

“It really is a wonderful service; I can't say how much it's changed my world.”
- Sheenagh, Hope for Tomorrow Patient

Welcome to our Spring Newsletter. It's been a busy few months here at Hope for Tomorrow as we continue to navigate the Covid situation and ensure that we are providing the best possible service, both to our NHS partners and the patients we serve. Whilst we've renewed our logo, look and feel, our aim remains the same, to deliver cancer treatment to the greatest number of people. We simply wouldn't be able to do this without your support, so thank you once again.



Scan here to hear from Melanie and others about how mobile cancer care units have changed her cancer journey for the better.

Scan here to see how your support gives people the greatest gift - time



Your donations in action



Giving 'Caron' a new lease on life

We are delighted to report that the all new 'Caron' mobile cancer care unit has now been delivered to our partner East Kent Hospitals University NHS Foundation Trust and will be launched soon!

In 2018, Hope for Tomorrow launched an appeal to raise funds for the 'rebuild' of 'Caron' our mobile cancer care unit which operates in Kent.

Thanks to the generosity of funders, we were able to reach our fundraising target. A new chassis was ordered in December 2019 and the unit is now built, and fully registered, ready to be fully operational, delivering our vital outreach cancer service in an improved environment, which offers patients an even better experience.

She will continue to visit Dover, Herne Bay and Deal and help patients locally who, without our support, may struggle to get to their appointments.

A huge thank you to all our supporters, including the Mark Benevolent Fund, Caron Keating Foundation, The Bernard Sunley Charitable Foundation, Kent Community Foundation, Pink Ribbon Foundation, The Lawson Trust, The Kay Kendall Leukaemia Fund, The Roger de Haan Charitable Trust, The Albert Hunt Trust and The Edward Gostling Foundation.

We ask patients if they would like to fill in an anonymous survey so that we can gauge the impact our service has on their lives. Hearing from patients who live in Kent and who completed the questionnaire during 2021, they told us that, on average, for **each** treatment, they saved;



Last year, 'Caron' delivered nearly 2,400 patient treatments, helping nearly 800 patients! 36% of patients were treated for breast cancer followed by 18% of patients treated for urological cancers.

HOW YOU CAN HELP US HELP PEOPLE LIVING WITH CANCER:

Meet our supporters

Sam has been a supporter of Hope for Tomorrow since 2019, raising over £4,000. "I had raised funds for other charities previously but decided to support Hope for Tomorrow because we found ourselves benefiting from the Mobile Cancer Care Unit in Settle, North Yorkshire. My best friends mum, Betty, was going through chemotherapy care and I just remember being blown away by how incredible Hope for Tomorrow's units are. They're so much less stressful for the patients, much nicer and so much easier than trawling through never ending hospital corridors." Sam and her fab fundraising friends have held two events at home for Hope for Tomorrow: hosting a lovely lunch with a glass of fizz; a preloved clothes sale and luxury raffle.

Sam has been a supporter of Hope for Tomorrow since 2019, raising over £4,000. "I had raised funds for other charities previously but decided to support Hope for Tomorrow because we found ourselves benefiting from the Mobile Cancer Care Unit in Settle, North Yorkshire. My best friends mum, Betty, was going through chemotherapy care and I just remember being blown away by how incredible Hope for Tomorrow's units are. They're so much less stressful for the patients, much nicer and so much easier than trawling through never ending hospital corridors." Sam and her fab fundraising friends have held two events at home for Hope for Tomorrow: hosting a lovely lunch with a glass of fizz; a preloved clothes sale and luxury raffle.

Interested in hosting a fundraiser? Get in touch with Kara to find out how we can help you:

T: 01666 333 343 / E: karaframpton@hopefortomorrow.org.uk

Sophie has been a Hope for Tomorrow volunteer since November 2019. When we spoke to Sophie, she said "I volunteer once a week in the head office during term time. I was looking to do something useful with my spare time when I saw an advert. I've done a variety of research and administrative tasks and there hasn't been anything I haven't enjoyed! Most recently, I've been helping with the eBay shop and love coming in each week to find out what's sold! All proceeds go directly to helping cancer patients, so it really is making a difference. There's a wide range of volunteer opportunities available to suit whatever time or skills anyone may have. The team are very friendly and really appreciate any extra help. It's great to be involved in something that makes such a positive difference to people's lives."

Interested in volunteering? Get in touch with Kaz to find out more information:

T: 01666 505055 / E: karenwright@hopefortomorrow.org.uk

Jean became a regular monthly supporter of Hope for Tomorrow following her treatment in 2020. "I was having weekly chemo and live 25 miles from the oncology center. I don't drive, so my daughter needed to have several hours off work to take me each week. Then I managed to get appointments on the mobile unit and that was a game changer for us both. Just 5 minutes up the road from my house, no waiting on a busy ward and, best of all, 2 nurses, a driver and other patients to chat with. It made my treatment so much less stressful. I am so grateful to be able to have such a wonderful facility on my doorstep and know that my monthly donation helps others to benefit from the units too."

To join Jean as a Tomorrow's Hero and donate monthly, contact Kelly for more information:

T: 01666 505055 / E: kellycable@hopefortomorrow.org.uk or visit our website: hopefortomorrow.org.uk/donate/

Sam and Friends



“ The best bit about it all is making people aware of the charity and being able to help with the future of cancer care. ”



Sophie



Jean

Take a look at the difference you're making

Inside a Unit

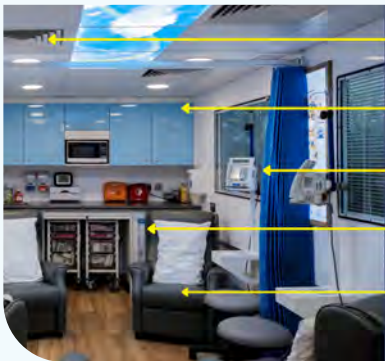
If you've not been inside one of our units before, it's hard to imagine what they're like and hard to understand the difference they make.



- Hydraulic levelling system
£8,244
- External livery
£1,716
- External door
£6,636
- External body structure
£22,854
- Wheelchair lift
£8,856
- Chassis
£82,772

With four specialist treatment chairs on board, our units can treat up to 20 patients a day.

Along with an on-board wheelchair access lift, units also come equipped with integrated air conditioning systems, allowing for complete climate control and extra patient comfort.



- Air conditioning, cooling and heating system
£9,762
- Internal cabinets
£11,526
- Chemotherapy pump stands
£3,972
- Medical fridge
£1,428
- Chemotherapy treatment chairs
1 chair - £1,165
4 chairs - £4,462

Each unit has a medical grade fridge to keep the medication at the correct temperature, along with a small toilet and kitchen for patient comfort. All of the unit drivers are great at making a cuppa' for patients whilst they have their treatment!

The next unit being rebuilt is Lincolnshire.

Step inside a unit and see what it's like onboard here:



We're so excited to be able to offer our patients convenient cancer care treatments onboard a new and improved 'Elaine'. Our current 'Elaine' has served us and our patients so well over the past 10 years, but it's time for her to be rebuilt so we can continue providing a world-class service. A huge thank you to all the Hope for Tomorrow supporters and donors who made this possible.



Chantelle Dawson, Deputy Sister, Lincolnshire mobile cancer care unit



Upcoming Events and ways to get involved

We've got plenty of events for you to take part in. If the below events aren't for you, why not host your own fundraiser? **Contact Kelly for more details on 01666 505055 or kellycaple@hopefortomorrow.org.uk**

Run Local

We have places available in a selection of runs local to you. Wherever you live, you can run as part of #TeamHope. Check out our website, select your region and find races happening in your area. If you want to take part, click 'register' next to the event you've chosen on the Run for Charity website and complete the form. Kelly from our fundraising team will then get in touch to help and support you. By taking on the challenge for Hope for Tomorrow, you'll help support people on their cancer care journey.

hopefortomorrow.org.uk/run-local-for-hope-for-tomorrow



Yorkshire Three Peaks - Yorkshire - 9th September 2022

Join us and embark on the Yorkshire 3 Peaks Challenge! The 25-mile circuit of Yorkshire's highest peaks; Ingleborough, Wharfedale and Pen-y-ghent takes walkers through some of the most stunning Pennine and Yorkshire Dales scenery while offering 5,249ft of ascent and descent. It's certainly a challenge, but you'll have an incredible time, all whilst raising funds for people fighting cancer.

hopefortomorrow.org.uk/yorkshire-3-peaks-challenge-three-peaks-25-miles-12-hours-do-you-have-what-it-takes



Meet Jack

Meet Jack -the driver of our Norfolk and Norwich unit

My name is Jack Russell and I'm Amara's mobile cancer care unit driver, based at Norfolk and Norwich Hospital. Before this, I drove Frisbey, the unit partnered with the West Suffolk Hospital.

Driving one of these units really is a privilege. I love being part of the Weybourne Day Unit team. I love being a part of such a highly skilled, professional, and most importantly, compassionate group. From day one I was made to feel that I was a valuable asset.

My role as the driver involves meeting and greeting patients, helping them safely on board and then once their treatment is up and running providing them with tea, coffee, and biscuits. Once their treatment is finished, I assist them off and back to their car if they drove. The best part of my job is the interaction with the patients. Most of them are undergoing long treatments and, over many weeks, you form a close bond with them. We talk about our families, friends, and every other subject under the sun. I feel that I know a lot of people's families even though we have never met, and a lot of them are really interested in my daughter who is studying at university.

Over the seven or so years I have been driving these units, I can honestly say that patient satisfaction is 100%. Once they have received treatment on board with us, they never want to go back to the hospital. This was highlighted even more during the pandemic, when people felt much happier and safer having their treatment with us, rather than in a crowded hospital. The saving in travel



time, looking for parking at the very busy hospital and the almost one to one care they receive with us proves to be hugely popular. All our locations are large supermarkets and patients can park right next to the unit with ease. We have several patients come to the unit for treatment during their lunch break, meaning that disruption to their life is reduced.

We have been up and running over a year now, and patients have come to rely on our service. We are now a very important part of delivering cancer treatment in Norfolk.

I would like to give a big shout out to all the Hope for Tomorrow supporters and fundraisers. You all do an amazing job in helping to keep the wheels turning. Without your support, these incredible units would not exist, and, like you, I'm also a dedicated supporter.

I donate every month through a direct debit and last September, Deputy Sister Ruth Lightening, Nurse, Victoria Licence and myself did a skydive to raise funds for the charity. An amazing experience that for me will never be repeated! We are starting to think about what we are going to do this year to raise money, but whatever it is both feet will remain firmly on the ground!



HOW YOU CAN HELP US HELP PEOPLE LIVING WITH CANCER:

Event News

Polo in the Park

Brought to you by our Platinum Sponsor, Market Financial Solutions

We're thrilled to be bringing Polo in the Park back after a number of years of not being able to host the event. We can't wait to join guests at the historic Ham House, and watch a thrilling top-class polo match. When asked why they wanted to get involved, MFS said, 'MFS is proud to be supporting Hope for Tomorrow at this year's Polo in the Park, who provide lifesaving mobile cancer care units across the UK. MFS is hugely passionate in supporting this cause and we believe in working together to support families, educating our communities and protecting the future in the fight against cancer.'

The event is now sold out, but if you'd like to attend future events, please contact Emma Bowles on emmabowles@hopefortomorrow.org.uk

Saturday, 25th June 2022



Gloucester Gala Dinner - Save the Date!

Friday, 11th November 2022

Please to save the date so you can join us for some glitz and glamour at our Gloucestershire Gala Dinner. Held at the beautiful Hatherly Manor on Friday, 11th November, this is an event you don't want to miss! Save the date in your diary and more information will be released soon.

The difference we make with your support

From January - December 2021, we:



Helped **Over 8300** patients

Helped people **save**, an **AVERAGE** of **57 miles**



2 1/2
HOURS

Saved patients an **AVERAGE** of **2 1/2 hours** every time they have treatment

Patients **saved** an **estimated £125,000** as a group

£££



The **majority** of patients treated have **breast cancer** or **gastrointestinal cancer**

Make a Will. Leave a gift. Create a legacy

Liz Murray has been involved with Hope for Tomorrow well before the start of our partnership with United Lincolnshire NHS Trust. Liz was a Consultant Oncologist who, with her colleagues, started to look at how they could expand their cancer care treatments given that the region is so rural.

'Elaine', the mobile cancer care unit serving Lincolnshire was launched in May 2014. Having driven many times between the hospitals in the area, Liz knows the distance involved and how difficult this can make life for patients.

Liz told us: "Lincolnshire has just 47 miles of dual carriageway and no motorway. Trying to get between any of the cities is at least an hour. People find it really difficult to get around – patients would arrive early for appointments just so they can find a car parking space, then with inevitable delays, their treatment would take all day."

Liz is committed to Hope for Tomorrow. Alongside other ways, she's made the decision to leave a gift in her will. "I am absolutely sold on the idea of wills. People assume that their family will get the money when they die even without a will, or that their 'common-law' partner will inherit as a spouse, but this isn't automatically the case."

"A will saves all the arguments about 'he wanted to support the allotment association', 'no he didn't, he'd fallen out with them' and vice versa. My Dad's will made it very straightforward to sort out his estate when he died (I was his Executor)."

"Knowing how cancer treatment can make you feel, to try and travel 1.5hrs each way is just incomprehensible. Chemotherapy causes sheer fatigue – it's like someone has taken your batteries out – you can't think, you can't move, you're just done in – and the nausea doesn't help."

“ This is why I've chosen to leave a gift in my will to Hope for Tomorrow. ”

Regardless of size, a gift in your will is an incredible way of helping future generations. Will you join Liz and leave a legacy of hope for people living with cancer?

Your family, friends and loved ones come first, and rightly so. What we do ask is, once you have accounted for your family and friends, will you consider leaving a gift to Hope for Tomorrow to help cancer patients?

To find out more information, visit hopefortomorrow.org.uk/legacy/ or contact Hannah Davies on **01666 500111 / hannahdavies@hopefortomorrow.org.uk**



Will you help ensure people like me can spend more time outside of cancer?



“Hope of Tomorrow makes so many people’s lives that little bit easier, including mine. I would well and truly be lost without this service.”

My name is Alex, and I was just 31 when I was diagnosed with Breast Cancer. I live in Warminster and work as a Community Carer – a job I love. Like most people who receive a cancer diagnosis, I found the news very difficult to take and had a complete emotional breakdown.

I actually couldn’t breathe. All I could think about was I need to tell my boss, there’s so much to do, I don’t have time for this. Once I calmed down, I was then faced with how do I even tell people?

Thankfully, Hope for Tomorrow have partnered with Salisbury NHS Foundation Trust since 2012. ‘Kayleigh’, our mobile cancer care unit serving Salisbury, Dorset and Hampshire is named in memory of a phenomenal young woman from Chippenham, who sadly passed away from cancer. Based at Salisbury District Hospital, Kayleigh visits Fordingbridge, Gillingham and Westbury weekly. Kayleigh has been helping patients locally for 10 years. Patients like me couldn’t be more grateful, that hope for tomorrow can bring this service closer to me.

Please will you donate £20 today to make sure more people like me can spend time outside of cancer and their treatment?

When I was first diagnosed, I was told at the end of my breast clinic appointment that they were 90% sure it was cancer, and to be honest I had a complete emotional breakdown. I was told due to my age they

were rushing my tests through and that I needed to return on the Friday for my results.

I had a few friends who knew I was going for the appointment and my mum was with me (thank goodness as I was in no fit state to drive). How was I going to tell them?

All I could think about was I need to tell my boss, there’s so much to do, I don’t have time for this. I spent that whole week goggling and reading everything I absolutely could about everything breast cancer related.

In the day I would be alright, but once everyone had gone to bed, I would turn into an emotional wreck.

I think it must have been the Thursday about 3am when I realised that actually, all treatment and cancers are different, and I was reading about things that may not even happen to me.

I took a deep breath and decided to just wait for my next appointment before googling anything else.

When it came to results day, thankfully I had mum



with me again. It was a strange feeling when they confirmed it was breast cancer. I was then at a point of thinking 'right ok, so what next, how do we tackle this?' whereas my mum was then the emotional one. I had spent the week coming to terms with the fact I may well have cancer, whereas my mum was clinging onto the little doubt they had.

During my treatment I had a PICC line fitted. A PICC line, is a long, thin tube that's inserted through a vein in your arm and passed through to the larger veins near your heart. It's more durable than an IV line, but it did need to be flushed weekly.

I found it so much easier to go to the Unit in Gillingham rather than traipse over to Salisbury to get the treatment done, especially when I was feeling so unwell.

This is why donations to Hope for Tomorrow are so important. They give thousands of people across the country more time to live their lives. Will you donate £20 today please?

As I've mentioned, I'm a care coordinator/carer for a company that does domiciliary care in the community, so the mobile cancer care unit provided by Hope for Tomorrow is much easier and more flexible to attend than hospital as it can fit around my schedule.

It feels more relaxed here than it does in a hospital, and it gives you the headspace to sit and relax.

Having cancer at such a young age, I thought I would always be known as the girl with cancer.

I thought I'd lose my identity, but I was so wrong.

Reading and hearing other people's stories and meeting other people, I very quickly came to realise that actually in the grand scheme of things I'm a lucky.

I'm lucky I found it early, I'm lucky I went to the doctor, most importantly I am lucky because they could actually do something to help me. At the moment I'm cancer free and that isn't the case for a lot of people so in my eyes I am lucky.

I'm also so lucky that Hope for Tomorrow provide a mobile cancer care unit in my area. Were it not for the unit, it would've had to have spent hours travelling to hospital and, no doubt, hours waiting for my appointment. I can just imagine how much harder it would've been.

We all know someone who has been affected by cancer. Will you donate £20 today please so that we can keep these mobile cancer care units running?

I'm so thankful for the ease and flexibility Hope for Tomorrow gave me, being able to fit my treatment around my schedule was a game changer. I love the concept of what Hope of Tomorrow is about, it makes so many people's lives that little bit easier including mine.

I would well and truly be lost without this service.

Thank you in advance for your donation – you will literally be changing people's lives.

