

Roy's

RAISERS

your fundraising magazine

BECAUSE IT'S

fun to run...

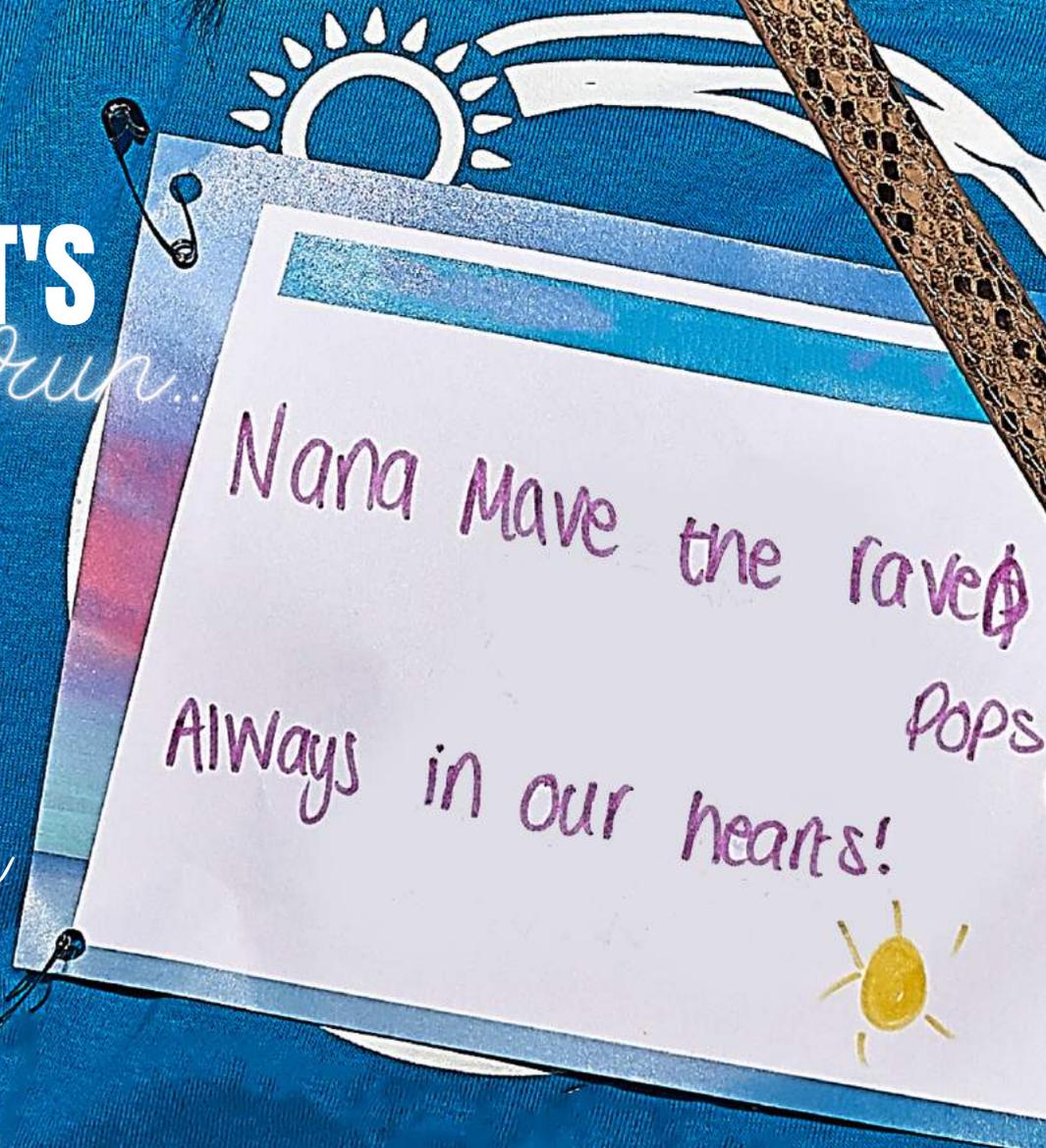
Check out our new Easter
run bling

*Lasting
Tributes*

Loved ones live on

***I can
&
I will***

Your dedication knows
no bounds



ROY CASTLE
LUNG CANCER
FOUNDATION

EDITOR'S NOTE



I KNOW IT'S BEEN SAID

a million times, but the last two years have been so challenging but your support has seen us through.

It hasn't mattered if we were in a lockdown or if the world had, momentarily, opened back up again, your fundraising continued, and we couldn't be more grateful.

Whatever personal hurdles we have had to face, it has been even harder for those living with lung cancer.

Fortunately your support, and as a result our support, has made the most difficult and terrifying of times just that tiny bit more manageable. We have been able to provide practical, financial and emotional support to many people living with and affected by lung cancer, as well as continuing on our aim to improve the early detection of lung cancer, through both research and the Targeted Lung Health Check programme.

And so this magazine is a celebration of you - our Roy's Raisers and all the incredible ways you have been raising money and donating so generously.

From the roaring success of our virtual runs (my Pop Retro Run top is my pride and joy!) to staggering swims, hair chops and moving tributes, the list is endless and your creativity astounding. We cannot thank you enough.

I hope you are as inspired as I am by these stories, and the stories of the people we are supporting, and maybe you will even find a new fundraising challenge for 2022 to help us continue our vital work and save lives.

Paula Chadwick
Chief Executive



THIS MAGAZINE IS A CELEBRATION OF YOU OUR ROY'S RAISERS. OF ALL THE INCREDIBLE WAYS YOU HAVE BEEN RAISING AND DONATING MONEY AS WELL AS A LOOK AT JUST SOME OF THE WAYS YOUR SUPPORT IS MAKING A HUGE DIFFERENCE.

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fun to run**



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**COMMUNITY FUNDRAISING KNOWS NO BOUNDS...
EXCEPT YOUR OWN IMAGINATION AND WE CONTINUE TO BE ASTONISHED
HOW OUR SUPPORTERS FIND WAYS TO RAISE MONEY...**

Becky the rock star raffer

When Becky's friend Becca was diagnosed at just 28, she wanted to do anything she could to help.

She's been treating Becca with holistic therapies to help her feel good during treatment. She also held a raffle with a variety of prizes donated from local businesses, and raised £650.

THIS CHARITY IS SO CLOSE TO MY HEART. BECCA IS DOING AN INCREDIBLE JOB RAISING AWARENESS OF THIS MISUNDERSTOOD DISEASE. FUNDRAISING IS MY WAY OF SUPPORTING THE CHARITY THAT HELPS HER.

Becky, rock star raffer

A breath of fresh hair

Jessie decided to cut off her long locks and donate her hair to Little Princesses to make wigs for children who have lost theirs.

She also asked people to sponsor her so she could raise money for us after we helped her grandad, Bill, when he was poorly and raised over £2000.

Going, going... score!

The Lung Cancer Nurse Specialists at Kent and Canterbury Hospital had a bake sale during lung cancer awareness month and raised over £600.

The team, Toni Fleming, Carolyn Hargreaves, Sharon Gill, Jackie Motta, Jen Santer and Yenmei Chen regularly order our booklets. We also provide telephone support to some of their patients via our Keep in Touch service. Together, we organised an Information Day in November 2019.

Create your fundraiser: roycastle.org/get-involved



Kath takes a hike

When her friend was diagnosed with lung cancer, Kath decided to create her own fundraising challenge, and what a challenge it was...

Setting off from St Bees in Cumbria, Kath embarked on a 192 miles trek to her home in Robin Hoods Bay, with her parents and husband providing support along the way. She completed her challenge in just 13 days and raised a whopping £3,840.

I TOOK ON MY COAST-TO-COAST CHALLENGE BECAUSE OF MY LOVE OF THE OUTDOORS AND TO SHOW MY SUPPORT TO ROY CASTLE LUNG CANCER FOUNDATION AFTER ALL THE HELP THEY HAVE PROVIDED TO MY FRIEND.

Kath, top trekker

I WANTED TO GIVE SOMETHING POSITIVE BACK IN MEMORY OF JAMES BROKESHIRE MP WHO DID SO MUCH FOR PEOPLE IN OUR LOCAL COMMUNITY.

Richard, press up powerhouse

Drop and give us 5000

During Lung Cancer Awareness Month, Richard set himself the challenge of doing 5000 press ups (that's 166 press ups every day), in memory of his local MP, James Brokenshire, who passed away from lung cancer a month earlier in October 2021. James had worked very closely with our charity and

after his death his family set up a Lasting Tribute and asked for donations to be made to us in lieu of flowers.

But Richard didn't stop there... As well as his push up challenge, his company, Resknow, a digital marketing agency in Sidcup, also got involved and pledged to make a donation from each order they received throughout November. Altogether, Richard has raised £1.3k.

or call the team on 0333 323 7200 to talk about your ideas



Made Mum cry as this run was for her.



Top and medal arrived today. Went straight out!



Now there's a medal for your collection!

T-shirt and medal motivated me to get out before the rain came.

I was really struggling when my Dad was diagnosed and this is really helping me cope



Challenge yourself to support others.

Ooooooooh! Is that the top? I love it!

I felt so emotional completing the second bit of my 10k



I lost my mum in October. I'm finding the running and fundraising helps.



Loved the soundtrack

BECAUSE IT'S

fun to run...



Our virtual runs, medals and tops have been a HUGE hit over the last few years.

Well, the great news is not only are they back for 2022 but we're proud to announce we will also be launching our own running events this year so you can meet up with fellow Roy's Runners as you take on our latest challenges.

So whether you're running for a loved one, your own mental and physical health, or just to add some more bling to your medal collection, sign up now to be part of our latest running challenge.

roycastle.org/easterrun

APRIL

10

BREATHING SPACE

**Our patient grants alleviate some of the financial pressures of lung cancer...
because there is already so much to worry about.**



Having lung cancer has many costs. One practical way that we help is providing financial support through our patient grant fund.

Some people use the money to pay for essentials such as travel to and from hospital for treatment or for increased energy bills. Others choose to spend the money making memories with their family and friends.

Your support means we are able to provide financial relief to more people living with lung cancer, easing some of the burden and stress a diagnosis can bring.

**I AM SO GRATEFUL FOR
THIS GRANT. MY LATEST
SCAN RESULTS WEREN'T
GOOD. THIS MONEY MEANT
WE WERE ABLE TO MAKE
IT A TRULY SPECIAL
CHRISTMAS FOR
OUR TWO GIRLS.**

Joanna, living with lung cancer



BECAUSE SUPPORTING PEOPLE WITH LUNG CANCER IS THE BEST GIFT I CAN GET

Many people, like Andrew, are setting up a fundraising page on Facebook to mark a special occasion, such as their birthday or wedding and asking family and friends to donate instead of buying them a present.

AFTER MUM WAS DIAGNOSED WITH SMALL CELL LUNG CANCER, WE KNEW WHAT WAS GOING TO HAPPEN, THAT THE LIFE EXPECTANCY WASN'T GREAT, SO WE WONDERED 'HOW CAN WE MAKE A DIFFERENCE TO SOMEONE ELSE?'

I HAD SEEN ON FACEBOOK THAT YOU COULD DO A BIRTHDAY FUNDRAISER AND HAVING RECEIVED SO MUCH SUPPORT FROM THE CHARITY, I COULDN'T HAVE THOUGHT OF A BETTER ONE TO SUPPORT.

Andrew, Facebook fundraiser



Setting up a fundraiser on Facebook

It is really simple to set up a fundraiser on Facebook.

- Open the Facebook App
- Create a post, sharing what you are doing and why.
- Select 'Raise Money' from the options at the bottom
- Choose Roy Castle Lung Cancer Foundation
- Then post.

We'll then automatically receive the money raised once your fundraiser has finished.

Alternatively, for more information, visit roycastle.org/fbfundraisers

In 2018 Deborah compiled a list of 60 things to do before she reached her 60th - from attending music and sporting events to completing crafts. Also on the list was an abseil so along with son Cy, daughter Lauren and her partner's son Dean, Deborah abseiled down of the Anglican Cathedral in Liverpool in memory of her dad.

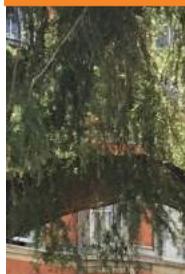
THE DAY WAS MAGICAL. THE EXPERIENCE WAS FUN. THE WEATHER WAS SUNNY. IT FELT LIKE MY DAD WAS SMILING DOWN ON EVERYONE.

Deborah the daredevil



I can & I will

From trekking across the country to throwing yourself out of a plane, it seems there is nothing you won't do to support our vital work.



Abby has always wanted to do a skydive. She used to regularly chat to her nan about it. Shortly before her nan passed away, they spoke about doing a skydive for charity and her nan asked if she could raise money for a cancer charity.

NAN WOULD BE SO PROUD OF ME FOR DOING THE SKYDIVE AND FOR RAISING MONEY THAT CAN CONTRIBUTE TO VITAL RESEARCH AND SUPPORTING OTHERS IN SIMILAR SITUATIONS.

Abby the cloud surfer

roycastle.org/skydiveday



Pandemic or no pandemic, Clare's challenge calendar has been full to the brim over the last few years.

In the last three years, she has completed the Cotswold Way Challenge, the Jurassic Coast Challenge, Brighton to London Trek and the Coast2Coast virtual challenge - a staggering 293km trek!

This year, Clare's also got another challenge under her belt, conquering the amazing Winter Walk just last month.

She also taken to the water and completed our Swimming the Distance (page 20) challenge too, all in memory of her mum.

Clare - you are a trekking machine!

roycastle.org/treks

I JUST WANT TO GIVE
SOMETHING BACK IN
MEMORY OF AN
INCREDIBLE MUM, WHO
LOVED HER FAMILY
MORE THAN LIFE.
WHAT BETTER WAY
TO DO THAT THAN TO
RAISE MONEY FOR
RESEARCH AND
SUPPORT FOR THIS
DEVASTATING DISEASE.

Clare, the challenger champion

Fancy a challenge?



**JURASSIC
COAST
CHALLENGE**

14th May 2022



**LONDON
BRIGHTON²
CHALLENGE**

28th May 2022



**COTSWOLD
WAY
CHALLENGE**

25th June 2022

TARGETED LUNG HEALTH CHECKS

getting ahead of lung cancer

Targeted lung health checks can revolutionise lung cancer survival rates and save thousands of lives. We are proud to be working with the NHS to support this life-saving programme.

Currently, less than a third of people are diagnosed with early stage lung cancer. Initial figures from Targeted Lung Health Checks show a significant increase in early detection rates. This means more people will be able to have curative-intent treatment and get back on with their lives.

This is what we have been campaigning for since the start of our charity in 1990 - a way to detect lung cancer at the earliest opportunity when life-saving treatment is possible.

Targeted Lung Health Checks are currently available in selected areas in England to people aged 55-74 who have ever smoked.

Whilst we appreciate these checks are not available to everyone, this is a huge step forward in the early detection of lung cancer and marks just the beginning.

We are working with the NHS to raise awareness of the programmes and encourage those eligible to make an appointment.

From running social media, digital and outdoor advertisements, developing helpful information and videos to alleviate any concerns and hosting community events, it is our aim to ensure that everyone who is invited takes up this vital service because it really could save their life.



I DIDN'T REALISE LUNG CANCER WAS SOMETHING YOU COULD HAVE SURGERY FOR, AND WALK AWAY. IT WAS ONLY WHEN THE CONSULTANT USED THAT WORD CURATIVE THAT I FIRST THOUGHT I MIGHT JUST BE OK! NOW I'M AT THE STAGE WHERE I CAN'T BELIEVE HOW LUCKY I HAVE BEEN. TO BE BACK NOW AND FEELING FIT, JOINING IN WITH THINGS THAT MAKE UP THE FABRIC OF MY LIFE, IS PRETTY AMAZING.

Jo, diagnosed through the Liverpool Targeted Lung Health Check



Targeted Lung Health Checks are currently available in the following areas:

- Blackburn with Darwin
- Blackpool
- Bradford
- Corby
- Coventry & Rugby
- Doncaster
- Halton
- Hammersmith & Fulham
- Hillingdon
- Hull
- Knowsley
- Liverpool
- Luton
- Manchester
- Mansfield & Ashfield
- Newcastle
- North Kirklees
- Salford
- Southampton
- Stoke on Trent
- South West London
- Tameside & Glossop
- Thurrock.

roycastle.org/targetedlunghealthchecks



Step into Summer

Step towards a world where no one dies of lung cancer

Join us as we complete this six-mile walk along Liverpool's iconic waterfront as the sun sets over the River Mersey.

With music, entertainment and goodies along the way, **Step into Summer** is so much more than your average fundraising walk.

It is an opportunity for us all to come together and walk in solidarity with those who truly understand this misunderstood disease and to celebrate, support and remember our loved ones in the warm Liverpool sunshine.





*Can't make the event?
Host your own like Fran...*



Fran and her family completed their own Step into Summer fundraiser, walking for 12 hours along the waterfront in her hometown of Seaton, Devon, in support of her husband, Mark, who was diagnosed with lung cancer during the peak of the pandemic.

**WE DIDN'T HAVE MUCH
AWARENESS OF LUNG CANCER
BEFORE MARK WAS DIAGNOSED.
THAT'S WHY I TOOK PART IN
STEP INTO SUMMER AS THE
CHARITY'S AWARENESS
CAMPAIGNS ARE HELPING TO
MAKE SURE THAT MORE PEOPLE
ARE DIAGNOSED EARLY.**

Fran, the walking wonder



***roycastle.org/stepintosummer
or call the team on 0333 323 7200***

Lasting Tributes

In the quiet moments, we provide a place to remember.

During times of celebration, we provide a place to share the joy they brought.

When love is needed, we provide a place of comfort.

When they are in your thoughts, your *Lasting Tribute* is a place to feel them close, cherish the wonderful words and memories and share a smile and a story with those that loved them.



*James Brokenshire
1968-2021*

On James's passing, we were contacted by his closest friend,

hoping that we could provide something for family, friends, colleagues and well-wishers to pay tribute to James, share messages of condolence as well as contributing in his memory to our work in lieu of flowers.

The touching tributes poured in from far and wide and continue to do so, with over £65,000 raised in James's memory to continue the excellent work he started around lung cancer screening.

James has three children and the comfort they have felt from reading the thoughts from all who knew their father has been an invaluable gift that they will have forever.



roycastle.org/



*Joel Woodside
1989-2017*

Joel was diagnosed with small cell lung cancer aged 28 and died just four months later.

His mum Sonya has always paid tribute to her son, supporting the charity in many ways and helping to increase awareness for lung cancer.

Sonya created a Lasting Tribute so that she could share Joel's story with all who loved him. Since its creation, the page has had many wonderful pictures, gifts, thoughts and life stories added.

The family have also used the lasting tribute page to display all of their fundraising efforts including running our latest Retro Run Series.

Sonya frequently uses Joel's Lasting Tribute to help keep his memory alive, sharing stories and pictures so those who loved him can continue to feel close to this young man who was taken far too soon.

Creating your own Lasting Tribute

You can share your tribute with family and friends so they too can contribute and help it grow into a beautiful collection of personal tributes to cherish.

- Add photographs, gifts and stories.
- Customise your tribute
- Light a candle on their birthday, milestones, or whenever they are in your thoughts.
- Add special events or fundraising.
- Make donations.

Get in touch

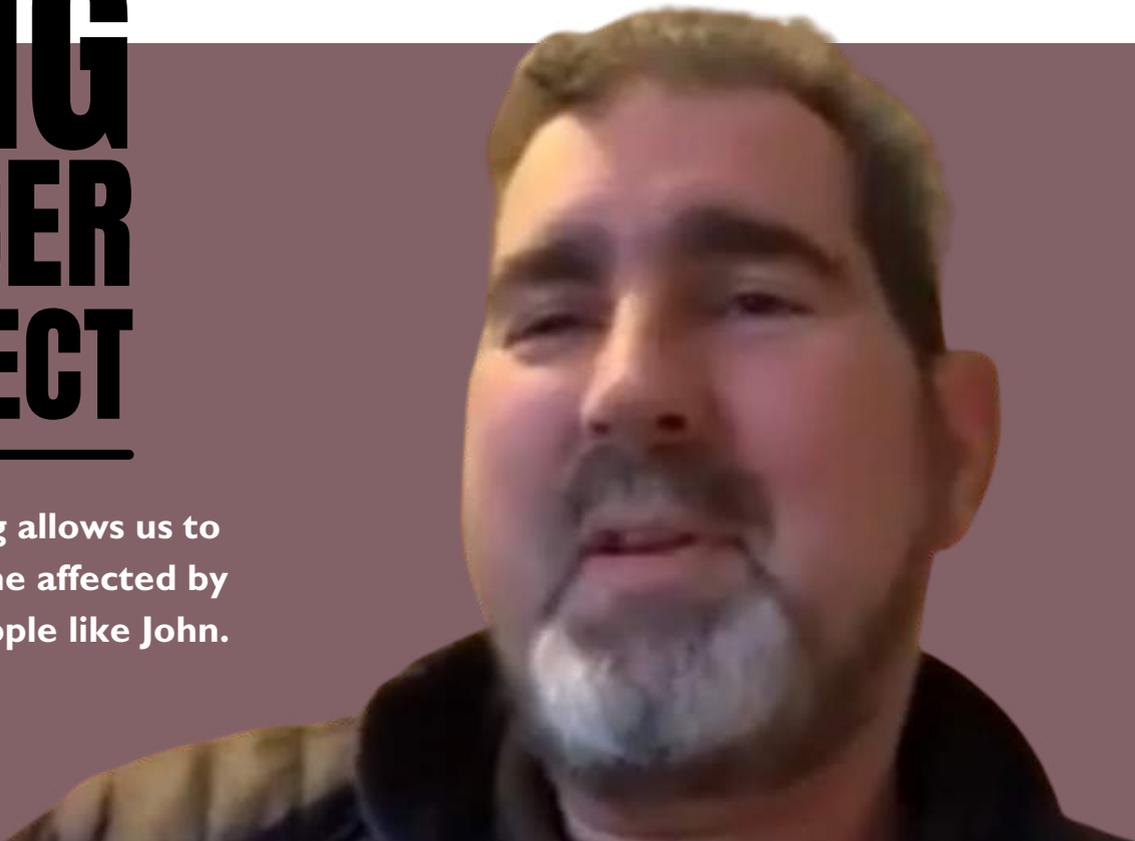
Our team can help you create your Lasting Tribute or set it up on your behalf.

tributes@roycastle.org

lastingtributes

LUNG CANCER CONNECT

Your fundraising allows us to support everyone affected by lung cancer, people like John.



I FIND THE ONLINE SUPPORT SESSIONS REALLY HELPFUL. IT JUST BOOSTS ME AND GIVES ME SOMEWHERE TO BE AND SOMETHING TO DO AT THAT TIME. I WOULDN'T MISS IT FOR THE WORLD!

John, Lung Cancer Connect user

One of the ways we provide support is through our **Lung Cancer Connect** service, telephone and video support sessions on various topics including managing during treatment and living with lung cancer.

Run by a trained facilitator, the sessions allow patients and carers to connect with others in a similar situation, ask questions and share concerns, worries and advice.

Your support allows us to run more and more support sessions on a wide range of topics to ensure everyone affected by lung cancer gets the help they need.

roycastle.org/lungcancerconnect

Tip Top Tapping

The Event

It's time to dust off your dancing shoes and tip tap round your kitchen for this year's **Time to Tap** fundraiser.

Whatever your age, ability or location, this fun-filled event is guaranteed to put a smile on your face.



The Dances

It doesn't matter if you're a pro or have two left feet, all you need to take part is a love of dance.

We have two routines to learn, choreographed by a professional dancer. There's a simple routine for beginners and a slightly harder routine for the more advanced.



I was working on the day of the event but didn't want miss out, so I spoke to the management team and they said I could tap in front of the hospital.

Fiona, the determined dancer

The routines were challenging, but really fun to learn and we're really proud how our students came together to support each another.

Leanne Dade
Footlight Performance Academy



Penny, the tapping dancing diplodocus

When long-standing supporter, Penny Nash, signed up for one of our tap events, she decided to take the challenge one step further...

When I started practicing it became apparent I was rubbish and needed to distract from my feet! A costume seemed like the best bet so I performed as a shark, a diplodocus and a unicorn!

Penny, the fun-loving fundraiser



roycastle.org/time-to-tap



SWIMMING THE DISTANCE



POPPY'S STORY

My grandma was my best friend. We would spend hours together reading Julia Donaldson books. I loved spending time with her; one of my favourite memories is when we baked yummy caramel shortbread.

I really miss her so when I was going through my Brownie badge book, I chose to do the charity badge because I wanted to help people that were poorly like my grandma. Then my friend Louise found the Swimming the Distance challenge! I love swimming, so it was perfect for me.

I signed up to the one mile challenge and hoped to complete it by the end of the summer holidays. In the end, I managed to swim two miles and raised over £1500 - 10 times my target. I can't believe it. I know my grandma would be so proud.

Distances calculator*

1 MILE = 65 lengths
5 MILES = 325 lengths
10 MILES = 650 lengths
20 MILES = 1300 lengths
or create your own challenge

*based on a 25m pool

Fun, flexible and rewarding, Swimming the Distance is a fantastic challenge that anyone can do. Pick your distance, set your time and off you go! You can swim in a pool or in open water, as a team or on your own. However you choose to take on the challenge, you'll be rewarded with a special Swimming the Distance medal.

Register for free: roycastle.org/swim



KATE'S STORY

Swimming the Distance challenge is so flexible. I could do the challenge however and whenever I wanted whilst choosing a distance that meant something to me.

I am a lung cancer nurse specialist in Portsmouth and every year we diagnose around 450 people with lung cancer. I decided to swim 450 lengths in a month - one length for each person diagnosed - to raise the profile of lung cancer and try to gain more support for the disease.

I had recently been introduced to the benefits of cold-water swimming so, on top of pool swims, I also included some dips in the sea as part of my challenge. I even took my kids with me in the summer holidays!

ENTERPRISE 50/50

Is your child a budding entrepreneur?

Are you a teacher with a class full of imagination?

Are you a parent governor keen to provide students with work-related experiences?

Or maybe you'd just like to get your students to take on a new challenge whilst supporting a charity?

THEN WE HAVE THE CHALLENGE FOR YOU...

Enterprise 50/50 is a fantastic way to raise money and help children take their first steps in the world of business. Each team gets £50.00 start-up capital. They then have 50 days to make as much profit as possible with their own business idea. Profits then go to support people with lung cancer.

At the end of the challenge, awards will be given to celebrate the achievements of the students, with prizes for:

- Highest income

- Most innovative ideas

- Best teamwork

WHAT'S MORE, THIS YEAR THE SCHOOL THAT MAKES THE HIGHEST PROFIT WILL WIN A FANTASTIC TEACHREX WORKSHOP

TEACHREX

• NEW AGE EDUCATION •

Transporting children into the magical world of dinosaurs and dragons, Teach Rex transforms the classroom into a vivid and interactive learning experience.

Using Ofsted guidelines, the curriculum and their teaching experience, Teach Rex creates the optimal environment for learning, with workshops designed for children of all abilities and ages. Workshops are complemented by materials connecting the experience to science, English and ICT, helping children to continue the learning long after the session is over.

ROYCASTLE.ORG/ENTERPRISE5050

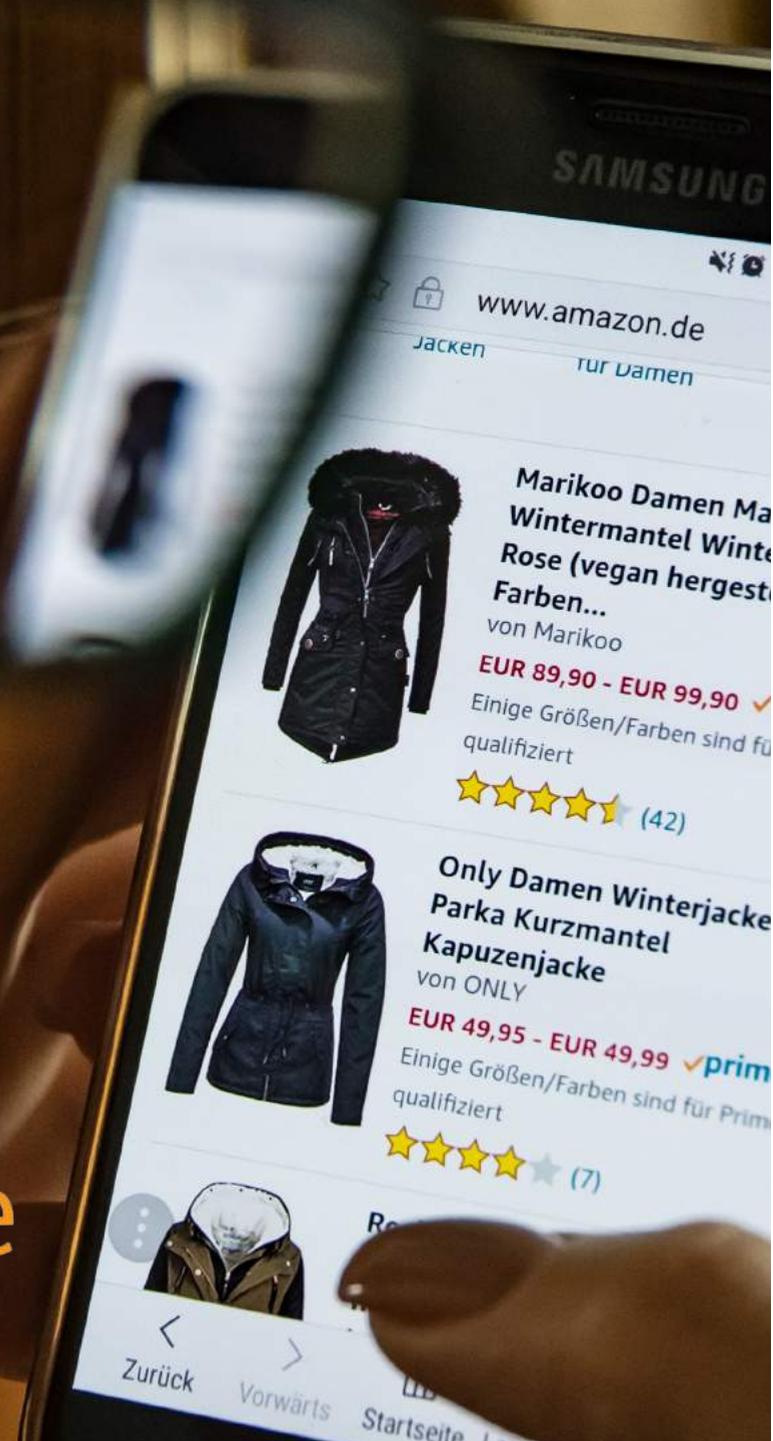


Something to *smile* about

One of the easiest ways to raise money is to select us as your Amazon Smile charity. Then, every purchase you make, Amazon will donate 0.5% of your transaction - at no extra cost to you.

amazon*smile*

amazon.smile.co.uk



Roy's RAISERS

your fundraising magazine



THANK YOU



Roy Castle supporters are the best



Your fantastic efforts help so many



ROY CASTLE
LUNG CANCER
FOUNDATION

Expect Better

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