

# We need you to **join the fight... now!**

Every day in the UK, 6 teenagers or young adults will find out they have cancer.

That was 6 yesterday, 6 today, 6 tomorrow, 6 the day after....



"I support the  
Laura Crane Trust  
because I believe  
in the wonderful  
work that they do  
and the incredible  
difference that  
they make."

*Gemma Tate*



The Laura Crane Trust  
fighting cancer in young people

we need your help.... read on to see what you can do

# Cancer in young people

Cancer is the most common cause of non-accidental death in teenagers and young adults in the UK. Every day six more young people aged between 13 and 24 are diagnosed with cancer.

Teenagers are already dealing with the difficult transition from childhood to adulthood, without having to cope with a life threatening disease at such a vulnerable time in their lives. People in their early 20s are at the start of their adult life, perhaps in the early stages of their professional career, perhaps starting a family... and suddenly....

## ....Cancer strikes !

- For young cancer patients, life stops being 'normal'.
- They may have to be treated in a hospital quite a long way away from home, from family and friends.
- They might have to have an operation and/or severe treatments.
- They may easily get infections when they are at home between treatments.
- If infections occur they will have to spend more time in hospital.
- They will have less energy and not be able to socialise much or see their friends.
- Cancer treatment may cause them to lose their hair, which makes them look 'different'.
- They are old enough to understand what cancer could mean.

This puts the terrible ordeal of not having anything to wear Friday night into perspective doesn't it?

**Each one of you can help.** There are many **FUN** ways of raising money for charity and the Laura Crane Trust is the perfect one to choose, because it is there for the benefit of people of your age group.

# What The Laura Crane Trust does

The Laura Crane Trust is the only UK charity dedicated to funding much needed research specifically into cancers affecting 13 – 24 year olds. The Laura Crane Trust is committed to increasing understanding, improving treatment methods and ultimately preventing cancer in this age group.

The charity also funds measures to improve the quality of life for young cancer patients whilst they are undergoing treatments in hospital and in the aftermath of their illness.

## Support for young cancer patients

The Laura Crane Trust 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.

It is important that young patients are occupied with fun activities, so they can forget at least for some of the time, that they have a very serious illness.

This map shows the UK locations which have hospitals to which 13-24 year olds with cancer are admitted and the charity offers funding. Which one is nearest to you?



# BREAKING DOWN THE

Because not many hospitals have special facilities for teenage cancer patients, many are placed on children's or adult wards, each equally inappropriate for someone of their age . Because of this, Like Laura herself, teenagers diagnosed with cancer often speak of feelings of loneliness and isolation – feeling as if they are 'the only one'.

To combat these feelings the Laura Crane Trust is working with a local development company, Creative North to provide a communication facility which takes place in a virtual, visual world. Through this medium they will be able to contact other young people, all over the UK, who are going through many of the same experiences, at home or in hospital, sharing mutual support at any time of day or night.

ChatWorld will contain different settings in which each person's own 'avatar', (which they can design and dress for themselves) will represent them in a variety of virtual world environments. Teenage cancer patients are getting actively involved in the design process and they have suggested an island where they can swim, sunbathe, surf, have barbecues and do much more.





# WALLS OF ISOLATION



## Christmas Appeal – “Gifts for Young Cancer Patients”

To help to brighten their time in hospital, the Laura Crane Trust ensures that each teenager with cancer in the UK and Southern Ireland, who has to be in hospital over Christmas or New Year, will receive an extra, age-appropriate ‘surprise’ present to let them know we are thinking of them.

*‘I am 13 years old and have leukaemia. I have had various courses of chemotherapy but now I have to have a bone marrow transplant. I plan to load my favourite music on to it and listen when I spend 2-3 months in my isolation room.’*

‘One of the patients had just been diagnosed. He was admitted just before Christmas and as you can understand he was feeling very down. When we handed him the MP3 player he was very happy. He could not afford one himself and this made a big difference to him’;

‘I have nursed young people with cancer for nearly 30 years. They are certainly special and need all the help they can get’ – Joan McLeod, Ward manager, North Glasgow University Hospital

Your support will ensure that we can continue to make a difference to the lives of young cancer patients.

# Laura Crane



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. She always coped with her illness very positively and inspired her mum to carry on the fight where she sadly had to leave off.

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

Laura Crane, September 1995

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

## Coping with Cancer - Laura Catherine Crane

Cancer wasn't a concept 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.

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.'

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

## Words from patients...

"I just thought, how have I got it? I thought it was just something adults got." - Leanne, 13

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. - Extract from "A Letter From The Lonely" by Kelly Denver (19)

"It had a very large impact (on my life), and it disrupted my whole family's life. I spent a year in hospital and my parents were constantly back and forth." - Lyndsay, age 19

".... my hair started to fall out two weeks after the first treatment, and within a few days it was all gone." - Andy age 16



## ...and family and friends...

"A diagnosis of cancer in one of your children turns your whole world upside down and you forget what 'normal' life ever was. If you then lose your child you can only ever imagine what your future as a family would have been." - Jacquie Roeder (Laura's mother)

"I gave my job up immediately, and was looking after her 24 hours a day. Nothing else mattered, money, bills - I didn't care." Debbie (Daughter Leanne diagnosed at 12)



YouTh  
agAiNSt  
Cancer  
campaign





# How you can help?

## FUNdraising!!! Be creative and have FUN!



Because the Laura Crane Trust benefits young cancer patients throughout the UK, it attracts support from far & wide. People raise funds for the trust in many different ways, as the following text and pictures will demonstrate.

Put on a show/play/, gym or art display & sell tickets, hold a raffle



"Dance Against Cancer"



Valentine Event at Oakham School



Students at Greenhead College work out "How many minis in a mini?"



Celebrities 'serve on' at the "Star Bar"

Hold a themed event e.g. Valentine's day/a cookery competition, a musical instruments day/a sponsored silence etc.

Hold a silly day – Odd Shoe Day, Wear-a-Wig Day, spaghetti eating contests, fancy dress etc.



"Dance Against Cancer"

Do a marathon – running, dancing, swimming,, music-making, gymnastics, sitting in a bath of custard, a 24-hour silence etc.

By getting used to helping charities YOU can help to change the world we live in for the better.



# More suggestions.....

You'll have brilliant ideas of your own but here are a couple of ours which do well.

## 'Dress up Posh, Raise Lots of DOSH'

One day in December go to school or work 'dressed in your best' and 'all spruced up'. Collect £1 from everyone who takes part and ask for donations from teachers (or ask them to dress up too. You could also ask your parents & their friends to do it)



Odd Shoe Day



Huddersfield University Fashion Show



Team ATP at the North Pole



"Tinsel Tuesday"

our favourite... 'Tinsel Tuesday'

Choose a Tuesday in December to deck yourself with tinsel. Everyone donates min. £1 to the Laura Crane Trust and has lots of laughs. You can wear a sprig of tinsel, wear tinsel ear-rings/ tie bracelets/ ankle bands/a tinsel-bedecked hat/full body trimming. Take photos and email/send them to the Laura Crane Trust to reach us by 31st January and we will judge them and send the winner a Laura Crane Trust

T-shirt and pin badge.

If you could like more FUNdraising ideas, give us a call on 01484 510 013

# Other ways to get involved

- Check out the Laura Crane Trust website to see if there are any forthcoming events or challenges you could take part in and send for details.
- The Laura Crane Trust runs national fundraising campaigns, such as 'Dance Against Cancer', 'Act against Cancer' and 'Sound out Cancer' (music).

Any form of dance goes, from disco to world-class ballet.

Any form of music is fine, from a tin whistle to rock, to opera and orchestras.

Any form of drama will do, from finger puppets & Punch & Judy to Amateur Dramatics & to Shakespeare.



Concerts/shows/marathons are organised and the proceeds sent to Laura's trust. Dancers alone have, to date, raised over £30,000.

Ask for our Christmas card flyers. Would your school be willing to sell them to the students and parents for us?

If you can do any of these that's great and you may be involved in other things which could help you raise money for our fight against cancer in young people - such as cycling, horse riding, skating, mountain biking, sailing, surfing, walking, swimming.....the possibilities are endless!



Get a few friends to brainstorm ideas and collectively organise a fundraiser for the Laura Crane Trust - and most of all, remember to put the FUN into your fundraising!

# Laura Crane Trust Goodies!

- Help the charity by ordering an attractive charity T-shirt. These come in three designs – one girlie and one unisex and all designs can come in any of the logo/designs.

*If you are holding a summer event we would be happy to send you a free T-shirt to wear as you do it.*

- We have three designs of pin badge, which can each be obtained by sending a minimum donation of £1.30 (to include postage.) Orders for T-shirts, in any style can be ordered for a minimum of £5.95 each (including postage.) Styles are: loose-fitting, casual T-shirts, cap-sleeve slim fitting ones and the strappy vest variety.

All you need to do is to send us your request and we will send you a great new item for your wardrobe!

Send your request (order form below or on our website), together with a cheque or postal order for the specified amount to: The Laura Crane Trust, PO Box 437, Huddersfield, HD1 9QH.



## Order Form

Quantity	Item	Style	Size	Price (£)
	Small rose pin badge			
	Square rose pin badge			
	Survive & thrive pin badge			
	Strappy T-shirt			
	Cap-sleeve T-shirt			
	Casual T-shirt			
			Total	

Name .....

Address .....

..... Postcode .....

Tel ..... Email .....

I enclose a cheque for £.....

I am a taxpayer. Please treat my donation as a Gift Aid

Donation (please tick) ☐

Signature..... Date.....

## What could your fundraising money buy?

(based on 2008 prices)

- £20,000 1 year salary and costs for an Activity Coordinator to help young people remain positive and occupied during lengthy hospital treatment.
- £1,000 Large Flat Screen TV
- £300 Laptop
- £250 Relaxing Fish tank with equipment and fish
- £300 - Playstation 3
- £160 Apple i Pod MP3 Player
- £149 Exercise Bike
- £150 – Selection of art and craft materials
- £100 - Portable DVD Player
- £100 – Digital Camera
- £80 – Acoustic guitar
- £45 - DVD Player
- £15 - A DVD
- £15 Group board game
- £10 - A CD
- £7 - A Book

**Remember...** even a simple DVD can take a couple of hours out of an otherwise long boring day.

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