

# VELINDRE News



January 2012

## "WET, MUDDY, CHALLENGING, AWESOME"...THE 5<sup>TH</sup> EXCALIBUR CHALLENGE IS LAUNCHED!

The Excalibur Challenge will probably be one of the most fun and exhilarating fundraising events that you will ever have been involved with! It will test your team's fitness, skill, commitment and sense of humour, whilst raising vital funds for Velindre Cancer Centre.

Set on the coast of West Wales, this 4-person team challenge will involve many adrenalin-filled challenges such as sea kayaking, axe throwing, archery, caving, orienteering, mud assault course, sumo wrestling suit run and much more, all packed into a weekend adventure.



7th-8th July 2012



The objective of the challenge is to gain maximum points for your team, and a minimum sponsorship of £1000 for Velindre Cancer Centre. The winning team at the end of the weekend will be crowned the winners and will have their teams' name engraved onto the Excalibur sword, which they will keep for a year.

Here's what previous participants said:

"The weekend was absolutely fabulous and we all had a brilliant time. The challenges were very challenging and pushed us yet achievable and they were great fun. I can't see how it could be improved and I wouldn't want to change a thing except maybe extending it to a week!!!"

"Great weekend! It was a lovely setting with a good bunch of people taking part in the right spirit. Sign me up for next year!"



### Velindre Fundraising

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**THE CARDIFF HALF MARATHON** attracted record numbers last year, and so did Velindre! 195 runners ran for Velindre, the most ever, raising £32,886.61 to date with more still to come in!



This year we want to try and recruit more runners and raise more money for cancer patients and their families, so we are launching 'Velindre 200 Team'!

Among the runners supporting Velindre last year and running again this year is Mr Simon Dean, Chief Executive of Velindre NHS Trust, pictured right. Simon said: 'Running the Cardiff Half Marathon was a fantastic experience. I am immensely proud of the runners who ran for Velindre and privileged to be part of the Velindre Team. I have already signed up for next year's event and hope to beat my time of 1.57.29, although I am really pleased with it. I hope the weather next year is as good too!' Velindre runners receive a Velindre running vest, t-shirt, sponsorship pack and an invitation to the post-race runners reception where there will be a buffet and more importantly, Stark Sports Therapists will be giving massages! To be part of the 'Velindre 200 Team' this year please register online at [www.cardiffhalfmarathon.co.uk](http://www.cardiffhalfmarathon.co.uk) to get your place, then contact us for your Velindre 200 Team Entry Form.



**THE FIRST VELINDRE WINTER WALK** led by Wales Captain Sam Warburton was a huge success despite the inclement weather! Over 250 turned up on Thursday 29th December to walk the picturesque 5K route from Y Mochyn Du in Sophia Gardens along the Taff Trail.



Walker Sue Percy, pictured below, said: "We really enjoyed the walk, despite the awful weather. There were times I thought we were on a different planet, especially when the sun came out and a beautiful rainbow appeared, it was wonderful."

Andrew Morris, Head of Velindre Fundraising, said: "We were delighted with the turn out for our first Winter Walk. Over 250 joined us despite the inclement weather; which probably had something to do with the bacon butty's and coffee, generously donated by Y Mochyn Du, and the walk being led by Wales Captain and Velindre Ambassador Sam Warburton! It was great to see some old friends and new supporters and we very much look forward to seeing everybody at next years Winter Walk! We would like to thank Gareth and all at Y Mochyn Du for their fantastic support!"



**THE CLINICAL TRIALS UNIT** at Velindre Cancer Centre were very fortunate to have received a substantial donation from the husband of a patient, who was in a clinical trials for 2 years and spent endless hours in Velindre, which was used to purchase vital equipment for the department.

Claire Boobier, Clinical Trials Research Nurse Lead said: "The majority of these visits were succinct but many were spent waiting either for the Doctors to examine her as they were seeing their own patients on their lists or waiting for a clinic room and equipment to become available. Throughout this time we got to know Wendy and her husband Lyn so well, we looked forward to their many tales of their wonderful holidays roaming all over the world in their campervan that they were able to take during treatment breaks. Sadly Wendy passed away last year and just recently Lyn has been able to return to visit us."

Lyn recognised the frustrations of limited equipment and wanted to donate the money in lieu of flowers from Wendy's funeral to purchase equipment for the clinics that may ease some of these frustrations.

Claire added: "We have received a lockable drawer, pictured left, and are currently awaiting delivery of a BP machine, tympanic thermometer, otoscope and ophthalmoscope and a large reference book on anatomy and physiology. We are currently in the process of developing our very own nurse led clinical trial clinic. One of our research nurses has successfully completed the non-medical prescribing course and both she and a colleague have also qualified in clinical assessment. This will enable us to run a clinic that will incorporate certain trials patients alongside the consultant clinic already running. With the new equipment and the qualifications achieved this is now becoming a reality and we hope to pilot it in the autumn. The gifts from Lyn and Wendy are essential to enable us to do this and we would like to express our immense gratitude to Lyn and all of his family."



## **TOP LINE UP ANNOUNCED FOR SPECIAL RUGBY DINNER**

Tom Shanklin is the latest to join a panel of Welsh rugby legends at the annual Velindre Rugby Gala Dinner in aid of the Stepping Stones Appeal. He joins Emyr Lewis, Gwyn Jones and Brynmor Williams to give their views on the thrilling World Cup and exciting forthcoming Six Nations, plus answering any questions from guests. The MC will be legendary rugby commentator Huw Llywelyn Davies. This special event will be held on Friday 10th February 2012, 2 days before

Wales' clash with Scotland, at the Village Hotel, Cardiff from 7pm - 12.30am and there are still a few places left. Tickets are £45 each or tables of 10/12 are available which includes a drink on arrival, a 3 course dinner, a Q&A with the panel, a raffle and a 'money can't buy' auction with some fantastic sporting memorabilia.

To book your place at this fantastic event please visit our website [www.velindrefundraising.com](http://www.velindrefundraising.com) and download a booking form, email us or give us a call. Don't delay, book today!





# MARTYN WILLIAMS' LIGHTHOUSE WALK



**Sunday 3 June 2012**

Join Wales and British Lions Number 7 Martyn Williams and friends on a circular 7 mile walk along the beautiful Heritage Coastline taking in lighthouses, ancient churches and historical castles.



**Enter online at:**

**[www.velindrefundraising.com/  
bookonline](http://www.velindrefundraising.com/bookonline)**

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**Entry Fee £10. Register by  
18 May 2012 to receive an  
exclusive T-shirt.**