



Clockwise from above left: **Team Jane before the race; Bolt gets off to a flying start; Jane as she is so fondly remembered by her family and friends.**

# Team Spirit!

## Bolt team raises £8000 for GUTS

We get reminded of how important it is to continue to work to improve bowel cancer survival in all sorts of ways, but none more poignant than a group of 70-odd friends and family members who got together to take part in our annual run, 'The Bolt' 2016.

'Team Jane' were running in memory of Jane Nicholas, who sadly passed away in May 2015 after a short battle with bowel cancer. Jane was a very much loved wife, mother, daughter, sister, niece, aunt, cousin and friend who touched so many people's lives. She loved sport, playing hockey and tennis, and was a school swimming champion. Jane herself had run in many charity events so it was a fantastic tribute that so many people turned out to run and raise funds in her memory.

The team were organised by Jane's husband Ed (who also took part in the race) and raised a remarkable £8000.

Talking about the motivation behind the formation of the team, Ed said: "We thought it would be a lovely idea to get a group of Jane's family and friends together to run 'The Bolt' in memory of Jane and raise money for GUTS which does so much work raising the awareness of bowel cancer and screening in the local area.

"Jane was a keen sportswoman, participating in many events across many sports and so this was a really fitting tribute. Jane would have been so proud of everyone who participated and the amazing total raised."

GUTS chairman, Iain Jourdan said, "We are so grateful to Ed and the rest of Team Jane - what an inspiration! There have been great strides made in the treatment of bowel cancer but there is still much to do - not least with the kind of cancers that can affect younger people like Jane.



"The money raised by Team Jane and everybody else who took part will help us to continue working locally to improve the screening, detection and treatment of bowel cancer."

Team Jane were joined by around 500 other runners who ran 5k, 10k or 21k across a challenging course over the Loseley Estate, raising over £16,000 for GUTS.

**If you would like to make a donation in support of Team Jane, their online fundraising page is still open – go to the Just Giving site and search for TeamJane2016, or send a cheque to GUTS using the gift form on p4.**

*BOLT 2017 will take place on April 1st at Alice Holt Forest - find out more at [www.gutsfbcco.uk/the-bolt/](http://www.gutsfbcco.uk/the-bolt/)*

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# WHAT'S THE NEWS?



## Affected by cancer? Love music?

Sing with Us is an exciting research project looking at how singing in choirs can affect mental health, wellbeing, quality of life and social support in people affected by cancer.

The project is looking for volunteers to take part, either by joining a free Tenovus Cancer Care choir or taking part in research from home. (No musical experience required!)

As well as people who have cancer, participants can be staff

who work with cancer patients, carers who look after people who have cancer (formally or informally), bereaved people who have lost someone to cancer or relatives, friends... and anyone else affected! A choir runs in Guildford, at All Saints Church, Onslow Village. To find out more, or join the choir, visit <https://www.surveymonkey.co.uk/r/singwithus>, or email [victoria.hodges@tenovuscancercare.org.uk](mailto:victoria.hodges@tenovuscancercare.org.uk) or call 07875 692 409.

## THE BRAVE NEW WORLD OF IMMUNOTHERAPY...

**Immunotherapy may soon revolutionise the way in which certain cancers are treated - but what is it and what will it mean for bowel cancer patients?**

Immunotherapy is a broad term used to describe treatments that harness or enhance the body's own immune response to a cancer tumour. These treatments are not effective for everyone and easily identifying the patients who are most likely to benefit has been a stumbling block to the introduction of potential therapies.

Researchers at the University of Birmingham have recently discovered that certain genetic flaws in bowel cancer are more likely to trigger an immune response, so identifying the genetic make-up of tumours could provide an easy way to identify those people who will benefit most from immunotherapies, and ways to personalise their treatment.

Immunotherapy embraces various medical treatments, some of which are likely to be eventually used to treat bowel cancer. They include:

### Immune Checkpoint

**Inhibitors** serve as checks and balances on immune responses, currently being researched in the treatment of colorectal cancer.

### Monoclonal Antibodies

Lab generated molecules target specific antigens that are in current clinical trials.

### Cancer Vaccines

Clinical studies of cancer vaccines for colorectal cancer are currently underway.

### Oncolytic Virus Therapies

These treatments use a modified virus; trials involving colorectal cancer are ongoing.

These therapies may open new treatments for bowel cancer but the price tag could be in the region of £100,000 per patient per year so it may be some time before they are approved and widely available.



- A recent study reveals that
- 22% of bowel cancer cases are
- diagnosed only after a visit to
- A&E, despite patients having
- visited their GP up to three times
- with relevant symptoms.
- The study, published in the
- British Journal of Cancer,
- suggests that more than one
- in five bowel cancer patients
- diagnosed in an emergency had
- "red flag" symptoms that should
- have been picked up earlier. It
- highlights the need to support
- GPs and give the the tools to
- refer patients.

The most common symptoms during the year before diagnosis among colorectal cancer patients were:

- abdominal pain
- anaemia
- diarrhoea
- rectal bleeding
- change in bowel habits.

If you experience any of these symptoms and they persist for longer than you would expect, do visit your GP and be clear about all your symptoms and how long they have been present.

## Turn your dream holiday into a reality and raise funds for GUTS



- Have you ever had a dream
- holiday that's turned out to be a
- bit of a nightmare?
- Instead of using a high street or
- web-based agent, next time why
- not book through the GUTS Not
- Just Travel web portal? That way
- you can take advantage of the
- expertise of travel consultant Sue
- Carne, who will bring together
- all the elements of your dream
- holiday - with no compromises.

Not only will get the holiday you actually want, you will also earn a commission for GUTS - on average around £40 for every holiday booked!

Sue has over 1 million holiday options at her fingertips - please contact her directly on 01428 652660 or 07920 178957 to ask her for a quote. Go to [www.notjusttravel.com/gutsfbc](http://www.notjusttravel.com/gutsfbc) to find out more.

## Gifts that keeps on giving...

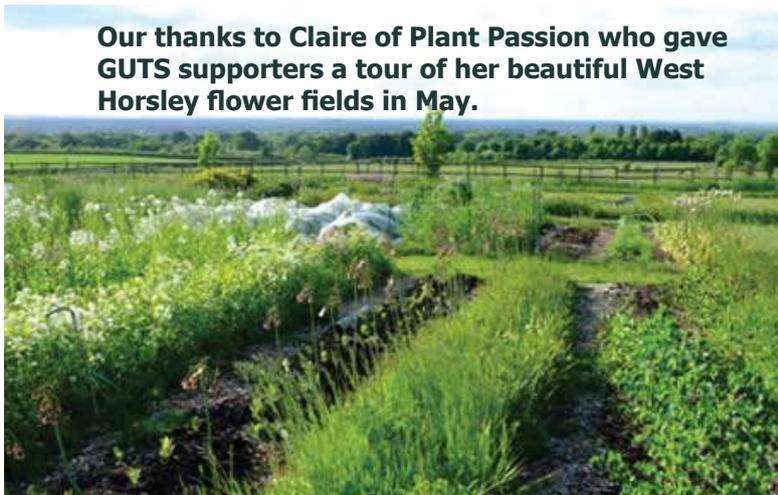
If you decide to send GUTS a gift this Christmas and are able to Gift Aid it, your donation 'magically' gains an extra 25% for the charity as we can reclaim the tax that you have already paid on it. So please do remember to sign and tick the box if you are a tax payer - it means a lot to us.

You might find it helpful to be reminded of what Gift Aid means for you. When you sign a Gift Aid declaration, that instruction remains valid until you inform the charity otherwise. If your circumstances change and you cease to be a tax payer (or pay

- less tax than the amount the
- charities you support reclaim)
- the onus is on you to inform the
- organisation(s) so that they no
- longer claim the Gift Aid.
- If we don't know you're no longer
- a tax payer and wrongly make a
- Gift Aid claim on your gift, you
- could receive a demand from
- HMRC, and nobody wants that
- to happen!
- Gift Aid can only be applied to
- a straightforward donation, not
- one where a product or service
- is received in return, such as the
- purchase of Christmas cards or
- entry to a GUTS event.



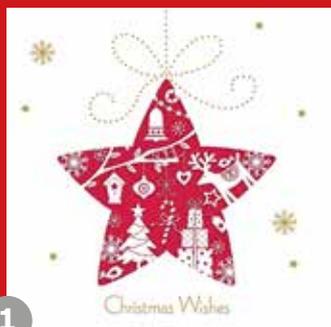
Our thanks to Claire of Plant Passion who gave GUTS supporters a tour of her beautiful West Horsley flower fields in May.



IN A SNAPSHOT



**CHRISTMAS CARDS FROM GUTS**  
 Order by post or online: [www.gutsfbc.co.uk/shop/](http://www.gutsfbc.co.uk/shop/)



Message inside all cards reads:  
**With Best Wishes for Christmas  
 and the New Year**



QUANTITY	DESIGN	COST PER PACK	£ TOTAL
	1 Christmas Star	3.80	
	2 Coming Home for Christmas	3.80	
	3 Christmas Town	3.80	
	4 Winter Garden	3.80	
	5 Christmas in Guildford	3.80	
	6 Three Wise Men	3.80	
		<b>SUB TOTAL</b>	
		<b>DONATION</b>	
		<b>TOTAL</b>	

ALL CARDS COME IN PACKS OF 10.

Card sizes: Cards 1, 2, 3 & 4: 135mm x 135mm

Card 3: 170mm x 120mm Card 4: 95mm x 185mm

Please indicate your preference if your selection is out of stock:

Substitute with similar card  Refund

**Postage:** there is no postal charge but if you would like to make a voluntary contribution, please include as a donation (which can be Gift Aided if you sign declaration overleaf).

**CHEQUES MADE PAYABLE TO GUTS.**

**DON'T FORGET TO COMPLETE YOUR ADDRESS DETAILS OVERLEAF!**

# The main event

FOR BOOKING AND FURTHER INFORMATION PLEASE CALL 01483 408316 OR GO TO THE GUTS WEBSITE

MORE EVENTS ONLINE! FOR THE COMPLETE LISTING OR TO MAKE AN ONLINE DONATION WITH YOUR DEBIT/CREDIT CARD VISIT

[www.gutsfbc.co.uk](http://www.gutsfbc.co.uk)

To send a donation to guts please complete and return with your cheque to the address below:

## PLEASE HELP - WITH YOUR SUPPORT WE CAN BEAT BOWEL CANCER!

I enclose a cheque/postal order payable to GUTS for:

£15  £25  £75  £100  Other £ .....

Name .....

Address .....

.....

Postcode .....

Email .....

Telephone .....

### GIFT AID

I, who have given my name and address above, and have ticked the box named 'Gift Aid', want GUTS to reclaim tax on the donation detailed above, given on the shown date. I understand that I must pay an amount of income tax equal to or greater than that reclaimed by the charity.

Signed ..... Date .....

I would like to set up a monthly/annual standing order to GUTS

To: The Manager (YOUR BANK DETAILS) .....

..... Postcode .....

Please pay the sum of £ ..... on ..... and thereafter Monthly on the ..... day of the month,

OR Annually on ..... until I notify you otherwise,

to GUTS at National Westminster Bank Plc

Account 10326103 Sort Code 60-09-21

Account Holder(s) .....

Signature .....

Sort Code

Account No

To make a donation using a debit/credit card please go to [www.gutsfbc.co.uk](http://www.gutsfbc.co.uk) and follow the 'Donate' link.