

Looking Forward...

There's no doubt that 2020 has thrown just about everything possible at us – a worldwide pandemic, a messy US presidential election, the fallout over Brexit, to name but a few. The cancellation of all our major fundraising events and the temporary closure of the LINC charity shop also caused us problems.

However, I am delighted to say that the support we have received from you all and the hard work of Claire Charlton in thinking up virtual events have enabled us to survive. We furloughed the shop staff and relocated Louise to haematology admin – initially for all her 4 days and latterly for 50% of her time – returning to LINC for 2 days a week. We are very grateful to her for being so willing to do whatever was necessary. With the vaccine on the horizon we hope that we will be returning to some sort of normality as we go through 2021. Christmas will be very strange this year but it is better to be safe and take all the necessary precautions.

The highlight of 2020 must be the open air concert with the Carducci Quartet that was held in the Sanctuary Garden at the beginning of September. It was a lovely sunny evening and we all enjoyed the opportunity to hear live music again. Thank you to Claire for organising such a special occasion.

I would like to thank everyone who contributed to our appeal to support the clinical psychology team. They do an amazing job giving emotional support to our very ill patients and their families and were even more indispensable during lockdown.



Please continue to support us during 2021. You may consider leaving LINC a legacy in your will that will help to ensure our future. If you have any loose change, and I appreciate we will have less as we tend to pay more and more by card, but do collect it for us.

There are some spare numbers in the LINC 100 Club. We would love you to join. Each number costs £3 a month and we hold a ballot at the end of each month. Fifty per cent of the income to the 100 club goes in prize money so the more people that sign up, the more the prize money will be. Application forms can be obtained on line or from the LINC office on [0300 422 4422](tel:03004224422).

During the past 9 months we have been more than ever grateful for our regular givers. They provide a steady income that allows us to plan how best we can support our patients and their families. Any amount is welcome and standing order forms can be obtained online and from the LINC office.

I would like to take this opportunity to wish you a very Happy and Healthy New Year and look forward to seeing you again during 2021.

Dr Gill Rouse

Sanctuary Garden News

Our garden maintenance mornings have become something to really look forward to and really mood uplifting. Thank you to all of our fabulous volunteers who have helped us during the last few months to keep the garden looking at its best. It really has become such a special place for so many people and it is always fabulous to see so many of you enjoying the outdoor space.

We are working hard on replacing the stolen yews although procurement has proved challenging during lockdown. Thank you to Mark Sheldon, CBC and Ubico for their continued support. We will look forward to holding many more events here when we are allowed and if you'd like to help us with the gardening, the sessions are held on the last Friday of every month (normally), please contact Claire on claire.charlton2@nhs.net



Meet John

“Just short of 60 being found to have cancer out of the blue was a bit of a shock, especially as I was well and with no symptoms.”

“I was transferred to the haematologist consultants at the LINC centre. From there I was looked after amongst others by consultants Richard Lush & Adam Rye and specialist nurses Lisa and Claire.

From the get go they could not have been more helpful, all the procedures lined up for me were explained and the nurses ran through all the side effects that were 'possible' albeit many of them not 'probable'. They were always available for me on a helpline whenever I had a question and were genuinely caring.

I was treated for the day patient sessions at the Edward Jenner unit in Gloucester Royal where they ply you with coffee, sandwiches and biscuits, TV to look at too. In patient sessions which would run over several days were either in Lilleybrook Ward or The Rendcomb Suite in Cheltenham. Being that chemo tends to rob you of your immune system much of the time was spent in a private room. The Rendcomb Suite side rooms as they are known are really well appointed with smart en suite, Sky TV and fridge (great for storing your own food if you prefer to the hospital offerings), but to be fair there was an extensive menu. Again all the staff were attentive, caring and professional. The private room also meant it was much easier for visitors to come and go without disturbing anyone else.

My treatment culminated in a final 3 week stay in the Rendcomb Side rooms and included the excitement of a stem cell transplant. Apart from a couple of lethargic afternoons I felt pretty much 100% throughout.

My regime from the outset had been to stay as fit as possible so between my chemo sessions (which were always several weeks apart) I would walk for miles on Cleve Hill and when I got bored with that I treated myself to an electric bike and cycled all over the place. I'm absolutely certain that keeping fit and having a positive attitude played a massive role in minimising any side effects and gave me a great recovery rate.



The nurses did warn me that I couldn't beat the fatigue and sometimes sickness caused by the stem cell transplant and true enough for a week after it I was wiped out, but having said that I dosed quite a lot of it and the time passed surprisingly quickly.

Now I'm playing golf far too often and not getting any better but I feel great.

My experience of dealing with everyone in the LINC set up can be summarised in one word – AMAZING.

Thank you NHS, thank you LINC and thank you family and friends who were all so supportive to me throughout my 9 months in and out of hospital.

If you have this ahead of you, try not to worry, stay positive, stay fit and you'll be just fine because you are in great hands.”

Sanctuary Garden Music

We were incredibly fortunate that the sun finally shone for us in the Sanctuary Garden for our fabulous concert by the **Carducci String Quartet**. Music lovers were finally treated to a live and exclusive performance.

The socially distanced audience filled the garden, bringing their own chairs, rugs and refreshments to enjoy the concert. This was a free concert although we asked for donations and were absolutely thrilled to raise £1,300. Thank you to everyone who made this such a special and memorable evening.



LINC Shop News

Thank you to shop manager, Sally and her wonderful volunteers who have continued to keep the LINC Shop looking fantastic during the last few months. They have all worked so hard to keep the window displays looking great, keep the customers safe and continue to make money for the charity. The LINC Shop now has its own instagram account so please follow to bag those unique finds.

Your generous donations are so important to us and we will all look forward to hopefully remaining consistently open during 2021.





London Marathon

For obvious reasons, the London Marathon could not go ahead as normal this year. The virtual run still required our amazing runners to complete the 26.2 miles on their own route. This is even more of a challenge without the crowds of supporters and London landmarks to keep you going.

Congratulations to **Gareth Hopkins**, our LINC patient who returned from an AML diagnosis to run the Marathon for LINC. Not only did he make it look relatively easy on his live stream but he raised an incredible £6408.79 for the charity. Many congratulations and thanks to him as well as **Ellen Chapman** and **Cheryl Blake** who also ran for us.



Milk Bottle Tops

We have received a wonderful amount of milk bottle tops so a huge thank you to everyone who has been collecting them for us. **The Crypt School** in Gloucester have made collecting them into a school project and we are indebted to **All About Freight** who transported the latest bags for recycling for us. Their support was so appreciated in these challenging times and we are enormously grateful.

If you are collecting, please remember that we only accept MILK bottle tops with the foil insert removed. We cannot accept any other plastic tops. You can drop these off at the LINC OPD, Edward Jenner Unit or the LINC Shop.

Lockdown Garden and Pampered Pets

In a year where it has been increasingly difficult to plan fundraising events, we are grateful to everyone who entered our virtual competitions. Not only did we enjoy seeing your beautiful gardens and gorgeous pets but we were touched by your special words that accompanied them. We would like to thank, Chelsea Gold Medal Winner, **Chris Beardshaw** for judging the gardens and **Kate Dove**, a celebrated local artist for so kindly painting the portrait of Rosie, our winning dog.

Twitter Art Exhibit

The **Twitter Art Exhibit** was set up several years ago as a fundraising initiative where artists donated a postcard sized painting that would be sold for charity. This has grown into an international event, with artists worldwide contributing their work.

LINC is absolutely delighted to have been chosen as the Charity of 2021 and this international art exhibit will be coming to Cheltenham. We have already received 600 registrations from over 36 countries. The opening sale will be held in the Hall of Fame at **Cheltenham Racecourse** where you will be invited to join us on **Saturday 15 May**.

We would love to have more artists or celebrities from Gloucestershire becoming involved so if you are an artist or know someone who is, please register online at;

www.twitterartexhibit.org

Thank You...

The **Rose Adeane Trust** £25,000. **Tesco Community Grant** £500. **Tayntons Solicitors** for sponsoring the LINC Opening of the Twitter Art Exhibit. **Bovis Homes** for donating contents from one of their show-homes to the LINC Shop. **Katie Chapman** at Neal’s Yard Remedies who has kindly held LINC sales and donated her commission. **Yuliya Culley** from Novello Skin who sold Christmas skincare packages and donated 10% of sales. **B&Q Stroud** for donating some artificial Christmas trees. **The Crypt School, Gloucester** who have been busy collecting milk bottle tops for us. **Ben Stanford** who walked 102 miles of the Cotswold Way and raised £1,098.72 so far. Our lovely **shop volunteers** who have continued to support us during these challenging times. **Barney Rye** who as part of his Duke of Edinburgh Scheme, has been busy helping us in the Sanctuary Garden. **Stroud High School for Girls** for a donation made supporting a member of staff.

Where your money goes

This has been a difficult and challenging year for us all. We are immensely grateful to everyone who has supported us in any way you can throughout 2020. Your kindness and generosity have enabled LINC to fund vital psychological support for patients, their families and medical staff.

We have provided financial grants to patients, we have organised dog kennels and purchased new equipment such as drip stands and weighing scales for chemotherapy patients. The entrance to LINC OPD has also received a facelift.

None of this would be possible without you.

Thank you.



From L to R: Dr Gill Rouse, Pupils at The Crypt School, Gloucester, Barney Rye

Reply Slip

I would like to make a donation

I would like to become a Regular Giver

I would like to join the 100 Club

Please send me a collection box

Please return to: **LINC Charity Office, LINC Outpatient Department, Cheltenham General Hospital, Sandford Road, Cheltenham. GL53 7AN**

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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