

CAC News #3 August 2024



climbersagainstcancer.org

CAC to school!

How was your summer?
Ours has been busy, we have lots to tell you!

A new trustee!



It's a time-consuming position, so the existing trustees are extremely pleased that **Lynn Robinson** accepted to join them and share the workload.

Ex-BMC President Lynn has recently retired after working for the NHS for over 35 years. She will be focusing in particular on recruiting **volunteers** to run stalls for us on the many competitions we're invited to, in the UK at first.

Speaking of volunteers...

It's simple – the more comps we attend, the higher our visibility, and the more merch' we can sell. The more merch' we sell, the more grants we can make to research and to help people live with and beyond cancer. Remember, we have already donated **over £500,000 to cancer research** around the world in 10 years. Wouldn't it be great if we could better that in the 10 years to come?

So, **if you can spare a few hours** the next time your club or wall is running a comp, we'll supply you with everything you need – explanations, merch', a phone for taking payments, etc. (and an exclusive **CAC CREW T-shirt** to keep!). Bring a mate for company if you like, it's good fun for a good cause!

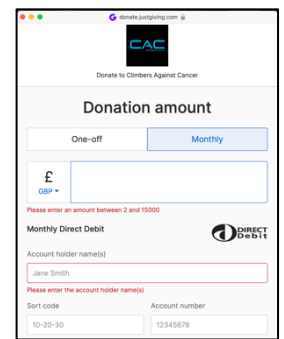
Who'll be Lynn's first volunteer recruit?

lynn@climbersagaincancer.org

Is today DD day?

UK CAC fans! Do you have **more CAC T-shirts than days in the week?** There's another option for helping CAC without over-filling your wardrobe! How about setting up a **monthly direct debit?** This would ensure regular revenue for the cause and needn't cost you an arm and a leg, the amount is up to you! PLUS if you do it through our (pictured) JustGiving page, CAC can claim the tax back at no extra cost to you!

Head over to: <https://www.justgiving.com/climbers-againstcancer>



No rest 'til Everest! – the results are in!



Several of you undertook the **Everesting challenge**, what nutters ahem, stars you are!

Brave souls Harry and Rich missed the June deadline but pressed ahead regardless, so we'll count it! That means roughly £3200 + gift aid = £4000 raised!



We're betting next year we can make that £8848 target! Thanks so much everybody!

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Ten-year grants

How are we doing on our aim to give £10,000 each to 10 deserving organisations, we hear you cry? Read on!

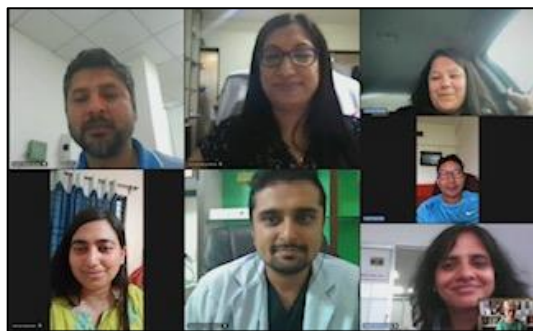
✓ Canada x 2 – a focus shift from cure to care

The first Alberta project, PEER (Paediatric cancer patients and survivors Engaging in Exercise for Recovery) is aimed at teens and tweens. A comprehensive 6-8 week climbing programme is tailored for youths affected by cancer and their siblings within the community. As well as introducing participants to climbing, it also aims to promote lifelong physical activity and facilitate meaningful connections among peers facing similar challenges.

The primary objective of the second project, Young Adult Climb Nights is to bring young adults together to foster social connections, providing them with a sense of community and support during their cancer journey. **More details on both projects here:**

<https://www.climbersagainstcancer.org/news/climbing-beyond-cancer-alberta-canada/>

✓ Nepal grant: improving the quality of paediatric radiotherapy



This project is coordinated by UKIGCN's Nepal Action Group (Lead: Dr Aileen Flavin). The main objective is to ensure that children with cancer in Nepal are treated in future by a Clinical Oncologist with specific training in paediatric radiotherapy. A secondary objective is to develop a national network of Clinical Oncologists to drive paediatric radiotherapy forward in Nepal.

The first phase programme was a didactic virtual course (pictured) from May to July 2024. **More details here:**

<https://www.climbersagainstcancer.org/news/nepal-grant-improving-quality-of-paediatric-radiotherapy/>

✓ Tanzania grant – so no child dies needlessly

Tanzanian NGO Tumaini la Maisha (TLM) provides both clinical and non-clinical support to Tanzanian children with cancer and their families.

To extend its reach and impact, TLM has established the National Childhood Cancer Network (NCCN). With 13 partner sites the aim is to add 30 more to the network in the next 5-10 years, so no child is more than a 4-hour drive from an outreach centre. **More here:**

<https://www.climbersagainstcancer.org/news/tanzania-grant-so-no-child-dies-needlessly/>

✓ Grenoble, France – Allez Up outdoors!

The cancer rehabilitation outpatient department at the Centre Rocheplane near Grenoble, sought financing to provide post-treatment patients with introductory climbing sessions in a natural setting.



This project appealed to the trustees because of the formal evaluation process that is planned. Hopefully it will help us put together a 'how to' guide, to get other projects off the ground (literally)! **More here:** <https://www.climbersagainstcancer.org/news/climbing-beyond-cancer-allez-up-at-rocheplane/>

We're on the move (again)!

A great opportunity has come up for us to move to premises above Kendal Climbing Wall. It seems a great fit, being closer to the local climbing community and the iconic Lake District, plus the Mountain Festival! More on that next time!

Don't forget to tell us about your upcoming **fundraising events**, we'll gladly share them! Through these and your generous purchases & donations, you raised **over £45k in 2023. Can we beat that in 2024?**

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