

Press Release

For immediate release: 15th January 2023



## **Thriving Cancer Patient invites all to take part in 'The Medicann 5k or 10k Your Way' on World Cancer Day**

*Medicann CEO Gary Whipp and Patient Rose Shepherd are calling all to get involved in the 5k or 10k to mark World Cancer Day*

Sunday the 4th February marks World Cancer Day, and Medicann patient, Rose Shepherd is calling all to get involved in The Medicann 5/10k.

In aid of local community organisation 'Jersey Cancer Relief, the event is aimed at bringing people together to raise awareness and support the work done by Jersey Cancer Relief.

For 10k participants, the event will start at Les Quennevais Sports centre carpark at 13:00 pm on the 4th of February and the 5k will start at St Aubin next to the Boat House carpark at 13:30pm, with the finish line at the end of The Esplanade across the road from the Medicann Clinic at the Elizabeth Castle Ferry Kiosk.

Medicann patient Rose, who is living with Stage 4 Metastatic Breast Cancer is taking part in the walk and is calling upon all to take part. Rose is prescribed medicinal cannabis to help with the side effects of the chemotherapy , and 'scanxiety' (when she is waiting for her three-monthly scan result). Along with the team at Medicann, she is keen to raise funds to support the work done by Jersey Cancer Relief to provide support to patients and their families on the island, as well as raise awareness of the benefits of medicinal cannabis.

Rose commented: "When you suffer with cancer, your quality of life really can decrease, and without Medicann, I wouldn't be able to live the way I live now. I am very excited to be taking part in the walk on World Cancer Day. Every donation, regardless of size, will make a meaningful impact to the great work done by Jersey Cancer Relief, and by coming together on World Cancer Day, we can collectively help lessen the burden faced by those affected"

Gary Whipp, CEO of Medicann said: "Medicinal cannabis is not a miracle cure but it can change peoples lives, especially for patients like Rose undergoing chemotherapy, where they want to alleviate symptoms of nausea. We've all been affected by cancer in some way, and often know someone who has it, has had it, or going through treatment. Sadly most of us know people who lost the battle with it. We really hope that the local community can join the Medicann Team, Rose and many of our friends and patients for this great event. No matter how able you are, you can choose to walk or run, and do the 5k, or 10k - the choice is your and it's the taking part that matters"

Medicinal cannabis research in a 2022 study of 886 people seeking treatment for nausea, showed that one hour after taking medicinal cannabis, almost 95 per cent of people experienced nausea relief.

Gary Whipp continued: “Medicinal cannabis can help with a range of conditions, but for patients suffering from cancer, many find that it can help to relieve symptoms of nausea caused by chemotherapy, it can also help them to get better nights sleep, reduce anxiety and for some patients, can help reduce their reliance on opioids and using traditional medicines, which can be really helpful, especially for patients who are not able to be prescribed traditional medication”.

Pam Aubert, CEO of Jersey Cancer Relief said: “We are very grateful to Medicann for raising funds in aid of Jersey Cancer Relief. We provide financial support to islanders with a cancer diagnosis. All funds raised in Jersey stays in Jersey. A cancer diagnosis affects all aspects of a person’s life, and our aim is to ease the financial cost of cancer for individuals who are in need of our help.”

To register to take part in the walk, visit [www.medicann.co.uk](http://www.medicann.co.uk) where full details of the route can be found.

A recommended donation of £15 for taking part can be made at [justgiving.com/team/medicann10k](http://justgiving.com/team/medicann10k) or cash donations can be made in buckets at the finish line.

The team at Medicann encourages all individuals, businesses, and the community at large in supporting the fundraiser for Jersey Cancer Relief, and the team hope that this can become an annual event for everyone's calendar.



*Rose Shepherd, Medicann patient and CEO Gary Whipp, training for the Medicann 5k or 10k, Your Way.*

**Ends**

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### **About Medicann**

- Medicann is an award winning clinic founded in 2019 by CEO Gary Whipp based in Jersey, Guernsey and the Isle of Man, and more recently Ireland
- The patient centric clinic is rated 4.74 on Doctify from patient reviews.
- Medicann is a member of trade bodies: The National Cannabis Industry Association, The Cannabis Trades Association and a founding member of the Cannabis Industry Council.
- Attendees can register for a ticket at <https://www.eventbrite.com/e/the-medicann-10k-tickets-795156724167?aff=oddtcreator>
- Medicann can be found at **www.medicann.co.uk** and on social media platforms including X, Instagram and Facebook:

twitter.com/MedicannClinics

instagram.com/medicann\_clinic

facebook.com/medicannlimited

### **About Jersey Cancer Relief**

Jersey Cancer Relief is a local independent charity offering non-means tested financial support to adults living in Jersey with a cancer diagnosis. Our aim is to ease the financial cost of cancer. We have been supporting islanders for over 50 years. We help with things like heating, doctor's bills, travel to the UK, medical supplies and food supplements. Our information centre is open Monday to Friday 9am to 2pm.

Phone: 01534 618148

Email: [contact@jerseycancerrelief.org](mailto:contact@jerseycancerrelief.org)

Address: Jersey Cancer Relief, 35 Burrard Street, St Helier, JE2 5WS

[www.jerseycancerrelief.org](http://www.jerseycancerrelief.org)

Jersey Registered Charity no: 48.

## References:

Studies

<https://pubmed.ncbi.nlm.nih.gov/35258504/>

<https://www.newscientist.com/article/2396334-marijuana-as-medicine-everything-you-need-to-know/#Nausea>