

Reallymoving and
The Law Superstore
& Lymphoma Action



THE LAW SUPERSTORE

Reallymoving and The Law Superstore have designated Lymphoma Action as our chosen charity for 2020. We will be undertaking lots of fundraising events, starting with the Vitality 10k in May and with more activities and events to be announced later in the year.

You can see how we're doing with our fundraising by visiting the [reallymoving & The Law Superstore fundraising page](#).

About Lymphoma Action

What is lymphoma?

Lymphoma is the most common blood cancer and fifth most common cancer overall in the UK – every 27 minutes someone in the UK is diagnosed with lymphoma.

Lymphoma is when white blood cells called lymphocytes, which are part of your immune system, grow out of control. These cells travel round your body in the lymphatic system, which is similar to your blood circulation system, passing through glands called lymph nodes. When they start to behave abnormally (they might not divide in the way they're supposed to, or they might not die when they should) they build up in the lymph nodes.

What are the symptoms?

Whilst the exact symptoms depend on the type of lymphoma (there are over 60 types) and where in the body it is, the most common symptoms of lymphoma are:

- ✿ Swollen lymph nodes, usually in the neck, armpit or groin
- ✿ Overwhelming fatigue that doesn't feel better after sleep or rest
- ✿ Unexplained weight loss
- ✿ Drenching night sweats
- ✿ Itching

What is the diagnosis and treatment for lymphoma?

Lymphoma is diagnosed using a number of scans and tests, such as blood tests, biopsies, MRI and CT scans. The vast majority of the time lymphoma is treatable. It is also a kind of cancer that people sometimes live with long-term.

There are many different treatments for lymphoma such as chemotherapy, radiotherapy, targeted drugs, steroids and stem cell transplants.

Some people are put on 'active monitoring', sometimes called 'watch and wait'. Lymphoma doesn't always need treatment straight away, so some people with lymphoma have regular check ups and do not start treatment until their illness begins to significantly affect their health. Some people are on active monitoring for several years. Whilst they may not feel unwell, the emotional burden of knowing they have cancer but not receiving treatment for it can be heavy.

What does Lymphoma Action do?

Lymphoma Action is the UK's only charity dedicated to lymphoma. They aim to **inform** people, **support** patients and their loved ones, and **connect** people with experts and those going through a similar experience.

Helpline services

Lymphoma Action run a confidential helpline for anyone affected by lymphoma. They do not offer medical advice and they won't tell callers what to do, but they can listen to your concerns, answer your questions and support you throughout the process. As well as the helpline Lymphoma Action also have a live online chat, or you can contact them over email.

Support groups

There are Lymphoma Action support groups throughout the UK, for anyone affected by lymphoma to share experiences and support each other.

Buddy service

Lymphoma Action links people up with another person affected by lymphoma action. If possible this will always be someone affected in the same way – for example, two people who both have partners diagnosed with lymphoma. People are assigned a 'Buddy' who they can contact over the phone or by email to share experiences with.

Lymphoma Focus Day

The National Conference brings together people affected by lymphoma to inform, support and connect. They have speakers and cover a range of topics such as new and future treatments, diet and nutrition, and the late effects of lymphoma.

Live Your Life

The Live Your Life programme includes workshops and self-management plans to help support people who have either completed treatment or are on active monitoring. Lymphoma Action work with nurses, patients and family & friends, to help those affected find their 'new normal' when they're not undergoing treatment.

Personal stories

Lymphoma Action shares stories of people affected by lymphoma. Learning how others coped both during and after treatment helps those affected by lymphoma.

Lymphoma TrialsLink

Lymphoma Action provides information about current clinical trials for lymphoma treatment.

Helpline services

Lymphoma Action have a wide range of publications available to help people understand diagnosis, treatment, and life beyond lymphoma. It is a complex and relatively unique cancer, so the information sheets, books and magazines available both online and in print are invaluable to those affected.

Community forum

The Lymphoma Action forum gives people from all over the country the opportunity to share their experiences and ask questions.

How will reallymoving and The Law Superstore help?

Lymphoma Action is our chosen charity for 2020. We'll be doing a range of fundraising activities, starting with the Vitality London 10k in May.

£20 could pay for an hour of helpline support so that the Lymphoma Action team can be there for anyone affected by lymphoma.

£40 could help fund a Live Your Life workshop to help people with, and recovering from, lymphoma to manage their day-to-day lives.

£70 could enable Lymphoma Action to find and research a new clinical trial to add to the TrialsLink database. This could save someone's life.

£100 could help educate people about the symptoms, raising public awareness and encouraging early diagnosis.

All the money raised by reallymoving and The Law Superstore will go straight to Lymphoma Action to help ensure no one faces lymphoma alone.