

1 March 2024



Dear Parent/Carer

On behalf of the trustees at J.O.S.H Foundation we would like to give our heartfelt thanks to all the parents, carers and children who donated to the non-school uniform day.

You helped raise a whopping £300, what an amazing amount of support you have shown our charity.

Thank you so much.

The aim of the charity is to provide respite holidays and holiday accommodation to children in the North East with a life limiting or life-threatening diagnosis of childhood cancer. Allowing them and their families to make precious memories.

Along with providing the respite holidays we also want to raise awareness on Osteosarcoma in the local areas too.

Osteosarcoma is the most common type of primary bone cancer. It usually develops in growing bones and most often affects teenagers and young adults.

But it can occur at any age. In adults, it is most likely to occur over the age of 60. It is slightly more common in men than women.

One of the charities awareness slogans is **“Not all pains are growing Pains”**.

Pain is the most common symptom of bone cancer, including osteosarcoma. But symptoms may vary, depending on where the cancer is.

Primary bone cancer is sometimes found when a bone breaks after a minor fall or accident. This is because it has been weakened by the cancer.

You may have a sports injury and the pain doesn't go after healing, **“Not all pains are growing Pains”**.

Sometimes osteosarcoma develops at times when the bones are growing quickly, such as during puberty. This could explain why osteosarcoma is more common in teenagers. **“Not all pains are growing Pains”**.

When families are facing this diagnosis there are support hubs and charities out there you can reach to for support. We would gladly signpost you to any support that is available.

One last huge thank you for supporting our charity and we will have more fundraisings events organised soon.

Yours faithfully

Trustees for JOSH Foundation