

A HUGE Thank You to

Sue Avann completed the Reading Half Marathon and raised £1,624.

Di Jinks in memory of beloved daughter Karen Oswell donated £500.

Peter Pires of the Butcher's Arms Restaurant, Southam, Warks. Helen, Lino and Peter held a raffle and raised £3,535. Their generous support for us continues.

Waitrose adopted us for a month in their popular Community Matters' campaign and raised £290.

Alison, David and William Swain raised £1,211 whilst on the run in the Birmingham Half Marathon.

John Davies, another Half Marathon runner in Birmingham raised £740. Well done John.

Gerry Monaghan collects his 'recovery tips' and kindly donates them to us and sent us £365.

Temperature Control: in lieu of Xmas Cards 2009. A superb initiative from which we all benefit raised £400.

Andrea and Paul Bennett hold an annual TVR Car Event and chose to donate £1,650 to us in 2009.

Tony and Barbara Pritchard held a coffee morning in January at their home and collected £140 for the Complementary Therapy Room.

Woodhall & District Ladies Circle donated £371.

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About 'Get A-Head'

Our aim is to raise money to help those who suffer from cancer and other diseases of the head and neck either via research, education or the purchase of vital equipment. Our mission is to benefit our patients.

Trustees

John James - Chairman
Rachel Barron
John Watkinson

Patrons

Digby Lord Jones of Birmingham KBE
Dr Hilary Jones
Peter Scudamore MBE
Nigel Wray
Cher
Trevor Francis

Fundraising Committee Members

Tom Bromwich - Chairman
Robert Spittle - Ball 2010 Chairman
Mark Esom - Vice Chairman
Paul Hales
John James
JJ Loades
Simon Millington
Graham Mosedale
John Watkinson
Verve Promotions

Head & Neck Office
Ward East 5
Queen Elizabeth Hospital
Edgbaston
Birmingham, B15 2TH

www.getahead.org.uk
Tel: 0121 697 8371

Newsletter sponsored by



Registered Charity: 1118326



The 'Get A-Head' newsletter

Fighting Head & Neck Cancer & Other Diseases

www.getahead.org.uk SPRING 2010



Dedication and Commitment!

A message from our chairman John James

2009 was another good year for 'Get A-Head' and my thanks go to everyone who does so much to boost our finances and provide support to our patients and their families. I never cease to be amazed (and humbled) by their dedication and commitment.

You will read in this publication some heartwarming stories of our fundraising and how this income is put to practical use. You will also see what we are planning this year - and why. I hope you will feel (as I do) that the Trustees and Committee are doing an excellent job.

I am standing down as Chairman of 'Get A-Head' in the Spring after a wonderfully fulfilling four years. I succeeded the late (and still hugely-missed) Roger Dickens and having been supported by his family and friends, there is no doubt that part of the ongoing success of 'Get A-Head' is

built on his legacy. The other major factor - which thankfully is a continuing one - is Professor John Watkinson. There from the very beginning in the early 1990's, John has been the driving force behind 'Get A-Head' and remains so.



Tom Bromwich takes over from me in April and I could not be more pleased by his appointment. His achievement as Chairman of

the 2009 Ball Committee was quite remarkable (you can read about it elsewhere in this Newsletter) but more importantly he has built a team around him who will be committed to 'Get A-Head' for years to come and he has personal and family ties which bind him to us. Tom will make an outstanding Chairman.

So I step down secure in the knowledge that 'Get A-Head' is in safe hands and fully committed to the care and treatment of those with head and neck cancer and related illnesses.

A New Partnership!



We are very fortunate to have secured a charitable partnership for the next academic year with Warwick School. The first event is a Family Cricket Day on Sunday 4th July at the school's 40 acre site made up of a 'Get A-Head' Invitational side and a Lord's Taverners X1. This will be co-ordinated by Neil Smith (former Warwickshire CC and England Player). The Charity has been nominated by the school and will be supported throughout the next academic year in both the junior and senior schools. They are also holding a Big Breakfast/coffee morning as well as other fundraising activities being undertaken by the pupils during the term. 'Get A-Head' will speak to the boys at the school about the charity and in particular the research carried out since its foundation 17 years ago. A group of sixth formers are coming to talk to the Fellows currently employed by the charity who are involved in specific research at Birmingham University. It is important to fully involve the people who are supporting us, so that they can appreciate the research 'Get A-Head' is involved with.

Newsletter sponsored by



If you would like to know more about us or have fundraising ideas please contact The 'Get A-Head' Office on 0121 697 8371.

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The 'Get A-Head' BALL 2009



This year I had the honour of chairing the Ball Committee and as I mentioned on the night, my sincere thanks must go to the help and support I received from the committee members of 2009, Mark Esom, Robert Bertram, Rob Spittle, Edward Bromwich, Steve Dodd, Matthew Guest, Paul Hales, John James, Graham Mosedale and John Watkinson, together with Ruth Whittall and Brian Chappelhow of Verve Promotions who once again helped to organise such a fantastic evening.

The evening was outstanding and superbly attended by 680 people, with fantastic performances by Blake, Bobby Davro, and Johnny and the Zephyrs. The auction was conducted by Lord Jeffrey Archer, who once again, exceeded all expectations with the income generated. We also had guest appearances by Lord Digby Jones and Austin Healey, who entertained the audience with tales of his rugby days and dancing prowess and generously donated himself as an additional prize – Austin that is!

We were of course indebted to our principal sponsor, Monitise Group, whose help was invaluable, together with all of those companies and individuals that supported the evening with donations. The total figure raised was £151,000, an extraordinary amount during a tough year.

This year's Ball is to be held on the 13th November under the Chairmanship of Rob Spittle and we are all working very hard to ensure it is every bit as successful as 2009.

Tom Bromwich, Chairman



There are 'prizes' at auctions and there are **experiences!**

We are indeed very grateful to all who donate such items, but we must put our hands together for Hoss Mehjoo, to show our debt of gratitude for once again giving us the gorgeous Fire & Ice Sunseeker Yacht which not only raises much needed funds; it generates an enormous amount of excitement during our main auction at the Ball.



sponsors that **SPARKLE**

We are deeply grateful to Adrian Fawcett, Chief Executive of BMI Hospitals for his £4,000 contribution to our Ball 2010 Sponsorship.

If you would like to join the line-up of sponsors and sparkle in our Ball 2010 Brochure, please call Marilyn Ward on **0121 697 8371** to discuss what package we can offer you.

BMI Hospitals contributed **£4,000**

The Choice is yours!

Helen Guest



I would like to begin at the end of this story, as it is always the best bit. I am now the Mother of twins, my beautiful babies, Henrietta and Joshua followed the wedding of a lifetime last year. However, less than six years ago, at the age of 20, it was doubtful I'd reach my 21st Birthday.

I was diagnosed with extensive Thyroid Cancer during my 2nd year at university, and have been battling with it ever since. But, I have learnt that there is so much more to life than cancer. For those of you who attended the 2009 'Get A-Head' Ball, you may remember this from my speech. Life is about choices. We make them every day. Most of them are mundane like choosing what to have for breakfast or what to watch on TV. We choose who to help in our day-to-day lives too, like letting someone go at a junction, or helping someone across the road. You have chosen to read this article. No one chooses to have cancer and you would rather not have to choose how best to fight the disease, but every day, people like me have to make really, really hard choices. The doctors were unsure as to whether I would be able to have children as a result of all my treatment, but I managed to conceive with the twins. I then got the news that the blood tests weren't in my favour and I had to choose whether or not to go through with the pregnancy. Well as you can see, they arrived fit and healthy, although a little early - and just five days before the Ball - an event I was determined to attend!

I am currently awaiting the outcome of recent blood tests, and it occupies my thoughts daily. Life is full of ups and downs and if you stay positive, and 'live it to the full no matter what', you are choosing out of bed seems hard countered by days that are fantastic! I'm doing everything in my power to stay well and keep going for the sake of my husband Matt and our children.

Being actively involved with 'Get A-Head' is a positive thing, although Matt does most of the hard work these days! And my next focus is training for The Great North Run in September in order to raise money and awareness for all patients with head and neck diseases.

Six operations; seven treatments of Radioiodine Therapy and a whole lot of tears later, I'm a proud wife and mother, with everything to live for. If you don't do anything else today, choose to live your life, it's worth the effort!

If you would like to support Helen, please go to: www.justgiving.com/Helen-Guest.

Matthew Mangan SuperMatt!

Matthew Mangan raised £735 whilst undertaking his 'Gael Force Challenge', a multi-sport adventure race cycling, running, hiking and kayaking. The 65km course spans part of the west coast of Ireland including the very steep holy mountain of Croagh Patrick!! He did this in 6hrs 30mins despite losing time having to run with his bike when the chain snapped. Well done to you Matt!



raised **£735**

raised **£285**



Teresa Dawber Sister Act

In the space of six weeks, Teresa Dawber ran two half-marathons and a 10k run to raise funds on behalf of her brother, Christopher who was diagnosed with thyroid cancer. Teresa says 'his determination to remain strong gave me the inspiration to do something for 'Get A-Head'. Well done Teresa for raising £285.

EVENTS

2010

June	Mon 21st	Tom Bromwich Private Dinner at Leamington Tennis Court Club. Guest Speaker: Lord Digby Jones of Birmingham.
	Tue 22nd	Edgbaston Golf Day - Birmingham
July	Sun 4th	Family Cricket Day with the Lord's Taverners X1 at Warwick School
Sept	Sun 19th	Polo in the Park Family Day at Leamington Polo Club
	Wed 29th	TrekAhead to Mount Toubkal starts
Nov	Sat 13th	The Ball 2010 - The Metropole Hotel

A Tying Walk!

Janet and Ken Wiggins took some friends and former colleagues from Dunlop Tyres on a walk in May 2009 around Somerset. Together they raised many pounds for 'Get A-Head', almost £1,000. Good luck for your walk in The Lake District in June and a huge thank you from all of us for your generosity.



The event raised £1,000

'Loades' of Fun in the Garden

Back by very popular demand, once again the marquee went up in the sumptuous grounds at the home of Tony and JJ Loades. The family played host to some 500 guests over what looked like the wettest weekend in June.

The rock and roll party on the Friday night was hosted by Mickey Pugh and people danced the night away to Johnny and the Zephyrs, whose spirits certainly weren't dampened!

The whole scene was then turned around to the genteel setting that has become the signature for JJ's Sunday Lunch. It hadn't stopped raining since Friday afternoon and as the guests began to arrive at midday, a break in the clouds exposed the sun to us all and we celebrated with bucks fizz and fine wines which were provided by Nick Underwood and a beautiful lunch catered for by Sally Hadfield.

We were entertained by Brian Conley and boy did he entertain. He mingled with the audience and the intimacy of his presence was intoxicating. He worked the tables and the room. He auctioned on our behalf some superb prizes generously donated by our supporters and then he auctioned

himself, which alone raised £13,500, so thank you to Brian for putting your heart and soul and yourself into the event. The Jazz Ramblers played us through the day and Jack Montgomery (a local artiste who appears in the West End) sang for us before joining Brian in a duet.

We raised a staggering £49,000. Thanks to everyone for their contribution in terms of effort and prizes but ultimately we are indebted to JJ Loades who organised the event. Thank you JJ!

The event raised a staggering £49,000

Tom Bromwich Private Dinner Rich Pickings

Tom Bromwich organised a private dinner at the Leamington Tennis Court Club on the 11th June 2009, where Nigel Wray, a Patron of 'Get A-head' came up from London to speak. Nigel is one of the UK's foremost entrepreneurs and he gave us an insight into his business life and his thoughts for the future of Britain's economic community as a whole. The evening raised just over £2,500 due to the very generous support of the guests who attended.

More importantly, this event serves to bring together some influential business people from our community and it is 'Get A-Head's' way of giving something back to our very loyal supporters.



The dinner was prepared and served by Pino and Caroline Iacaruso of Take Two Cooks and the wine came from Private Cellar, where Sales and Marketing Director, Laura Taylor gave a flavoursome insight into each wine that was served.

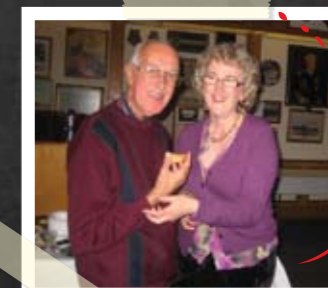
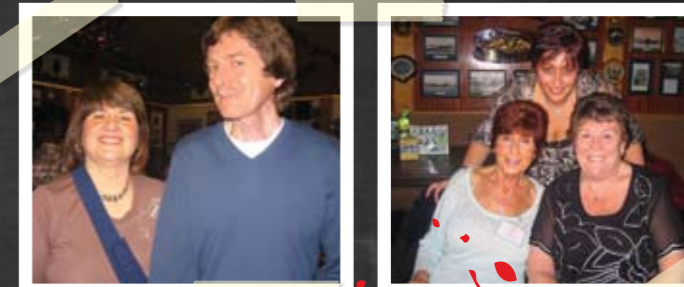
This year's dinner will be held on Monday the 21st June with Lord Digby Jones as our guest speaker.

Paul Darby BACK TO SCHOOL

Paul Darby, went back to Polesworth High School for a reunion in June 2009 and collected £120 for us. Paul also 'collected' a prestigious Member of the Year Award in December 2009 from the UHB NHS Trust. Paul is a tireless charity worker and he deserves this recognition.

Also nominated in the same category was Frances Gurney, who not only commits a significant amount of time to hospital voluntary work, but is a regular 'Get A-Head' event volunteer along with Dennis Price.

A big 'Thank You' from all of us here for your support over the years. Things run smoothly with you on the team!!



Paul raised £120

The 'Get A-Head' Coltham Developments Golf Day 16th June 2009

Mark Twain once said, 'golf is a good walk spoiled'. If that is the case, we intend to spoil many more!

Again we are indebted to Mike Hargreaves, Jennifer Brown and Cassie Glenholmes of Coltham Developments who worked tirelessly to put on a superb day at Edgbaston Golf Club, gift-wrapped in beautiful sunshine followed by an entertaining dinner. The effort put into the preparation was evident, as the day ran smoothly and the teams had a great round of golf. Congratulations to the winners, Apres Bar UK.



The winning team from Apres Bar UK

The event raised £7,600

Our thanks go to the wonderful hospitality of the Club and also to MarCity Developments and Guest Trucks for their generous sponsorship. A wonderful day was enjoyed by all who contributed to the event and £7,600 was raised.

The next Golf Day is on Tuesday 22nd June at Edgbaston Golf Club.





Understanding How Cancer Works!

is a vital step to understanding how better to treat it.

This knowledge does not come overnight, and is the product of many years of research, starting in the laboratory, progressing through to clinical trials and eventually leading to potential new treatments for head and neck cancer patients. 'Get A-Head' has an established history of supporting research, having strong links with the internationally renowned research group led by Professor Jayne Franklyn and Dr Chris McCabe at the University of Birmingham. They are presently investigating two proteins,

PTTG and PBF, which are expressed in high levels in thyroid cancer. Their aim is to determine their role in the development of this disease. The group has recently published an important paper on how iodine uptake in thyroid cells is affected by PBF which has potentially significant consequences for the post-surgical treatment of thyroid cancer patients, and regularly present their work at national and international meetings. We currently fund two researchers in this group; Dr Martin Read, a Senior Post-Doctoral Research

Fellow and Dr Neil Sharma, a Specialist Registrar ENT Surgeon who is jointly funded by the Royal College of Surgeons of England. One of our previous research fellows, Dr Jim Fong, also works within the group and has secured a prestigious Wellcome Trust Research Fellowship to continue his studies. Dr Dae Kim, another ENT Surgeon and previous 'Get A-Head' Research Fellow, is working in Canada to further his skills in Head and Neck Surgery before returning to the UK later this year.

Julie Archer Birthday Celebrations!

Julie Archer (pictured with daughter Rachel) celebrated her 50th birthday with friends and raised £200.



raised
£200

raised
£1500



C2C

Bike Ride

On 8th May 2009 Lynda Fawthrop, Ann Peate and Rachel Barron jumped in the saddle (after months of all-weather training) and undertook the challenge of the C2C bike ride from Whitehaven to Tynemouth, a total of 170 miles. Between them they pedalled up a super £1500 for 'Get A-Head'. Well done ladies and thank you for choosing to support us.

money matters What you have helped to fund

'Get A-Head' has funded many things.... a selection are

- Complementary Therapy - This wonderfully beneficial service continues to bring comfort, relaxation and many other redeeming rewards to all the patients who take advantage of it. We continue to provide Tui Na Massage, Acupuncture, Aromatherapy and Reflexology.
- Harmonic Scalpels - these instruments help facilitate faster surgery with reduced blood loss, enabling a quicker operation and patients often discharged from hospital earlier.
- Warming Blankets - these are placed over patients who undergo a lengthy surgical procedure. They help maintain a comfortable, regular body temperature and outcome from surgery is much improved.
- TV Paycards. These are available for patients who are staying on the ward for more than two days. They can be used for entertainment or making telephone calls from the bedside.

Friends in high places Friends in high places

It took Sam Bromwich about the same time as the return trip to Action Challenge in London to get a sign-up from 30 people to join her on the trek to Mount Toubkal in Morocco at the end of September 2010. All to raise funds for The 'Get A-Head' Charitable Trust, but specifically to potentially fund a PhD student to conduct some intensive genetic research targeting hereditary medullary thyroid cancer (MTC) and how this relates to her own family and their relatives. This is a personal journey for Sam Bromwich and her family but she is mindful that this research will certainly help others too. It's an 'all girls' trip and the fundraising to help them achieve their individual targets is well underway, with a list of tasks being allocated soon after the meeting in London. They are all busy organising raffles, online auctions, dare I say, shopping - to check out good walking gear - and social evenings.



If you would like to support these ladies, go to www.justgiving.com/sambromwich-trekahead and pledge something, however small, it will be very well received.

Patient Support Group! Christmas Party

The Patient Support Group Christmas Party

on Friday 3rd December 2010
at The Nautical Club,
Bishopsgate Street,
Birmingham B15 1ET.
time 7.30pm to 11pm.

All welcome, but please call the 'Get A-Head' office on **0121 697 8371** to have your name put on the guest list.



Kilimanjaro The Climb

peaked at
£35,000

On the 22nd October Paul Salisbury, Classic Pub Company; Lee Cash and Timothy Doyle, Peach Pubs and David Salisbury, Salisbury Pubs all set off to climb Mount Kilimanjaro. Their valiant efforts raised in excess of £35,000 and 'Get A-Head' were one of three charities to benefit from the generous support given to these guys by their families, friends and customers. They returned on the 11th October to a warm welcome and 'drinks on the house'. Cheers guys from all of us at 'Get A-Head'.



'Get A-Head'

Fighting Head and Neck Cancer

www.getahead.org.uk