



The last three months have been very difficult for all charities including LINC due to the cancellation of our major fundraising events in response to the Covid19 crisis.

I would like to thank everyone who has helped us through this unprecedented time – for all your donations and for taking part in the various virtual events: the 10k, the 2.6mile challenge, Drink for LINC and the Cycle Ride. A huge thank you to Claire, Head of Fundraising for organising all of these events and for her social media campaign. Next in line is 'My Lockdown Garden' – simply send us a photo of your garden with a few words about how it has been a special place for your during lockdown. Chris Beardshaw has kindly agreed to judge the photos.

Another special thank you to David Cross, a LINC patient, who has raised over £1,000 from sponsorship for his cycle ride of 100 miles in his garage. An amazing effort.

The LINC shop has been closed for 3 months but is due to reopen on 1st July – please do call in.

Claire and Louise have been doing some work for GHNHSFT during the lockdown. Claire is now back full time with LINC but Louise will continue working 50% for LINC and 50% for the Trust at least until the end of July.

We look forward to seeing you all in the near future and when it is safe to do so.

Dr Gill Rouse

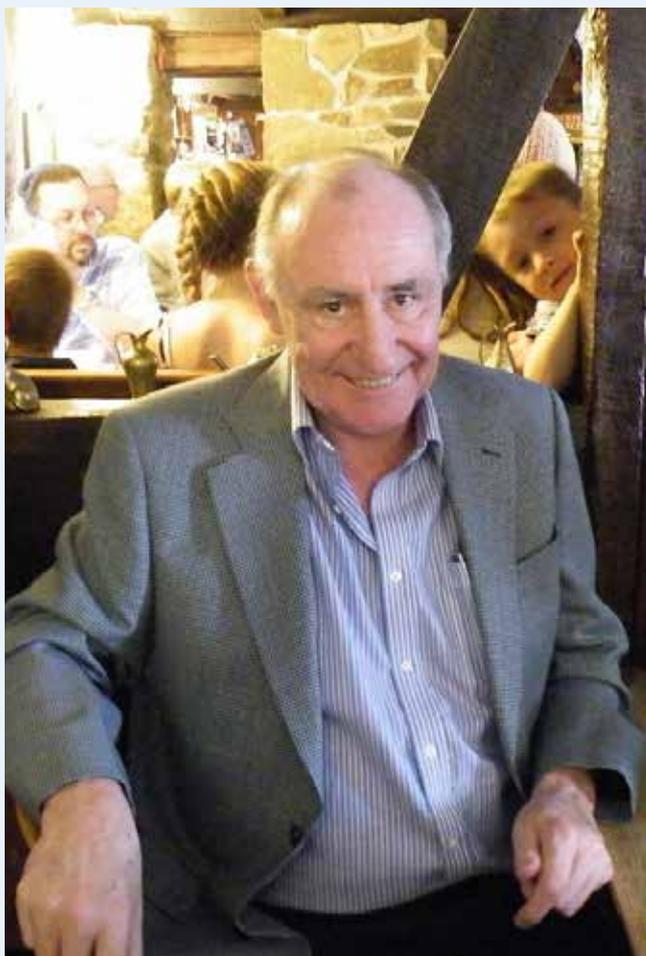
LINC Shop

We have taken every measure to ensure that customers are kept safe when the LINC Shop reopens on July 1. We will limit the number of customers to 2 to begin with and have closed the fitting room. Unfortunately due to new restrictions, we will be unable to accept donations to begin with but please keep your treasures safe for us. Thank you to Colour Connection for providing the social distancing floor stickers for us. We look forward to welcoming all of you back!

LINC would like to thank everyone who has supported us through the last few challenging weeks. We really are incredibly grateful to every single person who has donated, fundraised and completed amazing challenges for us during lockdown.

This is an extremely challenging and uncertain time for charities and without your support we would not be able to continue our work. **Your help matters. Thank you.**





Patient News

Sadly Tony Harris died on April 5th and we send our deepest condolences to his family. We hope to hold a classical music recital next Summer in the Sanctuary Garden for Tony.

His daughter, Victoria writes, "We are raising funds in memory of Tony Harris who was diagnosed with Myelodysplasia over five years ago. This transformed into a form of chronic leukaemia for which the only treatment was regular blood and platelet transfusions. Most of us have a hemoglobin count of 130+ Dad's was regularly 86 and his platelet count was on average about 6. The transfusions were becoming more and more necessary – they were life-saving and life-giving and he travelled twice weekly to the Edward Jenner Haematology Unit to receive these (a 70-mile round trip). Because of the need for these transfusions, it was impossible for Tony to self-isolate and he contracted the Corona virus. His condition meant that certain treatments were not available to him and he was unable to cope with his condition and the virus. He died on April 5th from Covid-19.

The Edward Jenner Clinic is supported by a charity called the Leukaemia and Intensive Chemotherapy Fund. Our plan is to raise funds until we are able to hold a memorial service for Tony. The Leukaemia and Intensive Chemotherapy Fund and the Edward Jenner Unit provide essential care and support for patients with cancer and leukaemia. The global Covid-19 pandemic has not halted the progress of these diseases or stopped the necessity of essential treatment for this vulnerable group. Please help us to make a difference to peoples' lives as the Edward Jenner Unit has made a difference to ours."

www.justgiving.com/fundraising/victoria-harris38



Clinical Psychologists

LINC would like to welcome our new clinical psychologist, Ashley Dawson, to our team. LINC is proud to be able to fund the role of our two LINC clinical psychologists. Their role in a patient's recovery is absolutely vital from initial diagnosis, through treatment and beyond. They not only support the patients but their families and staff too.

"I'm Ashley, I started my new post in April as a Haematology Psychologist. I am in the final few months of my Professional Doctorate in Counselling Psychology at the University of the West of England. I am working across both Gloucestershire Royal Hospital and Cheltenham General Hospital sites, covering inpatients and outpatients. I have moved from Gloucestershire Health and Care NHS Trust (formerly 2gether NHS Trust) working in older adult mental health and dementia, and prior to commencing my doctoral training I worked in Health Psychology within fatigue management and cancer survivorship services. I am very excited about my new role and getting to know all my colleagues."

Your donations to LINC go directly towards helping to fund these posts. Any amount you can give makes a difference.

Lockdown Channel Swim

Our brave LINC Clinical Psychologist, Nicky Dobbin is swimming the length of the English Channel in her garden with her husband, Matthew during lockdown.

Nicky says, 'We are raising money for LINC, a local charity that does amazing work to support local people diagnosed with Leukaemia. Local people are still being diagnosed with cancer and going through their treatments despite the Corona virus crisis.'

www.justgiving.com/fundraising/matthew-dobbin





Cycle For LINC

We were overwhelmed by the number of cyclists who took up the challenge of joining Team LINC and cycling a route of their own choice during the weekend of June 13/14.

Thank you to all the cyclists who took part and sent in their photos and stats - we loved 'seeing' you all and really look forward to hopefully meeting you all in person at our 3 Counties Cycle Ride in 2021.



David Cross

David Cross was diagnosed with leukaemia in 2018. He had Hairy Cell Leukaemia, a chronic condition, which fortunately responds well to mild forms of treatment. He underwent two courses of chemotherapy until finally in December 2019 he went into remission.

David had planned to undertake the 2020 Birmingham Velo, a 100 mile bike ride, with a group of friends to raise money for LINC. With this cancelled, David decided to cycle 100 miles in his garage as he is in the COVID-19 shielding group.

On Sunday 14 June, David cycled 100 miles accompanied in a virtual world by his friend Andrew Hailes. It took him 6 hours and 20 minutes. He has raised an incredible £1000 and we would like to congratulate him and thank him so much for the fantastic amount he had raised.

John Phillips

John Phillips from John Morgan Partnership cycled 183km for TeamLINC. John was due to be walking Hadrian's Wall next month for LINC but will now be taking up the challenge in 2021.

www.justgiving.com/fundraising/jmphadrianwallwalk



Virtual Fundraising

With many of our fundraising events cancelled or postponed, we have been reliant on new and creative ways to raise funds.

Many charities are facing extreme challenges but at LINC we are obviously so aware of the need to continue the support of cancer patients. Covid-19 has brought new challenges and anxieties for all of us but cancer has not gone away. We are committed to providing support to our LINC patients and staff wherever necessary.

During lockdown, we have held a number of virtual fundraisers. We would like to thank **Gwyneth Box from Tantamount** who lent her time and expertise to produce the **Drink for LINC** scheme which proved very popular.

We still have an ongoing **Virtual 10k** where participants walk/run a distance of 10k over days if necessary and we held our **Cycle for LINC** event during the weekend of June 13/14.

Thank you also to **Katie Chapman from Neal's Yard Remedies** who has opened two virtual shops where 25% of sales were donated to LINC. This has raised over £312 already and Katie has kindly agreed to hold another for the charity in July so watch this space. It's a perfect opportunity to treat yourself or a loved one whilst helping LINC patients.



Sanctuary Garden

We managed to hold our first garden maintenance session on Friday June 12 and it was lovely to see some of our volunteers once again. Thank you to Ubico who kindly kept the garden tidy during lockdown. We are delighted that the Sanctuary Garden has been filled with people enjoying a few moments of peace and tranquility during these uncertain times.



Marathon Walk

Jody Hung was due to run in the Edinburgh Marathon but found a new way to raise money for LINC. She walked five loops of Leckhampton Hill to cover the marathon distance. In the end she walked 35 miles in one day!

She said, "I love this walk. I believe in the cause and I want to do something worthwhile and for the greater good."

Jody raised a wonderful £786.62. Thank you so much to her and everyone who supported her.

Thank You...

Gill Parker – a LINC trustee has been successful in drinking less and exercising more during lockdown and has managed to lose a considerable amount of weight. For each lost, she has donated pounds to the charity.

Cheltenham Archers – LINC was the chosen charity for the Easter Bunny event for the Cheltenham Archers but sadly this had to be cancelled. However, some of the entrants were happy for their entry fees to be given to LINC and today we received a BACS payment of £505. We are very grateful for their continued support. Thank you.

Colour Connection – Have kindly produced the social distancing floor stickers for the LINC Shop.

Paragon Printers – Generously wavered the printing costs of the Spring LINClines to help us during the lockdown.

Volunteers – we have really missed our volunteers and would like to thank all of them for their continued support. We hope to be able to see you all again soon.

Easy Ways to Help

There are a few simple ways that you can support LINC that cost you little extra but really help us. Sign up to support LINC on the Cheltenham Lottery, join our 100 Club or simply choose LINC when shopping on Amazon Smile or Easy Fundraising. A donation from your online shopping will then come to the charity.

Our regular givers have been invaluable during lockdown – could you become a regular giver? Email the LINC team for more details.

Please remember that you can donate online at www.lincfund.org



My Lockdown Garden

Have many of you been gardening during lockdown? Why not enter our 'My Lockdown Garden' competition and share some gardening love? Simply send us a photo of your garden with a few words about how your garden has been a place of sanctuary during lockdown. We are thrilled that your entries will be judged by British Garden Designer and Chelsea Gold Medallist, Chris Beardshaw.

Entry is only £5 and we look forward to seeing your beautiful gardens. Enter online & closing date is 24 July.

www.lincfund.org/event/my-lockdown-garden/



Cheltenham Archers

