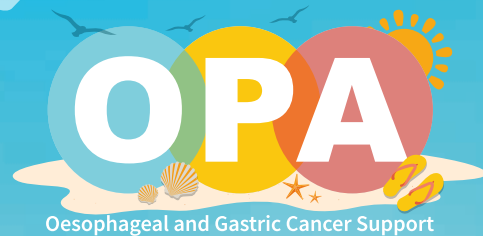


Welcome to the *Summer Issue* of the OPA Newsletter



It is with joy and gratitude that we reach out to you with our **Summer Newsletter**, filled with heartfelt stories, inspiring updates, and important information from the **OPA Cancer Charity**. Throughout the year, our unwavering commitment of raising awareness of acid reflux and supporting those affected by oesophageal and gastric cancer has fuelled our endeavours, enabling us to make a profound impact in the lives of countless individuals and their families.

BIG NEWS

OPA have won "Cancer Support NPO of the Year"!

We are thrilled to announce that our charity has been honoured with the prestigious **Cancer Support Non-Profit Organisation of the Year Award**! This incredible recognition reflects our unwavering commitment to raise awareness of acid reflux, and supporting individuals affected by oesophageal and gastric cancer.

This esteemed award acknowledges the outstanding efforts of our dedicated team and the significant impact we have made in the lives of cancer patients and their families. We are deeply humbled to be recognised for our leadership, innovation, and dedication to improving the quality of life for those battling this

We would like to extend our heartfelt gratitude to all our supporters, volunteers, donors, and partnered organisations who have played a vital role in our success.



devastating disease.

Through our resources, and unwavering support, we have strived to create a nurturing and compassionate community that empowers individuals affected by cancer. This recognition reinforces our belief in the power of unity, compassion, and hope as we work tirelessly to make a difference in the lives of those we serve.

We would like to extend our heartfelt gratitude to all our supporters, volunteers, donors, and partnered organisations who have played a vital role

in our success. Without your unwavering support and belief in our mission, this accomplishment would not have been possible. Thank you for joining us on this incredible journey, and for your continued support.

The judges at Central England Prestige Awards were impressed with our personal touch, community feel and passion for what we do. It's extra special to know the hard work is paying off and hope this achievement brings more success moving forward.



The Coronation of King Charles III

On Saturday 6th May 2023, millions of people across the UK celebrated the coronation of King Charles III.

The coronation celebration was designed to bring people together, fostering a sense of unity and camaraderie. Open-air venues across the country became focal points for community gatherings, where people of all backgrounds could come

and join in the festivities. Street vendors offered delicious food and drinks, while musicians and performers entertained the crowds with their talents, creating an atmosphere of joy and celebration. The OPA marked this very special day with some of our cute and cuddly friends. Our teddies were delighted to join in to celebrate this special occasion!

We've
MOVED

The OPA have moved offices!

The OPA has officially opened its bigger and better space. Maggie Robinson (Operations Manager) stated that "Demand for our services is higher than ever and the old space just wasn't meeting our needs anymore".

Moving to larger offices will provide opportunities for increased community engagement and enable us to have more space for events, workshops, or awareness campaigns, allowing us to reach a broader audience and generate greater awareness and support for the OPA.

Our new office address is:

Unit 4, Bordesley Hall Farm Barns
Storage Lane, Alvechurch
Birmingham B48 7ES

London Meeting

Atending the informal first post-COVID cancer support meeting was a heart-warming and valuable experience. This gathering provided a casual and supportive environment for individuals affected by cancer to connect, share stories, and offer mutual encouragement as we navigate life after cancer.

The atmosphere throughout the meeting was one of compassion, encouragement, and shared strength. Attendees felt embraced by the sense of community, knowing they were not alone in their fight against cancer. The event provided a safe space where individuals could freely express their emotions, ask questions, and find solace in the understanding of others.

With a greater emphasis on

providing supplementary resources, future gatherings have the potential to provide even more comprehensive support to attendees. We look forward to the continued growth and impact of hybrid cancer support meetings in our community.



EXCITING NEWS!

New Teddies in Stock at Our Cancer Charity Shop!

We are thrilled to announce that our charity shop has just received a delightful collection of teddy bears! These cuddly companions are waiting to find loving homes and make a positive impact on your life while supporting a great cause.

Here's why you won't want to miss out on these wonderful teddies:

These teddies are incredibly soft and huggable, providing you with instant comfort and a sense of warmth. Snuggling up with a teddy bear can bring a soothing and calming effect, especially during challenging times.

Each teddy bear represents a symbol of hope and resilience. By bringing one home, you'll be reminded of your own strength and the courage it takes to

overcome obstacles. It's a beautiful way to keep hope alive and spread positivity.

Whether you're looking for a thoughtful gift for a cancer patient, a survivor, a friend or a loved one, teddies make a heartfelt and meaningful present. They convey love, support, and the knowledge that someone cares.

By purchasing a teddy bear, you're directly contributing to our cancer charity's mission. Every sale helps fund support and services that improve the lives of cancer patients and their families.



Teddy loves his teddy!

Visit the OPA shop today and explore the new teddy bear collection. Your purchase will not only bring joy into your life but will also make a difference in the lives of those affected by cancer.

Thank you for your continued support, and together, let's bring comfort, hope, and love to those in need.



Welcome back to Philip Wright, Trustee/Secretary

The OPA, a leading cancer charity dedicated to supporting individuals and families affected by cancer, is thrilled to announce the return of a valued trustee to our team. We are excited to have Philip Wright actively engage in our ongoing initiatives and future plans. His presence will further strengthen our advocacy efforts, expand our reach, and enhance our ability to provide comprehensive support to cancer patients, survivors, and their families. We are confident that we can overcome challenges and maximize our impact.



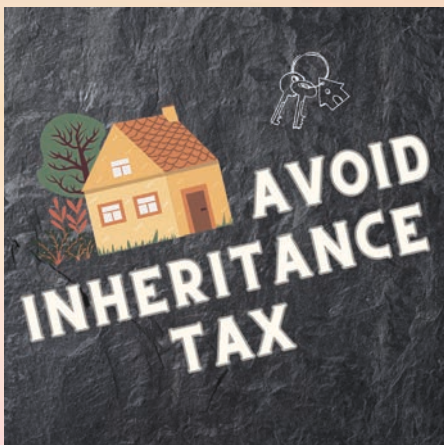


The benefits of leaving a charitable gift in your Will

Your Will is the only legal document that specifies who gets your estate when you die, but it can also provide huge benefit for charities which mean a lot to you.

Emma's story

Emma's husband died of oesophageal cancer at only 38 years old. By the time he was diagnosed the cancer had already spread to his lymph nodes, the lining of his stomach and the doctors thought that there was a tumour by his heart. At the time Emma was a Wills and Probate solicitor, so their paperwork was all in order and it made a tough time easier. Emma is now passionate about encouraging people, whatever their age, to be prepared



for death and in particular to ensure that they have up-to-date Wills.

A gift of any size makes a difference

Many of us want to ensure that we provide for our loved ones after our death, but it is easy to underestimate the huge benefit of including a gift to charity amongst the beneficiaries of our estates. It does not matter what size gift you leave to charity, every penny left helps them to get one step closer to helping those that they support.

Usually Wills contain general gifts which the charity can use across their services, but if you want to leave a legacy for a particular purpose it is best to talk to the charity directly to ensure how the gift will work in practice. If you are happy leaving a general gift to charity, you do not have to let them know about the donation in your Will, but often charities like to say a word of thanks.

Charitable gifts are free from Inheritance tax

An added bonus of leaving a gift to charity in your Will is that it passes free of inheritance tax, meaning that a charitable gift can help to reduce the inheritance tax due on your death. Solicitors can advise on how the gift impacts on the inheritance tax, and they can ensure that



the correct wording is used in the Will.

Most importantly, if you are leaving a gift to a charity in your Will you must include the full name of the charity as well as the registered charity number and the postal address.

How to get started with your Will

Your Will is one of the most important legal documents that you will create, so it is strongly recommended that you obtain expert legal advice. Organisations such as STEP (<https://www.step.org/about-step/public>) and SFE (<https://sfe.legal/find-a-lawyer/>) have "find a solicitor" pages where you can enter your postcode to find a professional near you. Emma's venture, Rainbow Hunting (<https://www.rainbowhunting.co.uk>), organises a free Will Challenge each year to help people to go from avoidance and procrastination to having a completed Will Planner and a good idea of where to find a suitable solicitor to get the Will drawn up. Once you have a Will in place, it's important to review it on a regular basis to ensure that it works for your current situation.



**Thank you to all
of our Fundraisers** 

Our Amazing fundraiser stories!

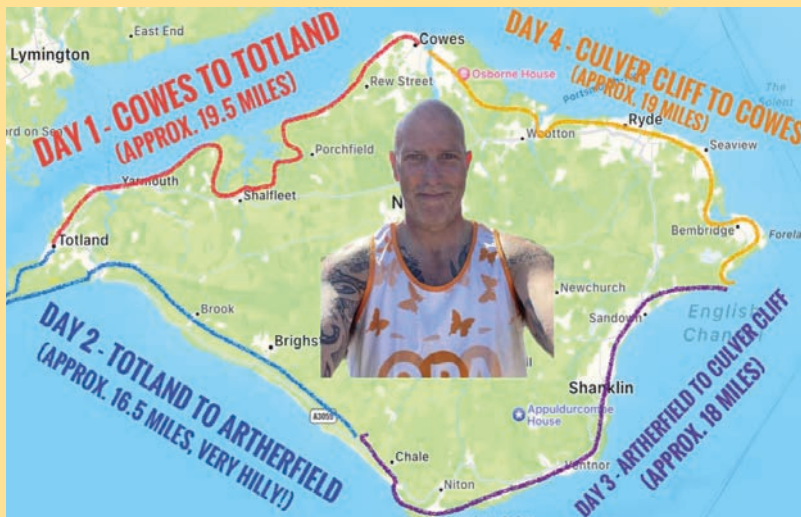
Alfred Stokes

"Alfred chose to support the OPA, as part of his English course at school, after his Grandad had died from Oesophageal Cancer in November 2021. Alfred spent a lot of time reading OPA material, making bookmarks with OPA facts on and OPA bunting, and after a few tears by his Teacher and Mummy during rehearsal of his speech, Alfred was ready to go! Alfred had a great time hooking people into his stall and articulating why his charity should be supported. At the end of the session and monies counted, of the 66 charities represented Alfred came third! He was so chuffed to have done the charity and his Grandad proud."



Katie Emsley

I chose to support the OPA in my skydive after looking at a few options close to my heart, our family lost my grandma, uncle and aunt to oesophageal cancer, and I had not come across a charity dedicated to this previously, and so thought it was a good one to go for. Apart from being cloudy all went well on the day and could see a fair way round the Lancashire coast!



Matthew Churchouse

The Isle of Wight Coast Path Walk is listed as 70 miles, over the 4 days, I completed 77.29 miles, taking 171,686 steps, and climbing 554 floors (higher than Ben Nevis). 77 miles in 4 days is certainly more challenging in my 50s than it used to be in my 40s, the OPA makes the struggles of Day 1 worth it.

Day 1 came closer to breaking me than any previous challenge. During an inland section between Cowes and Yarmouth, I found several miles of paths were boggy, and very difficult to walk, with my boots sinking in to the mud.

Day 2 was like a different world. Firm ground, fresh soft grass, amazing views out to The Needles and along the south coast of the island. This

theme continued for **Days 3 and 4**. With Day 4 having my personal favourite section of walking - the 3 miles from Seaview to Ryde I would walk over and over if it was on my doorstep.

On getting to the finish, my wife, Claire (Who gives up everything to support my challenges had made me an I Did It badge and got a Hip Hip Hooray banner for photos. 13 years ago we lost my Dad to Oesophageal Cancer and I completed the walk to be in the week leading up to the anniversary of losing Dad on 20th May. I wanted to be back home for the anniversary, so walked 15th to 18th, and travelled back on 19th. Later this year would have also been Dad's 80th birthday.



Lindsey Nicholls & Charlotte Stroud

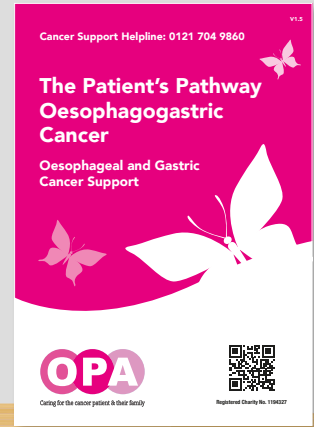
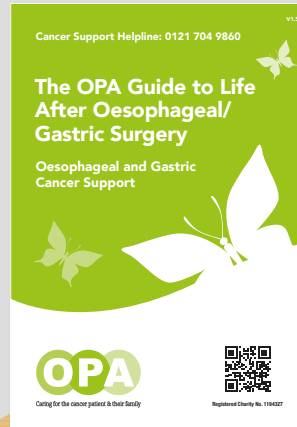
My sister and I chose to run the Plymouth 10k for OPA this year as my Father-in-law was diagnosed with Cancer of the oesophagus last year. He went through extensive chemotherapy and a massive operation and now is on a long road to recovery, but he is considered to be currently cancer free. We were amazed at the treatment plan and how much was possible with a stage 3 diagnosis. This was our way of thanking all the medical professionals who've made it possible for this awful disease to be treated. The event went really well with us both crossing the line at just under 1 hour.

If you would like to fundraise for the OPA, please visit our website - <https://opa.org.uk/fundraising-landing-page/> to get started



Publications from the OPA.

We are here to help those with or affected by Acid Reflux, Oesophageal and Gastric Cancer. Thus, here are some of our helpful booklets, they are free and can be ordered or downloaded from our website.

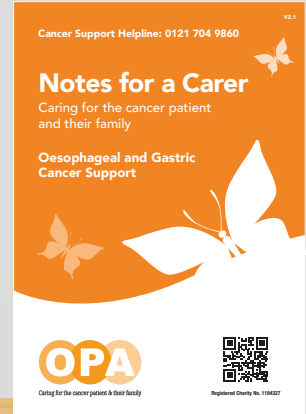
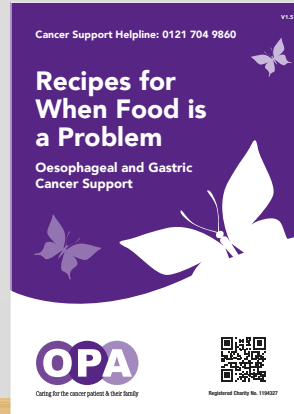
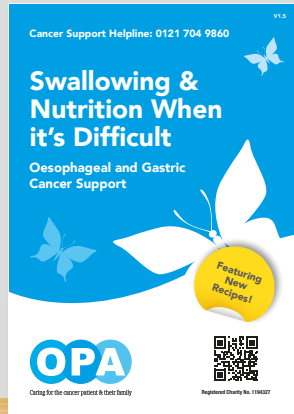


A Guide to Life after Surgery

This is the OPA's most comprehensive overview of the surgical operation and the consequent life-altering pathway to the fullest possible recovery.

The Patient's Pathway

This provides a brief overview of the stages of pre-operative preparations following a diagnosis of oesophageal or gastric cancer, the surgery itself and of recovery and post-recovery follow-ups.



Dual Purpose Card

Recognising that after surgery for oesophageal or gastric cancer, patients often cannot eat full restaurant portions.

Swallowing & Nutrition

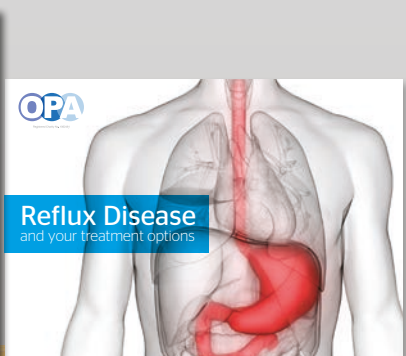
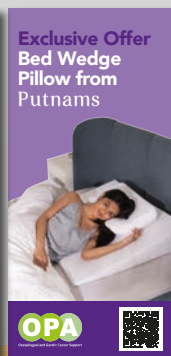
Possibly the greatest change to the lifestyle of the post-oesophagogastric surgery patient occurs with eating and digesting food.

OPA Recipes for When Food is a Problem

This is a book of recipes and food ideas for people who may need to put on weight, have difficulty in swallowing, or who are living with the after-effects of surgery on their stomach.

Notes for a Carer

Caring for a cancer sufferer or survivor is not a time-limited commitment, for which patience, understanding, empathy and warmth are indispensable qualities that can enhance the sufferer or survivor's quality of life.



By bank transfer

Recipient bank: HSBC Bank
Sort Code: 40 - 42 - 12
Account Number: 02301636

To make an online donation visit:

<https://www.opa.org.uk/donations.html>

By regular Standing Order payment –

Sort Code: 40-42-12

Account Number: 51354981

I wish to make regular donations to the Oesophageal Patients Association of (tick appropriate box)

£2 £5 £10 £25 £100,

or other amount:

Please state amount in words:

every (tick appropriate box) Week Month Year starting on ___ / ___ / ___ until further notice.

Your bank details

To: (insert name and address of your bank) _____

Sort Code: ___ - ___ - ___

Account Number: _____

Boost your donation by 25p of Gift Aid for every £1 you donate

Gift Aid is reclaimed by the charity from the tax you pay for the current tax year. Your address is needed to identify you as a current UK taxpayer.

In order to Gift Aid your donation you must tick the box below:

I want to Gift Aid my donation of £_____ and any donations I make in the future or have made in the past 4 years to the OPA.

I am a UK taxpayer and understand that if I pay less income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay.

Your Details

Title: (Mr/Mrs/Dr etc.) _____ Name: _____

Address: _____

Tel: _____ Email: _____

Signature: _____ Date: ___ / ___ / ___

Any other Donations

I am pleased to send a donation of £_____ Please tick here if this is to be treated as a Gift Aid donation.

Title: (Mr/Mrs/Dr etc.) _____ Name: _____

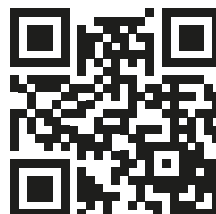
Address: _____

Tel: _____ Email: _____

Signature: _____ Date: ___ / ___ / ___

For online donations – Account number: 51354981 Sort Code: 40-42-12

Please send this form to: Fundraising Dept.
OPA Cancer Charity, Unit 4, Bordesley Hall
Farm Barns, Storage Lane, Alvechurch B48 7ES
Or email to: enquiries@opa.org.uk



Registered with
**FUNDRAISING
REGULATOR**

For further information please contact.

The OPA on **0121 704 9860** or email charity@opa.org.uk