



Welcome to our summer newsletter

This month marks a significant milestone for us, as we celebrate our 35th year of providing health screenings to detect early onset of disease. It is an incredible milestone, and I cannot express enough gratitude for the support each one of you has shown throughout the Charity's remarkable journey. We are truly grateful for your continued trust and loyalty throughout the years. As we reflect on our journey, your commitment to prioritising your health by participating in our screening services has been instrumental in empowering us to provide early detection and potentially life-saving opportunities. Looking forward, we are dedicated to further enhancing our services to ensure that each one of you has the opportunity to undergo a comprehensive health screening. We firmly believe that early detection is paramount in preserving well-being and preventing potential health issues. Rest assured, our team is working tirelessly to bring you the best in screening technologies and to expand our availability, making it even more convenient for you to schedule your screening. We aim to make a lasting difference in the realm of preventative healthcare. Together, we can make a significant impact on your lives and the lives of those around you. Thank you for being an integral part of our journey. Here's to another year of building a healthier future together!



CLIENT FEEDBACK

I am so relieved to have had the screening and have had these polyps removed. Without the screening I would never have known and over time, you never know, they may have developed into a bigger problem or even cancer. MHT is amazing and worth every penny.



STAYING HEALTHY IN THE HEAT



We experienced the hottest June on record this year, with even more scorching days to come, it's vital that we look after our health and stay aware of the risks associated with the hot weather.

What can we do to stay safe?

- Stay in the shade during the hottest parts of the day which is typically between 10 am and 4pm.
- Close curtains on windows that face the sun during the day.
- Drink plenty of fluids but avoid alcohol and caffeine. Sweating can cause dehydrating and make you feel dizzy and fatigued, so keep drinking even if you're not thirsty.
- Schedule any outdoor activities for the cooler parts of the day. If exercising, adjust your workout accordingly for the weather by shortening the duration or intensity.
- Dress cool! Choose loose-fitting, lightweight, and breathable fabrics such as cotton and linen. Wearing light-colored clothing can also reflect sunlight and keep you cooler.
- Apply a broad-spectrum sun protection (at least SPF 30) also making sure to re-apply every 2 hours. Do wear a hat and cover up when necessary.
- If you feel overheated try some cooling strategies such as using cold packs or wet towels for relief, especially on pulse points like your neck, wrists, and temples. You could also try taking a refreshing shower or bath, or using a misting spray.

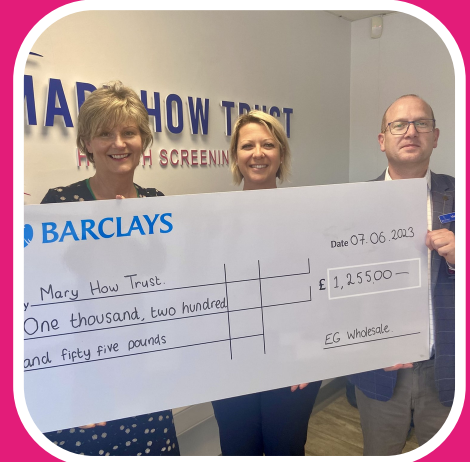


WHAT'S NEW

New staff - We are so pleased to have a new screening nurse join our fantastic team. Sonja is already up and running with her own clinics meaning we have been able to increase our amount of weekly screening appointments.

Leaflet revamp - With some funding we were kind enough to receive from Horsham District Council we have been able to refresh some of our marketing materials including our banners and leaflets. Keep an eye out on our social media for the design reveal soon!

Google reviews - We are encouraging all clients who have used our screening service to help others feel confident in their choice to visit the Mary How Trust. Please take a few seconds to rate us on Google and help us spread the word. Just scan the code or visit <https://g.page/r/CboC3CczoVPFEBM/review>



THANK YOU

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

EG Wholesale - Golf Day
see photo above

Barness Trust

Claire Jones' Birthday Fundraiser

Gatwick Diamond

Chartwell Charities Biz

Cezala Hairdressers

Toovey's Auction House

Collection Boxes from Stable Antiques and the Corn Store

LMC Autos

Farlington School PTA

MEET THE TEAM

Meet Jess, our Screening Coordinator at the Mary How Trust. Jess is a familiar face at the trust and you will see her working in multiple departments, including in our results and appointments teams. On top of this, she is also in charge of our digital communications and assists with accounts administration. Jess joined the team as a volunteer at the office and charity shop in 2017, and enjoyed it so much she became an employee in 2018. Her job role has evolved as the Trust has grown, and she loves the varied nature of her role. As our youngest member of staff, she is a dab-hand with technology and is always happy to lend a helping hand to her colleagues too! At weekends, Jess is rarely seen without her four-legged friend, exploring local beaches and cafes. She also enjoys crafts, and is a keen photo taker.



HOW YOU CAN SUPPORT US

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** - don't forget that we can get money for your old rags too!
- 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