

AMMF

News

THE CHOLANGIOMYOCARCINOMA CHARITY

WINTER 2010/11

TEN YEARS ON...

Alan Morement died from cholangiocarcinoma 10 years ago, and in his memory AMMF – The Alan Morement Memorial Fund – came into being.



*Helen Morement
Chairman Trustee*

AMMF is the only registered charity in the UK working to raise funds for research into cholangiocarcinoma (a liver cancer occurring within the bile ducts).

In recent years there has been an enormous and extremely worrying increase in the incidence of this disease. In the UK alone, more than 1500 people are diagnosed each year, where it is responsible for more deaths per annum than cervical cancer. Sadly, research to find the causes of this disease, how to diagnose it earlier and how to successfully treat it, is as badly needed now as it was when Alan was diagnosed.

But progress is being made, and wonderfully dedicated researchers are doing what they can to find the answers. Whilst they do, all of us at AMMF remain committed to doing what we can to support them, to raise the awareness of cholangiocarcinoma and to provide as much information as we can to those who need it.

IN THIS ISSUE

- Ten Years On ...
- AMMF's New Website
- Fundraising in 2010
- Imperial College Visit
- Focus on Corporate Supporters
- About AMMF
- In Memory ...
Barbara Paddison
Helen Smith
Susan Davies
Viv Baldwin
- In Appreciation

AMMF's New Website – Live at Last!

It's been many months in the making, but AMMF's new website is now live.

The charity's current objectives are to raise the awareness of cholangiocarcinoma, to support specialised research teams in their work to find the causes, methods of earlier diagnosis and treatments, and to provide information on this disease – and it is the last of these objectives that the completely revised website is intended to address.

Within AMMF's site there is a now a specific Cholangiocarcinoma section where as much information as possible has been included in one, readily accessible place. Topics covered include – specialists with an interest in this disease and where they are based, specialist centres for treatments, research, trials, available treatments, and more. This section will

be continually evolving and expanding as further details come in and more information becomes available.

The incidence of cholangiocarcinoma is increasing worldwide. However, certainly here in the UK, information on this disease has been very widely spread and difficult to access – we hope that AMMF's website will eventually provide a 'one stop shop'. There is still much to be done, but the first step has been taken ...

www.ammf.org.uk



Fundraising in 2010

AMMF's fundraisers were hard at work during 2010, and the stories of some of their activities and fundraising events are told here.

Many thanks to everyone for their huge commitment in organising and taking part in various activities to raise sponsorship throughout the year, to everyone who has raised funds in a surprising variety of other ways – from coffee mornings, selling garden produce, to selling polystyrene beads, and more – and to everyone who has so generously supported and sponsored them.

Trevor and Ilkay's London Marathon

The forecast was for a hot day for the 2010 London Marathon, the first ever to be sponsored by Virgin, so it was a pleasant surprise when Sunday 25 April dawned somewhat cooler and damper than expected.

AMMF's two runners, Trevor Sibley, running the London Marathon for the second time for the charity on his own ballot-won place, and Ilkay Yilmaz Blacker, running on AMMF's Silver Bond place, joined a record 36,984 starters at Greenwich, the largest field ever in the 30 years of the event.

Both our runners came home safely, although Ilkay sustained a muscle injury at mile 15 which slowed her down. Trevor crossed the line at an excellent 4:28:23, and Ilkay, despite her painful injury, came in at a very respectable 6:37:51.

They both showed superb grit and determination – in their training, running the marathon and in raising a significant amount of sponsorship to support AMMF.



Got a place for the 2011 Virgin London Marathon?



AMMF's Silver Bond Holder status means that we have to wait until 2015 for our next guaranteed place in the London Marathon – so we urgently need own place runners to help us.

The ballot system for 2011 is now closed and successful applicants will have been notified. If you are one of the successful ones, please join us in raising awareness and supporting research into cholangiocarcinoma – use your place to support pioneering research and make a real difference!

Sponsor forms, on line donation pages, vests with name and AMMF logo, are available for runners. For further information, please see our ad in the Congratulations issue of the Virgin London Marathon News magazine (p130) or contact Helen on 01371 811811, or email helen@ammf.org.uk

Paris Marathon 2010

On Sunday, 11 April, Tiff Howick and Laura Ashley ran the Paris Marathon for AMMF. It was Laura's first outing for Team AMMF, but Tiff is a stalwart supporter, having run the Paris Marathon for the charity in 2005, the London Marathon in 2006, as well as the Silverstone and Run to the Beat half marathons.



Tiff with well deserved medal

The course took the girls 42 km round Paris, but there was little time for sightseeing – in fact the only sight Tiff and Laura wanted to see was the finish line! They both had birthdays that weekend and celebrated in style by completing the course in 4 hrs 45 mins.

Tiff commented, "It was a fantastic day – we had 24 supporters with us so familiar faces were popping up along pretty much the whole route!"

A great result for them, and for AMMF. Congratulations and huge thanks to them both.

Congratulations - you've got a place!

Join us in raising awareness and supporting research into cholangiocarcinoma.

The incidence of this type of liver cancer is increasing throughout the world.

In the UK 1500 people a year are diagnosed with this disease, where it is currently responsible for more deaths per annum than cervical cancer.

If you would like to use your place to support pioneering research and make a real difference

Join Team AMMF

Call Helen on 01371 811811
Email: helen@ammf.org.uk
www.ammf.org.uk

AMMF
RAISING FUNDS FOR RESEARCH INTO CANCER

The UK's only cholangiocarcinoma charity
Registered charity no 1091915

Silverstone Half Marathon

Conditions were ideal for the 13 mile race in March this year. Sean Cooksley, on his first outing for AMMF, came home in 1:51:11 with stalwart AMMF supporter Trevor Sibley finishing in 1:56:59 – a superb effort by both runners.



If anyone would like to run for AMMF at Silverstone on 6 March 2011 (this half marathon is organised by the team responsible for the London Marathon), on line entries are now open – go to www.adidashalfmarathon.co.uk, and let us know once you are registered.

10K Manchester

Jenny and Hilary Rigg with their friend Beth ran the Manchester 10K for AMMF in memory of Alan Rigg (their father and husband) who died in 2009 from cholangiocarcinoma. Well done girls.



5K Chelmsford

On 20 June, Team AMMF girls Michaela, Carol, Amy, Julie and Helen took part in the 5K at Hylands House, Chelmsford where, along with 6,000 others, they completed their race in glorious sunshine.



5K Chesterfield

AMMF supporter Diane Peternell ran the 5K in Chesterfield in memory of her mother who died from cholangiocarcinoma. She wore her AMMF t-shirt with her mum's photo printed on, which attracted the attention of the local radio station! Well done, Diane, and thanks for helping to raise awareness.



Dazzling Dancing and Diamonds at the Summer Ball

AMMF's ninth Summer Ball was held on 17 July at the Radisson Blu Hotel, Stansted Airport. Dr Shahid Khan, from Imperial College London, and his wife Tabinda, were AMMF's guests for the evening. Dr Khan leads the team working on various areas of research into cholangiocarcinoma at Imperial College, and AMMF has supported this work over the last few years.



Guests enjoyed a three course dinner whilst a presentation of the charity's work and events was shown on large screens, and were then entertained by a dazzling performance by Katie and Bradley, two young champion Latin American dancers, during coffee.

A Silent Auction ran during the evening, with guests successfully bidding for items including a Chelsea shirt signed by Joe Cole, a Manchester United signed football, signed film memorabilia, and a diamond and sapphire ring. The Raffle Tree, where no one walks away empty handed, proved as popular as ever, with lucky guests winning prizes including a 5-diamond and gold bracelet, a Valentino designer handbag, a week in a Tenerife holiday apartment, as well as hampers, champagnes, spirits, wines, perfumes and more.

With dancing until 1.00 am to music provided by the band Freestyle, it was a really enjoyable night!



Quiz Nights 2010

Two AMMF Quiz Nights were held in Loughton, Essex during 2010 – one in May, one in November.

As always, Quiz Masters Mick and Richard, who have generously donated their services to AMMF for several years now, kept both evenings moving along at a lively pace, and kept the good natured rivalry between the various teams well under control!

Two fun nights, which resulted in over £1,000 being raised for the charity.



AMMF Charity Day – Tingley, Yorkshire

Carol Melvin, who has used her own battle with cholangiocarcinoma to raise the awareness of this disease and to support AMMF, got together with friends and family to organize a “charity extravaganza” in Tingley, her home town, on 11 September to benefit the charity.

There was definitely something for everyone, from a sponsored walk (or was that a pub crawl!) during the day, to a buffet, disco, auction, bring and buy, name the bear, and much more during the evening. And the event ended with magical sky lanterns floating up into the dark night sky ...

Many thanks to Carol, her husband George, cousin Karen and all their family and friends for organizing a truly special day in support of AMMF.



Carol launches her sky lantern

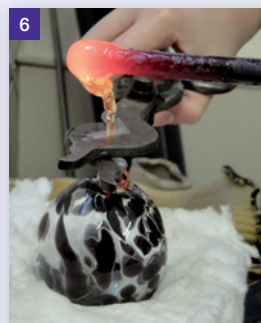
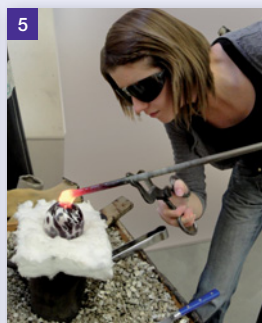
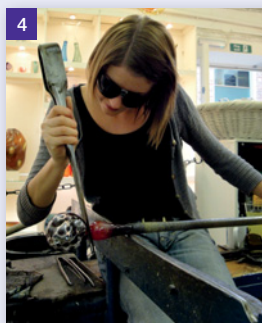
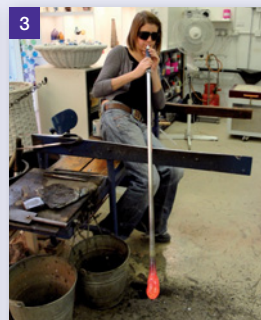
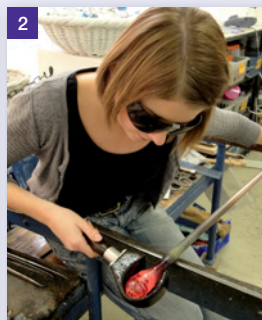
Beautiful baubles ...

We were delighted to recently receive some beautiful blown glass baubles, each one unique, to be sold to benefit the charity.

Every one of the decorative baubles was individually crafted by Laura McKinley, a talented young artist with a first class honours degree in Ceramics and Glass, who has also studied at the world renowned Pilchuck Glass School in Seattle, USA, and has exhibited her work widely.

Needless to say, these gorgeous baubles were snapped up quickly and raised an excellent amount for the charity. Many thanks go to Laura for so generously giving her time and creativity to produce these for AMMF.

More details on Laura's work can be seen on her website: www.lauramckinley.com



Laura and the process of creating a glass bauble

AMMF's Website

Details on all AMMF's events, past and future, plus latest news, helpful links and contacts, and a wealth of information on cholangiocarcinoma can be found on the website, www.ammf.org.uk



AMMF Collection Boxes

If you have very little spare time, but would still like to help AMMF – why not become an AMMF collection box co-ordinator?

The role involves leaving collection boxes with local businesses such as petrol stations, chemists, bakeries, newsagents, pubs, hairdressers – or even in your own office or work premises – picking them up and replacing them at regular intervals, counting and banking the money for AMMF.

For more information please contact AMMF on 01371 811811, or email info@ammf.org.uk



AMMF Slimathon – Losing Weight and Gaining Pounds for AMMF!

The AMMF Slimathon was the brainchild of Karen and Samantha from The Essex Events Company and has certainly caught on, proving to be great both for losing pounds for the participants and for gaining pounds for AMMF! Many thanks go to Karen and Samantha and to all who have taken part.

Some taking up the challenge have raised sponsorship simply using AMMF's sponsor forms while others, like Nicola Allum, have set up a Justgiving page linked to AMMF to encourage all their friends and family to sponsor them in that way, too.

Nicola has set herself a weight loss target to be reached for the very good



reason that she is getting married in June 2011, but there is also another important reason – her father has been diagnosed with cholangiocarcinoma and is currently undergoing chemotherapy

and she is determined to raise money to help with research into this disease. Nicola is keeping a blog of her progress on her Justgiving page – have a look: <http://www.justgiving.com/Nicky-Allum>

If you would like to join the AMMF Slimathon, setting your own personal weight loss target to be reached by a set date, for sponsor forms and further information, please contact helen@ammf.org.uk.

Please note: If you have any health issues, you should speak to your doctor before starting the AMMF Slimathon.

Your support is vital

AMMF relies on the support of individuals and companies to raise funds to enable us to achieve our aims. Whether you choose to take part in a marathon, make a regular donation, hold an event or attend one of AMMF's events, we are always extremely grateful for your support.

If you are planning to raise funds for AMMF in any way – whether through a sponsored challenge, by organising an event, or having a charity collection, or if you have any other ideas of your own – we would love to hear from you.

For open challenges which you can undertake for AMMF, eg, trek the Inca Trail, walk the Great Wall of China, or cycle London by Night, or from London to Paris, see: <http://www.classictours.co.uk> or contact AMMF direct.

And, if you would like to raise funds, but are not quite sure what to do, you can download our list of fundraising ideas for inspiration from the website, or contact us for a printed copy – email: info@ammf.org.uk, tel: 01371 811811.



Donate to AMMF

Online giving

Donate on-line with a credit or debit card via <http://www.justgiving.com/ammf/Donate>. Donations made in this way can be one off, or regular, eg monthly.



Donations by cheque

Please send your donation to:

AMMF, Ambrose Cottage, Oxen End, Little Bardfield, Essex CM7 4PR.

All cheques should be made payable to 'AMMF'.

Please remember, if you are a UK taxpayer AMMF can claim an additional 28p for every £1 you donate through Gift Aid. Donations made via the Justgiving site will automatically attract Gift Aid if the UK taxpayer box is ticked. For other forms of donation (cheque or cash), please download a Gift Aid form from AMMF's website, or contact us on: tel 01371 811811, email: info@ammf.org.uk

Donations in kind

Offers of help can be really valuable to the charity, anything from items for auction or raffle prizes to services such as printing, supplying sportswear, or volunteering. Please email us with your offer of help.



Spotlight on ... AMMF's Corporate Supporters

AMMF is very grateful to all those companies who have supported AMMF, and continue to do so, in a variety of practical ways, from holding events such as Golf Days to nominating AMMF their charity of the season. Here we highlight two companies from completely different spheres, whose long-term relationship with the charity is very much appreciated.

Swallowmax Ltd *Lithographic Printers*



Established in 1995, and with state of the art print facilities, Swallowmax are able to offer a full complement of print services to excellent standards for a variety of clients with a wide range of requirements. They pride themselves on their competitive rates and especially on the level of service they provide to all their clients – quality of service, courtesy and customer care are their watchwords.

Swallowmax have kindly given their print services to AMMF without fee over several years, doing a sterling job on the newsletters and the Summer Ball brochures, and the charity is extremely grateful to them for this practical help. Special thanks for this go to Phil Pearson, Director at Swallowmax.

www.swallowmax.co.uk

Gane Jackson Scott LLP *Chartered Certified Accountants*



Founded in 1870 by John Gane and Herbert Jackson, and based today in Epping, Essex, throughout all the intervening years one thing at Gane Jackson Scott has remained unchanged – their commitment to their clients. Every task, from traditional tax and accounting services to a company's strategic business plan, is approached with the precision and dedication to be expected from an established and highly trusted firm.

Gane Jackson Scott have been AMMF's accountants and advisers since the charity's inception in 2002, and have diligently undertaken this work totally without fee. In addition, at Christmas 2009, the partners designated AMMF as their chosen charity to receive a substantial donation in lieu of Christmas cards for that year.

AMMF is very grateful for this generous help, and many thanks especially go to Graham O'Malley and John Best.

www.ganejackson.co.uk

The Rarer Cancers Foundation – Pathways to Diagnosis Survey

The Rarer Cancers Foundation has been commissioned by the Department of Health to undertake research into the area of diagnosis of rarer cancers, the objective being to ensure that people with rarer and less common cancers are diagnosed at the earliest possible stage.

One of the major problems with cholangiocarcinoma is that it is often diagnosed very late, ruling out treatments such as surgery, so this research is of particular interest to us. AMMF supported this initiative wholeheartedly and was very pleased to be asked to help with regard to cholangiocarcinoma.

Details of an on line survey form, prepared by the RCF, was circulated and information was invited from those patients (or a relative or friend with knowledge of the information required) who attended a GP practice in England only at any time between 7 November 2003 and 6 November 2009.

The survey is now closed, but thank you to everyone who took part and as soon as we have the results we will let you know.



eBay for charity

AMMF is registered with eBay, so when selling anything on the site a percentage (or all!) of the sales price of the item can be donated to AMMF.

Selling for charity is easy and similar to selling any items on eBay. You can find all you need to know about this on <http://pages.ebay.co.uk/ebayforcharity>

And, if you have nothing to sell, you can still support the charity by buying one of the items up for sale for AMMF. To find a list of these items, go to: <http://www.missionfish.org.uk>

Imperial College Visit

Professor Simon Taylor Robinson and Dr Shahid Khan from Imperial College invited AMMF trustees, Helen Morement, Harry Corrigan and Dr Ruth Corrigan to visit them at their laboratories in March 2010 for an update on their cholangiocarcinoma research, which AMMF has been helping to financially support over the past few years.

Presentations of their research updates were made (Proteomic Studies in Cholangiocarcinoma – Shahid A Khan, Genetic Studies in Cholangiocarcinoma – Chris Wadsworth, MR Microcoil Studies in Cholangiocarcinoma – Chris Wadsworth) which were extremely interesting and, in each case, are leading on to further research, which is exciting news.

The following is an extract from information received from Professor Taylor-Robinson and Dr Khan following the meeting:

“Support from AMMF directly funded the preliminary study of proteomic profiling in bile, the results of which formed the basis of a successful application for a substantial British Liver Trust Research Award for us to take these studies to the next level and investigate in larger numbers of patients.

AMMF support also directly paid for much of the genetic analyses carried out by Dr Wadsworth. The final results will be used in a major project grant application to the Medical Research Council.

These two studies would not have been possible without AMMF support and we are very grateful.”



From left to right, Harry Corrigan, Clare Parsonage, Professor Simon Taylor-Robinson, Helen Morement, Dr Chris Wadsworth, Dr Shahid Khan, Dr Mohamed Shariff and other members of the team

It is so gratifying to know that in our small way, AMMF has been instrumental in assisting this research.

The technical information from the research presentations made to us at the meeting has been ‘translated’ by Dr Ruth Corrigan into a simplified report. A pdf copy may be downloaded from the website, or please email or telephone to receive a copy by post.

Julia goes to Westminster ...

On 3 November 2010 a large group of Cancer Research UK ambassadors and supporters descended on Westminster to discuss the Commit to Beat Cancer campaign with their MPs. Amongst Cancer Research UK’s ambassadors was AMMF supporter, Julia Wise.

Prior to the day, Julia commented, “My family is touched by an extremely rare cancer (cholangiocarcinoma) which, because it is

so rare, was diagnosed very late. I’m really excited to be attending the Commit to Beat Cancer lobby because it is my opportunity to get out there and do something positive to help Cancer Research UK in their fight to beat ALL cancers.”

The objective of the lobby was to ask that doctors should be:

1. granted increased access to diagnostic tests, and
2. asked to record accurate data on the stage at which patients’ cancers are diagnosed.

As Julia’s own MP was not in Westminster on the day of the lobby, Julia’s group joined forces with those of another MP, Glenda Jackson, and approached her with their requests. Ms Jackson kindly agreed to write to the Secretary of State for Health and to table questions in the House on their behalf, but made the point that she did not want to raise false hopes.

After the day, Julia said her greatest achievement was to have mentioned cholangiocarcinoma at least twice in the corridors of power, adding that she hoped soon no one would be able to say they haven’t heard of it.

Well done, Julia!

To read Julia’s full report of her day at Westminster, see the Latest News section of AMMF’s website, www.ammf.org.uk



Julia, far right, with Glenda Jackson MP and other Cancer Research UK ambassadors

In Memory...

This year AMMF was honoured to receive substantial donations from families and friends in memory of loved ones they had lost to cholangiocarcinoma. Some have kindly shared their stories with us:

Helen R Smith 23.05.75 - 26.10.10



Helen went through many diagnostic tests between early 2009 and January 2010 when cholangiocarcinoma was finally confirmed. Following this diagnosis, Helen underwent chemotherapy and then in August 2010 she had just started on a Phase 1 Clinical Trial at the Royal Marsden when it was discovered that the disease had progressed and spread, so the trial was stopped. Sadly, Helen's condition then deteriorated rapidly and on 26 October she died peacefully at home surrounded by her loving family – husband Nick, parents Ann and Mike, and her sister Rachel.

With a natural talent for teaching, after graduating from Bath University, Helen became a primary school teacher working with infants. She developed a special rapport with the children and with her colleagues, and her radiant smile would light up a room, as so many of the comments on her Justgiving In Memory page testify. Within a few years, with her teaching potential recognised, Helen progressed to a higher post and soon she was promoted to Deputy Head Teacher, where she also proved her ability as an excellent administrator.

In August 2006 Helen married Nick, and within two years their daughter, Ella May, was born. This lively little girl made Helen's life complete. She was "the proudest and happiest mummy in the world", said Nick. Helen was also a wonderful auntie to her nephews and niece, Benamin, Spencer and Maya.

Throughout everything Helen endured, her thoughts were always for others before herself, never complaining and showing inspirational strength and courage in the face of all she was going through. In Nick's words, "She fought this illness for her family and especially for her daughter. She always gave 100% in everything she did, and had that rare gift of making everyone who met her feel special."

Susan Davies 16.10.47 - 17.01.10



Susan Davies (Sue to all who knew her) was diagnosed with cholangiocarcinoma in October 2008 after falling ill on holiday. After some investigations, doctors discovered Sue's cancer was already too advanced for surgery and Sue was sent home to enjoy the time she had left with her family. After a very brave fight, Sue lost this monumental battle in the early hours of 17 January 2010.

Sue spent the majority of her life in Ogmore Vale, South Wales and was a very well known member of the local community. During her life she held a variety of jobs – in a bakery, a school cook, a residential social worker and care worker – but the role she relished most of all was that of wife to Mel, mother to her three children, Karl, Lucie and Megan, and grandmother to Carys and Tommy. Sue also had an active social life – centred around the local 'Con Club' and particularly loved the Sunday night quiz and bingo nights.

During the last few years of Sue's life, she and Mel made sure they enjoyed every moment together and were well known amongst family and friends for booking last minute holidays and jetting off all around Europe. Sue was particularly proud of the fact that she and Mel made it to Australia in 2007 for the wedding of their son Karl to Michelle.

Sue's daughters, Lucie and Megan, commented, "Sue's family and friends were devastated at her loss and are determined to help others in the fight against this awful disease. More than 300 people attended her funeral and, instead of flowers, donated over £600 to AMMF. We also ran the 'Race for Life' in Cardiff in July 2010 and raised another £1500. More recently, the Con Club where so many of Sue's friends attend, held a charity night in her honour and managed to raise another £600."

Barbara Paddison 15.04.43 - 30.06.10



Barbara was diagnosed with cholangiocarcinoma in September 2009 and underwent twelve hours of surgery that same month. A few months later in January 2010 Barbara was fit enough to start chemotherapy, but sadly by May her health had begun to deteriorate and she was informed that the cancer had spread.

Barbara showed amazing strength and courage throughout this difficult time; a true inspiration for those around her. She died on 30 June 2010.

Barbara and her husband Bruce met at a dance hall in Hull, East Yorkshire and they married in 1966. They had two children, Karen and Stephen, and two grandchildren, Connor and Luke. Family life was important to Barbara, perhaps more so as both her own parents died when she was just 10 years old. (Her mother was only 42 when she died from liver cancer, and her father died a few months later from emphysema.) An only child, Barbara was brought up by her dearly loved Aunt Phyllis and her grandmother, who supported and loved her so much. Barbara stayed at home to raise her two children and enjoyed holidays in Bridlington and Scarborough and later further afield as the children moved to London and Perth in Australia.

Barbara was a thoughtful, generous and compassionate person, often putting the needs of others above those of herself. Even as she lay dying in hospital she voiced concerns over "bed-blocking"! Her fortitude and strength throughout the last month of her life will never be forgotten, a truly inspirational woman.

Barbara's daughter Karen commented, "Barbara's family and friends chose to donate to AMMF in her memory to help raise awareness and support for research specifically into this cancer. There is a lot to be done, but it is so comforting to know that AMMF are trying to make a difference. We think it is what Mum would have wanted."

Viv Baldwin 12.07.53 - 17.07.10



Stephanie Nugent has written the following in memory of her sister, Viv Baldwin:

"Viv, my sister, was 57 when she died on 17 July, just five days after her birthday. She died at home in her own bed overlooking her beautiful garden, with all her family, as she wanted.

She had been feeling unwell back in the summer, and her GP quickly referred her to Addenbrookes. However, after much confusion (not unusual with this disease) she wasn't diagnosed till December. We had been told it wasn't cancer, but then after several difficult tests and biopsies, cholangiocarcinoma was confirmed.

To say how gruelling this was for all of us is near impossible, but Viv just got on with it. She had an inner strength and courage that surprised us all and was more concerned for her sons Robert and Richard, her partner Glyn and her family than she was for herself. When I asked one of her sons what he wanted me to write, he said I should just say what a brilliant Mum and good person she was, and she was!

She was the most loving and the most loved, she was creative, funny, sometimes eccentric and just great fun to be around. We miss her humour so much! It was said at her funeral that her passing had suspended reality and it has. She is missed by all of us every day and always will be, and life is not the same without her.

I know Viv would want me to thank some outstanding people – Dr Pippa Corrie, her oncologist, who was truly amazing, compassionate and so caring, and for me, Dr Shahid Khan who, although I never met him, gave me the most understandable advice and support at a time when I couldn't get any answers – I will always be so grateful.

Cholangiocarcinoma is rare and, unlike major cancers, does not get the publicity it should. We need to do all we can to raise awareness and funds for research and better diagnosis. I found Alan's charity by chance and I am so glad I did. Talking with Helen really helped me.

Viv, we love and miss you so much xx"

About AMMF

*The UK's Only
Cholangiocarcinoma Charity*

AMMF (The Alan Morement Memorial Fund) was set up after Alan died from cholangiocarcinoma at the end of the year 2000 with the aim of raising funds for research into cancer, particularly



into the causes, treatments and cures for cancers of the gastrointestinal tract and especially cholangiocarcinoma.

AMMF is the only registered charity in the UK working to raise funds for research into cholangiocarcinoma. Being considered a rare cancer which affected relatively few people, very little research had been undertaken into this disease, but over recent years, an enormous and extremely worrying increase in its incidence has been flagged, and now research has begun in earnest.

As the charity has developed, our current objectives are to raise the awareness of cholangiocarcinoma, to support specialised research teams in their work to find the causes, methods of earlier diagnosis and treatments, and to provide information on this disease.

www.ammf.org.uk

Follow us on  Facebook

For frequent updates on AMMF's activities, why not follow us on Facebook? Follow the link from AMMF's website or go to:

<http://www.facebook.com/pages/AMMF/347407223911?ref=ts>

In Appreciation

AMMF would like to express its gratitude to those who have generously supported the production of this newsletter without cost to the charity – for design and artwork, AJM Design Associates Ltd, and for print, Swallowmax Ltd. Also many thanks go to fundraisers who kindly allowed the use of their photographs.