

Newsletter No. 2

October 2007

Dear Supporter,

Welcome to our second newsletter!

Update

First of all, we would like to thank you all for your support for Katie's Lymphoedema Fund, fundraising for the School of Nursing at the Royal Marsden Hospital. Most importantly, we would like to thank those of you who either attended or sent donations to our annual luncheon which was held at Fortnum & Mason on Monday, 19th February where we presented Anne Adams of **The Royal Marsden with a cheque for £5,000.**

Everyone had such a good time that we would like to take the opportunity to advise you all that we are going back there again next year. **Diary Date: Monday, 25th February, 2008!** To reserve your tickets please email Jenny at trippblack@btinternet.com or telephone her on 020 7354 3239.

2007 Fortnum's Lunch and Fundraising

Our thanks to **Gordon Black** who donated the champagne and got proceedings off to such a fine start! After expenses, the total amount of funds raised which will go directly to the Royal Marsden was £5,347. In addition, many pledges were made in support of our Three Peaks Challengers (see below). This combined fundraising will **fund scholarships for a further 15 nurses – fantastic!** Since our inception in 2003, we have sponsored 14 scholarships for various healthcare professionals who range from breast cancer nurses, physiotherapists and, in one case, a Day Hospice Manager (see overleaf).

We would like to thank everyone who donated raffle prizes especially **Soren and Fru Tholstrup** who helped pull it all together. **Anya Hindmarch** (see photo right) very kindly presented the prizes not least of which was one of her fabulous bags. Also, a special thank you to **Fiona Cartwright** who not only donated the flowers but arranged them as well!



Anya Hindmarch presenting first prize of one of her wonderful handbags to Marci Shaw



David Evans (left) and Phil Sadler (right) mid-Three Peaks Challenge on Ben Nevis

'Extreme' Support

Last year Simon Fisher ran the Edinburgh marathon and raised over £3,000 for us. This year, **Phil Sadler** who works for the Princes Trust and **David Evans** who works for TYF Adventures, both in Pembrokeshire, completed the Three Peaks Challenge during the weekend of 1st and 2nd September. Weather was generally shocking with very little visibility on Snowdon and Scafell Pike. They started at 4am (in the dark Sat am) up Snowdon and came off Ben Nevis at about 4.30 pm on the Sunday. They completed the climbing and descents in just 17 hours (excluding the driving) and they have pledged of **£2,260.** If anyone would like to donate funds in recognition of their supreme efforts, we'd gladly accept them! Please contact Jenny on 020 7354 3239 or at trippblack@btinternet.com.

Our First Corporate Sponsor

A large well-known accounting firm have become our first generous corporate sponsor beginning with a donation of £600 and then £3,500 to fund **The Royal Marsden National Study Day** on Lymphoedema which took place on Monday, 16th July, furthering the knowledge of using Manual Lymph Drainage (MLD) in the treatment of lymphoedema. At the event, Pat Wohlrab made a presentation on the work of Katie's Lymphoedema Fund to 80 participants ranging from nurses to therapists and physiotherapists, from hospitals all over the UK. Interestingly we learned that lymphoedema can also occur in non-cancer patients. The day included a debate titled: "In today's NHS, should manual lymphatic drainage be available to all patients with lymphoedema?" Other aspects of lymphoedema management were discussed.

"Katie's Books"

Susan Hindmarch and her friends have devised "Katie's Books". Fundraisers are asked to take a book and raise £60 by donations of £10, £5 or £1. Donors are asked to sign the book as a record of their support. These books have **raised an astonishing £6,600**. Do let Susan know if you are interested in raising £60 for the Fund in this way. susanhindmarch@hotmail.com

Pat's Beautiful Cards

For those of you who might not have seen Pat's delightful cards and notelets, she has two new designs for Christmas cards this year. They cost just £8 plus postage for 10. **See enclosed sheet for designs, further details and information on how to order.**

Here's a record of some of those you have helped

The following have benefited from the bursary to fund their place on the module 'Caring for the Patient with Lymphoedema':

January 2005

Mrs Lorraine Brown	Breastcare Lymphoedema Nurse	Royal Hampshire County Hospital
Mr Paul Riley	Lymphoedema Therapist	Isabel Day Hospice, Hertfordshire

May 2005

Ms Louise Payne	Senior Physiotherapist	Nuffield Hospital, Kent
Miss Gillian Tiplady	MLD Therapist	Epsom General Hospital

May 2007

Mrs Tina Glynn	Breast Care Nurse	Breast Cancer Haven, London
Mrs Kate Makkar	Physiotherapist	Duchess of Kent House, Reading
Mrs Caitriona O'Neill	Day Hospice Manager	St Joseph's Hospice, London
Mrs Olukemi Oredugba	Nurse	Forest Primary Care Centre, Edmonton
Mrs Kimberley Rice	Physiotherapist	St Helena Hospice, Essex

Database

Our database has been up and running for a while now. If you need to advise of any changes to your details or indeed, **new names to add** please let Emma Maziak know by email at emma@maziak.net or phone on +44 7831 213205.

Thank you to Maziak Compressor Services Ltd for funding the postage for the last newsletter.

Finally....

This year we made a grant of £1000 to a nurse who has become a full-time lymphoedema therapist – to quote from her thank you letter **"The use of the therapeutic touch will always remain, for me, one of the most important aspects of caring. I wish you all success in promoting Manual Lymph Drainage as an integral part of cancer care. There should be more of it available. Keep up the good work"**.

So you can see we are broadening our horizons. We are currently looking into the possibility of training regional teachers so that they can train students locally without them having to travel to London. More of that at our next lunch in 2008!

Jenny, Pat and Emma would like to thank you all once again for your support. Without it we would not be able to help these nurses ease the discomfort felt by cancer sufferers.