

SpeakOut

The newsletter of Oracle Cancer Trust



LEADING RESEARCH INTO HEAD AND NECK CANCER

SPRING 2017

Oracle's Research making an impact on Head and Neck Cancer treatment

A recent study at The Institute of Cancer Research, part funded by Oracle, has shown that pre-treating head and neck cancer cells with a new experimental drug makes them more sensitive to subsequent radiotherapy treatment.

The study, which was co-led by Oracle Honorary Trustee Professor Harrington, showed that treating head and neck cancers with an experimental drug called CCT244747 makes radiotherapy more successful at killing them. The drug, when used in combination with radiotherapy, also slowed the growth of human cancer tumours grown in mice compared to tumours which were treated with radiotherapy alone.

How does CCT244747 work?

CCT244747 is a type of molecule called a Chk1 inhibitor. Chk1 inhibitors stop cells from being able to repair themselves if mutations are detected in the cell DNA. Since radiotherapy treatment often causes a number of mutations to arise in a cell's DNA, this repair mechanism is normally key to a cancer cell's survival after radiotherapy.

In Professor Harrington's study, published in the journal Radiotherapy and Oncology, the cancer cells treated with CCT244747 were unable to repair themselves and continued to try to grow and divide despite the damage. As a result, they either died prematurely, or passed on irreparable mutations to their descendants.

The researchers also found that the inhibitor only had this effect on cancerous cells. In healthy cells, the treatment was no more damaging than using radiotherapy alone.



Study co-leader Professor Harrington, Joint Head of the Division of Radiotherapy and Imaging at the ICR, said:

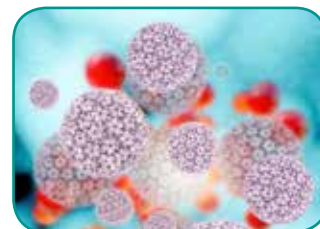
"Our study has shown that an experimental Chk1 inhibitor effectively sensitises cancer cells grown in the lab and in mice to radiotherapy treatment – and could in the future become a new and effective treatment option in head and neck cancer."

What's next for CCT244747?

CCT244747 was discovered by scientists at the ICR, in collaboration with cancer drug discovery company Sareum.

Oracle's research has been key to laying the groundwork for the development of new drugs like CCT244747.

The Charity continues to work with our collaborators to ensure that our contribution is recognised in intellectual property rights to ensure that we can continue to fund our groundbreaking research and develop new treatments.



Research Projects Update



Highlights from the 2016 Glory of Christmas concert



Our 2017 London Marathon runner Ian boosts his fundraising effort



Join us to help raise funds at Just Walk on the South Downs in May



Message from our Voluntary CEO, Jamie Newall

Dear Oracle Supporters,

Welcome to the 2017 Spring issue of our Newsletter. This is going to be an exciting year for Oracle Cancer Trust and I look forward to updating you with developments as the year progresses.

We are delighted to welcome Nicola Ridges-Jones to the Board of Oracle Cancer Trust as a Trustee. Nicola, Managing Director of Macintyre Scott Xtra, is a long-term supporter of Oracle and brings a wealth of fund raising and commercial experience to the Board. We also welcome Mr Stuart Winter BSc, MB ChB, MD, FRCS (ORL-HNS) a Consultant ENT Surgeon at Oxford University Hospitals and Dr Ketan Shah BM, BCh, Consultant Oncologist at Oxford University Hospitals, to Oracle's Research Committee.



Oracle's Voluntary CEO Jamie Newall

We are currently funding 11 research projects with over £1.1m of funding committed. The projects range from an extension of Dr Malin Pedersen's excellent work on thyroid cancer to Dr Shree Bhide's translational research into HPV positive head and neck cancers. To achieve our goal of 18 live projects by 2019 we continue to need your support as individual project costs range from around £50,000 to over £250,000.

We will be publishing Oracle's three year Research Strategy later this Spring and it was good to see the validation of our approach in the 3rd March press release of The Institute of Cancer Research which we have featured on the front cover of this newsletter. In the release, Oracle received due recognition for funding the proof of concept that has now been advanced to a potential new treatment option for head and neck cancer patients.

It was fantastic for me to meet so many of the Oracle 'family' of supporters at our Glory of Christmas Concert. It was a wonderful evening, supported by our Patron HRH Princess Alexandra. I would like to add my personal thanks to Linda Wimble and her team of volunteers whose organisation of the evening was superb. I look forward to meeting more of you at our 2017 events including our first ever Quiz Night and our Oracle Research Evening. Last year's event was so well attended we have had to relocate to a larger venue and we are grateful to Grange Hotels for sponsoring this year's event on the 11th October at The Grange City Hotel in London.

I hope you enjoy reading this issue of Speak Out and that you won't hesitate to get in touch with us should you have any comments, questions or contributions.

Jamie Newall
jamie@oraclecancertrust.org

Annual Accounts and Reports

Oracle's 2015-2016 Annual Accounts and Reports are available to download via our website at www.oraclecancertrust.org/about-us/annual-reports. The 48 page document highlights all our key successes with research and fundraising as well as financial figures for the previous financial year.

Costs were kept to an absolute minimum in writing, designing and producing the report in-house.



Contact us:

Oracle Cancer Trust
32-36 Loman Street
London SE1 0EH
Telephone 020 7922 7924 info@oraclecancertrust.org www.oraclecancertrust.org
Head of Operations: Sarah Bender sarah@oraclecancertrust.org
Head of Fundraising: Emma Colliver emma@oraclecancertrust.org
Charity Administration: Linda Wimble linda@oraclecancertrust.org
Designed and produced in-house



Oxford clinicians join Oracle's Research Committee



Oracle's Research Committee has been strengthened with the addition of two leading head and neck experts, Oncologist Dr Ketan Shah (pictured top), and ENT Surgeon Mr Stuart Winter. Dr Shah and Mr Winter both work at the Oxford University Hospitals NHS Trust and are committed to pioneering research into head and neck cancer having already run several successful projects at the hospital.

The role of Oracle's Research Committee is to review applications received from a wide range of academic institutions throughout the UK and evaluate their promise in terms of leading to mainstream funding and likelihood of entering into the clinic as trials. Unfortunately mainstream medical research funders will not consider projects that do not have a proof of concept, and this is why Oracle's role in funding these early-stage "seed" trials is so vital.



Oracle's Research Committee is wholly independent, voluntary, and is Chaired by leading City financier Keith Jones along with head and neck oncologist, Dr John Glaholm. The committee meet up to four times a year, to review new applications and appraise all current research projects to ensure that they continue to meet with Oracle's stringent funding and research criteria.

Oracle has recently published its first three year Research Strategy which outlines the Charity's aims and objectives from 2017-2020. To view the document, please visit www.oraclecancertrust.org/research/research-strategy.

Nicola Ridges-Jones joins Oracle's Board

Oracle is delighted that Nicola Ridges-Jones has agreed to join the Board of Oracle Cancer Trust. Nicola has been a fundamental part of Oracle's voluntary management team over the past few years, and, as well as being a leading businesswoman, is a passionate and dedicated supporter of the charity. Nicola was the driving force behind Oracle's Business Plan and we are extremely grateful that she has agreed to join our Board to help shape the exciting future of the Charity.

Says Nicola,

"It is a huge honour to have been invited to join the Board of Oracle Cancer Trust. I am excited to be apart of the decision making process as Oracle embarks on the next phase of the strategic journey to raise awareness and explore every funding opportunity so that we can increase the number of research projects."



New Board Member
Nicola Ridges-Jones

"My family and I first discovered Oracle when my father was diagnosed with throat cancer in 2002. We are so immensely grateful to its work which directly resulted in improving the quality of my father's life during his illness. I have worked with Oracle ever since to help raise awareness of the funding required for the research which is so desperately needed to help improve the quality of life for others who are diagnosed with head and neck cancer. As Oracle receives no government funding and relies entirely on charitable donations to carry out its vital work, I felt moved to help and started organising events, attending Oracle events and trying to persuade others to donate or simply attend and support me. Based on the South Coast I am the Managing Director for a warehousing and logistics company. We supply services to the Travel Retail Trade and I hope that my wealth of managerial experience will bring additional diversity to the Board."

Nicola joins existing board members Sir Michael Lockett KCVO, Voluntary CEO Jamie Newall, Keith Jones and Oracle's founder and Chairman of the Board, Peter Rhys Evans.

New MR Linac machine uses a crab to test image quality



The revolutionary new MR-Linac machine combines two technologies - an MRI scanner and a state-of-the-art radiotherapy system to precisely locate tumours and deliver radiation doses with more accuracy. The UK's first MR Linac, which is located at The Royal Marsden Hospital in Sutton performed a "beam on image" research test on a crab to assess the machine's image quality. A crab was chosen as it symbolises cancer in the astology world and features in The Royal Marsden crest. Other countries with an MR Linac machine also scanned iconic objects to test image quality - the first Australian MR Linac imaged a piece of kangaroo meat, while the Netherlands scanned tulips and Texas MD Anderson Center scanned a T-bone steak.

Says project leader Professor Uwe Oelfke

"For us it was interesting to see if the image quality changed when the beam was turned on and when it was turned off. It demonstrated to us that the radiation beam does not affect image quality"

The machine is currently undergoing testing and it is hoped that the first patients will be treated later this year, initially through clinical studies in hard-to-treat cancer types.

Oracle is currently funding two PhD students Jennifer's project, looking at designing computer software that will help clinicians to automatically define the boundaries between normal tissues and cancerous head and neck tumours on the MRI images.



Delivery of the new MR Linac to The Royal Marsden Hospital in Sutton

Annual Supporters Research event Tuesday 10th October 2017

Following the success of our 2016 event we are delighted to announce that our third Annual Research event will be held on the 10th October at the Grange City Hotel, located in the heart of the City of London, just moments from the Tower of London. Having outgrown holding our annual event at the ICR, we are extremely grateful to Grange Hotels for generously hosting and sponsoring the evening.

The event starts at 6.30pm with registration, followed by a series of short presentations from research project leaders including Professor Chris Nutting, Professor Kevin Harrington and Professor Uwe Oelfke as well as their teams of talented researchers. All researchers will be available to talk to visitors in a series of break-out areas to discuss their projects in more detail.

This is a free event and open to all supporters interested to hear more about our pioneering work in head and neck cancer research. During the evening refreshments and a buffet will be serve. For guests that would like to stay over at The Grange City after the event, please get in touch so we can offer, subject to availability, a preferred Oracle guest room rate.

Please note that numbers are limited for the event and early registration is advised.

To register, please visit www.oraclecancertrust.org/events, email us at events@oraclecancertrust.org or call on 020 7922 7924.



Grange Hotels are kindly sponsoring and hosting our 3rd Annual Research Event



Join the team for our third Annual Supporters Research evening Tuesday 10th October at the Grange City Hotel, London EC3

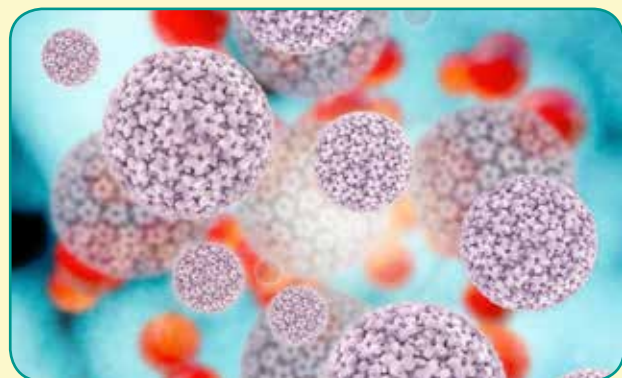
Oracle funds vital study into HPV positive cancers

Oncologist and Researcher Dr Shree Bhide is aiming to develop a test to determine which patients may or may not benefit from reduced radiotherapy treatment



Head and neck cancer has always been associated with a disease that affects older men with risk factors such as smoking and heavy drinking. Due to the alarming rise in incidence of the HPV virus, an increasing number of younger men and women are also being diagnosed with head and neck cancer. Patients are now being routinely diagnosed in their forties and fifties with HPV positive head and neck cancers.

Over recent decades, the incidence of HPV-positive cancers of the tongue, tonsil and soft palate have doubled in the UK, US and Northern Europe. This makes understanding the link between HPV and head and neck cancer a vital area of research. New research has identified a link between HPV-related head and neck



cancer and sexual behaviour. While HPV can be transmitted after just one sexual encounter, the risk increases with the number of sexual partners a person has¹.

Oracle has recently agreed funding for a new translational research project into HPV-positive head and neck cancer at The Institute of Cancer Research (ICR). The work will be undertaken under the supervision of Researcher and Oncologist Dr Shree Bhide (pictured), researcher at The ICR and oncologist at The Royal Marsden Hospital.

Dr Bhide is aiming to develop a test to help determine whether certain HPV-positive head and neck cancer patients may benefit from reduced radiotherapy treatment. The work being funded by Oracle sits alongside a clinical trial being funded by Cancer Research UK called PATHOS. During the PATHOS trial, HPV-positive cancer patients

Facts about HPV Positive Head and Neck Cancer

- The HPV virus now poses a greater risk to developing head and neck cancer than tobacco or alcohol use
- People with an oral HPV infection have a 50 times greater risk of developing head and neck cancer versus the general population
- Currently 75% of head and neck cancer tumours test positive for the HPV virus
- A growing number of these newly diagnosed cases are among men in their forties and fifties²

will be allocated one of four treatment regimens with varying amounts of radiotherapy and chemotherapy. By separating patients into these different groups, clinicians will be able to test the effects of reducing the amount of radiotherapy or chemotherapy given to a patient to see whether it improves rates of long-term side-effect such as swallowing problems. However, for this work to be used to inform future treatments for patients, it is crucial that scientists can build up a better understanding of the biological mechanisms that are underpinning these results.

Oracle funding will allow Dr Bhide to take tumour samples from patients enrolled in the PATHOS trial back to the lab bench for analysis. Specifically, he will be assessing the samples to investigate how the body's immune system and the tumour seem to have interacted before, during and after treatment, as well as looking for evidence of interaction between the HPV virus and the patient's immune system.

By looking for any differences in biological markers that appear in the tumours from patients who react better or worse to treatments, it is hoped that clinicians will be able to develop diagnostic tests to assess which patients may benefit from reducing the dose of radiotherapy or chemotherapy given to them, thereby reducing the burden of unnecessarily toxic or harsh treatments.

1. <http://makesensecampaign.eu/en/cancer-information/hpv-in-head-and-neck-cancer/>

2. Data source: U.S. Cancer Statistics Working Group. United States Cancer Statistics: 1999–2013 Incidence and Mortality Web-based Report. Atlanta (GA): Department of Health and Human Services, Centers for Disease Control and Prevention, and National Cancer Institute; 2016. Available at: <http://www.cdc.gov/uscs>.

Support our fundraising Events

Oracle Quiz Night, Tuesday 23rd May 2017



We are delighted to announce that we are hosting a fun Charity Quiz Night in May at a lovely gastropub, The Imperial in Fulham, which has kindly given us exclusive use of their wonderful venue for the evening.

Tables are available for teams of up to six but smaller groups are most welcome. The price includes a gastropub supper and welcome drink.

The evening will include questions on trivia, sport and current affairs including some surprise questions. We will also have some fantastic raffle prizes on offer.

Tickets are just priced at £25 per person and are available online at:

www.oraclecancertrust.org/events
Email us at events@oraclecancertrust.org
or call us on 020 7922 7924



The Imperial
577 Kings Road
Fulham, SW6

£25 per person
including supper
and welcome drink



8th Annual Golf Day, Thursday 28th September 2017

We are delighted to announce that our 9th Annual Golf Day will be held on Thursday 28th September 2017 at the prestigious Burhill Golf Club near Weybridge in Surrey. Always hugely popular with friends and supporters of all golfing abilities, our golf day is always a fun day out whilst raising funds to support our pioneering research programmes tackling head and neck cancer.

Players can enjoy breakfast in the stunning Georgian clubhouse followed by a briefing from the Head Greenkeeper. They will then head out onto the course for a 10am shotgun start. There will be some fun on-course competitions such as beat the Pro, nearest the pin and longest drive.

The price for a fourball team is £550 and individual players are welcome for £140. The price includes breakfast, 18 holes of golf on The Old Course, a three course lunch with entertainment and a welcome gift bag.

Following the golf, we have a three course lunch with entertainment provided by the hilarious Aaron James (pictured). Aaron is one of the UK's speakers and has appeared in numerous shows in Las Vegas, World Cup finals, "Friday night with Jonathan Ross", C4 "Big Breakfast", Match of the Day Live at the N.E.C and much more.

We also have a fantastic range of prizes for individual, on-course and team competitions and the replica claret jug, "The Derek Lucie-Smith Memorial Trophy" to play for.

One of the finest golf courses in South East England, Burhill Golf Club regularly hosts PGA competitions as well as qualifying rounds for the prestigious Open Golf Championship.

Could you sponsor some aspects of the day or help with prizes? From hole sponsorship to providing silent or live auction prizes any support would be greatly appreciated. Do get in touch by emailing sarah@oraclecancertrust.org or calling on 020 7922 7924.

If you have any queries or would like to book us for the day, please email events@oraclecancertrust.org or call on **020 7922 7924**. You can also book individual or team places online at www.oraclecancertrust.org/events.

10am shotgun start
Golf, entertainment and
three course meal

£550 fourball team
£140 individual player



The Derek Lucie-Smith Memorial Trophy awarded to the best player was won in 2016 by Julian Buck



Leading entertainer Aaron James is our host and MC for the event

11th Glory of Christmas Concert

On 5th December 2016, we held our 11th Glory of Christmas Concert at St John's Smith Square, London in the presence of our Patron, HRH Princess Alexandra.

It was, as always, a glorious occasion with music from The Thames Chamber Orchestra, conducted by Keith Marshall accompanied by the soaring voices of the Choir of Christ's College, Cambridge. In addition we were treated to virtuoso performances by internationally renowned musicians, David Juritz and Deian Rowlands on violin and harp respectively. The music included pieces by Bach, Britten Handel, Rutter and Vivaldi with a number of popular carols sung by the choir and audience.

Readings were given by ex-patient, Simon Drummond Brady and a member of the team from the Royal Marsden, Senior Nurse Practitioner Jorn Rixon-Osterbro who delighted guests with their festive recitals. Chairman Peter Rhys Evans spoke passionately about the aims and objectives of Oracle Cancer Trust while Professor Kevin Harrington described several of the projects which the charity is funding and benefits head and neck cancer patients.

Following the concert, there was a private drinks reception, very generously sponsored by one of our benefactors, at which guests were presented to HRH Princess Alexandra. Many of the guests joined the throng to socialise in the convivial surroundings of the Crypt and Princess Alexandra showed a great interest in the activities, not just of the charity but also of donors and fundraisers.

We were thrilled by the level of support shown by you, our supporters, not just in your willingness to buy tickets for the event but also by the level of your generosity with donations. We are also very grateful to our advertisers, The Sloane Club, Liles Morris and Grange Hotels as well as to Freestyle Print who very kindly sponsored the invitations.

Save the Date

Glory of Christmas 2017
Monday 4th December
St John's Smith Square
London SW1



Mr and Mrs Mohan Mahtani with Peter Rhys Evans



Some of the volunteers on the evening



Patient and reader Simon Drummond-Brady with Peter Rhys Evans



Oracle funded researchers Eva Crespo-Rodrigues and Dr Malin Pedersen



Acclaimed violinist David Juritz performs Vivaldi's The Four Seasons



Jamie Newall, HRH Princess Alexandra, Peter Rhys Evans and Olivia Culverwell



Volunteer Sophie Rhys Evans with reader Jorn Rixon-Osterbro from The Royal Marsden Hospital



Sir Christopher and Lady Lewinton with Peter Rhys Evans

Supporter Fundraising

Help Oracle win new Corporate Partnerships



Oracle is currently funding 11 pioneering head and neck cancer research projects, but the charity is ambitious to do more. Oracle aims to expand its work to support 18 projects by the end of 2019.

If Oracle is going to achieve its goal, we need to raise more funds. One way the charity is looking to do this is to secure partnerships with organisations.

How you can help?

Nominate Oracle as your organisation's Charity of the Year. Does your organisation have a Charity of the Year scheme? Many firms select a charity partner on a rolling basis often by inviting staff nominations. They choose to support their charity partners in different ways - some through staff fundraising, others through marketing and pro-bono activity. Let us know if your firm chooses a charity partner (or if it might like to set up a new Charity of the Year scheme) and we'd be happy to support any nomination you make by providing the latest information about Oracle's activities and impact.

Set up a staff challenge

Looking to motivate your staff team at work or to showcase your firm's corporate social responsibility credentials? Oracle can send you a list of current challenge event opportunities - runs, cycles, swims, treks - and support you in signing up a staff team to take on a sponsored charity challenge.

Business Networking

Does your firm take part in or co-ordinate business networking events, trade fairs or awards night events? If so, Oracle welcomes any opportunities to attend events and meet other professionals to talk about our work.

Sponsor an Oracle Event

Many of you have attended one or more of our annual Oracle Events over recent years such as our Golf Days, Glory of Christmas Concerts or Research Events. Oracle is always on the look-out for firms willing to sponsor its events either fully or in part. In return, the charity can offer a number of benefits and marketing opportunities to sponsors. If you know an organisation or individual who may be interested in discussing future sponsorship opportunities with Oracle get in touch.

To find out more about how you can support Oracle in securing corporate partnerships or to share ideas, email emma@oraclecancertrust.org or call us on 020 7922 7924.

Corporate Partnerships Case study : Carswell Gould and Oracle

Carswell Gould is an award-winning integrated marketing and communications agency based in Southampton. The firm decided to support Oracle after one of their clients lost their former Managing Director to throat cancer in 2004.

To kickstart their fundraising, in September 2016 a team of four from the firm took on an epic cycling challenge in aid of Oracle - the Massif Challenge. The challenge saw the team riding 550 miles over steep hills and across French countryside on part of the Tour de France route. The team beat their original fundraising target of £1,000 to raise £1,200.

Says Richard, Carswell Gould Staff Member

"I have experience of close friends and family suffering with cancer so I understand the importance of the work that organisations like Oracle do and am proud to be helping out such a noble cause"

Carswell Gould will be continuing to support the charity in 2017 with staff already signed up to undertake the popular Prudential RideLondon-Surrey 100 bike ride in aid of Oracle's research.



Upcoming Challenge Events

Just Walk on the South Downs, 13th May 2017

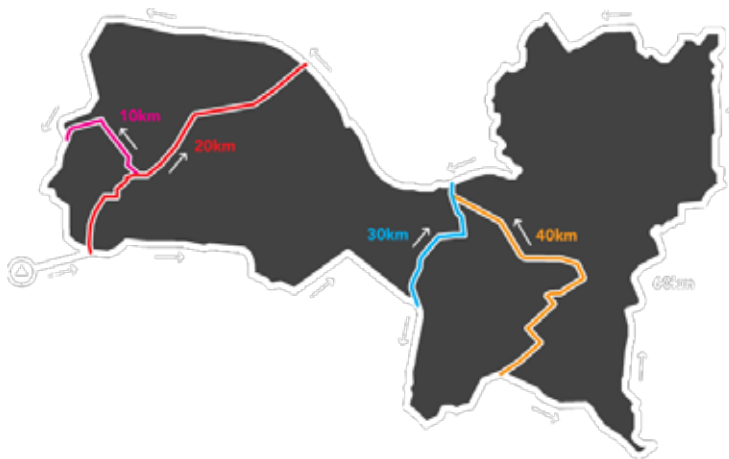
Join Oracle for JUST WALK – a unique challenge event where you can raise money for charity walking against the backdrop of the beautiful South Downs. Choose a walking distance to suit your fitness level or goal – 10km, 20km, 30km, 40km or the BIG 60km!

The walk starts and finishes from the Goodwood Racecourse in Chichester, West Sussex. All the routes are circular and take on the rolling hills of the West Sussex Countryside including sections of the South Downs National Trail.

There is a small registration fee to take part in the event paid directly to the organisers and Oracle is encouraging you to raise an additional £75 per person in aid of our work but that's up to you - there is no minimum sponsorship requirement!

There are also group discounts if you're taking part with a group of more than 10 so why not team up with family, friends or colleagues to take on the challenge?

Sign up for the event and get more details at www.just-walk.co.uk. If you are interested in joining us or finding out about group discounts, please email emma@oraclecancertrust.org or call us on 020 7922 7924.



Walk the beautiful South Downs and West Sussex countryside, starting and finishing at Goodwood Racecourse in May 2017

Run The Royal Parks Half Marathon for Oracle this October

Oracle has secured three places for the popular Royal Parks Half Marathon in London taking place on Sunday 8th October. In it's 10th year, this iconic run takes in some of the capital's world-famous landmarks and four of London's Royal Parks - Hyde Park, Green Park, St James's Park and Kensington Palace Gardens.

All roads are closed for runners on the day and this fantastic event goes beyond just running 13.1 miles - the event is designed so that spectators have as much fun as the runners themselves.

Oracle is looking for three supporters to take on the 13.1 miles and each raise a minimum of £500 to support our cancer research programmes. Will you take up the challenge?

To find out more about the event visit <https://royalparkshalf.com>.

If you'd like to run for Oracle email emma@oraclecancertrust.org or call us on 020 7922 724.



My diagnosis of cancer of the larynx by Ashley Scully

I am a 66 year old father and grandfather living in Barnsley, South Yorkshire. I work as a psychotherapist in my own practice and with the NHS primary care mental health team.



I formerly worked as an engineer in a local coal mine for 20 years before reading psychology at The University of Leeds.

I was diagnosed with cancer of the larynx in March 2015. This followed a long period of procrastination on my part where, for almost 12 months, I had an irritating little cough in my throat and my voice would change pitch which I tried to ignore.

My wife Kathryn badgered me to visit my GP who, after sending me for a chest x-ray which showed clear, then referred me to my local ENT department. The camera showed an abnormality on my larynx and so a biopsy was ordered. Carried out in the hospital day unit under general anaesthetic, the biopsy showed abnormal cells which were cancerous. As a lifetime non-smoker I was devastated.

I was called to ENT outpatients and Kathryn came along with me. We knew immediately, with all the people in the room with the consultant Mr Nessbaumer, that the news wasn't good but he was very matter of fact and sympathetic in breaking the news to us that I had cancer. Mr Nessbaumer explained that the cancer was non aggressive and looked operable with a good possibility of saving my voice, news that brought great relief to me and Kathryn. We were introduced to the specialist cancer nurse within the department who spoke to us in private explaining the procedure and the pre and post operation support and aftercare. I was also introduced to the speech therapist who explained her role and how we would get my voice back to its best capacity.

Within two weeks I had my operation to remove the cancer from my larynx in my local hospital. Within a week I was called back to see my consultant who gave me the news that the final biopsy during the operation had shown that the whole of the cancer hadn't been removed and that it was deeper than first thought.

I was then referred to a specialist ENT cancer unit at Sheffield Hallamshire hospital where the consultant there said after examination that he felt he could still operate again and probably save my voice. So, once again I had the operation which post-op left me quite ill and with very little voice.

This operation proved to be a success and luckily I didn't need radiotherapy so, after a period of healing my speech therapy began. It was difficult getting the strength back in my voice but the therapist was wonderful and supportive.

The specialist nurse in ENT outpatients was amazing in her knowledge and support.

"A friend of mine told me about Oracle so I visited their website and was amazed at the amount of information available.

I was so reassured that a lot of the stress and worry was taken away because of the work they do"

After a year of recovery and speech therapy I was able to return to work. I am still having regular checkups at ENT and I am starting to train again for the Leeds 10k race which I have run 5 times. This year I will be fundraising for Oracle Cancer Trust.

Symptoms of Cancer of the Larynx

- A sore throat that does not go away
- Constant coughing
- Pain when swallowing
- Trouble swallowing
- Ear pain
- Trouble breathing
- Weight loss
- A lump or mass in the neck (due to spread of the cancer to nearby lymph nodes)

Support Ash on his 10k Leeds run at www.justgiving.com/Ashley-Scully2

Running the 2017 London Marathon in memory of my stepfather Neil

My name is Ian Mitchell and this year I will be running the London Marathon in aid of Oracle Cancer Trust.

By day I am the Operations Director for powered access provider Star Platforms Ltd. By night you will find me pounding the pavements of Dunstable in preparation for what will be the biggest challenge of my life.

Why am I supporting Oracle? On the 19th September 2014 my stepfather, Neil Jones, the man I looked up to, the man who had a huge influence on my upbringing lost his long and at times incredibly difficult battle with throat cancer. We knew the inevitable was only a matter of days away but you still cannot prepare yourself for the moment a loved one takes their last breath. When I first decided that I wanted to take part in the world's most famous road race (having been inspired by my two closest friends whom I watched at last year's race) I chose not to apply through the public ballot as I wanted to raise money for charity and help others less fortunate than me.



My wonderful stepfather Neil who lost his battle with throat cancer in 2014

I approached my mother, Margaret, and simply asked her to choose the charity for which I would run. Mum had no hesitation in choosing Oracle Cancer Trust. I sent my application to Oracle and within a couple of weeks found out that I had been successful and that I would in fact be Oracle's one and only runner. What an honour.

Once reality sunk in, I wanted to research the charity that I had committed to raise a minimum of £2,500 for. I was initially very surprised to learn that Oracle is only funded by donations and that it pioneers groundbreaking research into cancers of the head and neck. We have all been touched by cancer at some time and those who knew my stepfather, Neil, will remember the awful side effects he had to cope with. In the last 15 months of his life he couldn't eat, drink or speak and yet remained strong and brave. Back in 2006 he took part in a clinical trial himself so I know how passionate he was to help others. Neil was a big supporter of Oracle as is my Mother which makes me so determined to make her and Oracle proud.

Running the London Marathon will be the biggest challenge of my life. Yes, it will be emotional and yes, I'm sure it will be painful, but my aches and pains will be gone after a couple of days - so is it really that big a challenge? If my efforts over the coming weeks results in one person experiencing a better quality of life or improves their

chances of survival, I will feel real accomplishment, if we can help as many people as possible we should all be very proud of ourselves.

I am delighted to report that I have exceeded my target of £2,500 for Oracle so I've decided to raise the target to £3,500.



My day job as operations Director of Star Platforms

I recently joined Facebook as it creates the perfect opportunity to share stories of Neil, raise awareness of Oracle and all the fantastic work that they do and share my training runs so people can see how I am progressing.



Our bucket collection in Milton Keynes raised over £250 boosting my fundraising target to just over £2,500

In February I organised two fundraising events. Over 100 people attended a charity race evening and I also organised a quiz night which raised over £750. I was delighted that Professor Kevin Harrington recorded a personal video message which we played during the evening wishing me luck for the run in 2017. We also braved a cold winter's day in Milton Keynes with family and friends, raising over £250 doing a bucket shake.

I am grateful to Oracle Cancer Trust for putting their trust in me. It is a true honour to represent this fantastic charity and I will not let them down.

Ian Mitchell

Support Ian in his 2017
London Marathon bid at
www.virginmoneygiving.com/ianmitchell2

Pledge

PLEDGE

Legacy Giving

Oracle Cancer Trust is truly grateful for the compassion of anyone who leaves a gift in their will, whatever its value. Today's legacy gifts will help us to find better treatments and new cures for future generations of patients suffering from head and neck cancer.

Donate

DONATE

Online

You can now make a one-off donation or set up a regular donation directly via our website at www.oraclecancertrust.org/donate

Regular Giving

By becoming a regular donor you can help ensure that Oracle's research programmes get the funding they need to make advances in finding newer and kinder treatments for head and neck cancer. A direct debit form can be downloaded via Oracle's website at www.oraclecancertrust.org/donate

Shop and Donate for free with easyfundraising

Did you know that you can shop and raise funds for Oracle at the same time? Easyfundraising has joined forces with thousands of well-known retailers who have in turn agreed to pay a small commission towards the charity of your choice at no extra cost to you. See www.easyfundraising.org for more information.

Eat out and Donate - book using www.charitablebookings.org

Whether for business or pleasure, enjoy making restaurant reservations via the ChariTable bookings app where an incredible **£1 for EVERY diner** will be donated by the restaurant to a charity of your choice at absolutely no cost to you. Visit www.charitablebookings.org for more information or visit the App or Android store to download the app.

Support our Events in 2017

Tuesday 23rd May 2017 Pub Quiz, The Imperial, Fulham SW6 from 6.30pm

Join the whole team for a fun evening of trivia in support of a good cause. Tickets £25 including supper, welcome drink and quiz.

Thursday 28th September 2017 Annual Golf Day, Burhill Golf Club, 10am start

£550 fourball team, £135 single player. Our ninth annual golf day is a day for all levels of golfers to enjoy a great day's golf at one of the UK's leading courses. The day includes breakfast, golf on the Old Course, a three-course lunch and entertainment with the hilarious Aaron James. A must for all golfers!

Tuesday 10th October 2017 Annual Research Event, Grange City Hotel London EC3

A free supporter event to hear the latest innovations in head and neck cancer research from Oracle's funded project leaders. Buffet and refreshments will be served. An informal opportunity to meet the whole team behind the research projects.

Monday 4th December 2017 The Glory of Christmas, St John's Smith Square, SW1

The highlight of our year and a wonderful start to the festive season, our 11th Christmas concert. With music by Thames Chamber Orchestra featuring popular classics as well as festive carols with readings, our much-loved celebration concert returns to St John's Smith Square in London SW1.

For further information please email us at events@oraclecancertrust.org or visit www.oraclecancertrust.org/events



FIND US ONLINE: oraclecancertrust.org

Oracle Cancer Trust, 32-36 Loman Street, London SE1 0EH
 Telephone: 020 7922 7924 Email: info@oraclecancertrust.org
 Registered charity 1142037
 Leading Research into head and neck cancer

