



Noëlle rings the chemo bell in time for Christmas

Read Noëlle's diagnosis story on page 5.



"A photo saved my child's life"

The story of a quick-thinking mum who spotted her daughter's tumour in a flash photo.

Page 7



Your festive photos

See all the wonderful Christmassy pictures our CHECT members have sent in this year.

Page 10



Children's corner - new to InFocus!

Read letters from our young CHECT members and enjoy fun, festive activities.

Pages 13 & 14

Welcome

Welcome to this issue of InFocus and a special thank you to all our families who submitted so many beautiful festive photos on page 10.

This edition is once more limited to a digital version as we are still managing the significant financial impact the pandemic is having on the charity. 2020 has been such a challenging year for all and we are extremely grateful to those individuals, organisations and families who have helped and supported us throughout.

As we reported in the last issue, CHECT staff continue to work from home. However, with appropriate PPE and protocols in place, our support workers Lesley and Sarah have now been able to return to the London and Birmingham hospitals, once again providing much-needed face-to-face help and support.

I would like to take this opportunity to offer CHECT's huge congratulations to Maureen McCalla, Specialist Nurse to the Retinoblastoma Service at Birmingham Children's Hospital, for winning a Lifetime Achievement Award! Many families attending appointments at Birmingham will know Maureen and will understand how extremely deserving she is of this recognition.

We've had many families share their awareness-raising stories in the media over recent months, including one on page 7 with quick-thinking mum Victoria, who – after snapping a photo of her daughter Nancy's white glow – ensured she received the diagnosis and treatment she urgently needed.

Our story on page 5 features 23-month-old Noëlle, who has finished her chemotherapy just in time for Christmas.

Noëlle was diagnosed earlier this year after parents Hayley and Shaun noticed that one of her pupils was larger than the other.

I have to give a special mention to her dad Shaun who quite incredibly completed an amazing 13 half marathons. He has raised £12,000 as part of his own challenge which he calls the 'Great Noëlle Run'.

As you're probably aware, the London Marathon – along with pretty much every public sporting event – was sadly cancelled during the pandemic. However, that didn't stop our brilliant CHECT supporters stepping up to the challenge and taking part in the Virtual London Marathon, completing the distance in their own local area and raising much needed funds – thank you all!

We're also pleased to announce our first national fundraising campaign – 2021 Squats for January – which we will be launching very soon. We would love it if our members could join the community as well. Read more on page 11.

As ever, we are so very grateful for your continued support – it is only with the support of our members, a small group of very special organisations and some wonderful charitable trusts, that we are able to continue to make a difference to the lives of those affected by Rb.

So, as we come to the end of what has been a trying year for many, I wish you all a very Merry Christmas and the very best for a very different and I hope quite wonderful 2021.



Patrick Tonks, Chief Executive

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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

Well done Maureen!

Our huge congratulations to Maureen McCalla, Specialist Nurse to the Retinoblastoma Service at Birmingham Children's Hospital, for winning a Lifetime Achievement Award!

You can watch the full Birmingham Women's and Children's NHS Foundation Trust's Youtube video covering their ABC Awards: https://youtu.be/14pb_8-Uglg



Thank you to our generous trusts and foundations

The impact of COVID-19 on CHECT's financial situation has been immediate and significant, with the loss of around 50% of our fundraised income through our events and community fundraising programme.

Although we anticipate many more challenging months ahead, we are extremely grateful to the following charitable trusts and foundations for awarding CHECT emergency funding to continue running our vital services:

Clive & Sylvia Richards Charity, Ernest Hecht Charitable Trust, Greendale Foundation, London Community Response Fund/City Bridge Trust, Macquarie Foundation, National Lottery Community Fund, and Thomas Pocklington Trust.

We are especially grateful to Mr Clive Richards, Chairman of the Clive & Sylvia Richards Charity. Mr Richards said:

"Our Charity is delighted to support CHECT, particularly in these very difficult days of Covid-19, with emergency funding. Our colleagues at Bone Cancer Research Trust have been hugely supportive in showing the way forward with digital fundraising."



Clive and Sylvia Richards

Want to receive this magazine in a different format?

This edition of InFocus is online only. For future editions, we will be offering InFocus in the following accessible formats:

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

If you would like to receive future editions of InFocus in a new format, please let us know on **020 7377 5578** or at info@checht.org.uk.

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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 love to hear from you at info@checht.org.uk.

Thanks for your support!

Teen Focus Council update

Written by **CHECT Teen Focus Council Member Harry Harrison**

Since we last spoke the TFC has been busy. We've finalised our logos, had two TFC meetings and started to introduce ourselves on the TFC website.

The new logos have now launched. We have a big version on the website (teenfocus.co.uk) and a smaller, iddy-biddy version for our social media profiles - which you should follow:

 [instagram.com/chect_tfc](https://www.instagram.com/chect_tfc)

On the website, you can now find our "Meet the TFC" series. So far, four of the original TFC members have introduced themselves and discussed their interests, experiences with the wonderful people at CHECT and for some, their Rb story. Give them a read! We have also been working on a new TFC leaflet which will be sent to teenage CHECT members - watch this space!

Since the last issue of InFocus, we have held two TFC meetings. At one of which we created a video about the TFC, which you can listen to on our website. It's difficult to squeeze absolutely everything into this update, but we have many future plans and ideas in the works, a lot of which we discuss at our meetings. We can't wait to show you them!

Stay safe!



▲ The new TFC leaflets (final design TBC)

One third of parents say a squint is NOT a symptom of childhood eye cancer

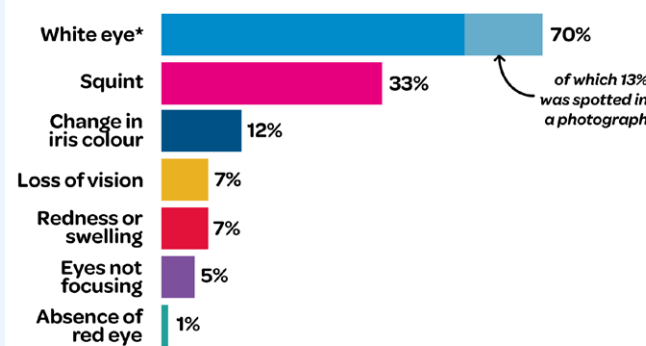
32% of parents in a general public survey thought a squint was not a sign of childhood eye cancer.

The survey, generously provided for CHECT by MMR, asked more than 1000 parents of babies and young children to identify what they thought could be a sign of eye cancer. Around a third said they thought a squint was either 'definitely not' or 'probably not' a symptom from a list of possible symptoms.

A squint is actually the second-most common symptom of retinoblastoma, with nearly 33% of children diagnosed since 2012 having presented with a squint.*

As squints are common in babies and young children, they're often overlooked. Therefore, as part of National Eye Health Week 2020, we worked with the medical press to promote the message that every squint should be checked by a GP or optician to rule out any serious underlying conditions.

***Reported symptoms of retinoblastoma**
more than one symptom can be reported per case:



▲ Reported information from 268 children who were diagnosed with retinoblastoma in the UK from 2012-2019

Huge research milestone in understanding the progression of Rb

As part of a CHECT-funded research project, Dr Sandy Hung from the Centre for Eye Research Australia (CERA) talks through her team's latest breakthrough in understanding the progression of Rb, paving the way for the development of new possible treatments.

The RB1 gene, which is mutated in retinoblastoma, was the first 'tumour suppressor gene' (a gene that regulates a cell during cell division and replication) to be identified. Its mechanisms, which can lead to cancer, have been extensively studied in the past few decades.

However, it has been more challenging to understand the cellular and physiological aspects of retinoblastoma due to the difficulties in generating a good model that accurately recreates the disease progression. Often the cell lines developed from existing retinoblastoma tumours are the result of 'endpoint transformation', and may have acquired multiple mutations and chromosome abnormalities, and therefore may not be a good model for retinoblastoma initiation and progression.

Breakthroughs in technology now allow us to take a patient's skin cells and generate stem cells, which can be further differentiated into all cell types of the human body, including retinal cells. This provides an unlimited supply of patient-specific retinal cells in the laboratory and offers a unique opportunity

to understand the processes of retinoblastoma.

The focus of our research supported by CHECT was to use stem cells derived from retinoblastoma survivors to develop a disease model for retinoblastoma in the laboratory. The development of this stem cell model will allow us to study the mechanisms of how the mutations causing retinoblastoma affect human retinal cells and, in the future, provide a platform using patient-specific cells which can be used for testing potential drugs to treat retinoblastoma.

In this study, we first recruited retinoblastoma survivors with known mutations in the RB1 gene and obtained skin samples. Using a Nobel Prize-winning technology developed at Prof. Shinya Yamanaka's laboratory, we reprogrammed the skin cells into stem cells (called induced pluripotent stem cell, iPSC). We then directed the stem cells to develop into 'retinal organoids', which are often referred to as 'mini-retina', consisting of cells organised in a 3D structure similar to the retina. By analysing the RNA (an essential molecule in cells), we measured the gene expression of the retinal cells derived from retinoblastoma survivors and identified the cancer gene signature caused by RB1 mutation.

We then used CRISPR gene editing technology to generate cell lines to inactivate the RB1 gene and observed a similar cancer gene signature when the cells were



▲ Dr Sandy Hung, Research Fellow for Clinical Genetics at the Centre for Eye Research, Australia (CERA)

developed into retinal cells. These results show that we have successfully developed a stem cell model for retinoblastoma, which allows us to study retinoblastoma on a lab dish, and provides an important tool for future studies to test and develop drugs to treat retinoblastoma.

This project would not be possible without the generous support from CHECT, which enabled us to initiate this work to develop a stem cell model to study retinoblastoma. Building on this work, we were able to obtain further funding from other programs such as the University of Melbourne Therapeutic Technologies Research Seed Funding, The Ophthalmic Research Institute of Australia and the Bayer Global Ophthalmology Awards Program to continue and expand on this retinoblastoma research.

We are deeply grateful to the supporters of CHECT in helping us advance our research to better understand the progression of retinoblastoma and we hope that our research would one day aid in the development of new treatments to help retinoblastoma patients.

A Christmas milestone for Noëlle

23-month-old Noëlle has finished her chemotherapy treatment just in time for the family's favourite time of year. Mum Hayley Heelbeck tells their story...

Sitting in the hospital car park, I scrolled through the google results on my phone, becoming increasingly panicked. My husband Shaun was in A&E with our toddler Noëlle but because of Covid restrictions only one of us was allowed to go with her.

On the journey there Shaun had mentioned retinoblastoma, a type of cancer I had never heard of before. He'd read about it a few days previously but didn't say anything at first because he didn't want to worry me. Now all I could think about was whether our little girl had cancer and, waiting alone in the car, I had never felt more afraid.

It all started in June when I noticed that one of Noëlle's pupils was much bigger and darker than the other.

Noëlle is such a happy, healthy child that I didn't think much of it at first. A couple of days later though, Shaun mentioned it too. He did a quick online search and one of the first things that came up was Rb. He told me to take her to the GP straightaway and I made an appointment the following day.

Because of the Covid pandemic, the appointment was by video call and the doctor couldn't see what we were seeing. We were told to get back in touch if it got any worse. But by this point I was getting worried, so I called 111 and was advised to take Noëlle to a local pharmacist. The pharmacist looked into her eye and we could tell immediately that something wasn't right. He said that her pupil wasn't reacting to light.

"All I could hear was 'it's cancer'. It was the worst week of our lives."

We took her to A&E that evening. As I waited outside in the car, Noëlle was seen by doctor after doctor before she was urgently referred to Birmingham Children's Hospital.

It was a shock that Noëlle had lost the sight in her right eye.

A week later, we were in Birmingham being told that she had Rb.

I felt sick, utterly sick. There is so much tragedy around cancer that you don't always hear about the positive stories and successful treatment. All I could hear was "it's cancer". It was the worst week of our lives.

It was quickly established that Noëlle had lost the sight in her right eye which was a shock to us as she had been happily scooting up and down the driveway without any signs that anything was wrong. Her retina had detached and she needed an MRI and lumbar puncture to determine if the cancer had spread. In the meantime, the doctors wanted her to start having chemotherapy straightaway.

She had her line fitted five days after her diagnosis and the following day she had her first round of chemo. The day after that, we found out that the cancer was contained to her eye. We had this checklist of things, the first one being that the cancer hadn't spread, and as we ticked each one off, we felt a little bit better. For the first time I started to believe that we could actually be in the 98% who are successfully treated for Rb.

Noëlle had six rounds of chemotherapy and monthly laser. The first round was the worst as she developed an extremely sore mouth and gums and couldn't eat. But it did get better. She has a week to ten days of sickness immediately following each treatment but she has remained happy and positive

throughout it all. She just gets on with it.

Noëlle had really good results after the first round, with more than a 50% reduction in the size of the tumour and the treatment has continued to be effective. She had her final chemo session in November and we're hoping that it's the end, but we won't know until we can see what activity there is at her next check-up and we've been warned there is a chance of reoccurrence. She will continue to have laser for a while yet.

We were so grateful for the support we received from CHECT and Shaun decided he wanted to give something back, so he organised and completed the 'Great Noëlle Run', running 13 half marathons in 13 weeks and raising £12,000. For the last race he went back to the North East, where we're from, and both of our dads accompanied him on

bikes. As well as supporting CHECT, the challenge gave him something to focus on and helped him to process everything that was going on.

"We are just so ready to put the last six months behind us..."

Now we feel like we can finally take a breath and look forward to Christmas. We're big fans in our house – hence the name Noëlle! – and I can't wait for her to enjoy it. She'll be two in January and although she's still a bit young to know what's going on, she'll love the excitement. We are just so ready to put the last six months behind us



Noëlle in her hospital bed with her favourite toys.

and to enjoy the run up to Christmas Day without the ordeal of Noëlle's treatment.

It is a double celebration as we've just welcomed new baby Ember to the family. Noëlle is a very proud big sister and she's giving the new baby lots of kisses and cuddles. Ember has arrived at a lovely time, we've just got Noëlle through chemo and now we can all look forward to Christmas together as a family. We're feeling positive.



'The Great Noëlle Run'

We're incredibly grateful to super dad Shaun for raising a whopping £12,000 for CHECT in honour of Noëlle's treatment journey for her retinoblastoma.

With the cancellation of the 'Great North Run', Shaun took on his own 'Great Noëlle Run' challenge, completing 13 half marathons in 13 weeks. Well done and thank you Shaun!

Shaun out on one of his runs, met by Noëlle and Hayley



The final finish!

REAL LIVES

"A photo saved my daughter's life"

Four-year-old Nancy was diagnosed around Christmas time last year after her mum Victoria saw her tumour 'glowing' in a flash photo. This story was shared with the press during Childhood Cancer Awareness Month in September.

It was a family member who, after taking selfies with Nancy, first noticed that her eye would sometimes look towards her nose and then suddenly appear fine again.

Then mum Victoria noticed it too as she was brushing Nancy's hair getting her ready for bed one evening.

Victoria said: "She turned around and I saw it, I was so shocked – my niece was right. I took a photo and then something immediately triggered in my head that I needed to take another with the flash on. Once I did, I saw this massive glare over her pupil. I instantly thought 'she's got cancer'."

"In a panic, I covered her normal eye and grabbed some random objects and asked her to say what they were. She said, 'Mummy I can't see it.'"

"Can you help me? I think my daughter has cancer."

Victoria immediately took Nancy, still in her pyjamas, to A&E and explained to the receptionist what she had seen. There was a two hour wait, but Victoria's gut instinct knew that time was of the essence.

Victoria said: "I couldn't wait, I knocked on the nurse's door, apologised and said, 'Can you help me? I think my daughter has cancer'. I'll never forget the look on her face."

After showing the nurse the photo, Nancy was seen in ten minutes. After more checks by doctors, they agreed that Victoria's intuition was likely correct. Nancy needed to be seen urgently by specialists to confirm a diagnosis.

The family were sent to Southend Hospital before being urgently referred to The Royal London Hospital.

Victoria captured Nancy's tumour in a flash photo on her phone.

There they confirmed Nancy's eye cancer.

Victoria said: "My stomach sunk. I wished to be wrong, but in my head, I just knew that it was cancer. I had never heard of retinoblastoma, but there was a distant memory from something I'd seen or read that I needed to take that flash photo and look for that white glow in her eye. I'm so glad I did."

After a further examination under general anaesthetic, hospital staff sat down with the family and explained that Nancy's tumour, although luckily in just one eye, was very large. Together they discussed the options and decided that the best course of action would be to have the affected eye removed as chemotherapy wouldn't return her sight she had lost in her poorly eye.

Victoria said: "It was an awful decision to make, but it was an easy one too."

"We'd already beaten cancer once as a family, we knew we could do it again."

Nancy's diagnosis came as a blow to the family shortly after it was announced that Victoria's sister was given the positive news that she was in remission from cancer.

Victoria added: "We had the whole family over for Christmas and we created a huge grotto for the children to enjoy. We'd already beaten cancer once as a family, we knew we could do it again."

"The hospital lent us one of their teddies which has an artificial eye you could take in and out. We explained how the clever doctors would take the poorly eye away and give her a special new one."

Nancy's eye was removed the day after Boxing Day.

Victoria added: "She never complained once and she wasn't scared at all. Once they put her under the anaesthetic, I walked out absolutely sobbing – I think that's when the reality hit us."

The operation was a total success and the whole tumour

was completely removed with the eye. Nancy made a brilliant recovery and within two weeks she was back at school and even horse riding again.

"I had got my Nancy back. Her smile was so overwhelming."

Since then she has received her first properly fitted artificial eye from Moorfield's Eye Hospital.

Victoria said: "She was so excited to get her new eye. It took my breath away how happy she was when she walked out of that hospital. I had got my Nancy back – her smile was so overwhelming. I didn't realise how much of her smile and confidence she had lost."



Nancy had her eye removed the day after Boxing Day.

"Parents don't think of their child's eyes – until they take them to the opticians for an eye test.

"If it wasn't for my niece mentioning what she has briefly seen, Nancy would probably still have cancer. Having taken that quick photo on my phone and being able to show doctors exactly what I had seen has likely saved her life."

Want to help raise awareness like Victoria and Nancy?

Many people first hear about Rb and its symptoms after reading about it, may be in a newspaper or magazine, or on social media.

These stories are a really important way of letting people know about Rb and how to spot the signs. And they can also be a huge comfort to the parents of newly diagnosed children, who can often feel very alone and isolated.

If you're interested in sharing your story, please get in touch by emailing info@cheet.org.uk

Nancy was so pleased with her new artificial eye.



Support with emotional wellbeing

CHECT support workers Lesley and Sarah talk about how we can recognise the signs that perhaps we, and others, are struggling with our mental health and wellbeing – especially in this time of such uncertainty.

We have all faced a prolonged period of uncertainty, challenges and changes that continue to affect our everyday lives and routines. This might make you worried about your and your family's wellbeing; emotionally, physically and financially. Here are some useful tips and resources which may be helpful as we continually adjust to changing circumstances.

How might you feel?

Burnout is something that people often associate with work, but it can occur in all spheres that give people a sense of meaning – including being a parent.

With added responsibilities, confusion about frequent changes in advice and complications during this current pandemic; **you may recognise some of these signs:**

- Feeling exhausted
- Feeling less connected to people, activities or projects
- Finding yourself spending more time away from people physically or emotionally, because you have to rather than out of choice. As a consequence, you may not feel like you are a part of things.
- You may also find yourself

reflecting on how things did not use to be this way

- Worrying about things you haven't previously been worried about
- Experiencing a loss of feeling effective and in accomplishing tasks.

What can I do?

- Have self-compassion – be gentle with yourself
- Reach out – take time to reconnect with family or friends in different ways
- Ask for help
- Take time for yourself – exercise, take a bath, read a book, listen to music, call a friend who makes you laugh; whatever works best for you
- Take a break, simplify your life – this could be avoiding social media and messaging or taking a day off work.

Coping with uncertainty

Returning to 'normal' can be very daunting, especially when we are bombarded with mixed messages, ever-changing restrictions and freedoms so we don't know what normal is any more.

We are also navigating our own thoughts and feelings in new

situations as well as often having to support those we love with their worries.

How can we manage this uncertainty?

- Communicate. With school, hospital, family, friends – ask questions, seek support
- Recognise what triggers your anxieties and limit exposure to them – eg internet, phone, news
- Re-establish a routine, realise that you may have to change this at short notice if advice changes
- Continue to make time for yourself
- Try to be in the moment, you may find certain apps or websites that may help you with this such as Calm, Catch It, My Possible Self, Headspace and more listed on the NHS website.
- If you need to get in touch with someone, there are lots of support avenues such as:

www.samaritans.org
(call 116 123)

NHS 111 (call 111)

www.mind.org.uk

If you feel that you or your children might benefit from further support, please speak to your CHECT support worker:
www.chect.org.uk/your-support-worker



Your Christmas photos

Thank you to everyone who submitted their Christmassy snaps this year, we have loved seeing them!





Give yourself a lift, join our 2021 squats challenge!

As the title probably suggests, this fun challenge is all about completing 2021 squat exercises throughout January 2021.

Everyone who takes part will receive a free T-shirt and exercise tracker, plus those who raise at least £150 will also get a free medal!

Perfect for dusting off those 2020 cobwebs and combatting those ample portions of Christmas nosh we may have all enjoyed a little too much...

This is our first UK-wide fundraising campaign, so we would love it if our members could also join our fledgling community Facebook Group now to help kick things off before the official launch in mid-December.

It would also be great if you could help us to welcome the new community members and cheer on others (most of whom will be new to our charity) and join in with this fun challenge as well!



Squat are you waiting for?! Join the Facebook Group today at:
www.facebook.com/groups/squats2021

Charity Christmas cards

Our charity cards are available to buy online at:
www.cheet.org.uk/christmas

All profits go back to CHECT to help families affected by retinoblastoma, aid research and help raise awareness of signs and symptoms of eye cancer amongst the general public and health care professionals.

A pack of 12 cards costs £7.50 (including postage). Each pack contains three cards of each of the four winning designs.

Congratulations to the children who drew this year's winning designs: Amber (age 4), Olivia (age 6), Lavinia (age 4) and Eithan (age 6) – and a huge thank you to everyone who entered.

All our entries have been made into e-cards to download and send as well.



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 very much 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:

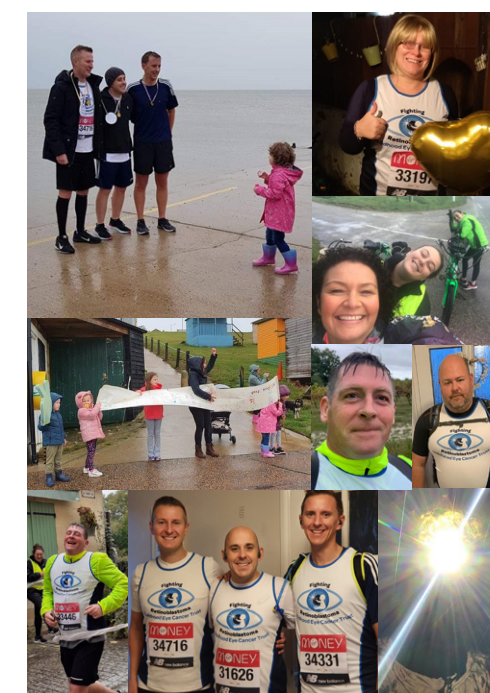
David Anderson
and **Iain Wilkinson**

No marathon? No problem!

The cancellation of the London Marathon this year has not stopped our fundraisers from doing their bit for CHECT.

Sunday 4th October was the official 'Virtual London Marathon' event and nine of our #TeamCHECT runners instead completed a marathon (26.2 miles) in their local area at their own pace. Altogether they raised an incredible £12,800.

Well done and a huge thank you to all our marathoners!



Children's corner

Welcome to the children's corner, a new and exciting part of this magazine where we show your poems, pictures and stories. There are also some fun activities for you to enjoy. We hope you like it!

Macey, age 9, wrote a lovely poem about her Rb which she was happy to share with everyone:

I have two eyes
They have tumours inside
I can't see through one
On my left side
But I'm always happy outside



Macey age 9

If you have a poem, picture or story about your Rb that you would like to share, please ask a parent to send it to us at info@chect.org.uk



L	S	D	E	C	O	R	A	T	I	O	N	S	S
O	E	A	E	R	O	B	I	N	A	T	O	O	F
H	S	E	Y	E	D	C	P	O	C	R	E	L	F
O	T	R	L	L	C	R	A	C	K	E	R	S	U
H	O	B	L	C	G	L	R	T	K	E	T	S	M
O	C	R	O	O	L	A	T	P	J	E	I	N	I
H	K	E	H	K	Y	O	Y	S	S	K	N	O	S
L	I	G	H	T	S	C	P	C	T	A	S	W	T
A	N	N	P	L	I	E	U	R	N	L	E	B	L
T	G	I	L	J	O	L	D	O	E	F	L	A	E
N	S	G	O	O	S	B	D	O	S	W	J	L	T
A	L	L	D	J	O	U	I	G	E	O	D	L	O
S	L	N	U	U	O	A	N	E	R	N	I	O	E
Y	E	K	R	U	T	B	G	T	P	S	P	O	K

How many words can you find?

- snowflake
crackers
mistletoe
jolly
elf
rudolph
tinsel
decorations
holly
coal
turkey
pudding
- stocking
lights
hohoho
party
tree
gingerbread
santa
snowball
snowman
presents
robin
bauble

Pssst. There is also a **secret** word to be found: _____

Print and colour me in!



What's on...

Great North Run **12 September 2021**

Join 56,999 others celebrating the 40th anniversary of the largest half marathon in the world. You'll take in the sights of Newcastle, run across the iconic Tyne Bridge and finish on the coast in South Shields, hopefully spotting the Red Arrows along the way. **Minimum sponsorship £500**

2021 squats for January **January 2021**

Join in with our fun new UK-wide challenge during January - simply complete 2021 squats before the month ends. You get a free T-shirt when you sign up, as well as access to an exclusive supportive community of fellow challengers. Plus, if you raise £150 for CHECT, you will receive a free medal too!

Join the Facebook Group at: www.facebook.com/groups/squats2021



To find out more about these events, or others in the future, please contact Diane Emery on **020 7377 5578** or email diane.emery@chect.org.uk

Other ways to 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.

If you would like to make a donation, you can do so by:



visiting our website: www.chect.org.uk/donate



or by texting **CHECT** to **70470** to donate £3.

Could your workplace help?

It is so wonderful that during this difficult time, companies are still supporting their chosen charities. If your workplace is in the position where they are looking to support a charity in 2021, please ask them to consider CHECT and to get in touch at info@chect.org.uk. Organisations have supported us in lots of ways such as raising money through fun (virtual) events and payroll giving.



Amazon Smile

Many of us are shopping online much more this Christmas. If you are buying from Amazon, we would be enormously grateful if you could sign up to AmazonSmile and add CHECT as your chosen charity. It doesn't cost anything extra and CHECT will receive 0.5% of your purchases. So far we have raised over £600 from this initiative - visit www.smile.amazon.co.uk/ch/327493-0 to sign up.

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You shop. Amazon gives.

