

Dear friends and supporters,

I'm David the Cancer Fund Manager, we hope you enjoy our Autumn/Winter Cancer Fund Newsletter. It's been an extremely busy summer and with your help we're pleased to have supported many excellent projects which we are excited to share with you in this newsletter.

I was recently inspired by the work of the cancer division here at UCLH to achieve one of my own ambitions to take part in my very first London Marathon in aid of the Cancer Fund. I finished in five hours and eight minutes and raised £3,000 for the fund. It was an incredibly intense challenge, but I'm delighted to make my own contribution to the fund and support the world-class cancer services at UCLH.

Thanks to everyone who continues to support the fund by way of donating, taking part in our events or sharing news of our work.

David Milsom



Visual Trauma Therapy

A cancer diagnosis and the treatment which follows can have a devastating impact on a patient's mental wellbeing. Ruth Anderson, Counselling Psychologist in the Haematology Psychology and Psychotherapy Team, recently applied for a Cancer Fund staff grant.

The proposed grant from Ruth was an Eye Movement Desensitisation and Reprocessing (EMDR) training course which will enable her to offer EMDR to patients working through the trauma of their cancer diagnosis.

When we are traumatised by an overwhelming event, such as a car accident or unexpected bad news, our natural coping mechanism can become overloaded, resulting in disturbing experiences remaining frozen in our brain or being 'unprocessed'. Such unprocessed memories are stored in the limbic system of our brain in a 'raw' and emotional form, rather than in a verbal

'story' mode. The limbic system's traumatic memories and feelings can then be triggered when we experience events similar to the original experience.

In 1987, Dr Francine Shapiro was walking in the park in the US when she realized that eye movements appeared to decrease the negative emotion associated with her own distressing memories. She assumed that eye movements had a desensitizing effect, and she found that others also had the same response to eye movements. It became apparent however that eye movements by themselves did not create comprehensive therapeutic effects and so Shapiro added other elements, including a cognitive →

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→ component, and developed a standard procedure that is now known as Eye Movement and Desensitisation Therapy (EMDR).

The validity and reliability of EMDR has been established by research and it is recommended by NICE as an effective treatment for PTSD. Many aspects of cancer diagnosis and treatment, including diagnostic testing, stressful waiting periods, the moment of bad news, and intensive treatments, can act as traumatic events, leading to cancer-related trauma. Research studies conducted over the past 10 years have found that EMDR therapy, reduces anxiety, depression, and post-traumatic stress symptoms in people living with cancer.

EMDR therapy is an eight-phase process. Eye movements (or other bilateral stimulation such as hand tapping) are used during one phase of the process. After the therapist has

determined which memory to target, they ask the client to hold different aspects of that event in mind and to use their eyes to track the therapist's hand as it moves back and forth across the client's field of vision. As this happens, for reasons believed to be connected with the biological mechanisms involved in Rapid Eye Movement (REM) sleep, the clients begin to process the memory and disturbing feelings.

Once Ruth has completed her training, she will offer EMDR to people with haematological conditions at UCLH, such as leukaemia and sickle cell disease. By helping patients to resolve the impact of past traumas, this can allow them to live more fully in the present and improve their overall quality of life.

The Cancer Fund is proud to be providing the funds for this cutting-edge treatment which enables the UCLH to provide cancer patients with much needed psychological care alongside their physical treatment.

Chewing gum an unusual request,...

We recently had a request to purchase several boxes of chewing gum for our teams at University College Hospital at Westmoreland Street. We were intrigued so asked Eunice, a senior staff nurse for urology, what it would be used for.

Here's what Eunice told us: "Colorectal surgery is a blanket term used to describe several surgeries of the lower gut. This can include organs such as the bowel, colon, rectum, anus. You could need colorectal surgery to treat colon cancer, one of the most common forms of GI (Gastrointestinal) cancer. Gum chewing stimulates bowel movement and promotes the return of bowel function by triggering the gastric secretion process and increasing intestinal enzymes secretion.



Chewing gum also treats ileus, which is when the intestine stops making those wave-like motions that moves food through the digestive system. This is a common occurrence after GI surgery and can cause patients to feel sick, bloated and not want to eat. Chewing gum reduces postoperative ileus by stimulating early recovery of GI function by tricking the brain into thinking the patient is eating.

By causing bowel function to return faster, gum chewing decreases hospital lengths of stay by about one to two days. Postop patients who chew gum are discharged from the hospital sooner than patients who remain N.P.O. (nothing by mouth)."

A humble piece of chewing gum making a huge difference to the recovery of our patients. The Cancer Fund has since purchased three months' supply of gum for the urology ward and has committed to ongoing funding.

Charitable gifting in memory and in Wills

Remember a loved one via a donation or leave your own long-lasting legacy by pledging a gift to the Cancer Fund in your Will.

Many people choose to acknowledge the care given to their loved ones with a donation. We recently received a gift from a family who wanted to share their gratitude 'after' their beloved mother was cared for by our team, where she gained some quality time to spend with her children and grandchildren before her peaceful passing. Their donation will go on to ensure more patients are offered the same level of care delivered by our compassionate cancer division staff.

Some people choose to include the Cancer Fund in their will and leave a legacy by which they will be remembered. Anyone can leave a gift in their Will, from a specific sum of money to shares in property or valued items. A Will is a good way to be sure that specific wishes are carried out after death. The gift goes on to provide an improved experience for others with cancer.

Get in touch with us to discuss gifts in memory or including us in your Will at: uclh.enquiry.cancerfund@nhs.net or call on 07977 191780

Cycle Every Mountain

Q&A with Roger McKenzie who organised and took part in a gruelling fundraising cycle up Monte Zoncolan!

Tell us a bit about this latest fundraising trip. What were some of the highlights?

The Zoncolan event was different because it was our first fundraising challenge since Covid, and as everyone has experienced so much loss, it created a great sense of shared purpose amongst the group. Also, it had been 3 years in the planning because it had to be postponed twice.

The highlights were many – obviously getting everyone to the top of the Zoncolan but also the feeling of huge energy amongst the group of 21 people all working together to raise as much money as possible.

You've completed several challenges on our behalf. Which was your favourite?

They have all been significant in different ways and you know that everyone will always cherish the memory – whether it was cycling from Amsterdam to UCLH in London, climbing high mountains in the Alps or cycling in the magnificently wild Pyrenees.

Why do you feel it's important to support a charity like ours?

All charities are important but having a personal relationship with a charity, as we do with the UCLH Cancer Fund, I think that makes it special.

What inspires you about our charity that keeps you fundraising for us?

UCLH is one of the great London Hospitals and its research work benefits colleagues and patients throughout the country. I was offered a referral by my local hospital in East Anglia.

The first day I arrived at UCLH Cancer Centre in 2014 I happened to talk to two enthusiastic members of the cancer fund team whilst nervously walking around the reception area...that started me thinking about all the fundraising that had gone on in the past and how, now, I was one of the many the beneficiaries of all that work. Clearly fundraising needs ongoing support so future generations will continue to benefit from pioneering research.

I personally received innovative prostate cancer treatment in 2014, excellent post treatment support and further treatment in 2019. Since then, a close family friend in his early 40s was also treated for bowel cancer at UCLH during the lockdown.

We'll have lots and challenge events for you to take part in during 2023, from half marathons to walking challenges, watch this space!

Have you got plans for anymore fundraising challenges in the future?

This year's event was hugely satisfying, and everyone enjoyed it. I never expected we would raise £26,000!

I am sure the group will want to head back to the mountains again, but I can't ask family, friends and colleagues to support us every year.

I hope for the next one we can offer an event that will attract staff from UCLH to join us in the future so that they can enjoy the challenge of the mountains and raise some funds at the same time.

How much have we raised since 2014?

Around £83,000! It's quite a lot and every time it is a very special feeling at the end of event. I am so grateful to everyone who has helped us, and my advice is to take every day as a blessing!

Thanks to Roger and everyone who took part in this incredible challenge this year and all the others since 2014. What an amazing achievement. Challenge events are a great way to fundraise while trying something new or taking part in something which you already enjoying doing. They are perfect for doing alongside friends and family too and remember, they don't all have to be extreme as Roger's adventures.



Supporting Children's Rehabilitation

My name is Charlotte, and I am the Children's Occupational Therapy Team Lead on the children's cancer unit here at UCLH. I have been in my role for nearly 5 years and feel it is a privilege to be able to support the children and teenagers under the care of UCLH cancer services.



My day-to-day role involves supporting children and their families from diagnosis through to end of treatment and beyond. This support includes comprehensive holistic care assisting children to be able to continue to participate in activities such

as attending school, engaging in play and hobbies. I ensure children feel included within society and school settings, despite, huge physical and emotional changes.

Some children being treated for cancer at UCLH have a brain tumour diagnosis. A brain tumour can cause significant neurological symptoms including upper limb difficulties e.g., hemiplegia, weakness and reduced functional ability. A key part of the occupational therapy role with these patients is to assess and treat the individual's upper limbs to maximise function and improve quality of life. Upper limb function is an essential part of participation in daily activities and meaningful occupations e.g., play and school, therefore, it is pivotal to provide comprehensive assessments to help establish individualised tailored rehabilitation programmes.

I recently completed a licensed hand assessment course known as the Assisting Hand Assessment (AHA). The AHA is a test of hand function in children (18 months -18 years) with difficulties using their hands. The AHA measures how effectively the affected hand and arm is being used. An assessment is performed by observing the child's spontaneous handling of toys in a semi structured play session using a specific toolkit. The paediatric and teenage therapy service has a personalised care approach, although there are only a small number of children and teenagers who benefit from the AHA, we want to offer the very best recovery for the children and teenagers who do. The AHA assessment allows me to develop a detailed rehabilitation programme to be complete within therapy sessions, as well as empowering parents and caregivers to embed into daily activities.

As a standardised assessment the toolkit is an essential piece of equipment which the Cancer Fund has kindly funded. The toolkit contains very specific equipment and toys which all encourage bimanual hand use to support with the observations.

I would like to say a huge thank you to everyone who donates to the Cancer Fund for helping us improve the rehabilitation offered to our children and teenagers with cancer.

Your fundraising 2022



Whether you've competed in a race, held a charity day in your community, or donated in memory of a loved one, your support means a lot.

With special thanks to:

- The beloved friends and family of 'brother, friend and fixer' Michael Abbott for your generous donations.
- Lee Barber, Chris Turner, Gary Cox, Martin Pierce, Freightliner HR and all the players and supporters who attended their football match in memory of Alan Llinane.
- Stuart Moore and Deborah Denman, our marathon runners.
- Team Snowdon (Wendy, Laura, Bobby, John and Shannon), who tackled Snowdon to raise money for UCLH children's cancer department.

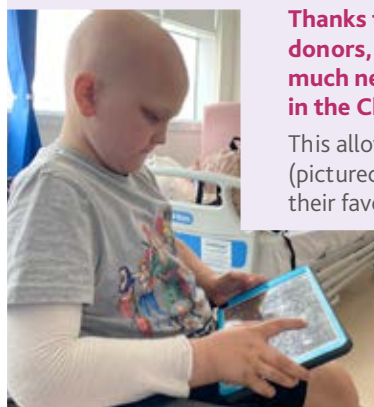
**BRING THE
COLOUR
TO RADIOTHERAPY
at UCLH**

update

Thanks to everyone who has supported this campaign. We have raised over £80,000 and we shall be fundraising for phase two early 2023.

We shall look forward to sharing with you some pictures of the transformation of our radiotherapy department in our next update.

T11 Children's Ward Wi-Fi Update



Thanks to the support of our donors, we have now installed much needed Wi-Fi, and a booster, in the Children's Cancer Unit.

This allows young people like Kobi (pictured), and their carers, to enjoy their favourite shows and games

whilst undergoing treatment, enhancing communication with friends and family at a time when it's really needed.



Thank you for your continued support. Together we will continue to improve the experience of people with cancer.

www.uclhcancerfund.org.uk/donate-online