



**Taking steps  
to beat cancer**

**TMWF IMPACT REPORT**

December 2021

# SO FAR SO GOOD

*Going back to Dorset for the second time, I discovered I'd forgotten so many things: directions (again); how generous with everything the people are who go every year to help; how challenging the walking is on Day 2; the hum and buzz of the bus; how much it really does feel like a holiday; that sweet sensation of tiredness that outdoor exercise brings; the levelling effect camping has on people; but mostly I'd forgotten the joy of seeing our students miraculously metamorphose as they hike along the Dorset coast. So far so good.*

*There were complications this time around of course. Covid restrictions imposed a certain amount of physical distance between the schools – on the campsite and on the walk - but this, ironically, only increased the sense of closeness between those participating. The spirit of one communal goal was palpable. And the trials of the walk were also still the same. So far still felt so good: in Lulworth, in Durlston, in Studland Bay.*

*Talking of complications, there was the rain this time around. It came in a deluge early on Monday morning, making the departure arguably more challenging than anything else on the trip. Everything and everyone were wet through but, on the way home, shining faces glowed with happiness and a sense of achievement.*

*On the walk itself, there was enough motivation going on between students to add a triple layer of cheese to any self-respecting burger. Singing, lots of singing. Encouragement galore. Unlikely bonds being formed between students of all ages and dispositions: the extroverts and the introverts; the loud and the quiet; the sporty and the not-so-sporty. This is indeed one of the eye-openers of the Dorset Walk; sometimes you can get people completely and joyously wrong.*

*Then there was the football to add flavour to Sunday night's barbecue. Dozens of damp students gathered around two large screens. But let's not lose focus here: the final that night was won – by those who had completed the arduous 40-mile walk. And that is always the overwhelming feeling on the long drive home. So far to go and so good too.*

**Keith Billson**



The Malcolm Whales Foundation was created in memory of my dad, Malcolm. He died in 2008, shortly after being diagnosed with bowel cancer. He was only 55 years old and had been in good health, enjoying a healthy and active life until that point. He was a very keen sportsman and enjoyed many competitive sports during his life, including football, rugby and cricket. He also enjoyed golf, and when he took up running, he completed several full and half-marathons. He then moved on to long-distance walking, completing the Yorkshire Three Peaks, The Lyke Wake Walk across the Yorkshire Moors, and the North Norfolk Coastal walk from Cromer to Hunstanton in a day.



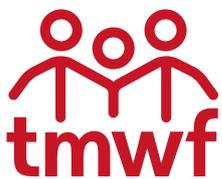
Following his death, I decided to organise a memorial walk in his memory with my school, Ely College in Cambridgeshire. I chose a route along the Jurassic Coast in Dorset because it was far enough away for the trip to be an adventure for students and promised- in theory at least- better weather. I also knew of its beauty and challenge from my visits on Geography field trips. This first walk was with 30 students and raised £6,000, something that still astonishes me now. It was clear that we had discovered something amazing, almost by accident. We are hoping to attract 400 participants to the 2022 walk and could raise around £100,000. That's how things have changed in a little over a decade!

The impact we've had has been beyond our wildest expectations. We now support individuals, families, counselling, research, bereavement support projects, and provide respite holidays. We have transformed hospital gardens and, looking forward, our plans grow larger each year. Alongside this direct impact, the charity has come to mean so much to so many people. The excitement that getting a place on the walk provides and the feedback we receive about what it means to people is so rewarding.

A big part of our ethos is that raising money for charity is only a part of what we are about. Importantly, we are also about providing experiences and events that get young people active. We provide real enjoyment and opportunities to stretch their boundaries; to achieve things that they didn't know they were capable of; to meet and muck in with others from different backgrounds, and to be a part of something bigger. We are not just changing the lives of people who are recovering from illness; we are also changing the lives of those who take part in our activities. Both are vital to our mission.

The death of my father remains the single most painful event of my life. The charity in his memory has delivered so much for so many people. Most of the events we now run are things he loved, which I believe adds to his lasting impact. I am so proud that something so bad and so painful has enabled something so good. It has reached so many people and left an incredible lasting impact.

Ultimately on a personal level, I get so much from the work we do and thoroughly enjoy all the time it requires.



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# THE FOUNDATION'S EVENTS

Each year, the Foundation runs a series of events both to raise money for our charitable causes and to encourage young people to participate in healthy, fun and developmental activities:

The Dorset Walk is our seminal activity. Hundreds of young people walk 40 miles of the Jurassic Coast over three days in July, raising tens of thousands of pounds and learning about themselves and others at the same time.

12 hours of Sport is an annual fundraiser thrown by several schools across Cambridgeshire and Huntingdonshire and continues to grow at an amazing rate. Participants arrive at their school at 7 am and complete a range of different sports for 12 straight hours.

TMWF have organised a Golf Day each year since 2009 in memory of Malcolm, a keen golfer and footballer, who captained the Fakenham Ghosts and led them to three Senior Cup victories in the 1970s. In September 2021, the event was very generously hosted and funded by Ely On Par Golf Club, with 11 teams playing 18 holes and having a great afternoon. We look forward to going back to On Par for more next year!

Trustees and Patrons have also recently begun organising annual sponsored badminton and cricket tournaments, as well as the Richard Marley memorial netball tournament, which are growing each year in popularity and profile.

Each year, our Trustees, Patrons and Friends raise money for the Foundation through other charitable events; marathons, mountain climbs, walks, etc. Congratulations and thanks to Verity Fretwell, Oscar Edwards and Jack Emery for their participation in the 2021 Cambridge Half, for example. And to Tom McInally, who raised money for us climbing Mount Kenya in October.

The Foundation also organises a fishing and farm fun day, as well as other community events around Cambridgeshire and Huntingdonshire.

For more information on our events, see [tmwf.co.uk](http://tmwf.co.uk)





# THINKING AHEAD

The Foundation is always changing, always growing, always adapting to take advantage of new opportunities and meet new needs. Many of the Trustees and Patrons work in schools, and so we have to work with the same energy of the children we teach and those we engage in our activities.

Ten years in though, we are now a much more serious organisation than we were, which is- in part- why we are publishing this Impact Report. The difference we make is significant, and the effort and money involved in doing so are equally significant. And we want that impact to keep getting bigger and broader and deeper, so our forward plans are ambitious:

## **In 2020 ...**

Despite not being able to run any of our planned fundraising events, including the Dorset Walk, we did still raise £30,000, mainly from the awesome efforts of the 450 people who did Non-Dorset Walks. That enabled us to support the following: The Mintridge Foundation (£450), After Umbrage (£450), Myeloma UK (£450), The South West Coast Path (£100), JDRF (£200), Littleport Branching Out Charity Shop (£250), Addenbrooke's Charitable Trust (£2,000), Hunts Community Cancer Network (£1,000), Mind Charity (£100), Breast Cancer Now (£200), East Anglia's Children's Hospices (£250), Nelson's Journey (£250), The Lawrence Home Nursing Team (£500), Edgar's Gift (£3,000), Sarcoma UK (£1,000), The Royal Marsden Cancer Charity (£750), Scleroderma & Raynaud's UK (£500), The Drew Barker-Wright Charity (£1,000), Julia's House Children's Hospice (£750), Charlie's Chimps (£750), Ben's Den (£1,000), Hope Against Cancer- (£2,500), MOVEcharity.org (£3,000), Starlight Children's Foundation (£1,000), Great Ormond Street Hospital and Children's Charity (£250), Hinchingbrooke Hospital NHS (£1,000), Leicester' Hospitals - £1,000), and Robert Horrell Macmillan Centre (£5,000).

## **The plan for 2022**

- We intend to raise £65,000 to purchase a lodge at Rookery Waters in Pidley, Cambridgeshire. This will provide free respite breaks for families dealing with illness or bereavement - <https://tmwf.co.uk/tmwf-lakeside-retreat/>.
- Our 'big plan' in 2021 was to be a donation of £50,000 to fund a refurbishment of the Robert Horrell Macmillan Centre on the Peterborough City Hospital site, but this had to be postponed because of the lockdowns. We intend to carry this support forward.
- After a 'Non-Dorset Walk in 2020 and an excellent 'Return to Dorset Walk' in 2021, we are hoping for big things in 2022, aiming to 'max out' with 400 participants and raise around £100,000.
- We will also launch a Golf Society in 2022 and hope to raise more through friends' participation in sponsored events like marathons and walks.



## **2023 and beyond ...**

- In 2023 we plan to host a Ball to celebrate our 15th anniversary and organise an additional challenge walk to mark the occasion
- We are also exploring how to enable more schools to support their students' participation in the Dorset Walk, perhaps by holding over two back-to-back weekends
- We are also exploring what we might do to build something permanent that would both provide sustainable benefit for those dealing with illness and a lasting legacy for Malcolm's memory and the work of the Foundation.

To get in touch about our plans, please contact us via [www.tmwf.co.uk](http://www.tmwf.co.uk)



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# THE DORSET WALK

## **The Dorset Walk is our main event!**

Each year, hundreds of school children walk 40 miles over three days along the beautiful but rugged Jurassic coastline, starting on the seafront at Weymouth and ending with a sprint finish at Studland Beach. We camp at Burnbake in the shadow of Corfe Castle and are driven to and from the start and end points each day.

But this is not just a school trip. The event is open to all. We usually have around 50 to 100 non-students taking part, most of whom are former student-walkers who just keep coming back, year after year, because they love the event. Others are those the Foundation has helped in the past; former cancer patients who have overcome their illness and its effects, or those who run the charities we support and whose own beneficiaries are helped by our donations. Some of these non-student walkers are now Trustees or Patrons. Others are part of the support team, catering for the walkers or mini-busing them from place to place. Others are friends who bring friends who bring friends. It's a wonderful mix.

As you'll read in the 'why I walk with Whales' accounts, it is a very physically demanding activity, but there is great strength in numbers, and everyone helps anyone else out. No one is left behind on our walks. And no one can race off out in front, except perhaps Damien's dog. This is about walking together, to help those who can't.

- Since the first walk in 2009, we have raised over £350,000
- Even in 2020, when we couldn't go to Dorset, we managed to raise £30,000 and donate all of it to our beneficiaries
- The most walkers we've had in Dorset was 265 in 2019 (though 450 people took part in the Non-Dorset walk in 2020)
- Students raise an average of £130 on the Dorset walk (though the record is £1,200)

We charge £125 per walker, though the cost is more like £150, so we are always grateful to those generous businesses and individuals that sponsor us each year. This becomes even more important now we're actively encouraging young people from economically disadvantaged backgrounds to join us by offering fully-funded places. We thank Amazon, Greys of Ely, St James Place, Parallel Uk, amongst others, for their generous sponsorship of the Dorset Walk in recent years.

To find out more or enquire about sponsorship, see [www.tmwf.co.uk](http://www.tmwf.co.uk)

# POST-WALK SURVEY 2021

A couple of weeks after the 2021 Dorset Walk, we invited all participants to complete an online survey asking them about their experience.

79% said that they would recommend the Dorset Walk to a friend or colleague

82% said the overall experience was 'great'

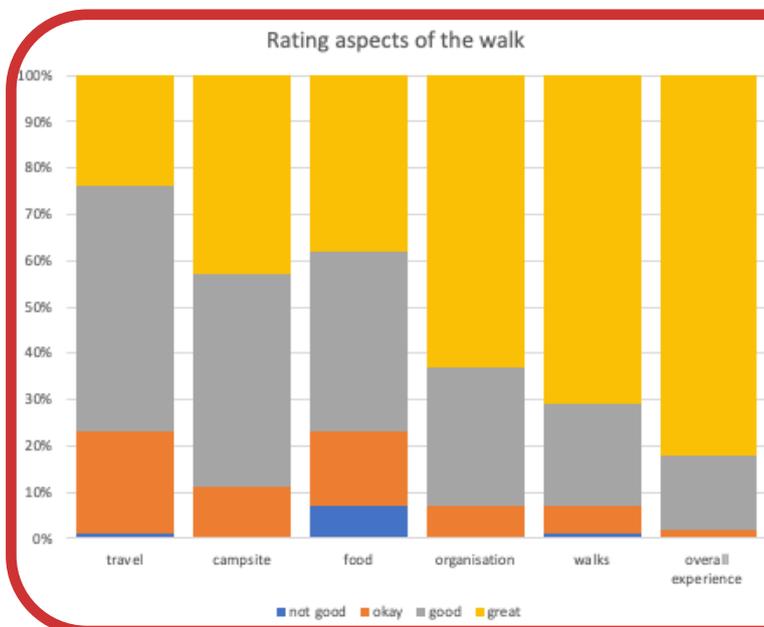
76% said they were likely or very likely to do more exercise as a result of their participation

83% said they'd like to do the Dorset Walk again

Of the 87 responses, just over half (54%) said it was their first walk. Of those who had come back for more, most were doing it for the third or fourth time.

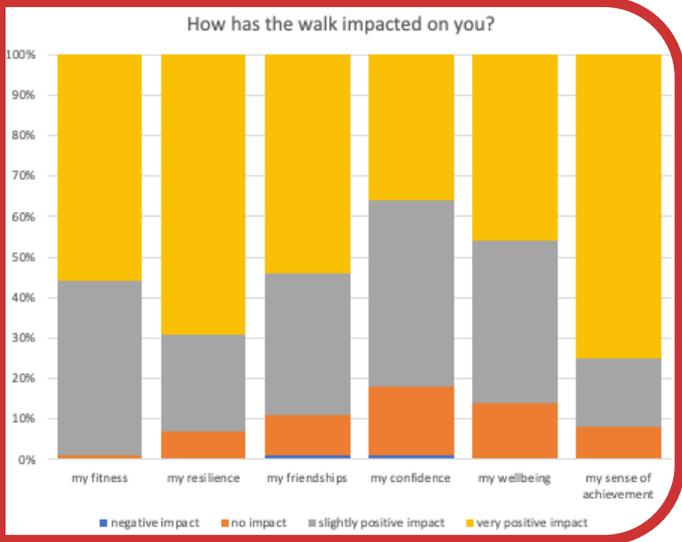
47% said they had signed up primarily 'for the experience', with a further 29% saying it was the opportunity to raise money 'for the good causes' that had drawn them to participate. One said they did it "because my mate roped me into it", while another said: "It was for a lot of reasons; my grandad died of cancer. I would like to show support for others who have cancer or know someone with cancer."

We asked people to rate aspects of the walk. 82% said that the overall experience was 'great'. Other ratings are shown in the graph:



We asked people to tell us what they felt was the best thing about the walk. Some of the responses include: "The team spirit within our school group. The encouragement and support amongst peers"; "I really liked the atmosphere and supportiveness of everyone around me even though I have never met most of these people"; "I loved the atmosphere during the evenings, like when the football was on and the walk. No matter how hard it got, everyone's morale would lift, and it wouldn't be boring since everyone would lift each other"; "The support that teachers and other people gave you when you needed it, the atmosphere and positivity. When music was playing through the speakers because it motivated everyone".



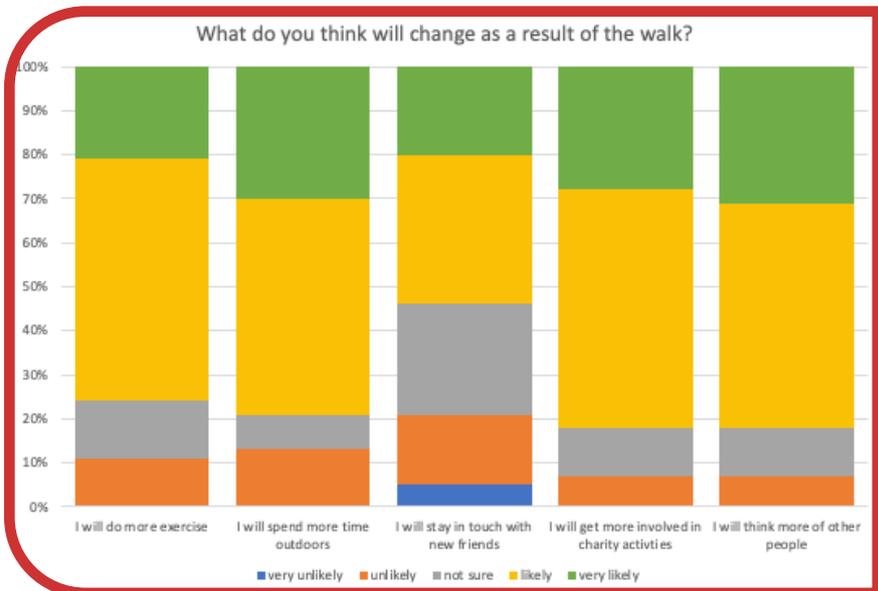


When we asked them about the worst thing, they said: “The weather! The first rain on any of my Dorset Walks!”; “Not being able to mix with other schools because of the bubbles”; “the edges and the cliffs, and the steps!”; “The fact that we were pushed past our limits and had to ignore the pain we went through and still had to be positive about it!”; “Our school were gutted about having to self-isolate when we got home but also that not everyone could walk together! But that’s nobody’s fault except covid”.

We asked how the walk had an impact on them. 75% said that the walk had had a very positive impact on their sense of achievement. Other findings are shown in the graph:

We asked what they thought would change as a result of the walk. 76% said that they would do more exercise, while 82% said that they would get more involved in charity activities. Other findings are shown in the graph:

We asked which was the best day’s walking and, surprisingly, the feedback was fairly even. 37% preferred the first day’s walk from Weymouth to Lulworth; 36% preferred day two’s route from Lulworth to Worth Matravers (despite the infamous ‘travelator’), whilst the remaining 27% preferred the last day from Worth Matravers to Studland (perhaps because the end is in sight!).



Finally, we asked what people would say to a friend if they asked whether they should sign up for the Dorset Walk. Responses include:

***Do it!!!! Best experience ever, you won't forget it and will want to come back every year!!***

***If you wanna get fitter and help some people out, then sure, I guess but be ready for pain all over. and maybe a slight storm at 4 am***

***It was a great experience and gives you a really proud feeling once I'd done the sprint finish and realised how far I'd actually walked. Also, the views were amazing, and the teachers were so kind and really energy boosting.***

***The best school trip by far - I have been talking about it constantly to everyone. I've been showing students the pictures and Facebook lives, and they love it.***

***I would tell them to go, as it is for a good cause and it is a fun experience, and the view is amazing as you can see water, cliffs, tanks, boats and amazing beaches in 3 days***

***It's tiring, but the views are wonderful. It feels fulfilling to have completed it, and you get to spend time with friends.***

***Expect it to be tough. Come prepared so that you can get the most enjoyment out of it. You don't have to be super fit to complete it either.***





# WHY I WALK WITH WHALES

## Jaden Coe

2021 was my 5th Dorset Walk and was the best (and most challenging) yet. I completed my first walk when I was in year 10, and now I have just completed my first year at university and still the same group of us always sign up every year. It's an experience like no other, physically and mentally challenging and so rewarding knowing you have done something to help others. You make friends and connect with so many on the walk itself. It's so much more than putting one foot in front of the other for 40 miles! This year was particularly challenging for me, as I'd just recovered from COVID-19 and was still suffering from side effects, including breathlessness and exhaustion when we did the walk. Before the walk, I knew it wasn't an option to drop out ... there was no way I was missing it! However, during the first day, I struggled to the point I wanted to skip the second, but the support of strangers and my friends meant they motivated me to do my best and come back on the second day. I wouldn't have gotten through it without this! The walk is about pushing yourself for a good cause, and once you have pushed whatever boundary you are facing (whether that's fitness, a mental boundary or whatever else), you feel on top of the world! That's why I Walk with Whales!



## Jack Emery

This was my 6th year walking with the charity. Still, the powerful experience of my first Dorset Walk- when I was in Y10- cannot be understated. I felt an emotional connection to the cause, having lost my Nan to cancer at a young age, and found the walk was such a positive experience that I wanted to come back every year. However, due to some changes at the school, we weren't allowed time off, so my second walk the following year was under threat. This caused outrage. The walk had become a tradition and its benefits, particularly for those students who struggled, were obvious to all. I organised a petition, signed by more than 100 staff and students and a campaign in the local press. Sadly, this all fell on deaf ears, but my efforts were recognised, and Damien invited me to join the team to help arrange a re-scheduled walk for that year and then to help out more broadly. And I have helped out ever since, currently as a Trustee. One of the things I find most exciting about the walk now is the growing network of young adults taking part. These are a mixture of ex-students who, like me, just keep coming back for more, alongside newbies who have been recruited in one way or another and also tend to stick around. Over the next few years,



these people will become increasingly well-connected individuals with a strong personal connection to the charity, having done the walk several times and raised a lot of money for it. I also love being a part of the TMWF story. I feel very privileged to work alongside some of the most determined people I know, especially Damien and Stuart. Through their sheer willpower, the charity has become what it is today. It is an intriguing prospect to see how the foundation will develop in years to come.

## Jessica Rumsey

This was my second Dorset Walk, and I decided to do it again because I enjoyed myself so much the first time. I really think the Dorset Walk teaches you so many skills and brings you closer to people you wouldn't usually talk to; the best part for me is that you get to spend time with new people, make new friends and create stronger bonds. It's the best opportunity that you will be given to really test yourself and push yourself to your limits. Some people struggle and find it more difficult than others, but this brings people closer together. Everyone forgets about friendship groups and they just all work together. Nobody gets left behind, and I think that's really important to see ... it's good for people to know that they'll not be left to struggle. I think that I just really enjoy seeing and being around a big group of people that get along and are having fun, so that's why I walk with Whales!

### **Elise Ward**

I first started the Dorset walk four years ago, thinking it was going to be an easy walk along the beach but was shocked when it wasn't. I had to push myself, and so did everyone else to get through and not quit. When we had finished, I felt pride in myself for completing the walk and feeling like I had done something unbelievable for people who, even in my family, are fighting or have fought cancer. Walking this year after losing my dad to COVID was amazing as it let me get away for a weekend and focus on something else rather than the terrible year that myself and everyone else have had. I keep going back every year for this same reason as it's just an amazing weekend, pushing yourself and having fun. Raising money and doing all of this wouldn't be possible without everyone that contributes their time and resources, so thank you everyone.



### **Dennis Smith**

This year was my 4th time on the Dorset Walk, and what an experience it was. After not being able to do it last year due to the pandemic and taking on the Non-Dorset Walk 2020, the excitement was real for Dorset 2021! I feel so incredibly grateful for having the pleasure to walk again this year after the uncertainty of the pandemic. The atmosphere whilst walking was astonishing. The sense of teamwork really lifted the mood of everyone walking in Team KSCS. I would like to thank everyone who took part, volunteered and sponsored this huge event, as the real reason we walk is for people who are less fortunate than us. The fight for cancer does not just happen whilst we are walking, but it happens every day ... for people who are suffering from such an awful disease. What a great sense of achievement you feel after completing 40 miles of the Jurassic coast, just thinking about where the money we have all raised is going. And that is why I Walk with Whales!

### **Alice Singfield**

This was my first time doing the Dorset Walk and I absolutely loved it! One of my favourite things about it was how everyone came together to face the challenges. An example of this would be everyone working together and carrying bags, so everybody was able to make it safely up the hill even if it was hard. It gave a real sense of community throughout the whole experience, from the bus rides to climbing the coastal hills. In addition, it was amazing to finally be able to get out of Cambridgeshire with my friends for the first time in over a year. I feel the walk has brought me closer to everyone who participated, and I would do it again in a heartbeat. I had such a good time, and it's for such an amazing cause that it just makes it ten times more fulfilling to do. The sense of achievement when we finished the walk was indescribable, and I hope all of our efforts make a difference for the charity.



### **Grace Fox**

I have now done the Dorset Walk twice. The first time I signed up, I had no idea what to expect. Would I be able to cope with the challenges along the way? What do I need to bring? But it was such a great experience the first time I decided to come back and do it again. After the pandemic and being inside for so long, it was lovely to be out of my home area and to see different things. But while walking, I found I could remember the places and all the different checkpoints from 2019. It was all familiar, which was nice. Overall, the sense of accomplishment you get from doing the walk is unbelievable. Even after just the first few miles, you can look back along the coast and see how far you've walked already, and it's truly unreal. The fun you have while walking and helping others makes it go by so fast. It's a great experience.

## Ben Gibbs

I first came across the charity when Damien came to ask my fellow governors and I at Ely College if he could take students away for the Dorset Walk during term time. Whilst this was a no-brainer for me, I enjoyed watching Damien persuade some of the more sceptical governors, explaining what students had got out of it in previous years. A couple of years later, I found myself and my daughter on our first walk in 2016. So many things impressed me about the event, but what struck me most powerfully was watching some of the students overcome their own personal challenges and develop both as individuals and as friends with one another as the miles took their toll. 2021 was my 5th (or maybe 6th?) walk, but the same things moved me about it. It's always a privilege to walk with these young fundraisers, helping them put one foot in front of the other when that's the very last thing they feel like doing after a dozen or so miles of gruelling coastal walking. Like so many others now, this is a regular fixture in my diary, which I look forward to from the moment it's over. I'll be back.



## Rob Balchin

While I was working as a chef, I had always wanted to use my cooking skills to help people and or for a good cause. The Dorset Walk was the perfect opportunity to get out of the kitchen to a beautiful part of the country and be a part of a life changing experience for so many. We see everyone coming up for food from the cook tent and behind the serving table; it's amazing how a sense of achievement, pride, and determination grows throughout the weekend. The walk is challenging enough; throwing in hunger and not having the fuel to carry on would make it almost impossible to carry on. I like to see people achieve, and in this case, complete the walk and raise money for a good cause; if I can help by keeping them fueled, I am happy. I have learned that 99% of people are motivated and determined. However we all show it and experience these emotions in a different way. We all end up crossing the finish line. I have found the walk very humbling. There is no nonsense, just hundreds of people coming together to achieve a common goal.



### **Jon Hutton**

My adult life has centred around family, work and sport, and I've never really had to experience the real challenges millions face in adversity across the country, but mainly in our major towns and cities. Despite living near Peterborough, it wasn't until my first Whales Walk with students that I saw the challenges some of our community's young people face in not just signing up for something like this, but also in taking part. But here they were, willing to push themselves over 40 miles of stunning but hard-going coastline to help those who needed it more. I found I was really moved by the event, especially when I saw some of the quieter youngsters come out of their shells and become more willing to talk about the walk, the coastline, and their reasons for doing it. It also became clear that some students needed a little extra help- plates, cutlery, etc.- and it became important to us to provide these things for them. So we come back every year because we have to! Personally, I have to so I can witness each year how much it matters to so many people, to see the students transform, and to see the sunrise over the campsite at 6 am. But also for my own education, for camaraderie, for that sense of supporting something big, and for the most emotional roller-coaster experience I have the humbling privilege to be part of. It's bloody good fun too!

### **Becky Hutton**

I was proud to have been a Gamesmaker in London 2012 ... people don't often think about the work that goes on behind the scenes at events, much of it months or years before it takes place. That is true for both the Olympics and the Dorset walk. Events like these are only possible if the essential jobs get done, but, like the Olympians, it's okay that the walkers are unaware of this. They have a big enough task in completing the walk without worrying about the logistics of their minibus driver getting from the drop off to the halfway stop with their water. They just get on with the job of putting one foot in front of the other, which gets harder as each day passes. This year has been particularly hard on everyone, and we are enormously proud of the charity for keeping the event on, both for the causes it supports and the children who walked. I work for Amazon, and their charity team also recognised the mental and physical benefit of the walk for young people and saw how the event aligns with the 'Amazon Gives' pillars. I was enormously proud when the company offered £5,000 to provide free places for those who wanted to take part but whose circumstances made this difficult. Each year we see first-hand how participating in the walk can change the direction of a young person's life and know just how much of a difference this donation has made and will continue to make. If your company has a donation policy, ask how to apply for a donation to TMWF.



# WHERE OUR DONATIONS GO

We are really proud to support so many amazing individuals, families and charities doing amazing things for causes that are close to our hearts. The following examples should provide a flavour of how we have helped and also how we might be able to help in the future.

If you need help yourself or know a family or an organisation we might support, please let us know.



# THE FRUIT FLY COLLECTIVE

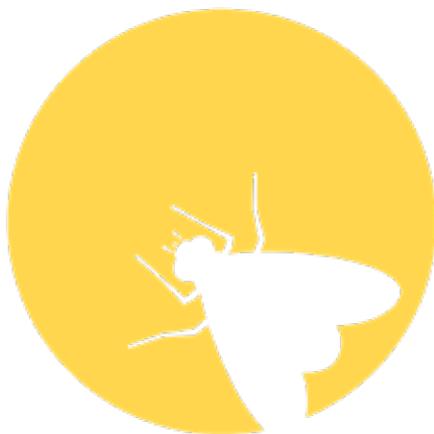
Fruit Fly Collective is a multi-award winning not-for-profit organisation that focuses on supporting families and communities to help with their understanding of cancer. Its aim is to facilitate communication and to improve the mental well-being of those affected by cancer.

Fruit Fly Collective's work has included research into building a service to support cancer patients and their children at Guy's and St Thomas' NHS Trust; delivering cancer educational workshops for families within hospitals; touring primary school cancer education programmes, and developing The Cancer Cloud Kits, a kit for families affected by parental cancer. Current work involves the development of a physical and digital resource for parents with terminal cancer and publishing a book for families when a parent is in end-of-life care. Fruit Fly Collective collaborates with different UK NHS Trusts, charities, and hospices to ensure all work is valid, effective and sustainable.

We were generously donated £3,000 from The Malcolm Whales Foundation in 2020 and a further £5000 in 2021. How most of it was spent is in the report 'The Malcolm Whales Foundation Report 2020'. In 2021, we continued to give a few kits out to cancer clinics around the UK, but the majority of the remaining funds went on an order of 1,000 cuddly Apollos. These are little Tigers from the Tiger Cloud Kits that children squeeze, put in their school bags, pockets or in their beds. Feedback from families says that the children love Apollos. Even after their parent's cancer treatment, these Tigers remain an important tool for the child.

Previously, all Apollos were hand-made by our fabulous friend who has a full-time job plus a family of her own. So this is the first time we have had enough money to ask a manufacturer to make them. We are so happy. Thank you.

**Caroline Leek, The Fruit Fly Collective**



FRUITFLY  
COLLECTIVE

## HUNTS COMMUNITY CANCER NETWORK

Just as many men as women are diagnosed with cancer each year, and just as many experience emotional and physical side effects from cancer and its treatment. And yet men are under-represented in the support activities that HCCN offers to anyone recovering from or living with cancer across Huntingdonshire. Because men's needs are different to women's, though, whether they are dealing with their own illness or supporting a loved one with the disease, we used the funds we received from the Malcolm Whales Foundation to create the Hunts Community Cancer Network (HCCN) Men's Club. Designed by men and with men's needs in mind, the group decides on the activities they need, with a budget over which users can exercise control to allow them to pursue a variety of other interests.

During lockdown, face-to-face activities were put on hold, with WhatsApp and Zoom taking over, and the group adapted to this. Andi, the Men's Group facilitator, explains: "The men's group continues to go from strength to strength. It's been a few weeks now that we've been meeting face-to-face at the fabled Montagu Club in Huntingdon. The darts continues to be as competitive as ever with the usual good-humoured barracking. Indoor bowls is becoming the second most popular activity with up to eight players at any one time. Dominoes and cards are also very popular with the guys. Petanque is weather dependent but will, I'm sure, grow in popularity. It's great to have a club venue where we can meet up for a chat to share our experiences on our various cancer journeys. Tea, coffee and biscuits are what keep us fuelled whilst we give and take good-humoured banter. If you are feeling competitive, bring along your darts. A warm welcome is always assured."

**Jan Davis, Hunts Community Cancer Network**



**Hunts Community  
Cancer Network**



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# GRAFHAM WATER SAILABILITY



I am one of the non-disabled helpers at Grafham Water Sailability (GWS), a charity that gets disabled sailors on the water and helps them deal with physical and mental illnesses, including cancer.

The club was set up around 20 years ago by Judy Figures, a disabled sailor herself. When Judy sadly died, we decided that we wanted to raise funds for a new boat to be named in her honour. Our treasurer at the time told me that our fundraising efforts had run out of steam, £1,000 short of the £7,500 we needed and asked if I had any ideas. I decided to approach The Malcolm Whales Foundation to make up the shortfall, explaining that all the sponsors get to have their logo on the boat. I thought the money was in the bag ... big mistake! Damien wanted more, but he also wanted to give more. He said he wanted the Foundation's logo all over the boat and on the sail and that it needed to be named after his dad, Malcolm Whales. When I said that we'd already decided to call the boat Judy, he replied that he'd recommend to his Trustees that they would have to fund a second new boat then, which they did! This meant the world to GWS and means that our disabled sailors have not one but two state of the art challenger sailing boats, which will keep them on the water

for the next 20 plus years. In the picture, the Malcolm Whales boat is being sailed by Jane Scott, one of the club's fastest and most competitive disabled sailors. In the other photo, Jane is sitting on the Olympic 2012 Elliot keelboat she got to sail at Weymouth with Invictus, blind teams and Limbpower. Commenting, she said: "If you guys had not taught me sailing, I would never have had this opportunity to sail with them. So grateful to GWS for giving me this! Would never have happened otherwise."

If there are any disabled people out there that would like to get on the water, please get in touch. We are also always looking for non-disabled volunteers to help. I am sure Malcolm would be so pleased that he has a boat named after him and that it is giving joy to many disabled people. On behalf of GWS, thanks again to the Malcolm Whales Foundation for this lovely boat and your ongoing support. I am sure Malcolm would be so pleased that he has a boat named after him and that it is giving joy to many disabled people.



**Kelvin German, Grafham Water Sailability**

# ADDENBROOKES

Being selected to run the London Marathon 2019 for the Malcolm Whales Foundation was a dream come true for me. Although I had never really imagined what to expect, the training was hard, but all I could think about was the great cause I was running for and the people who could be helped with the money I was raising. The day came, and it was this that got me through ... thinking of the impact my marathon was having, as well as all the support from the crowds and my friends and family. But the hard work wasn't over yet! After the event, I still had the hard choice of where this money was going to go. After a lot of time and consideration, I made contact with the children's ward at Addenbrookes and then in September 2020, myself and a Tony McNally, a Trustee, delivered a car boot full of games consoles, sensory lights, CD players, DVD players, screens and many more things for the children on the cancer ward to do whilst recovering. It was a great privilege to be able to be involved in something that would have an impact.

**Verity Fretwell, fundraiser and Patron of the Foundation**



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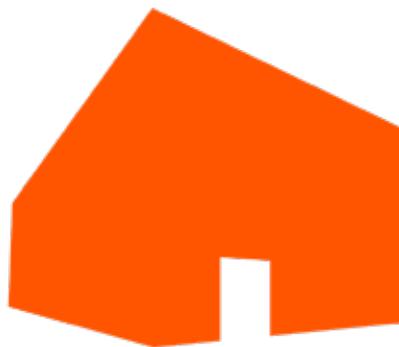
# MAGGIE'S CAMBRIDGE

Maggie's complement the NHS's medical care by addressing gaps in non-clinical support for cancer which can leave people feeling lost, confused and desperate. Maggie's give personalised support to help people see beyond their diagnosis, feel less overwhelmed, manage their stress, get the best out of their treatment and deal with the consequences of cancer. Our three counsellors offer around 400 hours a year to people with cancer who deal with the devastating impact of screening or treatment and are experiencing feelings of anxiety, fear or depression whilst waiting for their treatment to start, undergoing treatment or post-treatment. The Foundation is proud to support this vital work. For support, drop into Maggie's centre at Addenbrooke's Hospital or call 01223 249220.

**Andrea Cupacova, Maggie's Cambridge**



Proudly supporting



# MAGGIE'S

Everyone's home of cancer care

# HINCHINGBROOKE HOSPITAL

The Malcolm Whales Foundation donated £10,000 towards the building of a personalised garden for our patients and staff to relax and provided a never-ending supply of labour, young and old. Officially opened by HRH The Duke of Kent on 14th May 2019, the garden is a wonderful calm space for patients and their relatives to enjoy whilst waiting for their treatment or clinic appointment. It has been appreciated in equal measure by the patients and staff alike, and I, for one, am grateful for my view out over it from the clinic rooms I work in. It really brightens my day, and I'm sure it has the same impact on the patients and their carers. It really is a lovely extension of the reception area and came into its own during COVID when it was used for many consultation and support sessions, at least when the weather allowed. The staff often use it to recharge their batteries whilst having lunch before they go back to see their patients. The mural that has been added and the wonderful choice of flowers, tended lovingly by our volunteers, make it a bright and vibrant place. Even when patients may not be feeling at their best, we're certain it will lift their spirits whilst going through their difficult times.

**Eileen Murphy, Woodlands Centre, Hinchingsbrooke Hospital**



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# EDGAR'S GIFT

Edgar's Gift is a charity set up in 2010 in memory of Ben Edkins, who passed away following a year-long fight with cancer. He was just 25 when he died after battling Rhabdomyosarcoma, a rare and aggressive form of muscle cancer. The charity was founded by Ben's parents, Julie and Neil Bradman, alongside Ben's family and friends, all of whom Ben had influenced and had a special and positive effect on when he was with them. Edgar's Gift raises money, which enables us to provide special days out, unique experiences and luxury gifts for young adults aged 18-30 who are suffering from cancer. The charity is operated on a completely voluntary basis, so every penny we receive goes directly towards helping young adults with cancer. Damien, the founder and Chair of The Malcolm Whales Foundation, stumbled across Edgar's Gift on Twitter back in 2016 and reached out. We are so thankful that he did! Damien and I discussed what both charities do, and we realised how much we had in common. The Foundation supported us with a donation in 2016 to help us secure the holiday home we were working towards. We now support us with an annual donation to help maintain the holiday home's annual costs and a contribution for gifts. A team from Edgar's Gift takes part in the Dorset Walk each year, and we look forward to the future of our partnership with Damien and his team. We are so grateful to The Malcolm Whales Foundation for the support they have given and continue to give us.

**Neil Bradman, Edgar's Gift**



# CHARITY DONATIONS

June 2019 ... a colleague of mine was organising a five-a-side football tournament to raise money for a charity to raise the profile of Paediatric Chordoma, a terminal cancer in young children. She had a very close friend whose daughter was suffering from this terrible condition. I went to help referee on the day, and TMWF donated to the charity involved. I asked my colleague if there was anything the family needed. The answer back was, "no, thanks, we are okay." I asked whether there was anywhere the child would like to go and which TMWF might pay for. The family came back and said their child would love to go to Cadbury's World. So in late 2019, TMWF funded a weekend visit and accommodation for the whole family there which, they said, was a wonderful and much-needed occasion for them all. Sadly, in November 2020 and after many years of treatment, the child tragically died at the age of just 6, an only child to a young couple who had been through so much for the whole time she had been with them. Their heartbreak was immense, but I hope that our donation had provided them with some special memories. I am proud to be associated with a charity that didn't hesitate to help out when I asked. Thank you ...

**Andy Emery, fundraiser and Patron**

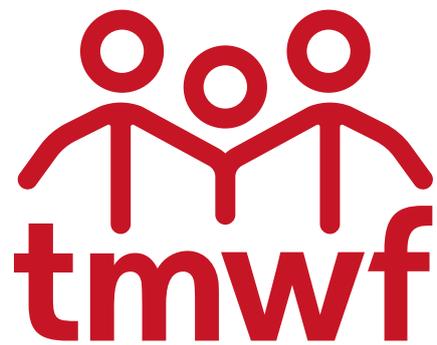


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# NOT JUST A WALK

*A coastal walk. A challenge. A mountain to climb.  
Armed with power banks and crossing fingers for good weather.  
Tents pitched, camp food warming, but this is far from a holiday.  
I remember setting up camp, packing up my kit.  
Day One, and the blisters have already started.  
The seafront promenade, the clifftop ascent; I see the arches so clearly.  
Durdle Door. Lulworth Cove. Studland Bay.  
This coastline etched in my mind as the next generation blaze a new trail.  
The descent is the true challenge, the weather wasn't kind.  
Boots slip, balance is lost, faces dotted with mud, smiling nonetheless,  
And all I hear is laughter.  
Young and old, coming together. Daring themselves to go one step further  
And never giving up.  
Some walk, some run. Few have the energy to sprint,  
But they all finish.  
The generosity of so many, carrying on my name.  
Giving hope to those still suffering.  
I look on with pride.*

**By Charlotte Beck  
(winner of Ely College's Dorset Walk poetry competition)**



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[www.tmwf.co.uk](http://www.tmwf.co.uk)



TheMalcolmWhalesFoundation



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