



Spring 2024



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

CEO UPDATE



Hello!

I'm delighted to be back in the office having recently returned from maternity leave, it's wonderful to hear about what's been going on and making exciting plans for the future. It's great to see so many new projects being supported with your generously donated funds; we are working with partners to fund and deliver yoga, tai chi, and therapeutic horticulture, amongst other activities. We are also funding the provision of wigs for people who have lost their hair during cancer treatment, along with a range of smaller equipment to enhance cancer treatment at the Shrewsbury and Telford Hospital Trust.

I would also like to extend my thanks to Telford Plaza UK Ltd, who have been extremely generous in their support once again, donating £416,000 for the purchase and installation of Surface Guided Radiotherapy Technology (SGRT) into the Lingen Davies Centre. This equipment improves the accuracy and speed of treatments and will ultimately remove the need for patients to have tattoos as part of their radiotherapy.

Our LiveLife Cancer Awareness programme continues to have a positive impact on our community, and we have now trained over 400 Cancer Champions across the region. I undertook the training myself last month and found it thoroughly interesting; if you would like to find out more, or become a Cancer Champion in your community, please visit www.cancerchampions.co.uk

Over the coming months I will be continuing to work with local health partners, looking for new projects for us to support, ensuring your valuable donations are enhancing clinical services and supporting the wellbeing of as many people as possible.

We are gearing up for a busy season of fundraising events around the region. We'll be hosting Colour Run events in Shrewsbury, Telford, and Caersws this summer, as well as our annual cycling sportive Pedal the Borders. If these don't take your fancy you could consider walking the Titty Trail on the beautiful South Shropshire Hills, or attending our elegant summer ball at Pimhill Barns, just outside Shrewsbury. We would love to see you at any of our events, either as a guest or a volunteer; please check out our website or give us a call in the office to find out more.

Finally, I would like to extend my thanks to the staff and trustees for their hard work over the last year, and particularly to Emma Backhouse for being an excellent Acting CEO. It has been great to know the charity is in such good hands with all the team during my time away. As always, a huge thanks to you for your support; we couldn't do what we do without you.



Naomi Atkin

CEO

WHAT we've recently funded ...



We're often asked what Lingen Davies has funded recently – here are just a few of the items and projects recently supported:

· **Horticultural Therapy Programme** – this pilot project will launch in April and is initially being held at the Men's Sheds venue on the West Mid Showground, Shrewsbury. Initially 12 people will be supported by Alexis Stone from Bloomin Lovely and we will look to continue this if it proves a success - **£3,000**

· **Thermometers** - 50 thermometers have been purchased using funds raised by the Shrewsbury Committee. They will be handed out to Chemotherapy patients at the beginning of their treatment. **Cost per thermometer is approx £5.**

· **Wig Vouchers** for chemotherapy patients. Lingen Davies will hold a £60,000 pot to support patients over an initial period of 12 months. Each patient is provided with a voucher of **£160 + VAT** to be used towards a wig purchase of their choice.

· **Knee support block** for radiotherapy patients. **£540**

· **Grossing station** for pathology, which will increase capacity and allow the team to process samples more quickly. The new room for the station will be named after Lingen Davies. **Total cost £41,500**

· A **Water cooler** has been purchased for clinic 12 so Urology patients can readily access fresh water and ensure that they have full bladders ahead of their appointments. **Cost £2,000.**

· We've agreed to continue funding **Complementary Therapies** for inpatients at both RSH and PRH, expanding the total cost and therefore the hours of delivery of the service. This is for at least another two years, and is a great example of working in collaboration as the therapist will be provided by Severn Hospice. **The total will be just over £15,000 per year.**

· We're funding **pilot yoga & tai-chi sessions** at Jenna Blair Yoga in Shrewsbury. This will run for a 12-week period, with 12 places in yoga and 12 in tai-chi, people can attend as many of the sessions as they wish. **The cost is £1780 for the pilot.**



· We've also approved a **pilot programme at Fordhall Farm**, accessing the range of activities that are available there. Starting this spring, there will be 15 fortnightly sessions for up to 15 people per session (over approximately a seven-month period). We hope to do more work with them in the future. **The cost for this pilot is just under £10,000.**

· We've agreed **£1,000** to support the set-up of a **breast cancer support group** in Telford.

· **SGRT** – (Surface Guided Radiotherapy) which is an advanced form of radiotherapy and reduces the need for patients to undergo tattooing has now been installed and is expected to go live shortly. **Cost £416,666.**

CANCER CHAMPIONS

In 2021, the NHS launched a programme known as Core20+5 in a bid to reduce health inequalities. This came after a national study that people living in the 20% most deprived areas are more likely to suffer poor health outcomes.

As part of the local commitment to address inequalities in cancer screening, we partnered with Oswestry-based Qube and NHS Shropshire, Telford and Wrekin and have proudly led on delivery of the Cancer Champions Project. The idea being to recruit local people and train them on how to have conversations within their community to raise awareness about the signs and symptoms of cancer and encourage people to take up cancer screening invitations.

After the success of the project in Shropshire, Telford and Wrekin, we decided to recruit our own Cancer Champion Coordinator to run the equivalent of the project in Powys. The focus for Powys has been to recruit people from rural community groups, who may be less likely to seek medical advice if they have a cause for concern.

To date over 400 people have undergone training in Shropshire, Telford & Wrekin, and Powys with recruits having come from all walks of life and backgrounds. Each of these Champions has undergone a free, three-hour training session which teaches them how to normalise conversations around cancer to reduce the fear and embarrassment people may have in reporting signs and symptoms or taking up their screening invitations.

The NHS funding for this project has now come to an end. However due to the ongoing success of the programme, we have decided to fully fund the project ourselves going forward in a bid to improve local early diagnosis and screening attendance rates. We will continue to work in close partnership with Qube and NHS Shropshire, Telford and Wrekin as we drive the project forward.

If you would like to know more about becoming a Cancer Champion, please visit the website, www.cancerchampions.co.uk



LATEST News

Our Team

We have had a few changes to the staff team recently, with Tarrah Lewis returning from maternity leave into a new role as Relationship Fundraiser, and Karen Roberts staying on for another year with us as Community and Volunteer Fundraiser.

Kerry Morgan has joined us as LiveLife Project Coordinator, working on our Health Engagement projects and supporting our Cancer Champions.

Emma Backhouse, who has been Acting CEO for the last year, is staying with us for another year as Chief Operating Officer. Emma will also be undertaking a project looking at our governance and operating structures, ensuring these are robust and will enable the charity to meet ambitious plans for the future.

Our Head of Fundraising, Helen Knight, will sadly be leaving us at the end of May to take on a new opportunity, and I'm sure you will all join us in thanking her for her hard work and contribution to our fundraising efforts over the past four years.



BUSINESS AWARD FINALISTS

We're delighted to have been shortlisted as finalists in the Shropshire Chamber Business Awards Community Champion category. This is in recognition of our LiveLife Cancer Champions project and the positive impact it is having on the community. Winners will be announced in June.



Events



Telford Colour Run 2024 - Saturday, 17th August at Apley Estate. Our popular 5km family fun run is coming to Telford this summer... don't miss out!



Pedal the Borders 2024 - Sunday, 8th September, Welshpool Rugby Club.

Our annual cycling bonanza will return in a brand new location for 2024... Welshpool ... and with a new 100mile route! (25, 60 and 100km will all still be available!)

Secret Garden Ball - Saturday, 31st August, Pimhill Barns, Nr Shrewsbury.

Our Secret Garden Ball will be an enchanting evening of food, drink, music and entertainment set at this stunning venue in the heart of the Shropshire countryside.



A CELEBRATION OF 45 YEARS

GIN and JAZZ



LingenDavies

Celebrating 45 years Cancer Fund

Sunday 9th June 2024 | 12pm til 6pm
Shoothill House, SY5 9NR by kind permission
of Mr & Mrs Lloyd

To include welcome drink, ploughman's platter, entry to stunning private gardens
and a variety of acoustic music throughout the afternoon

Bar open throughout the afternoon with a Gin offering from

THE
SHROPSHIRE
EST. 2018
DISTILLERY

£25 per person, tickets available at
lingendavies.co.uk/ginandjazz or call
01743 492396

Thank Yous



Stoke Heath Prison recently took part in an all day football tournament helping to raise £934 for us!

Governors, wardens and prisoners at the Prison joined together for the fundraising initiative and not only did they choose us to benefit from the game, but they also selected Lingen Davies as their charity of the year - so there will be lots more brilliant fundraisers lined up.



Our corporate supporters **Aico** recently helped us say an enormous THANK YOU to the wonderful Cancer Clinical Nurse Specialists working across Shrewsbury & Telford Hospitals. We know how tremendously valued these fabulous people are by patients.

We were proud to work with great colleagues from SATH's **Living With and Beyond Cancer Programme** to present more than 90 CNSs with a lovely flower pot from Dobbies - kindly funded by Oswestry-based fire safety experts Aico.



Brandon Tanomjit, his sister Justine, and their friends have collectively raised an astonishing £6549.84.

Sadly, their mum Nichola passed away of Lung Cancer on 12th April 2023. In her honour, the group ran 47km (Brandon actually ran 53km!) to mark what would have been Nichola's 47th birthday.



Thank You



Lyreco in Telford, Pipekit Ltd in Shrewsbury, and Lowfield Timber in St Martins have all chosen Lingen Davies Cancer Fund as their charity of the year – and we couldn't be more pleased.



- Office supplies and workplace solutions company **Lyreco** is based in Donnington and has been in business since 1926.
- **Pipekit Ltd** on Longden Road is an award-winning distributor of specialist pipework solutions and is an independent family-run business.
- **Lowfield Timber** in St Martins has been supplying engineered timber products to self-builders, local small builders and larger national developers for more than 20 years.



Lowfield Timber have also recently become Cancer Champions



Pipekit will be sponsoring our Shrewsbury Colour Run this May



Staff and passengers of a recent Caradoc Coaches' charity bus trip have raised an incredible sum of money - more than £1,300, with all fees from the tickets going to Lingen Davies! As well as donations from raffles and games on the two buses on the day and also pre-trip donations from people who could not make it but wanted to support us.

45th Birthday



Lingen Davies will be 45 this summer and we want you to help us mark this special anniversary! As well as the gin and jazz event featured earlier we are holding a series of roadshows for you to come and say hello to the team, find out more about our work, sign up for event, or ask about becoming a volunteer.

We will be in the following places and look forward to seeing you

- **The Square, Shrewsbury** - Wednesday, 5th June (10am - 3pm)
- **Powys Castle, Welshpool** - Friday, 7th June, (10am - 2pm)
- **Southwater, Telford** - Saturday, 15th June, (10am - 3pm)



45 for 45

Can you help us raise £45,000 in honour of our 45th birthday and be part of 45 fabulous things happening this summer!??!

We have created a fundraising pack to give you everything you need to get started ... whether you fancy hosting a coffee morning, doing a 45 mile walk, knitting 45 sunflowers or inviting 45 colleagues to join you for an event we can't wait to hear what you come up with!

Contact Karen via email for your pack

karen.roberts@lingendavies.co.uk

Remember a loved one



We have teamed up with the UK's leading online tribute organisation and are pleased to be able to offer you the chance to support us in memory of a loved one.

As well as setting up your own personal tribute to those you have lost due to cancer, we have also created a dedicated space for you to share memories about those people in your life you would like to honour, celebrate, and remember.

These pages will create a lasting legacy to your loved ones.

For more information visit the website and follow links to In-Memory giving.



If you are considering making donations to Lingens Davies in memory of a loved one, or asking for funeral donations for us, and would like help and support please contact Angela - our In-Memory Liaison Coordinator

01743 492396



You may also be thinking of leaving us a gift in your Will and we can help you find the right advice for you. By thinking of us you will be enhancing services and support for those impacted by cancer – now and into the future.

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.

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 patients themselves, local NHS cancer specialists, and other organisations who provide services for people affected by cancer.

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



 01743 492396

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