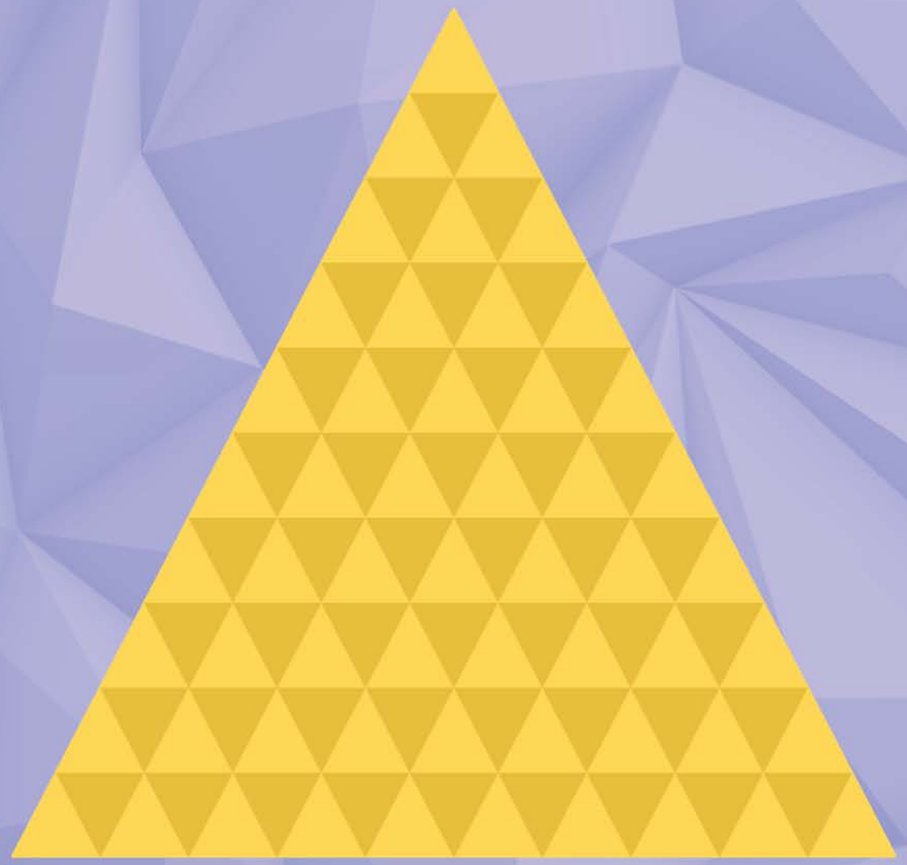
SPRING 2019

CASCADE

AMBASSADOR UPDATE

SMASHING IT!

WE HAVE REACHED....



£1M!

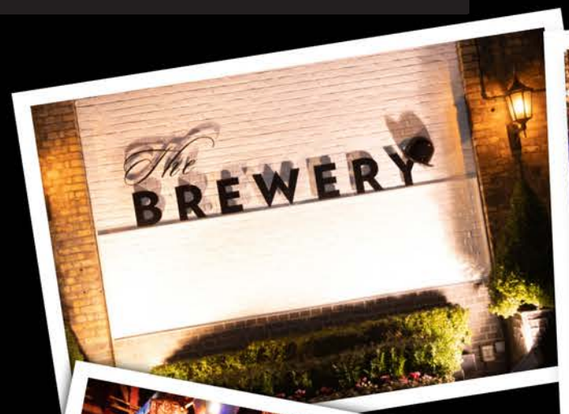
We are pleased to announce that we have reached the **£1 million** target of fundraising for Great Ormond Street Hospital.

This is a great achievement and huge congratulations to all involved – thank you so much for all your efforts. This booklet highlights a few of the activities that have already taken place, plus upcoming challenges.

As many Ambassadors wanted to undertake their activities in the Summer, we have decided to extend our partnership with GOSH until the end of the year. This gives us many more months to make a difference to the lives of seriously ill children. We have also decided to take a year off in 2020. So please do as much as you can for the second half of 2019... then I promise not to badger you for a whole year!

Thanks again for your fabulous efforts.

Helen


The
BREWERY

CASCAID

ORMOND
STREET
HOSPITAL
CHARITY
Thank you for
listening
Have a great night!
AVA

CASCAID

CASCAID

CASCAID

LONDON MARATHON 2019

INVESTEC'S CHARLES DAVIES AND RODGER KENNEDY RAN THE LONDON MARATHON.

BOTH FINISHING IN A SPEEDY TIME, RODGER COMPLETED THE COURSE WITH AN IMPRESSIVE 3 HOURS AND 43 MINUTES. HE SAID 'THE SUPPORT OF THE CROWD WAS SO AMAZING YOU JUST HAD TO KEEP GOING'.

NOT ONLY DID CHARLES BEAT HIS PERSONAL BEST WITH A HEROIC TIME OF 3 HOURS AND 32 MINUTES, BUT IT WAS HIS FOURTH MARATHON IN AS MANY WEEKS, HAVING PREVIOUSLY RUN IN:

VIENNA: 3 HRS 52MINS

BRIGHTON: 3 HRS 40 MINS

AND A SOLO MARATHON IN IPSWICH: 3 HRS 55 MIN.

THEY HAVE RAISED IN EXCESS OF £5,400 IN SPONSORSHIP.
WELL DONE TO BOTH AND THANK YOU.

JAMIE FARQUHAR DONS HIS SPEEDOS...

IN JULY, JAMIE IS TAKING ON A DOUBLE CHALLENGE ON WINDERMERE - SWIMMING THE 18KM FROM AMBLESIDE, IN THE NORTH, TO LAKESIDE IN THE SOUTH AND THEN TURNING AROUND AND SWIMMING STRAIGHT BACK. THE WATER TEMPERATURE WILL BE ABOUT 16 DEGREES AND THE SWIM IS LIKELY TO TAKE ABOUT 14 HOURS.

SQUARE MILE
INVESTMENT CONSULTING & RESEARCH

Your CASCAID challenge sounds amazing, what made you decide on this?

It is a big challenge but at a time when many are getting a little sponsorship weary I think that you have to push the boat out a little to get the attention and raise the desperately needed cash for GOSH.

What have you done to train for this?

I train every weekend, Saturday and Sunday, all year round. Without a wetsuit the winter training acclimatises me to the cold water but the distance I can swim is greatly reduced. Recently I managed 1km in water at 2 degrees... I'm looking forward to the water warming, when I'll swim for six hours on Saturdays and six on Sundays...!!

How on earth do you cope with 14 hours in the water? How do you keep warm? Do you eat and drink? Do you have a support team?

Long distance swimming is 1/3 fitness, 1/3 mental and 1/3 nutrition and hydration.

I get acclimatised to the cold by winter swimming at much lower temperatures and I eat and drink every hour when I'm on a challenge. My son Jos is my feed captain and he organises it all for me and gets quite bossy with me!!! For such a long swim I have to think about carbohydrates for later and glucose for immediacy.

I burn about 1,000 calories an hour so 14,000 over the whole swim. That's quite tough to get in while you're swimming and is a huge part of the challenge. It only works because I have a fab support team that track me in a boat.

Jos is great at the feeding and I have two mentors who have both 'Triple Crowned' - they have swum the Channel, Manhattan Island and the Catalina Straight; they are truly inspirational and very bossy with me.

So all I have to do is swim. The crew do the rest!!!!

It sounds mentally as well as physically challenging – what keeps you motivated / stops you from getting seriously bored?

The mental side is a big part of it and you have to kind of 'get in the zone.' Sometimes it can get quite dreamlike and the time seems to pass quickly. Other times not so...!!

You should read some of the letters I have had from industry people who have heard about the challenge and sponsored me. The ones from people who have had, and some sadly lost, children at GOSH is enough to inspire every single stroke....

BMO GAM DRIVE AROUND THE WORLD

Gary Potter, Rob Burdett, Anthony Willis and the Multi-Manager team at BMO GAM plan to drive around the world...without leaving the UK! The team have spent countless hours poring over maps of Britain to find towns and cities that correspond with international destinations. They are visiting Canada, Chile, New Zealand, Israel, the USA, Australia, Russia and Trinidad & Tobago in one weekend, without needing a passport.

In true Top Gear style, the main challenge involves them buying an old banger and "pimping" it. We're excited to see what it looks like.

When and where?

Competing against the other members of their team, plus friends from around the industry, they will drive around the UK to towns/villages/cities that share a name with a town/city overseas. Points will be awarded for towns visited, and any additional found on route (there are plenty). The start is provisionally Hyde Park in London with teams allowed to choose any route, with the caveat that certain destinations are compulsory.

Want to join in?

They would love you to enter a team and join in the fun! Everyone is welcome. We hear Jasper is doing the route in an Artemis taxi!

MAIN CHALLENGE

Compulsory locations

- London (USA/Canada)
- Dungeness (Chile)
- Christchurch (New Zealand)
- Palestine (Israel)
- Plymouth (Tobago)
- Pembroke (Canada)
- Sydney (Australia)
- Moscow (Russia)
- Houston (USA)
- Perth (Australia)
- New York (USA)
- Boston (USA)
- California (USA)

Other possible places to visit

SPRINT CHALLENGE

Compulsory locations

- London
- Christchurch
- Palestine
- Pembroke
- Sydney
- Moscow
- New York
- Boston

TO REGISTER, VISIT **BMO-AROUND-THE-WORLD-CHALLENGE.COM**

Q&A

Great Ormond Street Hospital is an amazing place where extraordinary things happen every day. From the staff that work there to the patients who are treated and the families who are supported, GOSH gives hope when all other options have been exhausted.

Life at GOSH

One of the reasons GOSH is such a special place is the patient rooms, the wards, the corridors and even the reception. It's not unusual to see bright colours and artwork, all designed to ensure that hope and inspiration are at the centre of all the hospital does. The difference that the newly improved, charity funded clinical buildings can make to patients and families can be dramatic.

"I think sometimes people underestimate the impact of surroundings on the children and families here. There's a huge amount of research that shows your environment and being able to exercise your creativity can have a significant impact on your recovery. I see every day the difference it makes when children can socialise, be creative and play. I've been at GOSH almost 20 years, and this is one of the most amazing transformations I've seen. I met a family recently who said that the hospital is beautiful. I mean, when would you ever use that word for a hospital?"
Lizzie Penn, Play Specialist

"I thought the old ward was fine, we were grateful for it. But walking into this new ward was amazing. It's a massive difference."
GOSH patient Scarlett's nan, Kerry

Play

We're really proud of the hospital's Play team, funded by the charity. They play a crucial role in a child's experience at GOSH. The Play team are also integrating closely with other teams.

"As well as supporting them to understand their condition or any procedures they will face, the role of play in the hospital is to try and create a slice of 'normal' life for the children."
Denise Thew, Play Worker

"To make sure children and families feel as supported as possible, the team are now working more closely with the GOSH Play and Psychology teams to help reduce any anxieties before operations."
Jilly Hale, Assistant Chief Nurse

Looking to the future

GOSH never stands still. There continues to be so much to learn about the rare and complex conditions the staff have to tackle. Technological developments and innovation mean that treatments, only dreamt of previously, are now possible.

"It sounds like science fiction. To think we could treat someone by correcting their genes is simply amazing."
Professor Bobby Gaspar, GOSH gene therapy pioneer

Professor Martin Elliott is one of GOSH's leading consultants who has done more than most to drive innovation and change at the hospital – all in the name of delivering better outcomes for children.

Professor Martin Elliott, Consultant
"Looking to the future, I'm sure data and digital technology will have a huge impact on medicine. It's already showing promise by capturing the data behind those squiggly lines you see on bedside monitors. If we analyse all that information, we might be able to predict rapid deterioration in a child before it even happens. We've already started doing this in intensive care alongside hospitals in Boston, Toronto and Birmingham. I would also hope there will be more precision. Firstly, that will mean faster and more accurate based on exactly what's causing a child's disease. Secondly, once you know the root cause, you can target treatment more effectively, reducing the toxicity and side-effects."
Professor Elliott has also spoken about how cardiac care has improved immeasurably over the years, and continues to do so thanks to the support from organisations like CASCAID, who are funding the cardiac catheter lab.

"To begin with, the Cardiac team was in a portacabin on top of a 1930s brick building. There was no dedicated area for intensive care, there were no computers, no automated pumps to administer medicine – it was all done manually. From operations to getting test results, everything took such a long time. Then computers arrived. Initially they were just isolated machines that couldn't talk to each other. It's hard to imagine that now. Imaging and scanning was also primitive. Ultrasound was just starting – it was like looking at a snow storm. Then, much later, MRI came along which was a massive improvement. Now, things are evolving all the time. I've seen every bit of technology improve with increasing pace over the past 30 years – and some of it is unbelievable."

The child first and always

Everything GOSH does is about the child, and making sure they are at the heart of everything.

"I could never pick just one patient to mention out of all the sleepless nights I've had over the years. But what I do remember are the specific, complex cases that really affected me. And I never forget that every innovation we made was triggered by an individual patient. We would phone around the world, read all the latest research, argue about it and try to work out the best thing to do. Every single one of us was fighting for that one child. And we made progress for them, and thanks to them."
Professor Martin Elliott, Consultant

How GOSH makes people feel

There is no better way to articulate the difference GOSH makes than to ask a parent of a young child who has been treated at GOSH.

"Most wonderful, outstanding care. Our 3-year-old daughter felt totally relaxed, which made it easier for us. The recovery care was amazing and everyone helped keep her calm. With staff like this, no wonder GOSH is the best hospital. Thank you!"
GOSH parent, Nightingale

GREAT ORMOND STREET HOSPITAL CHARITY

Q&A

INVESCO CYCLE CHALLENGE

HENLEY HQ, TAKING PLACE ON FRIDAY 28TH JUNE 2019

WE TALK TO JACK ADAMSON ABOUT INVESCO'S PLANS TO SUPPORT CASCAID

Tell us a bit about your challenge, what are you planning?

Within the Invesco distribution team, we have been keen to support CASCAID for a long time and have wanted to do it in a way that would involve ourselves, our investment teams and our clients. Given how many of us and our clients have an interest in road cycling, we thought that having a charity sportive from our Henley HQ would be a perfect fit. So on Friday 28th June 2019, we are encouraging as many of our clients to come and join us out in Henley for what promises to be a great new industry event.

Starting and finishing at Invesco HQ, there will be two options; a longer 100km loop route up into the heart of Oxfordshire and a shorter 50km route. Both will have refreshment and lunch stops and we'll make sure that participants are well nourished before and after too. Other than exhausting themselves, the only thing we ask is that each participant raises £250 for the CASCAID charity of the year, Great Ormond Street Hospital.

It sounds like you're making the most of the gorgeous Henley countryside, are you planning to invite clients from further afield to join you, or is it just for locals?

This is very much an event that is open to all our clients. We are fortunate that our Henley HQ is set in stunning countryside that is also very accessible to London, which is where we would expect most participants to be coming in from. So far most of the interest has been from the large discretionary managers in London.

Is this for the serious cyclist only, or are you aiming for a more fun event with a family atmosphere?

Absolutely not, this is very much open to everyone. I know there are plenty of keen cyclists in our client bank which the 100km route will hopefully provide enough of a challenge for, especially those aiming for a quick time. The 50km route is there for those that might not be as keen on donning lycra every Saturday morning. Those that don't own their own bikes will be able to hire one, so there really are no excuses!

As well as raising money for a great cause, this is potentially a great way of building relationships with your colleagues as well as others in the industry.

Is there a competitive element?

Officially this is a sportive, not a race, but it will be chip timed and those that do it in the quickest times will definitely be recognised. There will be both individual and team entries and we would expect some pretty quick times from the conversations we're already having! I think it would be great if we could get teams from some of the larger firms to slog it out against each other. On the other hand, there is certainly no requirement to race – take it at whatever pace you like!

You've obviously put a lot of effort into this, what has inspired you about CASCAID and Great Ormond Street Hospital?

It goes without saying, GOSH is a charity that does incredible things for children from across the UK. No family wants to find themselves in a situation where they are forced to rely on their services, but for those that do, this charity can make a real difference to their lives. As well as GOSH, we wanted to be a part of the CASCAID fundraising initiative which has gained so much traction in a short amount of time and it has been great to see how much pain our industry peers have put themselves through for such a good cause! We believe that it is vital that our industry, which can be given a tough ride, gets together to support such worthy initiatives.

REGISTER HERE: DIGITAL.INVESCO.COM/RIDEHENLEY2019

At Invesco, we also focus heavily on our charitable endeavours and have a charity of the year where we arrange fundraising events throughout the year. As well as this CASCAID challenge, Invesco employees will be raising money for CLIC Sargent, a charity that provides unique support and guidance to families when faced with the shock of a cancer diagnosis for their child.

Ride Henley

Friday 28 June 2019

Register here:
digital.invesco.com/RideHenley2019

Invesco

CASCAID

GREAT ORMOND STREET HOSPITAL CHARITY

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Janus Henderson
INVESTORS

24 hour sing-a-thon

This May, Janus Henderson are partnering up with CASCAID to raise money for Great Ormond Street Hospital. Our challenge is a 24 hour sing-a-thon which will be taking place in:

LONDON - EXCHANGE SQUARE
12PM WEDNESDAY 8TH MAY UNTIL
12PM THURSDAY 9TH MAY

This is a great cause and we want to raise as much money as possible. We are keen to get our Janus Henderson colleagues involved globally, so will be live streaming colleagues from Asia, Denver and Australia. This will also be very helpful in the 1am – 5am time section (!) when London will be fairly sleepy, but we can keep it 'Rocking all over the World'!

We would also love our friends in the industry to get involved and come and sing-along with us.

HOW CAN YOU GET INVOLVED?

If your inner 'X Factor, Britain's Got Talent, The Voice' is seeking some air time, or you'd like to nominate a colleague to showcase their vocal skills we need you to join our fundraising event.

You can donate, bid on a colleague / team or yourself to sing and secure a 15 minute time slot via this donation page.

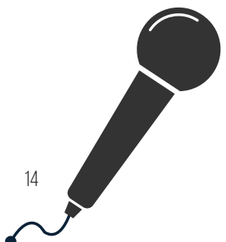
Whether you can be involved or not, please donate to this worthy cause.

Important info – keep your diary free as time slots will be confirmed a week before the event – do let us know within your donation what time slot you would prefer.
First come, first served!

If you have any questions, please contact:

Dolly O'Neill: +44 (0) 207 818 2111

Olivia Pickles: +44 (0) 207 818 5742



REGISTER HERE:

UK.VIRGINMONEYGIVING.COM/TEAM/JANUSHENDERSONSINGATHON

CASCAID

GREAT ORMOND STREET HOSPITAL CHARITY

CASCAID LONGEST DAY GOLF CHALLENGE

Between 14th – 26th June

Join us for the CASCAID longest day golf challenge!
Get together a 4-ball with your mates and book in 3 rounds (in one day) of golf at any club or clubs in the country. Choose your own course and raise a minimum of £200 per player for Great Ormond Street Hospital. A great excuse to make sure that your golf skills are on par whilst raising money for a fantastic cause!

With a grand total of 54 holes to play, we recommend that you play on one of the longest days of year – a day of your choice between 14th – 26th June.

For more details and to register for this event please visit: **www.cascaidgolf.co.uk** or email **cascaidgolf@mipagency.com**

BLACKROCK TRIO AWARDED ‘TEAM OF THE YEAR’ BY GOSH, RECOGNISING THEIR BRILLIANT FUNDRAISING EFFORTS FOR CASCAID

If anyone fancies a warm-up for the Longest Day Golf, please join Schroders on their Golf for GOSH day:

SATURDAY 11 MAY 10.30AM, RICHMOND PARK GOLF COURSE, NORSTEAD PLACE, LONDON, SW15 3SA, £50PP

Join us for a charity golf day in aid of Great Ormond Street Hospital (GOSH). With a format of Texas Scramble, compete to determine who is the best pair and who deserves the dreaded wooden spoon. Other competitions on the day include longest drive and closest to the pin. Food included and prizes for the winners. Charity raffle also available on the day.

Please contact **Adam.Doyle@Schroders.com** or **Sam.Hannon@Schroders.com** to sign up.

CASCAID

JOIN THE CASCAID TEAM AT THE ROYAL PARKS HALF MARATHON!

SUNDAY 13TH OCTOBER 2019

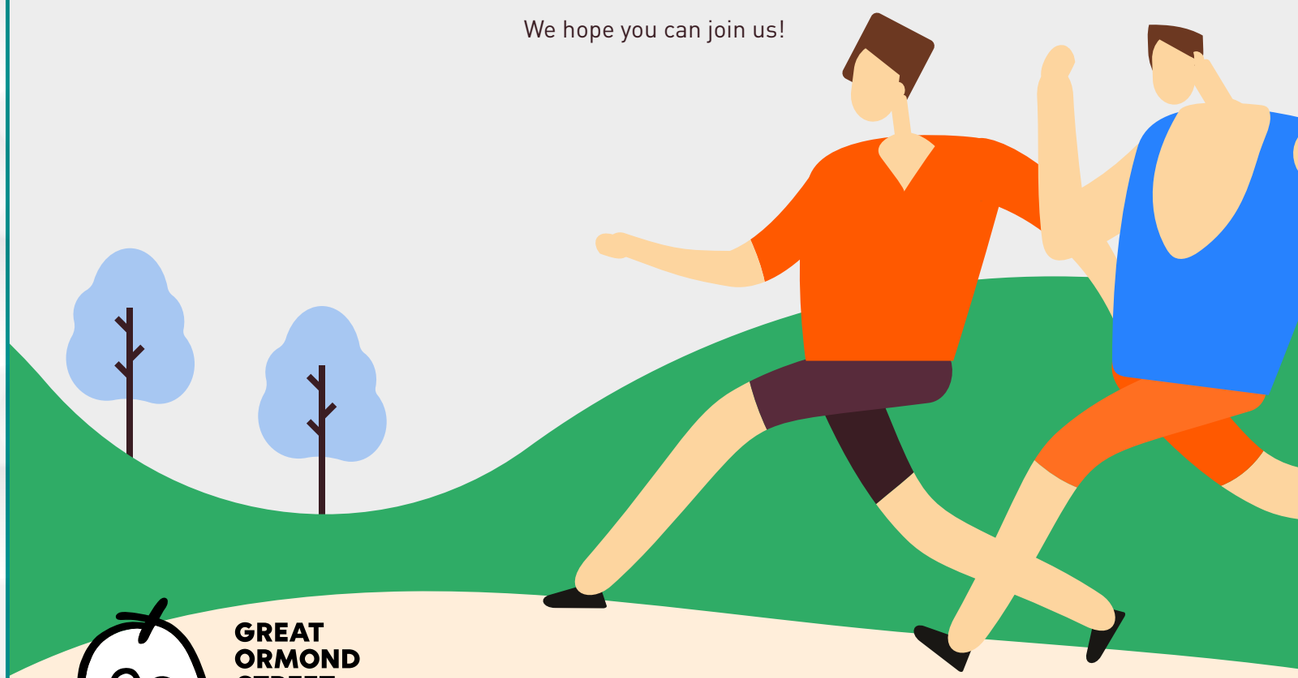
We have a number of places available to be part of the CASCAID team running the Royal Parks Half Marathon.

It promises to be a fabulous event and a great excuse to get fit whilst supporting a fantastic cause.

All abilities are welcome, first-time runners to seasoned professionals! We will aim to start together and then go at our own pace, meeting up again at the finish line for some well earned refreshments. Friends and families are welcome too – the more the merrier.

For more information and details of how to secure your place along with a discounted sign up fee (available for a limited time only), please email **jade.collison@mipagency.com**.

We hope you can join us!



GREAT ORMOND STREET HOSPITAL CHARITY

CASCAIDCHARITY.COM

THE GREAT

ASSET MANAGEMENT DRAGON BOAT RACE

THANK YOU TO EVERYONE WHO TOOK PART AND EVERYONE WHO SUPPORTED WITH THEIR GENEROUS DONATIONS

M&G INVESTMENTS

LAST YEAR'S BIGGEST FUNDRAISER
YOU RAISED £150,000
LOOKING BACK

THE GREAT ASSET MANAGEMENT DRAGON BOAT RACE, LED BY M&G'S AMAZING JOFFY WILLCOCKS, SAW OVER 340 PEOPLE GATHER IN THE DOCKLANDS TO TAKE PART IN A FIERCELY COMPETITIVE EVENT. EACH BOAT HAD 10 RACERS – WITH AN OBLIGATORY 50/50 GENDER MIX. AFTER A TRAINING SESSION WHERE WE WERE TAUGHT HOW TO PADDLE (IT'S NOT AS EASY AS YOU MIGHT THINK!), THE TEAMS TOOK TO THE WATER TO RACE IN TIMED SPRINTS.

Whilst strength and power are definitely important, the biggest impact on performance is timing. We were taught to paddle exactly in time with each other, following the beat shouted out by our cox. It's also about getting the paddle deep into the water then lifting it out on the forward motion. Those that didn't do this were a lot slower, and managed to soak the person behind them on each stroke!

Paddling was furious and the competition was tight, with milliseconds between teams. For the final few metres, the lactic acid kicks in and the muscles really ache – you just have to power through.

After two timed sprints, the fastest teams went into the finals. The finalists were:

Franklin Knotty Boys & Girls	**BNY Mellon Survivoars**
Imagine Dragons	**Asset TV Seas The Day**
Schroders Schrowers	**Team Oarsome**

The winners?

Schroders Schrowers!

But only by a smidge – it really was tight.

It was a great day but most importantly, around **£150,000** was raised for Great Ormond Street Hospital. This money goes towards building a new cardiac catheter theatre for this amazing hospital – their current one is not fit for purpose. This will drastically improve the lives of children with heart problems. For many, it will mean keyhole surgery rather than an invasive operation, allowing them to go home much earlier. 618 seriously ill children enter GOSH each day; this event (and everything CASCAID does) is all about saving their lives.

SEISMIC RUGBY & NETBALL

ON 31ST MARCH A NUMBER OF ASSET MANAGERS PUT OUT RUGBY AND NETBALL TEAMS TO TAKE PART IN THE CASCAID 7S. TEAMS FROM ABERDEEN STANDARD INVESTMENTS, BMO GAM, FIRST STATE, HSBC AND SCHRODERS TOOK TO THE COURT/FIELD DOWN AT THE RAA IN RICHMOND, AND THE EVENT HAS COLLECTIVELY RAISED ALMOST £8,000 FOR GOSH.

IN THE RUGBY, BMO GAM TOOK HOME THIS YEAR'S TROPHY, BEATING A STRONG HSBC SIDE IN THE FINAL, WHILST THE PRE-TOURNAMENT FAVOURITES FIRST STATE OVERCAME BMO GAM IN THE NETBALL FINAL.

THANKS TO ALL THE SUPPORTERS THAT CAME ALONG TO WATCH, AND
PARTICULAR THANKS TO SEISMIC WHO VERY GENEROUSLY SPONSORED THE EVENT!

WELL DONE TO MARCUS FAURE OF SCHRODERS FOR ORGANISING IT ALL.

CONGRATULATIONS TO OUR 2018 AWARD-WINNERS FOR THEIR OUTSTANDING CONTRIBUTION TO CASCAID

The next

Gala Dinner

will be held on

Thursday 20 June 2019

at the

The Brewery

If anyone hasn't yet secured a table, please email:

kim.plinke@mipagency.com

CASCAID

CASCAID

If you'd like to see what others are up to and keep on top of fundraising totals, please visit **vmgiving.co/CASCAID**

CASCAID – raising money for GOSH in 2019

www.cascaidcharity.com