



LATEST CHARITY NEWS • HEALTHY LIVING • YOUR SUPPORT IN ACTION

IN THIS ISSUE

- ▷ CHOLESTEROL TESTING
- ▷ CLINIC UPDATES
- ▷ OUR NEW WEBSITE
- ▷ BOWEL CANCER FOCUS
- ▷ FUNDRAISING APPEAL
- ▷ OUR YEAR IN NUMBERS
- ▷ CHRISTMAS CARDS
- ▷ CHARITY SHOP FEATURE
- ▷ GIFT AID AWARENESS
- ▷ SPOTLIGHT ON OUR SUPPORTERS



HELLO FROM THE CEO

WITH CHIEF EXECUTIVE OFFICER LYNDA

As I write this welcome it does not seem possible we moved to our new premises almost a year ago.

Throughout this year we have worked hard to ensure our health screening services are available to all, being incredibly proud of our new clinic and the availability of our appointments. With the day-to-day reality of COVID still stark in our minds, and now part of our daily experience, the lasting impact on our health is yet to be fully experienced. Today, more than ever, health screening is an important consideration to help improve our health outcomes and enable informed decisions. We are committed to our core belief that early detection, of life-threatening disease, is better than cure. If you are due your next screening, please remember to contact the appointments team, who would be happy to organise this for you.

My heartfelt thanks to all those who have supported us during the year. Our achievements would not have been possible without the commitment of our Board of Trustees, employees, volunteers, and supporters, including you. It is thanks to everyone's passion that we have been able to achieve so much in such challenging times.

Best wishes

Lynda Vowles

p.s. If you have some spare time and would like to become involved in our Charity, as either a volunteer or Trustee, please drop me an email lynda.vowles@maryhowtrust.org and I will send you details of current opportunities.



PREVENTION

Empowering you to take action today to improve your future health



EARLY DETECTION

Spotting the signs of life-threatening illness before you have symptoms

“ I am seriously in your debt. I could easily have had a stroke had this not been picked up by you during the ECG ”



LIFE IN OUR NEW CLINIC

WITH PRACTICE MANAGER JACK

Where has the year gone? The Trust has carried out a total of 1732 health and wellbeing screenings at the new clinic to date!

We currently have 3 clinical rooms up and running, 2 nurse and 1 sonography room, whilst fundraising is well underway in order to complete the 4th clinical room. Following successful clinical staff recruitment, from mid-September 2022, we have been running 2 nurse and 1 scan clinic each day enabling up to 10 client health and wellbeing screenings to take place 5 days a week. Our inhouse laboratory enables our biomedical scientist, Claire, to process all of the blood tests on site to assist with the smooth processing of our clients' results. A big thank you to both the admin and clinical team for enabling our services to run smoothly during the premises move and for continuing to do so throughout our first year at the Colonnades. Finally, thank you to all of our clients who continue to support the Trust through donations and by promoting our services to family and friends.

34
YEARS

SUPPORTING
THE
COMMUNITY

1292
CLIENTS SCREENED

APRIL 21 -
MARCH 22

47%

REFERRED TO
GP AFTER
SCREENING



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10

CLINICAL STAFF MEMBERS

19

TOTAL STAFF MEMBERS

8

TRUSTEES

10

PATRONS

SPOTLIGHT ON: CHOLESTEROL TESTING

It's one of the tests we get asked about the most, and this year we have referred around 25% of clients to speak to their GP about their cholesterol levels. We asked our Biomedical Scientist Claire to tell us more...



Most people think cholesterol is a bad thing but that's not entirely true! Although high levels are associated with increased risk of heart attacks and strokes, we do in fact need cholesterol for our cells to function properly. It's the LDL cholesterol, known as 'bad' cholesterol, that directly contributes to this risk as it is left in various tissues throughout the body which can lead to the build-up in your blood vessels, causing them to narrow which reduces the blood flow to and from your heart and other organs. There is also another type, HDL, known as 'good' cholesterol which removes excess cholesterol in your blood. The ratio of these types of cholesterol gives a better predictor of heart risk rather than your cholesterol result alone which we provide here at the Mary How Trust. Several factors can adversely impact on cholesterol levels and having high cholesterol doesn't always cause symptoms; so don't delay, book in for your health screening today!



How can I help to reduce my cholesterol levels?

- Eat less saturated fat (e.g. cakes, ice cream, cheese, bacon, chocolate)
- Be active for at least 30 minutes daily – why not try taking the stairs instead of the lift?
- Stop smoking
- Reduce your alcohol intake to less than 14 units per week
- Eat heart happy foods and foods high in fibre (e.g. oats, fruit and vegetables, wholemeal bread and nuts)
- Factors that increase your risk that you can't control: age, gender, ethnic background, family history, having kidney/liver disease, having an underactive thyroid



'The appointments process was straightforward and it was a very calm, warm and friendly environment in which the screening took place'



www.maryhowtrust.org 🔍



OUR NEW WEBSITE IS LIVE!



We've been working hard behind the scenes to bring you a brand new website! This is something we have wanted to do for a long time, and now was the perfect time to do it. This wouldn't have been possible without Delivered Social, who built the website for us and host it too free of charge, as part of their Green Initiative.

It's now even easier to request a health screening online, and you can find a wealth of information about all aspects of our screening programme too. Did we mention we also revamped our latest news tab? It has all fresh new posts to peruse, and we will be adding to it regularly to keep you updated with all things MHT.

We'd love for you to check it out, and let us know what you think.



BRAIN TEASER

What becomes harder to catch the faster you run?





BOWEL CANCER AWARENESS

It's the fourth most common cancer in England, and the cancer that took Mary How's life in 1987. But did you know that, according to Bowel Cancer UK, nearly everyone survives bowel cancer if it's diagnosed at the earliest stage?

We're passionate around spreading awareness about bowel cancer: it's treatable and curable, especially if diagnosed early. We've outlined the symptoms to look out for here...

How many did you remember? It's important to know that most people with these symptoms don't have bowel cancer and other health problems can cause similar symptoms. But if you have any of these, or if things just don't feel right, go to see your GP.

Lots of major supermarkets have recently pledged to add the symptoms of bowel cancer to their own-brand toilet roll packaging too, in an effort to continue raising awareness.

You can help to reduce your cancer risk by being a healthy weight, taking regular exercise, eating & drinking well, and not smoking.



Small test, Big impact!

Remember, we offer a simple bowel cancer test as part of every health screening. Your Mary How Trust nurse will be happy to talk to you about bowel cancer and the steps you can take to reduce your risk of developing this disease.



Look out for the symptoms

Bleeding from your bottom and/or blood in your poo



A persistent and unexplained change in bowel habit



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy



IT'S THAT TIME AGAIN! CHRISTMAS CARDS ARE HERE



The festive season is a time for giving, and why not share your merry greetings with even more meaning this year by choosing a charity Christmas card. Once again we have a fantastic selection of Mary How Trust charity cards, from traditional designs to adorable illustrations. These will be available to buy very shortly from both our screening rooms and our charity shop in Pulborough. Each pack contains 10 cards of the same design, packed with matching white envelopes.

We were blown away by how quickly these sold last year, so make sure to grab yours soon so you don't miss out.

Every purchase helps fund our life-saving screening service - Thank You!



Grab your cards from...

MARY HOW TRUST HQ
01798 877640
The Colonnades
17 London Road
Pulborough
RH20 1AS

PULBOROUGH CHARITY SHOP
01798 875009
3 Brook House
59 Lower Street
Pulborough
RH20 2AG





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HELP US REACH OUR FUNDRAISING TARGET

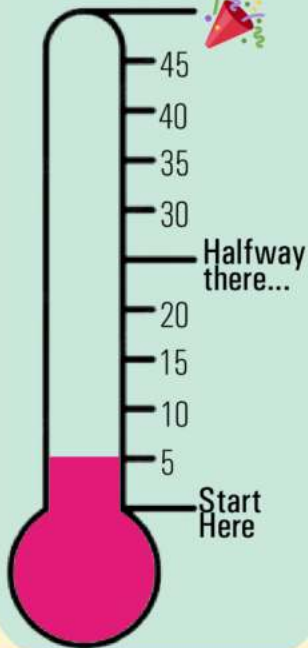
We are nearly there! Please help us finalise our plans



As you are aware, our service is entirely donor-supported, and therefore quite unique. We believe we are the only health screening organisation to operate in this way in the UK. We never turn someone away if they can't afford to donate for their health screening: we believe that everyone should have the same opportunity to guard against ill health. Prevention is better than cure.

With your help and support we've been able to move premises and fit out our new clinic with 3 clinical rooms. Enabling us to help detect the early signs of cancers and other serious, life limiting, illness in even more people in our community.

GOAL REACHED!



Since COVID, we are experiencing an unprecedented demand for our service. Help us reach our final £50,000 target to fully equip our 4th, dual purpose, consultation room to accommodate a nurse or sonographer.

Scan the QR code opposite and pledge £5, £10, £20 or any other amount you can afford, so we can help more people - We can't do it without you.

Thank you for making our work possible!



GIFT AID YOUR DONATION

Remember to #TICKTHEBOX!



giftaid it

When you tick the box we can do so much more... You've probably heard of it, but do you actually know what Gift Aid actually means? It's a tax relief for charities in the UK to increase donations – at no extra cost to the donor. As a charity, when we receive a donation from a UK taxpayer, we're entitled to claim an extra 25p for every £1 given.

When you give a donation, make sure to tick the box on the Gift Aid declaration form and provide some basic personal details so we can claim these extra funds.

Remember: For charities to claim Gift Aid on a donation, the donor must have paid UK income tax or capital gains tax that tax year, at least equal to the tax that the organisation will reclaim on the individual's donations.



Our sincere thanks to those who have recently made donations, including...

- ▷ PCaSO the Prostate Cancer Support Organisation 
- ▷ Kate Bowerman
- ▷ SADCASE – the Storrington and District Classic and Sportscar Enthusiasts 
- ▷ Saint Mary's Church Sullington
- ▷ The Arnold Clark Community Fund 
- ▷ Storrington & Pulborough District Rotary Club 
- ▷ The Barness Charity Trust

...and many more!

THANK YOU



PICTURED: We were invited to join SADCASE's recent monthly gathering at Amberley Museum. We were presented a cheque by Bob and Jessica Carter, the joint chairs. The club, established more than 10 years ago, has been a long supporter of the Mary How Trust and we are very grateful.



YOUR SUPPORT IN ACTION - Your gifts and fundraising go to the heart of your communities health - we simply can't thank you enough.

Golfers' Gift

We were so grateful to be presented a cheque from Cash 4 Cancer. They have supported us tremendously in the past and this time they held a golf day at West Hove.



Successful Soirée

Thank you to all our loyal supporters who attended the launch evening at our new premises. We were so glad to see so many familiar faces, from volunteers to local businesses. A special thank you to :

- ▷ Hennings Wine for supplying delicious fizz
- ▷ Piglets Pantry Worthing for the delicious nibbles
- ▷ Tesco Pulborough for kindly contributing some soft drinks

Amazing Art

Client Jo kindly donated four hand-created limited edition prints to our charity shop. We currently have 2 on display at our clinic which are available to purchase.



Gatton Gourmet

Supporter Nigel held a 3 course Sunday lunch for 40 persons at Gatton Manor and raised funds for the MHT.

Marvelous MOTs

LMC Autos continue to support us by donating a % of online MOT booking fees.

Lovely Lottery

Our thanks go to everyone who buys tickets to support our charity in the Horsham District Community Lottery. We have now raised over five hundred pounds in ticket sales!

Tough Mudder Triumph

13 ladies from Energise Personal Training recently completed an incredible 10 mile Tough Mudder obstacle course in aid of raising funds for our charity. This was a huge challenge and we are so proud that they have nearly tripled their £1,000 fundraiser target!



Wonderful Waitrose

We received a donation from Waitrose in Storrington as part of their 'Give A Little Love' campaign. Thank you to all those who nominated us.



Collection Champions

We are so grateful to all the local businesses who hold a collection box for us. Some recent ones we have received funds from include:

- Nisa Local in West Chiltington
- Milk Churn Coffee Shop in Rudwick
- Coughtrey's in Butchers Pulborough
- Firebird Brewery in Rudwick

Ghoulish Gathering

Two of our clients hosted a fantastic Halloween party for friends, complete with DJ and catering, and raised £2500!



Nifty Nomination

We are so grateful to Pricewatch in Pulborough for nominating us to receive a donation of £300 from Making A Difference Locally. We are so pleased to have been chosen to receive this gift.

Charitable Book Club

A local book club chose us as their nominated charity at a recent meeting, and so each member made a kind donation to us. What a great idea!

Hops & Huge Hats

Greyhound Brewery in West Chiltington held another fantastic fundraising event on Good Friday. This time the theme was big hats! These are always great fun and the funds raised go so far in our small charity.

A big thank you also to the team at Aptus Technology in Surrey for generously donating £150 for us to buy gifts for our tombola stall at the Greyhound Festival.



PLANNING A FUNDRAISING EVENT?

Let us help by giving you some great resources! We'd be pleased to help you promote your event too. If you'd like us to spread the word, let us know the details and we'll share your event on our website and Facebook page. And do send us some pictures from the day - we'll be pleased to share news of how you got on! Get in touch with us today to find out more...



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PULBOROUGH CHARITY SHOP

Our shop in Pulborough has been raising funds for cancer prevention since 1998. It is managed by Sarah with the support of relief shop manager Bridget. Alongside Sarah and Bridget a team of fabulous volunteers are always on hand to assist shoppers. The shop has a vast array of items so please do pop down and say hello.

Donation items at the shop are always welcome, we do ask that these items are only donated during the shop opening times and never left on the doorstep, thank you.

We look forward to welcoming to the shop very soon!

**3 Brook House,
59 Lower Street,
Pulborough, RH20 2AG**



01798 875009



'I am so thankful that I came for this screening as I had no symptoms. Thank you so much, The Mary How Trust has saved my life!'



When you visit us for your next screening, be sure to browse our 'information station'! We've got a huge selection of information resources available for you to peruse whilst you are waiting, and take away for later. Be sure to check out our very own 'Healthy Men' and 'Healthy Women' leaflets created by us - they're pocket-sized and packed full of really useful information about gender specific health. We think they're great.. although we could be biased!



ARE YOU DUE FOR A HEALTH SCREENING?

We know how quickly things can change with your health. That's why we recommend a Mary How Trust health screening every two years. Due to the current high demand for our service, please contact us a couple of months before you are due so we can place you on our waiting list. Do you want some peace of mind about your health? Concerned about your weight? Worried about your cholesterol? We can help! Your health screening provides a detailed picture of your current health. Instead of a fee we ask for a donation based on your ability to pay. Remember - We're happy to see you at our clinic in West Sussex no matter where you live. We welcome men and women over 18 from all over the country who wish to check up on their health!



We are deeply saddened to hear of the passing of Guy Leonard, who resigned from the Board of Trustees, due to ill health, in March of this year. He will be truly missed and always remembered. The Mary How Trust are eternally grateful for his commitment, input, guidance, and sound advice over the many years he was a Trustee. Our thoughts and prayers are with his wife and family at this sad time.

Our health screening at a glance...

maryhowtrust.org/apply-for-a-health-screening

- Health Questionnaire
- Dietary Assessment
- Body Mass
- Body Composition
- Lifestyle Consultation
- Blood Pressure
- ECG
- Urine + Bowel Analysis
- Gender Specific Health Advice
- Cardiovascular Risk Assessment
- Diabetes Risk Assessment
- Blood Tests (including PSA for men)
- Abdominal Ultrasound Scan (& Pelvic Scan for women)
- Comprehensive Results Booklet
- Personalised Action Plans

Apply for your screening online today

Let's keep in touch!



With healthy wishes from creator Jess L, MHT's Screening Coordinator