly) and after a week of heavy rain, the weather gods were kind to us and the sun shone all day. It was a massively successful event and thank you to each and every one of you who ran/jogged/walked the course and raised more than £42,000 for us, as well as your supporters that came along to cheer you on. It was a wonderful atmosphere, and our team very much enjoyed getting to meet you. A big thank you to our wonderful volunteers who worked so hard, to Sansaw Estate for hosting us, and all the local businesses who contributed time and resources to ensure all worked smoothly. We're already planning 2024, which will be bigger, better and even more colourful!

I was in awe of our London Marathon runners who took to the streets of the capital in April – I watched the television closely, trying to spot our Lingen Davies runners in their blue and yellow vests as they went past the TV camera crews. The months of training, sore feet, pulled muscles, early morning runs, and fundraising events have certainly paid off – see page 5 for more on that!

You will see that we have been busy investing your valued contributions, donations and fundraising efforts and have funded several items designed to make life easier for patients. We continue to fund the excellent ICan Cancer Rehabilitation programme which delivers training and support online as well as in person at sessions in Oswestry, Telford and Shrewsbury, and soon to be Powys.

And, we're delighted to be working in collaboration with the League of Friends and SATH Charity, having recently combined to purchase new auto-contouring software which will have tremendous benefits to radiotherapy staff, making great savings in staff time and speeding up the process for patients.

As we move into Summer, we have more and more fundraising events on the horizon and I'm looking forward to meeting more of you at some of these. We simply cannot do the work that we do without your support, so as always a big thank you from all of us here at Lingen Davies.

Emma Backhouse



Newtown Launch



We were overwhelmed to see so many of our brilliant supporters at the launch of our new charity office in Newtown last month. More than 50 patients, supporters, fundraisers, and local dignitaries joined us under the glorious Powys sunshine to celebrate the event.

Thanks to a fantastic £367,000 legacy left to us by a Powys resident we have been able to open this second charity hub to better support our fundraisers in the area and further our LiveLife Cancer Awareness work. The office is in Newtown's Plas Dolerw building where Helen Davies, our new Powys Cancer Champion Coordinator, will be based. Helen has joined our LiveLife team and will work among the community to raise awareness of the signs and symptoms of cancer and recruit volunteers to become cancer champions.

High Sheriff of Powys Reg Cawthorne, Former High Sheriff Tom Jones, Welshpool's Mayor Alison Davies, and Russell George MS for Montgomeryshire, joined charity trustees, patients and staff to hear from those who have experienced treatment in the Centre and explained what the move into Powys meant for them.

Sarah Lewis, from Llanrhaedr-Ym-Mochnant, is a current patient of the Centre and told the crowd of more than 40 people why Lingen Davies is such an important charity to the region. "It's such a vital charity doing so much good for people throughout Mid Wales. We all know someone who has been impacted by cancer and Lingen Davies is working to make the situation just a little bit brighter for those people. The support I've had from those in the Centre, and the staff team in the charity office has been phenomenal. I'm really delighted to see this new office opening, it's a great thing for us here in Powys," she added.

For more information about fundraising for us in Powys contact the fundraising team on fundraising@lingendavies.co.uk

If you're interested in becoming a Cancer Champion please contact hello@lingendavies.co.uk

Left to right - Mark Harris, Chair of Trustees, Sarah Lewis, LD supporter, and Reg Cawthorne, High Sheriff of Powys



LATEST News

We are committed to ensuring local people can access the best cancer services and support locally. These are just a few of the items and projects we have recently funded or delivered to make sure everyone throughout our region who has been impacted by cancer gets the support they need to make life just a little bit better...



***Radar Keys** – priced at just £1.49 we have purchased 1000 of these which are widely available from GPs across the county or from ourselves. Danny Lloyd-Jones from Oswestry (pictured above) was the story behind this project after he expressed to his Cancer Care Coordinator that he was struggling to get out and about due to worries about accessing facilities when needed.

The 32-year-old who was diagnosed with bowel cancer in 2020 said: “I’ve had 29 cycles of chemotherapy in total, 25 radiotherapy sessions and one major operation. It’s been very busy and unbelievably intense. I’ve got a permanent stoma now. It’s a big life adjustment and took some time adapting. I was at home for a few months of recovery. We didn’t venture out too far and I was learning how to walk again. We tried going a bit further when I was up to it, just for take-away coffees to start with.

“I brought up the lack of changing facilities for people with a stoma. Most public toilets just aren’t suitable. I never had to think about things like this before but now I was worrying about where I could change that was hygienic enough. It became quite apparent that there just weren’t many options.

“As soon as I was given a radar key it was great. I’m not an anxious person but being able to access larger, better looked after public facilities made it a lot better for me. It’s a life-changing thing, I’ve had to make big adjustments,” he added.

***TVs** – thanks to a major donation left through a legacy we purchased eight new televisions for patients in isolation rooms on Ward 23.

***We** are also awaiting the arrival of a new **cool cap** for patients in the Chemo Day Unit which will help prevent hair loss. This was also funded by a major donor, alongside additional fundraisers going through their own treatment, and topped up by a grant from ourselves.

***We** have been asked by the Radiotherapy team in the Centre to start delivering **teas and coffees to patients** and thanks to our wonderful volunteers we will shortly be rolling out this request. To deliver such a simple service will have a tremendous benefit to patients.

If you’d like to get involved with us as a volunteer we would love to hear from you... please email hello@lingendavies.co.uk



Karen and Emilie went to meet Pete Warren, Ward 23 Manager, and some of his team to hear first hand what a difference the Smart TVs make to patients who can sometimes spend up to three months in isolation.



CELEBRATIONS

LiveLife Win an Award!

Enormous congratulations to our LiveLife Cancer Awareness team for being nominated – and presented with – an award for their service to the community. Miranda Ashwell, LiveLife Project Lead, and Emma Backhouse, Interim CEO, attended the Shrewsbury Mayor's Award evening last month to accept the accolade. Miranda was further surprised with an additional nod to her own personal services to the community – not only steering our LiveLife work but overseeing the Cancer Champions project being delivered in partnership with Qube and NHS Shropshire, Telford & Wrekin.



Our London Marathon runners raise over £42,000

We also had further cause to celebrate the hard work of so many earlier this month at our London Marathon celebration evening. We are astounded at the efforts of these individuals who together have put themselves through arduous training, a 26.2mile event, and a variety of fundraising activities – raising a whopping £42,000 for us. Thank you all so very much!

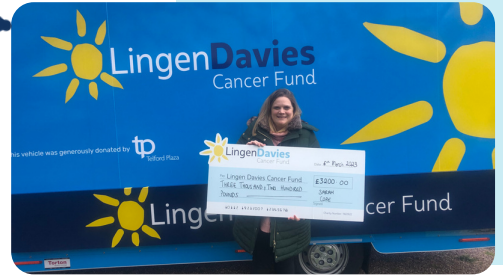
For those who are interested in taking on this iconic challenge for themselves we have places available for April 2024. For more information contact fundraising @lingendavies.co.uk



Thank yous



We can't thank all of our supporters enough for what they do! Here are just a few of the amazing people that enable us to continue to enhance local cancer services.



Sarah Cope is completing a year of fundraising, setting a new challenge each month. Her most recent event, a Pudding & Prosecco evening raised £3,200!



Since 2020, the team at Bettws Hall, the Newtown-based game farm run by the Evans family, have organised several fundraising events raising an astonishing £37,695.91!



Teresa organised a Charity Lunch and Promise Auction in memory of her cousin, raising an incredible £7,455



To Sansaw Estate, Hadnall, for once again allowing us to use their land to host Shrewsbury Colour Run - we couldn't have done it without you!



To our fantastic Colour Run sponsors Base Architects, Aico, Reech, Henshalls, Fodens Solicitors, PCB Solicitors and Thomas Consulting. Their support alongside the 750 + participants enabled us to raise over £42,000 .

Events



Lake District Ultra Challenge, Saturday and Sunday, 10th and 11th June - The Lake District Ultra Challenge is a two-day event that sees participants run, jog or walk 50km each day whilst taking in the stunning views across the Lakes.

Peak District Ultra Challenge, Saturday and Sunday, 8th and 9th July - Similar to the Lake District Challenge this two day event will see you run, jog or walk 100km over two days!



Pedal the Borders, Sunday 10th September - This year our cycling challenge offers three routes; 25km, 60km and 100km. Sign up as an individual or as a team of four. Children over the age of 12 can get involved in the 25km ride, as long as they are accompanied by an adult, so why not get your kids out on their bikes this summer! In addition to your sign-up fee, we ask you to raise £1 per km you cycle.





Camino de Santiago Trek, 4th - 8th October 2023 - Discover local traditions and experience a unique atmosphere as you trek 67km across the rolling landscapes of rural Galicia.



Bonfire Ball, Ellesmere College, Saturday, 4th November - Join us for a spectacular evening in the Grand Hall of Ellesmere College this November. Tickets are £60pp to include sparkling drinks reception, three course meal, live music and auction. Get your friends together and your glad rags on for a magical evening of entertainment - tickets can be bought individually or in tables of ten. Tickets will be made available to reserve at the beginning of June. If you would like to reserve tickets, please complete the form on our website www.lingendavies.co.uk/events

This is just a snippet of what is coming up in 2023. For more information on all the above and much much more, visit our website www.lingendavies.co.uk/news-events/events

Cancer Awareness



You will have spotted the Cancer Research UK's Signs and Symptoms of Cancer leaflet enclosed with this newsletter. This is what our LiveLife Cancer Awareness team distribute to members of the public at community events and we thought this was a good opportunity to further share that valuable information.

We understand cancer is a difficult subject for people to talk about and we hope that by giving you this information – which you can share with friends and family – we are helping to raise awareness about cancer and bring about more early diagnoses, which as we know are key to delivering better outcomes and treatment options for patients

In partnership with



**1 in 8 men will
get prostate
cancer**

**Check your risk
in 30 seconds**

**PROSTATE
CANCER UK**

Men, we are with you



Scan the QR code below to check your risk. It will take just 30 seconds.





Living Well App

We are making ongoing changes to our website so it best reflects our fundraising, events, news and cancer awareness information. The Cancer Hub details some of the support services, courses and classes operating locally. For those looking for more information on what is available for themselves or loved ones living with or beyond cancer SATH NHS has produced a Living Well with Cancer App which is an excellent source to utilise. It is free to download and has been developed in collaboration with people living with and beyond cancer, local NHS cancer specialists and other organisations who provide services for people affected by cancer.

This information app can also be downloaded by those who are supporting people following a diagnosis, as well as other healthcare professionals across the county. It contains information about the hospitals, treatments patients may have, and the teams they may meet, as well as advice, support information, community news, and a contact directory for relevant people and organisations.

For more information or to suggest content for the app:

Please contact the Living With & Beyond Cancer Team on:
01743 492424 or email: sath.lwbc@nhs.net

Download the MyHealthBoost App now!

Available on **Android** and **Apple** app stores



Legal Clinics

Did you know we run a series of free to access legal clinics for people who have concerns or legal queries as a result of their cancer diagnosis. These are kindly staffed by solicitors from Fodens, Lanyon Bowdlers and PCB.

The next clinics will be held on:

- **Thursday 15th June - 12pm - 4pm**
- **Thursday 20th July - 12pm - 4pm**
- **Thursday 17th August - 12pm - 4pm**
- **Thursday 21st September - 12pm - 4pm**



Where you will find us this Summer...



Shrewsbury Committee will be hosting a three course summer lunch and auction at Upper Shadymoor, Stapeleton, on Sunday, 11th June.



Five brave swimmers will be taking to the water on Saturday, 17th June for the Cotswolds Big Swim - wishing them all the best!



We will be taking the van to Shrewsbury Food Festival on 24th and 25th June giving out free sun cream - come and say hello!



Sunny's Skydive will be taking place on Saturday, 1st July. These wonderful supporters will be braving the jump!



Our wonderful volunteer, Doreen, will be out and about this summer at various shows including Guilsfield Show, Bryngwyn Summer Fair and Berriew Show.

These are just a few locations you may spot us at!

Head over to our website for the latest news, events and support information



Little things that make a **BIG** difference



- Follow us on social – like and share. Spread the word about upcoming events and fundraisers to your family and friends.



- Have a collection can for us in your shop, local pub or sports club. Collection cans are available from our office at The Hamar Centre, Royal Shrewsbury Hospital, SY3 8XQ.
- Become a Friend - Friends of Lingen Davies make a monthly donation, enabling us to better plan our income streams, and workload and help shape the future of cancer support for patients throughout the region. We know the cost of living only continues to rise but any donation large or small can make a huge difference to cancer patients and their families.

Support Us this Summer

We hope the sun is shining as brightly as our mascot Sunny this summer

If you would like to fundraise or volunteer for us this summer, please visit our website

<https://www.lingendavies.co.uk/support-us> where you will also find some truly inspirational stories of some of our current volunteers.

Get in touch with us for more information

fundraising@lingendavies.co.uk - 01743 492396



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 hello@lingendavies.co.uk

 @lingendavies

 www.lingendavies.co.uk

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