



## School Fundraising Activities For The Autumn & Winter Terms

### **Youth Against Cancer Week 10 – 16 October**

The main emphasis of this week is to raise young people's awareness of people of their own age with cancer and promote the work of the Laura Crane Trust. We also need to raise much needed funds through the sale of our pin badges and keyrings. We have two varieties of pin badge, each available to the pupils at a suggested minimum donation of £1 (pictured in the "Youth Against Cancer" brochure).

At the school's request, we can also send examples of our T-shirts. These make fantastic presents for friends and family and at £5 each (suggested minimum donation) they are great value for money!

Depending on response, it may be possible for a representative of the charity to come into school during the week to speak to staff and pupils. Alternatively you can request a copy of "Out of Tragedy", a half hour documentary about the Laura Crane Trust made for television.

Perhaps the school would like to hold its own fundraising event during the week. Fundraising ideas can be found in the "Youth Against Cancer" brochure, on our website [www.lauracranetrust.org](http://www.lauracranetrust.org) or can be obtained from the charity by phoning 01484 510013 or emailing [helen@lauracranetrust.org](mailto:helen@lauracranetrust.org)

Currently running are the **Dance Against Cancer**, **Act Against Cancer** and **Sound Out Cancer** Campaigns. Why not incorporate one of these campaigns into a Christmas show?

**Dance Against Cancer** - Inspired by Laura's love of dancing and supported by the Northern Ballet Theatre, this is the first of our performing arts appeals and has raised over £23,000 to date! We have had support from all over the country and it is still rolling, with many more dance shows planned for this year.

**Act Against Cancer** - Since this appeal was launched last year we have had a tremendous response, with people performing everything from musicals to Shakespeare in aid of Laura's Trust! NODA (National Operatic & Dramatic Association) are supporting this appeal and promoting it to their 2400 affiliated societies.

**Sound Out Cancer** - The Laura Crane Trust is inviting musicians from all over the UK to "perform live in 2005" to raise money for this appeal. Bands, choirs, orchestras, karaoke singers..... if you can make music you can take part! And for those of you with genuinely no musical know-how whatsoever... you can hold a pop quiz or arrange a band night!!

**Further details are available on our website [www.lauracranetrust.org](http://www.lauracranetrust.org)**

Our Charity **Christmas card flyers** are available now. It would be wonderful if you could make them available to parents in some way – perhaps through a newsletter or at reception. We will be happy to send you copies.

**Autumn Prize Draw Tickets** will be available from September. We are having 10,000 printed with the potential of raising £10,000! If teachers and pupils could be persuaded to sell these to friends and parents it would help tremendously.



What is  
it like to  
be 17?

Cancer is the  
commonest  
cause of non-  
accidental death  
in teenagers and  
young adults in  
the UK

The  
Laura Crane  
Trust  
fights cancer in  
young people

Laura Crane  
died of cancer  
at just 17



We  
want you  
to help

...read on to see what you can do



## The Laura Crane Trust

THE LAURA CRANE TRUST • PO BOX 437 • HUDDERSFIELD • WEST YORKSHIRE • HD1 9QH  
TEL: 01484 510013 • EMAIL: [helen@lauracranetrust.org](mailto:helen@lauracranetrust.org)  
[www.lauracranetrust.org](http://www.lauracranetrust.org)

Registered Charity No: 1058464

“A reason to fight cancer would be to stop it claiming another innocent victim, wouldn't it?”



Laura Crane, September 1995

Laura Crane was a fifteen-year old schoolgirl when she became ill and was admitted to hospital. The doctors were unsure about what might be wrong with her, so they did a few tests and decided to operate. Naturally, all her family and friends hoped that it wouldn't be anything too serious, but Laura was found to have cancer, which had started in her left ovary and this was very unusual for someone so young. Laura died just two weeks after her 17th birthday.

## Having cancer

- Life stops being 'normal'.
- May be treated in hospitals a long way from home.
- Possible surgery & harsh forms of treatment.
- Vulnerability to infection between treatments.
- Infection = more time in hospital, less time with friends.
- Low energy levels, limiting fun social life.
- Possible hair loss - looking 'different'.
- Being old enough to know to understand what *cancer could* mean.

This puts our 'problems' into perspective doesn't it?

Each one of you can help. There are many ways of raising money for charity and Laura's trust is a good one to choose, because it is there for the benefit of people of your age group.

find out more - [www.lauracranetrust.org](http://www.lauracranetrust.org)

Laura's family set up the Laura Crane Trust to fund research into cancer in 13-25 year-olds, where cancer can be more complicated & dangerous. The Laura Crane Trust is, as far as we are aware, the only UK charity funding research specifically into cancers affecting this age group.

The trust also gives money to hospitals to help give teenage cancer patients a fun time in hospital and to help them with any problems they may have after their illness.

To lighten the lives of young cancer patients in hospital, the trust provides staff to organise fun activities for them. It also pays for recreational equipment such as games consoles, laptops, computer equipment, musical instruments and art materials.



**The Laura Crane Trust offers funding to the 22 hospitals below:**

- Royal Aberdeen Children's Hospital
- Western General Hospital, Edinburgh
- Royal Hospital for Sick Children, Glasgow
- Royal Victoria Infirmary, Newcastle Upon Tyne
- St James's University Hospital, Leeds
- Royal Manchester Children's Hospital
- The Christie Hospital, Manchester
- Alder Hey Children's Hospital, Liverpool
- Weston Park Hospital, Sheffield
- Queens Medical Centre, Nottingham
- Leicester Royal Infirmary
- Birmingham Children's Hospital
- Addenbrook's NHS Trust, Cambridge
- The John Radcliffe Hospital, Oxford
- The Middlesex Hospitals, London
- St. Bart's Hospital, London
- Llandough Hospital, Cardiff
- Bristol Royal Hospital for Children
- The Royal Marsden Hospital, Sutton
- Southampton General Hospital
- Royal Belfast Hospital for Sick Children
- Our Lady's Hospital for Sick Children, Dublin



It is important that young patients are around people of their own age and that they have fun activities, so they can forget at least for some time, the reality of their situation.

The Laura Crane Trust is committed to increasing understanding, improving treatment methods and ultimately preventing cancers in this age group.

◀ Young cancer patients enjoying a sailing trip funded by the Laura Crane Trust.

[www.lauracranetrust.org](http://www.lauracranetrust.org)



*Laura always coped with her illness very positively. Laura inspired her mum, Jacquie to pick up the fight where she left off and the Laura Crane trust was born.*

*Extracts from her first sixth form English assignment, explain cancer in her own words.*

# Coping with cancer

by Laura Catherine Crane

At any age, the prospects of a possibly fatal disease, a known killer, are terrifying. At the age of fifteen, I was perhaps one of the most vulnerable to notions of death and loss.

Cancer wasn't a conception I'd ever considered. Members of my distant family had suffered and sadly died from the disease, yet after fifteen years it seemed so far away from my life, which I imagined to be invincible. I'd never even dreamed it could happen to me

From the moment he (the doctor) said the word, my life changed, and I have never been the same since. A whirlwind took me and swept me away for a moment, and something suddenly seized my heart, as my hand flew to my mouth and tears sprung to my eyes. Before I knew where I was, my family had surrounded me and were seeming to crumble before me.

I knew surrendering was not the answer and brushing away the tears I began my fight there and then. I believe now that fighting cancer is the only way to survive it, and anyone facing the disease must be brave and fight for their life.

The first week or so was admittedly difficult for me, and once or twice I weakly uttered the words 'I'm not going to die am I Mum?', to the ever-sympathetic ears of my mother. After then though,

*Sadly, because Laura's illness was so complex and severe, in spite of her incredible courage and determination, she lost her brave fight.*



*New Years Eve 1996 -  
Thirteen days earlier Laura had  
undergone major surgery.*

there was only one option. Killing the disease was now my quest, and any anger I felt from that moment I would try to turn inside myself to kill the remaining cancer deep in my abdomen.

From April until August 1995, I went through a great deal of physical and emotional pain, and insanity, but most of all confusion and loneliness. I felt as though I was the only one suffering even though I knew there were a billion others in the same position. The problem was lack of contact with those others.

The chemotherapy treatment will very probably give some nasty side effects as well as the hair loss. Even those 'lucky enough' to have a very low dosage of the various drugs suffer some side effects. Common ones are sickness, a darkening of pigmentation in the skin around the joints, and a general groggy feeling. Also you will be much more prone to any infections.

Any cancer patient who kills the disease is then in remission, and the disease could come back at any moment, but if it returned to me, I know that I would have the strength to deal with it once again, thanks to being so strong this time. Some may say I have had youth on my side, and this may be true, but I believe cancer is an equally horrible experience for any one of any age.'

*Felicity Jump writes about having cancer and her treatment*

I found the lump in my breast when I was 22. I didn't for a moment think that it could be cancer. It was ignorant, but I had never heard of anyone my age having it.

My initial reaction was one of shock, then devastation. I automatically started thinking of death - of losing my hair, and being sick all the time - all of the things which I had seen on television.

Chemo did have an impact on my life. My friends were all going out every weekend, which of course I could not do. I used to be very confident about my appearance, but that diminished too. Without my wig I looked a bit like an egg! I was used to having long blonde hair, which was a big part of my identity and all of a sudden I didn't have it. I also had no eyebrows or eyelashes. And the summer time was dreadful. It was a really hot summer and wearing a wig was torture. This upset me most in these months. I longed to take it off - it was itchy and sweaty, but I couldn't. I really didn't want anyone to know I had been ill - especially at work - so I just put up with it.

One of the things that struck me most about having cancer was the atmosphere in the Oncology Department. I can't say I looked forward to chemo, but I did look forward to seeing all of the familiar faces. We would talk about how we felt, how much longer we had before treatment was over, what we were going to do with our hair when it was growing back - it was a really friendly place to be. The nurses were also amazing. They were really encouraging and affectionate.

I still worry about the disease, and the six months after treatment finished were the worst. I felt more frightened than when I was on the treatment. On the chemo you feel safe as you know the disease is being fought, but when it's all over the worry grows - will it come back? Will it be worse? I still have sleepless nights and I do find it difficult to talk about. I never push it to the back of my mind though.

I know I have been lucky, but it is not over yet. I have to wait three more years for the all clear. However...I am a much stronger person as a result of it all.

**Felicity Jump** (d.o.b. 18/12/1979)

***In her article 'Cancer and Me', Laura Ormandy describes the benefit of the new teenage ward at Weston Park Hospital, Sheffield, which was partly funded by the Laura Crane Trust.***

*"This unit will be a place to go and be 'alive' again, to be back with people of the same age but that understand your feelings, both emotional and physical, where the hours would fly by....it will be the easiest and pleasantest place for a young person to be at a hard time in all of their lives. This building is going to change the lives of so many, see so many people recover, and be a place where many people will witness this change. A place of medicine, of care, of love, and of LIFE!"*

***Laura later wrote in a letter to the Laura Crane Trust:***

*"Thank you again for your support of the unit here in Sheffield. It has certainly helped to keep me positive and fighting for the third time. I can't wait to be better now, but I'm not afraid of the hospital and chemo, and some of that is down to you."*

## A letter from the lonely

*Why did you never visit?  
Didn't you care?  
Or, were you frightened  
Of what you might find?*

*I'm still me.  
I can't come to school anymore,  
But I haven't stopped wanting to be there.  
I may have lost my hair,  
But I still laugh at the same jokes.*

*Did you think I wouldn't want to see you?  
That I'd feel left out  
By regaled stories of nights out?*

*I'd feel loved.  
That makes me feel included.  
I want to hear your stories,  
I'd feel loved.*

*Are you hurt that I didn't ring you?  
Think I'd rather spend my time  
With other people than you?*

*I felt shy.  
I didn't want to take up your time  
If you'd rather be out with your friends.*

*I felt uninteresting.  
I could tell you about daytime TV,  
But I have no stories like you.*

*I'm still here.  
Please don't forget me.*

**Kelly Denver (19)**



Although the Laura Crane Trust is based in Yorkshire our work benefits young cancer patients throughout the UK. Cancer has no geographical bias and so neither has our support!

People throughout the UK have joined in the fight against cancer in young people by taking part in fundraising for the Laura Crane Trust. Here are some examples.



find  
out  
more

[www.lauracranetrust.org](http://www.lauracranetrust.org)



**YOU** can do something to help those less fortunate than yourself  
and **YOU** can make a difference!

## Here's how....

Get sponsored to do something you enjoy perhaps for a considerable length of time.  
For example, organise a 12/24 hour 5-a-side football match/tournament or a 24 hour karaoke.

### Sponsored.....

football, dancing, athletics, aerobics, swimming, singing, running, beard growing, head shaving, tennis playing, roller skating, rowing, coin rolling, carol singing, lawn mowing, window cleaning, babysitting, piggy back rides; a sponsored piano play, parachute jump, bath push, bed push, trolley push, gobstopper suck, silence, spell-in, walk, bike ride, hoopla, marble roll, sunflower seed grow, pickled egg roll, find the biggest onion, fingernail grow, dog jogs, tug of war, sausage eating contest, Rubik's cube complete, 24 hour sleep in, fun run, shoe shine, waste collection, inflatable doll pull, pea push, wheel barrow marathon.

We can provide you with your own personalised sponsor forms.

Take a new slant on the old, "non-uniform day" at school and arrange a day where everybody comes to school wearing a huge wig ("Big wig day") or everybody has to wear a stuck on moustache or big eyebrows ("Artificial facial hair day") or odd shoes (no better way to show off your shoe wardrobe!!!) How about an end of term "Bad Taste Day"?!! Have a dig through the back of your parents' wardrobe, and come dressed in something even your gran wouldn't wear!!

Or, sponsor a teacher to do something crazy. How else would you get the school's strictest teacher sporting a mad hairstyle or a male teacher wearing a gym skirt? Remember it is for charity so you might get away with things you wouldn't usually be able to!!!

Organise an event and perhaps sell tickets; such as a barbecue, a quiz, a play, a fashion show, a jumblesale, Superstars "It's a cock up", carnival, barn dance, puppet show, second hand book sale, coffee morning, film show, fancy dress ball, treasure hunt, tombola, disco, fete, bingo, halloween/Christmas/valentine's party, plant sale, balloon race, antiques road show, raffle, garden party, market stall, craft fair, whist drive, concert.

Remember...*IT'S FOR CHARITY!!*



## Other ways to get involved

- Check out the Laura Crane Trust



- Check out the Laura Crane Trust web site - [www.lauracranetrust.org](http://www.lauracranetrust.org) and see if there are any forthcoming events you could take part in.
- The Laura Crane Trust often has national or regional campaigns running, such as 'Act' and 'Dance Against Cancer' and 'Sound Out Cancer'. Why not contact the charity or look for details on our website and see if you can take part.

## Work on the family

- Offer to do the washing up or clean the car for a week if your parent/guardian makes a donation to the Laura Crane Trust. OK, OK, so not all fundraising is fun, but with a bit of luck they'll be so proud of your charitable, selfless gesture they might let you get away with just doing the first two or three sessions.
- Ask adults to organise a 'school uniform day' at work or something equally silly, or to arrange a works fundraising event for Laura's trust.
- Ask members of your family if they would like to go on the mailing list and receive copies of the trust newsletter, which reports on how other people have raised funds and carries news of our funded projects. We can feature your fundraising too!

# Laura Crane Trust Goodies!

Help the Laura Crane Trust (and yourself) by getting your hands on an LCT T-shirt. The T-shirts are available in two designs, on loose fitting T-shirts or slim fitting vests and T-shirts in a range of sizes from small to extra large. All you need to do is send us your request enclosing a description of your order including style, size & design & enclose a cheque or postal order. It's that simple - you send us a minimum donation of £5.75 (*including postage*) we give you an instantly improved wardrobe!



The Laura Crane Trust's key ring and enamel pin badges are also available. Again you send us £1.25 (including postage) and we will send you the item. For bulk orders please contact the charity to arrange postage.

Enclose a cheque/postal order for £5.75 - your donation per T-shirt and £1.25 per pin badge or key ring.

Please make cheques or postal orders payable to 'The Laura Crane Trust' and return to -

**The Laura Crane Trust, PO Box 437, Huddersfield, West Yorkshire HD1 9QH.**

order

T Shirts

| STYLE              | SIZE            | DESIGN | QUANTITY             |
|--------------------|-----------------|--------|----------------------|
| Vest               | One Size        | Rose   | <input type="text"/> |
| Vest               | One Size        | Text   | <input type="text"/> |
| T-shirt Skinny Fit | Small / Medium  | Rose   | <input type="text"/> |
| T-shirt Skinny Fit | Medium          | Text   | <input type="text"/> |
| T-shirt Casual     | Small / Medium  | Rose   | <input type="text"/> |
| T-shirt Casual     | S / M / L / X L | Text   | <input type="text"/> |

Pin Badges & Key Rings

ROSE PIN BADGE

SQUARE ROSE PIN BADGE

ROSE KEY RING *(not shown)*

Quantity

Name

Address

Postcode

I enclose a cheque for

I am a tax payer. Please treat my donation as a Gift Aid Donation.

Signature

Date