



www.maryhowtrust.org

YOUR SUPPORT IN ACTION

Autumn - Winter 2017

Cancer Stopped in its Tracks, Thanks to Early Detection

Ray's ultrasound scan was the early warning that helped him beat kidney cancer.

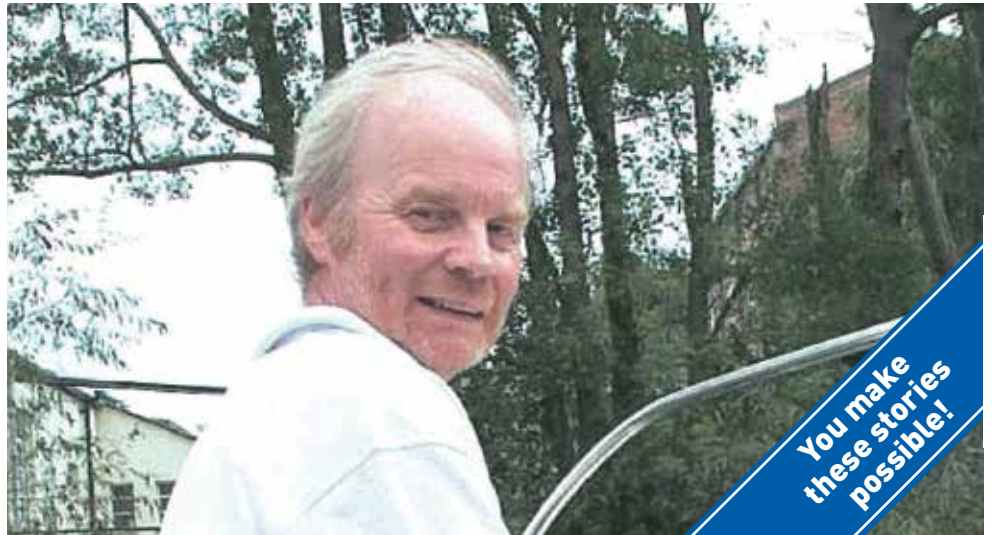
Ray explains, "After a nearly fatal motorcycle crash in 1965, I felt I had a charmed life: I had survived a life-changing incident and thought I had paid my dues. I'd be alright for the duration!"

"I would never have known I had a problem, as there were no symptoms."

So, when the Mary How Trust sonographer expressed concern during a routine scan, I wasn't worried.

I was a little more concerned when my GP rang me that evening. The Mary How Trust had contacted her straightaway. Just five days later I had a CT scan, *still* doubting anything could be wrong.

Yet within weeks I was meeting a consultant urological surgeon at East Surrey Hospital. To my surprise, I was introduced to a Macmillan nurse at the same time, which I



"It pays to check on a regular basis – as the cancer would have spread"

thought unusual. They said that, without any symptoms whatsoever, cancer had crept into my kidney and it had to be removed!

Thanks to the early warning of my health screening, it was all fixed within three weeks! It shows how it pays to check on a regular basis, as the cancer would have spread to my other kidney and I wouldn't

be able to report this success story.

Without my health screening I would never have known I had a problem, as there were no symptoms. Thank you to the wonderful, friendly team at the Mary How Trust!"

Taking Action For Your Health

We're here to help you stay well. Health screening helps you guard against the loss of your health. Apply for a screening today: maryhowtrust.org/contact

Note: health screening may not be appropriate for everyone. Our appointments team will be pleased to discuss this with you.

Our work is entirely donor-supported. YOU help to give hope and good health!

Your Support At Work

Your gift does more than you can imagine.

When you give, lives are changed forever, because every penny helps to give someone a healthier future. Not everyone can afford to donate the full cost of their screening. This is why we're here, and why your donations and fundraising mean so much. Adults of all ages benefit: most of our clients are over 50, but the under 50s are increasingly coming to see us and taking better care of their long-term

health. As one client in his thirties told us, *"I visited the Mary How Trust to have a full check-up after my Nan sadly passed away after a struggle with pancreatic cancer. I thought it prudent to get checked out. Thankfully I had a very clean bill of health."*

Please join our growing family of supporters today and donate to give someone hope for tomorrow. YOU make our work possible! Because of you, lives are being saved.

Thank you for caring!



Brighter futures and better lives, because of you

Did You Know? Prostate cancer numbers are rising, and the largest increase is in men aged 25-49* (*Cancer Research UK). In response, we now offer our PSA test to younger men, from 25 and over – helping an extra 40 men each year!

Help Prevent Cancer The Book Lover's Way!

Mark your calendar: it's time for The Treasured Books Roadshow, a new event to delight readers everywhere and raise funds for cancer prevention.

Join us on Sunday 1 October for an afternoon with award-

winning author Kate Mosse. And we invite you to bring a treasured book to be valued by Lin Flowers-Hearne and her team from Kim's Bookshop. For book lovers everywhere! Read more at www.maryhowtrust.org



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What's On?

**Full details at maryhowtrust.org/whats-on
And from our ticket-line
01798-877646**

Mary How Trust Film Society
4th Tuesday of the month at West Chiltington Village Hall 7.30pm. Tickets £6
Loyalty card – watch 6 films get your 7th free!



Treasured Books Roadshow
Sunday 1 October at New Park Centre, Chichester 2.30pm
Tickets £10

An afternoon with award-winning author Kate Mosse and your chance to bring a treasured book to be valued by Lin Flowers-Hearne and her team from Kim's Bookshop.



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



New Year Bridge Drive & Tea
Thursday 11 January 2018 at West Sussex Golf Club 1.30pm. Tickets £16. Chicago or Rubber Bridge
Tickets on sale now! First come, first served.



The Difference You're Making



Kevin Clark ran "60 Miles for 60 Years" and raised £984

Local groups and businesses raised £540 with collection boxes



Ashington Co-op members raised £1,635 through the Local Community Fund

A dinner hosted by Cllr Patricia Arculus, chairman of West Sussex County Council, to welcome our president Lady Emma Barnard as the new High Sheriff, raised £1275



Christine Morgan's 'Book Box' book sales raised £290, and The Sign Shop donated the banner

Billingshurst & District Lions Club gave £245 for electrodes to help 300 people have an ECG

LMC Auto Services donated £100 from online bookings

Storrington Dramatic Society donated £42 from a raffle



Pulborough PCaSO gave £1000 to help 200 men have a PSA test

The Ian Askew Charitable Trust awarded a £500 grant for clinical supplies



SADCASE raised precious funds with a quiz and their Classic Vehicle Show

Debbie & Steve Kirby and Mike Toynbee raised £324 with a bric-a-brac sale and fun contests

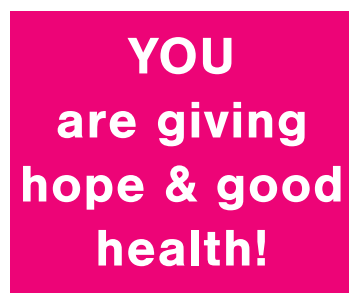


St Mary of the Harbour Lodge raised £1323 with events over a year



Sandgate Singers helped us raise £129 with a collection at their Easter concert

We're grateful to Together Against Cancer for their generous continued support



Help Us Continue Mary's Legacy With A Gift In Your Will



We are deeply grateful to everyone who remembers the Mary How Trust in their Will.

When you give, you are offering someone the chance to spot early signs of cancer and other serious illnesses. You are offering someone a lifeline.

And you are giving someone the chance to talk openly about their health. When we listen to the man concerned about his increasing waistline and his risk of diabetes, guide the woman who is worried about skin cancer after many holidays sunbathing, inspire the young parents whose children depend on them staying fit and well – lives are transformed.

Because of your support, families will have hope for tomorrow.

"It's not just about cancer screening, but everything to do with living."

Charities are exempt from inheritance tax, so after providing for your loved ones, a gift in your Will is a cost-effective way to make a lasting difference.

Will you consider pledging a gift in your Will and touching the lives of future generations?

If you'd like to know more, please contact us on 01798-877640 or contact@maryhowtrust.org

Thank you.

Inspired to join in? Learn more at maryhowtrust.org/get-involved

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



Here is my gift of: £

FIRST NAME

SURNAME

ADDRESS

TOWN

POSTCODE

PHONE

EMAIL

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:

giftaid it 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



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

Brain Gym

Word games are fun and help keep the brain healthy. Enter this fruits & veggies-inspired Word Search and you could win £50! Thanks to Comyn & James Estate Agents for sponsoring the prize.



First, complete the grid below. Send the completed grid and the donation form with a minimum donation of £5 per entry. Deadline for entries: midnight on Friday 15 December 2017. The winner will be the first correct entry drawn at random.

Z	P	L	U	M	H	L	H	J	S	S	E	T	M	B
Z	A	O	T	A	T	O	P	R	N	I	O	R	P	K
W	X	L	X	T	J	L	E	C	N	R	P	D	E	A
R	R	M	S	D	Y	P	V	V	Q	Z	P	S	D	L
A	B	O	Q	I	P	M	J	C	I	Z	N	P	E	O
P	E	W	L	E	F	Y	A	B	G	W	B	R	E	R
R	T	N	P	Q	D	Y	S	N	R	W	S	O	H	E
I	H	N	E	A	L	Q	M	A	G	A	H	U	C	C
C	D	A	I	W	U	G	B	L	X	E	B	T	Y	A
O	L	K	N	A	F	K	A	K	G	M	T	U	L	I
T	O	N	S	I	E	C	N	I	U	Q	J	O	H	G
N	W	H	E	P	U	O	L	A	T	N	A	C	U	R
A	G	O	O	S	E	B	E	R	R	Y	D	O	I	T
R	T	T	I	L	O	C	C	O	R	B	D	U	A	G
U	X	E	V	I	L	O	N	W	I	K	H	W	Q	R

PEPPER	RHUBARB	CANTALOUPE
MANGETOUT	ACEROLA	APRICOT
SPROUT	PLUM	DAIKON
QUINCE	SALSIFY	BROCCOLI
GOOSEBERRY	LYCHEE	OLIVE
SQUASH	POTATO	

Keep Me Posted!

Join over 11,000 change makers and receive newsletters showing your support in action. Simply call 01798-877640 or email contact@maryhowtrust.org

Please tell us if you'd prefer to hear from us by post or email.

The information we send you will include our newsletters and information on how you can help support us in the future.

Your details are safe with us. We value your privacy and never give your information to other organisations.

You may unsubscribe or change the way you hear from us at any time. Simply call 01798-877640 or email contact@maryhowtrust.org

