



Ashwin Bedi's Story

Ashwin Bedi had begun organising a party for his mother, Sudesh Bedi's 75th birthday when she sadly passed away from cancer on 26th August 2008.

Ashwin decided he would still go ahead with the party, in March 2009, but make it a dinner dance in memorial of his mother. Calling on all of his contacts and networks, Ashwin

organised an amazing event. The night included an auction and raffle, raising over £29,000 for Cancer Research UK.

This year, to mark the second anniversary of Sudesh's passing, Ashwin held another dinner dance, raising another astonishing £28,000. This time his auction and 'anonymous' raffle included prizes of recording studio

sessions, four tickets to a Spurs training session and a football signed by the Arsenal football team.

Ashwin is planning his next event for March 2012 and on the advice of some of his guests, will be aiming much higher!



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'Charity 16' for a Third Year Running!



Youth Worker and football coach Russ Wilson organised his third annual 'Charity 16' race in Buntingford in September. Russ conceived the idea to raise the profile of young people who take an active part in the community and to bridge the gap between generations. Russ had also experienced cancer in his own family.

'Charity 16' takes its name from the total distance traversed by entrants in a triathlon style format, with a five mile run, a ten mile cycle ride and a mile swim. Fifteen entrants, with ages ranging from 16 to 49, completed all three stages. Nine further entrants competed in one or two stages, all making donations to or raising sponsorship for the charity. The event was won by Tom Dalden with Mr Wilson himself, pictured here, finishing in second place.

The event is traditionally family orientated with Mr Wilson's own step-son Jack joining him. This time he was supported by a strong team of volunteers, some of whom travelled from as far as Reading, who marshaled the races, recorded times and provided refreshment and encouragement.

Mr. Wilson has raised £6,700 in the past two years through 'Charity 16' and hopes to raise at least £2,000 this year. He would like to thank Buntingford Cricket Club who made their facilities available to the triathletes, and who also donated the proceeds from the bar to the fund.

Feel Good

This Christmas

Have fun and raise money for Cancer Research UK this Christmas!



www.cancerresearch.org.uk/

fundraising

or call 08701 60 20 40

Fundraising Bites...



The ladies of South Northants Homes decided to support Cancer Research UK through Race for Life this year. They customised their own T shirts and thoroughly enjoyed their day. They were delighted to be able to present Lizzie Melvin of Cancer Research UK their combined fundraising.

Gary Martin and Tom Sealy from Baldock, Herts completed a Lands End to John O Groats cycle at the beginning of September. They have raised just over their £1000 target.



Neil Salter from Hertford completed the three peaks challenge in September, he raised just over £2000, smashing his £1500 target

Giving Fundraising a Christmas Glow! For the past four years the Baker family in West Haddon has really gone to town for us at Christmas. No need for directions! They light up their house in Christmas lights of every shape, colour and arrangements. People not only come from miles around, but donate too. The Baker's family fundraising has raised thousands of pounds. Thank you to all of the Baker family for their support and a great idea.



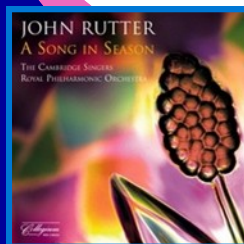
Congratulations to Emma Painter from Berkshire who was lucky enough to be chosen to take part in the London Marathon this year. Emma's mother told us that she is very proud of her daughter for raising £800 in memory of her late husband Terry. Emma still runs everyday and is hoping to take part in the marathon again in 2011.

Ryan Brown and Ian Morrey, both 19, from the Air Training Corps 2465 (Luton Icknield) Squadron organised a successful fundraising evening on 18th June 2010. The event raised £1481 which exceeded the original £1000 target, the funds raised will be used to do further research into bowel cancer.



Troll beads are popular bracelet attachments made of precious metal and glass. Wes Stefan of Stefan's Jewellers in Northampton nominated Cancer Research UK to be their chosen charity at a Troll bead convention. With his team, Stefan provided cakes and troll bead prizes for hourly lucky dips. Mark Hillard and Moe Tatum of the Action Team manned the stall on the day and raised over £1,050.

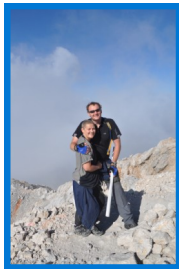
"Give Fundraising a Christmas Glow..."



The composer John Rutter has released a CD with the first recording of "Look to the day," the moving anthem he kindly composed for Cancer Research UK as part of our Thanksgiving Service at Ely Cathedral in September 2007. The anthem was also subsequently used at the Canterbury Cathedral Thanksgiving Service. The CD is called "A Song In Season - Sacred music by John Rutter" and is performed by the Cambridge Singers and the Royal Philharmonic Orchestra.

Supporter Successes

A huge well done to the TriGav Climbers of Henley. Ten couples who all have children at the same school in Crazies Hill climbed the highest mountain in Slovenia in July.



The group were kept motivated by their leader, Jo Taylor, who is a breast cancer survivor. They initially aimed to raise £25,000 but have smashed that and are on £52,000 and still climbing! Our thanks go to this incredible group who have put their hearts and souls into supporting Cancer Research UK.

Congratulations to Oliver Rice and friends from Stevenage, Herts who organised their 7th annual dinner dance for the Cancer Research UK in October. The event started as a one off party to raise money for the cause in 2003, but has now grown to an annual event with four organising members bringing a night of fun to more than 300 guests. This year Oliver made donating in the auction section of the evening even easier by using a justgiving page. Early indications are that this years event has raised in excess of £15,000. If you would like to see Oliver's justgiving page visit: <http://www.justgiving.com/Oliver-Rice>



Bill Faulkner was bowled over by the amount of money he has been able to raise for breast cancer research this year. With the cause very close to his heart Bill took one of our Breast Cancer Awareness collection goblets into his local bowling club – Chesham Bowling Club – where he is captain this year. Bill also organised a Charity Bowls Day with the club playing against the Dennyside Bowling Association, an organisation that actively supports charity programmes within the bowling world. The day along with the collections throughout the season, have raised a fantastic £1900 with further donations still coming in. Our grateful thanks to Bill and Chesham Bowls club for supporting our Join the Fight Breast Cancer Research Campaign.

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Visit www.shoptobeatcancer.org.uk or pop into your local Cancer Research UK shop for a great range of gifts and all your last minute Christmas supplies.

Spread some Christmas spirit and help support Cancer Research UK by grabbing those last minute gifts, stocking fillers and decorations online from the comfort of your own home or by visiting one of Cancer Research UK's 566 nationwide shops .



Visit www.shoptobeatcancer.org.uk
Or, find your nearest Cancer Research UK shop at www.cancerresearchuk.org/shopping

Get that festive feeling and help beat cancer!



Local Supporter Conference Success

Our Local Supporter Conferences in September and October, were opportunities for some of our valued supporters to meet other fundraisers like themselves from other fundraising groups and initiatives in their area. The meetings worked well as a time for sharing ideas and successes and for discussing new ideas for the future. The conferences were also a chance to say 'Thank You', to some of those who make Cancer Research UK's life saving work possible.

Those lucky enough to be able to attend either of the Local Supporter Conferences were treated to a talk from one of two scientists working in the local area and whose work is directly involved with Cancer Research UK.

At the conference in Reading, preconceptions of the role of a Plastic Surgeon were turned upside down as Mr Milap Rughani, Plastic Surgery Registrar & Clinical Research Fellow at Oxford Biomedical Research Centre, spoke about his role as a Plastic Surgeon and Melanoma.

Supporters at the Milton Keynes Conference were given a fascinating talk by Professor Mike Hawkins, Chair of Epidemiology and Director of the Centre for Childhood Cancer Survivor Studies. He explained how, with his team, he examines years worth of data from people diagnosed with cancer as children to see if the cancer/treatment received has an impact on their future health and lives.

Organisers of both Local Supporter Conferences would like to thank all of our amazing fundraisers and speakers who attended the conferences and made them a great success.



Our Local Progress...

The Role of Plastic Surgery in Melanoma



The term 'plastic surgery' is associated with Hollywood and facelifts! However the majority of plastic surgery operations treat cancer, accidents or congenital deformity. Melanoma is cancer of the skin and is the fastest growing cancer in young adults. It is unpredictable and can spread to other organs. Patients with widespread melanoma have few proven treatments available. Therefore the principle treatment is surgery.

Plastic surgeons work within multidisciplinary teams in managing melanoma. We see patients with suspicious moles and once melanoma is diagnosed, we excise the cancer and surrounding skin. Plastic surgeons employ various techniques including moving local areas of skin (flaps) or transporting new skin (grafts) to reconstruct the surgical defect.

Additional surgery to detect the spread of melanoma via the lymph glands (sentinel node biopsy) is also performed. If positive, all lymph glands in the area are removed at a further plastic surgery operation (block dissection). Our on going research aims to predict pathways in the spread of melanoma. If we are successful, we can identify patients at higher risk of melanoma spread and offer earlier treatment.

Mr Oliver Cassell, Consultant Plastic Surgeon, John Radcliffe Hospital, Oxford

Mr Milap Rughani, Plastic Surgery Registrar & Clinical Research Fellow Dept Medical Oncology, Oxford Biomedical Research Centre

Fundraising Groups and Committees Chat



New Local committee in the making for events in Milton Keynes.

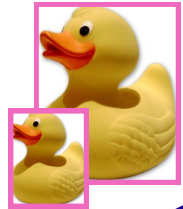
Get on Your Bike MK organised by Carol Osborne and her team had the best year ever! Thanks to Carol and her team having a dedicated website created for the event (www.getonyoubikemk.org), getting the radio and press involved and getting hundreds of leaflets and posters out, local people really got to hear and see a lot about her event. This year's Get on Your Bike MK was also advertised on our Cancer Research UK web pages. That in turn encouraged riders to use the online facility www.justgiving.com. Carol was delighted to announce that she and her team have raised over £17,000, nearly £10,000 up on the year before, and sponsorship is still coming in! Now Carol is busy planning for 2011. She has decided to create a new dedicated committee for the Get on Your Bike MK event and is gathering dedicated members. Well done Carol and team.



Congratulations to CRUW (Cancer Research UK Ware) who held their first two events in October and November. The Fashion Show and Christmas Fair were both huge successes and they are already planning events for 2011!

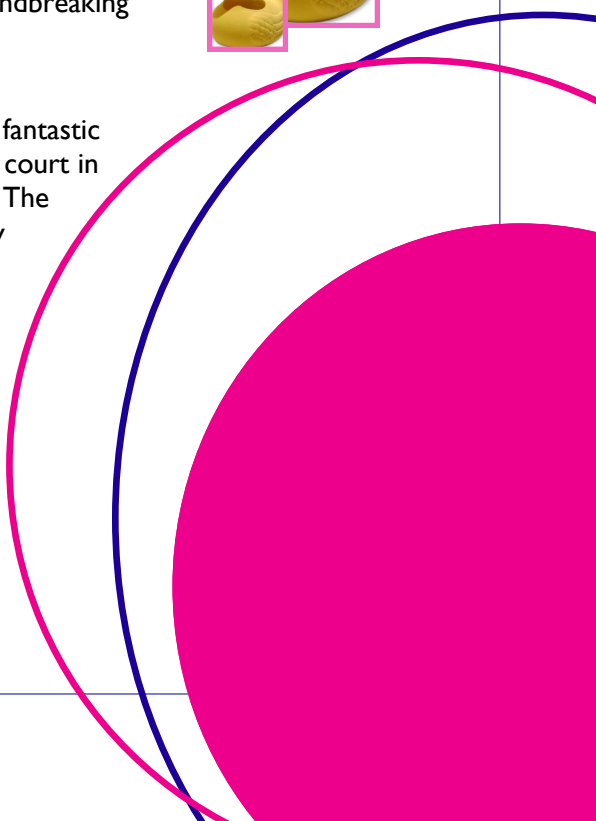
Would you like to become part of one of our new Fundraising Groups for Cancer Research UK? Why not give Hayley a call on 01865 332775 to find out more or email hayley.callacher@cancer.org.uk

Annual Charity Golf Day Success. It was a beautiful sunny autumn day for Anthony Ogden's annual charity golf day at Ashridge Golf Club in Little Gaddesden. Anthony is one of our Local Honorary Organisers in Hertfordshire and has been putting on the golf day for Cancer Research UK for many years. The event was warmly supported again this year and is expected to raise a fantastic £8,000 for our groundbreaking research.



And the answer is... Chiltern Friends of Cancer Research UK raised a fantastic £1700 at their Autumn Quiz Night in October. The Quiz Master held court in the room and everyone enjoyed the delicious wine and cheese buffet. The Chiltern Friends have a large network of supporters who always enjoy attending their well organised and lively events. The Friends are now busy with final preparations for their Christmas Carol Concert taking place in Old Amersham on 3rd December.

A Quacking Day Out! Amersham & District Friends of Cancer Research UK held their annual duck race on August Bank Holiday Monday. The good weather brought out many local supporters who each paid to enter a duck in one of the five heats, before the grand finale took place. All prizes were duck related, ranging from water colour paintings to cuddly toys! The event raised around £285 and much awareness of Cancer Research UK and the Amersham Friends.



Relay for Life News



...That's all folks!!!!

Well, we have reached the end of the season and the flying banners have been packed away for another year. And what a great year..... there has been plenty of laughter and tears with lots of fun, inspiring and memorable moments to keep us going as we plan for next year.

We would like to say a big thank you to the Committees of the 6 events that took place in our region: Ascot, Aylesbury, Buckingham, Luton, St Albans, and Witney. These committees organised fantastic, exciting, emotional events with over 1700 team captains, members and Survivors walking the track.

Nationwide over 16,000 thousand team captains, team members and 2000 Survivors have taken part this year and so far we have banked over a fantastic 1.5 million with much more still to come in! That is a fantastic contribution to our Scientists and research.

In 2010, we have had two International Heros of Hope awarded by the American Cancer Society (ACS), Nigel Lewis Baker from Relay For Life Ascot and Lawri Duncan from Relay For Life Plymouth, in recognition of their outstanding contribution to the global Relay For Life movement.

We have submitted 10 nominations to the International Heart of Relay Awards. The awards given to winners are designed to recognise and applaud the amazing work that goes on within the Relay for Life worldwide programme and to share your success with the rest of the world! We will hear more about this from the ACS in October.

It has been a rollercoaster of a year, but yet again you have dug deep and pulled out all the stops to produce fantastic events and raise funds and awareness of cancer in your communities. Thank you from all at Cancer Research UK and everyone who will benefit from the money you have raised.



...Together we will beat cancer



Festive Fundraising Ideas

You Can Beat Cancer with Christmas Cheer!

Christmas Calendar Twist– get sponsored to run a mile each day (or further!) instead of tucking into those naughty calendar chocolates and feel good in time for Christmas. Or do it in January as your New Year's Resolution!

Christmas Cake Bake or Quiz– hold a Christmas quiz or cake sale and ask for donations instead of a set price.

Homemade Christmas Card Sale– ask for donations for your creative homemade Christmas cards.

Festive Friends– Give a donation to dress up an Angel or Rudolf at school for a day.

Christmas Pantomime– Put on a play, pantomime or carol service and ask for a donation as an entry fee.

Christmas Party– get into the Christmas spirit raise money at your work's Christmas Party this year.

Unwanted Gifts Sale– sell your unwanted gifts instead of letting them disappear in the back of your cupboard!

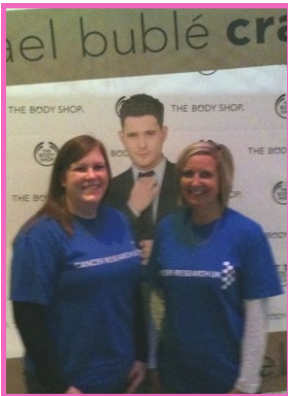
In your area

Grant Batchelor, a Master Thatcher based in Brackley offered his help to promote breast cancer awareness in October; his family having been touched by this disease. He has donated to the cause in the past, but this was something different - he was going to really raise the roof on it! He got permission from the owners of the lovely thatched cottage in Old Town Brackley to attach a pink bow and banner to their roof whilst he was re - thatching it. It is on a popular dog walking route so would hopefully attract a bit of attention.



Volunteering in the community

We are very lucky to have been given the opportunity to collect at a number of concerts at Wembley Arena. As you can see, Tracy Minson and Joanne Farren had a wonderful time collecting at the Michael Bublé concert. Quite often our collectors get in to see the show free of charge as well, which is an extra bonus! From July to December last year, this raised an extra £16,000 for Cancer Research UK, a fantastic achievement! We would love to continue raising amounts like this but are lacking in collectors! So if you'd like to join in, or know of anyone who would, please contact Louise Ashford on 07918 608 499 or at louise.ashford@cancer.org.uk.



Do you know a Little Star?

Cancer Research UK has launched its Little Star Awards for 2010-11, in partnership with TK Maxx, to celebrate the courage of children who have been diagnosed with cancer. All nominees will receive a Little Star trophy, a T-shirt and bear, and a certificate signed by celebrities. The first 300 children nominated will also receive a £50 voucher for TK Maxx.

If you know a child aged under 18 who you want to nominate, visit www.cancerresearchuk.org/littlestar/ for more information. Nominations are open until 28 February 2011.



Busking Cancer is one of Cancer Research UK's new and fastest growing fundraising campaigns. It was founded by Cancer Research UK volunteers, Mark Warrick and Jamie Latty in 2007, when they went busking in aid of Cancer Research UK on London's South Bank. After raising over £1,500 in just 3 hours they decided to make Busking Cancer a national event. Musicians across the UK from Belfast to

Brighton are now signing up for our Busking Cancer weeks!

You can join in with Busking Cancer all year round and how you plan your busking event is completely up to you. Any one can sign up so if you are interested in finding out more about Busking Cancer, visit <http://www.buskingcancer.co.uk>.



Dates for your diary

Event	Date	Location	Organiser/Details
Carol Concert	17/12/10	St Mary & All Saints Church Windsor End Beaconsfield Old Town	Beaconsfield Friends of Cancer Research UK - For tickets email: bfboxoffice@aol.com
Kempston Musical Society's Carols for All	18/12/10 7.30pm	Kempston East Methodist Church, Bedford Road, Kempston, Bedford, MK42 8DA	Cancer Research UK's Bedford - Call: 01234 354183 or email: sue.butler43@btinternet.com Tickets £6.00
Busking Cancer Week	11/12/10 - 19/12/10	Anywhere	Register online at: www.buskingcancer.co.uk
Quiz Night	22/01/10	Cuffley Hall, Maynards Place, Cuffley, Herts, EN6 4JA	Cuffley Group of Friends - £10 per ticket incl. supper (tables of 8)
Chinese New Year Restaurant Evening	01/02/10	To be confirmed	St Albans & Harpenden Local Committee - For more information email: Bob Ferguson at bob.ferguson1@gmail.com
Valentines Bridge Drive	14/02/10	The Fitzwilliam Centre Windsor End, Beaconsfield	Beaconsfield Friends - Please contact Jane on 01494 673140 for a place
Silent Auction	18/02/10	To be confirmed	Harpenden Friends of Cancer Research UK - For more information email Sally Ramshaw at Ramshaw.family@talk21.com
Film Night	10/03/10	To be confirmed	Chiltern Friends of Cancer Research UK - For more info email Emma at emmajane.jeffrey@btinternet.com

Contact your Local Fundraising Team:

Donations: Cancer Research UK, Unit 7400 The Quorum, Oxford Business Park North, Cowley, Oxfordshire, OX4 2JZ

Correspondence: Same as above

Area Volunteer Assistant & Local Update Editor: Hayley Callacher, e-mail: hayleycallacher@cancer.org.uk

Area Volunteer Managers: Elizabeth Melvin, Louise Ashford, Rachel Brockie, Sarah Collins, Victoria Gilham

Senior Area Volunteer Manager: Jo Patching

Regional Manager: Nicola Hunter

Cancer Help UK

Freephone our cancer

information nurses:

0808 800 40 40 9am - 5pm

Mon-Fri or visit

www.cancerhelp.org.uk for
cancer information

Visit our online forum,

Cancer Chat

Share your cancer experiences and information with new friends at

www.cancerchat.org.uk.

