

## Dates for your Diary

### Fashion & Fizz

**Friday 28th September 2018**  
**12noon – 4.00pm**

Join us at St John's Hotel, Warwick Road, Solihull for lunch, fashion show and networking opportunity.

Tickets £25 each - call **0121 794 9596** to book.

### Annual Ball 2018

How time flies, it is now that exciting time again, when we are delighted to invite you to book your table for another wonderful Get A-Head Ball and help celebrate our 25th Anniversary Ball. This year's event promises to be a night to remember, so pop the date of Saturday 24th November in your diary and look forward to the Get A-Head Ball at Hilton Birmingham Metropole.



## Coffee & Networking Events

**Thursday 4th October & Thursday 6th December 10am – 12noon**

Get A-Head Solihull Office, 695 Warwick Road, Solihull B91 3DA

Come along & join us for a friendly, informal networking event over a hot drink and a sweet treat. This event is open to all and is free to attend. Just bring yourself and plenty of business cards!

Everyone welcome!

## London Marathon 2019

Calling all runners! There is still time to apply for your place for the Virgin Money London Marathon 2019.

The London Marathon will take place on Sunday 28th April 2019 and will start in Greenwich Park. Get A-Head runners will travel the route that takes in iconic landmarks including Cutty Sark, London Bridge and the London Eye before crossing the finish line on The Mall near Buckingham Palace, whilst raising much needed funds for the fight against all head and neck disease.

To apply for a place in #TeamGAH please email [info@getahead.org.uk](mailto:info@getahead.org.uk) and we'll send you an application form. Registration for the event is £50 and we ask you to pledge to raise a minimum of £2,500 in sponsorship. As the London Marathon is so iconic we always receive more applications than we have places available, so the Team at Get A-Head will award places to the strongest applicants.

For more details of these and all our events visit [www.getahead.org.uk](http://www.getahead.org.uk)

## AmazonSmile and Get A-Head

Do you shop online using Amazon? You can now raise money for Get A-Head when you shop with AmazonSmile.

The Get A-Head Charitable Trust is registered with AmazonSmile. When you shop, Amazon could donate some of the price of your purchase to help us fund more educational courses, medical research and the purchase of vital medical equipment the NHS cannot afford.

The AmazonSmile website has the same selection of products as Amazon, but when you shop on AmazonSmile, 0.5% of your eligible purchases\* will be donated to us.

How you can support Get A-Head

1. Go to <https://smile.amazon.co.uk>
2. Use your usual Amazon login details as normal
3. In the 'Pick your own charitable organisation' box – search for 'The Get A Head Charitable Trust'
4. Press the 'Select' button to choose Get A-Head as your preferred charity
5. Whenever you shop, make sure you shop at [smile.amazon.co.uk](https://smile.amazon.co.uk) to ensure that 0.5% of eligible purchases are donated to Get A-Head!!!

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**Get ahead**   
**Charitable Trust**

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[www.getahead.org.uk](http://www.getahead.org.uk)  
Tel 0121 794 9596

Registered Charity number 1118326

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## A message from Tom Bromwich, Chairman



Welcome to our latest newsletter, I hope you have all been enjoying this wonderful summer weather.

Things are hotting up in the Get A-Head office as plans for this year's 25th Anniversary Ball are in full swing, tables have been in high demand as we mark the charities 25th Ball – The very first Get A-Head Ball was held on Saturday 8th October

1994 at the Botanical Gardens in Birmingham, where the evening welcomed over 360 guests to enjoy an evening of entertainment including Irish Bingo, Dancing to the Alan Hemus Band, Auction prizes such as a 'whole prime of lamb' and 'flower bed design' and was hosted by Nicky Steele, who was the presenter of The Morning Show on Radio XTRA AM.

25 years on and with many successful Balls under our belt, our main aim remains the same, to bring fun to fundraising, to offer all of our guests a top-quality night of entertainment, fun and enjoyment, whilst raising funds and spreading the word about Get A-Head and the fantastic work we support in terms of research, education and the

purchase of life enhancing equipment. So, I am confident this year will be equally as fabulous with an extra sprinkle of glitz to mark this amazing milestone.

As ever I must give thanks to the board of Trustees who give their time and efforts to ensure Get A-Head continues to thrive **Paul Mourton, Huw Griffiths, Wendy Davies, Kristien Boelaert, Shahz Ahmed, Prav Praveen, Neil Sharma** and our newest Trustee, **Peter McNeil**.

As well as sharing our fundraisers stories and achievements, this edition also shines a light on some of the projects we have been able to support with the funds raised by you, our supporters. It is our privilege to be able to meet and support patients and their families on their journey and we have made and maintained many special friendships over the years and hope to continue this for many years to come.

Best Wishes *Tom*

## Get A-Head Supports New Cancer Unit at Solihull Hospital

At a recent Trustees meeting the team were pleased to approve a grant of **£20,000** to fund four chemotherapy chair spaces at the new Haematology and Oncology Day Unit at Solihull Hospital.

The new chemotherapy centre will see a ward at Solihull Hospital renovated to a state-of-the-art facility with up to 31 new chemotherapy spaces, increasing the number of patients that can be seen by 170%. Our funding will allow the Charity to help to provide the unit with newly refurbished equipment to tailor individual treatment pathways for patients.



Consultant haematologist Dr Shankara Paneesha, who works at Ward 19, said: *"It is important for our patients to be able to access services in the most comfortable way possible. The new unit at Solihull Hospital will provide a convenient and comfortable environment for patients to receive their treatment, which is a great step forward."*

Louise John, Charity Manager at Get A-Head and Anne-Marie, Administrator, were pleased to represent the Charity at their official donor opening and to see the work that had already been done to improve the unit. Louise said: *"We are delighted that we have been able to support this unit, if it can take some of the stress and worry away from what is already a difficult time for patients then it is money well invested."*

*Get A-Head are proud to be supporting local hospitals and it was wonderful to see other charities names up on the donor board for this unit."*

Samantha Howell, Fundraising Manager at Solihull Hospital said: *"Thank you to the Get A-Head Charity for their extremely generous*



*donation of £20,000 to the new Solihull Haematology and Oncology Day Unit, their donation will allow us to purchase another four chemotherapy chairs for the new day unit, which will benefit so many patients in Solihull and the surrounding areas. We could have not purchased these chairs without the help and support from such a wonderful Charity."*

## Fundraising Events

### Miles 4 Mel The Grand Finale

For the fifth year running and their Grand Finale, over 50 employees from Unilever UK took on the challenge of a 180-mile charity cycle in memory of their colleague and friend, Mel Jaggard.

Simon Fisher, Customer Director at Unilever UK and member of the organising committee said: *"After five years of the Miles 4 Mel cycle ride, we are proud to have raised over £300,000 for the Get A-Head charity. Every year, our team of cyclists engage in a variety of fundraising activities to celebrate and commemorate the life of our great friend Mel. This year is no exception, with our team organising a quiz night, bake sales and a static cycle for colleagues in our Leatherhead office."*



Louise Newton, Charity Manager at Get A-Head said: *"Le Grand Finale of Miles4Mel was all it promised to be, the sun was shining as the riders crossed the finish line in Gilwern! 5 years of amazing fundraising, focus, energy and commitment and over £300,000 raised for Get A-Head and research into ACC (Adenoid Cystic Carcinoma). The Link between the Miles4Mel team at Unilever and Get A-Head is a special one and we are immensely proud to call them friends of Get A-Head."*

### Get A-Head Host Afternoon Tea

On Friday 25th May Get A-Head hosted their first Afternoon Tea to thank their Fundraisers, Donors & Volunteers who have generously given their time, money and most importantly their support, some of them for many years.

Over 70 guests accepted our invitation and were treated to a traditional afternoon tea at St John's Hotel, Solihull.



Louise thanked the guests for all the work they do, the running, skydiving, cake making, volunteering and many other things, without them Get A-Head would not be able to continue the work we do. Louise then introduced the afternoon speakers, Kristien Boelaert and Prof. Chris McCabe, who talked about the good work Get A-Head spent the generous fundraising and donations on.

Many thanks again to all our supporters, volunteers, fundraisers, donors for everything you do for us. With your continued support we will be able to continue our work for many years to come.

### Skydiving Fundraisers take the leap for Get A-Head

On Saturday 30th June five daredevil fundraisers plummeted 13,000ft to raise funds for Get A-Head, and have to date raised over **£3,000** between them.

The 5 Skydiving fundraisers included a team of three Unilever employees, raising money in memory of their colleague Mel Jaggard, who died from a rare form of neck cancer, Adenoid Cystic Carcinoma, in 2013.



Ryan, Mel Jaggard's brother, joined us for his first skydive and said: *"For my first ever skydive I could not have asked for a better experience."*

Other skydivers included Katherine Carter, Pippa Riley and Katie Knight, who work at

Unilever and Andy Autie, who is friends with members of our Friends of Get A-Head Group.

Charity Administrator, Anne-Marie Patrick, said: *"The day was a huge success, raising a fantastic £3,000 to continue supporting patients and their families suffering from head and neck diseases, including cancer, through the funding of research, education and the purchase of vital equipment."*

*"Everyone who took part had a great time and several have said they'd like to join us again next year! If you'd like to do a skydive to raise funds for Get A-Head please get in touch!"*



### UKF Group's 5k Inflatable Run & Timberhonger 10k raises over £700 for charity!

On Saturday 16th June, UKF Group took on the Gung-Ho! 5k Inflatable Run at Cotton Park, Birmingham. Chairman Phil Morris, Operations Director Chris Morris, Group Managing Director Simon Greenhill and Sales Director Ian Griffiths were just a few of the volunteers who ran the inflatable obstacle course, in aid of The Get A-Head Charitable Trust.

Within an hour everyone had completed the Gung-Ho challenge, for some though, this wasn't enough; Chris Morris and our IT & Systems Manager Sam Halfpenny recruited a team to join them in taking on the Timberhonger 10k Run.

Timberhonger is famed for being one of the most picturesque and challenging 10k runs in the UK and is part of the Bromsgrove Carnival that takes place at Sanders Park, Bromsgrove. Thank you to the team for raising over **£1,000** for Get A-Head.

## Grants awarded

### Extracellular vesicles: small messengers with a big message

Our Trustees have recently approved a Grant of **£18,700** for Dr Stuart Hunt and his research team at Sheffield University, School of Dentistry to support the cost of consumables for a PhD Research Project.

Dr Hunt explains the project: *“Extracellular vesicles (EVs) are tiny bubble-like structures released by cancer cells that are taken up by normal cells that surround the tumour. EVs contain molecular messages that cause normal cells to change their behaviour to support the tumour. Our data shows that EVs released by head and neck cancer cells contain molecules that cause resistance to chemotherapy and also promote the spread of cancer. During the current project we will test how these molecules are packaged into EVs, the effect they have on recipient normal cells, and if EVs could be new therapeutic targets to improve the treatment of future patients.*

*EVs will be isolated from cancer cells grown in the laboratory. We will measure their size and concentration using specialist equipment at The University of Sheffield. EV contents*



*will be purified and analysed to identify the molecular messages inside. We will then disrupt these messages by a technique called ‘gene editing’ and see if this changes how EVs signal to normal cells surrounding the tumour. The generous financial support from Get A-Head will pay for access to specialist equipment and also for chemicals that are essential for the research.*

*This support will enable Anita (Xinming) Liu, a new student who has just joined the School of Clinical Dentistry, to carry out state-of-the-art research during her PhD studies. Anita will be supervised by Dr Stuart Hunt and Dr Daniel Lambert. This project will complement the research activities of Dr Hunt and Dr Lambert, whose research focuses on understanding how head and neck cancers grow and spread.”*

### Equipment Grant Awarded to The ICR

The Get A-Head Charitable Trust is generously supporting head and neck cancer research at The Institute of Cancer Research.

In the laboratory of Professor Kevin Harrington, they are aiming to understand the underlying biology of these tumours, as well as to identify better, more personalised treatment options for head and neck cancer. The Get A-Head Charitable Trust donated **£25,000** to purchase vital equipment need for this research.

Two multi-drop dispensers have been purchased which will be used to help them test how effective a single drug or several drugs in combination might be against head and neck cancers. These dispensers can handle a large number of samples with a much higher accuracy and efficiency than is possible by doing this manually.

It is very important to keep the samples at a low temperature to preserve their cellular components (such as DNA and proteins), so they have used some of the funding to purchase a refrigerated micro-centrifuge to help them achieve the best possible results.

Professor Kevin Harrington said: *“We’re very excited and grateful to receive the support of the Get A-Head Charitable Trust. This equipment will allow scientists in my lab to improve treatment options for head and neck cancers and learn which patients will benefit most from them”.*



## Roll of Honour

**A big thank you to the following for their kind donations and fundraising:**

Loch Park Day Centre for their wonderful fundraising of **£1,000**

The Alan Woodfield Charitable Trust for their generous donation of **£250**

The Tanners Guild for their donation of **£770** raised at their Annual Dinner

Jenny Armstead and her friends & family for their recent donations of **£1,500**

Sheila Randon for her generous donation to support our work

**We would also like to thank all our supporters who make a regular donation by monthly standing order. If you would like to support us in this way please call the office to request a form.**

**To these, and all our other donors and fundraisers, too numerous to mention individually, the Trustees thank you for your support.**

## What could your donation do?

**£5** Pays for Oral Care information pack for patients receiving Radiotherapy

**£30** Funds a complementary therapy session for patients having cancer treatment

**£200** Funds a full days training course for a specialist nurse

**£500** Purchases an Electrolarynx for a patient who has had their voicebox removed through cancer

**£750** Buys a mini iPad and speech software for patients who can no longer speak following surgery