



As I write this I can start to see light at the end of the tunnel. Many of us will have had vaccination against Covid – hopefully 2 doses – but at least one dose to give us some protection. In a few weeks we should be able to start meeting in small groups again albeit outside.

We are hoping to restart the LINC lunch club in September and maybe to have a picnic lunch in the Sanctuary Garden in August if restrictions allow.

The LINC charity shop at 224 Bath Road will reopen on Monday 12th April. At that time we are also hoping to launch our new shop at 218 Bath Road. The final arrangements are being made at the moment.

It has been a difficult year but we have come through and we can now start looking forward to some semblance of normality. The charity would not have survived these months without the amazing support we have received – we would like to thank everyone who has contributed in any way. Your help has enabled us to continue helping local blood cancer patients and their families.

Dr Gill Rouse



Regular Giving

During these uncertain times, we'd like to thank our regular givers that have enabled us to maintain a vital monthly income whilst all our fundraising events have been on hold. This enables us to continue the charity's mission of supporting our LINC patients wherever necessary.

During lockdown we have provided financial grants to families, funded the posts of the two clinical psychologists, painted the entrance to the OPD and purchased equipment for the ward.

We're so grateful to all our fundraisers but we realise that sometimes it's lovely to relax and not take on a challenge. We'd love you to set up a regular donation. Even £5 a month by standing order enables LINC to plan confidently for the future.

If you can help please contact the team for a form. Thank you for your support.



LINC Shop

We'd like to welcome new shop manager, Caroline Warley and assistant manager Ella Mason to the LINC team. Whilst the shop has been closed, they have regularly changed the shop window and operated a click and collect service.

The shop now has its own Facebook and Instagram pages so make sure that you follow them to secure the latest treasures. We will look forward optimistically to the reopening on 12 April and welcoming back our wonderful customers.

If you would be interested in volunteering in the shop, we'd love to hear from you.

Patient News

Paul Simpson, a father and much loved founder of A2B taxis of Cirencester, very sadly died at 52 years after contracting Covid-19 whilst being treated for cancer.

Paul, who fell ill with lymphoma in 2019 survived continuous chemotherapy for 18 months before catching the virus. He sadly passed away in Gloucestershire Royal on January 29, 2021.

"We as a family are all devastated as we've lost a lovely man. He's left a massive hole in our lives," writes his daughter Hannah. "We are extremely grateful to LINC in Cheltenham for everything they did for him whilst he was so poorly."

Paul's family and friends have raised more than £2,000 for LINC. Our thoughts and condolences are with Allie, his wife and his family.



Face Masks

Nick Sharpe is a LINC patient and his Mum **Shirley** has been busy making face masks and selling them for LINC. She has already raised £500 and we'd like to thank her for all her hard work and fantastic fundraising. **Graham Wright**, Paul's cousin has also donated £500. We are very grateful for the continued support of the **Sharpe Family**.



Forthcoming Events

Isn't it exciting to be talking about challenge events and days out? LINC has a selection of dates for your diary and exciting opportunities to sign up for and help us raise funds to support our families affected by blood cancer.

3 Counties Cycle Ride - Sunday 18 July - our popular cycle ride will be back with the scenic route through the stunning countryside taking you through the 3 counties.

Golf Day - Wednesday 8 September at Cotswold Hills. £240 for a team of four or why not sponsor a hole for £50?

Parachute Jump - Jump for LINC on Sunday 12 September at Salisbury Airfield. The jump is free if you raise a minimum of £395 in sponsorship money.

Virtual London Marathon - Run for LINC on Sunday 3 October. Don't miss your chance to take place in this wonderful event. There is a £15 booking fee and a minimum sponsorship of £350 so why not take up the challenge and start training?

For all events and more information, please email the LINC team on gkn-tr.linc@nhs.net or visit www.lincfund.org

Shielding

For many of us, the relaxation of lockdown restrictions can't come soon enough. For our LINC patients however, the need to shield remains paramount. One LINC patient, Mike, has been hit with multiple cancers including lymphoma, mobility issues and of course the pandemic. He has started writing as a way to express his anger and frustration.

SHIELDERS wasting time we do not have

*The May is saying cast a clout
Twelve months we've waited to get out
But still some fools the rules they flout
And spread the deadly germ about.
As Boris won't review mistakes
They do not learn just what it takes
To clamp down hard on more outbreaks
And take control for all our sakes.
Not really knowing what to do
They blunder on without a clue
They hope "the science" will break through
And save them from a big to-do.
So those of us who shield in fear
Might have to bear another year
Of further lockdowns to adhere
And pray salvation to appear.
In death's dark vale we must remain
From social contact still abstain
Hoping not to go insane
Endure the Tory gravy train.
They give the nurses one percent
Cos all the money has been spent
On contracts let to circumvent
Showing where our money went.
Still madly they refuse to learn
Repeat mistakes with no concern
So to the start we shall return
And watch the young one's future burn.*

Twitter Art Exhibit

The date of this exciting Art Exhibit Opening has been changed to Saturday 3 July so that we hope many more of you will be able to attend and support us. Postcard sized paintings have been donated from all over the world and we have so enjoyed watching them arrive.

The paintings will be sold for £30 each - one postcard will fund a clinical psychology session and we sincerely hope that you will be able to make the opening to secure your favourite piece. Any art not sold on the evening will be sold online.

We are so grateful to the Twitter Art Exhibit team and Tayntons solicitors for sponsoring the event.

Sanctuary Garden

The Sanctuary Garden continues to be such a special place for so many. We are so grateful to our volunteers that have been helping to maintain it during lockdown and we look forward to the Spring and all the beautiful flowers returning. We have managed to replace some the yew hedges and there are plans to add cherry trees and planters to the garden.

As restrictions ease we would really appreciate some more help with the maintenance. We meet on the last Friday of every month at 10am, even if you can just come along for an hour, it would really help.

Please contact Claire, claire.charlton2@nhs.net if you can spare some time.



LINC Lunch Club

The LINC Lunch Club is for everyone. Fine dining on the first Friday of every month in quality eateries in and around Cheltenham. We meet at 12.30pm to be seated at 1.00pm when you will be served a delicious two course lunch.

Our current supporters include local business men and women along with couples and groups of ladies who have been brought together through cancer or have an association with LINC. Some of our diners have either been a patient themselves, have a partner who was patient, are a volunteer or a fundraiser. All of whom have a passion to support LINC.

It's an ideal time to catch up with friends for some quality time, or come along to make new ones. And while you are enjoying a delicious meal, you are also raising money to help local cancer patients and their families.

We are hoping to resume our Lunch Club in August, for more information and to be added to our lunch club contact list please email l.adkins@nhs.net or call 0300 422 5274.



Thank You...

Our wonderful patron, **PJ Crook**, held her annual Open Studio which raised a fantastic £4,200 for LINC. We are immensely grateful for her continued support.

Rachel Westlake and sons Elias (aged 8) and Seth (aged 6) £1,352.17 who completed a sponsored 19 mile walk during lockdown between their home and Cheltenham General Hospital and then GRH in support of their Daddy.

Nicola Anderson raised £1,178.98 in memory of Graham Griffiths.

Ben Stanford £2,812.46 who walked the Cotswold Way with friends.

Mrs Woodman and her friends made a large number of scrubs which were donated to the nurses.

The National Lottery Community Fund £10,000 awarded to LINC to support our work during lockdown.

Bodega Womenswear - thank you to the Bodega ladies who took part in a virtual zoom Neal's Yard facial for LINC.

Brighter Homecare for their continued regular support.



Reply Slip

I would like to become a Regular Giver

I would like to make a donation

I would like to volunteer in the Sanctuary Garden or Shop

Please send me more information about...

Name

Address

Postcode

Email

Please return to: **LINC Charity Office, LINC Outpatient Department, Cheltenham General Hospital, Sandford Road, Cheltenham. GL53 7AN or email ghn-tr.linc@nhs.net**

If you wish to unsubscribe from LINC Lines newsletter please tick here or drop us an email to let us know.

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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