

# Elliot Dallen Trust Newsletter

First issue – November 2022

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## Our First Year and a half

The Elliot Dallen Trust was established in February 2021, about 5 months after Elliot died. In his final weeks, Elliot became increasingly keen on the idea of a charity being set up in his name. The idea provided him with something positive to focus on, and he liked the thought of leaving a positive impact and a legacy. The purpose of the charity is to do good by raising money in Elliot's name, for causes that were close to his heart. The charity also intends to encourage people to challenge themselves by doing things outside of their comfort zone, and to do good by volunteering or giving their time to a good cause. The Trustees are Chairperson: Jen Lenczner (Elliot's mother), Treasurer: Peter Dallen (Elliot's father) and Secretary: Annabel Dallen (Elliot's sister). A number of Elliot's friends support the charity in various ways, including raising money by completing extremely challenging runs or hikes, and donating to the charity in place of wedding gifts and favours. Here are some photos showing different ways people have raised money for the trust so far:





## **Pledges, donations and achievements**

First of all we would like to thank everyone for taking the time to check out the Elliot Dallen Trust website ([www.elliotdallentrust.org](http://www.elliotdallentrust.org)), and for the support you have provided for the trust. The trust relies entirely on donations from the public and it does not receive any government grants. The trustees do not take any payments or expenses out of the charity.

The charity has received many donations from Elliot's friends, and from kind people around the world who have felt inspired by Elliot's Guardian articles and blog. It is so generous and thoughtful of everyone who has made these donations, and we can't thank you enough. Please check out the pledges page on our website to read about how some of the donations have been made. We hope you feel that we have put the money to good use to make the world a better place. We will now say a little about how the donations have been spent this year.

This year we have donated a total of **£68,330** to three charities that we know Elliot would have approved of. These are: **Maggie's Cancer Support**, Cardiff (£33,330), **World Land Trust** (£25,000) and **AMEND** cancer support and rare cancer research (£10,000). These were chosen either because Elliot had previously donated to them himself, or he had used their services. The charities the Elliot Dallen Trust supports fall into three main categories:

1. support for people suffering from a life limiting or terminal illness
2. protecting the environment and conservation projects
3. cancer research and cancer support.

Many people are familiar with cancer support charities such as Macmillan and Marie Curie Cancer Care, but not so many are familiar with Maggie's Cancer Support Centres. Maggie's is a charity providing free cancer support and information in centres across the UK, internationally and online. There is a network of more than 25 centres across the UK and there are 3 international centres: Hong Kong, Tokyo and Spain.



*Maggie's Centre, Cardiff*

The founder of the Maggie's centres was Maggie Keswick Jencks who, in 1996, used her own experience of having cancer to create a new type of cancer care. She understood the need for there to be somewhere comforting for people with cancer to go, outside of but near to the NHS cancer hospital. In these calm and friendly spaces they could make the experience of cancer more manageable. She believed that with encouragement to become actively involved in treatment, and with the right information and support, people could change the way they live with cancer.

When Elliot received his cancer diagnosis it was mentally and emotionally devastating. He found out about the Maggie's support centres and attended a centre in London where he received support from a clinical psychologist. She made a real difference to the way Elliot managed his diagnosis, and regular sessions helped him to develop his outlook to continue living his life to the full. Elliot became passionate about living as actively, positively and fully as he could, both during his treatment and afterwards, even when he had run out of treatment options. The money that the Elliot Dallen Trust has donated to Maggie's Cancer Centre in Cardiff is specifically towards the salary of a clinical psychologist, in the hope that this support will benefit others who have received or been affected by a cancer diagnosis. You can find the news story on Maggie's website here: <https://www.maggies.org/about-us/news/cardiff-family-ensure-psychological-support-for-people-with-cancer-in-memory-of-son/>

The World Land Trust (WLT) is an international conservation charity founded in 1989 to protect the world's most biologically significant and threatened habitats, acre by acre. By adopting an approach that takes in an entire landscape, rather than an individual species, whole ecosystems have been preserved and protected. Through a network of partner organisations around the world, the WLT funds the creation of reserves and provides permanent protection for habitats and wildlife. Partnerships are developed with established and highly respected local organisations who engage support and commitment among the local community. Its patrons include Sir David Attenborough and Steve Backshall.

The Elliot Dallen Trust donated £25,000, through the WLT's Buy an Acre programme, to secure the purchase of 250 acres for the Maya Forest project in Belize, Central America to protect it in perpetuity for wildlife. The Belize Maya Forest project will protect a critical gap within a vast network of conservation areas referred to as the Selva Maya. This project will permanently protect the last and largest intact forest area remaining in Belize.



Belize is highly biodiverse due to its location. The reserve is home to 70 species of mammal including, the Yucatan Black Howler Monkey, Geoffroy's Spider monkey, Jaguar, Ocelot, Baird's Tapir and American Manatee. It is home to over 350 species of birds and many migratory species, such as the Yellow-winged Warbler. Bird species of conservation importance include the Endangered Yellow Headed Parrot and Black Rail, and the reintroduced Harpy Eagle. Flora is well studied on the reserve with over 700 species recorded and 200 tree species, including the globally endangered tree species *Quina schippi* and *Vitex gaumeri*. The waterways of the Maya Forest also provide habitat for the critically endangered Central American River Turtle.

It can be overwhelming to hear about the degradation of such diverse and remarkable ecosystems. As well as fire, activities such as logging, mining, agriculture, pollution, and hunting are all threats to tropical forests. By helping WLT purchase and protect land, we can safeguard everything that depends on it against these threats, as well as mitigating climate change on a global level.



## **AMEND - Cancer support and rare cancer research (£10,000)**

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

Elliot was diagnosed with Adrenocortical Carcinoma/ Cancer (ACC), a very rare cancer of the adrenal cortex, in May 2018. Symptoms are very non-specific, which means early diagnosis is uncommon and that the cancer has often spread to other organs before it is diagnosed. Sadly this was the case for Elliot.

AMEND, which stands for the Association for Multiple Endocrine Neoplasia Disorders, is a charity that was set up in 2002 to support and inform anyone affected by Multiple Endocrine Neoplasia (MEN) syndromes, medullary thyroid cancer (MTC), and Pheochromocytoma and Paraganglioma (PPGL) syndromes. This includes people who are diagnosed with ACC, which is a cancer of the endocrine system. AMEND aims to improve the wellbeing of people affected by MEN and endocrine tumours by providing patient support and assisting in research. The Elliot Dallen Trust granted AMEND a fund of £10,000 specifically for research into adrenocortical cancer

<https://www.amend.org.uk/fundraisers-and-supporters/acknowledgements/> and you can find out more about how that is being used here -

<https://www.amend.org.uk/healthcare-professionals/amend-research-fund/2022-research-awards/>

## **Lisvane Graig Protection Society & Elliot's Memorial Bench (£1,300)**

Elliot was keen to support local conservation areas as well as international priority areas. One of the areas close to where he was born and grew up in Cardiff was the Graig, a hill north of Lisvane which forms the backdrop to this part of north Cardiff. The Graig has been under threat from development over many years, due to both motorway planning and house building.



*Elliot's bench on top of the Graig*

The Lisvane Graig Protection Society is a local group which was originally established in 1972 to protect the rural nature of Lisvane when the M4 motorway was being planned. His maternal grandfather, David Lenczner, was one of the original members who set up the society.

When Elliot visited his family in Cardiff they would often walk up the Graig towards the

trig point, where there is a fabulous view over Cardiff and the Bristol Channel. A memorial bench for Elliot has been installed near this location for people to enjoy the lovely view and have a well-earned rest after climbing the steep hill in this lovely natural area. The bench was donated by the Elliot Dallen Trust in 2022, in partnership with the Graig Protection Society, Lisvane Community Association and Cardiff City Council.



*Elliot with his mum, Jen, in Summer 2017*

## **Finance Report – Peter Dallen, Elliot Dallen Trust Treasurer**

In the months and weeks before Elliot died he discussed with his family the idea of a charity being set up in his name. As well as leaving a generous amount of money in his will to a number of charities, he was keen that a significant lump sum from his estate should be used to establish his own charity. As a result £100,000 was donated to the Elliot Dallen Trust. Barclays Bank, Elliot's employer, very generously matched this with a grant of £100,000 from their Employee Matched Donations Programme. Elliot's family will be forever grateful to Barclays for giving Elliot's charity such an amazing kick-start, and also for the support they gave him as an employee after he had been diagnosed.

We have registered the charity with HMRC (the tax man!) for Gift Aid, which means we are able to claim back 25p for every £1 donated by a basic rate UK tax payer. This is particularly helpful as we totally rely on donations from Elliot's friends, family and generous members of the public.

Steps have been taken to protect our existing funds against inflation and trustees will soon be discussing which charities to give grants to in the coming year.

**LATEST NEWS:** Elliot's friends have organised a special Gala Dinner event on the evening of Saturday 28th January 2023 to bring people together and raise money for his charity. It will take place at a lovely 5\* hotel in London and will include a champagne reception, 3 course meal, live music, and lots of amazing raffle and auction prizes. If you would like to find out more and/or buy tickets (£150 each), please email [info@elliotdallentrust.org](mailto:info@elliotdallentrust.org) .