

YOUNG LIVES vs CANCER

CLIC SARGENT

CLIC Sargent Charity Committee Newsletter Issue 3

Words from the Committee Chair, Daniela Deed



Welcome to the third edition of our newsletter.

We have had a relatively quiet summer but we have still managed to raise over £26,000 so far this year, bringing our total to over £55,600 raised at our airport since the beginning of the partnership in December 2015.

We will be soon entering into our 3rd year of the partnership and I cannot wait to see what brilliant

ideas you may have to help us to continue with this great work.

We will share with you what we have been up to since our last newsletter and how innovative some teams are with their fundraising ideas.

If you are unable to help financially, there are other ways you can help and you will find details on what donations we need within this newsletter.

£57K RAISED SO FAR

Ways to donate

- Text **STNX61** with the amount you wish to donate to **70070**
- Via the Collection Pots in your area
- See pages 16-17 for non-financial ways you can help

ABOUT CLIC SARGENT

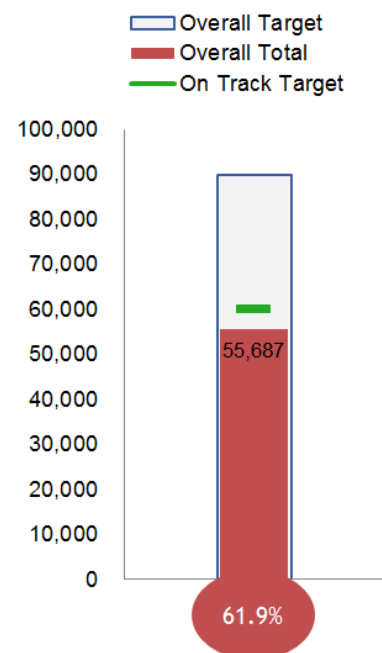
CLIC Sargent is the UK's leading cancer charity for children and young people, and their families. Our specialist care teams can provide practical, emotional and financial support. We are there from diagnosis onwards and aim to help the whole family deal with the impact of cancer and its treatment, life after treatment and, in some cases, bereavement.



If you have a fundraising idea then attend to one of your monthly committee meetings and share it with us.

Our next meeting is Tuesday 21st November 2017, in Meeting Room Dove, 3rd Floor Enterprise house.

Progress





Latest News

Details of events taken place since our last newsletter

The Escape Lounge, London Stansted Airport, have held a number of events this year and raised over **£3,355** so far

escape Lounge

SUMMER BOOT SALE
£143



SUMMER CAKE SALE
£390

UNWANTED BOOK DONATIONS ARE NEEDED IN THE ESCAPE LOUNGE



The IT colleagues hold regular monthly fundraising activities and so far this year they have raised over **£949**. They have come up with some great ideas.

Their running total is at over **£4,900**.

IT Tuck Shop

The IT department are currently running a Tuck Shop to raise money for CLIC Sargent for the next 6 months. So far they have raised over **£100**.



Gadget Donations

They have donated our redundant Blackberry phones and batteries and raised over **£270**.

IT Dress Down Fridays

They have raised over **£70** so far this year by swapping suits for more casual wear.



Karen Barker

Guess Who Baby Competition

Their October fundraiser has raised over **£95**.



Egg Weight Competition

Their Easter fundraiser has raised over **£62**.

Sweepstakes

Grand National and Wimbledon sweepstakes raised over **£130**.

IT Bake Off

They have baked and raised over **£65**.



Latest News

Details of events taken place since our last newsletter



Join us in raising funds for **CLIC Sargent** !



- Bag up your unwanted items to donate from the 'Wanted' list
- Hand your bags to the Enterprise House Receptionist
- From the 11th - 22nd September
- Mon-Fri between 7am-7pm

***Please note we will not be able to take items before or after the above dates and all bags must be handed into reception and not left unattended for Security and Health & Safety reasons ***

All monies raised will go direct to **CLIC Sargent**

Clothes Collection

With your help we have collected 130 kg of unwanted clothes and raised **£52**.

We will do this again, so please watch out for poster in early part of 2018.



Dress down Friday in Enterprise House

So far this year we have raised over **£360** for CLIC Sargent.



International yoga Day

Thanks to everyone who took part, a total of **£67** was raised.

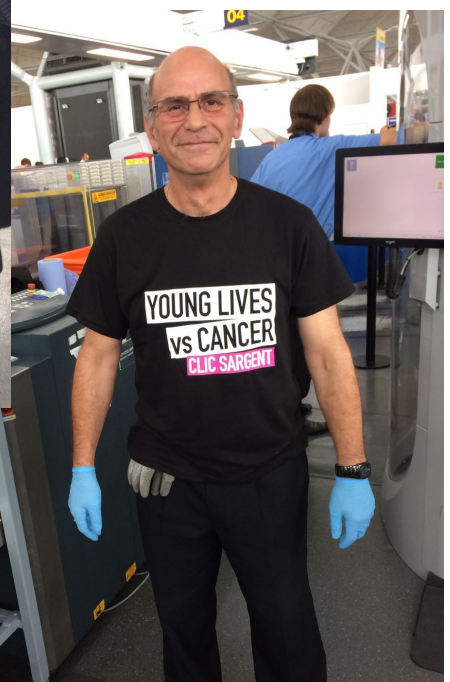
Steel removal

Our contractors have donated **£2,000** from the scrap of 15 tonnes of steel collected from the Echo Compound which was cleared as part of the Hotel Taxiway Extension Works.



Charity T-Shirts

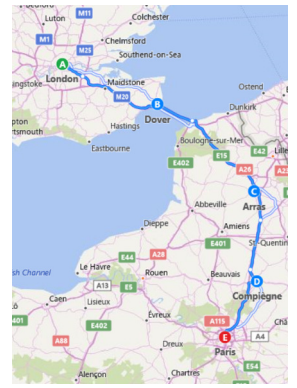
A big thank you to the operational colleagues that purchased a CLIC Sargent t-shirt to wear at work over the weekends during the summer period, along with customers who were encouraged to donate towards the charity, we have raised over **£1,100** - which is a fantastic result!



**THANK
YOU**



AFRS Dean Lloyd's London to Paris Cycle Challenge

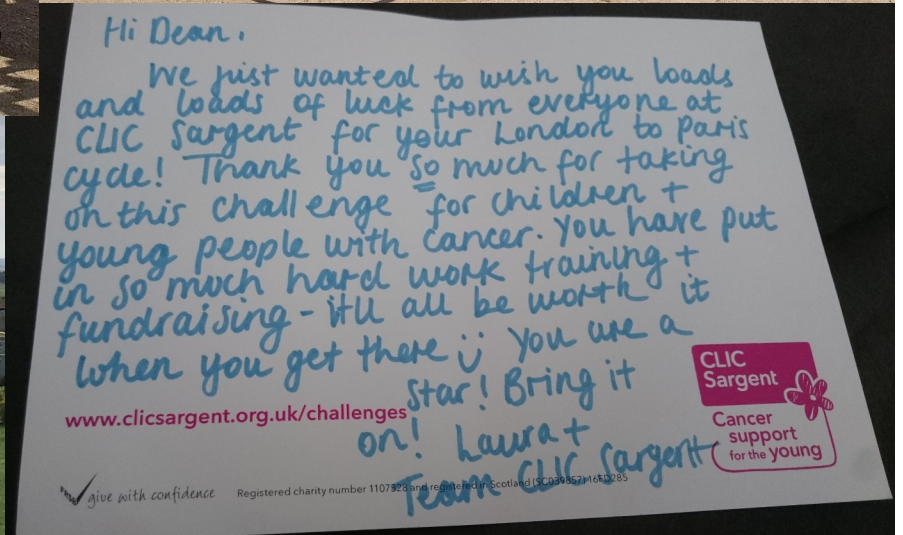


A massive congratulations to Dean Lloyd from the London Stansted Airport Fire & Rescue Service for completing the 323 miles from London To Paris on his cycle challenge for CLIC Sargent.

The weather unfortunately wasn't the best but both, he and his friend Richard, still managed to have a great time amongst a group of 34 other riders.

They managed to raise **£3,500** which is the equivalent to supplying a CLIC Sargent Social Worker for a month.

To find out what a CLIC Sargent Social Worker does, please see pages 10-11.



And who better to tell us all about the challenge, if not Dean himself:

On the 13th September at 0700 me and my friend Richard plus 32 others set off from London to Paris.

Day one was a hard day in the saddle covering 95miles with quite a few big inclines travelling down towards Dover. After our ferry crossing we had a few miles to cycle to our hotel.

Day 2, Calais to Arras, it was less miles (78.7mile) but the wind made up for it. At the end of the day we had a well earn beer in Arras town square.

Day 3 was Arras to Compiengne, on route we took the opportunity to visit some of the allied and German military cemeteries and also the McCrae's Battalion Great War Memorial.

We got caught in some heavy down pours in the afternoon but managed 78.1 miles to get to our destination in one piece and was still able to manage a smile .

The final day, Compiengne to Paris, took us through a very picturesque forest to the peak and then it was down on towards Paris.

The final days mileage was 71.2 mile and a total of 323miles.

It was a fantastic experience to take part in this challenge and one I would definitely recommend to others and look to do again.

A massive thank you to everyone for their support and donations.



£3,459.55

raised of £3,000 target

STOP CANCER DESTROYING YOUNG LIVES JOIN OUR FIGHT

Childhood Cancer Awareness Month

#cancercosts

As you will know, September was Childhood Cancer Awareness Month and a really important time for CLIC Sargent.

They used their communications channels to highlight the issues families face whilst their child undergoes treatment

This year they are focusing on the emotional and mental health impact a cancer diagnosis has on the whole family.

They are raising awareness about the issue, the support CLIC Sargent offers to help them cope, and the importance of seeking support.

Results of their research and key findings are highlighted in the column on the right.

They have also asked young people what helps and put list of their Top 3 priorities.

If you would like to know more, visit their website at www.clicsargent.org.uk.

KEY FINDINGS

Young cancer patients' mental health

EMOTIONAL WELLBEING

79% of young people felt cancer had a serious impact on their emotional wellbeing

DEPRESSION

70% of young people experienced depression during their cancer treatment

LONELINESS

83% of young people experienced loneliness during their cancer treatment

ANXIETY

90% of young people experienced anxiety during their cancer treatment

PANIC ATTACKS

42% of young people experienced panic attacks during their treatment.

TOP 3 PRIORITIES

for young people during treatment



1. Keeping in touch with family and friends



2. Talking to others with similar experiences



3. Access to the internet in hospital

Introducing our committee members

In each edition of the newsletter we will be introducing some of our CLIC Sargent Charity Committee members, they work in all areas of the business and will be able to help you to create your fundraising idea.

Monika Simonaityte

Hi, everyone! I work for Airside Operations as an Airport Management Graduate and at the moment I'm involved with Single European Sky initiatives and deployment here at London Stansted Airport. I've been working with Airside Ops team for 2 years now 😊

All the graduates across MAG are involved in challenge200 which is a project with a mission to raise £200,000 for CLIC Sargent, supporting MAG in reaching its overall fundraising target of £1m for this amazing charity.

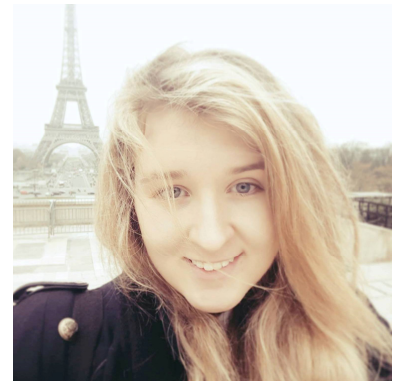
We have already organised a variety of fantastic events, e.g. Runway Run (over 9k raised), LUX Gala event (over 40k raised), etc.) and have more planned in the near future. We are all working hard towards a shared mission and common goal as we know that the money raised will make a tremendous difference for young patients and their families fighting cancer.

For anyone who hasn't yet followed challenge200, here are the channels:

Facebook: www.Facebook.com/challenge200

Twitter: @challenge_200

Instagram: challenge200



Nicola Cook

I work within the Security Compliance Team and have been at London Stansted Airport for nearly 13 years. I became a member of CLIC Sargent Charity Committee at London Stansted last year and have been part of organising a number of their events over the last year. It's great to be given the opportunity to be a part of something that can make a massive difference to people's lives when they need it the most.



A day in the life of a.....

CLIC Sargent Young People's Social Worker

“There is really no typical day for a CLIC Sargent Social Worker. Cancer can affect anyone, so our work is as varied as the families we support.”

CLIC Sargent Play Social Worker's cost

£23 could pay for one hour

£164 could pay for a day

£821 could pay for a week

£3,557 could pay for a month

£43,000 could pay for a year

From diagnosis, CLIC Sargent's expert care teams will step in, ready to help, support and guide.

We provide a package of support tailored to each young cancer patient and their family.



CLIC Sargent has around 200 health and social care professionals, including social workers, nurses and play specialists, who work in hospitals around the UK.

Our staff are specialists in working with children and young people with cancer and have recognised social work, nursing or youth work qualifications appropriate to their roles.

CLIC Sargent health and social care professionals aim to help the whole family deal with the impact of cancer and its treatment, life after treatment and, in some cases, bereavement.

Emotional and practical support

A CLIC Sargent Social Worker will aim to meet with families soon after diagnosis. They can answer questions that the parent and the child may have, and put them in touch with other sources of support.

They are used to explaining what is happening in a way that is easy for the family to understand.

They can also provide age-appropriate resources to explain cancer and its treatment, and help them deal with the impact that cancer may have on family members, siblings or friends.

CLIC Sargent Social Workers may also be able to help with practical concerns, such as talking to the child's school about how the child can continue learning or keeping up friendships.

Our Social Workers can also support young cancer patients and their families to access holidays and funding for holidays.

CLIC Sargent Social Workers can help to deal with money worries they may have. They can help to apply for a CLIC Sargent grant – a one-off standard grant of £170 that can help ease their immediate financial concerns.

Our award-winning information provides expert advice and guidance on everything to do with life during and after treatment.



Written by a CLIC Sargent Social Worker, Mary-Anne:

Mary-Anne has been a CLIC Sargent Young People's Social Worker for three years, supporting teenagers and young adults aged 16 to 24 and their families across west Wales. A major part of Mary-Anne's job is visiting families at home and travelling across Wales to provide a package of support tailored to each young cancer patient and their family.

"I absolutely love working with people and I've always wanted to do a job where I'm making a real difference.

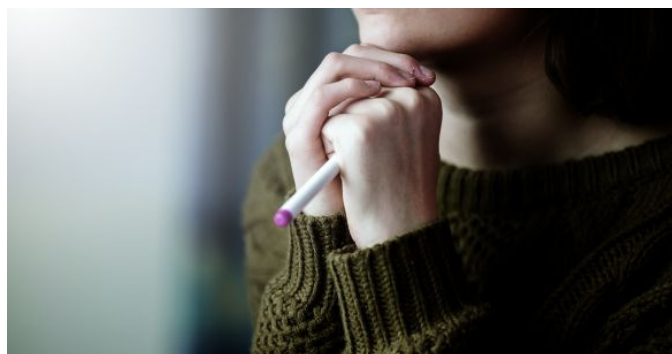
Providing expert support

"The majority of my time is spent providing emotional support, and this can be for the young person or their brothers and sisters or mum and dad. I can be there for the whole family and will make referrals to specialist agencies such as counselling, if required.

It's very much about 'you name it, I'll do my best to provide it' if the cancer is affecting what would have been the normal path of their lives.

"I think as soon as someone turns 18 society treats them in a different way, regardless of their individual needs. When a young person is diagnosed with cancer they are often treated on an adult ward, when really an 18-year-old is very different to a 40-year-old.

A young person can feel really isolated on an adult ward and it's cases like these that having a Social Worker can be very supportive.



Being there for the whole family

"The young people that I work with are all so inspiring. They are all at such an early stage of their lives and they have so much motivation to get on with things and prepare for the future. Teenagers also have such a great sense of humour and fun. I'm surprised how resilient they can be under so much stress.

I also provide palliative care and bereavement support if a family need it. My job can be terribly sad at times and the families that I work with are so inspirational."

HELPING STEPHEN FIGHT CANCER

"If Wayne, our CLIC Sargent Social Worker, hadn't been there, I wouldn't have known about half the things going on. Wayne helped me get things off my chest so I had a bit more fight in me for Stephen."





Airside Security take on Wainwright's Coast to Coast Challenge

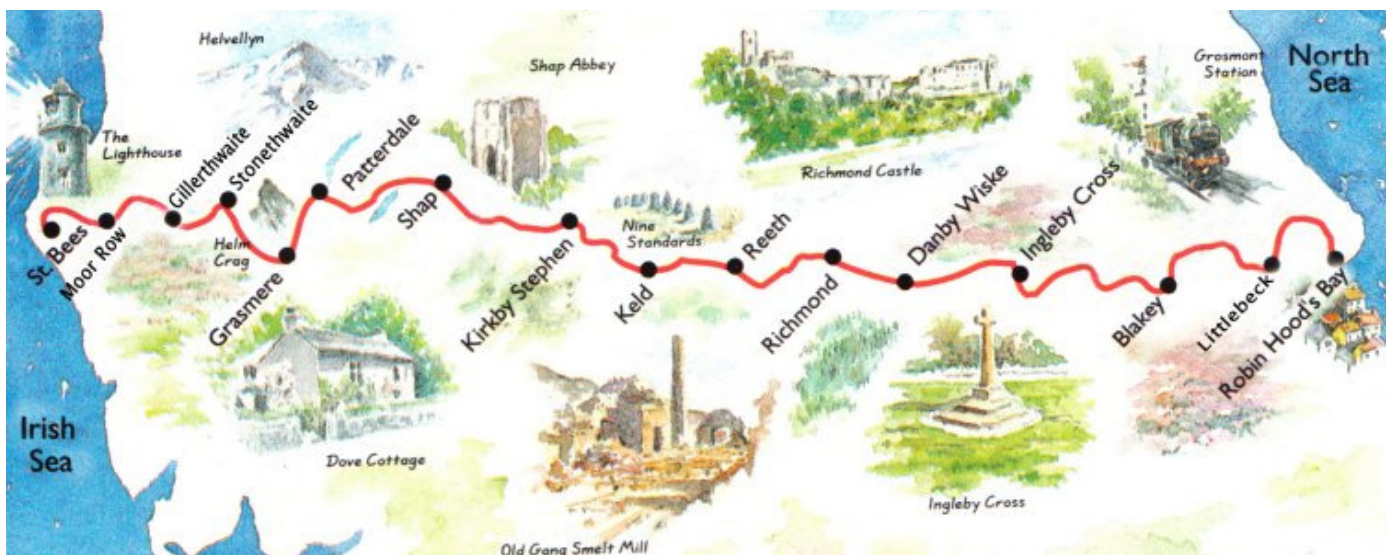
Our four colleagues Alex Currie, Alan Rebbeck, Fred Tincknell, and Stewart Howatson from the Airside Security Team are taking part in the Alfred Wainwright's Coast to Coast Challenge next year.

The Coast to Coast Walk is a 192 miles unofficial and mostly unsignposted long distance footpath in northern England.

Devised by Alfred Wainwright, it passes through three contrasting national parks: The Lake District National Park, The Yorkshire Dales National Park and The North York Moors National Park. It has a total ascent of approximately 7467 metres (24500 feet), split over 12 stages.



The walk begins by dipping your feet in the Irish Sea at St Bees in Cumbria and ends when you reach the North Sea Coast at Robin Hood's Bay nearly 2 weeks later, making this one of the world's great walks as well as being very challenging and taking our walkers through most picturesque villages, lakes, mountains and moors of the northern England whilst throwing the best of what British weather can offer.





For those of you who have not already donated Alex, Alan, Fred and Stewart need your support in raising money for CLIC Sargent, our Charity Partner.

If you would like to support the guys on this amazing challenge please follow the link below:

www.justgiving.com/fundraising/asucoasttocoast

Watch out for updates in the Big Conversation.



12%

£605.00

FUNDRAISING IDEAS



Christmas Carol Concert

If you are able to organise a Carol Concert with your local school or local Choir group, let us know and we can dedicate a space to perform.

We would be also happy to hear from up-coming artist who can perform on their guitar and bring some Christmas cheers to our Terminal.

Santa Skydive 2017

Dress up, jump out and fly for young lives against cancer by taking part in a Santa Skydive on December 9th.

Commit to raise a minimum of £395 for experience of lifetime and £70 deposit to secure your place.

Email charity@stanstedairport.com if you are interested.

Can't make this date? No worries, you can still take part all year round on a date and in an area of your choice.



Ultra Challenge Series 2018

Choose your location. Choose your distance. Choose whether to walk, jog or run. It's your challenge, your way! CLIC Sargent is an official charity partner throughout 2018 so join us and support young lives affected by cancer.



The Ultra Series consist of unique challenges in location across the south and south east England. All challenges are achievable. You can choose a single event or all of them as part of one ultra challenge for 2018.

Locations and dates are:

- 14 January** - London Winter Walk
- 05 - 06 May** - Isle of Wight Challenge
- 26 - 27 May** - London to Brighton Challenge
- 30 June - 1 July** - Cotswold Way Challenge
- 21 - 22 July** - Jurassic Coast Challenge
- 11-12 August** - Wye valley Challenge
- 25 - 26 August** - South Coast Challenge
- 8 - 9 September** - Thames Path Challenge
- 9 September** - Thames Bridges Trek



Depending on the distance covered, you will need to pay a registration fee and raise minimum sponsorship. There is also non sponsorship option available for higher registration fee. Email Daniela Deed for more information about the event.

Christmas 2017



Ask friends and family to donate money instead of giving each other a Christmas card.

Sell unwanted gifts or donate to your charity committee member.

Wear your best Christmas jumper during our Christmas Jumper week.

Christmas bake off.



ANY QUESTIONS? WE'RE HERE TO HELP

Contact us on 0300 330 0803 or fundraising@clicsargent.org.uk
charity@stanstedairport.com

Other ways to donate



Collecting used stamps is a quick and easy way to help raise vital funds for children and young people with cancer.

All you need to do is cut or carefully tear the stamped corner from any envelope or packet that you receive in the post and start a collection.

Once you have a large bundle, bag them up and mark them for attention of Daniela Deed and bring to Enterprise House or give to your line manager.



Books Needed

The Escape Lounge at London Stansted Airport has been running a small book table in the lounge for our guests with a suggested donation of £2.00.

This has proved successful but we are running low on books. If you or a family member have any unwanted paperback books who would love these to be donated to our cause.

Please give books to your line manager or drop directly into the lounge.

Thanks you for your support.

escape Lounge



Why not clear out some of your old technology to help CLIC Sargent?

A gadget donation is a convenient and hassle free way to show your support for young people with cancer, and really does make a big difference.

What we want:

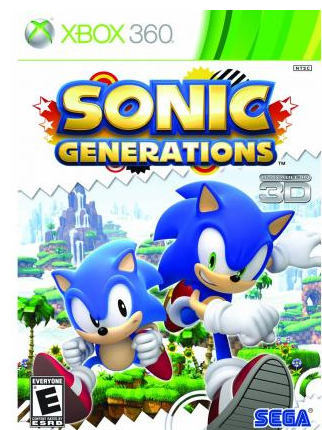
Smartphones, digital cameras, sat navs, handheld gaming devices and small electronic gadgets.*

*Please only donate personal electronic items and not MAG property.

Paul's House London

Families living in Paul's House in London, one of CLIC Sargent Homes from Home, which is close to UCLH and Great Ormond Street Hospital would welcome donations of unwanted console games for:

Nintendo Wii, Xbox 360 and PS4 consoles.



CLIC SARGENT
Wish List

DONATE NOW!



They would also welcome gifts from their Amazon Wish List. Email Daniela Deed if you would like a link to the website.





Coming Soon

We will hold our first ever London Stansted Airport Family Fun Day on 9th June 2018.

The event is aimed at all employees, their partners and family members.

Bar, food and live entertainment will be all part of the fun.

To register, visit www.challenge200.co.uk/ffd

FAMILY FUN DAY

To make our Family Fun Day a success, we are looking for small businesses to hold a stall at our event, if you know of anyone who would like to purchase a stall to promote their business and sell their products, ask them to email Graduates_STN@magairports.com to show their interest.

We would also like to hear from the bands who are willing to entertain our guests.

Have you got your copy yet?

Our charity calendars are selling fast and half of our limited edition are gone already, so don't leave it too late.

They are available to purchase from the ID centre and are available in 3 different sizes, A3, A4, A5.

All pictures were taken by our airport colleagues.



Where to find us.....

Email charity@stanstedairport.com

The Hub

MyMag app

Facebook page - Stansted Airport Sports and Social

Facebook/ Twitter page - @CLIC Sargent

