



## Annual Luncheon is another big success

Thank you to all of those who attended and supported our annual luncheon at Fortnum and Mason on Monday, 25<sup>th</sup> February. It doesn't seem so long ago but here we are making the plans for 2009! We always consider the possibility of moving our event to another venue but Fortnum & Mason is clearly everyone's first choice and to that end we have booked it again!

**Diary Date: KLF Luncheon Monday, 23<sup>rd</sup> February, 2009**

Contact Jenny for tickets (£45) at [trippblack@btinternet.com](mailto:trippblack@btinternet.com) or 58 Halliford St, N1 3EQ

## Big Thanks



A variety of beautiful arrangements were on all the tables

We would like to thank the organisers of the raffle prizes **Soren** and **Fru Tholstrup**, and particularly the donors for their generosity. We also want to thank **Anya Hindmarch** for her continued support and the very special donation of one of her handbags.

**Fiona Spooner** coordinated the table flowers which were very kindly arranged and donated by **Adam Garrett of Divine Flowers, Cookham**.

**Will Greenwood**, England Rugby World Cup Winner and Sky Sports presenter, graced our luncheon and very kindly presented our raffle prizes. Since then, Will has donated £4,000 from his Testimonial Year.

A star in every way – a big thank you to Will.



Will Greenwood, Soren Tholstrup and raffle prize winner Pat Waters with her Anya Hindmarch handbag

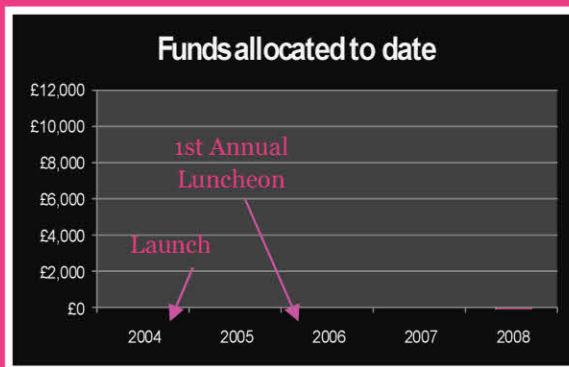
Thanks very much to another **William – Hindmarch** for a wonderful donation of £2000 from his company [www.bestofthebest.co.uk](http://www.bestofthebest.co.uk).

## Who have we helped?

At our luncheon we presented the Royal Marsden School of Nursing with a cheque for **£10,000**. To date we have donated **£27,000**.

Amongst those we have sponsored, is **Tracey Young**, who was a Staff Nurse when she undertook the Lymphoedema Education course and is now studying to be a District Nurse in Dorking. She has a passion for palliative care and felt this would be an interesting and useful course for her career.

The course covered all aspects of lymphoedema care, skin care, manual lymphatic drainage, self lymphatic drainage and bandaging technique. Tracey has been able to use some of the skills and knowledge she learnt on the course in her working day for patients with lymphoedema. Also, at the time of taking the course, her Mum was diagnosed with breast cancer so she has been able to use the knowledge on a very personal level too. She highlighted the skin care aspect of the course as being of particular interest. A good skin care regime is important to avoid cellulitic episodes (infection of the soft tissue aggravated by chemotherapy treatment) which can in turn cause lymphoedema.



## NHS recognises lymphoedema

Since the lunch, Pat and Jenny have met with Shelley Dolan, Chief Nurse; and with Sarah Lister, Head of the School of Nursing at the RMH. Shelley informed us that she had been appointed to run a 6-month NHS project on 'After Care for Cancer Patients and Lymphoedema'. We are pleased that lymphoedema is finally being recognised as a condition needing help and treatment. We hope this will give the public the necessary information and publicity about this problem. We will keep you all informed as to its progress.

The other point of discussion was the Day's Seminar held at the RMH in 2007 and funded by KLF. Papers were presented on methods of treatments needed for lymphoedema and were part of subsequent discussions. A debate was also held on whether the treatment of lymphoedema should be available on the NHS. One of the speakers was Professor P Mortimer, dermatologist and eminent specialist in this field.

We are delighted that Shelley Dolan has agreed to attend our next luncheon and will speak briefly about her work on the project.

## 2008 Fundraising

Since our last newsletter we have had a very successful year fundraising. We thought you might like to see some of the figures!

Christmas Cards/Notelets	£1,180.56
Luncheon/Raffle/Flowers	£11,767.02 (net £6,073.52)
London Marathon:	
Simon Fisher	£2,812.00
Max McGee (Junior) 3 miles	£166.00
Will Greenwood Testimonial	£4,000.00
William Hindmarch 'Best of the Best'	£2,000.00
<b>TOTAL</b>	<b>£16,232.08</b>

We also receive ongoing donations throughout the year, some of which are extremely generous and in addition we have monies on deposit.

Our new website will be live on  
1st February 2009

at

[www.katieslymphoedemafund.co.uk](http://www.katieslymphoedemafund.co.uk)

Come and take a look at why Katie inspired us to set up this charity. Find out more about our fundraising activities and what good we are able to do with the funds.

## More thank yous

Also thanks for the second year running to Dave Wright [www.life-in-pictures.com](http://www.life-in-pictures.com) for the Xmas card photography.

Finally a big thank you to Sterling Press for their generous printing and posting of our newsletter last year and this year's discount!

## Running in Support

Our marathon runners were fantastic. Simon ran the London Marathon in 3 hours 26 minutes and 57 seconds and Max McGee (12 years) ran the Junior Marathon (3 miles) in 19 minutes. As you can see above, they raised significant funds. Thank you both for your time and supreme efforts.

This is Simon's **second marathon** in aid of the Fund. In 2006 he ran the Edinburgh marathon in 3 hrs and 19 minutes, coming 258 out of 6000! So far he has raised almost £6000! Fantastic!



## 2009 Himalayan Challenge

In March 2009, Marcus, Katie's brother, is going to climb the Himalayas - our major sporting fundraiser next year!

There are a number of reasons Marcus has chosen this particular challenge. Katie lived her life to the full so he is trying to do so by pushing himself to the limit and he's already lost 2 stone to get in shape! The Himalayas are also a great place for reflection and healing away from all the trials and tribulations of today's life, which Katie was very much part of. Most importantly, Katie was a great support to Marcus in tough times and so this is a tribute to her life and the happiness she gave him and all those who knew her.

The trek will take 14 days, reaching a maximum altitude of 5,545m. This is a variation of the normal Everest trail to avoid the busier standard route and to see Sherpa villages less used to visitors. Starting with a spectacular flight from Kathmandu to Lukla, the challenging trek culminates in either an early morning ascent of Kala Pattar or a long trek up to Everest Base camp. We are not sure which will be Marcus' choice but the physical effort of trekking above 5,180m is such that very few people have the energy to spend two consecutive days trekking, let alone sleeping at this altitude!!

So, it won't be a walk in the park, but will be physically and mentally challenging, but Marcus feels that Katie will be sitting on his shoulder urging him on when the going gets tough!

To pledge money for this arduous challenge, please send your Name, Address (including Post Code), Tel No and amount pledged to Emma Maziak, indicating whether you are a UK taxpayer (eligible for Gift Aid).

Email: [emma@maziak.net](mailto:emma@maziak.net) or post to: 5 Watervill Way, Little Addington, Northants NN14 4FA

**Thank you!**

## Christmas Cards

You will see Pat's latest Christmas card designs on the enclosed sheet. Please place your orders early so we that we can dispatch them in good time for the festive season.

If you want to join our database or amend existing details, please email [emma@maziak.net](mailto:emma@maziak.net) or phone her on 07831 213205. Also, in today's environmentally conscious world, if you would prefer to receive this newsletter by email in future, please email [emma@maziak.net](mailto:emma@maziak.net) to let her know.

**Pat, Emma and Jenny wish you all the very best and hope to see you on 23rd February 2009!**