



MEET THE SMITHS

JEAN

Earlier this year Jean (on the left), who is a physiotherapist, completed the Lymphoedema in Cancer Care module at the Royal Marsden School of Cancer Nursing and Rehabilitation, thanks to sponsorship from KLF. Since then she has been treating cancer patients with lymphoedema at St. Michael's Hospice in Basingstoke.



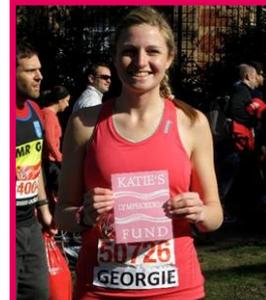
Her colleague Helen Woolley (on the right) trained in lymphoedema management and manual lymphatic drainage, attending the Leduc course sponsored by KLF three years ago.

Helen has treated patients at the hospice's clinic with head, neck, upper and lower limb lymphoedema and breast, truncal and genital oedema. She has also gained experience working in the acute hospital setting and she has just started working with the local breast care team to support their lymphoedema service. They are a small therapy team at the hospice and so it is vital that they have interchangeable skills to ensure continuity of care for their patients. Thanks to the training they received they are able to provide a more comprehensive service.

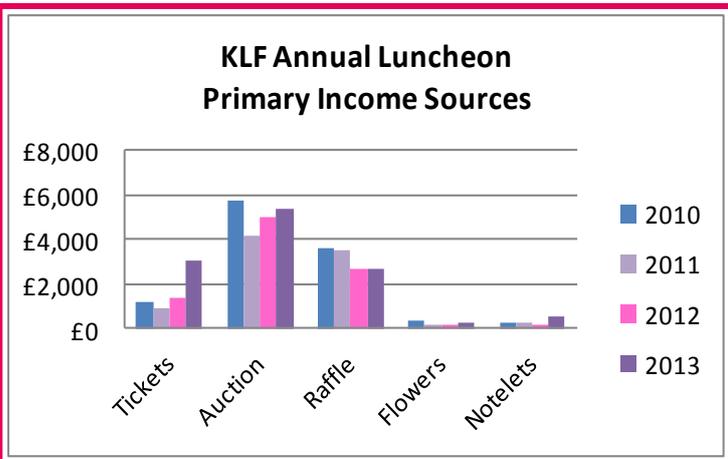
GEORGIE

Daughter of Jean—she responded to our call in last year's newsletter for a volunteer to run the marathon for us as our physical fundraiser. She had started running a few years prior when her auntie was diagnosed with breast cancer and after two half marathons, she was keen to complete the London marathon before she turned 30! Knowing that her mother Jean had been funded in some of her training by KLF, she felt it was a perfect fit!

With **over £2500 of funds raised**, Georgina reflected after the event: "The marathon is by far the hardest challenge I have ever undertaken! All went well up to the 15 mile mark when my knee gave in and after a very painful 4 miles crawling along (which severely impacted my time target), luckily my Mum saved me! She strapped my knee up heavily and I managed to run the last 7 miles in a good time. Best moment of the day was definitely being overtaken by a 90 year old lady....fair play!"



ANNUAL LUNCHEON—SOME ANALYSIS AND SOME HIGHLIGHTS



This graph shows the income split since 2010 across the primary luncheon activities. This year we were delighted to raise a massive net total of over £12,100. Bearing in mind we were just shy of 140 lovely ladies and generous gentlemen that is pretty impressive. We were able to donate a cheque for £10,000 to Cathy Wilson, the Interim Head of School at the Royal Marsden School of Cancer Nursing and Rehabilitation.

Highlights of the day included a guest appearance from Joseph Maziak, aged 7 months and a witty speech with fond memories of Katie by Joseph's grandad Richard Greenwood, a close family friend of Katie's and ex England Rugby international and coach. Our auction and raffle prizes were

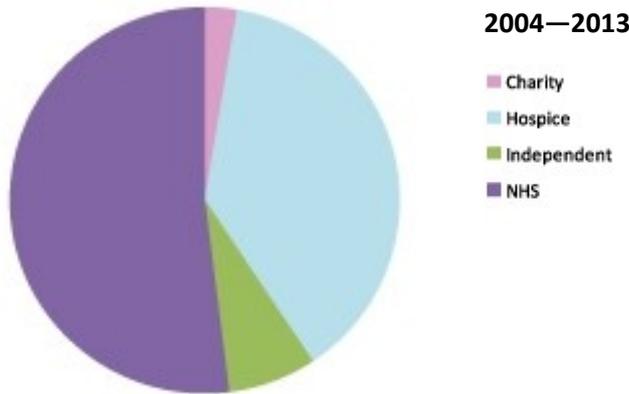
fabulous as always and we are most grateful to those who support us year in and year out. As you can see from the graph, the raffle and auction are a vital part of our fundraising so the quality of the prizes is critical.

We've finally uploaded the photos from the lunch to the internet so you can take a look back at the fun we had in March. [Click Here](#) to view or email emma@maziak.co.uk asking for the photos link and she will email it to you.

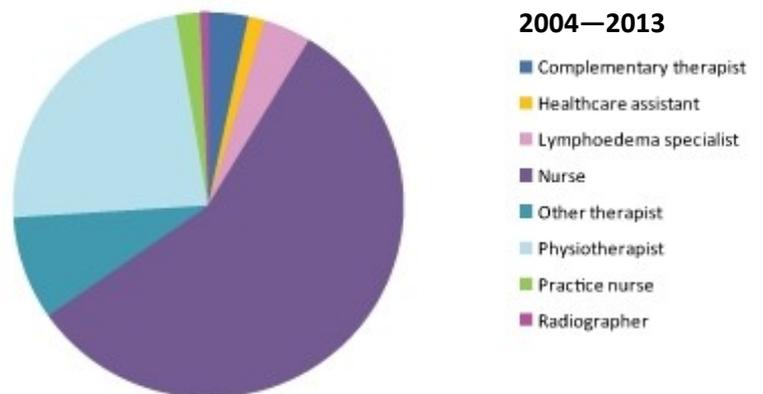
3rd MARCH 2014 LUNCH TICKETS ARE AVAILABLE NOW - SAME TIME (noon), SAME PLACE (Fortnum & Mason's Diamond Jubilee Tea Room, Piccadilly, London), SAME PRICE (£60). It's 10 years since we launched at our 1st luncheon in 2004. To book, please email Jenny at trippblack@btinternet.com - first come first served so don't miss out!

SOME FACTS & FIGURES

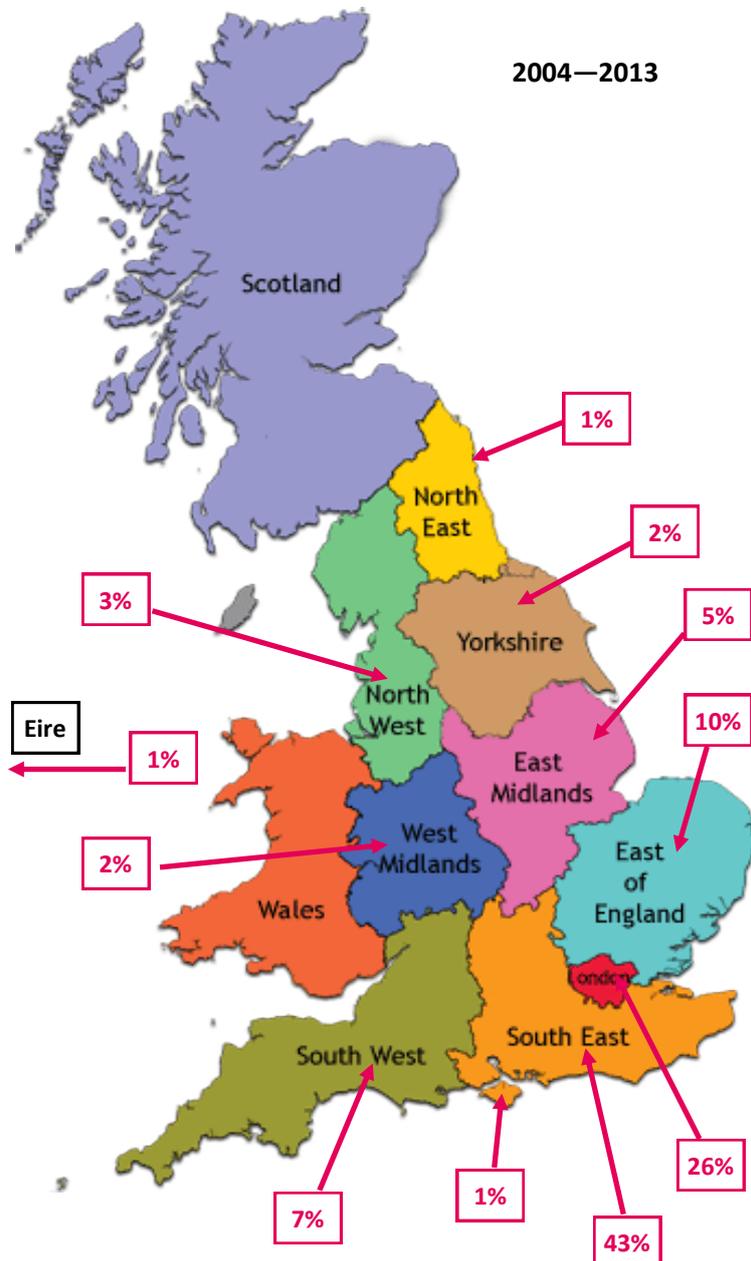
Course participant employer type



Course participant profession



Course participant location



WHAT DOES THIS TELL US?

- NHS Nurses in the South East and East of England make up the largest number of participants on the courses run by the Royal Marsden School of Cancer Nursing and Rehabilitation (RMSCNR).
- Physiotherapists have increased in numbers from 1 in 2004-5 to 11 so far this year.
- Outside of the expected catchment area (69%), the East of England and the South West have provided reasonable numbers of course participants. Elsewhere is lagging behind. We want to try to spread the net wider and ensure that potential participants everywhere are aware that we offer funding AND that we will refund travel and accommodation expenses (within our guidelines). Also, working with Leduc-UK we can strive for a wider reach—see below.

LEDUC-UK UPDATE FROM JANE WIGG

Jane Wigg is Director and Trainer of Leduc-UK - she and her team are experts in Medical Lymphatic Drainage and Decongestive Therapy, with over 20 years personal experience of evidence based practice and training in the field. Jane runs some of our RMSCNR courses and we also fund students directly on her other training courses.

“Many thanks again for your continued support. I presently have another 14 students going through training, from Kent, Lincoln, Hull, Norfolk, Stoke, Ireland, etc.. so it is all positive. With the university courses I run and the RMH courses, this year we will have trained nearly 70 therapists. This includes 10 from Kendal and north; 10 in Gibraltar (Nov '13); 12 in Wales (Dec '13) and 25 on my Cannock courses. That really is an achievement!

Next year training is going through a big change and will be even better - we are injecting our students to show lymphatic drainage pathways and we will be drawing the pathways and demonstrating the MLD on therapists. This is pioneering and will be the first time it has ever been carried out in the UK, so fingers crossed! It's very exciting indeed!”

THE STORY OF A DISTRICT NURSE

Request for funding

Nursing is in fact my second career and immediately post qualifying in 2007 I worked on the Macmillan Unit at the NHS West Suffolk Hospital in Bury St Edmunds, Suffolk. It was during post surgery chemotherapy treatments and inpatient admissions that I discovered lymphoedema, its impact upon individuals, their families and lives.

I subsequently took on the role of Community Nurse working with patients within the community in West Suffolk, managing patients with all conditions and once again lymphoedema appeared. My interest had initially been around patients with secondary lymphoedema as a result of cancer treatment, but I quickly ascertained that the condition was much more prevalent amongst many of my patients with chronic leg conditions.

I am passionate about trying to provide better support and care for patients with lymphoedema and want to create a service and educate fellow nurses within the community to manage lymphoedema much more proactively. I also work with the lymphoedema specialist nurse, Maryam O'Connor, who herself completed training sponsored by Katie's Fund. However, my knowledge is limited and I would like to extend my skills and be able to provide more hands-on care for NHS patients that are housebound and unable to access treatment usually provided by private practice. My local hospital (West Suffolk) has no lymphoedema specialist and patients currently have to travel 40+ miles to seek any advice or support from our regional hospital.

GP's within the surgeries that I support frequently lack knowledge around lymphoedema, diagnosis is delayed and inappropriate treatments offered with very little emotional and psychological support. I am ideally located to provide such information. For example, we usually see patients within the community following mastectomies and are asked to remove their drains – this is an opportunity to provide education and support.

Although I work full time, I also like to assist Maryam O'Connor through the organisation called PIPS (Partners in Practice), which is a Suffolk based group of 26 GPs who have got together and tendered for the NHS contract to provide lymphoedema services to people in West Suffolk, free at the point of contact. I currently work closely with her, frequently referring patients onto the service and also participating and assisting in the assessment of new patients.

Report shortly after training

I undertook the 10 day complete lymphoedema package training course, sponsored by KLF. This involved the anatomy, physiology, assessment, diagnosis, management including medical lymphatic drainage, multi-layer bandaging, compression garments, exercise, skin care and psychological management of lymphoedema.



Cheryl Hammond

Although the course was extremely intense, the information gained and experience were invaluable. The opportunity to practice the skills on each other within a safe environment was excellent. There were 17 students who came from all parts of the UK, each with a wealth of knowledge and experience. Some already worked in lymphoedema clinics and others, like me, had a special interest in developing their skills further. The fact that we can share knowledge has proved to be invaluable and has created long lasting friendships and a route to support each other as we use and develop our newly acquired skills. We all felt that this network generated a means to provide supervision for one another.

I have learnt so much and already anticipate that I will be able to use it everyday within my own practice. My ultimate goal is to reduce the likelihood of lymphoedema worsening and to generate a more proactive approach to care as opposed to the reactive care currently provided.

Since completing the course I have already provided medical lymphatic drainage on a patient who developed lymphoedema suddenly following a surgical procedure to create a dialysis line in her arm. She was unable to bend, grip or use her arm effectively. Following treatment it was completely restored, both in size and range of movement and all within two weeks. The hospital were amazed when she returned to undergo the same procedure again.

Within my clinical practice area I am already exploring how I might develop a lymphoedema service ensuring quicker assessment and responses. Just as importantly I am disseminating my newly acquired knowledge so that other nurses and healthcare professionals may be alerted to the onset of this condition and act much more swiftly and appropriately.

Thank you for funding me, without your support my attendance would not have been possible – I am now equipped with the knowledge and skills to help my patients further and to make a difference.

Report 10 months later

My training was like putting the final piece in the jigsaw puzzle to help me treat patients much more appropriately. I've had a great number of successes and I've been able to support other practitioners in the management of lymphoedema on a much more practical level. One patient began to cry during the initial assessment. I thought I had done something wrong but her response was that she was crying because all of the information I had given her was exactly what she had been feeling and experiencing and she was relieved at being normal. Now we can build on improving the quality of her life.

Roll on the update courses!

CELEBRATE A LIFE

'Celebrate a Life' at The Royal Marsden gives friends and family the opportunity to remember and celebrate a loved one. We were invited to celebrate Katie's life in this way in December 2012. 'Remembering Katie' was handwritten onto a gold star and this was placed on the Christmas tree outside the Royal Marsden Hospital in Chelsea.

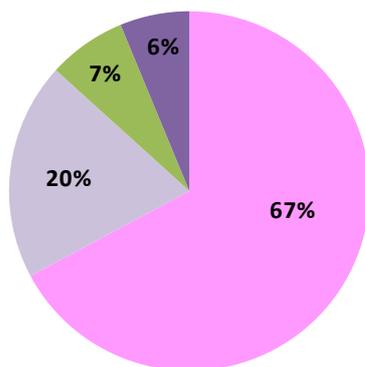
Jenny represented KLF at the 'Celebrate a Life' service to accompany the Christmas light switch-on and Katie's name appeared in the order of service along with the other names on the tree.

If you would like details on this year's event, please go to:
www.royalmarsden.org/star



WILL YOU CHALLENGE YOURSELF ON OUR BEHALF???

■ Luncheon ■ Physical Fundraiser
■ Christmas Card Lunch ■ Rome Coffee Morning



This graph shows the proportion of funds that each of our four main annual events has helped raised over the last 7 years. Our physical fundraiser makes up 20% of these funds and we are very keen for this trend to continue.

So far, we've scaled the 3 peaks, run marathons in Edinburgh and London (twice), trekked to Everest Base Camp, cycled 40km through Bedfordshire and rather more exotically, taken part in an extreme bike ride in the Namibian desert!

What's in store for 2014 we hear you cry! Well...nothing without your help. Does anyone fancy making up a Sprint Triathlon team at Blenheim on 7th/8th June 2014? We thought it would be fun to enter a team of three KLF 'girls' to share the 3 legs of the sprint between them. AND/OR if you fancy going it alone, we can enter an individual in the Sprint or Super Sprint.

Sprint Team Relay—750 metre swim, 19.8km bike ride and 5.7km run—**7th June 2014**

Individual Sprint—750 metre swim, 19.8km bike ride and 5.7km run—**7th June 2014 or 8th June 2014**

Individual Super Sprint—400 metre swim, 13.2km bike ride and 3.1km run—**7th June 2014**

See www.blenheimtriathlon.com for more information. We'll enter on your behalf, set up a fundraising page for donations on JustGiving and lead/support your fundraising efforts.

If you are interested in taking part on our behalf, please email emma@maziak.co.uk no later than 7th December with your name, contact information and a brief reason for wanting to take part. The Committee will review the responses and confirm your place before end December.

DON'T FORGET YOUR CHRISTMAS CARD ORDER!

Take a look at the latest designs from Pat on the attached sheet. There are three new Christmas card designs and two new notelet designs for 2013, plus a couple of old favourites. Not only are you buying high quality, delicate and beautifully painted cards but these are created lovingly by Pat, Katie's mother and are a small but nonetheless important part of our fundraising activities. Any support you can give would be wonderful.

Do we have your email address? If not, please send an email to info@katieslymphoedemafund.co.uk.
Would you prefer to receive this newsletter by email in future? If so, please let us know via the above address.

For any additional information please go to www.katieslymphoedemafund.co.uk



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