



### Welcome to our Spring Newsletter!

As the season of renewal and growth, spring provides the perfect opportunity to focus on taking care of yourself and your health. With longer days and warmer weather, it's important to prioritise your wellbeing and take steps to ensure you're feeling your best. One way to do this is by scheduling a health screening. Regular check-ups can help catch any potential health issues early on, giving you the best chance for successful treatment.

In our newsletter, we've provided some tips and resources for looking after yourself this spring and beyond, including information on the importance of health screenings and how to schedule one for yourself. So, sit back, relax, and let us help you kick off the season with a focus on your health and wellbeing.



# 35 YEARS

 SUPPORTING THE COMMUNITY

# CIRCA 1955

 CLIENTS SCREENED APRIL 22 - MARCH 23

“I'm very grateful that I followed my wife's recommendation to have a health screening. Without that, my prostate cancer would have been undetected for much longer, so thank you Mary How Trust!”

## APRIL IS BOWEL CANCER AWARENESS MONTH

35 years ago the Mary How Trust was set up following the death of Mary How, who died aged 46 of Bowel Cancer - earlier detection may have saved her life. We're passionate about screening as many people as possible as bowel cancer is one of the most curable cancers if diagnosed early enough.

**According to Bowel Cancer UK, more than 1 in 3 people cannot name a single symptom of bowel cancer. This needs to change.**

You should consult your GP if you have any of these 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

Don't let embarrassment stop you! Most symptoms will not be bowel cancer.

### Small test, Big impact!

Don't forget, we offer a simple bowel cancer test as part of every health screening. It takes seconds to complete, is non-invasive and could save your life! 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.

Be Bowel Smart

### #KnowTheHigh5



Take this quick quiz, learn what symptoms to look out for and share with your family and friends.



### WHAT'S NEW

**4th Clinical Room** - We have recently taken delivery of our second ultrasound machine, ready to kit out our 4th and final clinical room. This wouldn't have been possible without your kind generosity and donations, and we are so grateful. We are preparing to run even more clinics to enable us to screen even more people in our community.

**Re-Screen Invites** - We are thrilled to be in a position where we can start sending out reminders to re-book 2 years after your last screening. If you are due we will be making contact with you to invite you back, or scan the QR code below.

**Results** - We have recently refreshed our client results booklet, so it now includes even more useful health information for after your screening. Don't forget to check out our [health resources library](#) on our website too!

**Vacancies** - We are currently recruiting another sonographer to join our team. If yourself or someone you know may be interested in this position, please visit our [website 'Join Our Team' page](#) for more information.



### THANK YOU

We are so grateful to all those who help our cause. Here are some of our recent supporters:

Billingshurst & District  
Lions Club

Hall & Woodhouse  
Community Chest

Storrington & Sullington  
Parish Council

Holliday Trust

Horsham District Council  
LEAP Grant Fund

Sussex Licensee Golf  
Society

Cranfield Trust

Thank you also to those who have remembered us with kind legacy donations and recent donations in memory of loved ones.

### MEET THE TEAM

Meet Our Practice Manager/Head of Operations, Sam Spindler. Sam joined our Team in 2023, overseeing the team and operations. You will always see her around the clinic with a list in her hand! With experience in the health and wellbeing sector she is keen to continue the amazing work of the Charity.



Outside of work she spends time with her husband and daughters, baking brownies, building sand castles, reading and having as much fun as possible! Having two dogs keeps her active and gives an excuse to visit some amazing countryside walks!

### DONATIONS

Our service is entirely supported by donations. We need your help to ensure we can be here to help generations to come. There are so many ways to support us. Why not consider...

- Getting a [screening gift voucher](#) for a loved one
- Buying a ticket in support of MHT from the [Horsham Lottery](#).
- Donating your unwanted items to our [charity shop](#)
- Purchasing an item from our [Amazon Wishlist](#)
- Signing up for [Give As You Live](#) to generate free donations

With any donation no matter the size, don't forget to *giftaid it*

**Are you due your 2-yearly screening?**



Apply for your screening online today