


force matters

Knockout year
for support



CAN YOU FEEL
THE FORCE?

Nobel scientist
notes our
research

Youngsters
offer
inspiration



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MERVYN EXEMPLIFIES THE VALUE OF CONTINUITY



By Meriel Fishwick
FORCE CEO

A HUGE AMOUNT has been achieved since the last newsletter with record numbers of people now using FORCE Support Services. We have welcomed several new staff and they are helping to cover our outreach projects and provide additional support in the Centre.

One of the strengths of FORCE over the years has been the continuity provided by long-serving staff and volunteers. As many of you will know, Mervyn Hayes is one of the original FORCE team, joining in 1991 to manage the Finance and Administration. He planned to retire in 2006 but retirement and Mervyn wouldn't have made good bedfellows and he has been working with our Friends of FORCE Groups ever since.

Some of the highlights of Mervyn's 25 years with FORCE include: raffling a car (one of the Charity's first major fund-raising initiatives), opening the FORCE shop in 1995 (shop net profit over £2 million to date), playing an

ugly sister in the first FORCE pantomime, organising superb concerts in the Great Hall, overseeing the building of the FORCE Cancer Support Centre, singing in hundreds of concerts to raise funds for FORCE (he has one of the finest baritone voices you'll ever hear), modelling in fashion shows and so the list goes on.

There has also been a ridiculous amount of fun along the way and the fun continues in many of our events, as you will see in this newsletter. On behalf of all the friends he's made, I'd like to thank Merv for all he does. It is important to stress, however, that this is not a valedictory piece – Mervyn has no retirement plans!

The breadth of the services we've developed has enabled FORCE to offer a range of support to people of all ages and it's lovely to read reports from some of the young people who've got involved in fundraising for FORCE. They remind us that FORCE is already touching the next generation. ■



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FORCE Cancer Charity
Corner House
Barrack Road
Exeter EX2 5DW

Patient support:
☎ 01392 406151
@ support@forcecancercharity.co.uk

Fundraising:
☎ 01392 402875
@ forcecf@forcecancercharity.co.uk

FORCE Charity Shop
73 Fore Street
Heavitree
Exeter EX1 2RN
☎ 01392 271652
Open: 9.30 - 4.30 Monday to Saturday

Patron: Mr Martin Cooper
Chairman: Dr Anne Hong
Registered Charity No: 1140676
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Funds provided for vital equipment

PROVIDING FUNDS TO BUY the most advanced life-saving equipment available for the diagnosis and treatment of cancer is one of FORCE's key objectives.

It is part of our ongoing strategy to ensure that local cancer patients along with their carers, families and friends are fully supported.

Our charity has spent more than **£1.5million** on cutting edge technology to enhance patient care at the Royal Devon and Exeter Hospital and we are proud to say that anyone treated for cancer locally has likely benefitted from equipment purchased by FORCE.

In the past year we have made a further **£92,600** available for new items on top of **£50,000** designated over two years to fund iPads and the development of bespoke software that enables patients to complete a holistic needs assessment (EHNA) following diagnosis and occasionally throughout treatment. The information from these assessments can be used to signpost patients to relevant services, many of which are provided by FORCE.

ELECTRO CHEMOTHERAPY MACHINE – £60,000

This device gives targeted treatment for certain skin cancers, unreceptive to other methods. Electro-chemotherapy is a fairly new technique for getting chemotherapy into cancer cells. It combines a low dose of a drug and an electrical pulse, which is applied directly to the cancer cells using an electrode.

The pulse to the tumour changes the outer layer of the cancer cell and makes it easier for the chemotherapy to get inside and fight the disease. This procedure has the advantage of preserving healthy tissue when compared to other treatment options. It can also be used to shrink large cancers, making them easier to remove surgically and may reduce symptoms and improve quality of life for some patients.

Many people find that after electro-chemotherapy, the resultant relief from their symptoms means they are able to then lead a fuller and richer life.

PATHOLOGY SAW - £20,000

Delivered in January, this saw cuts ultra thin samples, allowing tumours to be analysed more quickly than traditional methods.

ULTRASOUND MACHINE FOR HAEMATOLOGY - £5,200

FORCE and ELF have each funded 50 per cent of the cost of an ultrasound machine to help position PICC lines - peripherally inserted central catheters used to give chemotherapy treatment or other medicines - for haematology patients.



Pictured (left to right): Meriel Fishwick, FORCE Chief Executive, Vicky Shawyer, Senior Vascular Access Nurse Specialist, Neil Toghil, Matron Yarty Ward, Kate Denby, Haematology Clinical Nurse Specialist, Mags Naylor, ELF Chief Executive, and Helen Dagger, Lead Chemotherapy Matron.

TOUCHSCREEN TABLETS FOR ONCOLOGY - £3,200

These new hand-held computers, similar to those used in graphic design, reduce the time needed to plan treatment, improve accuracy and potentially lead to better outcomes for patients.

Those suffering from head and neck cancers, pelvic tumours such as rectal, anal and cervical cancers and thoracic tumours such as lung or oesophageal cancers are set to benefit most.

Modern radiotherapy, known as conformal radiation therapy, gives doctors much more control in treating cancer.

Special computers use CT scans to create a 3D map of the tumour. Beams can then be delivered from several directions much more accurately, to within 1-2 millimetres.

It means maximum doses of radiation delivered to the cancer and minimum exposure to healthy tissue.

Consultant clinical oncologist and FORCE trustee Dr Jenny Forrest explains: "We currently draw our target and normal tissues on CT scans using a mouse. This process is very time consuming, taking many hours for any individual patient. The new tablets allow us to draw directly on to the screen with a stylus and manipulate the image to get the best definition. Contouring directly on to a touchscreen has been shown to be more accurate and quicker than using a mouse. Studies have shown that accuracy of radiotherapy contouring can affect patient outcome and improve survival. Inaccurate contouring will mean missing the target and potentially less likelihood of a cure and/or more long term side effects."

APPARATUS FOR LARYNGECTOMY PATIENTS - £2,700

Funding for a pilot project to enable laryngectomy patients to exercise in the hydrotherapy pool through use of specialist snorkels.



RECLINING CHAIR FOR GYNAECOLOGICAL PATIENTS - £1,500

Donations from a generous individual have funded a third specialist chair which make life more comfortable for gynaecological patients post-surgery. ●

Nobel Prize winner hears about FORCE research

FORCE was built on a commitment to fund local research into cancer. Our charity finances the University of Exeter Medical School's Cancer Research Group and PhD student Zahid Pranjol is the latest member of the team to raise awareness of the work made possible by FORCE to a global audience.

“WITH CONTINUOUS SUPPORT from FORCE Cancer Charity, our research has gained significant international attention. In 2015 I was awarded a travel grant of 500 Euros to participate at a conference more than 4,200 miles away in the Russian city of Tomsk - one of the oldest towns in Siberia. The conference called Cellular and Molecular Mechanisms of Tumour–Microenvironment Crosstalk was held at Tomsk State University and run by the European Molecular Biology Organization (EMBO), a well-respected scientific community that supports research that have had significant impacts in medicine.

I had never travelled to Russia before and even obtaining a visa was quite a challenge. The journey to Tomsk involved changing flights in Moscow but once I arrived, the journey was well worth the effort. Tomsk is a beautiful city and the conference was excellent, featuring delegates from Russia, other European nations and the USA. I gave a talk and presented some of my novel data on the mechanisms



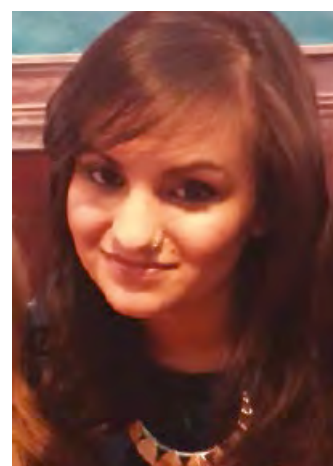
“I had some fantastic feedback from fellow delegates and the opportunity to discuss my work with other cancer researchers”

involved in the spread of ovarian cancer, obtained throughout the first two years of my PhD training.

The scientific audience included Nobel laureate Harald zur Hausen, who won the Nobel Prize in Physiology and Medicine in 2008. I had some fantastic feedback from fellow delegates and had the opportunity to discuss my work with other cancer researchers – all in all, a great trip and an excellent opportunity to advertise the cancer research we do here in Exeter.”

First bursary beneficiary helped with US studies

Muntasha Quddus is the first recipient of the Dr Christopher Giles Rowland Bursary, established by FORCE in memory of our charity's co-founder. An award of £1,500 will be made each year to a second year student at the University of Exeter Medical School opting to take a Professional Training Year linked to oncology. Twenty-one-year-old Muntasha from Manchester began studying Medical Sciences at Exeter in September 2013 and is currently completing her PTY in the USA.



“I HAVE ALWAYS had a great interest in learning about the science underlying the medicine that is practiced and this is exactly what Exeter offered. The University as a whole is a great place to study and it is also in a great location.

I am currently completing my Professional Training Year at the Center of Cancer Epidemiology and Prevention at the University of Chicago. I chose to do my placement here as it is one of the leading universities for research in the United States. I have always wanted to spend a year abroad and thought this would be the perfect opportunity to do so. I am really enjoying my time here, learning a lot of new skills in the lab, working with state of the art equipment and also getting to explore this amazing city!

Most of my research project here is learning more about non-melanoma skin cancers and how our genetics and the environment play a part in this. After I complete my undergraduate degree I would like to do a masters and PhD and go into clinical research. I have applied to present some of my work at the annual meeting for the American Society of Clinical Oncology in June. I am also looking to attend a few other conferences this year. I feel these will be a great help in networking with other professionals in this area and help me learn more about the most recent advances made in cancer research.

I am delighted to have received the FORCE bursary this year. It has been a great help in allowing me to make the most of this year and with attending all these conferences to broaden my knowledge.” ■

New trustee keen to spread the word among GPs

FORCE'S NEWEST TRUSTEE is Moretonhampstead family doctor Sally Kidner.

She was appointed this year and within her new role she aims to spread the word to fellow GPs in Devon about what FORCE can offer.

"I'd like to reinforce the signposting of our services and get more literature and information about the work of FORCE into more Devon practices," she said. "Many GPs are not aware of what goes on at FORCE and what support is available for patients and families."

Sally began what she describes as her dream job at the Moretonhampstead Health Centre, just a few miles from the family home on Dartmoor, in 2002.

"I gradually became aware of how FORCE was helping a number of patients," she explained. "FORCE provides an extra line of communication and looks after aspects of patient care that can be difficult to provide within the NHS when you don't have time or resources."

"The charity allows individuals to be themselves at what can be a terrifying time, something that's not always possible within their families. They are given the time and space to accept their illness and how they are going to deal with it. From my point of view as a GP, that sort of connection should be strengthened to provide people with an important secondary level of care."

Sally is full of praise for our Support and Information Centre. "It has a wonderful atmosphere, very positive energy and a great team working there. It's somewhere you would want to go to feel looked after," she said.

A mother of four – three girls and a boy – Sally studied bio-chemistry at Oxford and moved into research, working in agriculture until she decided on a career change in her 30s and applied for medical school.

She trained at Barts (St Bartholomew's Hospital) in London and in the East End with a view to becoming a GP. Her husband, James, works for the Foreign and Commonwealth Office and after postings



Stella King

Support for friends and family

A NEW GROUP has been launched to support family and friends caring for someone affected by cancer.

It has been set up by FORCE Oncology Support Specialists Emma Ellis and Stella King.

The course offers an opportunity to meet people in a similar situation. Each session allows time to discuss subjects important to you and to support each other in an informal setting.

Emma has highlighted the need for informative and educational input as well as offering emotional support. Topics will include anxiety management, benefits, family concerns and practical information.

For more information on the Family and Friends Group please contact Emma or Stella on 01392 406168.

We look forward to hearing from you.

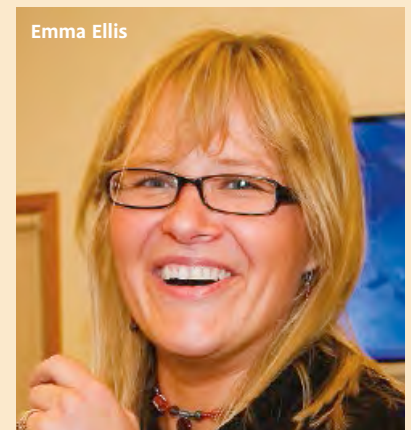
"FORCE provides an extra line of communication and looks after aspects of patient care that can be difficult within the NHS when you don't have time or resources."

in India and Malaysia, the family spent four years in Bulgaria where Sally ran a clinic for expats out of the embassy in Sofia

"It was fascinating to see how another medical system worked," she said. On their return to Britain, the family settled in Devon in 2000 in the home her husband was brought up in.

As well as family commitments and her work for a practice that prides itself on being a key part of the community in Moretonhampstead, Sally also enjoys playing the piano and hill running most mornings.

"I feel very humble to have been asked to become a FORCE trustee," said Sally. "I was looking for something to become involved in beyond what I was already doing. I had patients who were having a very positive time with FORCE's support so I was delighted when I was approached to join the charity." ●



Emma Ellis

V-force underpins everything we do

VOLUNTEERS ARE VITAL to the success of our charity. Without them we would not be able to offer the level of support we do to anyone locally affected by cancer. Their selfless contribution to FORCE underpins our commitment to fund research, purchase equipment, run our Support and Information Centre and offer help

at the Royal Devon & Exeter Hospital and at our outreach service locations, in our award-winning shop and at fundraising events. We are fortunate to have more than 120 regular volunteers. Here are some facts and figures about their contribution to FORCE.

 RD&E SNACK BAR: 4,000 hours per year	 SUPPORT AND INFORMATION CENTRE: 7,000 hours per year	 SHOP: 7,300 hours per year	 OUTREACH: 400 hours per year
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If these hours were paid at the minimum wage it would cost our charity at least **£125,000** per year – that's the cost of running our Support Centre for more than **six weeks**

 More than 250 people volunteered to help at FORCE events during 2015	 120 volunteers helped out at The Nello	 More than 150 cakes were baked by volunteers
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The statistics below from 2015 illustrate the level of support FORCE offers in Exeter and the wider community in Devon through our outreach centres in Tiverton and Okehampton.

<p>SUPPORT SERVICES</p> <p>21,367 visits to the Centre</p> <p>12,719 women + 5,214 men = 3,434 not specified</p> <p>BENEFITS ADVICE 555 appointments filled with a predicted award of £941,000</p> <p>8,000 Support Group attendance</p> <p>6,250 Phone calls to Information Services team</p>	<p>RESEARCH</p> <p>£70k FORCE funds £70,000 of research annually</p> <p>EQUIPMENT</p> <p>£200k+ Over £200,000 purchased or allocated for equipment</p>	<p>21,367 visits to the Centre</p> <p>7 counsellors delivered 2,719 sessions</p> <p>2,294 complementary therapy sessions booked</p> <p>1,305 acupuncture sessions booked</p> <p>EXERCISE GROUP</p> <p>Attendance: Heavitree: 500 Support Centre: 377 Ottery St Mary: 307</p> <p>430 Health & Wellbeing Clinic attendance</p>	<p>HELP US PROMOTE THE BENEFITS OF VOLUNTEERING</p> <p>WE WOULD LOVE our volunteers to get involved on our Facebook site to spread the word about the great work you all do for us.</p> <p>Would you be prepared to write a short paragraph about your volunteering for us to share with our supporters?</p> <p><i>I love volunteering at FORCE because....</i> <i>I had a great morning / afternoon at FORCE today when....</i> <i>I have been a volunteer at the FORCE Shop for several years now. My role is...</i></p> <p>Please contact Naomi Cole in the fundraising office on 01392 406153 or naomi.cole@forcecancercharity.co.uk for further details. Check out our Facebook page: www.facebook.com/forcecancercharity</p> <p>THANK YOU FOR GIVING US YOUR TIME</p>
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Teamwork is a key factor in the success of our volunteer force and among those supporting us are a number of couples who give their time in many different roles. BRIAN AND SANDRA HONE and TREVOR AND DILYS CLARKE are just two of our teams of husband and wife helpers.

Couples offer us support AT THE DOUBLE



BRIAN AND SANDRA

Sandra: “I was the first person interviewed for a volunteering role at the FORCE Support Centre when it opened in 2004 and I’ve been part of the team ever since. I volunteer at the Centre every Friday and we also help out at events like The Nello and the Christmas Fayre. Our association with FORCE goes back many more years than that though. We got to know Chris Rowland (FORCE co-founder) and Gerry Gillespie (FORCE Oncology Support Specialist) when our eldest daughter Sally was ill and I had great support from Joan Cooper (FORCE trustee and former Cancer Nurse Specialist) and Annie Kerr (FORCE Information Manager and former Breast Care Nurse) when I was diagnosed with cancer 19 and 16 years ago. The people who work for FORCE are a special breed and I love volunteering at the Centre. It’s such a happy place and you feel part of a family. I can’t believe how much FORCE has grown and I am so glad to be able to put back some of what the charity has given us. It’s so needed and you wonder how some people would survive without it.”

Brian: “I retired as a cashier and bookkeeper in 2003 and I was already helping out with counting money for FORCE in Noy Scott House at the RD&E before the Support Centre opened. We also belonged to an organisation that had nominated FORCE as its chosen charity and bought some equipment. The opening of the Support Centre was such a significant development for the charity. That’s when

Sandra got more involved. We both volunteer on a Friday. I work in the finance department, counting cash. I really enjoy coming in, it’s a real pleasure to be part of the team. We even try to organise our holidays around our volunteering time.”

TREVOR AND DILYS

Dilys: “I retired three years ago and decided I’d like to give something back. I came to have a look around the FORCE Support Centre and I instantly felt comfortable. It made me think that if I felt relaxed, patients would too. I volunteer every Thursday and I absolutely love it. There’s a team of four of us and we take it in turns to cover the Support Centre and Cherrybrook, Yeo and Yarty wards at the RD&E. I really love talking to people and it’s lovely to know that we have the time to natter with patients about anything they want to. They are always so grateful but I get much more from them than I give. I get a real lift from being able to support patients and their families and friends and when I leave on a Thursday I’m on Cloud 9”

Trevor: “I retired last May and with Dilys already involved, to volunteer for FORCE seemed like a natural progression to keep me out of mischief! I do one afternoon a week, or more if required, and look after the gardens. Although not a skilled gardener, I know what to cut and what not to cut and how to keep things tidy. To date I don’t think I have killed anything! It’s nice when someone visiting the centre comments on the garden, and although I was not in at its inception, it is nice to know my efforts are noticed.” ●





Vanessa exercises influence in East Devon

AS FORCE CONTINUES to investigate outreach opportunities in East Devon, one woman is already promoting the work of our charity in that part of the county.

Fitness instructor Vanessa Cross took the Level 4 Cancer and Exercise Rehabilitation qualification, funded by FORCE, and is now helping patients in the Axminster area with plenty of positive feedback.

She is part of a network of exercise professionals across Devon offering support for cancer patients closer to where they live.

“What FORCE does is so amazing and it’s great that they’ve given me the opportunity to help people in my area. I’ve become more and more involved in rehab work and that’s where my passion lies,” said Vanessa.

FORCE Oncology Physiotherapist Louise Ballagher refers patients to qualified instructors who assess their needs and come up with tailored exercise programmes, designed to improve their general health and wellbeing.

Vanessa is based at the LED-run Axminster Leisure Centre and will also work at the new facility due to open in Seaton this summer.

She is brimming with ideas to develop fitness opportunities beyond the initial eight to 12 week programmes devised by FORCE.

“Once people get used to exercising in an environment where they feel safe, I’d like to be able to integrate them into other supervised sessions that they would feel comfortable joining,” said Vanessa.

Walking groups, gentle aqua aerobics and

low impact circuit training are just some of the programmes she has in mind.

Vanessa is a great advocate for the work of FORCE and the benefits of exercise. She has already met with local GPs to promote cancer rehab. LED, who manage leisure facilities in East Devon and South Somerset and already promote FORCE-funded exercise sessions with instructor Tracey Paddon at Ottery St Mary, have also been supportive.

As well as her commitment to promoting health and fitness – and she practises what she preaches with a keenness for cycling that has seen her take part in FORCE rides – Vanessa is also involved in amateur dramatics and is a member of Axminster Musical Theatre and Seaton Testudo Musical Players. ●

In last year’s newsletter we featured retired engineer Jim Payne, who credits the FORCE exercise programme with changing his life. He set himself a target of going sailing again after prostate cancer and we are happy to report that Jim, 83 this year, has fulfilled his ambition. Congratulations Jim!



**VOLUNTEER
WALK
LEADERS
NEEDED IN
TIVERTON AND
OKEHAMPTON**



When you are living with or after cancer, physical activity can help you make a positive change to your life.

Walking is one of the easiest ways to become active and FORCE is working with the Walking for Health scheme to provide walks in Tiverton and Okehampton where we operate outreach services.

We are looking for walk leaders to help people get active by leading and supporting health walks.

For more information please call us on 01392 406151

Change for secondary breast cancer group

THE FORCE Secondary Breast Cancer Group is changing to offer support for more women when they need it most.

The group has run for the last 10 years with limited numbers meeting 10 times a year for two-hour monthly sessions.

The meetings have been well attended and two reviews showed that participants found it a support while also challenging.

However, as a result of the changing nature of a secondary diagnosis – when the cancer has moved from its primary site in the breast to other parts of the body – we wanted to provide support for more women in a less demanding form.

We know that there are more people

“This support group plays a very important part in helping me to cope with the difficulties I am facing with my illness.”

“I get a lot of support from attending this group – both from the other members and also the facilitators who manage to get the balance of information and emotional support just right.”

living longer with secondary breast cancer but we were able to support only 12 women at any one time. So the group has changed to a monthly open meeting that women can access when it is right for them, without committing to every session. It is held at the FORCE Support Centre on the fourth Wednesday of each month (1:30-3:30pm).

The group provides a forum for women to discuss issues, share ideas and support each other. It is facilitated by Gill Gray, Lead Breast Care Nurse Specialist, and Sarah Delfont, Oncology Support Specialist. They

provide a continuity of support and ensure the safety of the group.

“For anyone thinking of attending, it is worth knowing that we laugh, we cry, we talk, discuss and support,” said Sarah. “When it is a difficult time for one, they are encouraged by those for whom it is an easier time – then the tables may turn and the support is reciprocated. Everyone is welcome who has had a diagnosis of secondary breast cancer as and when it is the right time for them.”

For further information please contact Gill Gray on 01392 402707, email gilliangray2@nhs.net or Sarah Delfont on 01392 406169, email sarah.delfont@nhs.net

“At times there is great sadness when we lose a member but the benefits I gain from belonging to the group far outweigh the downside of these difficult times.”

Art class offers a range of creative opportunities

THE ART GROUP at FORCE explores a range of creative activities with a variety of approaches provided by artists Jess Carvill, James Hedge and Lucy Rockliffe. Between them they cover a number of disciplines including ceramics, painting, printmaking, sculpture, animation and textiles.

Classes are held on Thursdays from 2-4pm. They are varied and feature themes like Colour and Form, Landscape of the Imagination, Felting Nature and Ceramic Animal Tiles.

“Broadly speaking there are two benefits

to coming along,” said James. “One is the chance to develop existing skills and learn new approaches, helping to engage our imaginations. The other is achieved through a combination of activity and context. The mind becomes absorbed in making and this aids relaxing and unfolding in a safe place in which to share experience.”

In the first year of running sessions at FORCE we have had a very positive response. Here are some things group members said:

“I like meeting people in the group and making friends”

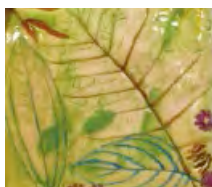


“I enjoy learning skills I have never tried before”

“This is really relaxing and the support of the others is wonderful”

“From our own perspective we enjoy sharing our enthusiasm for art,” said James. “We explore the potential of materials and help the individuals in the group to develop their talents, based on their interests. This is a definite highlight of our week!”

If you are interested in joining the group, please contact Annie Kerr on 01392 406151.



Learn how to RELAX & MANAGE ANXIETY

ONE OF THE most popular and successful programmes held at our Support Centre is the six-week Relaxation and Anxiety Management Course.

It is run by Oncology Support Specialist Emma Ellis, who teaches simple strategies for coping with anxiety, ways of relaxing while encouraging self-care and the value of personal time.

Emma explains: "It's natural to have feelings of anxiety and worry after receiving a diagnosis of cancer. There is no right or wrong way to feel. However, some people may have strong feelings of anxiety which are harder to manage. This can lead to difficulties in concentrating, irritability, being easily distracted and trouble sleeping, which increases tiredness levels.

"We also recognise the impact of a diagnosis on family and those supporting someone with cancer, which is why the course is available to both patients and carers at any stage on their cancer journey.

"We offer lots of different techniques for people to try. We don't expect everything to suit everyone but hopefully there will be something from the range of skills on offer which can help reduce stress and enhance coping ability in everyday life.

"Being able to talk to others with a shared experience can be very beneficial and helps people realise they are not alone."

The course is not a support group but participants benefit from chatting to others in a similar position and feedback has been extremely positive.

The Relaxation and Anxiety Management Course is free of charge and there is no need for a referral. Relaxation chairs are provided along with mats, pillows and blankets but people can bring their own if they prefer. The sessions involve up to 10 people.

The next course will run from **June 9 to July 21** with a break on July 7. The final course for 2016 is scheduled to run from **November 3 to December 8**.

Due to the popularity of this course, the Wednesday relaxation drop-in session changed its format and time from March. The sessions now run from 11.45am until 1pm, starting with 20 minutes of anxiety management followed by relaxation.

You do not have to stay for the whole 75 minutes. You can take part in the first 20 minutes or join us at 12.05 for the relaxation if that works better for you. ■

For more information or to book a place, please contact Emma Ellis on 01392 403051.

Relaxation & Anxiety Management

Every Wednesday
11:45am 20 minutes
of anxiety management
Followed by relaxation
12.05pm to 1pm
At The FORCE Cancer Support Centre
Patients and carers welcome

For details call
Emma on
01392 403051



Lingerie & Swimwear Fayre

For all women affected by Breast Cancer
at
FORCE Cancer Support Centre



Thursday 21 April 2016
5.00pm—8.00pm

Stockists:
Banbury's of Tiverton
Marks & Spencer
Nicola Jane

REFRESHMENTS!
Hand or foot massage

Entrance is FREE!

PLEASE CONTACT EMMA
ON 01392 403051
emma@forcecancercharity.co.uk
TO BOOK YOUR TICKET AS
SPACE IS LIMITED



Sarah Delfont, who leads the FORCE Oncology Support Specialist Team, reviews the past year and gives us an insight into the strengths of her department.



An amazing team offering invaluable support



“**WE HAVE BEEN** through many changes this last year as we worked towards our service settling down while still maintaining a strong thread of continuity. I want to acknowledge what is providing that thread for us all. First and foremost, it is our team!

Paul Grace joined us last year to provide family support and this has grown immeasurably. I think we need to clone him. The children, young people and families he supports find it invaluable. He keeps us up to date and on track with the necessary policies and manages to make it all seem easy and accessible. He has the requisite sense of humour too.

Emma Ellis has joined our team as an Oncology Support Specialist, having previously been the charity's Information Assistant. She has her own inimitable style of listening, reflection and laughter and contributes enormously to the work we do, both with individuals and in groups as well as providing the Relaxation and Anxiety Management Groups.

Stella King, Gerry Gillespie and I continue to offer counselling and support within groups and one-to-one. Stella has taken on the Younger Women's Breast Cancer Group with Breast Care Nurse Mary Allen and this is growing monthly.

Emma has joined Gerry in running the Bereavement Groups, which continue to help people through a really challenging time. Another Bereavement Group for partners will begin in April.

Stella and Emma are also launching a group for families and friends (see opposite).

Gerry is the longest serving member of our team and holds the ethos of our service in his heart, ensuring we never step too far from our focus on the people who walk through the door.

Stella maintains the balance for us through her previous work as a haematology nurse, her current role as counsellor and her life experience. She is another constant in the changing nature of our work.

Fiona Thomas has taken our work into the wider community at our outreach locations in Tiverton and Okehampton, where she has provided both counselling and support as well as information for people in those areas. She brings her own qualities of warmth, expertise and diligence to this role, which she has developed into an integral part of FORCE. This has been an incredibly valuable addition to our services, allowing people to get support closer to home.

Perhaps the person who deserves the greatest accolade is Nathalie Asmall. She has provided counselling and support with enormous heart and professionalism as a back-up for us throughout the year. We were so fortunate in being introduced to Nathalie. She has brought a huge amount of experience to the role, just picking up the reins and running with the work and with us as a team. Sadly we cannot extend this at the moment as we are back to full strength as a team.

We are also incredibly fortunate to be supported by Joan Cooper and Emma Barker, who co-ordinate and place our referrals with great sensitivity and patience (with us, not those using our services).

As the oldest, and therefore probably the first person who'll be put out to grass, I have taken on the lead of the team for two years. As our team has grown it seemed important to have one person to co-ordinate and manage the various threads that have been developed over the years. It has been an interesting and challenging time but the team has been an amazing support and hopefully between us we are developing a role which can be handed on over time.

Much of my time has been taken up with collaborating with the RD&E in providing Health and Wellbeing Clinics to all newly diagnosed patients are on the second stage of the pilot at the moment and feedback leads us to believe that it is providing much needed information at the start of treatment. I look forward to reporting further when the next Newsletter lands in your inbox or on your doorstep.” ■

COMMUNITY SUPPORT AT THE CORE OF OUR SUCCESS

FORCE IS BLESSED to receive backing from a fantastic community of local fundraisers and volunteers. Their support is at the core of our success. It enables us to maintain a breadth of services to help patients, their families and friends going through difficult times.

We have had another extremely successful year with an amazing diversity of events and challenges undertaken on our behalf, locally, nationally and around the world.

A big **THANK YOU** to all of you who support us and make it possible for FORCE to help so many local people affected by cancer.

TEXT GIVING NOW AVAILABLE

FORCE is now able to receive donations via a text from your mobile phone. You can donate £1, £2, £3, £4, £5 or £10 to us by simply texting **FORC16** followed by the amount to 70070.

This service is available on any mobile network and we get 100 per cent of every donation made this way. Once you've sent your text you'll confirmation that it has been received. Text donations are charged to your mobile phone bill or taken from your pay as you go credit. For more information go to www.justgiving.com/en/justtextgiving

MAKING IT EASY TO DONATE ONLINE

To make it easy for our supporters to donate online we work with Virgin Money Giving.

We set up most of our in-house events on their website so it is easy for you to create your fundraising page. The beauty of working with Virgin Money Giving is that you don't have to chase your sponsors for their money – it is all done online and the money comes straight to FORCE.

We also welcome regular or one-off donations online. Go to www.forcecancercharity.co.uk/supporting-us/donations and you'll find all the information you need with a link to Virgin Money Giving where you can make your gift to our charity. You will see there is a section allowing you to leave us a message. If you are able to give us as much information as possible about your contribution – whether it is a donation, monies from an event, sponsorship (who you are sponsoring and what they are doing) – that would really help our accounting department.

More than £120,000 has been raised so far during the 2015-16 financial year from fundraising pages on Virgin Money Giving and we are extremely grateful to everyone who supports us in this way.



Our **Friends of FORCE** groups raised over **£55,000** this year



More than **250** people volunteered to help at FORCE events during 2015



Over **200** cakes were baked by volunteers for the Nello



Over **£120,000** (including Gift Aid) has been raised so far during the 2015/2016 financial year from fundraising pages on **Virgin Money Giving**

THANK YOU to all of you who help make this possible

USEFUL NUMBERS:

Head of Fundraising	Sarah Daniels	01392 403066
FORCE Fundraiser	Naomi Cole	01392 406153
Fundraising Assistant	Heather Taylor	01392 402875
Friends of FORCE		
Groups Co-ordinator	Mervyn Hayes	01392 402875
Grants, Trusts, Legacies & Corporate Support		
Online Giving	Peter Payne	01392 406150
Chief Finance Officer	Katy Biggs	01392 406166
Finance Team Manager	Julia Pitts	01392 406164
Finance Assistant	Jacqueline Cosgrove	01392 406166
FORCE Charity Shop	Ros Driver	01392 406166
		01392 271652

Email: forcefr@forcecancercharity.co.uk

Web: www.forcecancercharity.co.uk

Follow us on facebook: www.facebook.com/forcecancercharity

Follow us on twitter: @forcecancer

WAYS TO SUPPORT FORCE



Organising or taking part in an event



Donating your time



Join a Friends of FORCE group



Corporates, clubs, societies, schools & colleges



Donating goods to our shop



A gift in your will



72 teams took part in the inaugural It's A Knockout, raising £23,500.



The Nello

CENTURY CYCLE CHALLENGE

1,400 cyclists took part, 120 people volunteered, more than 150 cakes were baked and £80,000 was raised



AUTUMN STORM CYCLE 2015

Autumn Storm took place for the second year. 500 cyclists took part, raising £8,000.



SANTA CYCLE

Now in its third year, 100 adults and children cycled along the Exe Estuary path in December and raised £4,500 for FORCE.

FRIENDS AGAIN PROVIDE FANTASTIC SUPPORT

ONCE AGAIN OUR Friends of FORCE groups have had a very good year. Between them they have raised £55,000 for our charity from no fewer than 55 different events!

In addition, they have continued to provide valuable support at the major fundraising events organised by FORCE as well as raising the profile of the charity.

During the last 12 months the range of activities undertaken by our FoF groups has been extremely varied. There have been coffee mornings, cream teas, sky dives, quizzes, raffles, fayres of every shape and size, street and supermarket collections, open gardens, concerts, breakfasts, wine and cheese evenings, golf days, pig racing and an antiques evening... to name but a few!

None of this would have been possible without the unbounded enthusiasm and support of not just the FOF committee members but also all those other supporters in the background who can be called upon to help out at fundraising events.

We are very grateful to you all.

Mervyn Hayes, Friends of FORCE Groups Co-ordinator



Kenton - Ivy's coffee morning



Kenton - Big Breakfast



Crediton Cruch cake stall



Jean Harris (third from right) was a valued and much loved member of our Exmouth & Budleigh Salterton Friends of FORCE Group. She passed away last June and will be sorely missed. We have received a substantial donation in her memory.



Exeter - Call My Bluff evening



Teignmouth - Easter Raffle outside Morrisons

Below: Burns Night event organised by Rotary in Crediton – the local Friends of FORCE group benefitted from the £800 raised



Axe Valley - Lyme Regis Golf Club presentation



Exmouth and Budleigh Salterton – Last Night of the Proms at Exmouth Pavilion

If you would like more information on our Friends of FORCE groups please contact Mervyn Hayes on 01392 402875 or mervyn.hayes@forcecancercharity.co.uk

End of an era when Cullompton shop closes

THIS SUMMER MARKS the end of an era as the Cullompton shop that has raised more than £64,000 for FORCE closes its doors for the last time.

Cullompton Friends have made the tough decision to cease trading on June 29.

The group has been running a charity shop in the town's Fore Street for a quarter of a century. But shop manager Wendy Pring admits: "We just can't manage any more. We used to have 25 volunteers to call on but that number is falling. Two of my ladies are in their 90s and a number are in their 80s. We aren't able to lift sacks and move stuff like we used to."

The shop has been supporting FORCE since 2011 when Cullompton Friends ended their long association with Cancer Research UK – a split that made newspaper headlines locally and nationally.

Cancer Research ran the shop with paid staff until 2006 but decided it did not make enough profit. Volunteers then stepped in

to save it, even chipping in their own cash towards running expenses.

But five years ago and with a further £150,000 raised for Cancer Research, they were forced to close again.

After a brief closure, the Cullompton Friends were back in business. The late Vic Pengelly, who had lost seven members of his family to cancer, was treasurer and was one of those particularly keen to support a local charity.

"We wanted raise money that would go towards helping people here in Devon. So many of us have friends or family affected by cancer so we chose FORCE," said Wendy, whose husband Adrian manages the accounts.

The shop opens every day but Thursdays and Sundays and has become a valued community hub. "Our ladies know just about everybody in the town and lots of lovely people come in regularly for a chat... and to shop," said Wendy, who has won the town's award for best window display three

years in a row.

Community support for Cullompton Friends and FORCE extends beyond the shop. An annual short mat bowls tournament in memory of former shop manager Thelma Shere, organised by her husband Alan, has also raised £12,000.

"Our sincere thanks go to all the volunteers and supporters of the Cullompton Friends shop. The income generated for FORCE since 2011 has been invaluable. The shop has also created better awareness of FORCE and highlighted the kindness and generosity of the Cullompton community, said FORCE Chief Executive Meriel Fishwick.

The Cullompton Friends shop volunteer team features Noela Bray, Val Brazier, Freda Burrows, Shirley Butt, Barbara Crackles, Sheila Findlay, Audrey Goddard, Sarah Hussey, Marg Huxham, Lori Kidd, Moira Lear, Tina Pengelly, Linda Pert, Wendy and Adrian Pring, Jenny Smith, Pauline Spearing and Jean Woodley. ●



Pictured (left to right): Freda Burrows, Sheila Findlay, Wendy Pring and Val Brazier



Make 2016 the year for your Great Devon Breakfast

ONE OF THE most popular and successful events on the FORCE fundraising calendar is the Great Devon Breakfast - and this year we are aiming to make it even bigger and better.

Since 2009, our supporters have served up delicious fare in their own homes or at village halls, pubs, restaurants, a supermarket café, a church and on a farm. Our breakfasts have been held in towns and villages across the area and have raised a staggering £63,579.87.

This year, FORCE needs to raise £1.2 million to maintain all the services we currently provide.



Jess at Colaton Raleigh



Gilbert Stephens at City Gate

to visit you for an event in aid of FORCE. Or how about following the example of local solicitors Gilbert Stephens, who have held four corporate Great Devon Breakfasts in different locations in Exeter and Sidmouth.

Whenever, wherever and whatever you'd like to do, get in touch and we can help. Contact FORCE Community Fundraiser Naomi Cole on 01392 406153 or by email at naomi.cole@forcecancercharity.co.uk

"It doesn't matter how big or small your event is, together we can put the Great into the Great Devon Breakfast," said Naomi. "We are so grateful to everyone who has supported this event over the years and would love to hear from you if you're interested in getting involved in any way this time around."

Please keep an eye on our website www.forcecancercharity.co.uk/events for details of all of our Breakfast events.

Could you help us reach this target by putting on a Great Devon Breakfast? Maybe you could serve up bacon butties to friends in your home or how about organising a continental breakfast for your work colleagues.

If you fancy going big, then why not get a team together to serve up a Full English in your village hall.

If you run a business that serves breakfast, we would love to encourage our supporters



HOW WE CAN HELP

- Posters, fliers and tickets
- Promotion on our website, Facebook and Twitter
- FORCE tabards/aprons
- FORCE balloons and literature

Our Great Devon Breakfasts are often real community affairs. Ann and Ray Mallett have hosted events in their Dunchideock home every year since 2009 while Chris Lear, Chris Quantick and their team have run them at Woodbury Village Hall for the past six years.

"The Great Devon Breakfast enables us to open the village hall doors to 200 to 250 people who wish to come together to show their support to FORCE. It also allows the community to come together - young and not so young - each and every one affected in some way at some time by cancer, as a patient, carer, relative or friend.

The atmosphere during the three hours we are serving is amazing. We also have to thank the local businesses that help increase the profit that we are able to donate to FORCE by donating vast quantities of food. On a personal note, FORCE has always been there supporting my husband and myself during the years of his long illness AND beyond. Seeing a friendly face in those dark moments helps you through, so it is my time (our time) to support FORCE." **Chris Lear**



Woodbury Great Devon Breakfast



The team at Dunchideock

"Our breakfast mornings run from 7:30 to 11:30 and we have had between 80 and 103 people dining. We have raised approximately £10,000 over seven years, which is amazing. We can accommodate eight people in our dining room, eight in the conservatory and the guest bedroom is adapted for sorting tea, coffee, orange juice and bucks fizz, leaving the kitchen just for cooking. It's not huge so we have to be very organised. Preparation and teamwork are vital.

It's a long day but we have all thoroughly enjoyed it every year. Our helpers are Ray and Sandra Grigg, Joanna Pascoe, Sylvia Ward, David Kohler, Maureen Scott, Alexis Swain, Helen Dyke, Lydia Bray and Mervyn Hayes. The reason we support FORCE is that in 2000 I was diagnosed with a cancerous polyp in my lower bowel, which thankfully was caught early and cured with surgery. I had gone to see the consultant alone and he dropped the bombshell that I might have to have immediate major surgery. I had parked where the FORCE Centre is now and phoned Ray in a dreadful state. He came as quickly as he could but if the Centre had been there I would have been looked after. It was a very traumatic time. I lost my mum two months after leaving hospital (she lived with us) and could really have done with more support. I knew nothing about Force at that time. When we knew the Centre was being built we started to fundraise and it went from there." **Ann Mallett**

AMAZING YOUNGSTERS ARE AN INSPIRATION

WE WOULD LIKE to pay tribute to a special group of supporters who have been inspired to raise money and awareness for FORCE at a young age.

We are constantly amazed by the many different and ingenious ways that children and young people come up with to back our charity. They swim, run, walk, dance, bake, play music, have haircuts, forfeit birthday presents, stay silent, paint nails, push beds and jump out of aeroplanes to name just some of their enterprising efforts.

Their commitment to FORCE is fantastic and a huge part of the contribution they make is to spread the word about the face-to-face local support available to anyone affected by cancer.

Eleven-year-old Caitlin Woolley and 14-year-old Harrison Lynn are two youngsters galvanised to fundraise for FORCE by the help a parent has received at our Support Centre.



And both have been recognised with prestigious awards. Caitlin, from Teignmouth, was named a Young Hero of the Year at the Herald Express Pride of South Devon awards night. She received the accolade after raising nearly £750 for our charity as a thank you for supporting her and her mum through cancer. She organised a cake sale, a dance marathon, a raffle and an auction as well as distributing collection tins.

"I was amazed to win," said Caitlin. "I didn't think it would happen. It was a nice surprise."

Mum Zuzana has been helped by FORCE during treatment for thyroid cancer – she got the all-clear in November - and Caitlin attends the children's group at our Support and Information Centre. "We were both really proud," said Zuzana "I cried. I really didn't expect it to happen. Obviously we were both extremely overjoyed. It was an honour for Caitlin to receive the award. I am just so proud."

Harrison is part of the Fez Army, a fundraising phenomenon set in motion by his dad, Martin. A pupil at St James School in Exeter, Harrison received an Inspirational Children in Education award followed by an Express & Echo Pride of Exeter Young Hero of the Year honour. "My dad has a very rare cancer and at this moment in time it is not curable. When he was diagnosed in 2009 he was at the lowest point of his life so we turned to FORCE. They have turned his and my family's life around. They have helped us so much," said Harrison.

He has become an integral part of the Fez



Campaign, which has raised nearly £70,000 for FORCE through a variety of initiatives and events.

"Harrison more than deserves his awards for the amount of hours he's put into the Fez Army and into our various events," said Martin. "From dancing on stage to cooking burgers, he's always been there. He's sold Fezbands to pupils and teachers, walked around Paris wearing a fez on a school trip and he's been recognised for going that extra mile in helping our great charity. He knows the real values in life and to carry out his endless work whilst watching me constantly travel to London for treatment is incredible. He would be excused for going into his shell but he hasn't, he's done the opposite and raised so much awareness for FORCE. I'm one extremely proud Dad."

The Pride of Exeter awards marked a double celebration for the Lynn boys – Martin won the Hero of the Year award for the second year running. ■

A GALLERY OF OUR YOUNG SUPPORTERS



Bonnie Skinner making cakes



West Exe School cakes



Harriet King birthday donations to FORCE



Tilly Shephard after hair cut



Kathryn Spear skydive



Lauren's table-top sale



Teignmouth School sponsored silence



Yuna Langdon nail-painting



Pinhoe Guides



Victoria Jeffs playing her harp

JANE IN IT FOR THE LONG RUN AS A FORCE SUPPORTER

JANE NEWMAN HAS been supporting FORCE for more than 20 years and has probably covered more miles than most in raising funds for a charity that holds a special place in her affections.

The 38-year-old physiotherapist lost her father to cancer before she was born and began her long association with FORCE as a teenager. She completed a sponsored walk from Exmouth Docks to Sandy Bay and back for us and persuaded three friends to busk with her at the town's Magnolia Centre. The sound of two saxophones, a clarinet and a flute clearly hit the right note with shoppers.

"We made £680 in one day," said Jane with a satisfied smile. Ask her how much she has raised since, however, and her natural modesty becomes apparent.

The mum-of-two from Topsham is passionate about running and has taken part in races of just about every distance including half, full and ultra marathons around the world, often in aid of FORCE.

And since 2005, she has organised one of the most scenic and friendliest races on the local athletics calendar – the Jurassic Coast 10K – with all the profits coming to FORCE.

"It has become a very popular event," said Jane. "People even plan their holidays around it. We get terrific feedback and it probably helps that we've had phenomenal weather every year, although I can't take credit for that!"

She might be reluctant to boast but the JC10K has won plaudits for its fantastic organisation and atmosphere and last year there wasn't a single negative comment for a race that raised £2,810.72 for FORCE.

There have been eight runs in the last 10 years, raising more than £17,000 (including Gift Aid). The first attracted 88 competitors, who wore red T-shirts with dinosaurs. Ten members of that original starting line-up have done every race since.

The multi-terrain route from the seafront at Budleigh Salterton, along the River Otter, cliff top coast path and rural lanes proved a hit. Numbers quickly rose and there is now a



"FORCE does so much for so many people affected by cancer. Support is crucial... and what FORCE offers is so important,"

limit of 300 entries.

"It's spectacular watching them run up the Otter and along the cliff," said Jane, who hopes to compete in her own event for the first time this year. "On race day I'm usually up at 5am putting out cones and getting things organised. As soon as it's light I run the course to check for any problems but after that I'm usually confined to the start-finish area, dealing with admin. But we've got the organisation off pat now so I'm looking forward to taking part."

Electronic chip timing has transformed the organisation of the event and it attracts some serious athletes – the course record is an impressive 33 minutes – but it has also retained its strong ethos of being a family friendly event.

The introduction of children's races over 20,

70 and 100 metres last year reinforced that with Jane's children, aged two and three year, and their cousins, eight and 10, taking part.

Family is at the heart of the JC10K with Jane's mum Sue in charge of race administration and brother Andrew the event's IT supremo.

Finding marshals is always a challenge - 18 people are needed for registration, at the start, finish and around the course. That's where FORCE helps with a band of volunteers backing up Jane and her team.

"FORCE's support is always hands on and invaluable," said Jane, who is a powerful advocate for the work of our charity. "FORCE does so much for so many people affected by cancer. Support is crucial when you are in such a hideous place and what FORCE offers is so important," she said.

Jane is clinical director at the Peak Physio practice based at the David Lloyd centre at Sandy Park. She has been lead physiotherapist at many international events for the England athletics team and was selected to work at the London Olympics and the Commonwealth Games in Glasgow in 2014.

She is hoping to have a team from Peak providing sports massage and advice at the end of this year's race on Saturday August 20 2016 with an 11am start. ■

If you would like to take part or could spare some time to volunteer, go to www.jurassiccoast10k.co.uk for details.



Jane pictured with Usain Bolt at the London 2012 Olympics

Dick sets new target for Classics Galore!

THE FIFTH CLASSICS GALORE! concert at the University of Exeter Great Hall raised £17,500 for FORCE and the event, held every two years since 2007, and has now totalled £70,000 for our charity.

The musical extravaganza, one of the most popular events on the city's musical calendar, is the creation of retired Exeter policeman and cancer patient Dick Passmore.

"The latest concert was another incredible evening with moments of pure magic," said Dick. "To raise so much money is simply amazing and very humbling for my wife Posy and I. Long may the concerts continue and having already raised almost £70,000, I intend to be around when we reach the £100,000 target!" he added.

FORCE Chief Executive Meriel Fishwick said: "Everybody involved in Classics gives so much time and energy to create not only a wonderful evening of first class entertainment

but one that continually raises astonishing sums of money."

Classics Galore! involves 200 musicians and singers – a full orchestra of hand-picked local musicians, the St David's Players, the Ottery St Mary Choral Society and the South West Comms Band from Lymptstone, all under the baton of Musical Director Malcolm Matthews.

The programme always offers a blend of popular and easily recognisable tunes from showstoppers to traditional classical music plus a Proms style finale including Land of Hope and Glory and Rule Britannia.

Chair of the organising committee Annie Bassett, who sings with the Ottery

choir, said: "Playing to a capacity audience, on their feet and singing heartily was a grand finish to the evening. We now start planning for the next one...on Saturday November 18th 2017!"

For more information go to www.classicsgalore.co.uk



FORCE Chief Executive Meriel Fishwick (right) receives a cheque for £17,500 from Posy Passmore with representatives from the charity, the Classics Galore! committee and sponsors of the 2015 event.

There's no stopping super Serena

IT'S BEEN QUITE a year for Serena Fewings from North Tawton. Despite continuing treatment for cancer, she has organised a hugely successful fundraiser for FORCE, returned to work as a school cook and taken to the stage in the town pantomime.

After surgery and treatment for bowel and ovarian cancer, Serena wanted to repay FORCE for the support she and her family had received.

So she came up with the idea of a ladies' night at Quinns Hairdressers in Okehampton with drinks and nibbles served by topless waiters — including some of Okehampton's firefighters — a raffle and a silent auction.

"It went fantastically well and we made more than I hoped for," said Serena. "Loads of people turned out to support it and we sold out of tickets two weeks before the event so the support was absolutely fantastic."

The total raised was around £4,500 and inspired Serena and her team to plan another event this July.

Mum-of-two Serena, kitchen manager at North Tawton Primary School, has received



support and advice at the FORCE Support Centre in Exeter and the charity's Wednesday outreach service at Okehampton's Castle Ham Lodge.

She said: "The Support Centre in Exeter is a lovely place to go, away from the hospital. It's a nice place to just sit and relax. I also drop in for coffee with new friends I've made at Castle Ham and I'll also be going there for massages."

She also paid tribute to staff on Cherrybrook Ward at the Royal Devon and Exeter Hospital.

Her friends and family, including children Karina, a theatre nurse at the RD&E, and media studies graduate Alexander, known as Jab, have been a great support to Serena

during a tough time in her life.

In the past six years she has lost both parents and husband Malcolm, who died in an accident, before her initial cancer diagnosis in January 2014.

The success of the ladies' night was down to teamwork – Serena's children, her sisters Tonya and Merissa, brother-in-law Dave Grimes, Dawn Pitts and the entire team at Quinns all played significant roles and Launceston's Tesco store donated all the food for the event free of charge.

Serena continues to inspire those around her with her positive attitude. She is back cooking school dinners for 100 children each day and in October began rehearsals for the part of a fairy godmother in the ANTS (Actors of North Tawton) February half-term production of Sleeping Beauty.

"I'm loving the panto as I had to pull out 2 years ago due to the cancer," she said. "I'm doing OK at the moment. I had to have one nodule in my right lung and three in my left lung burnt out in September and October last year. But I'll still keep going." ■

FUNDRAISING AROUND EXETER AND THE SOUTH WEST



Budleigh Salterton Golf Day



Devon Boys 7 day John O'Groats - Land's End



Pauline Cox & Rose Campbell Crocker, Old Thyme Musical Evening



Above: Team Moshulu, John O'Groats - Land's End



Exeter Foundation



Andrew Cleave, Christmas lights



TSB Okehampton



Christmas Bake-off



B G & E



Tagfez Rugby day



Black Dog Mouse Racing



Jurassic 10k run



Alex Rew, John O'Groats - Land's End



Feniton Coffee Morning



The Great West Run



Above: The Smuggler bike ride, North Devon



Petrina Trueman, cake sale at Axe Vale Show



Dorcas Phillips, Cullompton Christmas Craft Fair



Above: Nuffield Health Exeter Hospital, who made FORCE their charity of the year



Right: Harrington Lane Cream Tea



Crosse & Crosse, Dress Down Day



Okehampton College, Easter Chicks

Below: Shaun Breslan, John O'Groats - Land's End



Honiton Ball



Above: Tiverton Ball

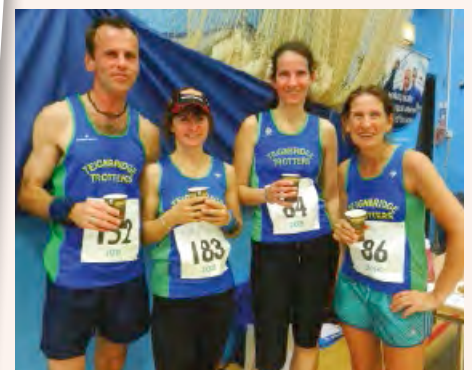


Stan Hacking Concert Band

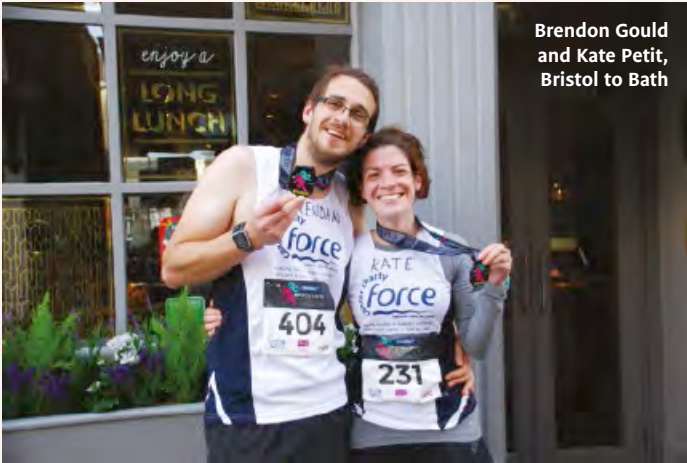


Sarah Blake & Karen Tanner, Bradburys Fashion Show

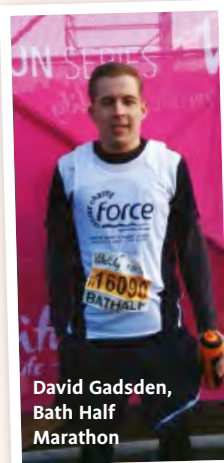
Below: Teignmouth Trotters, Crediton Crunch



FUNDRAISING AROUND BRITAIN ...AND AROUND THE WORLD!



Brendon Gould and Kate Petit, Bristol to Bath



David Gadsden, Bath Half Marathon



Andrew Squirrel, Vietnam to Cambodia by bike



Matt King pictured at one of the signposts along the Camino de Santiago



Lear girls, Bournemouth Marathon



Trevor Olver (right), London Marathon



Charlie Silver, Cardiff Half Marathon

Eve Bates with her children, London Marathon



Tracey Frankum on the Great Wall of China



SHOP MAINTAINS ITS MAGIC AFTER MAKEOVER



OUR AWARD-WINNING SHOP in Heavitree celebrates its 21st birthday this year.

It has been the country's most successful charity retail outlet of its size for 17 years in a row and is now looking as smart as it is successful.

Last autumn the shop in Heavitree Fore Street underwent essential refurbishments. The renovation programme included new roofing, some structural work, total rewiring and redecoration.

The work necessitated a brief closure but our dedicated team of staff and volunteers used the time to process and pare down existing stock. Our loyal supporters also

continued to donate goods, ensuring that the shop was well stocked when it re-opened.

Shop manager Anna Heard said: "A huge thank you to volunteers for helping with the mammoth project of emptying and



restocking the shop and to our customers for bearing with us as we restock and gradually get fittings back in for the bric-a-brac corridor and linen room.

"Some items are still at the back of one of the extra 40-foot containers we rented so that we could continue to accept donations.

"We have had mostly positive reactions from our customers! I think we have managed to keep the Aladdin's cave feel and have all the old rummage tubs. It's just a lick of paint that has made it appear much brighter."

The shop has made a net contribution of £2million to FORCE since it opened in 1995 and continues to be a vital source of income for our charity.

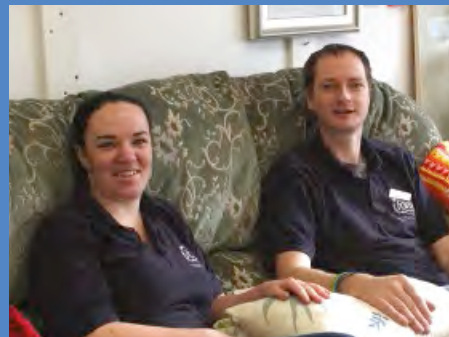
Lucy and Dan make the perfect team

FORCE Shop sales assistant Lucy Gould from Exeter started as a volunteer with us and now works three days per week. Her husband Dan is also a volunteer and works alongside Lucy. He helps out in all areas of the shop and customers will recognise his smiling face as he's often on the tills.

Shop manager Anna Heard put Lucy in charge of the new-look children's room and many of her days are spent playing with toys to check they work! She also sorts and prices bric-a-brac on a regular basis as well as helping Anna with the day-to-day running of the shop. Lucy is a FORCE shopping addict and is always purchasing bargains from around the store.

LUCY'S STORY

"I have been a volunteer since March 2014



and I shopped here before that. I used to work in retail but when my husband Dan and I were planning our wedding, we found out he had leukaemia. He needed a bone marrow transplant and months of treatment in Bristol.

When I was at home looking after him, I spent some time volunteering for FORCE. My mum had cancer and died seven years ago. I

had counselling at FORCE and helping out at the shop was my way of thanking them for helping me. The people here are so friendly and every day is different – you never know what you're going to encounter. We often get unusual things given to us, like the antler that doubled as a bottle opener, but no matter how strange the item there is always someone here who knows what it is.

I love helping people - it brings a smile to my face. You get to know the regulars, people who shop here and also donate things. It's very rewarding and you meet so many lovely people. I would encourage anyone to become a volunteer. We always need help, it's very flexible and you are bound to find something you like to do, plus there are plenty of cups of tea, biscuits and cake – that's a bonus!"



WHY NOT JOIN OUR VOLUNTEERS?

We always welcome new volunteers to our shop team. Whether you can offer an hour or a half day, your time is hugely appreciated. We need support sorting books, bric-a-brac, clothes, steaming, sewing, stacking shelves and much, much more.

If you are interested in joining the team, contact our volunteer manager Naomi Snook on **01392 406154** or naomips@forcecancercharity.co.uk

CONTACT THE SHOP

Phone: 01392 271652

Pick Ups: Tuesday, Wednesday, Thursday

Delivery: Tuesday, Wednesday, Thursday, Saturday

Shop opening hours: Monday to Saturday 09:30 to 16:30

FORTHCOMING EVENTS

17 April
PLYMOUTH HALF MARATHON

30 April
GREAT DEVON BREAKFAST
Cullompton Community Centre
Kenton Victory Hall

24 April
VIRGIN LONDON MARATHON

01 May
BICTON WALK
Bicton College, Budleigh Salterton

14 May
EXMOUTH RAILWAY CLUB OPEN DAY
Exmouth Railway Club

15 May
EXETER MARATHON
Haven Banks Outdoor Education Centre

21 May
GREAT DEVON BREAKFAST
Woodbury

22 May
WEST EXE YOUTH FOOTBALL CLUB CHARITY DAY
Tedburn St Mary Football Club, Barley Park

28 May
BUDLEIGH SALTERTON CREAM TEA
Public Hall, Budleigh Salterton

02 June
AFTERNOON TEA AT CADHAY
Cadhay House, Ottery St Mary

05 June
THE SMUGGLER BIKE RIDE
Barnstaple

12 June
PEKING TO PARIS MOTOR CHALLENGE

18 June
SUMMER FAYRE
Methodist Church Hall, Teignmouth

25 June
DARTMOOR BEER AND BACON FELL RUN
Fox and Hounds Hotel, Bridestowe

26 June
THE NELLO BIKE RIDE
Topsham Rugby Club

26 June
TORBAY HALF MARATHON
Torquay

01 July
FEZEX GOLF DAY
Downes Crediton Golf Club



01 & 02 July
WOOD(BURY) STOCK
The Maltsters Arms, Woodbury

23 July
TAG RUGBY FESTIVAL
Exeter Saracens, Exeter

06 August
HARRINGTON LANE CREAM TEA
26 Harrington Lane, Pinhoe, EX4 8PB

06 August
FEZ BALL
Sandy Park, Exeter

03 September
KNOCK OUT CHALLENGE
Topsham Rugby Club

10 September
GREAT DEVON BREAKFAST
Sidford Social Hall
Talatun Village Hall

07 October
QUIZ NIGHT
Richard Newton Hall, Teignmouth

09 October
AUTUMN STORM
Fingle Glen Golf Hotel

13 October
HONITON LADIES LION'S PAMPER EVENING
St Rita's College, Honiton

15 October
ROKTOBER – THORVERTON MUSIC AND BEER FESTIVAL
Thorverton

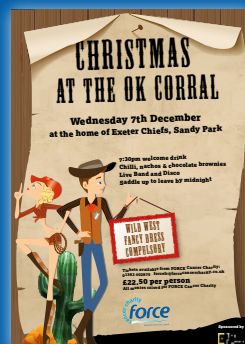
29 October
BUDLEIGH SALTERTON COFFEE MORNING
Methodist Church Hall, Budleigh Salterton

05 November
CHRISTMAS FAYRE
Methodist Church Hall, Teignmouth

26 November
SANTA CYCLE
Topsham Rugby Club

03 December
EXETER GUILDHALL CHRISTMAS FAYRE
Guildhall, Exeter

07 December
CHRISTMAS AT THE OK CORRAL – CHRISTMAS PARTY ORGANISED BY FORCE
Sandy Park, Exeter



REGULAR GIVING AND ONE-OFF DONATIONS

Regular donations allow us to plan for our future. A monthly, quarterly or annual donation of whatever you can afford makes a massive difference to what we are able to achieve.

We also warmly welcome one-off donations so please consider supporting us in whatever way you can.

*For a one-off donation, please complete the top part only of the form overleaf with details of your donation.

THANK YOU FOR YOUR SUPPORT

You can make your gift worth 25% more at no extra cost to you!

Force can claim an extra 25p for every £1 given (subject to conditions stated below) helping your donation go further.

giftaid it Please tick one of the boxes below.

I would like to Gift Aid this donation and any donations I make in the future or have made in the last four years.

I would like to Gift Aid this donation only.

I am a UK taxpayer and understand that if I pay less Income Tax or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year, it is my responsibility to repay the difference.

Please notify FORCE if you:

- Would like to cancel this declaration
- Change your name or address
- No longer pay sufficient tax on your income and / or capital gains

If you pay Income Tax at the higher or additional rate and would like to receive additional tax relief due to you, you must include all of your Gift Aid donations on your Self-Assessment Tax Return or ask HMRC to adjust your tax code.

Return this form to:

FORCE Cancer Charity,
Corner House,
Barrack Road,
Exeter EX2 5DW



Please help us plan and carry out long-term activities safe in the knowledge that our funding is secure.

Name
Address

Postcode
Telephone
Email

EITHER

I enclose a gift of £
(cheques payable to FORCE)

OR

I would like to make a regular donation by standing order

Please pay the sum of £
every month / quarter / year*
beginning on until / or
until further notice*

*delete as appropriate

Bank name
Bank address

Postcode
Account name
Account no.
Sort code

BANK INSTRUCTIONS:

To the manager, please pay the amount indicated above on the dates specified to Lloyds Bank, High Street, Exeter EX4 3NL account number 60796568, sort code 30-80-37 for the credit of FORCE.

Signature
Date

giftaid it

Please tick the relevant box overleaf to make your donation worth 25% more to FORCE.

THANK YOU FOR YOUR SUPPORT