

# CAC NEWS

climbersagainstcancer.org

JANUARY 2025

## BUMPER NEW YEAR EDITION WITH LOTS OF NEWS!

But first, the CAC team wishes you all a happy, and above all healthy, 2025.  
Look after yourselves... and each other!



NICOLE BERTHOD

### NEW ATHLETE AMBASSADORS!

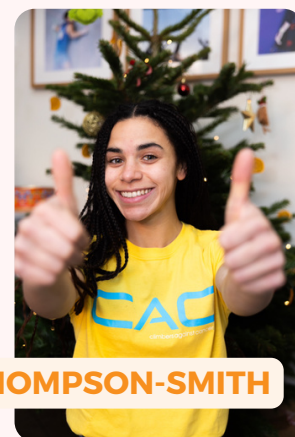
We're thrilled to welcome **Nicole Berthod**, pictured left, to the 'CAC Crew'. Especially as she was suggested by one of our friends at CAC. It was an instant match and Nicole is psyched to spread the word!

Our partnership resonates with Swiss mountain guide Nicole because of her own cancer journey, and she shares her story in the hope it will help others to cope with the disease. **Scan the code** to read our article about Nicole.



Olympian **Molly Thompson-Smith** (pictured right), of Team GB, fondly remembers our founder John Ellison from her years competing in the youth categories.

She and our Trustee Lynn bumped into each other at the Kendal Mountain Festival, started chatting, and next thing you know Molly'd agreed to join us as an Athlete Ambassador! Proving it's good to talk! Molly says she's "committed to giving back in any way I can to honour John's legacy, support our community, and help those impacted by cancer." **Read more via the QR code!**



MOLLY THOMPSON-SMITH



CARMINE DE GRANDIS

We managed to just squeeze one last new Athlete Ambassador in before the end of the year. Which is fairly appropriate as ultra-trail mountain runner **Carmine De Grandis** squeezes his accordion in support of CAC whenever he can!

We did a website article on his 'Carols Against Cancer' seasonal fundraiser - **scan the code** to read his own account of the event.



UK Charity Commission no. 1200162

## NEW FORM!



SCAN ME

We've modernised and upgraded our **grant application form**. We believe it's a much more fluid process for all concerned. Giving money to research and to projects that help people live with and beyond cancer is what we're about!

So if you are involved in any of those fields or you know someone who is, **give the QR code on the left a whirl!**

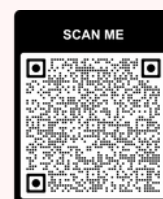


## NEW EURO-SHOP!

Our Eurozone supporters are painfully aware that, since Brexit, orders sent from the UK are subject to customs duties. In some cases, these are almost equal to the cost of the order, and the result for CAC has been a sharp fall in sales to Europe.

CAC was created to fight cancer on a global scale. We therefore decide to create an e-shop, sourcing some of our product range in Europe, for sales to our European supporters. The aim is to expand the range as sales enable us to restock.

So... you know what to do...



SUBSCRIBE



## Climbers Against Cancer

@ClimbersAgainstCancer · 2 videos

We raise funds to fight cancer, but we also raise awareness. ...more

[climbersagaincancer.org](https://climbersagaincancer.org) and 6 more links

Subscribe

## NEW ONLINE!

Ben Menashe has set up a **YOUTUBE CHANNEL** (search for Climbers Against Cancer in YouTube), a new venture for us. Our thanks to him for suggesting it and taking it on! He's also done a fabulous job on a lovely **10-year anniversary film** all about our charity, which you'll find on the channel. It's been quite the journey... so far!

We've also added **59 Climbs**, a film by Jenny Dinwoodie made in support for CAC. Thanks to her for permission to publish it on our channel!

We'd be happy to share your CAC-related videos on there! **So get climbing, get filming, get editing and the rest of us will get... the popcorn out!**



## NEW RECORD!

Don't forget to tell us about your upcoming fundraising events, we'll gladly share them for maximum support! Through these and your generous donations, you raised over **£45k in 2023** and more than **£54k in 2024!**

Where should we place the bar for 2025? How high's the moon, right?!

## NEW HOME - HOUSEWARMING PARTY TIME!

Remember we told you we got the chance of new premises at the **Kendal Climbing Wall**? The move is done and it's great to be closer to our community! Plus the neighbours are very friendly! We're now at **Unit 34 Lake District Business Park in Kendal, Cumbria, UK**.

Pop along if you can on **January 17 from 7.30pm** for our **housewarming party**! There will be nibbles plus a screening of our **10th anniversary film** (see page 2) plus our intrepid Trustee **Dom Oughton** on El Cap! More info on social media soon!

### WHAT THE CAC HAPPENED THERE?!

When SCARPA said "We'll GIVE you a 100 pairs of limited edition DRAGO shoes to sell, complete with the CAC logo," were we **excited**? **Yes, we were.**

Were we **prepared for the madness** that ensued the second the collab' went live? **No, we were not!**

The Instagram reel has had over 13,500 likes, and every last pair of the shoes sold out **within 26 hours**!

It was all hands on deck - our General Manager Helan dealt with all the shipping while the Trustees dealt with the enquiries!

In a spirit of continuous improvement, we think that if a similar opportunity arose we would take pre-orders, much less stressful!



Our grateful thanks once again to SCARPA for their fabulous gesture, and to everyone who bought a pair - we loved the photos you shared on social media!

### BEFORE...

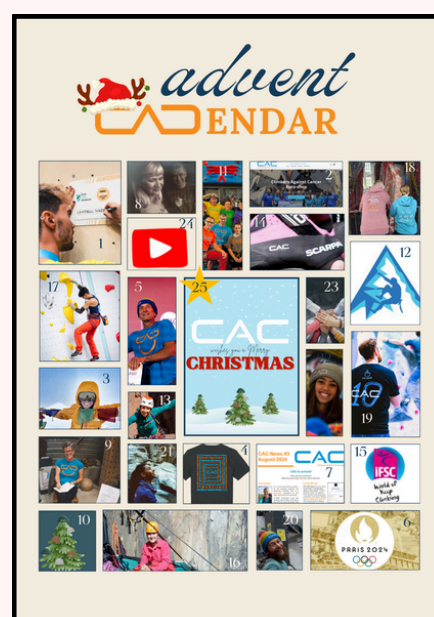


Did you manage to catch our Advent **CAC**endar (ho ho ho) over December '24 on social media?

Apart from being a bit of work but also fun to do, it helped us take stock of just how much happened in 2024.

We hope you enjoyed it and found it informative.

We **might** try something a little smaller-scale for 2025!



### ...AFTER



## KENDAL MOUNTAIN FESTIVAL

Kendal Mountain Festival (KMF) never disappoints. And since we moved 'home', it's now our local event!

We had planned to do a BIG THANK YOU on social media once we got the final numbers (sales + fundraisers) but that's taking a while, so here we go!

### A BIG THANK YOU to

- all the people who came to our KMF stand
- all the fundraisers, including
  - Joeys café for the 200 shortbread cookies (yum)
  - RAB for the fundraising quiz
  - Lakes Cult for the party
  - Nevisport Kendal for the donation from fundraising in their shop
- Gareth Naylor for helping out on the stand
- Ben Menashe for the **100 Stars at Stanage** film, along with Harry and Rich who did the actual climbing to raise funds. You can see it on Ben's YouTube channel
- anyone else we may have forgotten but who helped make it a great weekend all round !!



See you next time!!

Life is not measured  
by the breaths we  
take, but rather by  
the moments that  
take our breath  
away

**John Ellison**  
CAC Founder



## WHAT'S NEXT?

That's pretty much a wrap for this edition, folks.

Our much-anticipated new and improved website is due to launch in January, we look forward to its facelift and improved functionality. Let us know what you think!

We hope to be able to distribute an e-newsletter via the site, so please sign up for it!

And don't forget to subscribe to our YouTube channel and follow us on our social media for up-to-the-minute news on our supporters and those who benefit from what we all do, together. This is the climbing community's charity, you make it what it is.

**Let's see where we can take it in 2025!**

UK Charity Commission no. 1200162