



# AUTUMN 2024



Making a positive difference to lives impacted by cancer in  
Shropshire, Telford & Wrekin, and Mid Wales

# CEO update



## hello!

It's been a busy few months – thank you to everyone who has supported us this year. As you know, we are celebrating 45 years since the launch of a fund to bring cancer services to Shropshire. We are proud to build on that legacy and have exceeded the £1million income mark for three consecutive years, allowing us to expand our work.

Our LiveLife Cancer Awareness Service is thriving, with Kerry Morgan making a significant impact in Telford. She attends public health events and recruits cancer champions in the area. We now have over 500 trained Cancer Champions across our region, helping shape local cancer policies.



Projects benefiting hospital patients include the £466,000 installation of SGRT, eliminating the need for tattoos during radiotherapy. Up to 80 breast cancer patients have been treated without tattoos, and all have given positive feedback. We've also funded thermometers, wig vouchers, a water cooler for urology patients, and an additional cooling cap for chemotherapy.

We are funding wellbeing projects such as horticultural therapy, yoga, tai chi, open water swimming, and sound baths for those affected by cancer. Our iCan Cancer Rehabilitation programme continues, with more than 600 participants across Shrewsbury, Telford, Oswestry, Newtown, and online.

We've expanded and now have offices in Newtown and Telford - as well as the Hamar Centre site, and one in the Cancer Centre itself. We're also delighted to have been selected as finalists in the Shropshire Business Chamber Awards for our Cancer Champions work and are also finalists in the Powys Business Awards for our community awareness efforts.

Thank you to the entire Lingen Davies team – staff, trustees, fundraisers, and supporters. Without you, we couldn't deliver what we do.

I hope to see you at a fundraising event soon.

**Naomi Atkin**  
CEO



# LATEST news

We are delighted to welcome two new members to the team this month – Catherine Buckley and Steph Smith.

Catherine will be working on the communications and marketing team to capture more of the stories from our wonderful community and helping to highlight the many projects we are now funding. Steph will be developing relationships with the region's corporate community, and continuing to develop our various fundraising streams. You will undoubtedly meet them both soon.



Sadly we are saying goodbye to fundraiser Tarrah Lewis this month who has been with us for three years

and has made an incredible impact on the community. We wish her all the best for her new role working with Brightstar Boxing.



**Catherine Buckley**

Communications and Marketing Coordinator



**Steph Smith**

Relationship Fundraiser



As this newsletter goes to print we are absolutely thrilled to announce that our stalwart volunteer **Major (Retd) Brian Harper** has been crowned Volunteer of The Year in the prestigious Third Sector Awards. Brian travelled to the gala celebration in London to receive his national volunteering award!

# WHAT we've recently funded ..



## Grossing Station

Cancer biopsies at the Royal Shrewsbury Hospital are now faster and easier for staff, thanks to a new £42,000 Grossing Station funded by the Lingen Davies Cancer Fund. This equipment doubles the capacity of the process, speeding up treatment for patients. Dr. Jeremy Johnson MBE, from the charity's Grants Committee, said they were delighted to support this vital addition to the pathology center.

The Grossing Station allows the hospital to process more samples quickly, aiding the team of 12 consultant pathologists in diagnosing and developing treatment plans. Debbie Wareing, Operational Manager, highlighted that it also helps train new staff while reducing specimen turnaround time.

## Thermometers

Thanks to fundraising by the Lingen Davies Shrewsbury Fundraising Committee, chemotherapy patients now benefit from life-saving thermometers. Over three years, the group has raised an impressive £77,000.

## Support Therapies

We now fund various therapeutic projects for cancer patients, including iCan cancer rehab, yoga, tai chi, horticultural therapy, and nature-based activities like "Renew and Restore" at Fordhall Farm. Full details are on our website.

## Upcoming Events

- **Legal Clinics**, Shrewsbury: Free sessions delivered by local solicitors once a month at The Hamar Centre.
- **Renew & Restore** at Fordhall Farm: Nature-based activities. Fortnightly on Fridays until Dec 2024.
- **Open Water Swimming** at Alderford Lake: For post-treatment breast cancer patients. Monthly sessions, booking required.
- **Yoga & Tai Chi**, Shrewsbury: Weekly sessions at Jenna Blair Studios.
- **Flex & Flow Yoga**, Telford: Yoga and meditation at Admaston House, booking required.
- **Horticultural Therapy**: Gardening activities in Shrewsbury and Craven Arms, starting wc 14 Oct.
- **Tai Chi**, Telford: 12-week program - booking required.
- **Sound Baths**, Shrewsbury: Pilot sessions running at The Hamar Centre.

**See the website for full information on projects we're funding to benefit our patients.**

## iCan Cancer Rehabilitation

We continue to fund this popular programme that combines physical, mental, and emotional support and wellbeing. It is open to all those living with and beyond cancer. See the website for more information.



'ICAN HAS CHANGED MY LIFE'

# CANCER CHAMPIONS

Thank you to our Cancer Champions and partners who were able to join us at The Trinity Centre this summer to celebrate the overwhelming success of the project.

More than 50 volunteers and health colleagues from the Shropshire, Telford & Wrekin Integrated Care Board (ICB), Powys Teaching Health Board, other voluntary organisations, and supporters attended.

Miranda Ashwell, LiveLife Project Lead, said: *“We are thrilled to have the chance to mark the continued success of this work, the fantastic people who have volunteered to be trained as cancer champions and our colleagues in healthcare who recognise the importance of the project.*

*“Cancer Champions make such a difference in their communities across Shropshire, Telford & Wrekin, and Mid Wales and start conversations with people in all walks of life. They are helping others to spot the signs of cancer early and helping to save lives, the impact they have should not be underestimated.*

*“We now have more than 500 people trained and it looks like that number will, thankfully, keep growing,”* she added.

The work began in partnership with NHS Shropshire and Telford & Wrekin, and Qube in 2022. NHS funding came to end in April this year when we took on sole funding, but the project has been so successful the ICB has announced another £50,000 of funding to further the programme.

Alex Mace, Health Inequalities Manager at NHS Shropshire, Telford & Wrekin, shared some of the changes made because of feedback from Cancer Champions, including FIT Tests being delivered to GP practices instead of a fixed home address.

Alex said: *“The feedback of our Cancer Champions has already started to shape how healthcare services are being delivered through developing the information healthcare staff use, which has resulted in better support for people to access life-saving health checks and screening.*

*“We look forward to continuing to work with Cancer Champions to tackle inequality and ensure everyone has an equal opportunity to receive health care.”*

The success of the project has also been recognised at a host of regional awards – being finalists in both the Shropshire Business Chamber Awards, and upcoming Powys Business Awards.

For more information and how to get involved please visit:

[www.cancerchampions.co.uk](http://www.cancerchampions.co.uk)





# THANK you!

A well-known Shropshire artist has exclusively designed a Christmas card for us this year to raise awareness of cancer following her own diagnosis.

Lyn Evans, who creates unique hand torn paper collage art from her studio and shop No.61 on Mardol, Shrewsbury, has said she wants many more people to talk about cancer, the signs and the treatment - as well as take up their routine mammograms

The 52-year-old put off the routine mammogram she was invited to when she turned 50 as she was so busy, but a year later she had one and was diagnosed with stage two breast cancer.

Now she has created a pair of specialised pieces of art to raise money for Lingen Davies Cancer Fund – ‘Tits’ and The Celtic Cross.



*“Everyone involved in my treatment was so lovely and friendly, very professional. I wanted to do something to say thank you so I created ‘Tits’ for Lingen Davies while awaiting treatment. I was also asked to do something for Christmas and so I created the Celtic Cross which represents Faith, Hope, Strength and Love.”*

**The bespoke card is available through the Lingen Davies website or with the enclosed order form.**

**Lyn’s full story can also be found on the website - [www.lingendavies.co.uk](http://www.lingendavies.co.uk)**



## Bins for Boys

We're launching the "Bins for Boys" campaign, advocating for sanitary bins in male toilets for men dealing with the side effects of bowel and prostate cancer. A volunteer in Bishops Castle has led the way, and we plan to expand the project across the region... more information will be coming soon about how you can get involved.



# SAVE the date ✨



A tribute to 26-year-old Young Farmer Will 'Choc' Roberts, who passed away from a brain tumour in December 2022, continues to grow, with this year's Oswestry **Illuminated Tractor Run set for Saturday, December 14, 2024.**

The event, held in memory of the young farmer, will feature 100 lit-up tractors visiting surrounding villages. The procession will set off from Oswestry Livestock Market at 5pm, bringing together local farmers and the community in support of the Lingen Davies Cancer Fund.

Last year's tractor run, where 85 tractors lit up the night, raised more than £12,320, and this year's event is expected to be even bigger. Volunteers armed with donation buckets, kindly supplied by Agritel Online, will collect contributions as the tractors pass through villages. The event is also supported by Hughes Bros Agricultural & Groundcare Machinery and Aico, who are providing volunteers with hi-vis jackets and torches to ensure the event runs safely.

In total, more than **£45,000** has been raised in Will's honour, including £8,000 from his funeral.



Fundraisers like the tractor run, along with charity auctions, rugby challenges, and other events, continue to provide essential support to the Lingen Davies Cancer Fund, benefiting cancer patients in Shropshire and Mid Wales.

Dave and Sue Roberts, Will's parents, expressed their gratitude for the overwhelming community support and said they are looking forward to this year's event becoming a lasting tradition. The illuminated tractor run is a powerful reminder of Will's legacy and the strength of the farming community in coming together for a worthy cause.

**For more details on how to volunteer or donate, visit our website.**

# TIM'S story



As we celebrate our 45th anniversary, our longest-serving trustee, Tim Cooper, shared some memories from his long journey with Lingen Davies. Tim began his career in radiotherapy, eventually moving to Shropshire in 1989 to head up radiotherapy services at the Royal Shrewsbury Hospital. His involvement with Lingen Davies has spanned decades, including work with founder Frank Davies and major fundraising efforts, such as raising £1 million for a LINAC machine.



Over the years, Tim's role within the charity evolved, from general secretary to trustee of the newly formed Charitable Incorporated Organisation in 2017. Today, as Vice Chair, Tim brings invaluable experience, helping steer the charity through new challenges and opportunities, including expanding services like rehabilitation and community support. Tim semi-retired in 2021 but remains deeply involved, balancing roles in the NHS while pursuing his hobby of woodworking, with proceeds supporting Lingen Davies.

He was also named as the winner of our Eryl Williams Award at the recent celebration evening - in recognition of going above and beyond for Lingen Davies.

To read more about Tim's story and see photos from over the years, visit our website.

## OLD/HOLIDAY coins

Returning from your holidays with a little bit of foreign currency left over? Why not pop it in one of our donation boxes?

We're able to exchange British and foreign currency (no matter how old) into a donation to Lingen Davies!



Donation boxes can be found in the Lingen Davies Cancer Centre, Chemotherapy Unit and our Fundraising Office at Royal Shrewsbury Hospital.







# *Celebration Sunday Lunch*

## **Join Us to Celebrate**

**90 Years of Eaton Manor 45 Years of Lingen  
Davies Cancer Fund**

*Two-Course Sit Down Lunch with Tea & Coffee*

**By Oak Apple Catering**

*At Eaton Manor Country Estate*

**Sunday, 17th November 2024 from 12.30pm**

**£27.50 per person (+ booking fee)**

**All proceeds to Lingen Davies Cancer Fund**



To purchase tickets:

Scan the QR code or visit  
<https://bit.ly/EM-LD-Lunch>

Licensed bar (cash & card accepted)

For any queries, please email:  
[events@eatonmanor.co.uk](mailto:events@eatonmanor.co.uk)

*Eaton Manor, Eaton-under-Heywood,  
Church Stretton, SY6 7DH*

# THANK YOU



Thank you to the family of the late Shrewsbury historian David Trumper for donating £2,500 in his memory. David was well known throughout the town and beyond for his 'encyclopaedic-knowledge'. £1,000 was raised from his funeral, and a further £1,500 donated by the Shropshire Masonic Charitable Association.


As always we are astounded with the efforts many of our supporters and fundraisers go to. Thanks to everyone who has given their time or cash to the charity this year. Here's just a few of them:

**Duncan Lewis** has almost doubled his initial fundraising target of £1,500 by completing five 10k running events, and a few shorter ones. He is raising money to say thanks for the care given to his partner **Selina Rudge** who was diagnosed with breast cancer at 41.



**Perdy Haynes** from Shrewsbury joined a cycle-ride organised by the team at The Haughmond in Upton Magna. Perdy is delighted that she raised £345 for us.



  
**The Christian family** from Telford have pledged to continue to support cancer services across Shropshire after the death of their father Marc. Alice Christian joined us for our 45th anniversary event in Shrewsbury and spoke to guests about how important Lingen Davies Cancer Fund was to her dad after he passed away from a brain tumour in February 2023, aged just 60.

Alice, along with her three siblings Deanna, Georgina and Jack, and Marc's three grandchildren took part in the Shrewsbury Colour Run, and Alice has also gone on to train as a volunteer cancer champion.



Alice said: "Dad left a legacy to Lingen Davies because he wanted to make sure it remains available to everyone else. We're all determined to keep supporting the charity in Dad's memory."



Live  
MUSIC



# Christmas Concert

 Sunday  
8th Dec 2024  
5 - 7pm

Shrewsbury Light  
Orchestra



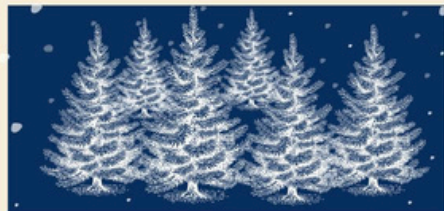
Shrewsbury Male  
Voice Choir



Christ Church  
Glebe Road  
Bayston Hill  
SY3 0PZ



Adults £10  
under 12 for free  
Including a  
hot drink  
& mince pie



Booking  
through the  
website

Raffle

# Volunteer for us and help make a big difference



We are so lucky to have some fabulous volunteers who help out with office tasks, support our events, represent the charity at cheque presentations, deliver their own cancer story on occasion, and a whole host more! If you have an hour or two to spare a week/fortnight and can help us in the office we would **LOVE** to hear from you. If you would like to be added to the list for ad hoc tasks we'd love to hear from you too!

**Please contact Karen on 01743 492396**

We know how valuable your time is and we really appreciate it!  
Thank You.

For those looking for more information on what is available for themselves or loved ones living with or beyond cancer, SATH NHS has produced a **Living Well with Cancer App** which is an excellent source to utilise. It is free to download and has been developed in collaboration with patients themselves, local NHS cancer specialists, and other organisations who provide services for people affected by cancer.

## For more information or to suggest content for the app:

Please contact the Living With & Beyond Cancer Team on:  
**01743 492424** or email: [sath.lwbc@nhs.net](mailto:sath.lwbc@nhs.net)

**Download the MyHealthBoost App now!**

**Available on Android and Apple app stores**



 01743 492396

 [hello@lingendavies.co.uk](mailto:hello@lingendavies.co.uk)

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 [www.lingendavies.co.uk](http://www.lingendavies.co.uk)

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