

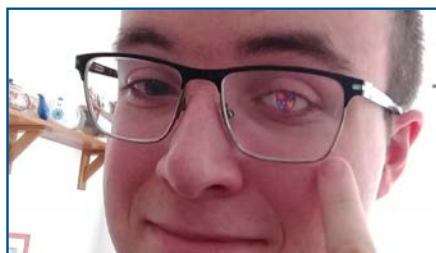


BBC LIFELINE APPEAL

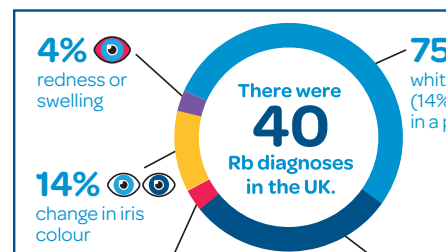
A behind the scenes insight into our BBC Lifeline Appeal featuring EastEnders star Shane Richie and our CHECT families.
Read about it on page 5.



TWINS TIMES TWO
TWO SETS OF TWINS, TWO
FAMILIES, TWO RB STORIES.
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PROUDLY UNIQUE
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WELCOME

Welcome.

We've been incredibly busy over the last few months and it's been a challenge to fit everything into this jam-packed latest edition of InFocus.

This March saw the airing of our BBC Lifeline Appeal presented by EastEnders star Shane Richie. We'd like to thank Shane, the families involved and the BBC for generously giving their time to help us with this special film. We'd also like to give a huge thank you to all who have watched, donated and helped us spread the word.

Also, at the end of March, we issued our latest call for new research papers and we aim to select the next project(s) in the autumn.

Recent months have seen our members get together at our regional members' day in Surrey; one family share their moving awareness-raising story on

ITV Evening News; our fundraisers tackle the amazing London Marathon; so many of you generously taking on challenges or raising money by holding social events;

our teenagers getting together for another meeting of their Teen Council; and a fantastic response from Waitrose who have repeatedly nominated us in their Community Matters scheme.

13th-19th May 2019 marked Rb Awareness Week and I know that some of you have hosted a Crazy Glasses Day to fundraise for CHECT. This is only the second year since we launched the campaign and, thanks to the engagement of so many of our members, we hope that it continues to grow.

I'd like to give a particular thank you to everyone who took the time to complete our CHECT members' survey – all 292 of you. Your feedback will really help us to enhance and improve our support for those affected by Rb and assist us in determining where we should be focusing our resources in the future.

Having been with CHECT for almost four years now, I remain inspired and humbled by the determination, generosity and the achievements I see across so many families and individuals affected by Rb. Thank you.



Patrick Tonks
Chief Executive

CONTACT US

CHECT office hours are Monday to Friday, 9am-5pm.

CHECT, Royal London Hospital, Whitechapel Road, London, E1 1FR.

 /CHECTUK
 @CHECTUK
 chect_uk
T: 020 7377 5578
E: info@chect.org.uk
W: www.chect.org.uk

New
postcode!

OUR TEAM

PATRICK TONKS
Chief Executive
E: patrick.tonks@chect.org.uk

JULIA MORRIS
Support Worker
Mon, Wed & Fri.
T: 0121 708 0583
E: julia.morris@chect.org.uk

LESLEY GEEN
Support Worker
Monday to Friday.
T: 020 7377 5578
E: lesley.geen@chect.org.uk

PETRA MAXWELL
Information & Research Manager
E: petra.maxwell@chect.org.uk

KAT HIGGS
Communications Manager
E: kat.higgs@chect.org.uk

DIANE EMERY
Fundraising Manager
E: diane.emery@chect.org.uk

LIZZIE SMALLDON
Trusts & Foundations
Fundraising Manager
E: lizzie.smalldon@chect.org.uk

FRANCESCA WILFORD-DAVIS
Office & Finance Manager
E: francesca.wilford-davis@chect.org.uk

BETH LARDNER
Admin Assistant
E: beth.lardner@chect.org.uk

The opinions expressed in this newsletter are those of the individual authors and are not necessarily those of CHECT or the editor.

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NEWS



ARTIFICIAL EYE REPORT

Following the Spring/Summer 2018 InFocus article on the research project 'Understanding and overcoming barriers to living with an artificial eye', the full final report by Deanna Gibbs, Tara Shea and Laura Reynolds is now available to download from www.chect.org.uk/research.

LATEST GENOME RESEARCH

The latest CHECT-funded research project is underway. Lead by Professor Ohnuma at the UCL Institute of Ophthalmology, the project will use whole genome sequencing (the process of determining the complete DNA sequence) to study the genetic changes that occur in retinoblastoma. It hopes to detect which genetic variants respond best to which treatments, in order to help to inform treatment options and improve outcomes, as well as potentially helping in the diagnosis of Rb. For more information visit www.chect.org.uk/research.

CHECT CHAMPIONS

As ever, our CHECT Champions have inspired us with their bravery coping with the impact of cancer has had on them and their families. Here are the latest CHECT Champions to receive their certificates at the CHECT members' day back in March:

- **Balfour Baxandall**
- **Elodie Baxandall**
- **Ethan Burn**
- **Ayana Catanitiou**
- **Rosie Davison**
- **Olivia Lodge**
- **Ailsa McLeary**
- **Drew Murray**

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HAVE YOUR SAY

Do you enjoy receiving your copy of InFocus? Is there anything in particular you'd like to read about? Do you have any ideas for how we can improve it? If so, we'd really love to hear from you - please contact info@chect.org.uk.

Thanks for your support!

YOUR COPY OF INFOCUS

Are any other formats of InFocus available?

Yes, we offer InFocus in the following formats:

- Large print (A3)
- Braille
- Electronic versions – PDF and HTML

If you would like to receive InFocus in a new format, please let us know by calling us on

020 7377 5578 or emailing **info@checht.org.uk**.

All of our members are entitled to receive a postal version of InFocus. However, if you would prefer to receive an electronic version in future, just let us know at

info@checht.org.uk or on **020 7377 5578**.



“HOW YOUR IMPAIRMENTS CAN BE AN ADVANTAGE”

After his son Fintan lost his sight to Rb, design technologist James Morley-Smith observed how Fintan adapted to interact with the world around him, such as learning to play piano, starting with the black keys first. This tactic inspired James to approach his design from a new angle by considering impediments first.

His moving and inspirational TED Talk can be watched online at: www.checht.org.uk/blog.

NEW FACES

checht.org.uk/team | checht.org.uk/trustees

We're delighted to welcome three new faces to the team...

Kat Higgs

Communications Manager

Francesca Wilford-Davis

Office and Finance Manager

...and we'd also like to welcome our new Trustee and Treasurer **Gemma Boggs**.



BBC LIFELINE APPEAL

We were incredibly proud of the support we received in creating our **BBC Lifeline Appeal**. Lifeline is a monthly nine minute film broadcast on BBC One highlighting the work of a charity and appealing for donations to support its activities.

This short programme gave an emotional insight into the journeys of some of our families affected by Rb, the work that we do and why supporting Childhood Eye Cancer Trust is incredibly important.

We'd like to thank Shane Richie for volunteering his time to do a fantastic job of presenting our appeal, as well as the families, teenagers and little ones who all took part and everyone who has watched and supported us so far to help us to raise over £15,000. If you missed it, don't worry, it's now available to watch on YouTube: www.youtube.com/c/cheet_uk

MEET THE STARS:



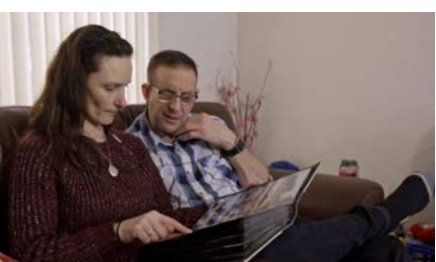
The Corcoran and Branch families Although not featured as case studies in the film, the Corcoran family visited London for the day to take part in a photoshoot as part of the appeal - featured on the cover of this edition of InFocus! We're also very grateful to Amber and Pippa Branch who helped us film scenes in The Royal London Hospital.



Alice It was when Alice put an eye patch on over her right eye, her mum Emily realised that she could no longer see. Alice was then diagnosed with Rb at the age of two. After chemotherapy, things were starting to look good. However, Alice relapsed and the difficult decision was made to remove her eye. The appeal reveals to the public how CHECT support workers help give families the skills and confidence needed to cope.



Harry Harry was diagnosed with Rb at the unusually older age of eight and had to have his left eye removed. As well as having dealt with a lengthy cancer battle - Harry found himself struggling, and needed counselling. The film explores how our teenage events and Teen Focus Council gives teenagers, like Harry, an opportunity to share their experiences, boost their self-esteem and have fun.



Rob Born in the 70's, Rob was diagnosed with Rb when he was 14 months old and had his left eye removed. Having the heritable form of the disease, Rob's battle didn't end there. Both of Rob's sons inherited the gene mutation. However - thanks to early screening and diagnosis, combined with advancements in clinical treatments - doctors were also able to prevent both Josh and Jamie from having an eye removed.

TWO SETS OF TWINS, TWO FAMILIES, TWO RB STORIES

Whilst having twins is rare, an Rb diagnosis is even rarer. Two mothers recall their similar stories of how just one of their twin children was diagnosed with Rb.

Identical twin Indiana was diagnosed with unilateral Rb when she was just under four months old.

After a visit to a health visitor, everything was believed to be fine with the twin girls. However, when Indiana was sitting on the sofa one day, mum Alison noticed the dim light reflecting oddly in her little girl's eye.

Alison, from South Croydon said: "Her eye looked like a cat's eye or a marble – but only in a certain light. I first noticed it when she was sitting near the TV, but we later went shopping in H&M and I saw it again. I thought it was odd so got it checked out by a GP. Looking back, I also remembered seeing something online about a 'white eye' being linked to cancer."

Alison added: "I feel terrible now – but before she was diagnosed, my husband and I were joking that Indiana looked a bit cross-eyed, which we did check with the health visitor and were reassured all was fine."

Worried, Alison and her husband Jerome took Indiana to her GP and a referral was then made to Moorfields Eye Hospital in London.

With the results playing on her mind, Alison then called the hospital to make sure they had received the referral – they hadn't. Moorfields advised that Indiana could be seen in their children's A&E department straight away. It was there that they did an ultrasound and confirmed Alison and husband Jerome's dreaded suspicions – Indiana had cancer.

Alison said: "On top of the stress of being a new mother and learning to cope with twins – to hear the news that one of them has cancer, is absolutely terrifying. You never think it will happen to you – it's always

someone else's child you hear about – never yours."

Indiana later began chemotherapy treatment at Great Ormond Street Hospital. Much to everyone's relief, Indiana's cancer has responded well to chemotherapy, her tumour has shrunk and her check-ups are getting further and further apart.

Alison added: "We're now spending periods of time covering her good eye with an eye patch to try and improve the vision in her other eye – however she's now sneakily discovered how to remove it! Indiana is certainly the rowdier of the two - I can imagine she'll be the one getting her sister into trouble when they're older!"



We had an incredible media response to Alison's story. We're especially grateful to ITV London who featured the Lawler family on the evening news back in March. You can find this on our YouTube channel at: www.youtube.com/c/CHECTUK.

In a similar story, mother of non-identical twins, Parveen also shares her experience.

Parveen's son Husayn was diagnosed at the age of eight months after her and husband Rizwan spotted an unusual glow in their son's eye.

Parveen from Birmingham said: "At first I thought nothing of it. I thought it was a combination of the sun shining in through the window and the glow from the TV. It was only when Rizwan also mentioned it a couple of days later that we knew something could be wrong. He immediately started to Google the symptoms."

"To be honest, even at that point, we really thought it wouldn't turn out to be anything serious. However, for peace of mind, we thought we would mention it at the GP appointment we had coming up."

"I expected the doctor to say that I was another worried over-bearing mother, panicking over nothing".

However after studying Husayn's eyes with the red reflex test, the GP stated that she needed to make an urgent referral, knowing that the symptoms could indicate Rb.

"I couldn't wait, not knowing if the referral would come through the following day or the following week. So the GP wrote us a letter to take with us to the Emergency Department at the Birmingham

and Midland Eye Centre for further tests the following day."

It was there that the specialist confirmed that Husayn had no vision at all in his right eye.

Parveen said: "We were obviously shocked – we had no reason to suspect that he had any problems with his vision – he seemed like a normal baby, playing and doing normal baby things. Little did we know that he'd already adapted to life with monocular vision."

Husayn was seen at Birmingham Children's Hospital two days later for further tests. It was there that they confirmed Husayn's bilateral Rb diagnosis, leaving him with only 10% vision in his right eye.

Thankfully, there was a chance that both of Husayn's eyes could still be saved. His left eye had laser treatment straight away. However, an intensive course of chemo was required to shrink the tumours in his right eye.

Whilst going through chemo, Husayn's weaker eye was being strengthened through the use of a patch – which proved to be a difficult process. Due to having only 10% vision in his right eye, Husayn could only see large colourful toys, the TV and people from very close range.

Parveen explained: "As well as dealing with the side effects of chemo, trying to get him to keep the patch on was draining both physically and emotionally. We were consistently having to keep him occupied as a distraction."

"We also had to keep an extra eye on his twin brother Hasan as he was always there with a helping hand to peel it off too!"

The family took on-and-off shifts to watch Husayn to ensure his patch was being kept on for the full four hours per day. Eventually, Husayn began to tolerate the patch.

Parveen said: "I now shout 'patch finished!' at the end of the session and only then does he peel it off. I'm absolutely over the moon, he is my strong little fighter."

Parveen's resilience is paying off and, with a combination of patching and a good response to chemo, she says that Husayn's sight in his poorly eye has vastly improved – amazingly by 70% a few months ago and he now has equal vision in both eyes.

In a message to parents, Parveen added:

"Never give up. Perseverance and staying strong is the key to success as hard work and dedication does pay off. It's the worst time for any parent, but stick at it. You need to be positive and keep going, even though it's tough – especially when you can see that your child is visibly upset at having to wear a patch.

"If it means you can improve their vision, even slightly, as a result – it's all worth it in the end."



HAVING ONE EYE MAKES ME WHO I AM

Kate Foster was diagnosed with Rb as a baby and had her eye removed before her first birthday. Now, 28 years later, she looks back on her journey to achieve her dream of becoming a nurse, so she can support families just like hers...

I was 11 months old when I was diagnosed with retinoblastoma in my left eye, after many visits to the GP. The tumour was 0.8mm from my optic nerve and because it was so big I lost my eye and needed chemotherapy afterwards.

A few days after my surgery I returned home with no eye – my mam and dad were devastated but my older brother reassured them that I was still beautiful. I remind him regularly of this now!

After growing up and having numerous artificial eyes over the years I now have one I would say was pretty perfect. I have never let the fact that I have one eye define me, however it has been an influence in making me the person I am today.

Growing up with an artificial eye

When I was little, my biggest worry was taking it out and showing my friends how cool it was. I stood up at nursery and told everyone why I had a different eye following questions from other kids in the class. I was never fazed.



As I got older that did change, kids can be cruel, so can teenagers and unfortunately so can adults.

As a teenager I felt that having one eye made me different to everyone else. How would I ever get a boyfriend? Would anyone like me? Or would they be too worried about what other people would say if they did go out with me?

I left school at 16, and I began to build my life with the support of all of my family.

All I wanted to be was a nurse – I just wanted to care for people and make a difference to their lives. I wanted to be the nurse who everyone loved to have around, the nurse who always did their best. I wanted to support patients' families through those heartbreaking and hard times, just like my family had faced.

Realising a dream

My life experiences gave me the determination and motivation to make my dream a reality. Thanks to the continuous support of my family, friends and partner who I wouldn't change for the world, I succeeded in my dream and became a nurse nearly seven years ago.

My mam and dad are my rock, they picked me up when life got tough, wrapped their arms around me and reassured me it would be okay, they taught me how to be a better person.

They forever told me how beautiful was, until I started to believe them. They supported me through the good, bad and ugly times and the love I have for them is unconditional.

My brother is so brave. He stood up for me and supported me through my treatment and copious amounts of hospital visits, he never moaned about anything.

I wanted to support patients' families through and hard times, just like my family had faced

Falling in love

I met my partner Lee eight years ago, I remember telling him about my eye not long after we met and I was so nervous. He was not fazed in the slightest, my eye didn't have any influence in his decision for us to get together.

He continues to support me every day, in every decision I make. He is my best friend. He gave me the confidence to believe in myself, he continues to believe in my ability and pushes me to always reach and succeed in my dreams. I don't know what I would do without my best friends - both Nicola and Stacey have continued to believe in me, support me and pick me up when the hard times come around.

I am now 28, I own a house, drive a car, have made plenty of mistakes but learnt from them, have the best family and friends, the most amazing partner and I'm a nurse studying for a second degree in public health. I can honestly say having one eye hasn't stopped me doing anything.

People still ask about my eye sometimes, and when I get the occasional cruel comment it does still hurt, but doesn't that say more about them? And whether it be the fact I had a false eye or a huge spot they would always find something.

Don't let Rb define who you are, dream big, there is nothing in this world that can't be achieved. Always remember that everyone is fighting a battle we might not know anything about.

We all have our insecurities, but having one eye definitely makes me who I am, and honestly I would not change a thing about my life, because I wouldn't be me.

I wouldn't have the family I do, the friends I do, or my partner. I look at them every day and feel very lucky and grateful, and I thank my lucky stars I have them in my life.

My eye is an icebreaker

Cambridge student Dominic Bielby has not let his artificial eye hold him back. Instead, he found that embracing his uniqueness has turned out to be a strength – especially when making new friends.

Diagnosed with Rb at the age of two, the law student had his left eye removed and has since used an artificial eye. He said:

"One of the main fears that comes with having an artificial eye is social interaction, that feeling that somehow you won't fit in because your eye contact is slightly off or your face is not quite symmetrical.

However, in my experience, having an artificial eye has never been an obstacle to making friends and being social – in fact I've found it advantageous more than anything. I can guarantee that nothing spices up the blandness of yet another, 'What's your name, where are you from and give us an interesting fact about yourself!' than casually dropping in the fact that you have an artificial eye. As an icebreaker, it's unmatched."

Celebrating his uniqueness one step further – and to mark the end of his freshman year - Dominic has recently received an artificial eye painted to reflect his Corpus Christi College crest.

Dominic set up a Go Fund Me page to raise money for the prosthetic eye – which he has personally matched and donated to CHECT. He's promised donors that he would wear it to college events, tours and maybe even interviews too!



gh those heartbreaking
d.

GIVING VISUALLY IMPAIRED CHILDREN THE BEST START IN LIFE

Harry was eight weeks old when he was diagnosed with bilateral Rb which led him to become severely visually impaired. Now eight years old, Harry is enjoying life at mainstream school thanks to modern equipment and access to support funding.

Treated with chemotherapy and laser at Birmingham Children's Hospital, Harry is currently having check-ups every four months. Mum Lisa recalls the excellent support they received and the advice they were given in order to prepare Harry for his life ahead.

Lisa, from Lancaster, said: "Birmingham Children's Hospital set everything in motion for me. We were lucky in that sense, the team were brilliant and they reached out to me first. When you have a very young child on chemo who also can't see very well – school is the last thing on your mind."

"When you have a very young child on chemo who also can't see very well – school is the last thing on your mind."

A visual impairment teacher visited the family once a week and, at the age of two, Harry also received funding for support during pre-school. As Harry was already great at interacting with other children and was coping really well at pre-school, the decision was made to send Harry to a mainstream primary school.

"It was suggested that Harry could go to a specialist school for the blind – but I wanted to try mainstream. We got in touch with the school and with support from the hospital, put a case forward for Harry's equipment."

The one-to-one support that Harry had received early on in life ensured that he was already off to a good start. The application for funding was successful and Harry was able to access the equipment which could help him the most in his transition into school.

Since starting school, Harry has received a specialist Prodigy electric magnifier, a laptop and an electronic braille. The Prodigy equipment shows a high resolution camera image of the teacher and board. This way, Harry doesn't always need to sit at the front of the class, it's also portable so he can take it with him.



However, all this equipment is not cheap – thankfully Harry's school was able to secure the funding.


Lisa added: "Harry's school were always supportive, even helping to source, finish and send off relevant support forms. They also reassured us that if external funding didn't come through, that the school would pick up the bill."

Despite needing extra support compared to other pupils at mainstream school, Harry is flourishing and is now on his school's gifted register. Lisa said: "Harry does great at school – it's possibly the way he manages his mind. The way he remembers information, being visually impaired, he's learnt to remember from verbal communication very easily."

It's important that parents with visually impaired children seek support and sort out arrangements for their child's education as soon as possible.

All you can think about is them getting better as soon as possible. Then you suddenly realise – school."

Lisa added: "I hear from some parents that trying to apply for support is like banging your



head against a brick wall sometimes. There's a Facebook Group for parents of visually impaired Rb children. It's definitely worth getting involved with

that to get advice from parents who have gone or are going through the same thing as you."

"Start asking questions about school now. Hearing back can be a long-winded process, six

to eight months after a letter is sent is often when you can expect a reply. Get the school involved as soon as possible too to ensure they get the best start in life."

For more information about early years and visual impairment, please visit our resources page on the CHECT website at www.chect.org.uk/resources and download the leaflet.

Your support worker can also signpost you to a range of organisations supporting children with visual impairments and their families.

CHECT TEEN FOCUS COUNCIL

Teen CHECT Member Christopher Payne recalls his experience of attending the third ever CHECT Teen Focus Council (TFC) back in February.

With a large turnout, we assembled at London's Minerva House. Harry kicked things off with a quick welcome and introduction as well as an Instagram story on the new CHECT Teen Focus Council Instagram channel. The first item on the agenda, the minutes from the last meeting began to be discussed. With BBC film crew also in attendance, we all tried to remain natural and calm. We covered items such as creating a new TFC logo; social media activity and use of Messenger chat; dates and venues of future meetings; the members' survey; and the TFC website.

During lunch, Harry, Beth and I were interviewed by the BBC

crew for the CHECT Lifeline Appeal. This was a new and rather daunting experience for me. We were asked a number of questions regarding both the TFC and CHECT.

Hannah and Kate, were also interviewed. As we sat waiting for them to finish, the conversation turned to university destinations whilst Theo introduced Katie, Isha, Will and me to the far away (and completely made up) land of 'Limberwisk'. After Kate and Hannah had returned, we attempted to walk back into the boardroom as naturally as possible, in the full knowledge that the BBC cameras were filming us. It took a total of four times for us all to enter successfully!

The final item on the agenda was a workshop discussing issues which had arisen as a result of our Rb, as well as advice on how to sort them out. I think we would all agree that this was extremely useful, being able to hear about others' experiences, and lending advice to them as well as vice versa. I believe we all found this helpful, leaving the meeting armed with strategies on how to address the issues we had discussed and brought up.

A big thank you to all who attended and to Patrick and Lesley - without them, this meetup would not have been possible. We all thoroughly enjoyed it and are looking forward to the next meeting in Birmingham, as well as seeing our faces on TV!

If you or your child would like to be involved with the CHECT TFC, please contact Lesley Geen CHECT Support Worker on **020 7377 5578** or at lesley.geen@chect.org.uk

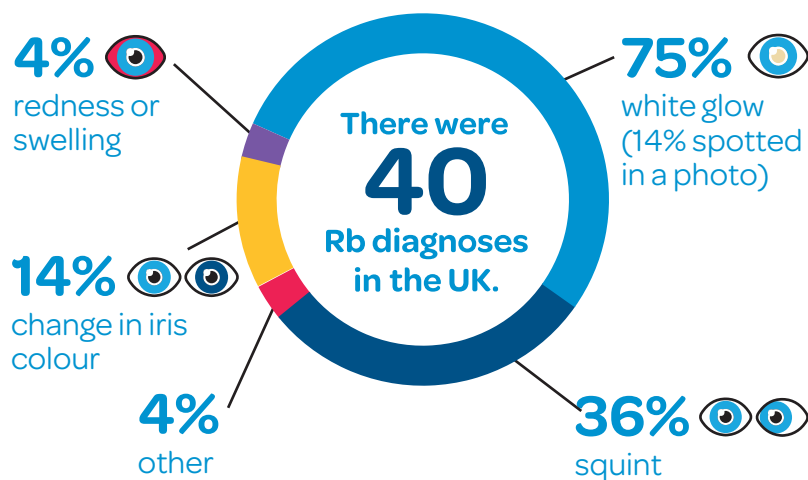
A YEAR IN NUMBERS

PATHWAY TO DIAGNOSIS RESULTS

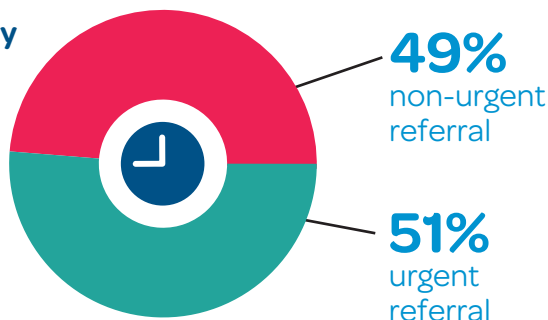
Reported information for 28 out of 40 children who were diagnosed with Rb in the UK in 2018.

Reported first symptoms of Rb in 2018:

- multiple symptoms can be reported per case.



Referrals made by medical professionals when presented with Rb symptoms:



96%  are satisfied with the **accessibility** of our communications.

96%  are satisfied with our **services and support.**

CHECT MEMBERS' SURVEY RESULTS SUMMARY

229 CHECT members completed the survey in February 2019.

The importance of our services

percentage of members who said each of these areas were important:

100% 50% 0%

85% Support worker on ward / outpatients during clinics

83% Support for parents of children with Rb

73% Email support

70% Support for teenagers who have had Rb

69% Support for adults who have had Rb

68% Support for siblings of children with Rb

67% Telephone support

63% Facebook support groups

59% Support grant

59% Support via social media messenger

57% Support for grandparents of children with Rb

MEMBERS' DAY

Our latest members' day took place at the Brooklands Museum in Weybridge, Surrey - the birthplace of British motorsport, aviation and home of Concorde!

Members' days are a great way to meet other families who are or have been affected by Rb and to nominate your child for a CHECT Champion Award. Sadly, we didn't have enough room here for all the photos, but you can see the rest on our Facebook page.



A MARATHON FEAT FOR CHECT

Congratulations to all our fantastic CHECT London Marathon runners - not only did they all manage to finish the race, they collectively raised well in excess of £30,000 for CHECT. They are:



SARAH BALDOCK



SALLY BANYARD



NICK BARNES



ROB CARMICHAEL



ALEX HACKLAND



PAUL HOLT



DARREN KIRKHAM



TOM RICHARDSON

REMEMBERING GEMMA

Many of you will remember reading about Gemma Edgar, who ran the London Marathon in 2018, whilst being treated with chemotherapy for an incurable brain tumour.

The Marathon was on her 'bucket list' and we were delighted and privileged that she was able to run this in support of CHECT after her youngest son, Noah, was diagnosed with retinoblastoma. Very sadly Gemma passed away, peacefully, with her family by her side, in December last year.

Gemma was, quite simply, an amazing woman who inspired many with her determination to love and live each moment that she had. We remember Gemma, her beautiful smile and ability to always think of others, with awe and gratitude. We send our sincere condolences to her husband Rob, sons Dylan and Noah as well as to her parents Andy and Barb and brother Lee. - *Lesley*



BEN REVILL



SAM SAMPSON



CRAZY GLASSES DAY

A Crazy Glasses Day can be held any day during the year. All you need to do is wear a pair of 'crazy glasses' for a day and donate £2. You can do this at home with children, or you could get your school or office involved.

If you'd like to buy a pair of glasses, you'll probably find cheap novelty ones in your local pound shop or online. However, we've put together some free resources so you can download, print and design your own pair at home.

We can also provide collecting tins, balloons and CHECT leaflets. Since 2018 we have seen schools, workplaces and nurseries hold a Crazy Glasses Day to raise awareness and funds. It's a really fun and simple way to support us.



If you'd like to join in the fun, you can find out more at www.chect.org.uk/crazyglasses.

If you need any more information please contact Diane Emery, our Fundraising Manager, on **020 7377 5578** or diane.emery@chect.org.uk.

CHARITY OF THE YEAR

We're delighted to announce that global sports and entertainment tech company, Deltatre and Massive, have chosen CHECT as their 2019 Charity of the Year. We're very excited to be working with them this year.

A huge thank you to Birmingham Optical for supporting us as their Charity of the Year for the third year in a row. The organisation has raised over £20,000 for CHECT through a variety of events including dog walks, half marathons, marathons, a darts match and iPad sales. This year they plan to raise money by taking part in the Birmingham 10k, Tough Mudder and a skydive. Outside of fundraising, the organisation raise valuable awareness for us among their clients and their staff also volunteer at CHECT events.

COULD CHECT BE YOUR WORKPLACE'S CHARITY OF THE YEAR?

If your company would like to support us in any way, we'd really love to hear from you. Please email Diane Emery, our Fundraising Manager, at diane.emery@chect.org.uk or call **020 7377 5578**.

THANK YOU!

We are very grateful to those supporters who have remembered our charity in their will, and also to those who arrange donations in memory of a loved one – this is a wonderful tribute and we appreciate the thoughts of those who support CHECT even at such a difficult time. Our condolences and grateful thanks are extended to the families and friends of:

Elizabeth Plant
Edwin Branch
Marina May Wisdom
Hilda Beatrice Ledbrook
Harry Bradshaw
Linda McCauley
Phyllis Maud Hindmarsh
Sybil Hallam
Harold McCallum
Margaret Potter

WHAT'S ON...

Join fellow CHECT supporters in raising funds while taking on a personal challenge – and having fun!

RunThrough Regent's Park 13th July 2019

Choose 5km or 10km runs past London Zoo and the grounds of Winfield House, the second largest private garden in central London. The flat course offers a great opportunity for a chip timed personal best. If you don't want to run, why not join us to cheer along our team? And afterwards you can walk through the elegant flowerbeds in the Avenue Gardens, see more than 12,000 roses in Queen Mary's Gardens, or hire a rowing boat and join the ducks on the boating lake. Minimum sponsorship £200.

Pedal 4 Cancer 8th September 2019

This beautiful route takes you from London to Cambridge on rural roads through the Hertfordshire and Essex countryside before being cheered onto the finish line - as well as receiving a well deserved medal and glass of something bubbly! Minimum sponsorship £175.

Great Birmingham Run 13th October 2019

Now established as the second biggest half marathon in the UK, Birmingham comes alive with thousands of runners pounding the streets, encouraged by on-course bands, entertainment and, of course, cheering crowds. Minimum sponsorship £300.



To find out more about any of these events, or others that we have planned for the year ahead please call Diane Emery on 020 7377 5578 or email her at diane.emery@chect.org.uk

WE NEED YOUR HELP

We've been helping families affected by Rb for over 30 years but we don't receive any government funding so we rely on public donations to pay for our work.

Please use this form to donate to CHECT. Alternatively you can donate online at chect.org.uk/donate. Thank you.

Return to: Childhood Eye Cancer Trust,
Whitechapel Road,
London, E1 1FR.

TITLE		FIRST NAME											
		SURNAME											
BILLING ADDRESS								TEL					
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Please accept my donation of:													
£5		£10		£20		£50		Other (please specify)					
<input type="checkbox"/> I enclose a cheque made payable to the Childhood Eye Cancer Trust													
Please debit my:		Maestro		MasterCard		Visa Debit		Visa Credit					
CARD NUMBER:													
SECURITY CODE (last three digits on the signature strip of your card)													
Valid From: (if applicable)		/		Expiry		/		Issue number (Maestro only):					
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How would you like CHECT to contact you (please tick)? post ☐ email ☐ phone ☐ text ☐
Update your preferences at chect.org.uk/consent. View our privacy policy at chect.org.uk/privacy