Moments

Chairman’s update

Professor Neville Davidson
FRCP FRCR, Chairman

“The great the obstacle, the more glory in overcoming it.”
Mollene

2007 was a wonderful year with access to exciting new drug trials helping to ensure steady growth and development in cancer research. The charity continues to fund the Scientists at the Helen Rollason Research Lab which is based in Anglia Ruskin University. This lab is directed by Professor Paul Sauven who works closely with international colleagues to ensure our research projects are groundbreaking.

Our aims for 2008 are to expand the charity. As many of you will be aware, we are busy working on raising funds for a new centre for our patients in Essex. As a charity our purpose is to be a beacon of hope for cancer patients. One of the ways we are doing this is by funding the Live Well Experience. This five day residential retreat at beautiful Killaghtee House, in Co. Donegal has been a transformational experience for many of our supporters. We are pleased to be offering further course dates throughout the year. Our established team of research nurses are also a symbol of hope to many cancer patients. They are currently implementing more than 40 trials across all specialties. This work is imperative to the future of cancer patients.

The Helen Rollason Centres are also a place where hope dwells. The clients that visit our centres have told me how important this service is in their cancer journey. However, without the wonderful army of volunteers, staff and supporters we would not be able to offer this message of hope.

We need your ongoing support and donations to help us continue and expand our work. One in three people are diagnosed with cancer at some point in their life. I want this charity to be there to support that one in three. I am asking you to support us. With my sincere thanks.

Marathon runners get ready for their big challenge

The London Marathon is an iconic event and one that helps raise millions of pounds for UK charities each year. Competition for places is fierce, so we’re very pleased to have no less than eleven brave runners tackling the challenge for the Helen Rollason Heal Cancer Charity in this year’s marathon held on 13 April.

Six of the eleven recently visited our cancer care centre at Rochelle House in Springfield, Chelmsford, to meet each other, swap training tips and pick up their distinctive orange bibs. Roz McGinty, Ele Stubbs, Paul Woodyard, Peter Bacon, Daniel Batchford and Karl Diggens were joined by charity trustee and BBC Essex presenter Angela Lodge for a photo opportunity and talked about their reasons for deciding to raise funds for us. Amongst the other runners is Roz McGinty, whose husband Martin is a radiographer and who treated Helen Rollason when she had cancer. And at 18, Eleanor Stubbs from Bishop’s Stortford is the youngest HRHCC runner this year and has a good deal of fundraising experience under her belt. She is also well-prepared for the 26.2 mile endurance test and is already covering 15 miles on training runs! Chris Dobson is a teacher at Rickstones School in Witham.
Rochelle House suffers a break-in

Rochelle House, the cancer care centre in Chelmsford was the subject of a burglary recently resulting in the centre having to be closed for two days.

The burglars left the place in devastation as they stole a computer, collection boxes, cash and treatment oils.

Lorna Ellis, Service Development Manager said, “They may have broken in thinking they’d find drugs but we don’t have any because we offer complementary therapies.”

Clients and staff were completely shocked to discover the break-in and more so because the burglars must have known they were breaking in to a cancer care centre, as the building is clearly marked outside.

The overall insurance claim will be around £2,500. £300 of which will be needed to replace the aromatherapy oils.

Rochelle House is now fully operational and staff and clients have recovered after such a shocking blow.

The cancer care centre has been open since 2002 and offers a full range of services including reflexology, counselling and aromatherapy.

From Chatham to Peru for Charity

Chatham resident, Annette McInery has taken on the challenge of a lifetime by signing up for a trek across the stunning scenery of the Peruvian mountains. Annette works as a Dialler Co-ordinator for Cabot Financial in West Malling, Kent and we are the company’s chosen charity of 2008.

“I’ve done some travelling before,” explains Annette, “and then become involved in the routine of work and other life commitments. But this year I decided I needed to do something exciting. I realised this was the perfect opportunity to travel again and raise funds for a very worthy cause.”

The trip requires Annette to work up to walking eight hours a day before she leaves, in order to condition herself for the rigorous hike. “We’ll be walking for ten hours a day in Peru and much of it at altitude, so I have a plan to stick to, so I can get myself in shape before we set off.”

About the charity

The Helen Rollason Heal Cancer Charity (HRHCC) aims to provide a network of centres and services that will support and care for individuals touched by cancer and improve their quality of life.

It does this through research, counselling, complementary care and education, working with cancer patients, their families and friends. The charity does not receive any government or lottery funding, and relies solely on donations from the public.

The charity is named after Helen Rollason MBE, the BBC sports journalist who died of cancer in 1999. She shared the opinion of her oncologist, Professor Neville Davidson, that it is not just the cancer that should be treated, but the person as a whole.

Before she died Helen said, “Good quality of life whilst coping with cancer is the most important gift a sick person can receive - it should be available to everyone.”

The charity operates a network of cancer care centres with more in the pipeline. It also runs a five-day residential programme in Co. Donegal, Ireland, called the Live Well Experience.
South African Paralympian runner Oscar Pistorius has spoken to the Helen Rollason Heal Cancer Charity about his delight at winning the BBC Sports Personality of The Year - Helen Rollason Award in December 2007.

The Award is granted annually to an athlete who has displayed outstanding courage and achievement in the face of adversity - previous winners include Dame Tanni Grey-Thompson and Dame Ellen MacArthur.

Pistorius who had both legs amputated below the knee due to a congenital condition when he was 11 months old - holds world records in 100m, 200m and 400m events and runs on carbon fibre ‘blades'.

"It was a real honour to be presented with the Sports Personality of the Year Helen Rollason Award," says Pistorius. "The feeling of being recognised by the BBC and your peers in that way means a great deal to me. Winning races is obviously the main focus of my career, but acknowledgment like this is very special to me too."

"It's amazing to be in such great company," he continues. "The athletes who have won the award in previous years are such an inspiration to me and to young athletes - I couldn't quite believe it when I was asked to join them."

Pistorius talked to HRHCC shortly after the International Association of Athletics Federations ruled that his use of carbon fibre blades made him ineligible to compete in the Olympics due to a perceived advantage over able-bodied runners. Speaking about the IAAF decision he said, "I'm really disappointed and we will appeal against it. But in all of this it's important to stay as positive as I can and not be dragged down."

Talking about the benefits of taking part in sport for those facing either disability or illness, Pistorius said, "Exercise and sport is so important on many levels. Obviously there are physical benefits to taking part in some form of exercise, but there are so many other things too, like the interaction with other people, the sense of achievement when you reach certain goals that are really important too. You don't have to be competitive to enjoy and get something from sport, it's just a case of finding something that you enjoy and going for it."

**CALLING ON ALL AMBASSADORS**

We are looking for people with enthusiasm, self motivation and fantastic ideas to be ambassadors for us.

If you think you’ve got what it takes to represent the charity at events and out in the community, we want to hear from you.

**Please use [everyclick.com](http://www.everyclick.com) as your search engine and register Helen Rollason Heal Cancer Charity as they give 50% of their gross profit to Charity when you click on the highlighted sponsored links.**

**Please contact Nick Garner on 01245 514535 or send him an email to nick@helenrollason.co.uk.**
When David Gilbert was diagnosed with Non-Hodgkin's lymphoma and subsequently bowel cancer in early 2005, he and his wife Mary found themselves caught up in the predictable routine of hospital visits and tests. And, says Mary, the whirlwind of activity initially swept them along. “But there came a point where we thought, where do we go from here? You can't plan too far ahead, and that in itself is very difficult.”

David underwent treatment for the bowel cancer and in 2006 began a further course of chemotherapy to tackle the lymphoma. “At the end of that session the doctor told me that in terms of the lymphoma things looked good. They had found lesions on my liver and lung, and that these were secondaries - the cancer had spread from the bowel into these other areas. “I think this was my lowest point, especially given that I had an aunt who had been diagnosed with bowel cancer at the same time as me and who had died in May 2005. It was after this that I started using the support services offered by the charity. I had some counselling and also started going for reflexology sessions. I had real trouble sleeping while I was undergoing chemo and the reflexology was a great help with this.”

During his support from the charity, David and Mary met Gráinne James, who suggested that the couple think about attending a Live Well Experience course in Ireland. “Mary and I talked it over and decided to go for it,” explains David. “It turned out to be an extremely rewarding, sometimes emotional, but very helpful experience. I was a little sceptical about it at first, but they were very calming, balancing times. The whole experience was very beneficial and has given me skills that I wish I'd had a few months earlier. And of course the sharing of your own experience of cancer with others in a similar position was great too - everyone was supporting of each other, and made us all realise that we're not the only ones in this boat.”

Mary, too, feels she benefited from time on the Live Well course. “I came away feeling more able to talk about my own feelings, thoughts and needs,” she says “which I think a lot of people who are caring for those with cancer find difficult, because they feel guilty. Realising that it’s okay to recognise that you still have personal needs in the midst of all this was an important part of Live Well for me.”

David sums up the couple’s feelings on the course succinctly, saying, “It’s been almost a year since my last chemo, and although I'm not in remission, I feel I'm living with cancer better than I ever have done; the Live Well experience has played a key part in that.”

For more information, including our various funding options, visit our website: www.helenrollason.org.uk/live-well-experience.php or contact us on 01245 514325 or send an email to enquiries@helenrollason.co.uk.

Police bursary to enable staff to experience Live Well

Essex police have set up a bursary in memory of assistant Chief Constable Liam Brigginshaw who died of stomach cancer in February 2007. The bursary will pay for officers, police staff and their families touched by cancer the opportunity to take part in the Live Well Experience.

A team led by DCC Andy Bliss and Insp John Ross organised fundraising events for the bursary and included taking part in the Essex Castles Bike Ride last June. Insp John Ross raised funds by climbing Ben Nevis. At a cheque presentation for the bursary which was held in October, Alyson, widow of Liam Brigginshaw commented on how the charity has meant so much to the family during her husband’s illness.
A study of BORIS and novel biomarkers - Assessing the efficacy of chemotherapy treatment

There is substantial demand for the identification of circulating molecules (cancer biomarkers) in blood that indicate chemotherapy efficacy. Currently the only reliable biomarkers of response to chemotherapy are available only for prostate and colorectal cancers. BORIS is a transcription factor (a protein that binds DNA and thus regulates the expression of genes) that is only found in cancer cells. The project was initiated by Dr Elena Klenova (Reader in Biology, Essex University), Dr Louise Alldridge, Dr Metodi Metodiev (Lecturer in Proteomics, Essex University) and Mr Sankaran Chandrasekharan (Breast Surgeon) and is being led by Professor Paul Sauven. It is the first of its kind. We are in a unique position to obtain the appropriate samples and have the means to process them through collaborative work. The possibility of identifying useful biomarkers of chemotherapy efficiency will aid the optimisation of the chemotherapy treatment for each patient and reduce unnecessary treatments and unnecessary morbidity from ineffectual treatments. We have recruited seven patients undergoing primary chemotherapy whose blood is taken prior to each cycle of treatment. The levels of BORIS and any potential new biomarkers are being monitored as the patient progresses through the treatment and correlated with the clinical outcome. We are expecting the first results on efficacy later this month.

Profile: Dawn Beaumont-Jewell, Research Nurse

Treatments for colorectal cancer have evolved enormously over the past 7 years and the members of the research team responsible for this area of work are very proud that this is largely attributable to the work we were a part of! So many new treatments are now available and the clinical trials are becoming much more diverse, offering different types and combinations of tried and tested treatments alongside new therapies, such as vaccines. It's a real privilege to work alongside consultant oncologist, Dr Saad Tahir with the support of the charity, not only to be at the cutting edge of medical treatment for colorectal cancer, but to help make a difference to those affected by the disease and support them through often a very difficult time. My job is really to co-ordinate the care of those taking part in the trials I have responsibility for, ensuring they have access to the means that I am now a qualified Advanced Nurse Practitioner, and as part of the award have attained an Independent Nurse Prescribing qualification. What I'm looking forward to is using these new skills in the care and support of my patients. It's really the perfect example of how a career in Research Nursing can be rewarding and can further specialist nursing skills. All that remains is to say a huge thank you to everyone who has shown the most enormous support over the past two years, colleagues and patients alike - I couldn't have done it all without you! For further information about any aspects of Colorectal Research please contact Dawn on 01245 514598 or send an email to Dawn.Beaumont-Jewell@meht.nhs.uk.

Helen Rollason Retail

Retail therapy in Ongar

The Helen Rollason shop in Ongar continues to go from strength to strength under the watchful eye of its manager, Eve Saxon. The shop opened 2½ years ago and was originally the post office in Ongar high street. Eve has managed the shop since it opened and heard about the position through her friend, Molly Keating who was one of Professor Davidson’s patients. She believes that the contributing factors behind the shop’s success include the support from twelve dedicated volunteers and good quality stock that is donated by local residents. However, the overriding factor is the way Eve manages the shop and the dedication she puts into changing the window displays and making the shop appealing and welcoming to customers. Eve commented, “It’s very satisfying to be able to work with the community and this in turn enables people to benefit from the wonderful work of the charity.” Eve also keeps herself busy with her love of golden retrievers. She has two show dogs that she enters into competitions almost every weekend and she also judges competitions all over the country. Eve runs a local dog training club and is chairman of the South West Essex Canine Association.

www.helenrollason.org.uk
Forthcoming events

We have some fantastic events taking place this year. So why not take up the challenge! For more details on all the events listed please visit our website www.helenrollason.org.uk/special events. Alternatively please contact our special events team on 01245 516547.

An experience of a lifetime

If you have ever wanted to do an exhilarating challenge for charity here is your chance. We are looking for adventurous volunteers to trek in the Lares region of Peru, cycle from London to Paris or trek through the stunning Icelandic landscape.

Forthcoming events in 2009
Kilimanjaro Trek
China Trek
Vietnam Bike Ride
NEW Costa Rica Trek
and many more...

Good luck to all our event participants

We would like to take this opportunity to wish all the special events participants the best of luck with their events. We really appreciate your dedication and support for the charity.

Other forthcoming special events in 2008

5 July
Southend Moonlight Colourthon
13.1 mile walk at night

6 July
The Asics British 10k London Run
Hyde Park Corner to Whitehall

7 September
Adidas Women’s Challenge (formerly Hydro Active Women’s Challenge)
5k run in London, Birmingham and Liverpool

15 September
Ladies Night
Reception, dinner and fashion show at Boreham House, Chelmsford

11 October
Autumn Ball
A night to remember at Manor of Groves, Harlow
## Forthcoming events

### Community events

<table>
<thead>
<tr>
<th>DATE</th>
<th>EVENT</th>
<th>AREA/LOCATION</th>
<th>CONTACT</th>
</tr>
</thead>
<tbody>
<tr>
<td>26 Apr</td>
<td><strong>Broomfield Group Coffee Morning</strong></td>
<td>Broomfield Community Centre</td>
<td>David Dwyer 01245 224652</td>
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<tr>
<td></td>
<td>10am-12pm Stalls &amp; Broomfield School choir</td>
<td>Chelmsford</td>
<td></td>
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<tr>
<td>11 May</td>
<td><strong>Sponsored Cycle Ride.</strong></td>
<td>Maylandsea to Burnham on Crouch</td>
<td>John or Tracey 01621 743636</td>
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<tr>
<td></td>
<td>Approximately 16 miles. Starts at 11am.</td>
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<tr>
<td>16 May</td>
<td><strong>Irish Night and Charity Dance</strong></td>
<td>Shamrock Club, Blackfan Road</td>
<td>Marie 07901 553472</td>
</tr>
<tr>
<td></td>
<td>8pm - 12am. Tickets: £8 for adults, £4 for children</td>
<td>Welwyn Garden City</td>
<td>Therese 01920 460262</td>
</tr>
<tr>
<td>18 May</td>
<td><strong>Maldon Group Sponsored Charity Walk</strong></td>
<td>Woodham Mortimer to Maldon</td>
<td>Elaine Hemsworth 01621 859140</td>
</tr>
<tr>
<td>23 May</td>
<td><strong>South Woodham Ferrers Group 6th Annual Golf Day</strong></td>
<td>Three Rivers Golf and Country</td>
<td>Dudley and Pauline 01245 321243</td>
</tr>
<tr>
<td></td>
<td>18 holes. Handicap limit: 24-men, 36-women</td>
<td>Club, Cold Norton</td>
<td></td>
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<tr>
<td>13 Jul</td>
<td><strong>Family Picnic.</strong> 2pm - 8pm, Including a fashion show, music, hog roast, auctions and games</td>
<td>Langford Grove, Maypole Road, Langford CM9 4TA</td>
<td>Nick Garner 01245 514535</td>
</tr>
</tbody>
</table>

### Rotary Club of Harlow Tye

**Abseil**

3 & 4 May at The Three Valleys Water Tower, Church Langley, Harlow

Registration fee: £30
Timings: 12.30pm to 5.30pm

**Come on have a go!**

Register at www.harlowtye.freeuk.com or contact Ms Bunnyard 01279 734211.

### OSCARS BALL

**The Hilton Hotel, Stansted**

**Saturday 10 May**

- Drinks reception
- 4 course dinner incl. wine
- Casino
- Live entertainment
- Disco
- Auction

★★ Reception: 6.30pm for dinner at 7pm
★★ Limousines 1.30am
★★ Dress code: black tie or come as your favourite star!

**Contacts:**

- **K Puddick** 01371 879055, mob. 07970 498950
- **K Fuller** 01371 820094, mob. 07968 227951

### Event volunteers

Are you willing to give up a few hours to help out at our events? We are looking for willing volunteers to represent the charity. You could also gain **FREE ENTRY** to the events.

For further details, visit our website www.helenrollason.org.uk/community events. Or contact Nick Garner, on 01245 514535 or email him at nick@helenrollason.co.uk.

**www.helenrollason.org.uk**
Sally Baker's Fundraising Day

Sally Baker held a fundraising day at Ye George Inn, Beckenham, Kent last year at which over £1,071 was raised for the charity. Sally was one of the riders taking part in the Amazon Heart Thunder ride and the proceeds of the fundraising day comprise part of her overall total. The day was a great success and attractions included a tombola, a gift and bric-a-brac stall, 2nd hand books, a money wall, guess the number of sweets in a jar and face painting!

The generosity of many of the local businesses meant she was able to hold 4 raffles throughout the day. The top prize was 3 days hire of a Harley-Davidson, donated by Warr's Harley-Davidson, which proved very popular. At the time of going to print we received news that Sally Baker sadly passed away on 29.03.08.

An evening of dance at the Shamrock Club

HRHCC therapist Maria Fleet at the North Middlesex Hospital held an Irish dance at the Shamrock Club in Welwyn Garden City last summer in aid of the charity. People from all over Essex and Hertfordshire supported the event which raised over £3,000 for the charity. The Shamrock Club’s committee kindly donated the use of the hall, supplied the dance tickets and donated raffle prizes.

£1,900 donated by bowlers

Pauline Kyffin the President of Chelmsford Bowling Club presented a cheque for £1,900 to Nick Garner, HRHCC’s Community Fundraiser at a presentation evening in their Club Pavilion. Pauline said, “This fantastic amount of money has been raised by our members and visitors to the Club throughout my year of office through generous donations, raffles etc. at social events, bazaars and matches. I selected this important local charity for the members to support as we know of several members and friends who have received help and support from the charity. My members know of the very important work that they do for the local community.”

Harlow woman raises more than £10,000 for charity

Harlow resident Bridget Lomansey, 68 years old, recently handed a cheque for £900 to Professor Davidson. The money was raised as the result of Bridget’s latest ‘Irish Dance Evening’, held in November 2007 at ‘The Lady of Fatima’ in Harlow. It has become an annual event since Bridget herself received treatment for cancer from Professor Neville Davidson, 12 years ago. Bridget estimates that she has raised in the region of £12,000 for the Charity over the years.

ORGANISATIONS

• Lady Captain of Stapleford Abbots Golf Club, Andrea Rounce and the lady members raised £840.
• Manor of Newland Lodge no. 6403 held a summer lunch raising £300.
• Foresters Friendly Society, Court 3182, donated £400.
• Thorndon Park Golf Club Ladies Section donated £511 through various functions, and the Club gave another £440 courtesy of their Charity day.
• £1,000 was given by the Dunmow Dolphin Club.
• Alice Jackson and the pupils of tutor groups 9FS & 9SR held a Cake Sale and raised £100.
• Andor Charitable Trust donated £1,000.
• The Chelmsford Cavaliers Luncheon Club held a raffle which raised £250.
• Manor of Newland Lodge no 6403 donated £500 from their Ladies Night.
• The Christ Church Players donated £500 from the retiring collection at their pantomime.

We aim to publish as many fundraising articles as possible and we would like to thank all our supporters for their effort and generosity.

Richard Allum completed Lands End - John O’Groats cycle ride in aid of the charity at the end of last year and worked in industry where he was researching into new ways of treating cancer in Cambridge Science Park.

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Latchingdon Arts & Drama Society (LADS) in its 50th year, donate all income from Show Hits to charities, and kindly chose us as the beneficiary at the end of last year. LADS puts on plays such as Sailor Beware, Johnny Belinda, The Diary of Anne Frank and Spring & Port Wine. They have also performed many musicals such as Oliver, Grease, Joseph and Fiddler on the Roof. Shakespeare is also a mainstay with LADS as well as Chaucer.

Karen Haken from Braintree organised a charity dance in December at Black Notley Village Hall. Guests enjoyed a bumper raffle, guess the name of the teddy competition and music from the ‘Beauty and the Beasts’ band. Over 40 prizes were donated for the raffle and prizes included hampers, cuddly toys and vouchers.

Karen Haken presenting a cheque to Nick Garner, HRHCC’s Community Fundraiser
Fundraising news
Thank you for all your support

Dinner Dating Company donates to the charity

The Dinner Dating Company (DDC), based in High Roding, has recently announced that a series of fundraising drinks parties and raffles held during 2007 raised more than £1,100 for the charity. The last event, held at Billericay’s Ivory Rooms on 29 November 2007 raised £353 through a raffle alone - a significant contribution to the Dinner Dating Company’s chosen charity.

The Dinner Dating Company

Strictly Come Dancing

Last year Rebecca Fish, 18 of Goffs School, Cheshunt organised a Strictly Come Dancing event just weeks before taking her A-Level exams. She applied to participate in the Heroes for Helen challenge and raised over £1,000. Rebecca’s aunt has received treatment from the charity.

Strictly Come Dancing

The Rickstones’ charity of the year

Between Sep 2006 and June 2007, The Rickstones School and College nominated school charity was the Helen Rollason Heal Cancer Charity. Over the course of the academic year, Rickstones raised over £2,800. The events that took place involved students across years 7-11. The fundraising activities included non-uniform days, a talent show, sponsored silence, raffles and a murder mystery competition to name but a few!

The Rickstones’ School and College

Moonlight Colourthon

Southend Round Table organised the first ever Moonlight Colourthon, a 13.1 mile walk around Southend and Leigh coastline on 7 July last year. Over 1,000 walkers took part and thirty three of these walkers raised in total around £3,490 for the charity including Debbie Coates who raised £800. Karen Brookes, a member of our South Woodham Ferrers group who took part as well as Tess Griggs who raised £781. Caroline Hammer raised £100 and Robyn Weeks raised £158.

Moonlight Colourthon

Stratstone Harley-Davidson Blood Donors Day

The Stratstone Harley-Davidsons, held a Blood Donors Day in Chingford last year. We were one of the two benefitting charities and the day included a large auction.

Stratstone Harley-Davidson Blood Donors Day

Essex Food Fayre

HRHCC organised a balloon release at the Penny Farthing’s Essex Food Fayre at Cressing Temple Barns, near. Braintree on 13/14 October last and £575 was raised.

Essex Food Fayre

Annette Pullen, Lady Captain of Knebworth Golf Club

Annette held various events including coffee mornings, lady captain’s golf day at the club and various events through the year. The funds raised totalled over £6,000. As a result of her fundraising efforts, Annette is now heading up the Knebworth/Stevenage group.

Annette Pullen, Lady Captain of Knebworth Golf Club

A St Andrew’s Day charity quiz night was held in conjunction with BBC Essex and Anglia Ruskin University 30 November last in Chelmsford. Steve Scruton and Ian Wyatt hosted the evening with Angela Lodge, all from BBC Essex. Tom Warmington and Claire Whiteman did all the scoring. The winning team was Scot’s Wha Hae who regularly take part in quizzes at the Queen’s Head Pub in Chelmsford.

A St Andrew’s Day charity quiz night

 COLLECTION BOXES

- Collection boxes at St Margaret’s Hospital, Epping, MLD Clinic raised £244.35.
- D&M Jewellers Ltd raised £249.84 from their collection box.
- Skot Chemist gave the money from their collection box.
- Steve Shellemi of Hackney Discount Jewellers raised money through a collection box.

Collection boxes

If you would like photos from your fundraising activity published on our website and/or magazine, please send them to enquiries@helenrollason.co.uk or to the address shown on page 15. Please provide us with details of when and where the activity took place and who was involved.
Charitable flea market draws crowds at High Chelmer
An extremely successful Flea Market was held at High Chelmer Shopping Centre in Chelmsford recently. More than £1,000 was raised on the day through sales from 80 stalls selling everything from homemade produce to antiques, jewellery to handmade cards. Stacey’s Auctioneers were on hand to value visitors’ items for a charitable donation. With support from the Essex Guild of Craftsmen and the Essex Chapter of the Harley-Davidson Owners Group the fair exceeded all expectations.

BBC Sports presenter organises annual golf day
BBC sports presenter Rob Bonnet hosted his annual Golf Day in aid of the charity last September. Rob has run the event for the last six years, and it is one of the charity’s biggest single fundraising activities.

The golf day was held at Stoke Park Club in Stoke Poges, Buckinghamshire. Clare Balding, Chris Hollins, Sue Thearle and Celina Hinchcliffe as well as former England

and Arsenal players David Seaman and Martin Keown were amongst the celebrities taking part.

Maldon mud race
The celebrated Maldon Mud Race was again enjoyed by thousands of spectators from all over the country who came to see participants slip and slide all over the place. The race, which was held on Sunday 30 December last and organised by the Maldon Rotary and Lions attracted over 180 runners and was aiming to raise up to £30,000 for three charities including HRHCC.

A countdown to a Mexican wave was mistaken for the start of the race but it wasn't long before the runners were struggling across the course as they were quickly knee deep in mud. Harold Wyber from Woodford was declared the winner and took just 3 minutes and 38 seconds to complete the course.

- Anna Dempster ran the London Marathon raising £1,000.
- Anne Murray raised £911 by completing the Women’s Hydro Active Challenge.
- Edward Male raised £770 by running the London 10K race.
- From their sponsored swim, Vicky French & Becca Hadley raised in excess of £825.
- Class 12F of St John Payne School donated money from their non-uniform day.
- Rebecca Markham held a Karaoke and raffle raising £290.
- Nicholas Cogswell donated £300 by running in the London Duathlon. His company, Lehmann Brothers kindly matched this sum.
- Nicola Joiner & Kim Hilborne gave £1,000 in memory of Rachel Anne Joiner.
- Stephen Norton held a dinner party and raised £405.
- Mrs Pygram gave £500 in memory of her son John.
- Corrine Strathern donated in memory of her friend Eleanor Doherty.
- £210 was donated from a fete held by May Smith and Sheila Yartlett at Brittany House.
- Graham & Violet Kemp donated £250 in lieu of Silver Wedding presents and in memory of their friend Margaret Moore.
- Mr & Mrs Ron Aylott donated money from an auction sale.
- Mrs M Dunn & Mrs A Easey gave the proceeds from their car boot sale.
- Mr & Mrs I Lask gave to our charity in lieu of a birthday present for Harvey Cohen.
- Mrs S Woolston gave the proceeds from a collection she made.
- Hazel Allen and her friends at the sewing club sold cushions in aid of the charity.

Brass band Christmas spectacular
A Christmas spectacular brass band concert was held at Christ Church in Chelmsford in early December. It was the fifth concert organised by local residents David and Polly Buckle and their daughter Rachel Davidson and was hosted by BBC Essex presenter Angela Lodge. The concert featured the world-renowned Enfield Salvation Army Band, the Chelmsford Salvation Army Songsters and soloists Sue Blyth and Ralph Brill. Local actor Kenneth Lodge conducted some Christmas readings and Major Elwyn Harries added a ‘magical’ touch to proceedings!
Fundraising news

Thank you for all your support

Chocs away at the Chocolate Ball!
Nearly four hundred corporate and individual supporters attended the InterContinental, London Park Lane for the charity’s biggest fundraiser of the year, themed as a Chocolate Ball on 10 November. The evening was jam-packed with a sumptuous four course dinner; chocolate fountains; entertainment by Michael J Fitch as ‘Willy Wonka’; Angie Diggens and the 60s band, the Tornadoes; an auction with top prizes; a chocolate tombola; a raffle and a silent auction. Jeanette Anthony from Paradise Datacom Ltd from Witham commented “As a group - Stan Carr, Karen and Jason Allwood and myself, the Chocolate Ball was the perfect way for us to support the event as it was in aid of cancer which has affected us all. My mother; Linda Spink had breast cancer and survived. Karen Allwood’s Grandpa; Ernest Ramm and Jason Allwood’s dad; Horace Allwood both had prostate cancer, but sadly passed away. Celebrities from Doctors; the Bill; Judge John Deed and Waking the Dead also lent their support. Louisa Clein of Judge John Deed fame commented “I wanted to thank you for such a wonderful evening. Rob and I had a truly inspiring evening meeting some wonderful and brave strong people.” It was the first time that BRP (Rugby) Limited supported the charity and came all the way from Rugby in Warwickshire to be at the Chocolate Ball. Terry Doherty, said: “Many thanks for a great night in London. We as a company don’t do much charity events. It’s always nice to support a charity such as this. I have lost a lot of friends over the last 10 years to cancer in Ireland so it is a pleasure to support and contribute to such a good cause. Many thanks for a great night. Your team did a great job.”

Great North Run 2007
Richard Wollastons of Wollastons in Chelmsford raised a fantastic £9,416.24 for us along with friends Ian White and Desmond Smith. It was Richard’s third time taking part in the race.

David Noble, Brookmans Park, Herts raised £2,445.96 and it was his first Great North Run.
Keren Broomfield, Ingatestone, Essex raised £890. It was her first time running the Great North Run along with her friend Julie Putney of Shenfield, Essex. Keren ran in memory of her best friend the Bill; Judge John Deed and Waking the Dead also lent their support. Louisa Clein of Judge John Deed fame commented “I wanted to thank you for such a wonderful evening. Rob and I had a truly inspiring evening meeting some wonderful and brave strong people.” It was the first time that BRP (Rugby) Limited supported the charity and came all the way from Rugby in Warwickshire to be at the Chocolate Ball. Terry Doherty, said: “Many thanks for a great night in London. We as a company don’t do much charity events. It’s always nice to support a charity such as this. I have lost a lot of friends over the last 10 years to cancer in Ireland so it is a pleasure to support and contribute to such a good cause. Many thanks for a great night. Your team did a great job.”

An Apology to Mr Alan Sanders
The Autumn 2007 edition of Moment (General Fundraising News - Buy a Brick Project) incorrectly stated that Mr Sanders had donated funds raised by his "Buy a Brick Project". Mr Sanders did in fact make a donation to facilitate the computerised display system for the scheme but did not set up the project or donate monies directly.

Donations in memory
Dennis Brian Barrett
John Michael Barrett
Norman Hayden Bishop
Ralph Bonham
Haydn Brace
Charles John Chandler
Sandra Chilvers
Christine Chittenden
Mrs Nancy Edwards
Edith Ellins
Janet Faithfull
Patricia Flynn
Stan George
Elizabeth Grant
Elizabeth Nancy Hatten
Lorraine Hennessey
Elizabeth Hewson
Charlie Hornsey
Arthur House
Muriel Hutchison
Muriel Patricia Lain
Frank Lee
Richard Lewis
Walter Victor Lewis
Sheila Margaret Mansell
Darlene Mawdsley
Margaret Moore
Father Alexander Grant
Morris
Eleni Pavlides
Jacqueline Mary Pearce
Gillian Pease
Kathleen Peck
Albert (Bert) Joseph Perry
Peter Porter
Elizabeth Saunders
Pat Streeter
Marion Weeks
Daphne White
John Arthur Willis
Lilian Zimmerman

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Thank you for all your support

**Fundraising news**

**GROUPS**

**Braintree**
We welcome Mary Steward as the new Chairperson of the Braintree Group.
A big thank you to Edgar Steward for his Chairmanship for the past 6 years.

**Broomfield**
The group’s annual carol singing event took place at Chelmsford train station in December. Eight members of the Chelmsford Silver Band provided the music and volunteers from the group, office staff and volunteers sang the carols.

**Burnham**
Tony McCracken and the Burnham Group successfully ran the Burnham Golf Day again last year.

**Danbury**
The ‘Go for Gold’ Line Dance held on 6 October last at Little Baddow Memorial Hall raised £430.

**South Woodham Ferrers**
The group raised £3,000 by taking part in a swimathon event organised by the Rotary Club last year and will go towards Go For Gold campaign. A remarkable £12,500 was the result of various activities including golf days, a Ready, Steady, Cook day and an ‘Indulgence Evening’. This will go to support the charity’s research nurses. The group has been fundraising for the charity for the past six years and has raised £30,000.

**Colchester**
The Colchester Group held a Classical Concert on 20 October last at Colchester’s Moot Hall. The show comprised young performers including Sophie-Anne Chaplin, aged 12 who played the violin and recorders. Luke Dart, also 12 sang Ave Marie as a solo and then ‘Pie Jesus’ as a moving duet with Angie Diggers. The All Saints Choir and junior singing group. The Willows added more vocal entertainment. The event raised £700.

**Springfield**
We welcome Jean Harrison as the new Chairperson of the Springfield Group. A big thank you to Linda Boon for her Chairmanship for the past 2 years.

The Springfield Group held their Christmas bazaar on 10 November at Perryfields Junior School. It was opened by the Deputy Mayor, Cllr. Nicolette Chambers and her husband Alan. The Junior School choir sang and there were the usual stalls. In addition, Clare Chaplin, a group member, donated the proceeds of £80 from a “Body Shop” party. That brings the total raised by the group to approx. £26,500 over the last four years.

**Witham Pinoy**
Eleanor Fontanilla and the Witham Pinoy group held a charity dance raising £1,500.

**CORPORATES**

**Costain’s battle of the bulge**
Regional accountant Mel Prestridge and quantity surveyor Stephen Martin decided to hold a sponsored diet in May last year with some great results. Weekly weigh-ins took place and by the end of July the pair had lost a total of 4 stone between them. The sponsorship came from colleagues at work, friends and sub-contractors and totalled £750.

**Football fun raises funds for charity**
Brentwood accountancy firm Marriotts Associates LLP recently handed over a cheque after co-organising a charity football match between Brentwood Town FC and the West Ham team of 1986. Other sponsors of the event were: property traderonline.co.uk, The Vital Group, Essex Independent and SDD, Marriotts Associates' Brian Hallet, is also Director of Football at Brentwood Town FC. Brian’s wife, Elaine, is currently being treated for breast cancer by Professor Davidson. Mr Hallett commented, “We had a turnout of more than 1,200 on the day. The West Ham team did us proud, staying around to sign autographs and meet fans after the match. The West Ham team won 6-3 and the crowd were really entertained.”

**Cycle power - Essex & Suffolk Water**
A total of 53 staff from Essex & Suffolk Water took to their bikes last October to raise £3,500. The event was organised as part of the celebrations to mark the 50th birthday of Hanningfield Reservoir. The ride took employees along a 50km route from Abberton Reservoir to Hanningfield Reservoir.

- Devitt Insurance & RBS donated £1,167 from a fundraising event last July.
- £2,215 was donated by the Insurance Institute of Chelmsford & South Essex raised by the raffle at their Annual Dinner.
- Frazer Wilson, Philip and Stuart Mann of BDO Stoy Hayward Investment Management Ltd ran the Dublin Marathon raising £2,820.
- Cabot Financial and their staff raised £1,000 through their Christmas raffle.
- Brents in Brentwood gave £500 in lieu of Christmas Cards.
- Staff at Cooper’s of Stortford donated £328 from a sealed auction and through collection boxes.
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Contact details

Helen Rollason Heal Cancer Charity

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Professor Neville Davidson FRCP FRCR
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CM1 7ET
Tel: 01245 516339

Administration office
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Email: enquiries@helenrollason.co.uk

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Tel: 01245 514325  Email: graine@helenrollason.co.uk

Financial Controller – Sue Hayden
Tel: 01245 514325  Email: sueh@helenrollason.co.uk

Accounts – Sue Smith
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Special Events Co-ordinators - Angela Whitehead & Annie Wiley
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Email: angela@helenrollason.co.uk & annie@helenrollason.co.uk

Community Fundraiser – Nick Garner
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Marketing Co-ordinator – Tracy Saunders
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Live Well Experience Co-ordinator – Irene Singleton
Tel: 01245 515242  Email: irene@helenrollason.co.uk

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Braintree, 57 High Street, Braintree CM1 1JX
Tel: 01376 346721

Burnham On Crouch, 5 High Street, Burnham On Crouch CM8 8AG
Tel: 01621 786699

Chingford, 23 Old Church Road, Chingford E4 6SJ
Tel: 020 852 0111

Collier Row, 17 Clock House Lane, Collier Row, Romford RM5 2PH
Tel: 01268 730 423

Ongar, 137 High Street, Ongar CM5 9JA
Tel: 01277 685030

Sawbridgeworth, 24 Bell Street, Sawbridgeworth CM21 9AN
Tel: 01206 891669

South Woodford, 136 George Lane, South Woodford E18 1AY
Tel: 020 8909 8987

Wickford, 8 High Street, Wickford SS12 9AZ
Tel: 01268 730 421

Retail Distribution
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Email: lorna@helenrollason.co.uk

North Middlesex Hospital, Room 40, North Middlesex Hospital, Sterling Way, Edmonton, London N18 1QX
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London Centre Manager – Carol Lovell
Tel: 020 8887 2408

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Helen Rollason Research
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Tel: 01245 516599

24 hr pager for emergencies: 07623 929 292

Research Manager – Tracey Camburn
Tel: 01245 516599  Email: tracey.camburn@meht.nhs.uk

Group contacts

Our groups do a wonderful job of supporting the community and hold many fundraising activities throughout the year. If you would like to get involved with a group and their supporter events, please contact them directly or the charity office. Help is always needed and very much appreciated.

If you are organising your own fundraising events outside one of the groups or would like to set up your own group, please contact Nick Garner, Community Fundraiser on 01245 514325 or send an email to nick@helenrollason.co.uk.

<table>
<thead>
<tr>
<th>Group</th>
<th>Chairperson</th>
<th>Phone nos.</th>
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<tbody>
<tr>
<td>ARU</td>
<td>HRHCC Office</td>
<td>01245 514325</td>
</tr>
<tr>
<td>Bedford</td>
<td>Jenny Vaccaro</td>
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<tr>
<td>Bentfleet</td>
<td>Shashi Patel</td>
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<tr>
<td>Bicknacre</td>
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<td>Billericay</td>
<td>Nazira Visram</td>
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<td>Braintree</td>
<td>Mary Steward</td>
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<tr>
<td>Brentwood/Shenfield</td>
<td>Beverly Lewis</td>
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<tr>
<td>Broomfield</td>
<td>David Dwyer</td>
<td>01245 224652</td>
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<tr>
<td>Burnham on Crouch</td>
<td>Reg Crouch</td>
<td>01621 783006</td>
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<tr>
<td>Chadwell Heath</td>
<td>HRHCC Office</td>
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<td>Chelmer Village</td>
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<tr>
<td>Chigwell/Loughton</td>
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<tr>
<td>Coggeshall</td>
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<tr>
<td>Colchester/Wivenhoe</td>
<td>Neil/Julia Diggins</td>
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<td>Copford/Marks Tay</td>
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<td>Danbury</td>
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<td>Epping</td>
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<td>Felsted</td>
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<td>Galleywood</td>
<td>Brenda Turner</td>
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<td>Gill’s Group</td>
<td>Michael Fenech</td>
<td>01245 354080</td>
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<tr>
<td>Great Baddow</td>
<td>Valerie Booth</td>
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<td>Great Dunmow</td>
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<td>Black/Great Notley</td>
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<td>Great Totham</td>
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<td>01621 892029</td>
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<td>Hatfield Pererel</td>
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<td>Healing Hearts</td>
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<td>Heybridge</td>
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<tr>
<td>Horndon on the Hill/Sanford le Hope</td>
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<td>Ingatstone</td>
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<td>Leigh on Sea</td>
<td>Marie-Helene D’Angerville</td>
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<td>Knebworth/Stevenage</td>
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<td>Malton</td>
<td>Elaine Hemsworth</td>
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<td>Mayland</td>
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<td>Northampton</td>
<td>Lorna Keeling</td>
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<td>Ongar</td>
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<td>Rayne</td>
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<tr>
<td>Roding/Buckhurst Hill</td>
<td>Lorraine Isaacs</td>
<td>01708 760711</td>
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<tr>
<td>South Woodham Ferrers</td>
<td>Lyn Seymour</td>
<td>01245 325674</td>
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<td>Springfield</td>
<td>Jean Harrison</td>
<td>01245 265625</td>
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<tr>
<td>Sutton Coldfield</td>
<td>Jo Andrews</td>
<td>01213 235020</td>
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<tr>
<td>Takeley</td>
<td>Kathy Prior</td>
<td>01376 349077</td>
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<tr>
<td>Tollesbury</td>
<td>Ann Crossley</td>
<td>01621 868352</td>
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<tr>
<td>Witham</td>
<td>Annie Wiley</td>
<td>01376 516736</td>
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<tr>
<td>Witham Pinoy</td>
<td>Eleanor Fontanilla</td>
<td>01376 517068</td>
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<tr>
<td>Wittle</td>
<td>NEW Carole Perry</td>
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OR please continue until further notice □ (please tick)

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Email address ...........................................


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