



SMALL TEST, BIG IMPACT!

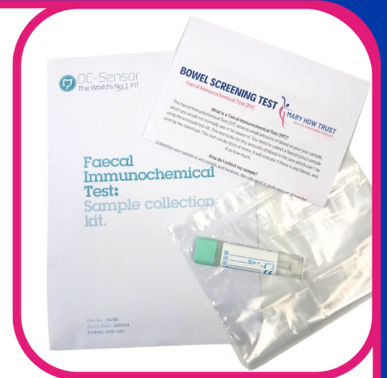
April is bowel cancer awareness month. It's the fourth most common cancer in England, and the cancer that took Mary How's life in 1987. It is highly treatable and curable especially if diagnosed early, which is why we offer bowel cancer screening test kits to all our health screening clients. The kit detects any tiny traces of blood in your stool that you might not normally be able to see. If the test is positive, it means that it can be investigated further and given treatment if needed, all before symptoms have even started. The Faecal Immunochemical Test (FIT) takes seconds to complete, is non-invasive and could save your life!

Here are stories from two recent screening clients whose lives have been changed by taking this simple test...

"I was fast tracked for cancer investigation and I have stage two bowel cancer. I have now had surgery to remove the cancer and am waiting to see an oncologist to assess whether or not I might need chemotherapy. Essentially, the Mary How Trust saved my life and I could not be more grateful. My surgeon said I am very, very lucky that I went for screening when I did."

"Mary How Trust literally saved my life, they found a small amount of blood in a stool sample that the NHS test would not have picked up on, within three weeks I was diagnosed with colon cancer which had also spread to my liver, all with no symptoms. I had an operation to remove the colon cancer within six weeks of diagnosis and will have second operation on the liver within the next three weeks with a good prognosis, get yourself screened! Thanks again!"

So what are you waiting for? Apply for a screening today and take charge of your future health!



Our FIT test kit

TIME TO SPARE?

Help your local health screening charity and volunteer for us!

We are currently looking for volunteers to help with our ever-growing events and fundraising calendar.

These events can include our amazing comedy nights, quiz nights, film nights and community carol evening and are great fun to take part in.

Sometimes it's all hands on deck to help stick up posters before an event, run our bars or even help with a dustpan and brush at the end of a busy evening.

Being part of these is brilliant fun and amazingly rewarding. It contributes to the smooth running of these well supported events and helps us get ever closer to our goals of detecting cancer and other life-threatening diseases at their earliest and most treatable stages.

If you are interested in helping in any way, shape or form please drop me an email.

We would love to have you on our team.

fundraising@maryhowtrust.org

Jamie

Head of Fundraising, Events & Marketing



The immensely talented Andrew Bernardi recently visited us for a screening and surprised us with a tune! Head over to our instagram page to watch the full video.



WHAT'S ON: EVENTS IN AID OF THE MARY HOW TRUST

The BIG SPRING QUIZ - with the Inn-Quizzator!

Saturday 20th April 2024

@West Chiltington village hall • Doors 7pm • £8

Tickets: [via eventbrite](#), [MHT charity shop](#) & [NISA West Chiltington](#)

Comedy night: Steve Hewlett LIVE

Wednesday 5th June 2024

@Hoogly Tea Lodge, Brighton • Doors 7:15pm • £14.95

Tickets: [via eventbrite](#) & [MHT charity shop](#)



scan for tickets



CLINIC UPDATE

We are very pleased to now be in partnership with St Richard's hospital in Chichester for the analysis of our blood samples. This is a fantastic opportunity which will hopefully allow us to expand the screening tests we can offer and give our clients an even better picture of their overall health. This also means we are now able to turn our laboratory into a fifth clinical room and expand our capacity to carry out even more screenings each day. We are currently in the process of transforming this space and will keep you updated with our progress.



Opportunities like this are only possible due to your donations; we are so very grateful to everyone that supports us and enables us to continue helping even more people in our community and beyond.



Wishing you a happy and healthy Easter



THANK YOU

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

Horsham Community Lottery

Horsham District Council

Billingshurst Parish Council

Joe Foster Comedian

South Downs Cellars

Bowerman Trust

and all of YOU who visit our charity shop, that continue to support us with donations, or have attended our recent fundraising events!

Our recent comedy night in Pulborough with Steve Hewlett raised over £1200!

A huge thank you to those that bought tickets, supported the bar, bought raffle tickets, joined in with Steve's heads and tails game, danced the night away or supported the comedy night in any other way!

Thank you

Are you due your 2 yearly screening?



Apply for your screening online today

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**
- Leaving us a **gift in your will** - ask us for a legacy pack today
- Use **Give As You Live** to generate free donations with your online shopping
- Holding a **charity collection box** - great for clubs, businesses or if you're planning to fundraise for us!

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