

LINC Sanctuary Garden

The highlight of the past few months has to be the opening of the LINC Sanctuary Garden on Thursday 9 May. Neither the rain nor the cold could dampen our spirits as the Mayor of Cheltenham cut the ribbon round the Whish Fountain.

Our thanks go to Claire Charlton – Head of Fundraising for LINC – and Mark Sheldon from Cheltenham Borough Council who designed and helped plant the wonderful garden. It is not quite complete, we are still waiting for 2 new LINC benches and for the Information stand – all these should be with us very shortly. If you haven't seen the amazing hands which Denius has been carved onto the wooden seat – you are missing a treat.

We have already had many emails commenting on how people have found the garden to be restful and peaceful and somewhere to sit for a while as respite during long hours visiting a loved one. Thank you to everyone who helped in any way towards this amazing area.

Dr PJ Crook held an Open Studio Day for LINC on Sunday 9th June and raised £1750 – everyone here at LINC would like to thank her for her amazing support.

The annual LINC Cycle Ride was also on the 9th June and our thanks go to all the 185 people who took part. The event is well on the way to raising £4,000. This could not be achieved without the support of Creed Foodservices who supplied the food for the BBQ, Tewkesbury Rugby Club for donating the venue and everyone who helped put up and take down signs and those fantastic stewards and volunteers on the day.

Thank you.

Cllr Rouse



3 Counties Cycle Ride

We were so pleased that so many cyclists turned up on Sunday 9 June, to register for our annual 3 Counties Cycle Ride, despite the weather. With nearly 200 cyclists taking on the challenge, we are grateful to everyone who took part, our volunteers that marshalled around the route and our sponsors, Creed Foodservices, Thomson and Bancks and Tewkesbury Rugby Club. With many cyclists raising sponsorship in #TeamLINC, including the team from Thomson and Bancks, we are optimistic that the event raised over £4,000.



Cheltenham Town FC

Cheltenham Town Football Club generously donated £500 to LINC as part of their charity scheme. The cheque was presented by David Bloxham at the LINC Lunch Club at the Mayflower. We are extremely grateful for their support.



Meet Simon

I was diagnosed with Chronic Lymphocytic Leukaemia (CLL) at the end of 2014 and required treatment for my condition at the end of 2015. I was fortunate to receive excellent treatment at the Edward Jenner Unit at the Gloucester Royal Hospital during the first half of 2016. The modern drugs worked wonders and, as a keen club cyclist, I was able to enjoy a strong summer of riding again.

I was referred to Heartlands Hospital in Birmingham and when we found that my sister Lisa was a suitable match I had my stem cell transplant in August 2016. Once again, I received the best possible care. I needed further treatment last year and spent another five weeks in isolation in Ward 19 at Heartlands Hospital.

I was 'back on the bike' after a few months and completed the 100 mile 'Velo Birmingham' event for the second time on Sunday 12 May. Despite a few problems this year, I managed a really good ride - just over 6 hours for the 100 miles. The weather was perfect and the route seemed quite gentle until the last 20 miles!

It's been a rocky road with its ups and downs but I consider myself one of the lucky ones. I have been able to return to a sport I love and have managed several holidays with my wife Mary, who has supported me throughout.

I can't thank all of the Consultants, Nurses and Staff enough for the first class treatment I have received - both in Gloucester and Birmingham.

I support both the Heartlands Ward 19 Charity and LINC to say thank you and to help other patients to be as lucky as me.



Sanctuary Garden

The LINC Sanctuary Garden was officially opened on May 9th. On a rather gloomy afternoon we were so pleased to welcome guests to help us celebrate the completion of the Sanctuary Garden.

Deborah Lee, Chief Executive of the Gloucestershire NHS Trust, Alex Chalk, the Mayor, Cheltenham Borough Council officials as well as donors and volunteers who had been involved with the planting all attended and supported the occasion.

We would like to thank Mark Sheldon who designed the garden and for all of his time and passion that he has put into this project. It really is a beautiful space and we are so glad that people have been enjoying and using the space.

We will be holding a gardening maintenance session on the last Friday of every month with the next one being held on July 26th. So if you have an hour spare, please come along and help us to keep the space as beautiful as ever.

West Women of the Year 2019

Congratulations to Dr Gill Rouse who was nominated in the Top 100 of West Women in May. The Award Ceremony was held on May 16th in Bristol. The evening was filled with stories of inspiring, dedicated women who are making a difference in their workplaces and communities. It was a great honour for her to be chosen and to reach the final 100.



Sporting Heroes...

We are so grateful to the wonderful people who chose to challenge themselves and complete personal achievements in support of LINC.

Ann Pritchard ran the Edinburgh marathon in memory of **Alice Fowler**. Ann says that she really enjoyed the experience and had Alice with her in her heart all the way. She finished in 4:02:55 which is a remarkable achievement and has raised £515 so far.

Cheryl Blake came back from major surgery this year to complete her second London Marathon for LINC. This is a remarkable achievement, not only physically but also in terms of her fundraising. We were so pleased to meet her in the Sanctuary Garden where she handed the mantle over to Gareth Hopkins who will run for us next year. As a LINC patient who spent many months in an isolation side room, this was a poignant moment. We wish him all the best with his training.

Louise Holland ran her first half marathon in Tewkesbury for LINC. Louise was running in support of Lee's Uncle who was diagnosed with Acute Lymphoblastic Leukaemia (ALL) aged 35. Jason had a stem cell transplant and in December 2018 he was told that he was in full remission.

James and Nicky Griffin ran the London 10K again for LINC. It is so fantastic to have their continued support and well done to them both for completing the run.

Good luck to **James Hinsley** who is taking on the 3 Peaks Challenge.

Our LINC Consultant, **Dr Adam Rye**, will be taking to the water again swimming from one continent to another in this challenging competition in Turkey. The Bosphorus Cross Continental Swim takes place in July.

Over two thousand swimmers from up to 50 countries start the competition at Kanlica pier in the Asian part of Istanbul. They then swim over 6k in challenging conditions with strong currents and jellyfish... On that single day the Bosphorus Strait is closed for the shipping vehicles.

Dr Rye writes,

"I am a partially rejuvenated but aging one-time beach loafer who returned to the water 5 years ago in pursuit of health and charitable fund-raising. This is my second charity swim event, following my first adventure around Brownsea Island in 2016.

The Bosphorus Cross-Continental Swim is a significant open water challenge, crossing from Asia to Europe on the day that this international waterway is closed to traffic between the Black Sea and the Aegean.

As well as raising money for my charity, this swim reflects my personal ambition, so I have funded my own swim entry, travel and insurance. So any money you are able to donate will directly benefit patients and their families."

If you would like to help Dr Rye raise some more money, please visit: www.uk.virginmoneygiving.com/AdamRye



Photos L-R: Ann Pritchard, Cheryl Blake and Gareth Hopkins, Louise Holland, James and Nicky Griffin

Cheltenham Triathlon The Care Continues...

If you have been inspired by these athletes and would like to join #TeamLINC why not register for the Cheltenham Triathlon at the Lido on Sunday 15th September? You can register online and raise sponsorship for LINC through the Just Giving Event Page.

www.justgiving.com/campaign/cheltenhamtriathlon



Five years after losing their loved one we were contacted by the family as they wanted to trace a copy of a book which contained a poem that was written by them during their treatment.

The only details we had were the patients' name and that they had been treated in the Edward Jenner Unit and spent time on Rendcomb Ward.

The search began to find anyone who was working there at that time and did they know of anyone who had written a poem that was potentially being published. It came to light that there is a lovely lady who encourages patients to put pen to paper whilst on their cancer journey to help to express their inner most feelings. She then coordinates the publication of a book which is printed and available in exchange for a donation in the FOCUS oncology office in Cheltenham General Hospital.

On contacting FOCUS we established that there were several books of poems and we managed to narrow it down by the time period in which it was written. After a very kind member of staff took the time to browse through all of the books the poem was discovered and copies of the books sent to a very grateful family.

Sometimes it's the smallest of gestures that make such a big difference.

Thank you for your poem Emma.

A big thank you to...

Everyone who supported the Cake Sale in the **Edward Jenner Unit** in Gloucester that made a fabulous £435.58 and thank you to **Di Coates** who organised this month's cake sale in Cheltenham that raised £380.

Charlie Bailey and Josh Markos our two Duke of Edinburgh Scheme volunteers who not only helped in the shop, took part in the 3 Counties Cycle Ride but also organised their own fundraising initiatives.

David Smith a local wood turner who held a sale and made £121.

Our patron, **PJ Crook**, who held a Tea & Cake afternoon, to celebrate LINC's 21st Birthday.

John Lewis held a cake sale within their partner's staff room as part of the Bake for Benches scheme and raised £125.

Cheltenham Borough Council held a Bake for Benches cake sale and donated £256.

To all our volunteers who so generously give their time to help us. We really appreciate everything they do from helping with the mailshot, working in the shop and supporting events. Please get in touch if you can spare some time to help us.



Photos L-R: Di Cox, Cynthia Brislin and Tessa Nicholson, Josh Markos and Charlie Bailey, Lyn and Jeff Ellis

Reply Slip

I would like to receive information about helping out with the maintenance of the LINC Sanctuary Garden

I would like more information on Finding Sanctuary in the Garden Event on Saturday 3 August 2019

Please send me more information on Cheltenham Triathlon

I enclose a donation of £

Return to: LINC, Cheltenham General Hospital, Sandford Road, Cheltenham. GL53 7AN

If you wish to unsubscribe from LINCLINES please tick here

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I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax for each tax year (6 April to 5 April) that is at least equal to the amount of tax that all the charities or Community Amateur Sports Clubs (CASCs) that I donate to will reclaim on my gifts for that tax year. I understand that other taxes such as VAT and Council Tax do not qualify. I understand the charity will reclaim 25p of tax on every £1 that I gave up to 5 April 2008 and will reclaim 25p of tax on every £1 that I give on or after 6 April 2008. Please tick the box