

force matters

Project to change lives

Research funding extended

Exciting times ahead



What's inside

Research update	3
Our chairman reflects	4
A life-changing project	5
Fond farewells	6
Volunteering news	7
Share your memories	8
The value of support	9
Praise from patients	10
Financial reports	11-14
Wild about FORCE	15
Fundraising facts	16-17
Widening the Shop's net	18
The Nello inspires	19
Fundraising gallery	20-23
Events calendar	24

FORCE CONTINUES TO CHANGE LIVES



By Meriel Fishwick
FORCE CEO



Force Matters is the newsletter of the FORCE Cancer charity. Thanks to everyone who has contributed to this issue. While every effort is made to ensure accuracy at the time of going to print, please accept our sincere apologies for any errors or omissions.

Supporters of FORCE are incredibly important to us and we respect your privacy. It is your choice whether and how you receive information from us about our work, fundraising and ways you can get involved. It is therefore important that we keep your personal information up to date. You can contact us at any time if your circumstances change. You can update your contact preferences by calling us on 01392 402875 or contacting the supporter relations team on supporter.relations@forcecancercharity.co.uk.

Editor: Trina Lake
Design: TRG Design
Printing: Brightsea Print, Exeter
Published: Autumn 2016

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

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

Fundraising:
☎ 01392 402875 @ forcefr@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
Registered Company No: 07529991

Next year will be the 30th birthday of FORCE Cancer Charity and we are discussing various ways we can mark the occasion - involving as many of our friends and supporters as possible. We know there are still people following FORCE from those early days, so if you have a photo, a story or a memory you'd like to share, we'd love to hear from you.

You'll see from the research update that FORCE Trustees have agreed another three years funding for local cancer research. Dr Jackie Whatmore explains how investing in basic cell biology is a critical building block in research. There are very few funding sources available for this type of research making our investment particularly valuable.

In May friends and colleagues gathered to celebrate the careers of three key members of Exeter's Oncology team. Dr Anne Hong, Clinical Oncologist and FORCE Chair, Geraldine Jenner, Radiotherapy Services Manager, and Alex Harrett, Head of Medical Physics, shared their retirement party and were typically self-effacing as they reflected on their life's work. Together they have given 103 years of service, quietly delivering the highest standards of care and incorporating new developments and treatments into their work. I think the modern expression for this is AWESOME!

The FORCE Board has also said farewell to two long standing Trustees, Dr Liz Mapson and Val Dixon. They have made a considerable contribution to the Charity over decades and we thank them very much for their wisdom and guidance.

Quality of life has always been an important factor in the work of FORCE and it's very moving to read about the laryngectomy patients who are able to swim again. Congratulations to Claire Barber for getting this project underway in Exeter.

As we review some of the things we've been able to achieve in the last six months we always come back to those people who make it possible.

It's a truly massive effort to raise the funds we need and whether it's Nik and his eBay sales, Jack in the Green's cookbook, tag rugby, Ivy's coffee mornings or Peking to Paris - we are very lucky that they chose to support FORCE. ●

More funds made available for critical work

FORCE is increasing its commitment to local cancer research, raising the annual amount provided to a team at the University of Exeter Medical School to £76,000 from October 1. This will fund a PhD student and a post-doctoral fellow.

Current FORCE-funded PhD student Zahid Pranjol will take on the postdoctoral position - great news since it allows the team to retain all of the expertise he has built up during the last three years.

The team is led by Dr Jacqueline Whatmore, who oversees projects looking into the spread of ovarian cancer to other nearby organs and lung tumours to the brain. These are two very different types of cancer and the mechanisms of spread are also very different.

Ongoing support from FORCE is

particularly significant because it is difficult to get funding for projects focused on basic cell biology.

“It is important to understand what is going on at a very local level for each cancer



Dr Jacqueline Whatmore

type. Every discovery we make adds a piece to the puzzle,” said Dr Whatmore. “This is where FORCE support of our basic research is so vital - it allows us to work in areas that may not be a priority for other cancer charities. Each and every discovery we make is communicated to the wider cancer research scientific community through presentations at conferences or publication in scientific journals, contributing essential building blocks to the wider, detailed understanding of the cancer types we work on. This understanding will then form the basis for targeted development of future therapies.”

The team’s progress, successful publication and presentation of results and plans for the future persuaded FORCE trustees to grant an extra £6,000 per annum to the programme. ●

Students inspired by time with our research team

Two Devon students with a passion for cancer research have thanked FORCE for the opportunity to work with our prize-winning team.

Laura Stephens from Plymouth, now in her fourth year studying medical sciences at Exeter, spent 10 months with the Cancer Research Group funded by FORCE while Dartmouth’s Penny Timms enjoyed an eight-week summer placement.

The 21-year-old undergraduates broadened their experience and learnt invaluable new skills and techniques.

“We have the opportunity to work with live cancer cells from patients who have had surgery at the RD&E and agreed to their use for research. I didn’t have a great deal of lab experience of this kind before but now I feel a lot more confident,” said Laura.

She was involved in particularly rewarding research into how proteins allow ovarian cancer tumours to sustain growth and keep their own blood supply.

“My mum had ovarian cancer when I



Laura Stephens



Penny Timms

was six and ever since then I’ve wanted to do something to help,” she said.

Laura’s mum is 15 years clear of cancer and is proud of the career path chosen by her daughter. Time with the FORCE group convinced Laura that her long-term future lies in research.

“It’s great that such funding is available to encourage a breakthrough and help more women survive such a nasty disease. Without the charity we wouldn’t get the opportunity to be part of such a good team of researchers and to make a difference,” she said.

Penny, a third year biochemistry student

at Glasgow University, is spending this year on a cancer research work placement in Edinburgh. She spent time as a FORCE volunteer in the summer of 2015.

“A friend told me about FORCE and the amazing work they do so I volunteered for a month at the Support Centre and the hospital. Everyone was so friendly and welcoming and I got a real feel for the work of the charity,” said Penny.

She was also introduced to the research team and was so excited by their work that she applied for funding to return this year. FORCE helped with the cost of her summer placement and she was involved with the project looking at lung cancer and how the environment around tumour cells affects their growth.

Penny and Laura both paid tribute to Dr Whatmore and her encouragement during their time in the department, inspiring the cancer researchers of the future.

“She was so passionate about everything that each of us was doing – a really great supervisor,” said Laura. ●

Our chairman reflects on 30 YEARS IN CANCER CARE



Anne Hong retired this year after 26 years as a Consultant in Clinical Oncology at the RD&E. Happily she will continue as FORCE chairman of trustees and plans greater involvement in the work of our charity. Anne's move to Devon was prompted by an inspirational speech from Dr Chris Rowland, co-founder and former patron of FORCE. She reflects on changes in cancer care during her career in oncology.

What has been the most significant change in chemotherapy?

Chemotherapy is a broad term for drugs that kill cancer cells. Over the years the aim has been to make drugs less toxic but retain their efficacy. We have now moved toward chemotherapy that also targets what keeps cells alive and dangerous, using drugs that modify their behaviour so they don't survive. Some cancer cells are clever. They hide, develop armour or go dormant so they are more difficult to treat. They're not all bad but the nasty ones gather others around them and treatment now focuses on beating those smart cells.

What was the biggest milestone in radiotherapy?

Radiotherapy is a very powerful tool. The major change has been our ability to harness radiation and deliver it effectively and safely, for both patients and staff. Technical advances to improve precision and safety mean we can minimise collateral damage. We have also developed a greater understanding of how cancer cells behave with radiotherapy and how best to optimise it.

How have biological advances in cell behaviour influenced treatment?

Every cancer has its own individual genetic profile. Targeting them effectively by understanding each cancer through molecular analysis is the biggest change in my lifetime. There has been a clear shift in

the concept of understanding the molecular and biological basis of the disease, stopping it from doing what it does.

Also, patients react differently to cancer and its treatments. We are developing a better understanding of our genetic make-up, what makes a patient more vulnerable to toxicity and the biology behind how cancer develops in each individual.

What has made Exeter a centre of excellence in cancer care?

Holistic, patient-focussed, high-quality, state-of-the-art care whilst always seeking to improve what we do through research and innovation. FORCE is the jewel in our crown. Chris Rowland, through FORCE, brought individualised internal radiotherapy to Exeter with Selectron machine treatment.



Chris Rowland

The RD&E was the first centre in the UK to develop its use to treat a wide range of cancers. He also introduced the HOPE (Home Oncology Programme Exeter) initiative which enabled patients to receive treatment at home rather than in hospital while continuing with normal daily life. That is also the norm now in cancer care. Research underpinned everything and Exeter remains one of the most successful research centres. The concept of cancer survivorship has also been embraced in Exeter and FORCE is integral to all of it.

Who were your heroes?

Always the patients. They have inspired me with their courage, honesty, determination, acceptance, trust and ability to articulate what is important to them. Throughout every stage of my training and working life, I have been privileged to have amazing heroes all around – patients, peers and colleagues from all disciplines, who have taught me the importance of teamwork.

Heroes don't have to stand on a podium or have brains the size of a planet. It's not what they know but what they do with that knowledge, how they do it, that captures our hearts, whether they show courtesy, understanding, respect and the ability to listen.

How do you see cancer care developing over the next 10 years?

Cancer behaves differently in different people and we now accept that one size never fits all. The future is about developing knowledge through research of the right treatment for the right disease, for the right patient at the right time. The rate at which our knowledge is growing and the technology to discover more is amazing. Stopping the disease from happening would be our dream. Stopping it in its tracks, arresting its development is what I think we can achieve. For now, survivorship - living with cancer rather than dying from it, minimising and dealing with the adverse effects of treatments is our priority. ●

"I leave cancer care in Exeter in good hands. I have had a very privileged life and I'd like to continue to give something back. For me it's never been about headlines and accolades but using the skills I've been gifted with to make a difference. I pay tribute to the breadth and multitude of contributions from staff, trustees and volunteers at FORCE, all they give freely, individually and collectively - thought, commitment, ingenuity, time, effort, hard graft, always walking the extra mile and of course, the quiet gifts." Anne Hong

Our patron and former RD&E Medical Director Martin Cooper paid this tribute to Anne.

“Anne Hong joined the RD&E in 1990, shortly after I did, and it was immediately obvious what a great asset we had gained.

From the very first, working with Anne was a delight. She was a team player who put the highest standard of patient care at the forefront of everything she did. I could always rely on Anne to provide a carefully thought through and sensible opinion, putting the individual at the centre of the treatment plan. When I rang her for a discussion from clinic before I saw a patient she would frequently walk down to be with me for a joint consultation. This

was supportive for me and hugely beneficial for the patients, who were spared a delay and another outpatient appointment.

Anne was also committed to research to ensure she remained up to date with the latest developments and more importantly, when appropriate, to give patients the opportunity of participating in clinical trials and gaining access to the latest drugs.

As a colleague over nearly 25 years, it was a pleasure to share the care of so many patients. She always provided excellent support to myself and members of the team. I was also very aware of the high esteem and affection in which she was held by the patients and the staff.” ●

Life-changing project for neck breathing patients

FORCE is behind a new project that is changing lives and establishing Exeter as a national centre for training and innovation.

Our charity provided vital funding to establish an Aquather Service at the RD&E – a scheme that enables laryngectomy and tracheostomy patients to swim again. It is the only programme of its kind in the entire country and is open to adults across the UK.

“FORCE has been instrumental in driving this initiative forward and has fully funded this exciting project over a 12-month pilot basis,” said Claire Barber, Lead Specialist Nurse for Head, Neck and Thyroid Cancers and Long Term Tracheostomies at the RD&E. Quite simply, this project would not have happened without FORCE.”

Since March, a team of specialists from the hospital has trained around 20 patients from as far afield as Scotland to use the equipment at the Princess Elizabeth Orthopaedic Centre’s hydrotherapy pool.

Feedback has been extremely positive.

“We’ve had stories of swimming with grandchildren for the first time, increased

health benefits, improved quality of life and momentous holidays,” said Claire

People who have had a laryngectomy - surgery to remove all or part of the larynx (voice box) - breathe through a stoma in the front of their neck. The Aquather device is a special snorkel, attached safely to a tube inserted into the stoma, developed to enable patients to swim safely and with confidence.

Patients have been successfully taught to swim using the snorkel (designed for above water only) and a mouthpiece (which enables swimming under water).

FORCE contributed to comprehensive training for the Exeter Aquather team, including a trip to Germany for Claire and fellow Clinical Nurse Specialists Zoe Copp and Joy Higgs.

“We saw what an impact this can have on the lives of laryngectomy patients and we knew then that we couldn’t just restrict it to Exeter,” said Claire.

It takes around two hours to instruct each new patient and the team has been overwhelmed by the reactions they’ve witnessed.

“A patient helped me realise something I

hadn’t really considered,” said Claire. “When I fitted him with the mouthpiece which enabled him to breathe through his nose again for the first time in 15 years he looked quite shocked and became a little tearful.

“I removed the mouthpiece as I was worried he was having difficulty breathing. But when I asked him what the matter was, he replied ‘I can smell the pool.’ I hadn’t considered that he had not been able to smell for 15 years. His wife came over and he put his face in her neck and smelled her perfume for the first time in 15 years. They both wept.”

Claire and her colleagues, including a physiotherapist specialising in hydrotherapy, undertake regular high-level training in specialist life-saving techniques to help patients who may get into difficulties.

The Exeter service is endorsed by the National Association of Laryngectomee Clubs (NALC).

The benefits of using an Aquather extend beyond family, social and leisure activities. There is a high incidence of head, neck and shoulder problems among laryngectomy patients, for whom hydrotherapy was not an option until now. ●



WHAT PATIENTS SAY

“I cannot thank you enough. Swimming is a great pleasure of mine and with your hard work and dedication to this programme you have given me back that enjoyment, along with my confidence and self-esteem. And for that I am forever grateful.”

“My wife and I appreciated the patient and comprehensive instruction from your team. It was a real joy for us to be treated in such a welcoming and charming manner. There’s no doubt the experience will be life changing for me. Keep up the excellent work.”

“The family are overwhelmed with emotion. Thank you for your tireless work and for all you do. You have truly made a difference to our lives and we’re eternally grateful.”

SO PROUD TO HAVE PLAYED THEIR PART

This year marked the retirement of two of FORCE's longest serving trustees. Former GP **Liz Mapson** joined the Board in 1992 and ex Lord Mayor of Exeter and city alderman **Val Dixon** was appointed in 2004. Both are proud to have played their part in the growth and success of our charity.



“It was back in the early 1990s when I heard that the late Dr Chris Rowland was looking for a GP to join the trustees of his new charity. It was obvious from our first meeting that Chris had a vision of what he wanted to achieve and the gap that he was trying to fill in the lives of cancer patients.

There were always two arms of the charity with support on several levels. Firstly the emotional and practical needs for the individual and their family and help to supply equipment for their treatment, which otherwise might not be available. Secondly, and this was always dear to his heart, the belief that research locally could help push back the boundaries of current thinking and improve both outcomes and quality of life.

I believe both those ambitions have more than been met as a result of his drive and the energy and hard work of his team. I must also pay tribute to Meriel Fishwick, who has been the constant hand on the tiller and has steered

the charity to huge achievements without ever losing sight of its original purpose.

In the beginning, sitting around in a cramped room, as well as our research arm, we sought to supply small items of hardware such as infusion pumps. Thanks to the generosity of local people and the hard work and enthusiasm of fundraisers, we progressed to helping fund a Selectron machine. This in turn helped push treatment boundaries further, improving care and survival rates for patients.

The success of the FORCE shop has been a huge contributor to the achievements of the charity. The fundraising and building of the Support and Information Centre, a brave and huge project, gave FORCE a visible face and enabled us to deliver so many more support services, all so appreciated by patients and families.

As a GP I was able at first hand to witness the benefit of the work that FORCE did and I believe it should be rolled out across the country as a blueprint for others to follow.

The charity has gone from strength to strength, fuelled by the dedication of the staff and volunteers and the support of the people of Devon. It would be wonderful if there was no need for such an organisation but that is utopia and whilst there continues to be a need, long may it thrive and continue its fantastic work. I am very proud to have been associated with it for so long.”

Liz Mapson

“In the early spring of 2002, when I had to choose a charity for my Mayoral year, my late husband had been diagnosed with bowel cancer six months previously and although, thank goodness, all was well, it seemed right to choose a cancer charity.

There was of course no Corner House! But the aim was to build a Centre that could help all cancer patients. Just over 12 months later we were cutting the turf. From these small beginnings I have had the privilege of watching FORCE grow into the amazing charity it is today, buying expensive equipment to assist oncologists give better treatment and paying for research.

I have watched the charity grow with local need and it seems the Corner House has had to grow as well to cope with the footfall. Outreach has been its latest project and is turning out to be a success.

I hope to be able to watch the Trustees of FORCE move the charity to even bigger projects as the needs for the service continue to expand. I am proud to have served on the Board of such a forward-thinking charity.”

Val Dixon ●



Walking with FORCE to improve your health

FORCE is launching a new scheme that encourages more cancer patients to get active. And it also represents another great opportunity for volunteering.

Walking with FORCE is due to begin in Tiverton this October. The pilot project has been set up to offer walking groups for patients and their families and friends.

The walks will start and finish at Tiverton Hospital on a Thursday – the day that FORCE offers weekly outreach services there between 1 and 6pm.

“These walks will hopefully give people the confidence and the opportunity to get active with the added bonus of a cup of tea and a chat at our outreach centre afterwards,” said FORCE Oncology Physiotherapist Louise Ballagher.

Walking is proven to reduce stress and has a positive impact on both mental and physical wellbeing. There are existing schemes but FORCE is keen to establish a programme specifically for anyone affected by cancer.

The first **Walking with FORCE** volunteer walk leaders are Gwen Seale, Shirley Madge and Mac and Cara Merrett. They have been FORCE supporters for a combined total of more than 60 years, volunteering at our Support and Information Centre or at

numerous events as well as promoting the work of the charity. They are all keen walkers and have already checked out various routes around Tiverton.

“I’m really looking forward to it,” said Mac. “I want to make it easier for cancer patients to have some way of building up their energy levels again. I know what it’s like when you’ve had cancer to get back to normality. Some people need a place to get gentle exercise without having to go to the gym.”

His wife, Cara, appreciates the value of support for partners and carers. “I know how I felt and I think it’s important to give people the chance to get out when perhaps they wouldn’t otherwise and also to be able to talk to other carers and share their experiences,” she said.

The Tiverton walks will be no longer than an hour for a maximum of 15 people. They are designed to be at a pace comfortable enough for everyone to have a chat as they go along, mainly on the flat with an occasional gentle slope but nothing too strenuous. There



Gwen Seale

will always be at least two leaders on every walk and each patient can bring one partner or carer. Sensible footwear is a must and dogs are not allowed.

Shirley and Gwen are both powerful advocates of the benefits of walking. “When you’re out you think about the walk and not about all the other

things that bother you. It helps give you a wider perspective on things,” said Gwen. “You get yourself outdoors and suddenly a weight lifts from your shoulders. If we can offer exercise, company and a listening ear if people want it, there are benefits all round,” added Shirley.

It is likely the Tiverton walks will be monthly to start with and FORCE is also keen to set up a group in Okehampton. ●

If you would like more information about the **Walking with FORCE** in Tiverton or on how to become a leader, please contact FORCE Volunteer Manager Naomi Snook on **01392 406154** or naomips@forcecancercharity.co.uk



Shirley Madge, Mac and Cara Merrett



When you are living with or after cancer, physical activity can help make a positive change to your life. Walking is one of the easiest ways to get active. Short walks from Tiverton Hospital guided by FORCE walk Leaders.

For further information please call **01392 406154**



Lions honour Meriel for services to the community

Many organisations are generous enough to support FORCE and this year we have again been fortunate to receive backing from local Lions Clubs.

One group of Devon clubs has bestowed a double honour on our charity. Exeter, Exeter West, Tiverton, Crediton, Okehampton and the Rivendell section for members with learning disabilities, collectively known as Zone H in the South West, chose FORCE as their charity of the year and raised £3,200.

The Exeter West club also conferred the organisation's most prestigious honour on our charity's chief executive Meriel Fishwick. She has been awarded a Melvin Jones Fellowship (MJF), which recognises humanitarian service to the community.

"It was my privilege to nominate Meriel," said Zone H Chairman Peter Wells, himself an MJF recipient for his work in raising money for victims of the 2004 Indian Ocean tsunami. "The award is usually given to Lions who have made a significant contribution to their community or internationally but as part of the celebrations for our centenary we are nominating a few deserving people for our organisation's highest award," he added.

The Lions Clubs of Tiverton and Exeter supported FORCE when our charity was established in 1987 and the link has remained strong ever since.

"FORCE does superb work and a lot of the charity's success is down to Meriel," said Mr Wells. "This award is in recognition of her personal

efforts over 26 years in bringing FORCE Cancer Charity to what it is today and we are delighted to be giving her an MJF."

"It is truly humbling to be singled out by a group of people who do so much in the community as volunteers and fundraisers," said Meriel. "To become a Melvyn Jones Fellow is a huge honour - made even more special by the people who nominated me." ●

Our picture shows Meriel with Peter Wells and his wife, Carol, president of Exeter West Lions at the time of the award, presenting the Melvin Jones Fellowship award



Play your part in our 30th anniversary

FORCE will be 30 years old next year and we'd like you to play a part in marking our anniversary.

FORCE (Friends of the Oncology and Radiotherapy Centre, Exeter) was first registered as a charity in May 1987. With your support, we have since grown into one of the region's most loved and respected charitable organisations.

As part of our plans to celebrate this latest milestone we're planning a special 30th anniversary section in the next FORCE Matters newsletter, due out in the spring.

We'd love to hear about how FORCE has made a difference to you, your family or your community. Have you taken part in any of the thousands of events run by us and for us?

If you have any memories and pictures to share please contact Trina Lake on trina.lake@forcecancercharity.co.uk or drop her a line at FORCE Cancer Charity, Corner House, Barrack Road, Exeter, EX2 5DW



Brain tumour group offers support and understanding

The Devon Brain Tumour Support Group is held on the first Friday afternoon of each month at the FORCE Support and Information Centre.

The group is open to patients, families and friends of those diagnosed with a brain tumour and offers an opportunity to share experiences and emotions.

It is a great example of FORCE making its facilities available to organisations and charities working to support people affected by cancer.

“The environment, inside and out, is tranquil, caring and soothing,” said Julie Liddle, support co-ordinator for the Devon group. “You are greeted by a friendly team who make you feel instantly welcome. The room where we meet is a safe, secure place for brain tumour patients, loved ones and carers to share their experiences, to express how they are feeling and is also a place for friendship and laughter. Here no-one feels alone, we accept our differences whilst being united by brain tumours.”

FORCE Information Manager Annie Kerr is also on hand to signpost members to services on offer from our charity.

“Annie is a wealth of knowledge and information. She is very supportive of the work I do and our group attendees,” said Julie. “Being a Centre user means that support and information is readily available, and staff are only too happy to help. Many of

our attendees have, or are, accessing FORCE’s counsellors, welfare and benefits advisors and complementary therapies.

“Thank you to everyone at FORCE for providing this wonderful, special service right on our doorstep, it really makes a difference.”

Jeanette Hackwell is a regular at the group. This summer she helped organise an old-time music hall charity show in Budleigh Salterton, which raised £1,000.

“Not only did my efforts give me the feeling that I was doing something in return for the help and friendship I have received but also gave me something to think about. It was hard work but it gave me a great sense of satisfaction, just knowing that I wasn't useless any more. At the beginning of my journey through the tumour jungle of emotions I began to think that I was the only one in the big bad world to have one. Coming to the monthly meetings has proven to me that this is not the case and it has given me hope, friendship and care. Thank heavens for BTS.”

Julian Finch from Exmouth helped with props for the Budleigh Buddies production. He and Jeanette find it helpful travelling to the support group together on the bus and he recalls his first visit in December 2014.

“I froze at the door, walked back a few steps and thought, it’s not for me.”

But he overcame his apprehension and

More than 10,600 people in the UK are diagnosed with a brain tumour each year. Every day 29 people are found to have a primary brain tumour – one that originates in the brain. This might sound like a lot, but relative to tumours or cancers occurring elsewhere in the body, a brain tumour diagnosis is rare. There are known to be more than 130 different types of brain tumour, each with differing biological characteristics that can determine whether it is high grade (cancerous) or low grade (non-cancerous). Different types of tumour may cause different side effects, have different treatments and different prognoses.

admits: “It was a good move on my part. Everyone made me feel very welcome. It has helped me with my confidence issues. The group is a diversion from my day-to-day life. I look forward to it and it gives me something to focus on. It’s not always nice hearing some of the stories from the group but we are all in this together. I feel a part of something, not on the outside. I feel like one of the lucky ones.”

Mark Fassam from Chudleigh first joined the group in November 2015.

“Every one of us has different problems. We’ve all got a brain tumour but everyone says different things. It makes you feel as if you’re not alone, you’re not the only one. Coming here scared me but it’s not scary. There’s lots of laughter and that helps.”

Mike and Sheila Ralls from Dawlish admit his brain tumour diagnosis came as a bombshell

“We didn’t know anyone else who had one. We felt very isolated and at a loss. We came to the group and found it reassuring to meet people having the same problems, people who had learnt to live with it and were quite relaxed. It gave us the strength to find out more,” said Sheila.

Mike added: “We were grappling with a situation that seemed to offer no hope. I had got to 64 without any illness until my diagnosis. I have a problem that’s short-lived but quite intense. But there are people in the group who have lived with it since their 20s and have achieved some kind of balance. It makes you realise that you are relatively lucky. The group offers mutual support.” ●

For more details about the group visit www.thebraintumourcharity.org or contact Julie Liddle on 07711 597165 or julie@braintumoursupport.co.uk



RD&E earns praise for care of cancer patients

The Royal Devon & Exeter Hospital has been praised for the quality of care it offers cancer patients and FORCE is credited with playing a key role.

The latest national survey of cancer patients saw the RD&E NHS Foundation Trust score highly across the board. The results of NHS England's Cancer Patient Experience Survey for 2015 put our local hospital at or above the national average for the vast majority of questions.

A total of 1,044 patients took part in the survey and more than 91% of their answers ranked the RD&E as good as or better than the whole of England.

It is the fifth survey of its kind and is designed to monitor national progress on cancer care, provide information to drive local quality improvements, help commissioners

and providers of cancer care and inform the work of charities like FORCE and stakeholder groups supporting cancer patients.

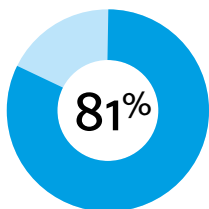
John Renninson, Associate Medical Director for Cancer Services at the RD&E said: "We are delighted with the results of the survey, which show the continued high level of confidence our patients have in the care, treatment and support they received. It is especially pleasing to have recognition for the support and information provided, which has been a key area of development for us in recent years. Much of this has been achieved with the support of FORCE, our amazing local cancer charity."

Tina Grose, Lead Nurse for Cancer, added: "More and more people are living with and beyond cancer, so we are delighted to receive this year's results – the continued improvement

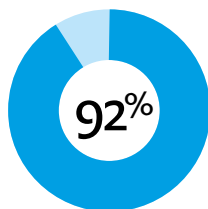
in patient care is a reflection on a number of key areas including; the great work delivered daily from our clinical teams, and the introduction of the Living with and Beyond Cancer programme, which underpins the clinical treatment by providing signposting for patients and their families to holistic support and information as early as possible after their diagnosis.

"This has been made possible by taking an increasingly collaborative approach with both local and national charities to provide Health & Wellbeing clinics (hosted by FORCE at our Support Centre), holistic needs assessments (conducted using equipment purchased by FORCE) and individual care planning, the information from which will then be shared with the team that look after the patient, including their GP. Cancer is changing and so are we." ●

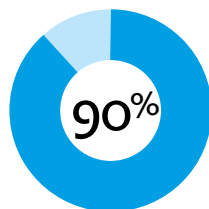
SOME OF THE KEY NUMBERS FROM THOSE WHO FILLED IN THE SURVEY



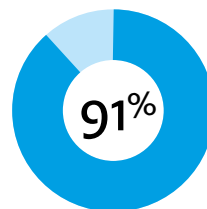
said that they were definitely **involved** as much as they wanted to be in **decisions** about their care and treatment



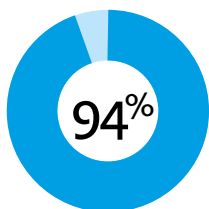
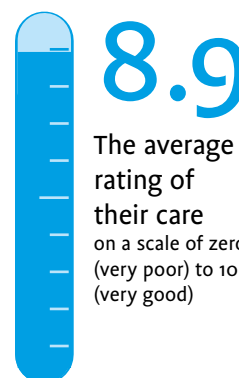
said they were given the name of a **Clinical Nurse Specialist** who would support them through their treatment



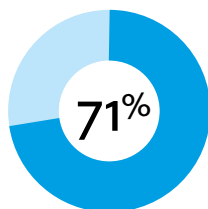
said it had been '**quite easy**' or '**very easy**' to **contact** their Clinical Nurse Specialist



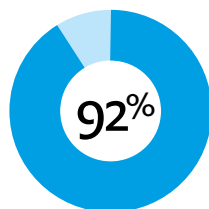
said that, overall, they were always treated with **dignity** and **respect** when they were in hospital



said that hospital staff told them who to **contact** if they were **worried** about their condition or treatment after they left hospital



said they thought the **GPs and nurses** at their general practice definitely did everything they could to **support** them while they were having cancer treatment



said hospital staff gave them enough **information** about **support groups**

Breakdown of tumour groups surveyed

Haematological	220
Breast	160
Prostate	112
Colorectal / lower gastrointestinal tract	107
Other	91
Skin	88
Urological	63
Lung	61
Head and Neck	39
Gynaecological	50
Upper Gastro	29
Sarcoma	17
Brain/Central Nervous System	7

For more detail about how the RD&E NHS Foundation Trust fared in the survey, go to www.ncpes.co.uk

How we have supported local people affected by cancer in 2015-16

FORCE is growing – we're helping more people, buying more equipment, funding more research and taking our services to even more places.

The amazing support we receive from the community we serve meant that in the last financial year we were able to spend £931,000 – a massive 71% of our income – on charitable activities.

That means 71 pence of every £1 donated has gone towards supporting local people affected by cancer.

The total increased by nearly £150,000 over 2014-15 with significant extra sums going

on the activities of our patient support team (+£71k), equipment (+£68k) and our outreach services in Tiverton and Okehampton (+£14k).

We need to raise more than £1.2 million every year to maintain all of our services.

The latest accounts – available on the Charity Commission website or from our offices and summarised in the next two pages – show that overall income dropped by just under 20%.

That was largely due to a fall in legacies and reduced revenue from our charity shop due to its brief closure for refurbishment.

But our fantastic fundraising team brought in £82,000 more than the previous year so we still topped £1 million in income.

All in all the last financial year was record-breaking for our charity and it's been an especially busy time at our headquarters in the grounds of the Royal Devon and Exeter Hospital.

CANCER SUPPORT AND INFORMATION CENTRE

- We welcomed almost **21,500** visitors
- More than **8,000** people came to group support sessions
- Our counsellors saw **2,700** people
- Our therapists delivered **2,300** complementary treatments
- There were nearly **900** visits to exercise classes run by FORCE physiotherapist Louise Ballagher at the Centre and the RD&E Heavitree
- Benefits advisor Sharon Parsons held **555** appointments, helping people to claim an estimated total of **£933,000**
- A total of **302** people (plus their carers) attended Health and Wellbeing Clinics that offer vital information for newly diagnosed patients and ensure they are signposted to relevant services.
- Our support for families has grown significantly - specialist Paul Grace has used his expertise to offer invaluable help to children, teenagers and their families.



Sharon Parsons



RESEARCH

We continue to invest in local cancer research by financing work on basic cell biology at the University of Exeter Medical School where a team of scientists funded by FORCE is looking at the spread of ovarian and lung cancer. As a show of our commitment to this crucial work, we have increased funding for the team by more than **8.5%**.

£94k

EQUIPMENT

FORCE donated a whopping **£94,000** to the RD&E for exciting new pieces of equipment to improve diagnosis and treatment for cancer patients – that's more than three times the amount spent in the previous year.

OUTREACH

We spent nearly **£100,000** on improving geographical access to our core services through our outreach support projects in Tiverton and Okehampton where visitor numbers are growing. Plans to expand still further into East Devon are at an advanced stage.

We are also taking our exercise rehabilitation programme out and about. Fitness professionals funded by FORCE to deliver specialist cancer rehab training are now running classes in nine centres across Devon. ●



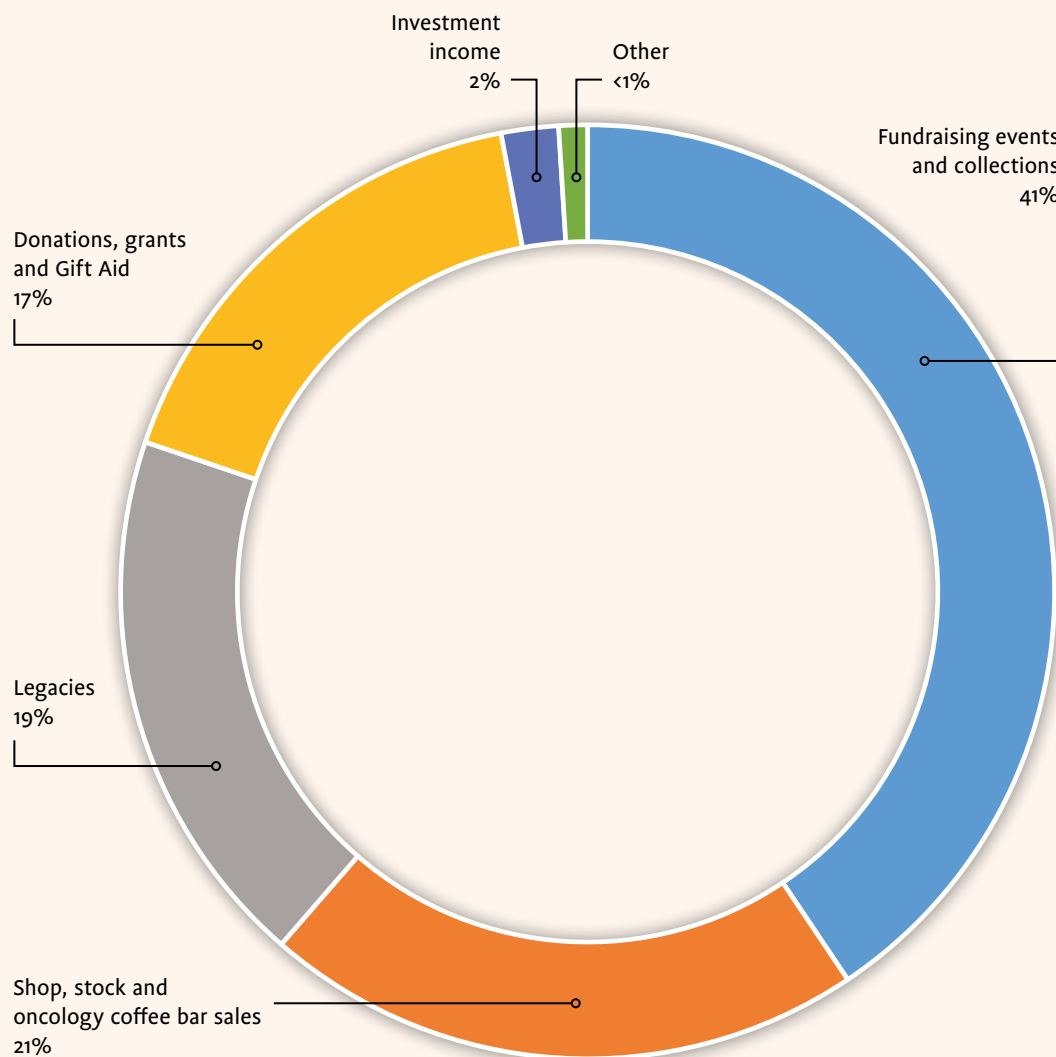
FORCE continues to go from strength to strength but there's no chance of us resting on our laurels. See Page 14 for our future plans.

Variety of income streams help ensure financial stability

SUMMARY OF OUR INCOME

Year ending March 31 2016

TOTAL REVENUE	£1,067,030
Fundraising events and collections	£433,838
Shop, stock and oncology coffee bar sales	£226,969
Legacies	£205,228
Donations, grants and Gift Aid	£176,096
Investment income	£19,701
Other	£5,198

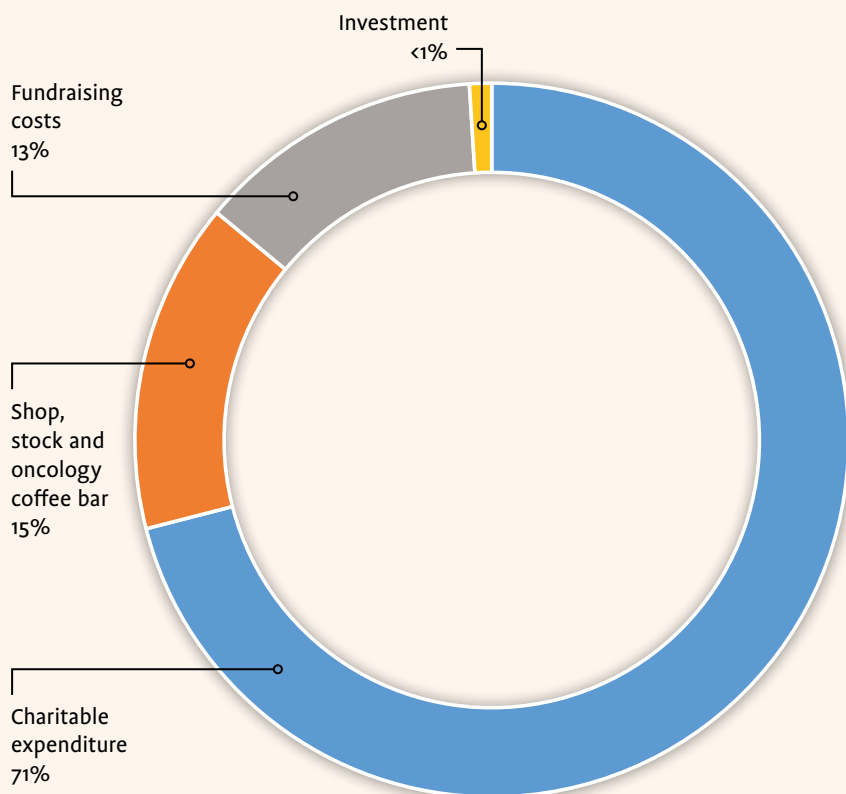


More funds dedicated to support those in need

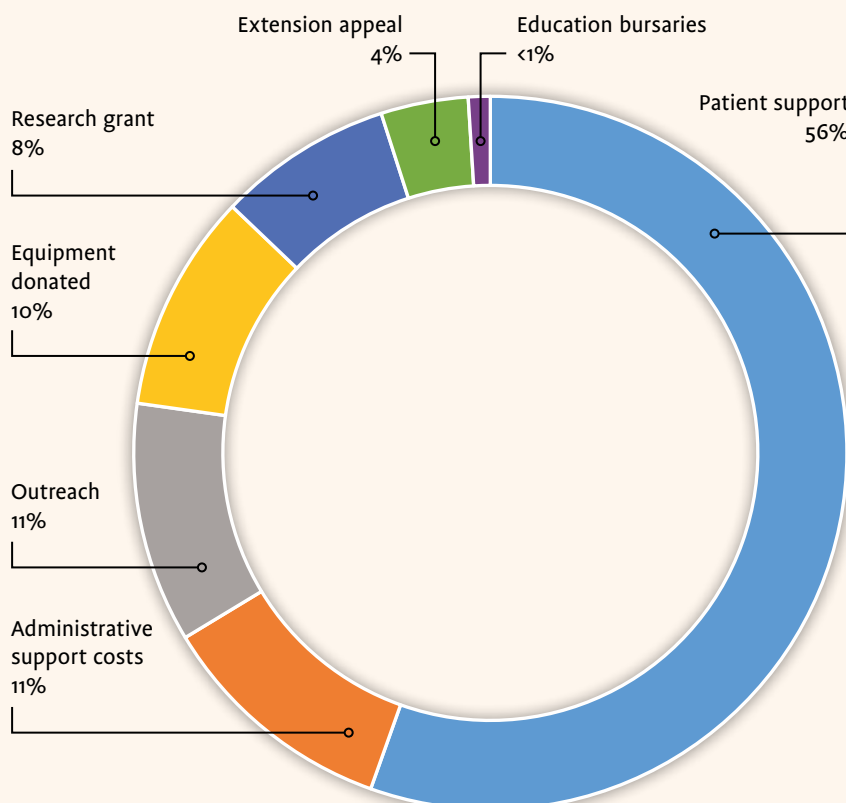
SUMMARY OF OUR EXPENDITURE

Year ending March 31 2016

TOTAL EXPENDITURE	£1,309,620
Charitable expenditure	£931,032
Shop, stock and oncology coffee bar	£199,891
Fundraising costs	£174,597
Investment	£4,100



CHARITABLE EXPENDITURE	£931,032
Patient support	£519,970
Administrative support costs	£101,113
Outreach	£99,074
Equipment donated	£94,152
Research grant	£70,350
Extension appeal	£38,006
Governance	£5,467
Education bursaries	£2,840



The figures shown here are extracted from our full annual accounts, which have been subject to an external audit. Copies of those accounts are available from FORCE Cancer Charity.

EXCITING TIMES AHEAD AS WE CONTINUE TO GROW

FORCE is a charity that never stands still – our trustees, management team, staff, volunteers and supporters are always finding ways to push this remarkable organisation forward.

An effective combination of great foresight and careful planning means we are well placed to support even more people affected by cancer in the future.

One of the most exciting ventures in the pipeline is the launch of an outreach chemotherapy project along with the development our services in East Devon.

In 2014 FORCE agreed to fund two chemotherapy nurses for a pilot project to run alongside our outreach programmes but its introduction has been further delayed by a recent change in management of local community hospitals.

We continue to work closely with the Royal Devon & Exeter Hospital's Lead Cancer Nurse, Tina Grose, in the hope that this important service will finally get the green light in the near future. As soon as a firm decision is made on the location of outreach chemotherapy in East Devon, a support project will be set up to run in tandem.

We have been taking our services to Tiverton and Okehampton for two years. Offering support at a third location in the east of the county remains high on our list of priorities. As the new direction for community hospitals becomes clearer it is hoped that space for outreach chemotherapy will become available. There is £440,301 in an outreach fund, designated by our trustees to cover budgeted costs for just over two years.

The delay in the launch of community-based chemotherapy services and the establishment of that third location has meant the existing fund has lasted beyond the original pilot period. However, core income streams still need to be increased in order to guarantee funding into the future.

The number of people accessing the comprehensive services we provide is growing. We are seeing more referrals from Primary Care, thanks to better communication with GPs through FORCE's involvement in



Tina Grose



Paul Grace

more money is needed for our family support work, headed by Paul Grace. We have made grant applications to secure funding so that we can extend the important work we do to support families in our outreach locations too.

More patients are also benefitting significantly from the exercise programmes put in place by our oncology physiotherapist Louise Ballagher. As awareness

seminars and educational sessions. And the pilot of Health and Wellbeing Clinics for newly diagnosed cancer patients is routinely introducing people to FORCE at an earlier stage on their cancer journey. This has improved awareness and uptake of our services, especially the help offered by our team of psychological support specialists.

The pressure on existing services means

of the benefits of exercise for cancer patients increases, we expect even more people to take up the opportunity in future.

Our trustees have set aside £57,541 for a three-day-a-week physiotherapist post for a further two years. The exercise service has been so well received that it is hoped further funding will be available to extend it beyond 2018. ●

We are working to a strategic plan that identifies a set of key objectives and activities planned between now and 2018. We aim to:



Continue offering free support to anyone affected by cancer in our area and growing our services to meet demand.



Continue funding the purchase of state of the art equipment to improve patient care.



Improve access to our services in the wider community through an Outreach Support and Information programme.



Promote and increase awareness of our services and achievements in the local community.



Fund two nursing posts to deliver Outreach Chemotherapy.



Develop partnerships with public, private, voluntary and community organisations to deliver better services.



Continue funding two research projects at the University of Exeter Medical School and see their results published.



Monitor how the commissioning process develops and adapt our operations accordingly.

FORCE children's group go wild about mosaic project

There's a bold new piece of art in the garden to the rear of our Support Centre - a mosaic created by the Children's Group at FORCE.

The project involved 10 youngsters, who came up with a variety of designs for the artwork.

"We started by each imagining an animal that behaves in a way that we would like to emulate, for example to be more courageous like a lion or more cheeky like a monkey," said Paul Grace, an oncology support specialist with particular expertise in working with young people.

"We drew this first, developed it by learning how to make a mosaic and then let it evolve and had fun as we did so, putting the animals together using tiles and then imagining where these animals might live together," he added.

The children were supported in making their mosaic by Lucy Rockliffe and Jess Carvill from Art Storm Project, who also run the weekly adult art group at FORCE.

Lucy said: "The children really enjoyed it and it was nice to see them relax and chat with each other as they worked on the project."

Jess added: "Creativity is a good backdrop for difficult things you're dealing with and FORCE offers a really positive environment to work in."



The children were excited by the results of their hard work. "It's really good," said eight-year-old Bonnie Skinner from Exminster. "I did some of the trees and flowers. It was really fun."

"I hope people will see that we worked hard on it and it took quite a bit of time. It's really good," said eight-year-old Ted

Jenkins from Sidmouth.

"I'm very proud of it," said 11-year-old Caitlin Woolley from Teignmouth. "It's really colourful and it looks really nice."

FORCE provides individual support and group sessions for children aged between 6 and 13 who have a close family member or friend affected by cancer. The group offers them the chance to meet others in the same situation, play some games, eat some biscuits and do some talking. They join in with a wide variety of activities from street dance with Exeter's Razzamataz Theatre School, Japanese taiko drumming and yoga.

"Children and young people need special care and support when someone close to them has cancer. Here at FORCE we recognise how important it is to offer a dedicated service for those youngsters at such a difficult time in their lives," said Paul. "We offer them different ways of coping and expressing what they're going through." ●

A PLACE FOR TEENAGERS TO FIND SUPPORT

FORCE is now working with CLIC Sargent, the cancer charity for children and young people, to provide support for local teenagers adjusting to life after their last treatment.

A group meets on the third Wednesday each month at the FORCE Support Centre or for social events like bowling or pizza. The sessions are run by Dan Honey and Heather Rake from CLIC Sargent but our family support specialist Paul Grace is on hand to

offer help and advice.

"I'm there to offer support and give some input on what it's like emotionally and psychologically when they come out of treatment," said Paul.

He is forging stronger links with Bramble Ward at the RD&E, which cares for children aged 0-16, to ensure that families are able to access the help they need after a cancer diagnosis.



TEAMWORK AT THE HEART OF FUNDRAISING SUCCESS

THANK YOU never seems quite enough to say when talking about all the people who volunteer time, make donations, organise events or take part in events organised by the team at FORCE – but that really is what I want to say, from the bottom of my heart.

If you have been reading FORCE Matters for a while you will know that teamwork, community focus and face-to-face support is central to everything we do.

Over the years I have attended lots of community fundraising and corporate events, talked to clubs, societies and schools and had the privilege to show many a person around the FORCE Centre. What stands out the most is that everybody is so interested in FORCE and everybody gives their all to keep supporting the work we do.

Whether it is volunteering time at our events, at our FORCE shop or within our fundraising groups, whether it is following us on Facebook and sharing our tweets on Twitter, you are helping to spread the word about how FORCE can help and that is so precious to us.

A great many supporters organising events are often still going through treatment, many are watching a loved one go through treatment. A huge amount of people are working full-time yet still manage to take on fundraising in their 'spare-time' – and we know 'spare-time' does not exist when you are fundraising. You are always trying to perfect the event, come up with new ideas and find more helpers, prizes and support!

So many local companies take their CSR (corporate social responsibility) very seriously and we are overwhelmed at how much support they want to give FORCE financially, donating time and helping out wherever possible.

And then there is my team here at FORCE – Naomi, Mervyn, Heather, Peter and Anna. They always go that extra mile to help our fundraisers' events run smoothly and, in Anna's case, manage the FORCE Shop. Nothing is ever too much trouble and the team are always as flexible as they can possibly be. I also do not want to write this without mentioning Trina Lake, who does all our PR at FORCE, produces the wonderful fundraising films, writes a lot of information for the website and produces this Newsletter.

So, again, to everybody who helps make FORCE matter -

THANK YOU

Sarah Daniels (FORCE Head of Income Generation) ●




USEFUL NUMBERS:

Head of Income Generation	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
Corporate Liaison, Grants & Trusts Officer	Peter Payne	01392 406150
Online Giving	Katy Biggs	01392 406166
Chief Finance Officer	Julia Pitts	01392 406164
Finance Team Manager	Jacqueline Cosgrove	01392 406166
Finance Assistant	Ros Driver	01392 406166
FORCE Charity Shop	Anna Heard	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



FUNDRAISING REGULATOR If you make donations to FORCE, raise funds for us or attend events we organise, it is important that you know about a new body, set up as an independent regulator of charitable fundraising.

The Fundraising Regulator, among other roles, manages the Codes of Practice for good fundraising. It is important to be aware of if you are planning or hosting events. Further information can be found at their website: www.fundraisingregulator.org.uk

WAYS TO SUPPORT FORCE



Organising or taking part in an event



Volunteering your time at events and/or our Shop



Join a Friends of FORCE group



Corporates, clubs, societies, schools & colleges



Donating goods to our shop



A gift in your will

Help us realise our vision for the future

FORCE is here for anyone who needs help after a cancer diagnosis and there are many ways you can support our mission to offer face-to-face support wherever it is needed



A GIFT IN YOUR WILL

Leaving a gift to FORCE in your will is a wonderful way to help us continue our vital support for cancer patients, their families and friends. Legacies also help us fund specific projects and plan for the future.

Making or updating your will is simple and inexpensive. It gives you peace of mind that your affairs are in order and ensures that your wishes live on.

We have links with a number of local law firms who hold Will Weeks when a solicitor writes your will without charging their normal fee. Instead you are invited to make a voluntary donation to our charity. Your gift is a lasting tribute to you and your belief in the work of our charity.

If you have chosen to support FORCE with a gift in your will and would like to inspire others to do the same by sharing your story, please get in touch.

I can be reached on **01392 406150** or **peter.payne@forcecancercharity.co.uk**

Peter Payne
(Corporate Liaison, Grants and Trusts Officer)



REMEMBERING SOMEONE SPECIAL

FORCE receives an average of £40,000 each year as supporters of our charity request that money is donated to us in their memory. That might be in place of flowers at their funeral or from the collection after the service.

This is a very personal choice and we give heartfelt thanks to families and friends for supporting us in this way.

The funeral director will usually take care of this for you by looking after all cash and cheques given in memory or donations can be sent straight to us at the FORCE Cancer Support Centre.

It is my job to respond to these generous donations and send out personal letters of thanks to the next of kin.

You can also create an online donation page in memory of a relative or friend, allowing you to write a message about the person you are remembering and add a photo. Others can donate on this page and memories can be shared. Funds come directly to the charity.

Ros Driver (Finance Assistant)



DONATIONS

There are many ways you can donate to FORCE.

You can make your donation directly to us at the FORCE Support Centre. We're always happy to meet our supporters and can promise you a warm welcome each weekday but if that's not convenient, you can send us a cheque.

You can donate £1, £2, £3, £4, £5 or £10 to FORCE by texting **FORC16** from your mobile phone followed by the amount to **70070**.

If you prefer the click-to-give option, it couldn't be easier. Our online partnership with Virgin Money Giving means you can set up a sponsorship page for your fundraising efforts without any of the hassle of chasing your supporters for cash. You can also make a one-off gift of any amount you choose or help us plan for our future by committing to a monthly donation.

And don't forget to **Gift Aid** if you are eligible – it doesn't cost you a penny but we can make your donation go further by claiming 25p for every £1 you give.

Katy Biggs (Finance Assistant)



COLLECTION BOXES

Do you have a penny jar at home or on your desk at work? Are you always finding loose change in pockets, at the bottom of your handbag or down the back of the sofa?

Why not donate your spare coppers to FORCE by using one of our collection boxes – we'll take silver and notes too of course!

FORCE raises more than £18,000 each year from money collected in our boxes and cans. They can be placed in local shops, pubs and businesses but we'll happily let you have one to save your small change at home and donate it to us.

If you are able to help, give me a call on **01392 402875** for a chat about getting a box to you and arranging collection.

Heather Taylor
(Fundraising Assistant)

For more information on how you can make a difference, please go to www.forcecancercharity.co.uk/supporting-us/donations/



Nik clicks into online opportunities for our shop



FORCE has expanded its presence in the world of online auctions and tapped into a potentially lucrative income stream. Our charity is now regularly active on eBay, the world's biggest shopping website of its kind, and it's all thanks to 52-year-old **Nik Spicer** from Exeter.

Nik's instinct for unusual and collectable items has made the FORCE online shop a popular site for discerning buyers. Customers are now just a click away from bagging a bargain.

"I've got an eye for things that have a collectable value – books, toys, games and memorabilia," said Nik. "You can't know everything about everything but common sense, vigilance and a bit of research helps."

A varied career has led Nik to his volunteering role with FORCE, a charity close to his heart for more than 10 years after cancer had greatly affected him and his family. From being in charge of the movement of supplies for the MOD at its Royal Naval Storage Depot off Topsham Road and at Devonport he moved to become a strategic systems analyst for BT.

But it was his next job that gave him the experience that's now proving so valuable to FORCE. Nik ran stores in Bedfordshire and London selling vinyl records and American comic books worth up to £5,000. His clients there included TV and radio stars Jonathan Ross and Paul Gambaccini, both avid comic book fans and collectors, and city investors. Comic books can represent a solid investment – their value potentially increasing better than gold with the world's most expensive reportedly selling for \$3.2million.

When the store was sold, Nik decided he'd had enough of London and came home to Exeter in 1993 when he worked in engineering for Howmet.

Two years ago he was diagnosed with colon cancer that needed surgery and chemotherapy. During his treatment at the RD&E his wife, Annie, had support from FORCE.

"It taught me not to sweat the small stuff. A cancer diagnosis gives you more clarity about a lot of things. You've got to take the positives out of every experience and cancer has made me more relaxed as a person," said Nik, who also runs record fayres in aid of FORCE at the Corn Exchange in Exeter. "I'd been a customer here at the shop for a long time and considering my recent experience, I wanted to give something back. If I can help in any small way I will do," he added.

FORCE already had an eBay account but it wasn't active. Nik got it back up and running and has helped us realise the potential of some specialist items that come into the shop. He'd seen people checking out the value of things on their smart phones and tablets as they went around the shop and wanted to ensure FORCE had the opportunity to sell a wider selection of items for their true market value.

Nik's efforts brought in £1,000 in his first month of trading and he said: "We've started

slowly with a plan to open a full eBay shop in time," said Nik.

He's always on the lookout for items that might appeal to a niche market - things that are out of the ordinary or rare and fall into the collectable field.

"Donated items come into the shop, the team assesses them and anything they think would be of interest for eBay, they pass to me. My knowledge and research helps work out the potential value. I manage the site and deal with any queries from home," said Nik.

"There's a fine line between putting things on eBay and not depriving the shop of cabinet items – we strike a balance between getting things seen by a wider audience and keeping the shop properly stocked. People call this an Aladdin's Cave because of all the rooms and the things they contain. People love to poke around for a bargain so keeping that element of interest in the shop is important.

"Volunteers are putting things aside for me to have a look at and if it's good enough it goes on eBay but if I think they can get a good price for it, it stays in the shop. I'm happy to look at anything anyone wants to bring in. There's a lot of work in selling each item – writing the descriptions, taking, editing and uploading pictures, answering enquiries, packing and posting them off. I can always do with more packaging and bubble wrap!"

Shop Manager Anna Heard added: "People aren't missing out on items in the shop as we are often selecting things that we have tried to sell but haven't gone because the right person hasn't been in to see it or it's a really specialist items. It's opening us up to a much wider audience." ●

you can help us
grow
the value of your
donated items
in one easy step

giftaid it

If you are able to, please Gift Aid your donated items. For every £1 we raise we can claim an extra 25 pence from Her Majesty's Revenue & Customs.

If you can take your items to our shop in Heavitree we will be able to sign you up for Gift Aid. Or you can take advantage of our **free collection service** – just phone **01392 271652** to find out more.

force
charity
Heavitree

NELLO RIDERS PROVIDE INSPIRATION AND VITAL FUNDS



The Nello remains the biggest single fundraising event on the FORCE calendar and this year's 17th annual staging of the ride proved another phenomenal success.

More than 1,100 cyclists tackled either 55 or 100 mile routes around Devon – and a little bit of Somerset – raising £68,000 for our charity.

We are always humbled and inspired by the support we receive from those regulars who come back year after year and by the numerous stories of courage and commitment from riders who are living with or have overcome cancer and the many pedalling in honour of loved ones unable to take part.

This year was particularly significant for the founder of our ride, **Marc Millon** from Topsham. He organised the first event in 2000 in memory of his great friend Nello Ghezzi, who died from cancer in 1999. Two years earlier Nello and Marc had ridden from Topsham to Venice to raise money for FORCE.

Last year Marc too was diagnosed with cancer and experienced for himself the support FORCE offers to patients and their families. He'd never missed a Nello ride and luckily he was fit enough to take part again in June, riding the 100 mile route on a tandem with his wife, Kim.

"The Nello ride is an immensely important part of my life. It is positive and life-affirming. So many of us look forward to it eagerly each year. It maintains the generous Nello spirit of camaraderie along the way; and of course there is the legendary food and support. All of this collective effort and endeavour is for a hugely important and worthwhile purpose: each year The Nello continues to raise astonishing amounts, money that is so necessary to help to fund the vital work of FORCE."



Marc Millon with his family at South Molton



Tom Dunn (right)

Tom Dunn, 74, from the Cycle Touring Club is a volunteer in the FORCE snack bar at the RD&E and has ridden The Nello six times. He raised £265 in sponsorship this year and a couple of weeks after this year's ride he got in touch.

"Short ride this morning of just 47 miles with my 84-year-old friend Mike Bowden. This makes a modest 1,700 miles cycled since January 1st this year.

"I cycled a lot as a teenager, then just commuter cycling for most of my working life. I took it up again seriously on July 23rd 2006, so it's almost 10 years now with 24,587 miles recorded - believe me, that's very modest compared to some cyclists I know!

"This year's Nello ride was particularly poignant for me as a homage to my close friend and mentor Pete Luxton. A lifelong keen cyclist, he died after a five-year battle with prostate cancer. He was 82 years old and right up until his cancer started, he cycled between 5,000 and 10,000 miles each and every year from age 15 to his mid-70s. I make that about half a million miles! Incidentally his partner was one of my

sponsors. Pete was not only a great cyclist himself, but a wonderful ambassador for cycling, always willing to help others out. What I now manage to achieve in cycling performance has been largely due to help and encouragement from Pete.

"Knowing how ill he was towards the end, he was in my thoughts for the whole 100 miles on June 26th. I'm so glad he hung on long enough to know I completed the ride, I felt I was riding on his behalf."

Less than 24 hours after crossing the finish line, another of our cyclists paid this **anonymous tribute** to everyone involved.

"I wanted to say a massive thank you for organising yesterday, and to your amazing volunteer support. I have counselling at FORCE and already think it's a brilliant place but yesterday blew me away. The level of organisation and the spirit of the volunteers was amazing. It was my first ride and we're already looking forward to next year. I'm still buzzing from it now!

"Friends, family and colleagues who have for the last two years asked my family 'What can we do to help?' have stepped up with donations. They've been very generous and your event has given them a means to feel like they're doing something to help."

We are grateful to each and every one of you who makes The Nello such a special event – our cyclists and their friends, families and colleagues, the volunteers, generous sponsors, the businesses, groups and individuals who support us and members of the public who give the riders such encouragement.

If you've been inspired to get involved, make a date for your diary – **The Nello 2017 will be on Sunday, June 25.**

Humbled by those wanting to do their bit

As Community Fundraiser, my job is to support any individuals or groups who have decided to fundraise for FORCE and I love the variety of the role.

The events put on and the challenges undertaken come in as many shapes and sizes as the fundraisers themselves. We have children still at primary school who organise cake sales and at the other end of the scale, skydiving octogenarians.

As well as the traditional activities you would associate with fundraising – coffee mornings sponsored walks and the like – we have brave souls posing naked for calendars or daring each other to have a

tattoo (or to donate to FORCE if they don't want to be inked)!

One thing that all of our fabulous fundraisers have in common though is that they have a personal reason for choosing FORCE and it is always humbling to see those people still wanting to do their bit to help out – despite the individual battles that they are often fighting.

Thank you to each and every one of our fundraisers – we couldn't do it without you.

Naomi Cole, FORCE Fundraiser



PEKING TO PARIS

Richard Turner and Nigel Lee took on the Peking to Paris Motor Challenge. They set off from the Great Wall of China on June 12 and drove 8,510 miles across 12 countries and in all weathers.

Nigel, from World of Country Life, and Richard, of the St David's Veterinary Centre, were the only Devon entrants in this international motor rally and they reached their destination in Paris on July 17.

They finished third in the Vintageant Category (pre-1941 model cars) and also earned Gold Medal status for not breaking down – very impressive when in a 1938 Ford 62!

The team's fundraising was equally remarkable with their target smashed and more than £13,500 raised in total.



LONG WAY DOWN

The Long Way Down quartet from the Axe Valley – builder Dougie Board, drainage engineer David Selley, plumber Ian "Pipes" Woodhall and electrician Matt Craker – pedalled their way from John O'Groats to Land's End.

They set out from Scotland on May 29 and finished at Land's End on June 12 – a challenge they described as: "Nine hundred-odd miles, 14 days of pain, pleasure and laughter, one huge finish and a lifetime of memories".

As well as their efforts in the saddle, the team and their supporters organised various other fundraising events en route, including a singing spot at the Royal Cornwall Show and a further musical night with the Bencoolen Wreckers in Bude.

There was also an auction evening, hosted by Graham Barton of Homes under the Hammer fame at The Kingfisher pub in Colyton once the cyclists were back home.

The fundraising total for the Long Way Down crew is not yet finalised but it is in excess of £18,500.



JIM'S JOURNEY

Jim Bray completed his 630-mile walk of the entire length of the South West Coast Path in eight weeks, raising funds for FORCE and Over and Above. He set off from Minehead on June 10 and reached the finish marker at South Haven Point, near Poole in Dorset, on August 4th. Jim's Journey saw him climb more than 100,000 feet - three and a half times the height of Mount Everest - cross nearly 300 bridges, catch 14 ferries, pass around 3,500 coast path signs and negotiate more than 30,000 steps. He has raised around £8,000 so far for the two charities.



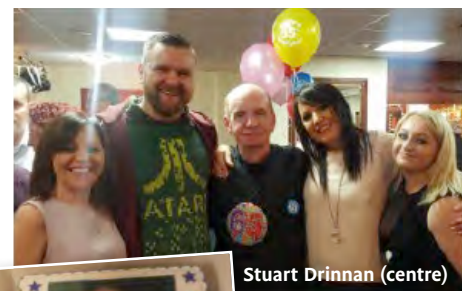
CELEBRATIONS

We are so grateful to everyone who thinks of FORCE when they are celebrating their own special event. Whether it's a big birthday, a milestone anniversary or a wedding day, asking for donations to FORCE rather than for presents is a lovely thing to do.

Recently FORCE has been included at two golden wedding anniversaries - Iris and Anthony Cole and Georgina and Donald Bibey - and three birthday parties - Joanna Borrie (50), Stuart Drinnan (65) and Molly Mason (80). These five events alone have raised nearly £2,000 and we love feeling like we're part of the celebrations.



Anthony and Iris Cole



Stuart Drinnan (centre)



Huge thanks to everyone who supports us in this way as well, of course, to all of their friends and

family who donate so generously on their behalf.



Molly Mason's birthday donation box



Donald and Georgina Bibey



Joanna Borrie



Jasmine Daniels: sale of theatre caps



Kate Crossman: headshave

FRIENDS OF FORCE



Honiton Show



Kenton - Ivy and Jane's Coffee Morning cheque presentation



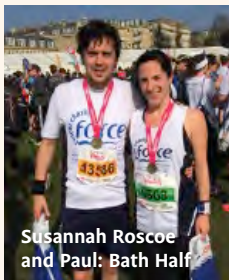
Blundells School Crazy Tie Day



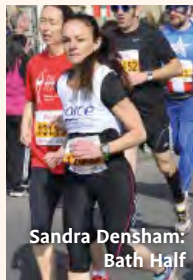
Teignmouth Easter Fayre: Marion Czaban and Doris Pashley



Right: Exmouth - Cream Tea at Budleigh



Susannah Roscoe and Paul: Bath Half



Sandra Densham: Bath Half



Axe Valley: Dalwood 3 Hills Challenge



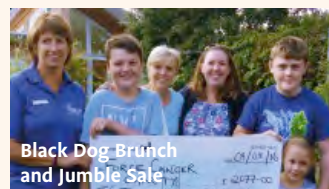
Exeter - Ask the Gardener



Emergency Department book sale



Dina Orchard: skydive



Black Dog Brunch and Jumble Sale



Alphington to Exmouth Bike Ride



IT'S A BANGOUT 2016
Main sponsor: FRANCIS CLARK



John Webber and Ruben Cumming Cake Sale at Ide Primary School



Ben Radford, Gretchen Oldland, James Janion and Philip Thichtener, Eddystone Sailing Pursuit Team

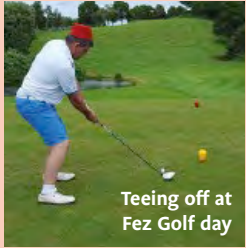
FEZ FUNDRAISING



Fez Ball



Ladies at Tag Rugby



Teeing off at Fez Golf day



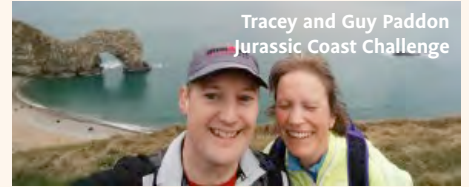
Scarlett May: hair cut



West Exe Football Day



Exeter Foundation Designated Charity Presentation



Tracey and Guy Paddon Jurassic Coast Challenge



Okehampton Lions Great Devon Breakfast



Funky Boots Football Tournament



Jack in the Green book sales



Team FORCE Three Peaks Challenge



Keywise Cars August car sales donations



3 Cycling Amigos JOGLE



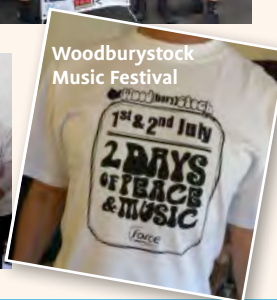
Jamie Easton, William and Megan Gilbert: Ten Tors Training



Kings Cross Europe Cycle



Speech Therapy Team fundraising day

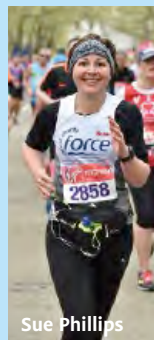


Woodburstock Music Festival

RUNNING FOR FORCE AT THE LONDON MARATHON



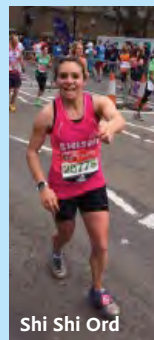
Meet up in Centre



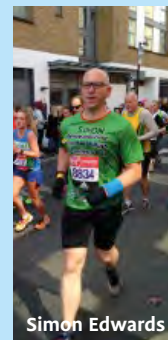
Sue Phillips



Ben at the start



Shi Shi Ord



Simon Edwards



Plaz Metaxu Open Garden

forthcoming events



OCTOBER

- 07 **QUIZ NIGHT**
Richard Newton Hall, Teignmouth
- 09 **AUTUMN STORM - 55 MILE BIKE RIDE**
Fingle Glen Golf Hotel
- 13 **HONITON LADIES LION'S PAMPER EVENING**
St Rita's College, Honiton
- 14 **PIG RACING NIGHT**
Victory Hall, Kenton
- 16 **WITHYCOMBE RFC CHARITY RUGBY MATCH**
Exmouth
- 16 **THE GREAT WEST RUN – HALF MARATHON**
Exeter
- 22 **STRICTLY 4 CREDITON**
The Boniface Centre, CREDITON
- 26 **COFFEE MORNING**
Colyton Town Hall
- 29 **BUDLEIGH SALTERTON COFFEE MORNING**
Methodist Church Hall, Budleigh Salterton

NOVEMBER

- 04 **COFFEE MORNING**
East Springfield, CREDITON

- 05 **CHRISTMAS FAYRE**
Methodist Church Hall, Teignmouth

- 17 **QUIZ FOR BOB**
The Dolphin Inn, Kenton

- 26 **SANTA CYCLE – 6 MILE FAMILY BIKE RIDE AND BOAT CRUISE**
Topsham Rugby Club

DECEMBER

- 03 **EXETER GUILDHALL CHRISTMAS FAYRE**
Guildhall, Exeter

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

- 19 **CAROLS AND CHRISTMAS MUSIC**
The Ley Arms, Kenton

- 23 **50 MILE CHARITY WALK**
Exeter

2017

- 25 June **THE NELLO – 100 MILE OR 55 MILE BIKE RIDE**
Topsham Rugby Club

- September **IT'S A KNOCK OUT**
Date / Venue TBA in Sept

www.forcecancercharity.co.uk/fundraising-and-events

Join our monthly email list to hear about all our events: forcefr@forcecancercharity.co.uk



cancer charity **force** Christmas cards 2016



All cards £4 per pack

Each is a pack of 10. Available to purchase from:

The **FORCE Cancer Support Centre**
on site at the RD&E Hospital, Exeter;

The **FORCE shop** in Heavitree;

Cards for Good Causes in Tiverton, Exmouth & Exeter

Place your order now!

