

Spotlight

Issue 20 2026

FREE



Trailblazing
treatment

Five year
recognition

Fundraising
in full swing



How **Friends of ANCHOR** can support you

Our wellbeing team is based in the ANCHOR Unit – the Aberdeen and North Centre for Haematology, Oncology and Radiotherapy.

SUPPORT IN THE ANCHOR UNIT

Wellbeing staff team

Look out for our wellbeing staff team in their red polo shirts. They are in the ANCHOR Unit Monday to Friday and coordinate all our services, as well as offering a listening ear and signposting support.

Complementary therapies

Our free chair and bedside therapies include massage, reflexology and mini manicures, as well as podiatry appointments. We can also organise hair cuts and beard trims for inpatients.

Volunteer-led services

You'll see our volunteers in their red T-shirts, extending their trademark warm welcome and wayfinding support to day patients and visitors.

Our volunteers help us coordinate a wide range of other support too, like our listening service, therapy dog visits and virtual reality headset experiences.

Ward assistants

In the ANCHOR inpatient department, our ward assistants provide non-clinical support for patients, visitors and staff. Lynn and Pam, recognisable by their green polo shirts, cover wards 112 and 114.

SUPPORT IN THE COMMUNITY

Retreat days

Our popular wellbeing retreat days offer a chance to connect with fellow patients and sample our wellbeing services. Our 2026 retreats are on June 27 and November 7, and we'll release our 2027 dates soon.

Music and movement

Join our fun, gentle movement classes, which cater for all physical abilities - set to a backdrop of mood-boosting music to match.

Patient choir

Become part of our warm, welcoming choir community, with weekly sessions that are led by musical director Laura Pike.

Mindfulness

Our 8-week mindfulness course is designed to help with feelings of anxiety and overwhelm, and many of our participants say it helps with sleep quality too. Classes are held online so you can take part from the comfort of home. Our accredited tutor Louise Martin guides each practice.

PRACTICAL SUPPORT

Free packs and provisions

We've handpicked some helpful provisions to give you practical support when you need it. This includes a variety of packs tailored to different treatment, and a range of loose provisions too.

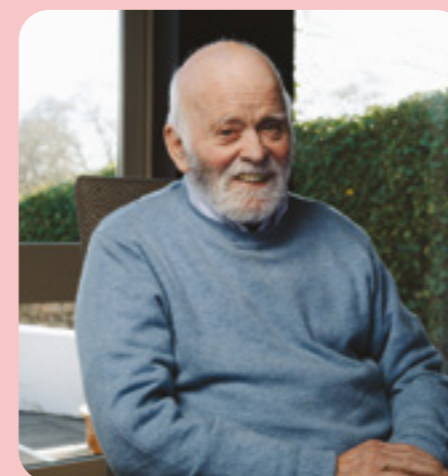
We also make free WiFi available throughout the ANCHOR Unit, and we can loan you an iPad if you'd like to stay in touch with loved ones.



For up-to-the-minute information on all our free support, scan the QR code.

To make a service request or speak to the wellbeing staff team, please contact:
wellbeing@friendsofanchor.org
01224 859222

Welcome to Spotlight **Issue 20**



Hello readers,

I am continually grateful for the spirit of support that surrounds Friends of ANCHOR.

Next year the charity will be 30 years old – a milestone that could never have been reached without the generosity of every fundraiser, volunteer and donor who chooses to stand with us. Watch this space for news about how the team will be marking that anniversary – but for now, we are very much focused on the present, and on the difference your support is making every day.

This issue of Spotlight is filled with examples of that impact. Thanks to you, patients are benefiting from care that goes far beyond treatment alone – from the reassuring presence of our wellbeing staff team and volunteers in the ANCHOR Unit to the thoughtful, practical touches that help people feel comforted and supported during their treatment and after. Time and again, we hear that these little things make a world of difference.

Your generosity is also helping to drive innovation for oncology and haematology care and treatment within the hospital setting. Thanks to you, we can support trailblazing developments in radiotherapy and new clinical equipment for surgical teams

– to name just a couple of recently funded initiatives outlined in the pages that follow. These advancements don't just represent progress in medicine and the commitment from the NHS teams to deliver the best - they represent better experiences and outcomes for people diagnosed with cancer or a blood disorder locally.

None of this would be possible without the extraordinary support we receive from so many of you. In these pages you will meet just a few of the many individuals who give their time, energy and compassion so freely.

As always, my sincere thanks go to our Friends of ANCHOR community for enabling us to continue offering compassion, care and hope, when it is needed most.

- Sir James Milne, Chairman, Friends of ANCHOR

Dr Annie
Kennedy



Fuelling oncology's ambitions

As a consultant in clinical oncology and Clinical Lead for Oncology at Aberdeen Royal Infirmary, Dr Annie Kennedy sees first-hand the impact of Friends of ANCHOR's support.

How does Friends of ANCHOR's funding support the oncology service at ARI?

Oncology is a huge department – we treat all major cancer types across the North-east and Northern Isles. Friends of ANCHOR has provided support and equipment for all the major bases across the department, including the inpatient ward, day and out patient department, radiotherapy and the outpatient clinics.

Over the years, the charity's funding support has been wide-ranging, from surgical equipment to software upgrades and even an artificial intelligence system to aid earlier breast cancer diagnosis.

When it comes to our patient support, what stands out to you the most?

In such a vast department, the staff are very busy, and having extra support on hand, like the charity's listening service, makes a big difference to a patient's emotional wellbeing. Treats like the massage service and manicures are small things which can hugely brighten a patient's day.

In the inpatient wards of both the oncology and haematology department, patients and families have the benefit of refurbished day rooms and refreshments, and reclining chairs that mean a patient's loved ones can stay with them overnight.

It's not just during the period of treatment and regular hospital appointments or stays that can be tough. When patients are back home, or through the other side of treatment, they often seek support like Friends of ANCHOR's

wellbeing retreat days which are held a few times a year. This programme of community support, which also includes a mindfulness course and patient choir, is so valuable.

The team also does a wonderful job of bringing extra support during some of the hardest times a family can face. The Making Memories service and keepsake jewellery are lovely services that mean a lot to patients and their loved ones.

Why is Friends of ANCHOR's clinical excellence funding so important to the oncology team?

Oncology is a constantly expanding and evolving specialty, and we strive to provide the best care possible. There are some limitations to NHS funding, and having Friends of ANCHOR alongside our oncology service means we can continue to be ambitious in our service planning. At the moment, the charity is funding a research project for one of our medical oncology trainees, Dr Joel Allotey, while our clinical scientists in the radiotherapy department are also working on research funded by the charity.

Research and innovation are fundamental to forwarding the treatment of cancer, and Friends of ANCHOR is part of this.

What would you say to those who support the cause?

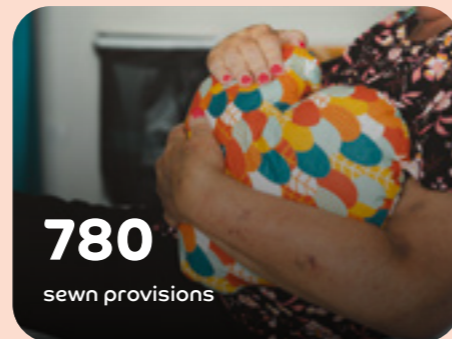
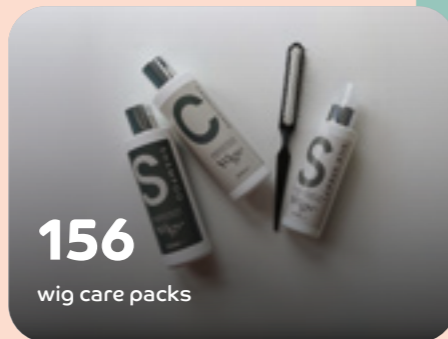
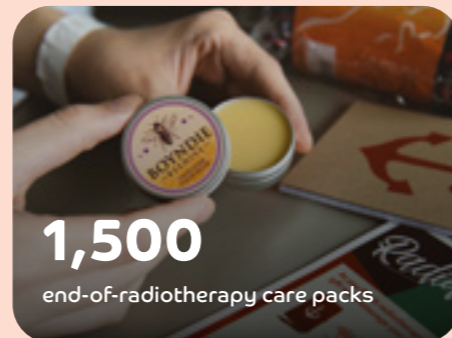
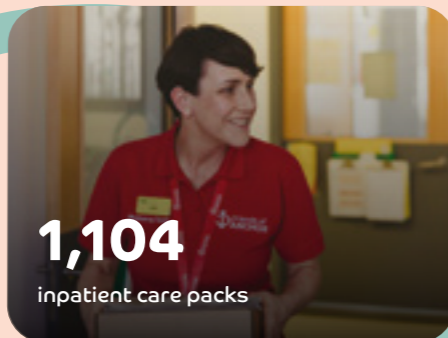
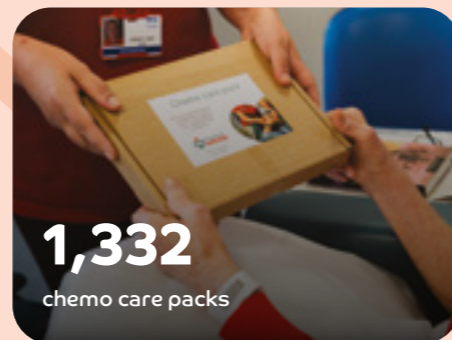
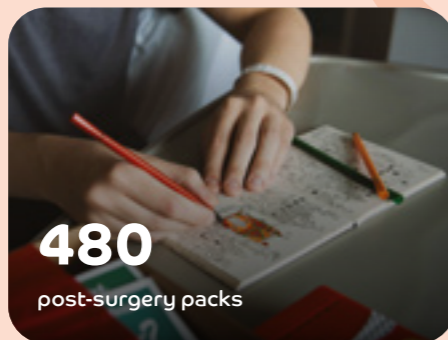
I'd like to say a huge thank you to every individual who donates to, and who works within, Friends of ANCHOR. From the big things to the small things, it makes such a difference.

It's the little things...

A small gesture can go a long way when you're facing treatment. The people we support often tell us "the little things" really make a difference.

At Friends of ANCHOR, we offer lots of gestures like this. We call them "the big little things".

ONE YEAR OF BIG LITTLE THINGS IN NUMBERS:



£70,000
is what it takes to keep our patient packs freely available for a year.



Scan to donate £15 to fund one care pack.



What our packs mean to patients...

"All of the items were beneficial. The lip balm was lovely as my lips were very dry, the sleep mask was so comfy, and I love colouring in, so that really passed the time. I wasn't expecting this at all, and it really made me smile on what was a challenging day, thank you."

"The care pack I received on the day of my surgery was a lovely surprise. You have thought of every small detail which would help in the days and weeks following surgery. My most treasured item was the heart shaped pillow which gave me comfort on car journeys and helped me get a good night sleep."

"The thing that struck me the most was how that small gesture made me feel. I was so touched and it started me thinking maybe I can help people in the same situation."

Five years and counting

Our staff in the ANCHOR Unit are ably assisted by a group of volunteers. For 23 of those individuals, a significant milestone has been recognised.



Anne Armstrong first volunteered at a fundraising event in 2013. Now, she dons her red T-shirt to volunteer in ward 307 of the outpatient department every second Monday.

"When my sister was receiving treatment in the ANCHOR Unit, I attended her chemotherapy alongside her, and I saw that it was the little things that really made a difference," says Anne.

"My sister survived her cancer, and during each six-hour chemotherapy session, you could see the dedication of the staff and how hard they worked."

That insight inspired Anne to sign up as a hospital volunteer.

For Mark Berry, volunteering is a feel-good way for him to use his weekly 'flexi Friday' arrangement at work.

Instead of starting his weekend early, Mark swaps his work suit for his red T-shirt, heading to the radiotherapy department for the afternoon to greet patients as they arrive.

"Just like that, it's been five years of Friday afternoons, and I wouldn't have it any other way."

Five years ago, Doug Winchester spotted an article in the local paper calling for volunteer drivers to deliver a new service.

Now, he can find himself up at the crack of dawn to collect a patient from their home, so they can be driven to Central Belt hospitals for vital treatment like stem cell transplants.

"I like being able to help," he says, shrugging off the long days that can see him drive up to 300 miles.

"Patients can rest or sleep in comfort while I'm driving, and they don't have to worry about a thing, as I'll take them right to where they need to be."

We're enormously grateful to all those who gift their time to support Friends of ANCHOR, and to those celebrating five years of volunteering, a special thanks is due. The impact of that commitment is perhaps best summed up by one patient:

"I'll never forget the volunteer who greeted my partner and I the first time we came to the clinic, when I knew I had cancer. That small conversation and warm smile made a big difference in that moment."



Our trained volunteers help deliver six of our services:

- Welcome and wayfinding
- Listening service for inpatients
- Transport service
- Therapy pet visits
- Virtual Reality headset experiences
- Community support events

If you're reliable, compassionate, and would like to commit to regular volunteering, please email your interest to Denise: denise.smith@friendsofanchor.org



Back row L-R: Beverley Cruickshank, David Beattie, Ann Bothwell, Stuart Groundwater, Mark Berry, Christine Collie, Hazel Fowler, Gail Roberts, Sheila Lyon, Pam Hay

Front row L-R: Anne Armstrong, Kathryn Cruickshank, Lynne McAndie, Kirsteen Telfer-Shand

Not pictured: Doug Winchester, Frances Craib, George Slessor, Heather Munro, Jim MacFarlane, Mags Groundwater, Marion Yeats, Moray Stewart, Shona Webster

Meet the models

Courage on the Catwalk and Brave are two of Friends of ANCHOR's flagship fundraising events, which take centre stage at P&J Live each May. Starring on the stage are local men and women who have faced a cancer or haematology diagnosis. On the next couple of pages, you can read stories from two of the models taking part.

MEET SHARON

The happy memory of her eldest daughter's wedding hasn't faded for Sharon Humphreys - and thankfully, it's not been overshadowed by the diagnosis that followed soon after.

It was during the pre-wedding celebrations in 2024 that Sharon found she was struggling to swallow food, and she made a point of visiting her GP on her return home.

The doctor suspected a type of hernia, but Sharon's symptoms kept getting worse.

"I was losing weight and couldn't eat, to the point that I could only drink soup," Sharon said.

Another check-up saw her referred for an urgent endoscopy, and the test uncovered a large tumour in her oesophagus.

"They were pretty sure it was cancerous," Sharon said, describing the news as "a huge shock", which came when she was aged just 55.

"The hardest thing was having to tell my three daughters, two of whom live in England, and my youngest who was just 12 at the time," said Sharon, who is now 56.

Sharon was fitted with a nasal feeding tube straight after her diagnosis due to her inability to eat. A gruelling regime of chemotherapy and radiotherapy followed.

Coming from an Italian family where food is such a social activity, she found not being able to eat incredibly difficult.

What came next was major surgery. Then, there were five rounds of immunotherapy, and an admission to ANCHOR inpatient ward 114 with pneumonia.

The thought of her husband, daughters, family and friends kept her strong despite the struggles that came with the treatment - and Sharon says Friends of ANCHOR made the process a little more bearable.

"Karen from the team came to give me reflexology on my feet, and lovely massages too."

While she was in hospital, Sharon missed taking her dogs Nessie and Ramsay for walks along her local beach at St Cyrus.

"When the doctors said I had to stay in hospital until my oxygen levels went back to normal, I thought a lot about how much I wanted to see my dogs."

"I was so delighted when Friends of ANCHOR brought Harvey the therapist to see me - I just wanted to keep him in my room!"

Seeing the charity's staff always close at hand in the hospital made Sharon feel like she wasn't alone, and when she went back into the ANCHOR Unit without her feeding tube following her surgery, she couldn't resist the snacks from our treat trolley, which volunteers do the rounds with twice a day.

Now, having received the all-clear, Sharon has returned to work at Brio Retirement in Chapelton, and is looking ahead to slowly regaining her fitness. She's looking forward to her return to playing netball - but for now, she enjoys swimming, yoga, getting back out on walks with her dogs - and making up for lost meals, with lots of pasta!

"I'm feeling more human again. Courage on the Catwalk is exactly what I need to give me my confidence back."



Sharon enjoyed visits from our oncology-trained massage therapist Karen, who works full time in the ANCHOR Unit.

As our Therapy Team Lead, Karen also coordinates our full therapy service, with appointments available Monday to Friday for patients. We offer massage, mini manicures and reflexology throughout the ANCHOR Unit at ARI, and in the oncology department at the Balfour Hospital in Kirkwall, Orkney.

Sharon
Humphreys



COURAGE
ON THE CATWALK



Peter Law



BRAVE

Meet the models

MEET PETER

Peter Law's incredible strength in the face of a debilitating stroke and a chronic cancer diagnosis is admirable.

After seeking advice from a GP for a sore back, the last thing Peter and his wife expected to hear was "we think you have cancer".

Peter, who's lived "all his days" in Huntly, working on the family farm, first suffered a stroke in 2016.

His wife Anne admits they didn't know if he'd recover. "He did so well though," she said.

"He learned how to walk, talk and speak again, and he even managed to get back out on the farm," she said.

In 2025 though, Peter developed a sore back. He brushed off the niggling pain, putting it down to working around the farm.

No stranger to heavy lifting and manual labour, Peter says aches and pains could be part of daily life, and he and his wife put the breathlessness he experienced down to the dust that came off the barley.

Routine blood tests alerted doctors to a bigger issue though, and Peter was quickly admitted to the haematology inpatient department in the ANCHOR Unit – ward 112. He was whisked up in a whirlwind of scans and bone marrow tests, which confirmed he had multiple myeloma – a form of blood cancer.

Scans showed lesions on Peter's spine as a result of his cancer; the cause of his back pain.

"The start of my treatment was fast and furious after that," Peter said.

Peter had all the necessary tests and his clinical team hoped to prepare him for a stem cell transplant, but unfortunately, his heart and kidneys were deemed too weak to endure the intensive procedure and recovery.

Now, Peter receives chemotherapy once every month - but he says that in the ANCHOR Unit, he knows he's being taken care of.

"Everyone's patience has been unbelievable. I've been admitted three times since starting treatment, but it's like coming for a holiday because everyone's so nice."

"I've had a haircut from Richard, and I'm waiting for another one!" Peter jokes. "I just loved that."

Our wellbeing coordinator and trained barber Richard offers haircuts and beard trims for inpatients, so they can feel a little more like themselves while they're in hospital.

From care packs, newspaper deliveries and supportive staff, Peter and his wife Anne say they feel like part of a family whenever they visit the ANCHOR Unit.

And that feeling of family will expand when Peter takes on the Brave 2026 catwalk alongside 23 other local men.

Peter said so far, the group have been "affa fine" and is grateful for the opportunity to meet others who have faced similar challenges.

He's hoping to inspire people to never give up and just take it one day at a time.



Brave model Peter welcomed our weekly barbering service during his stays in the haematology inpatient ward.

Trained barber Richard offers hair and beard trims every Wednesday afternoon, while our hairdresser Natalie is on hand for ladies hair cuts on Friday afternoons.



Trailblazing treatment in radiotherapy

Aberdeen Royal Infirmary's radiotherapy department is leading the way in optimising treatment for people with cancer, with your support driving them even further forward.



"We wouldn't have been able to get this type of radiotherapy up and running to the same degree, and as quickly as we have, without Friends of ANCHOR."

Gillian McIntosh, an advanced practice radiographer at ARI, says the charity has been instrumental in providing the funds needed to support the team as they strive to deliver the newest and best treatments for their patients.

SABR treatment, which Gillian helps deliver, is short for stereotactic ablative radiotherapy, which allows some patients to be safely treated with a carefully directed, very high dose of radiation, which is the most effective method of treatment for certain tumours.

Through the years, Friends of ANCHOR has played a key role in funding the development of SABR at ARI. The charity has stepped in to fund equipment, software, and technology upgrades.

Most recently though, Gillian has used our 'clinical excellence' fund, designed to drive forward knowledge and expertise, to attend conferences and training that have further sharpened the department's skills.

Some of her learnings could even see certain patients treated with less than half the usual number of radiotherapy appointments.

"Thanks to Friends of ANCHOR I was able to attend the UK SABR Consortium Annual Professional Conference and SABR Consortium Lung Workshop," said Gillian.

"What I've been able to bring back and share with the team in Aberdeen will have a significant impact."

"Being able to connect with other centres nationally and internationally has given such a valuable insight into a problem we've been trying to solve for one of our patient groups."

For certain tumour types, SABR treatment can involve asking patients to hold their breath for around 20-30 seconds at a time. This is because when the diaphragm moves, organs like the lungs, heart and stomach all move.

It's important that these organs aren't exposed to the high dose of radiation, and a breath hold means that the diaphragm remains still, thus protecting those organs from moving into the beam of radiation.

If a patient can't manage to perform a breath hold, then they might not be able to receive SABR - but now Gillian and her colleagues are looking into alternative methods of controlling organ motion, so that a higher number of people can benefit from the world-leading treatment.

"The funding allowed me to learn how other centres, nationally and internationally, are adapting to meet the needs of their patients."

"By developing our own alternate methods, there will be a huge benefit to patients, with more people able to receive SABR even if they are not able to breath hold."

During her funded trip, Gillian said she also gained knowledge on a study that ARI's radiotherapy department is participating in - which will enable some people with prostate cancer to receive their full dose of radiotherapy across just three sessions, rather than seven.

"SABR was kickstarted at ARI in 2017 and Friends of ANCHOR has been a fantastic support to getting the service to where it is today."

"As a team, we're hugely grateful for the support of the charity's fundraisers and donors, which makes these developments possible."

Gillian
McIntosh



Friends of ANCHOR has funded £136,352 for cutting edge radiotherapy upgrades since the department opened in 2013, including:

£13,407

Funded in 2016

for a Film Dosimetry System - central to getting SABR treatment into play

£27,025

Funded in 2020

for 'ProSoma Core' software to enable faster treatment planning and greater accuracy through SABR methods

£56,183

Funded in 2021

for special positioning beds that mean treatment is delivered exactly where it's needed

£22,340

Funded in 2025

(matched by NHS Grampian Charity) for the Ethos Emulator, which allows radiographers to simulate treatment for patients so they can test its efficacy before commencing

Fundraiser focus

With no lottery, government or major grant funding, we rely on the support of fundraisers and donors to keep our services going. Every time someone signs up to fundraise for us, we do a little happy dance. Here, catch up on what just a handful of our fantastic fundraisers have been up to.



£47,291.38

Raised since 2021

Matt Huntington

As this issue goes to print, Matt will still be on a high from crossing the finish line of London Marathon 2026. Incredibly, it's his 30th marathon in aid of Friends of ANCHOR - with plenty of other races and runs in the bag too.

In March 2026, Matt secured an FoA-first when he completed the Tokyo Marathon... becoming our first ever fundraiser to complete all six of the famous Abbott World Marathon Majors.

Matt's magnitude of support also includes "365 Days of Courage for Kathy" in 2021, during which he ran at least 10km every single day of the year. The following year, he embarked on his "25+25+250" challenge, which was in honour of Friends of ANCHOR's 25th anniversary. It saw him take on 25 marathons, 25 half marathons, and 250 10kms across two years.

Every mile Matt has covered - and there are thousands of them - is in loving memory of his sister Kathy, who received care and treatment in the ANCHOR Unit and was due to be a model in Friends of ANCHOR's Courage on the Catwalk event in 2018.



£5,774.57

Raised since 2021

Aylarris Creations (Susan Sutherland and Catherine Rae)

Susan and Catherine's fundraising is a true labour of love. No matter the holiday or occasion, they put their crafting skills into action as "Aylarris Creations", making breathtaking wreaths, decorations, gift bags and homeware, donating funds from every sale to Friends of ANCHOR. Susan has even recruited fundraising help from her 87-year-old mum Vena, who knits gorgeous goodies for sale.

We're really grateful to Susan and Catherine, for putting a hobby they love to work for the cause.



£10,793.22

Raised since 2017

Rachael & James Murison

Mother-son fundraising duo Rachael and James have been flying the Friends of ANCHOR flag since 2017, recently breaking a huge fundraising milestone in loving memory of Rachael's mum Linda, who passed away in 2015. Rachael has completed seven Kiltwalks in her quest to raise funds, and now she and her son have teamed up to host various fundraisers, including sold-out disco and drag nights in Rachael's hometown of Peterculter. Rachael has even coined the nickname "Rachael in Red" from her friends and family.

When Linda passed away aged 59, the Murison clan fundraised to honour what would have been her 60th birthday. At the time, they had no idea of the heights their fundraising would reach. Their latest event marked almost a decade of fundraising!



£10,744.75

Raised in 2026

Laura Murray

Heavy snowfall wasn't enough to stop Laura's adrenaline-style fundraising, which saw her compete in the Strathpuffer - an extreme, 24-hour mountain biking race in the Highlands.

Laura's dear friend Jen was helped by the charity during her diagnosis and treatment, and Laura chose to devote her fundraising to Friends of ANCHOR during the Strathpuffer endurance event, the date of which fell just four weeks after Jen passed away.

The race itself brought many challenges, as hard-packed snow turned to slippery slush, which then froze over to create treacherous ice - all in the space of 24 hours. In spite of the testing conditions, Laura placed 4th in the ladies solos, with her fundraising reaching just as impressive a level - something that Laura says isn't down to the challenge, but instead reflects just how loved her dear friend Jen was.

If you'd like to fundraise for us,
we'd love to hear from you.

Call **01224 895170** or email
info@friendsofanchor.org



Peddalling towards personalised care

We've funded a new exercise testing system that's helping surgeons plan the best interventions for their patients.

Surgeons will soon be able to offer a more personalised surgical care plan for certain patient groups, thanks to £57,000 of equipment funding from Friends of ANCHOR.

A cardiopulmonary exercise testing (CPET) system - which looks akin to an exercise bike you'd see in the gym - will soon be in place at ARI. It will help enable surgeons to determine the best course of surgical treatment for their patients.

Anna Celnik is a consultant anaesthetist at Aberdeen Royal Infirmary, and sees first-hand the impact that complex oncological surgery can have on those who require it.

"Some patients may be quite fit and can handle surgery well, while others may not," said Anna.

"The operations that we're talking about here are major surgeries that do carry an element of risk. The CPET system will allow us to offer a more personalised surgical approach that takes each individual's health circumstances into consideration."

Patients who are being considered for such operations will be asked to spend around 10 minutes cycling on the stationary exercise bike, while a series of tests are carried out, including blood pressure and blood oxygen monitoring, and lung and heart function tests.

Overall, the process acts as a "stress test", and provides a patient's care team with a dynamic assessment of their heart, lung and cellular functions.

They can then more accurately determine how well an individual may be able to tolerate their planned surgery.

"The test will be used for high-risk surgical patients, helping identify those who would benefit from surgery, those who are at increased risk of perioperative complications requiring enhanced post-operative care, and those who may not overall benefit from surgical intervention," said Anna.

"It will also be particularly useful in identifying the physiological impact of chemotherapy prior to surgery, and will help us identify patients who would benefit from prehabilitation to prepare them for their operation," she added.

Of those who are put forward for complex oncological surgeries, 60% may experience a major side effect - and around 30% of those who do, could end developing a care requirement such as nursing care.

"That's a huge life change for those patients who experience side effects."

"It demonstrates that sometimes, a complex surgery may not be the very best option for a patient; and this new tool will help us to plan a more personalised approach."

"CPET testing is not a new science, but it's not currently widely used in the North-east of Scotland," said Anna.

Anna and her colleagues have carried out a small pilot study, which tested 32 patients ahead of their planned surgeries. From that number, 12 had significant changes made to their surgical plans - as a direct result of their CPET outcomes.

"One patient in our pilot study, who would have ordinarily been put forward for life-changing stoma surgery, was actually able to have their tumour removed without the need for such drastic surgery."

"Another appeared to be fit and well, and would have been put forward for their major operation. They had a speculative test which flagged up concern around the strength of their heart - despite having no symptoms whatsoever. Surgery wasn't a suitable option for them and their clinical team was able to determine a better course of treatment.

"The CPET system allows patients to take a more active role in preparing for their treatment, empowering them to have shared decision-making conversations with their surgeon."

"We're very grateful to Friends of ANCHOR's supporters and fundraisers for making this development possible."





Fundraising in **full swing**

DONATE A DATE NIGHT VOUCHER

Support a local charity and your favourite local establishment all at once, by buying a voucher and donating it to Friends of ANCHOR.

We're seeking 50 prizes for the 'date night draw' fundraiser held at our annual golf event. Every penny raised will directly support cancer care locally.

We're looking for vouchers from across Aberdeen and Aberdeenshire. If you could help, here are some voucher suggestions:

- Restaurants
- Coffee shops
- Theatre tickets
- Spa appointments
- Overnight getaways



Voucher drop-off:

Friends of ANCHOR fundraising office, c/o Balmoral Group, Balmoral Park, Loirston, Aberdeen, AB12 3GY



Email a voucher to:

info@friendsofanchor.org



ORGANISING YOUR OWN GOLF DAY THIS YEAR?

Swing into action by supporting Friends of ANCHOR as your chosen charity.

How we can help you:

- Friends of ANCHOR volunteers at your event to support your fundraising
- Hire our branded materials and 'Chipping Champion' fundraising game
- A Friends of ANCHOR ambassador to speak at your event
- A cheque presentation and publicity following your fundraising handover

Fundraise for Friends of ANCHOR

Email info@friendsofanchor.org or call 01224 859170 to work with us





A year of corporate fundraising nets £10k

The company:
ANM Group

The event:
Aberdeen Kiltwalk (and much more!)

The reason:
Team building and a shared goal

The fundraising total:
£10,157

ANM Group have demonstrated the significant impact a year of fundraising can have.

Partnering with Friends of ANCHOR as their chosen charity throughout 2025, the team at the leading North-east cooperative raised £10,157 through a series of team fundraising activities that were supported by the generosity of members and customers.

The annual ANM golf day was organised in aid of the charity, and a group of staff completed the Aberdeen Kiltwalk, trekking the 18-mile route between Banchory and Duthie Park.

Regular bake sales proved to be incredibly popular, with customers and colleagues generously handing over their cash for homemade bakes. A Christmas jumper day rounded off the year-long effort, with staff truly leaning in to the spirit of the season.

The generosity was reflected by some of ANM's members and customers too - with landowners and farmers making their own

kind donations to ANM's chosen charity following sheep sales at Aberdeen and Northern Marts.

Grant Rogerson, Chief Executive of ANM Group, said: "The total raised reflects the dedication and generosity of our staff, as well as the ongoing support of our customers, partners and sponsors.

"Supporting charities such as Friends of ANCHOR is a key part of ANM Group's commitment to the communities we serve, and I would like to thank everyone who contributed to our fundraising activities over the past year."

Want this feel-good fundraising achievement in your workplace?

Call the fundraising office on **01224 859170** or email **info@friendsofanchor.org**

Let's get specific

Your generous donations and fundraising make a big impact. Here's what you've enabled us to fund so far in 2026:



18,446

visits from our treat trolley, with snacks and pick-me-ups for patients



£8,324

to enhance knowledge and expertise through conference attendance and development opportunities for NHS staff



£95,519

in new medical equipment, including the CPET system outlined on page 18



1,412

pamper and wellbeing appointments, including massages, mini manicures, reflexology and podiatry



56

grooming appointments with our in-house barber Richard



£11,030

spent supporting patients facing end of life care, with experiences, memories and keepsakes

Here's what that **support** means to patients...

"Friends of ANCHOR's retreat days are an incredible safe space, where we can let our barriers down, get pampered and feel human again. I will also be forever grateful for the friends I made through the charity's Patient Choir in particular."

"Even small things like a cup of coffee and snacks meant more than Friends of ANCHOR probably realise."

"Overall, the ANCHOR Unit and Friends of ANCHOR have given me not just excellent care, but also a real sense of comfort and hope during a really difficult time. I'm truly thankful for the support and kindness I've been shown."

We're here for compassion,
care and hope.

Thank you for your support.



friendsofanchor.org



@friendsofanchor

Wellbeing staff team:
wellbeing@friendsofanchor.org
01224 859222

Fundraising team:
info@friendsofanchor.org
01224 859170

Friends of ANCHOR, c/o Balmoral Group Holdings Ltd, Balmoral Park, Loirston, Aberdeen AB12 3GY

Registered Charity No: SC025332

Designed by Hampton