**MY GIFT TO HELP SPOT CANCER EARLY**

**YES!** I want to help give men and women a brighter future, and further the health screening work of the Mary How Trust.

[Form for gift donation]

Here is my gift of: £

NAME
My preferred contact details:
EMAIL
PHONE NUMBER

POSTAL ADDRESS

(We will only ever call you for administrative purposes)

YES I am a UK taxpayer and confirm that I wish the Mary How Trust to treat all my donations as Gift Aid donations until I notify you otherwise.

PLEASE TICK:

If you are a UK taxpayer you can boost your donation by 25p for every £1 you donate, making your gift go even further!

NB: If you pay less UK Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on ALL your donations in that tax year, it is your responsibility to pay the difference.

Please notify us if: You wish to cancel your Gift Aid declaration / You change your name or address / You no longer pay sufficient Income Tax or Capital Gains Tax.

We will hold and process your information in accordance with HMRC requirements.

Thank you! Please return this form with your gift. To make a gift right now, please go to maryhowtrust.org/donate

Visit us online at maryhowtrust.org

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**PLEASE HELP SOMEONE IN NEED OF HEALTH SCREENING**

“**You saved my friend’s life. She was able to have treatment and has now fully recovered and is living her life.**”

As someone who cares about their health, you know that early detection can stop serious illness in its tracks. But here’s something you might not know: the Mary How Trust can’t survive without your help. Will you consider making a gift today?

We never refuse someone an appointment if they can’t afford to donate the full cost of their health screening. This is what the Mary How Trust is all about.

You know how important it is to spot cancer and other serious illnesses early. Will you make a gift today, and help someone in need of health screening?

When you make a gift, you reassure the man worried about his risk of diabetes, help the woman whose ultrasound scan shows early signs of kidney cancer, and give families hope for tomorrow.

To donate, please send your gift with this form, or go to maryhowtrust.org/donate

Thank you for caring.

With your help today, we can help families look forward to a brighter, healthier future.

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**Prostate cancer – early warning helped Graham take action in time**

**Graham’s Mary How Trust blood test raised the alarm. “I didn’t have any of the usual symptoms.”**

My wife and I come to the Mary How Trust every few years – it’s reassuring. Everything has been fine, but last time my PSA (prostate) blood test result rang alarm bells. The nurse told me to get it checked with my GP, who referred me to hospital.

**“Don’t wait for the symptoms” is my message.**

The hospital results took longer than expected – I really wanted to know! I managed to get an indication of the results as I set off on holiday. They wouldn’t give me details by phone, but it was enough to make us cut the holiday short to see the oncologist.

That’s when they told me I had cancer.

Thanks to the early warning, the cancer hadn’t spread. It could have been a lot worse.

I had the choice of getting the prostate removed, or having radiotherapy.

**The Mary How Trust is entirely donor-supported.**

**YOU help us spot cancer early**

My wife helped me research my options – it was good to have someone to go through this with.

Since my treatment, I’ve had two 3-monthly check-ups and the oncologist is very pleased. I don’t have to go back for 6 months. I do have some side-effects from the radiotherapy – but it’s nothing urgent.

I never did get the usual symptoms of prostate cancer!

**“I’d never have known.” Because of you, we’re here to help people in need of health screening.**

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Working together: your support has helped us save lives

Introducing the bowel screening test that’s ‘FIT’ for the future

Bowel cancer can be successfully treated in over 90% of cases, but early detection is vital. Did you know? Every Mary How Trust health screening includes a FIT test – the new and improved bowel screening test. FIT can detect many more cancers and precancerous polyps - and it’s easier to complete.

It’s your support that makes this possible. Your donations help us spot cancer and other serious illness early. Thank you for caring.

You’re a key member of our team. When you donate for your health screening, you make our work possible.

You’ve Given Hope & Good Health

James, Ollie, Charlie & Leeusus cycled 150 miles from Brighton to Paris in two days, and raised £690 including Gift Aid

We’re grateful to Together Against Cancer for their generous monthly support

Jess Lenharts donated her birthday and raised £175

Chantcbury Freemasons Lodge donated £220 raised by raffles

The Co-op Local Community Fund gave £508 from purchases by Co-op members; Pulborough Funerary raised £319 raised with a book sale and gave tombola prizes; and Ashton-Cooping donated a bottle of champagne for our Spring Quiz raffle

Christine Morgan, Deborah Kirby, Chalkpit Trails, Paws & Claws Photography, Katie Bridge Lifestyle, and Ark Carpet Cleaning donated generous raffle prizes.

The Worshipful Company of Grocers awarded a grant of £5,000 towards our new FIT bowel screening tests

The Co-op

Supporter Survey – you’ve spoken and we’ve listened!

Thank you to everyone who filled in our summer survey. You’re helping us improve our work and communications with you, and plan for the future. Did you know? 80% said you care about looking after your health so you come for a health screening. And 66% told us you support the Mary How Trust because we’re a local charity that benefits the local community. Read more about what your fellow supporters had to say on our website.

Save details The Date

Full details at maryhowtrust.org/whats-on
Or call Clare: 01798-877646

Quingo Quiz
Saturday 28 September at West Chiltington Village Hall 7pm. Tickets £8. Teams of 6-8. Your favourite quiz from The Inn-Quizzator, with a fun added twist and not one but TWO team prizes! Hurry to book your place.

Bingo: 2nd Thursday of the month at Storrington Village Hall 7.30pm. 50p on the door. Special £50 Jackpot courtesy of LMC Auto Services

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New Year Bridge Drive & Tea
Thursday 9 January 2020 at West Sussex Golf Club 1.30pm. Tickets £12. Chicago or Rubber Bridge Tickets on sale now! Always popular. First come, first served.

Carter’s Domestic Appliances raised £53 with a Scalextric track at Storrington Village Day

SADCASE continued to support us generously with various events, including our Classic Vehicle Shows that were a ‘Triumph’.

Brain Gym
Enter this car-inspired Word Search and you could win £50! Thanks to Comyn & James Estate Agents for sponsoring the prize.

Complete the grid below. Send it with the donation form and a minimum donation of £5. Deadline for entries: midnight on Friday 13 December 2019. The winner will be the first correct entry drawn at random.


dangerous to someone in need

We are deeply grateful to everyone who remembers the Mary How Trust in their will or with gifts in memory of a loved one

Brighter Futures, Because Of You!

Inscribed with

Your details are safe with us. We value your privacy and never give your information to other organisations to use for their own purposes.
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The Mary How Trust for Cancer Prevention is a charitable company limited by guarantee registered in England & Wales. Company Reg No 6324356

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Christine Morgan, Deborah Kirby, Chalkpit Trails, Paws & Claws Photography, Katie Bridge Lifestyle, and Ark Carpet Cleaning donated generous raffle prizes.

Thanks to everyone who brings a raffle prize to our Film Society and Bingo evenings

Wi groups at Rose Green, Pulborough Meadows, and Sutton & Bury donated £710 for talks by our President Lady Emma Barnard and trustees Stuart Trownson & Sean Cemm

If you added an extra gift to your health screening donation, thank you for helping someone in need

We are deeply grateful to everyone who remembers the Mary How Trust in their will or with gifts in memory of a loved one

Brighter Futures, Because Of YOU!

Keep Me Posted!

Join your fellow change makers and receive newsletters about our work and the ways you can support us and help save lives. You can unsubscribe at any time.

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Ferrari

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You make these stories possible!

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I had the choice of getting the prostate removed, or having radiotherapy.

My wife helped me research my options – it was good to have someone to go through this with.

I decided on radiotherapy. Since my treatment, I’ve had two 3-monthly check-ups and the oncologist is very pleased. I don’t have to go back for 6 months. I do have some side-effects from the radiotherapy – but it’s nothing urgent.

I never did get the usual symptoms of prostate cancer!

Without my health screening I’d never have known.

Here is my gift of: £

Thank you!

Please return this form with your gift. To make a gift right now, please go to maryhowtrust.org/donate

The Mary How Trust, Pulborough Primary Care Centre, Spiro Close, Pulborough RH20 1FG contact@maryhowtrust.org 01798-877640 Reg Charity No 1122393

Celebrating 15 years of preventing and stopping serious illnesses

How We Can Help You

The Mary How Trust offers health screenings to spot early signs of cancer & other illness, and we listen to your health concerns & offer lifestyle guidance. Instead of a fee, we invite donations based on ability to pay, so people from all walks of life can benefit.

Please Help Someone In Need Of Health Screening

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