

# AMMF NEWS

THE CHOLANGIOCARCINOMA CHARITY

[www.ammf.org.uk](http://www.ammf.org.uk)



AMMF the UK's only cholangiocarcinoma charity Dedicated to raising awareness, sharing information and supporting research



## INTRODUCING DR ABIGAIL ZABRON, RESEARCH FELLOW...

Early in 2011 AMMF was delighted to report that it had been agreed with Imperial College London that the charity would make a grant of £42,000 to fund a Research Fellowship for a year.



The work planned would move forward from the preliminary research into cholangiocarcinoma proteomics and genetics, which the charity helped to fund, and which has shown promising results. In July, during a meeting with the Imperial College cholangiocarcinoma research team, AMMF representatives Helen Morement, Noel Corrigan and Dr Ruth Corrigan, met with Dr Abigail Zabron who was due to take up the fellowship in October.

Dr Zabron has since written very fully to AMMF, describing what led her to embark on cholangiocarcinoma research and what she hopes to achieve. Showing real empathy she explained, "As a scientist, trying to unpick the genetic, environmental and life-style factors which combine to allow the disease to develop is truly fascinating, but the importance of improving the situation for my patients gives this a real imperative for me as a doctor."

She continued, "I hope my work during this fellowship will add to our understanding of this disease, so that we may

be better able to predict, prevent or treat it in the future, but also help in developing new understanding and diagnostic tests in the shorter term."

After reading the letter, Helen Tanner (AMMF supporter and herself a one year survivor of cholangiocarcinoma surgery) commented, "Dr Zabron really seems to have an understanding of what a tricky, sneaky thing cholangiocarcinoma is, and how difficult it is for sufferers and their families to get a handle on it - a really good appointment which I hope will bear fruit!"

We send Dr Zabron our very best wishes for her work, and also send huge thanks to everyone who has worked so hard raising funds in a variety of ways, and especially to all those who have donated in memory of loved ones - without you it would not have been possible to make this grant.

To read Dr Zabron's letter in full, see the Latest News section on AMMF's website, [www.ammf.org.uk](http://www.ammf.org.uk)



## EDITOR'S COMMENT

The last year has been an incredibly busy time. Through the website and our active Facebook page we are now reaching out to more of those who need us. There has been sadness as we have seen so many lose their battle with cholangiocarcinoma, but good news, too, with more people getting potentially curative surgery and better results being seen from chemotherapy trials.

We are thrilled that the charity has been able to fund a Research Fellow at Imperial College London, and hope that this will be the start of good things to come in the future.

Much is planned for AMMF in 2012, not least our second Cholangiocarcinoma Awareness Month in February – a great opportunity to spread the word. That month will see the launch of “Take the CChallenge”, and we hope many of you will be motivated to do just that during the year.

Thank you for all your support and good wishes. There is so much to be done – we will continue working to raise awareness, provide information and support research into cholangiocarcinoma until the answers are found, but we can't do it without you!

Helen Morement  
Chairman Trustee  
helen@ammf.org.uk



## AMMF SUPPORTS BILCAP

In September, AMMF met with Cancer Research UK's Catherine Palmer and Dr Anthea Martin to discuss their request for funding to support the BILCAP trial. Following this, AMMF's trustees agreed to make a grant for this purpose.

The trial has been running for several years, with 234 people enrolled to date. All patients will be followed for up to 5 years, so it may be some time until the final results are known. If it can be shown that the drug treatment has a positive effect, it could lead to a change in the way cc patients are treated here in the UK and internationally.

The BILCAP research team recently made a presentation at the 2011 American Society of Clinical Oncology (ASCO) conference where it was reported that recruitment for the trial is going very well (a link to a pdf of their informative 'poster' is on AMMF's website, together with a report on our meeting). A small interim analysis of survival and toxicity data was also presented. However, it is considered very important that the final results are known before the true effects of the drug treatment can be fully interpreted and so its impact can be understood.

COMING SOON -  
CC VIEWPOINT  
SERIES

Working with Dr Shahid Khan, lead author on the UK guidelines for the management of cholangiocarcinoma and one of AMMF's advisors, a series of articles is planned which will give the viewpoint on cc diagnosis, treatments and research from specialists at the forefront of each area, including:

Epidemiology (rising national rates of cholangiocarcinoma)  
Histopathology  
Radiology and Imaging  
Endoscopic Advances  
Assessing effectiveness of new therapies from clinical trials  
Oncological therapy ((chemotherapy and radiotherapy)

The series will begin with an overview and initial viewpoint from Dr Khan.

NATIONAL  
GUIDELINES  
FOR  
DIAGNOSIS  
AND  
TREATMENT  
OF CC

A group of leading GI cancer specialists has been working on the revised National Guidelines for Diagnosis and Treatment of Cholangiocarcinoma, and the finished document was recently submitted to the British Society of Gastroenterology (BSG), and has also been sent for peer review nationally.

The BSG are keen that the guidelines have patient support and, whilst it is a very technical paper, AMMF was asked to comment from this perspective.

We have now been through this very comprehensive document and submitted our comments. As soon as overall approval has been received from the BSG and the document is openly published, we will make it available on our website.

AMMF  
RECEIVES  
GRANT

AMMF was delighted to receive a grant of £1000 from St James's Foundation, the charitable arm of St James's Place Wealth Management, to help with the charity's work. Huge thanks go to the Foundation and especially to Samantha Mawdsley for this wonderful support!

(Back row left to right): Dr Chris Wadsworth, Dr Mohamed Shariff, AMMF's Noel Corrigan, Professor Simon Taylor-Robinson, Dr Nimzing Ladep (Front row left to right): Dr Shahid Khan, AMMF's Dr Ruth Corrigan and Helen Morement, Research Nurse Co-ordinator Mary Crosey, Dr Verena Horneffer van der Sluis and Dr Abigail Zabron

UPDATE AT  
IMPERIAL COLLEGE  
LONDON

On a gloriously sunny July day, AMMF representatives, Helen Morement, Noel Corrigan and Dr Ruth Corrigan, met with the Imperial College cholangiocarcinoma research team in London to find out what was current in the world of cc research.

The team was certainly out in force and ready to answer our questions. We were also delighted to have the opportunity to meet Dr Abigail Zabron, the Research Fellow funded by AMMF who is tasked with taking forward the preliminary work on proteomics and genetics of cholangiocarcinoma. All Dr Zabron's work will be directed to sporadic cholangiocarcinoma, which is the type that is increasing in incidence here in the UK and in the USA\*.

Discussions with the group were wide ranging and covered the pooling/sharing of information gained through research, current collaboration with Thailand, latest thinking on cc risk factors, liver transplantation and the planned visit by Dr Chris Wadsworth and Dr Shahid Khan to the Mayo Clinic in the USA to study their use of this procedure in selected cc patients. A detailed report on our discussions can be read on AMMF's website.

From AMMF's point of view, it was a very productive meeting, covering a multitude of topics and we received insightful replies to our many questions - we are very grateful to the Imperial College team for their dedication and determination to seek out the answers we all hope for.

(\* Liver fluke (*Opisthorchis*) induced cc is the most prolific kind in Thailand, where there is the highest incidence of cc in the world)

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CC  
AWARENESS  
MONTH

February 2011 was AMMF's first Cholangiocarcinoma Awareness Month and what a busy month it turned out to be! But what did it achieve? Our Facebook page gained many more friends, a considerable number of donations came in, many people committed to raising sponsorship by running, slimming, climbing, cycling, bed pushing (!) and, most importantly, through all this activity the awareness of cholangiocarcinoma has been and will continue to be raised.

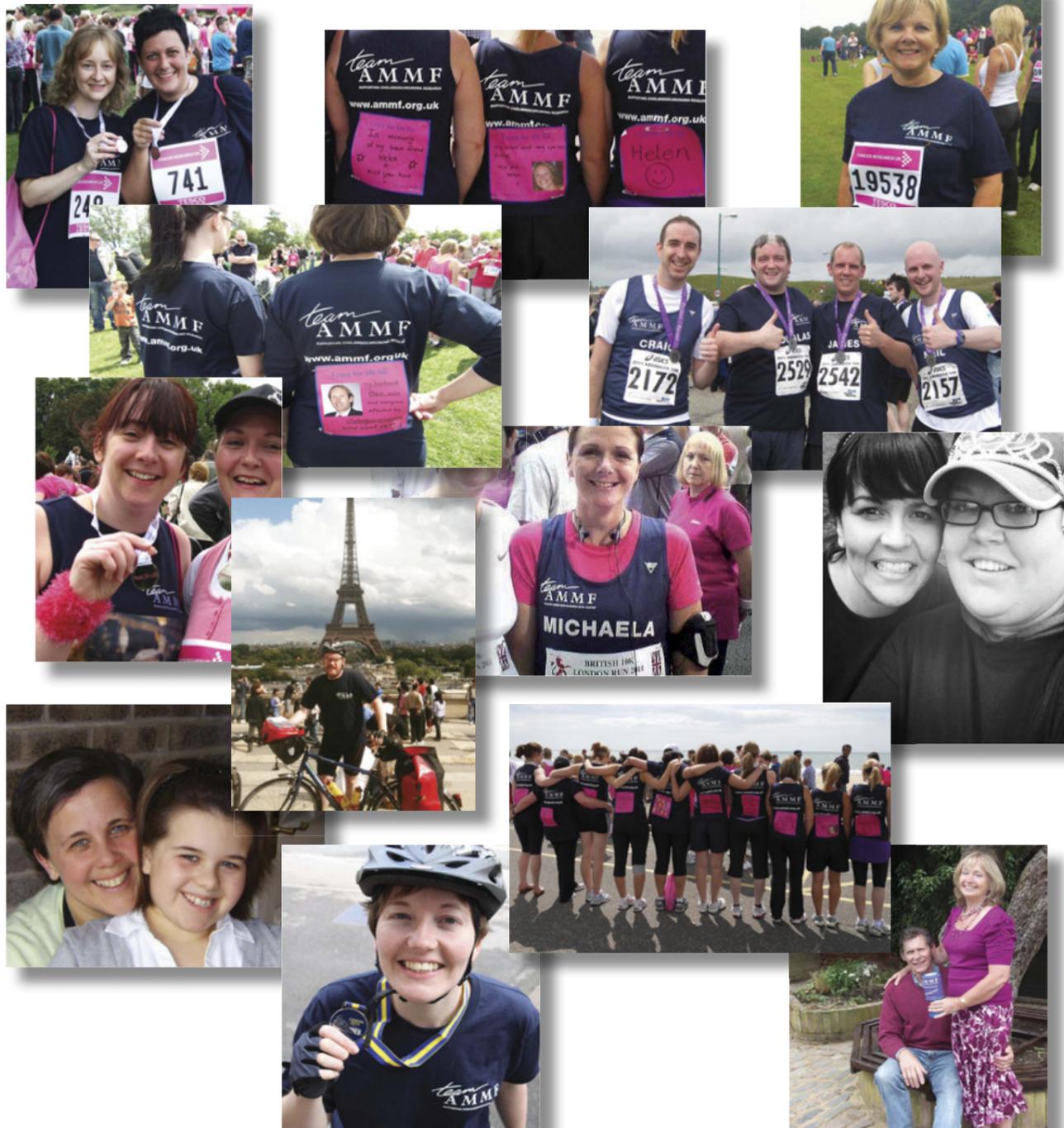
The second Cholangiocarcinoma Awareness Month – February 2012 - is now just around the corner and will provide a launch pad for many new initiatives, including “Take the CChallenge” – an opportunity to get as many people as possible involved in awareness raising and fundraising by organizing “c” events – cooking, cycling, climbing, casino or cabaret nights, coffee morning, car washing ...

Watch the website and AMMF's Facebook page (have you 'liked' it yet?) to keep up to date with what's planned.

# FUNDRAISERS IN 2011

AMMF's fundraisers were out in force again during 2011, and some of their photographs are shown here.

Many thanks to everyone for their commitment in preparing for and taking part in various sporting activities – often in memory of loved ones lost to cc, and to all who have raised funds in an amazing number of ways, from coffee mornings to selling polystyrene beads and, of course, to everyone who has so generously supported and sponsored them.



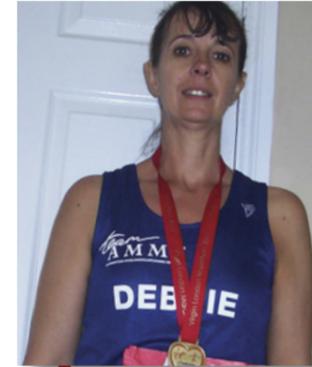
## MALCOLM TAKES AMMF TO NEW HEIGHTS!

Malcolm Robison had climbed Pen-y-Ghent in the Yorkshire Dales several times in the past but, following a diagnosis of cholangiocarcinoma in 2010, major surgery and chemotherapy, it was something he doubted he would do again.

So undertaking this climb on Sunday 10th April, accompanied by family and friends, was certainly an achievement – and a double celebration – Malcolm celebrating his 'all clear' scan 12 months down the line, and his little grandson Joseph Albert, his first birthday!

The weather was perfect – blue skies and sunshine all the way – as the group made the climb, all sporting the AMMF ribbon pins and carrying with them the AMMF logo.

Malcolm and his wife, Sue, then went on to ask for donations for AMMF in lieu of presents at their 60th birthday/retirement party. Huge thanks to Malcolm and Sue for using these happy and memorable occasions not only to raise the awareness of cholangiocarcinoma, but also to raise substantial funds for AMMF.



## TOO HOT TO TROT... VIRGIN LONDON MARATHON 17TH APRIL 2011

Official times for AMMF's Fab Four:  
**Debbie** – 04:05:23    **Trevor** – 04:18:54    **Francis** – 04:29:54    **Maria** – 05:02:07

It was a glorious day in the capital for the 2011 Virgin London Marathon where, despite the unaccustomed sun and heat, a record number of 33 Guinness World Records were broken.

Of the 35,000 runners who took part that day none had more good wishes with them than AMMF's own Fab Four – Trevor Sibley, Francis Chua, Debbie Dowsett and Maria Joy. The weather made the going tough at times, but all crossed the finish line safely.

There were many, many runners doing their bit to raise sponsorship for their chosen charities, but AMMF's Debbie summed up the experience with her comment:

"It was fantastic ... the atmosphere was great, unbelievable! It was really hot so I made the decision to forget my planned time and stay safe. I was so pleased that I ran it all, apart from walking under the showers to catch every drop! At the end, as I turned into the Mall, there was a chap in a wheelchair, clearly struggling, and surrounded by St John Ambulance people. When he started to go again, the cheer was deafening and I was so choked up. It's that kind of thing that makes it such an experience. You realise what ordinary people are going through just to finish. I couldn't help but think I'm lucky to be able to run when so many people are either too ill or no longer with us. Very humbling and emotional. An amazing day and I'm really glad I did it."

We're very glad you did it for us, Debbie! Many thanks to you, Trevor, Francis and Maria for the huge commitment in training, running and raising sponsorship in support of AMMF.



## DEREK TAKES ON THE COL DU TOURMALET!

Experienced cyclist Derek Higgs (at just 70 years old) set himself the challenge of conquering the Col du Tourmalet to raise sponsorship for AMMF in memory of Jenny Vaughan, who died from cc in March this year. The highest road in the central Pyrenees, this is one of the most famous climbs of the Tour de France (6993 ft!)

Well done, Derek, on this incredible achievement. You may not have the yellow jersey, but you certainly have our admiration and thanks for your support.

## TAPPING INTO AWARENESS ...

Awareness and funds for AMMF have been raised by a group of tap dancers at The Tamarisk Centre in Littlehampton. Having lost her son Andrew to cholangiocarcinoma, Lesley Mercer, who helps to run the weekly class, decided to enlist the help of fellow tappers to support the charity. Lesley commented, "Their encouragement was fantastic and kept me going."



## AMMF'S QUIZ NIGHT

Mike Edwards-Smith, a regular supporter of the AMMF Quiz Nights, reports on this year's event:

**F**orget TV's Eggheads, one Saturday in November all roads led to St John's Church Hall in Loughton for the annual AMMF quiz evening.

Ten teams of keen quizzers battled it out over eight rounds of fiendish brainteasers, presided over by 'firm but fair' quizmaster Mick, who ruled over proceedings with a rod of iron.

Alongside the staple fare of television and music categories, was a half-time round of matching up a list of American States with their administrative capitals - easier said than done, particularly when you discover that some towns with the same name exist in several states! There were 25 of these to ponder. But fortunately teams' brainpower was fortified by a hearty and delicious ploughman's supper - Connecticut with your coleslaw or Pennsylvania with your pickle perhaps!

Despite putting up a valiant defence of their crown, reigning champions, Mike Edwards-Smith's table had to settle for runners-up spot. No shame there as the triumphant Lynn's team won after getting maximum points on the American States/Capitals round - well done, they certainly knew their American geography.

But the real winner on the evening was AMMF with proceeds of £700.

## DUDLEY QUIZ NIGHT FOR MAC

**M**ac Clark, who lost his battle with cholangiocarcinoma earlier in the year, worked at South Staffs Industries, where he was regarded with affection and esteem. A quiz night in Dudley was organised by colleagues Dave Plimmer and Scott Ingram in Mac's memory, with all proceeds to AMMF. This proved to be a great night, well attended by colleagues, friends and family and, after being topped up by boss Chris Hickman, resulted in £900 being donated to AMMF "on behalf of everyone at South Staffs who had the pleasure of knowing and working with Mac."

The charity is very grateful for this generous donation, and for all the support Mac's family have given to AMMF in his memory (see more details on Mac in the "In Memory ..." section).



## SCOTTISH DANCING FOR AMMF

**T**he Lindsay School of Dancing in Stonehaven holds a show every two years that receives tremendous support from the community, and benefits selected charities.

This year Fiona Ritchie put AMMF forward because her father, Derick McRobert has cc and is currently undergoing chemotherapy. The photo shows Fiona's daughters Laura (9) and Kirsten (4) and her niece Aoife (8) receiving a cheque for an amazing £1,000 for AMMF!

Many thanks to the school, to Fiona and those three beautiful girls, and our best wishes to Derick.



## GP PRACTICE ADOPTS AMMF

AMMF was delighted when the Waterside Practice, Ilfracombe, North Devon, decided to adopt AMMF as their charity to support.

They certainly had a very good reason for doing this - Helen Tanner, their Practice Manager, was diagnosed with cholangiocarcinoma in October 2010 and following surgery was able to return to work part time.

In addition to this brilliant support, Helen has held a tea party and her brother hosted a friends and family garden party, with both events being used as opportunities for awareness and fundraising.

We have recently heard again from Helen with the following news, "I have just celebrated one year since my resection, and for now I am doing very well - just getting on with life."

Our very best wishes go to Helen, along with many thanks for all her fundraising activities for AMMF.



# CAROL'S LEGACY

**A**fter Carol Melvin died from cc, one of her friends commented, "Carol lost her battle. Good ones tend to lose their early don't they? The difference with Carol is that she didn't let it beat her and she became an inspiration to those who knew her and who cared for her."

Carol's inspiration has been instrumental in so much being done for AMMF in her memory. Family members have been involved in the fundraising AMMF Slimathon, her colleagues at HSBC Leeds made AMMF their chosen charity and have taken part in half marathons, the Great Knaresborough Bed Race, and friends have taken on the 3-peaks challenge, running any number of fundraising races, a Toddler Triathlon (which has to be a first!), and even a fundraising event by personnel deployed in Afghanistan! And it is continuing ...



Over the last months, AMMF has been 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.



**CAROL MELVIN** 25.05.1968 – 19.12.2010

By Helen Morement

Carol was diagnosed with cholangiocarcinoma when still in her thirties and I first came into contact with her early in 2010 after she had been given the news that there was nothing further that could be done for her. Not wanting to accept this, she sought other opinions, unfortunately to no avail. But Carol was determined to live every inch and every minute of her life to the full – and she certainly did.

Carol had met George Melvin a year or so before and, to everyone who knew either of them, it was obvious they were absolutely made for each other, soul mates beyond doubt. In keeping with Carol's plan to live life to the full, she and George decided to go ahead with their wedding plans and, on 18 March 2010, at Hazlewood Castle in North Yorkshire, in front of their friends and family, they made their vows to each other. A very special day which undoubtedly has provided many treasured memories.

When I met Carol in person for the first and only time in August 2010, she was struggling with back pain but disguised it so well. Looking beautiful and perfectly groomed, with love of life (and of George!) just shining from her eyes, it was such a privilege to spend a couple of hours in her company. Our conversation was wide ranging, but through it all Carol made it clear that she was determined to do whatever she could for others who might find themselves in her position - she wanted to use her own battle with cholangiocarcinoma to raise the awareness of this disease and to support AMMF.

Although very ill, Carol was totally committed to this objective and the following month, September 2010, together with

Karen her cousin, and other family and friends, she organized a 'charity extravaganza' in Tingley, close to her home town, to benefit AMMF – using this event to the maximum to raise awareness via the local press and radio. What a truly inspirational girl.

Amongst her other accomplishments, Carol had the knack of confounding her doctors! More than once she came back from the brink when everyone thought her battle was lost. Finally though, in the early hours of 19 December 2010, in the arms of her beloved George, Carol's struggle with cholangiocarcinoma ended.

Carol was much loved by her family and friends, that could not be disputed, and the spark that shone so brightly in her has inspired not just them but so many people to carry on doing what she wished – to increase the awareness of cholangiocarcinoma and to raise funds for research.

So much good has been done for AMMF in Carol's name and memory – family members involved in the fundraising AMMF Slimathon, her colleagues at HSBC Leeds making AMMF their chosen charity, involvement in half marathons, the Great Knaresborough Bed Race, a second fundraiser in Tingley, climbing mountains and running any number of fundraising races, the wonderful Toddler Triathlon, and even a fundraising event by personnel deployed in Afghanistan! The list goes on ...

*Carol has done more than she could have dreamed of to raise the awareness of cholangiocarcinoma – she was and is an inspiration, and that will be her lasting legacy.*



**JOHN MALCOLM CLARK**  
11.12.47 - 19.02.11

By Andrea, Mac's daughter

John Malcolm Clark (or Mac to all who knew him) was diagnosed with inoperable hilar cholangiocarcinoma in April 2010 after becoming jaundiced a month earlier. Despite numerous stents being fitted, Mac's bile level remained too high for chemotherapy, and in September that year he was told nothing more could be done.

Mac showed amazing strength and courage throughout this difficult time, and was more concerned for his wife Diane and his family, than he was for himself. After a brave and courageous battle, Mac passed away on Saturday, 19 February 2011 - peacefully at home in the arms of Mum and myself.

Born in Gornal, West Midlands, Mac later moved a few miles away to Sedgley, becoming a popular, well known and loved member of the local community. He worked at South Staffs Industries, Tipton, where he made good friends and was described as being a hardworking, highly respected gentleman. He loved to watch the horseracing and to spend time chatting to his neighbours in the garden. Mac doted on his family, especially his grandson Jamie, with whom he spent many hours playing cards, football, building Lego and together doing odd jobs around the house and garden.

In memory of Mac, and instead of flowers, family and friends attending his funeral donated over £1200 to AMMF. We decided to set up a Justgiving page in Dad's memory so family and friends could donate directly to AMMF, and help raise awareness and support for research specifically into this rare cancer.

And we have continued to fundraise - my cousin Claire and I ran a 5K in July raising sponsorship for the charity, and Dad's friends and colleagues from South Staffs Industries organised a Quiz Night in his memory in October, raising £900.

*To the world he was one, to us he was the world. We love and miss you so much, Mac. x*

By Howard's family



**JOHN 'HOWARD' JONES**  
23.08.1944 - 22.04.2011

"Howard was a larger than life character ... well liked and respected by everyone he met."

Howard was a larger than life character. He enjoyed life fully and was well liked and respected by everyone he met. He was a farmer all his life and was so proud to have his son Tim work in partnership with him on the farm. He loved spending time socialising with family and friends and enjoyed horseracing, especially attending Cheltenham racecourse.

A committed family man, Howard was adored by his wife Pam, his children Lucy and Tim and his son and daughter-in-law David and Mary. He was a wonderful grandfather to Sam, Harry and Olivia, but unfortunately passed away before the arrival of his fourth grandchild, Isabella.

After his diagnosis on 21 December, 2010, Howard showed such bravery, strength and determination. He underwent two surgical operations to insert stents, and had palliative chemotherapy. Sadly he passed away on 22 April 2011 peacefully at home with his family around him.

Words cannot begin to express how much he is missed. He was an irreplaceable gentleman who has left a great hole in the lives of his family and friends.

Donations from Howard's funeral were made to AMMF. His family are currently organising a charity ball to be held on 15 September 2012 in Howard's memory, with all donations to go to AMMF to continue the wonderful work that they do.



## JENNIFER JOY VAUGHAN

05.07.1942 – 09.03.2011

By Jenny's family

Jenny had been feeling generally unwell for a while, when suddenly on Christmas Eve 2010 she developed deep vein thrombosis. After being admitted to Leighton Hospital in Crewe she underwent exploratory tests and finally cholangiocarcinoma was diagnosed on 4 March 2011. Jenny was then too ill to leave hospital, and sadly died on 9 March, just 5 days later.

Jenny leaves Mike, her husband for 49 years, two daughters, Jane and Emma, as well as six grandchildren. A medical secretary most of her working life, Jenny's last position was as PA to the Medical Director of a Berkshire NHS Trust. Living in the village of Wybunbury, Cheshire meant a packed social life for Jenny - as a member of the Mother's Union, Women's Institute and Bridge Club (amongst others!). A shared love of caravanning saw Jenny and Mike travel across Europe during her nine years of retirement.

The suddenness of Jenny's deterioration in health and subsequent death has been a struggle for all her family and friends (across the UK) to come to terms with and they are still dealing with it on a daily basis. Jenny's bravery, amazing sense of humour and consideration for others in the last few days of her life was truly unforgettable and remarkable to all who cared for her during that time. As Jenny's sister Barbara says, "Jenny was a very special sister, a most unselfish person, always finding ways of helping others instead of herself."

Jenny's daughters Jane and Emma commented, "We were all devastated with the sudden loss of our mum and we know that she would have wanted to help in finding a cure, and raising awareness for this terrible illness. We are so pleased and grateful that over £1100 has been raised so far, and would like to take this opportunity to thank everyone who has given so generously to the fund."

*"Jenny had that rare gift of making things happen without any fuss and we all miss her so much."*



By Doreen's family

After becoming very ill with jaundice, Doreen was diagnosed with cholangiocarcinoma in August 2010. She underwent surgery which was intended to remove the tumour, but this proved impossible owing to its position and a double bypass was carried out instead. She did not recover sufficiently for chemotherapy but, although very unwell, she was determined to spend Christmas with her grandchildren. Doreen passed away on 4 February 2011, dignified and brave to the end.



## STEWART SMITH

14.05.1956 – 05.09.2011

By Marcella, Stewart's wife

When Stewart became jaundiced in July 2010, his consultant said it could be gall stones, but warned of a tumour. Stewart had to undergo a procedure to help the liver to grow before he had surgery to remove 90% of it. Unfortunately, the operation was unsuccessful as he developed a portal vein embolism and was

## DOREEN GILMOUR

02.12.1943 – 04.02.2011

Born and brought up in the small coastal village of Sandend, Banffshire, Doreen was surrounded by a happy, loving, extended family. She was the first girl from the village to go to university and it was there that she met Tom, who became her husband. Doreen and Tom moved around in their early years, to Basildon and Dundee, before settling in Dumfries where they lived for 33 years, and eventually retiring to their roots in the north east.

Doreen was a teacher who loved working with the less able and disadvantaged children and, as Principal Teacher of Support for Learning, she touched the lives of many youngsters.

Family was everything to Doreen and she was always proud of the achievements of her children and their spouses - daughter Jillian and son-in-law Murray, son Robert and daughter-in-law Katelyn, and son Alastair and daughter-in-law Pamela. She adored her three grandchildren Stuart, Mhairi and Nancy and loved every opportunity to spend time with them.

The respect and affection Doreen was held in was shown at the Service of Thanksgiving for her life which was attended by family, friends and colleagues from all parts of the UK and abroad. They were moved by the address which Doreen herself (in typical style) had written. The amazing generosity shown in the donations that day, which she wanted to go to AMMF, has inspired the family to continue efforts to support research into this terrible disease in the hope that future sufferers may benefit.

*"Stewart always had a strong work ethic, but at the heart of that was his family, whom he loved dearly."*

extremely ill afterwards. Too ill to have chemotherapy, Stewart never really recovered from the surgery.

Stewart dealt with his illness with enormous courage, but cc is ruthless and unfortunately he passed away on 5 September 2011.

A natural talent for football led to a trial for Leeds United, which triggered Stewart's life-long commitment as a supporter of the Club. Stewart always had a strong work ethic, but at the heart of that was his family whom he loved dearly. He said, 'actions speak louder than words' and always looked after us, which we sorely miss.

He was a truly wonderful, kind man with a great sense of humour. To have him taken at such a young age by such a dreadful disease is hard to bear.

Supporting AMMF gives myself and our daughter, Lucy, comfort in knowing that there is ongoing research to try to develop ways to obtain early diagnosis and hopefully more curative treatment.

*We love and miss you, Stewart, and will never forget you.*



## CHARLIE ALLUM

05.11.1955 – 12.06.2011

By Charlie's family

When Charlie Allum was diagnosed with cholangiocarcinoma in November 2009, his daughter, Nicky, set herself a challenge and embarked on the AMMF Slimathon. She set up a Justgiving page and blog with two aims - losing weight for her wedding, planned for 19 June 2011, and raising funds for research into cc.

Although everyone hoped he would be well enough to give Nicky away at her wedding, sadly, just one week before the set date, Charlie died. But Nicky went forward as arranged and as she had discussed with her courageous dad. The day was a wonderful celebration, not only of the marriage but also of Charlie's life.

Throughout his illness and treatment Charlie showed resilience and determination, and when eventually the news was not good he unselfishly protected his family from what he must have been suffering. With great bravery, he helped them to face what was to come.

Charlie's funeral took place two days after the wedding and at it Nicky and her brothers Chris and Andy each spoke movingly, telling their dad's life story - a hardworking man, of fun on family holidays and parties, of his passion for motorbikes and of his lifelong love for and involvement with football.

Shining brightly through all the stories and memories was the love Charlie had for his wife, Joules, and his family - he adored his children, Nicky, Chris and Andy and his grandchildren, Max, Jessica, Samiah and Molly. Married for 36 years, Charlie and Joules shared a strong, loving marriage - they were, "a team with a completely unbreakable bond", and their children paid them a wonderful tribute when they said, "we aspire to a marriage like our parents."

In Nicky's words, "The core and rock of our family, Dad was everything you could dream a father could be, so strong, a provider, mentor, role model and above all else our very good friend. Whilst we will miss him like crazy, he will continue to be a huge part of all our lives."



## VIRGIN LONDON MARATHON

22ND APRIL 2012

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 our place runners to help us!

If you, or anyone you know, has been successful in the ballot for 2012, please join us in raising awareness and supporting research into cholangiocarcinoma. Sponsor forms, on line donation pages, vests with name and AMMF logo, are available for runners.

Join Team AMMF and use your place to support pioneering research and make a real difference.

Email: [helen@ammf.org.uk](mailto:helen@ammf.org.uk)

## 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](http://www.ammf.org.uk)

## CONTACT DETAILS

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## 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. It 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 ruthless disease, but over recent years, an enormous and extremely worrying increase in its incidence has been flagged, and now research has begun in earnest.

Our 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](http://www.ammf.org.uk)

Registered charity no 1091915

## DONATE TO AMMF

We are extremely grateful for each and every donation we receive. These can be made in a variety of ways:

### ONLINE GIVING



Donate on-line with a credit or debit card via [www.justgiving.com/ammf/Donate](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](mailto: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.



## 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.

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](mailto:info@ammf.org.uk) tel: 01371 811811

## IN APPRECIATION

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