

Roy's RAISERS

your fundraising magazine

NOW

MORE THAN EVER

People with lung cancer need our support. Read how you can help us and them.

AIN'T NO MOUNTAIN HIGH ENOUGH ...

From the highest treks, to the open ocean, find out all the ways to support.

put the fun in Fundraising!

Turn what you love into a fundraising activity!



ROY CASTLE
LUNG CANCER
FOUNDATION



For the last three years, it feels like I start every conversation, every column, every speech the same way – it's been a really hard year...



From Covid to the cost-of-living crisis, the reality is it has been a very tough few years and we remain uncertain about what lies ahead.

But then there is **you**.
You give me so much **hope**.

There is nothing uncertain about your support, even in these difficult times. Because we all know, whatever personal hurdles we face, it is even harder for those living with lung cancer.

And so, this magazine is a celebration of you – our Roy's Raisers and all the incredible ways you have raised money and donated so generously.

You are the reason why we stand on the cusp on a national screening programme.

It is because of you that we have been able to provide over £66,000 in financial support to those in need. It's down to you that we can support the thousands of people living with lung cancer right now and fund research programmes for the future.

I hope you are as inspired as I am by these stories, and by the work we are doing, and maybe you will even find a new fundraising adventure to help us through another challenging year.

Paula

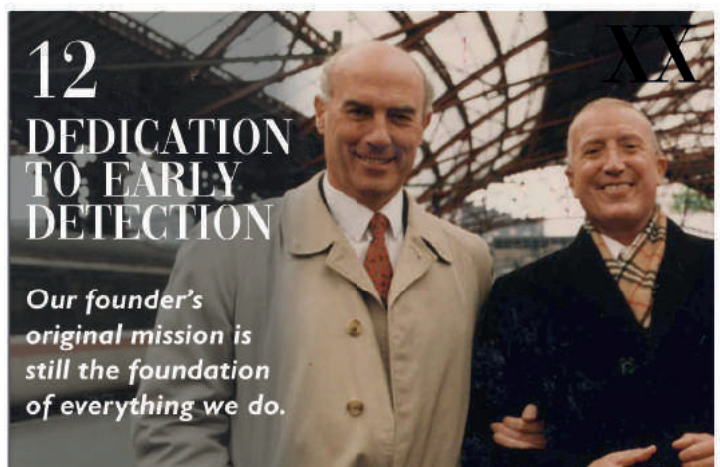
Paula Chadwick
Chief Executive

CONTENTS



10 FUNDRAISING IN MEMORY

Supporting us not only helps us, it can help you.



20 SOFA 2 SADDLE

"The plan took me from an unfit novice to a cyclist in just 8 weeks."

WHY WE NEED YOU

Your support allowed us to give out £66,000 in patient relief grants last year, providing a little bit of financial respite to those living with lung cancer in these tough times. However, as energy bills and food prices continue to soar, there are still so many people in need of financial help this year and beyond.

Our patient advocate and mum of two, Joanna Jonathon, appeared on Channel 4 News where she shared the unbearable pressure the cost-of-living crisis was having on her, and the thousands of other people living with lung cancer.

"I'M TERRIFIED IT WON'T BE LONG UNTIL I'M FORCED TO CHOOSE WHETHER TO HEAT MY HOME OR EAT."

"When Daniel [Joanna's husband] first left work, we had some savings, but we've burnt through them trying to live.

"We were able to secure a grant through Roy Castle which we're eternally grateful for. It really did help but with costs rising even more, the burden is getting heavier by the day.

"Everything is going up – our energy bills have tripled. We have additional fuel costs because my treatment is a 40-mile round trip. Even our weekly shopping seems to have doubled. I'm terrified I'll soon be forced to choose whether to heat my home or eat."

A lung cancer diagnosis already creates physical, emotional and financial turmoil. People with lung cancer often lose weight because of their illness, making them much more vulnerable to the cold.



A MUCH NEEDED HELPING HAND

– but there are so many more hands to help

The current situation is making the hardest of times even more desperate. Before the hikes even happened, we saw a 20% increase in patients seeking financial support to help with energy bills alone and, with the way things are going, that need is only going to increase.

By fundraising for us in 2023, you can help us provide more financial support to those living with lung cancer and prevent them from having to make unthinkable choices.

Scan the QR code to watch Joanna's interview:





**DEDICATION'S
WHAT YOU NEED!**



T U R N I N G

P A S S I O N

£ £ £ £ £ INTO £ £ £ £ £

P O U N D S

We love it when supporters take what they love and find a way to turn it into fundraising. It's just like Roy Castle used to do, tapping his way to fundraising glory!

Because that's the thing about fundraising – there are no rules. It can be anything you want it to be; just ask Lewis P, Chris, Kim and Lewis B! They each took their passion and found a way to do it and raise money. Perhaps their stories might spark an idea for your next fundraiser...

FOR IDEAS ABOUT TURNING WHAT YOU LOVE INTO FUNDRAISING, VISIT:

ROYCASTLE.ORG/GET-INVOLVED



EXTRA-EXTRA TIME!

Lance Corporal Lewis Bishop turned his love of football into a massive fundraising event, bringing 100 Army and RAF members together in support of Becca Smith, girlfriend of fellow Lance Corporal Joe Rigby.

“Every year I always think of a new challenge to do so when Becca was diagnosed, I wanted to show my support and fundraise for Roy Castle Lung Cancer Foundation. Becca is a big admirer of the charity and I know they have supported her, so we wanted to do the same.

“I decided to focus the fundraiser on a hobby that I enjoy and one I knew others would take part in. Football seemed like a good choice. I’ve also known a few people who have done a 24-hour event so thought it would be good to combine the two.

“Over a hundred Army and RAF members joined us for the event. Each team played around 60 games. We scored over 500 goals and raised over £1,500 so the charity can continue to help others, like they help Becca.”

Close friends and poker enthusiasts Lewis Philips and Chris Eadie, put all their chips into their fundraising poker night, affectionately named ‘ALL IN FOR SHARON,’ in support of Chris’s mum.

“Sharon has been like an auntie to me,” shares Lewis, “so when I heard about her diagnosis, I had to do something.

“I contacted Chris and we agreed to host a charity poker event as we play in a pub league tournament. News soon spread and it looked set to be one of the biggest tournaments that Perth has ever held!

“The event was a huge success and raised over £5,500. We knew we had a community that would support us, and they didn’t disappoint! Sharon was overwhelmed by the support she has received so we are made up we were able to do this for her, as well as the charity.”

ALL IN - FUNDRAISERS WILD!



LET’S GLOOOOOW!



SOLVED

Following her own diagnosis, Kim Jackson is raising money in a bid to support her fellow lung cancer patients.

“I had heard about the charity and was inspired by its aim to improve earlier diagnosis and treatment development, and I just wanted to support such a wonderful organisation.

“My first fundraiser came from the most unlikely source. My best friend Nicola introduced me to Clubbercise classes, which is working out in the dark with glow sticks, and after one of the sessions, I thought a two-hour Clubbercise event would be a fantastic way to raise money.

“And I wasn’t wrong! We’ve been running the event for over six years and have raised over £6,500.”

CUT TO THE RACE!

"Fantastic event" "A very friendly atmosphere"
"Would do it again" – just three of the comments from runners taking part in our first ever Roy Castle Lung Cancer Foundation running event – Delamere Dash.

Emma Makin was one of 500 runners to join us for our inaugural running event in September.

She shares why she took part and how she can't wait to sign up for our next run...

"I signed up for Delamere Dash with my husband, Martin, my brother, Ste, and my mum's friend, Hazel after my dad was diagnosed with lung cancer in May.

"We wanted to do something positive in what was otherwise a pretty frightening time and to raise money to support others in Dad's situation.

"Hazel and Ste are both regular runners and Martin has done a couple, but this was my first ever run. I was really nervous, especially when I began training and realised it wasn't going to be as easy as I initially thought!

"When race day came, the nerves were still there but I was really excited as well. There was a great atmosphere and, when I saw the other runners, it just felt like we were all in it together. We were there to raise money for a great cause and just have fun and do our best.

"The event was really well organised, and I loved the warm up we all did together before the race began. There were lots of wonderful volunteers helping, including my dad and his friend, Barrie, who helped marshal the course and their support was exactly what I needed to keep me going.



**DON'T FANCY THE
RUN YOURSELF?**

**WE NEED ALL THE
HELP WE CAN GET TO
MARSHALL THE COURSE.**

**GET IN TOUCH TO SEE
HOW YOU CAN HELP!**

WE PRIDE OURSELVES ON HAVING SOME OF THE BEST MEDALS ABOUT, AND IT WAS NO EXCEPTION AT DELAMERE DASH!

ALL OUR RUNNERS TOOK HOME A GOODIE BAG, INCLUDING THEIR MEDAL, AN EXCLUSIVE T-SHIRT, GOODIES AND OTHER SURPRISES!



“The highlight of the day had to be crossing that finish line. My bib was chipped, so I knew my time exactly. Martin and Hazel did the 5k event with me (Ste did the 10k) and they stayed with me all the way round. It was such a feeling to know we had done it, and done it together.

“I would definitely sign up for another event organised by Roy Castle Lung Cancer Foundation because it was so well organised, and I really enjoyed it. The goody bag was a great reward for our hard work, and I will treasure the medal and t-shirt forever!

“Roy Castle Lung Cancer Foundation is now very close to my heart and I’m so proud we could raise some money for them. Dad’s diagnosis came as a huge shock to us all; he had gone into hospital for gall stones and a routine scan revealed the tumour. This is why screening is so important, and I know the charity is leading the charge to make it happen. I’m just glad we could help too.”

EMMA DOESN'T HAVE TO WAIT LONG TO SIGN UP FOR OUR NEXT RUNNING EVENT:

THE ULTIMATE RUNNING SERIES

- | | |
|-----------------------------------|---------------------------------|
| • Sherwood Pines, Nottinghamshire | 11 th June 2023 |
| • Cannock Chase, Staffordshire | 23 rd July 2023 |
| • Delamere Forest, Cheshire | 17 th September 2023 |
| • Dalby Forest, North Yorkshire | 8 th October 2023 |

ROYCASTLE.ORG/ULTIMATE



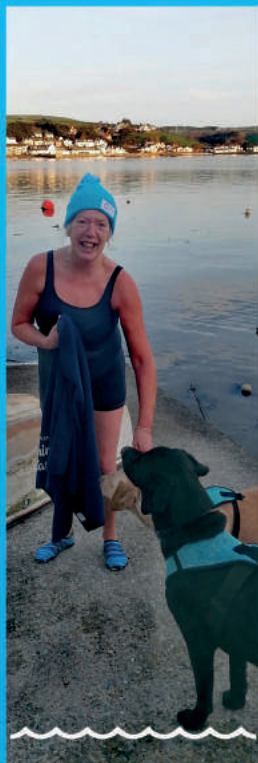
making waves while fundraising

Our 30-day Swimming the Distance challenge proved to be very popular last year with over 500 people diving in. Designed to be as flexible as you want, here's how two of our challengers took to the water...

Jan's open water adventure

"I've always been an avid swimmer but in the calm waters of a pool. I hated swimming in the sea. However, when lockdown hit and the pools were closed, a friend suggested a dip in the sea. I was immediately hooked!

"My lovely partner, Graham, was very encouraging. He would stand on the beach with towels and warm clothing, snapping photos to record 'my madness' as he called it. Life was good!



"But then suddenly everything changed when Graham was diagnosed with lung cancer.

"Things went downhill very rapidly. I found it heart breakingly difficult to look after Graham at home, with the assistance of North Devon Hospice. I kept my sanity by swimming daily from a slipway in the Torridge Estuary near my cottage.

"Graham - who had been the main stay of my life, helping me with my bipolar disorder - passed away on 29th May 2021.

"I did not think I would survive, and many times during the following months, I felt totally bereft. But thankfully I had my swimming. I found the water soothing and the exercise energising.

"Floating on my back in the water, I would look up, watching the clouds and conversing with Graham, it became my solace. I then decided to raise money at the same time and signed up for Swimming the Distance.

"I got tremendous support from the charity and fellow members of the Facebook group. It really encouraged me to go beyond my goal and I'm so proud to have completed this challenge and to have raised money for this great charity."



Last year's milestone goodies included a branded swimming cap, towel and t-shirt.



Our prestigious medal is also part of your bundle.



Be sure to check back to see what's on offer this year!

g



Determined Deb dives deep

"I signed up for the Swimming the Distance challenge just three weeks after my mum died.

"My mum wasn't just my mum; she was my dearest friend and I miss her immensely. My time in the water gave me the opportunity to clear my head and help me focus my mind away from my grief and deep feeling of loss.

"I initially signed up for the 10-mile challenge. I would describe myself as a fairly strong swimmer, so it felt like an achievable distance.

"However, once the challenge started, I decided to push myself to achieve more and had my sights set on 15 miles, which worked out to be 966 lengths. I was determined and, even though I got Covid right at the start of the challenge, I did it!

"This challenge has helped me a lot. Not only did it give me an outlet for my grief, but it also had clear physical benefits too. My fitness level has improved, and I now swim far more front crawl, which I had previously found quite difficult, than I used to do.

"I'm so glad I signed up for the challenge. It's an amazing feeling and the camaraderie and encouragement from the charity and other participants was amazing. Whether you pledge to swim a mile, 20 miles or more, we're all in it together, helping change the outcomes for those who follow us."

Swimming the Distance is open to all ages and abilities. Register for free, pick the distance and head down to the pool (or open waters if that's your thing!) at a time that suits you:

ROYCASTLE.ORG/SWIMMING

FOR THEM. FOR US. FOR YOU.

Fundraising is vital for our charity to do what we do and help the people we help.

But many of our fundraisers who have lost a loved one tell us how fundraising helps them too...



For more fundraising ideas of how you can raise money in memory of your loved one, or to order a fundraising pack, visit our website or email:

roycastle.org/get-involved

community@roycastle.org



Ann Darwin with her daughters, Tracy and Janice, and granddaughter, Sophie, took part in our Memory Walk in memory of husband, father and grandfather, Peter.

"We decided to do the walk where Dad was brought up and where we were born," recalls Tracy. "Mum obviously remembered more so she planned the route, and it was lovely. It brought back so many memories.

"It was so lovely to be able to do the walk together too. I was 26 weeks pregnant with Sophie when Dad was diagnosed. We lost him six months later but thankfully, he got to see Sophie before he died. Sophie is his double, in her humour and her expressions. Dad lives on through her.

"Throughout the walk, we all chatted about Dad, and chatted about the charity and the work we were helping to support. It gave us all great comfort and precious time together."

"There was a bridge we had to walk over to get home. As we walked over it, we remembered how Dad would stand at our front door and wave to us on the bridge.

I think it all made us feel closer to Dad."

Bozena Vykoupilova is no stranger to fundraising. Most recently, she took on her bravest challenge yet – a freefall skydive – in memory of her mum.

"I have skydived before, many years ago, but this time it was very different. This time, the reason to jump was stronger, and much more meaningful.

"I have always believed that angels live in the clouds. I wanted to be closer to Mum and, believe it or not, I had no fear whatsoever when jumping out of the plane because I knew she was there, dancing with me in the sky.

"Sadly, I didn't know about Roy Castle Lung Cancer Foundation until after losing Mum. I found the charity out of desperation as I had a lot of unanswered questions. They are amazing and fundraising for them has helped me throughout my grievance and acceptance.



"This charity doesn't just help people who are living with lung cancer.

It also helps those who suffer from a broken heart."

"I was nervous waiting for my turn as there were 22 walkers.

I thought about my purpose and reason for doing it – my mum.

This is the kind of thing she'd loved to have done!"



Some supporters will do anything to help our charity, even walk over burning coals. In Sheilagh Fleming's case, that's exactly what she did in memory of her mum, Paula.

"A lot of people thought I was mad when I decided to do a fire walk for charity! I thought it would be a really cool thing to do.

"There wasn't much training to do. I took part in a motivational seminar, where I also ended up walking over broken glass! The whole session was mostly about believing in yourself; all you need to do to get across coals burning at 1,400 degrees Fahrenheit is walk with purpose!

"I managed to raise £500, but I'm not stopping there! I'm already thinking of what I can do next. Maybe a shark dive at the Blue Planet Aquarium. Watch this space!"

Talking to many of our fundraisers, the motivation to raise money is to prevent others from losing a loved one, to stop more families enduring the heartache that they have gone through.

Our charity was founded on the same dedication. It all started with the belief of one man – and it wasn't Roy Castle!

In 1990, Professor Ray Donnelly MBE was a frustrated thoracic surgeon, angry that he could not save more lives, exasperated that most of the people he saw were diagnosed too late for surgery and enraged by the lack of lung cancer research that could inevitably change this.

So, he founded this charity, originally named the Lung Cancer Fund, and dedicated his life to improving the earlier diagnosis of lung cancer.

This core ambition has remained at the heart of our charity ever since – because early detection saves lives.



Our Dedication to Early Detection

The need to screen

Back in 1990, lung cancer screening was a pipedream. However, after endless years of campaigning and providing evidence, that fantasy is poised to become reality.

In September 2022, the National Screening Committee recommended a targeted screening programme for lung cancer. Since then, we have continued to run our #needtoscreen campaign, demanding the Government act and approve its implementation.

Because screening for lung cancer works.

The Targeted Lung Health Check programmes have now diagnosed over 1,300 lung cancers, 77% of which are at stages 1 and 2 when it is easier to treat – with the aim to cure.

Gordon Darnell was diagnosed on Christmas Eve 2021, after attending his local lung health check.

“My consultant said when I went for that original scan, I saved my own life.

“I was told there are four stages of lung cancer, and I was stage one - and the earliest stage of stage one. That relaxed me immediately. It doesn’t get better than that.

“I was able to have keyhole surgery and, because it had been caught so early, I didn’t need any further treatment.”

As a charity, we have been working with the NHS to ensure as many people as possible take up the opportunity.

From braving the cold weather at our community engagement events to running targeted marketing campaigns and sharing the stories of those diagnosed through the programme, we know lung cancer screening can, and will, save thousands of lives.

“I was able to have keyhole surgery and, because it had been caught so early, I didn’t need any further treatment.”



Early detection for all

There is no doubt screening can help revolutionise the earlier detection of lung cancer, but it is far from the end of the story. The current recommendation is for a targeted programme, and we expect this, if implemented, will adopt a similar criterion as the current lung health checks.

As the only UK charity solely dedicated to supporting everyone affected by lung cancer, we remain committed to ensuring everyone is diagnosed at the earliest opportunity.

Our ongoing research into the development of new early diagnostic techniques, including blood tests and sputum swabs remains vital and at our core, as does our work in symptom awareness, challenging disease misconception and empowering self-advocacy.

This was most apparent through our recent partnership with NHS England, running our six-week Let’s Talk Lung Cancer roadshow to spark more open conversations around the disease and who it can affect.

Whilst the charity was born from Prof. Donnelly’s belief, it runs on Roy’s motto – Dedication’s what you need - and we are as dedicated as you in improving early detection and saving lives.



a **canny** do attitude!

With over 57,000 runners taking part and huge crowds of supporters, it's no wonder why the Great North Run is one of the hottest events in the running calendar. Long time supporter, Susan Edwards, shares her experience of being part of this illustrious race with her son, Glenn.

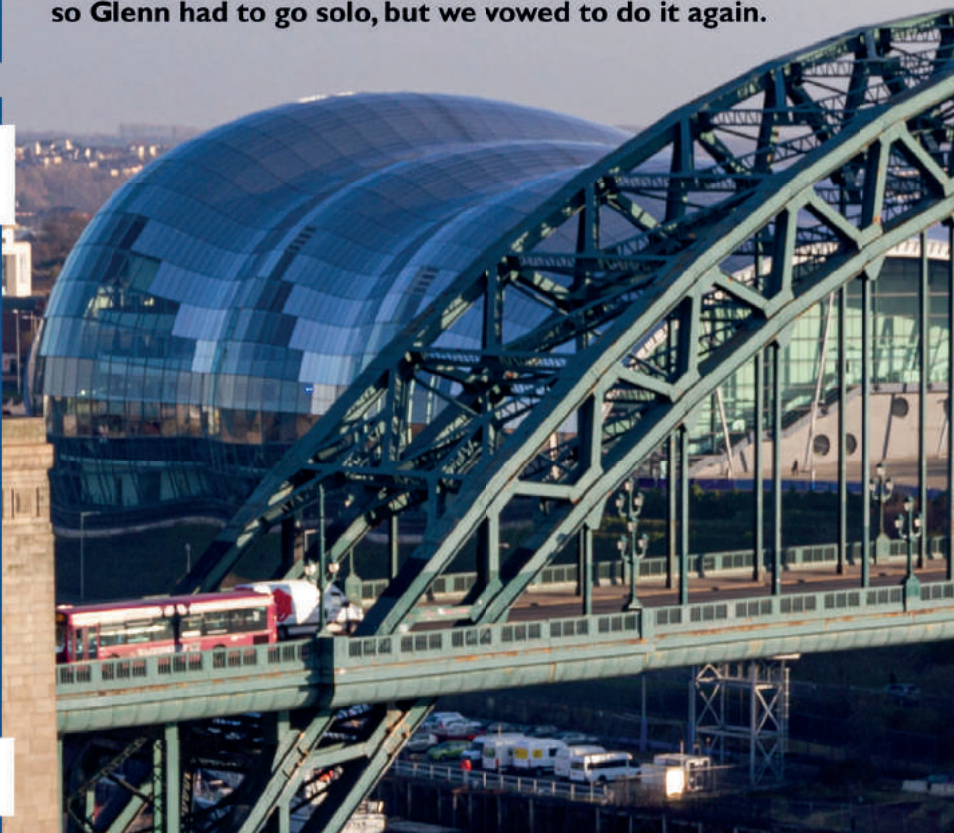
"It's safe to say that I'm not one to back down from a challenge. From organising our annual family fun day to throwing myself out of a plane, there isn't much I wouldn't do for this beloved charity.

"My son, Glenn, is the same so we decided we wanted to take on our next challenge together for my mum, Betty, who we lost in 2007. We decided to sign up for the Great North Run. Mum was from Newcastle, so it seemed the ideal fundraiser. Unfortunately, I got injured so Glenn had to go solo, but we vowed to do it again.

Our top 5 runs of 2023

- **RUN AINTREE**
7th May
- **EDINBURGH MARATHON FESTIVAL**
27th May
- **GREAT NORTH RUN**
10th September
- **ROYAL PARKS HALF MARATHON**
8th October
- Our brand new
MOVIE MARATHON VIRTUAL RUNS
Lights! Camera! Action!

roycastle.org/runs





“So many of us were running for lost loved ones and you can feel a collective sense of respect and admiration.”

“Running has never been my forte! In fact, I hadn’t run since school and even then, it was more sprinting than distance running so a half marathon was a real test for me.

“I threw myself into training again, starting with the couch to 5k and then gradually increased the distance. It was hard work, but I pushed through. Mum was the motivator; she always was. She was the lynch pin of the family and held us all together even after her diagnosis so I kept telling myself if she could do that, then I could run!

“The race itself was incredible. Glenn and I decided to run in fancy dress. I was the Stay Puft Marshmallow Man and Glen was a Ghostbuster, complete with water pistol which the crowds loved! It was very special because a lot of Mum’s family – our lovely Geordie family - were there, cheering us on so emotions were high.

“When we finished, Glenn and I hugged each other so tightly. We could feel Mum was with us, and that she was proud of what we had achieved.

“As hard as it was – and as knackered as my knees were – I would encourage anyone to take part in the Great North Run. The event was so well organised, and the atmosphere and camaraderie were incredible; it really helps to get round the course. So many of us were running for lost loved ones and you can feel a collective sense of respect and admiration. It can give you goosebumps.

“It was also lovely to meet some of the Roy Castle team too and I was very grateful for the massage in the charity tent afterwards. As always, you are made to feel so valued.

“To anyone thinking about signing up – do it! If I can do it, with no running experience and dressed as the Marshmallow Man, anyone can!”



roycastle.org/gnr

For memories that last beyond a lifetime

When Cassy Ansbro lost her dad, Gerry, she set up a Lasting Tribute to share his story and support the charity that is so important to her. Cassy describes what the page means to her and how she's used it to continue her dad's legacy.

"The Lasting Tribute page has helped us more than I could describe. It's a place for us to go and write a thought or light a candle - that's one of our favourite features. It feels so special.

"You can also donate through the page. I can't buy Dad a birthday present, but I can donate towards research and continue Dad's legacy. We also add all our fundraising events to the page, reminding all that read it how Dad's memory is still alive today.

"I enjoy running so, when I signed up for the Manchester 10k, I added the event to Dad's page so people could sponsor me. It's a lot easier than other sites I've used before, and so much more personal.

"When Mike and I got married, we again added this to Dad's page. Dad had been a big part of the wedding planning, and this was how his memory was cherished throughout the day.

"I don't use social media, so the page is my way of sharing those anniversaries and events in a meaningful manner whilst directing people to donate and understand how it helps.

"My dad was always positive. If he got bad news, he would quickly turn it into a positive. He never gave up. I believe it was his positivity that gave him the strength to live with lung cancer for as long as he did.

"That's why I will continue to support Roy Castle Lung Cancer Foundation and raise awareness to all who will listen or read his page. Dad's journey was that of a brave, strong, courageous man and it deserves to be shared. If it can help one person, it's done what I wanted."

To set up, or find out more about Lasting Tributes, visit:

roycastle.org/lasting-tribute



**FOR THE PLANNED.
FOR THE UNEXPECTED.**

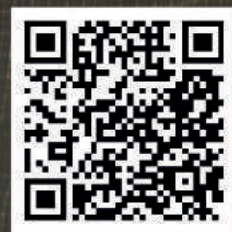
**FOR
THEM.**

It is so important
that everyone
has a Will.

That's why we
offer a free Will
writing scheme
with Jones Whyte
Solicitors.

Scan the QR code
or visit our
website for
more details:

ROYCASTLE.ORG/FREE-WILL



WALKING, WITH PURPOSE

When it comes to fundraising, there are so many incredible events that don't require a ton of long and intensive training.

Taking part in a sponsored walk or trek is a fantastic way to get the blood pumping and the lungs working whilst taking in some spectacular views and landmarks.

It can also give you the time and space to reflect and remember your loved one. That's what Carmel O'Brien did when she took on the Thames Path Challenge in memory of her sister, Helen.

"We lost Helen on 1st March 2022, just six short months after she was diagnosed with stage 4 non-small cell lung cancer. She was just 58 years old. Suffice to say, everyone who knew her was both shocked and devastated.

"At her funeral, we asked for donations to either the cancer unit at Queens Hospital, who had cared for Helen, or to Roy Castle Lung Cancer Foundation to support the charity's vital work in improving early detection and supporting all those affected. Her photo is also honoured on the charity's memory wall, but I wanted to do more.

"I knew that I wanted to take on a challenge that would require effort on my part, that would push me, but I am not marathon material!



There are lots of treks around the country, or even the world! Here's our top treks for this year:

- | | |
|---------------------------|---------------------------|
| • London to Brighton Trek | 27 th May |
| • Welsh 3000 challenge | 21 st July |
| • Snowdon at Night | 26 th August |
| • Thames Bridges Trek | 9 th September |
| • Edinburgh 7 summits | 28 th October |

Or for our full list, visit:

ROYCASTLE.ORG/TREKS



"I love walking though, so I decided on a trek and thought the Thames Path Challenge would be a great fit for me.

"Like many treks, there are different options to choose from, so you can pick the best one for you. The longest walk I had ever done was 22k, so I opted for the 25k distance. I think the 50k would have been a step (or several thousand steps) too far!

"The path was flat, with lovely views of the Thames. We saw rowers on the water, as well as Hampton Court. We even got a glimpse of the Ham Polo Club in Richmond. It was a fantastic day and very well organised, with refreshments laid on at the halfway and finish points.

"There was a lovely calm and friendly atmosphere, like we were all in this together, supporting the charities closest to our hearts and remembering our loved ones.

"The first quarter, which I completed, turned out to be closer to 29k than 25k but it didn't matter. The atmosphere and weather were so great, it was just a pleasure to be part of it. I finished in 6 hours and would do it again at the drop of a hat."

Taking part in a sponsored trek is not only good for us, it's good for you! Walking regularly can...

Reduce your risk of stroke

Ward off heart disease

Relieve insomnia

Improve energy levels and your ability to heal

Tone your leg and abdominal muscles

Burn calories – a brisk 30-min walk can burn around 200 calories (so for Carmel's trek, she might have burned around 2,400 calories!)





Don't fancy a hike? Grab your bike!

what is **SOFA 2 SADDLE**?

Designed with beginners in mind, Sofa2Saddle aims to help you steadily build up your cycling ability and stamina. Following our tried and tested 8-week plan, each week you'll build up your fitness and cycling confidence.

By the end of the programme, you'll be set to complete a 50km ride.

- 8-week training plan
- Access to our private Sofa2Saddle Facebook group
- Support and training advice
- Fitness and nutritional tips
- How-to cycling videos including bike maintenance and safety.
- Free cycling jersey when you raise £50.

Fall in love with cycling:

roycastle.org/sofa2saddle



Tracey Kelliher had the best of intentions of getting fit. She brought a bike with the view of cycling the 12 miles to work. However, she just didn't know how to get started. Sound familiar? Then she spotted our Sofa2Saddle challenge on Instagram and, after completing the 8-week plan, Tracey is now regularly cycling over 30 miles every week.

"I used to love cycling. I would cycle for miles with my dad when I was a kid so when I decided I wanted to improve my health, I thought cycling would be a good fit. I had tried to get into running and had signed up for the Couch to 5k, but I could never complete it; I felt too overweight to run, but cycling felt more achievable.

"I got myself a bike and planned to start cycling to work. It was a 12-mile round trip so I knew I couldn't just hop on and start pedalling, so I was a bit stuck at what to do. That's when I found out about Sofa2Saddle. The thought of an 8-week plan to get me started and working towards my aim really appealed. My father-in-law had also died of lung cancer, so it felt like the ideal challenge for me.

"The challenge came with a comprehensive 8-week plan which made everything so much easier. It also helped to know I was raising money so, on those inevitable days when I thought I can't do this, I kept going because I had made this commitment.

"I would definitely recommend the Sofa2Saddle challenge to anyone looking to start cycling. The well thought out plan took me from an unfit novice to a cyclist in just 8 weeks. I have lost nearly a stone but, more importantly to me, my mental health has improved so much. I feel so much fitter and stronger and I have more energy.

"I would like to thank the team at Roy Castle Lung Cancer Foundation for creating this challenge. Nothing else had worked for me before but I have now found something I enjoy and can do."

"By the time the 8 weeks were done, I had formed the habit of cycling so didn't need that extra push to keep it up.

I am now cycling to work three times a week. If you had told me 7 months ago that I would be cycling 36 miles a week, I would have fallen about laughing – and so would everyone who knows me!

Now, if I don't cycle, I don't feel good."



Once you've got your cycling confidence, why not put your pedal to the test and take on one of these fantastic cycling events:

- **Lake District Triple** 12th May
- **Ride London** 28th May
- **Snowdon Triple** 18th August

roycastle.org/cycling

Fundraising 9-5

Fundraising at work benefits everyone.

It boosts staff morale, helps the company meet its social responsibility and raises vital money for lung cancer research and support, so why not try one of these fantastic fundraisers and get more out of your 9-5.

Dress down days

Super simple to do, dress down days are always a popular one for staff. Just let everyone know the day and ask them to donate. You can even go one step further and theme the dress down day.

Coffee mornings

Between National Chocolate Day on 7th July, National Cupcake Day on 17th August, National Baking Week from 14th to 20th October, or just a good old-fashioned Friday, there's always opportunity for a bake sale or coffee morning.

You could even turn up the heat and throw in a Star Baker award into the mix for a bit of friendly kitchen competition.

Auctions, raffles and tombolas


Ask staff or other local businesses to donate prizes, or even auction off an extra day's holiday (always popular!). It's also a great opportunity to go green and recycle unwanted gifts!

There's no I in Team

Team challenges are a brilliant way to raise money, improve team bonding and increase fitness. We have so many challenges – from your classic running and cycling events, tough mudders, treks and walks, as well as more extreme challenges like skydives and abseils. Or what about your own combo challenge where you work together to achieve your target.

For more support with your work-based fundraising, contact our corporate team:

corporate@roycastle.org



"I was sceptical about the online sessions, but I can whole heartedly say that it was the best thing I did.

I cannot begin to explain how much it helped me to speak to like-minded people who had all felt the same things that I was feeling.

It is a very difficult time when you are first diagnosed and without the support from Roy Castle Lung Cancer Foundation, I think I would be in a very different place right now."

Sharon,
Lung Cancer Connect user

Lung cancer can be a very lonely place, even when you are surrounded by loved ones. It's human nature to protect the ones we love so we put on that brave face to shield friends and family from the fear and anxiety we may be experiencing.

This is one of the reasons we created Lung Cancer Connect, which includes a series of online support sessions to connect people going through similar experiences. At these sessions, people can leave their brave face at the door and talk openly about how they are feeling. And as a result, most leave the session feeling better without having to have 'burdened' a loved one.

We currently have four sessions running:

- Living with lung cancer
- Mutation-driven lung cancers
- People who are having / had surgery
- Carers

For more information about the sessions, or to sign up, visit:

**NO
BRAVE FACES
REQUIRED**

roycastle.org/lung-cancer-connect



**Whether you're
walking in memory
of a loved one,
or across hot coals.**

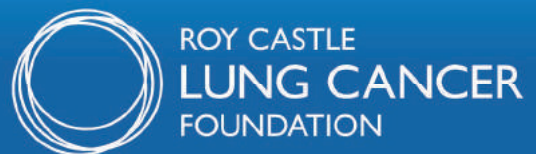
**If you're diving into
swimming pools or
out of aeroplanes.**

**Because of you,
we're able to do
what we do best:**

**Support all those
affected by
lung cancer.**

**From all of us
at the charity -**

Thank you.



Expect Better

roycastle.org 0333 323 7200

Roy Castle Lung Cancer Foundation
Registered Charity Eng. & Wales: 1046854 Scotland: SC037596 Isle of Man: 1277

ROY CASTLE