

Never miss an issue... **...get three for £6!** [Click Here!](#)

Web Photo Sales

Last updated: 15:30, Thursday, May 27, 2010

Search

News Sport Community Living Views Photos Subscriptions Annuals & Calendars Jobs Property Cars for sale AdZone

You are here: Home > Community > Charity

A A A

[0]

Josie Philips' sailing challenge for Brain Tumour Research

When Josie Phillips (27) and her husband Roger sail their yacht Nordlys into Arbroath tomorrow, the marina won't be welcoming ordinary sailors.



Josie and Roger Phillips.

Cancer sufferer Josie, a doctor at Norfolk and Norwich University Hospital, has set herself a **challenge** with three primary objectives — sail anti-clockwise around the coast of **Britain**, raise awareness of **brain tumours** and, at the same time, **collect around £20,000** through sponsorship for **Brain Tumour Research**.

By Andrew Jarret

Published in the Courier : 27.05.10

Published online : 27.05.10 @ 03.22pm

[SHARE](#) [Facebook](#) [Twitter](#) [LinkedIn](#) [Send link](#)



The couple's website is at www.contessa32.co.uk

They are posting regular updates on their progress on their [website](#) and [Twitter](#).

Jim McGugan, a **brain tumour** survivor of some 18 years, will welcome Josie to **Arbroath** as a representative from the

Scottish **charity Brain Tumour Action**.

Related content

[Arbroath Harbour riding the crest of a wave](#)

[Arbroath folk add another chapter to wartime love story](#)

Article search

"I congratulate Josie," Jim said. "She is a lady to be saluted. Her determination to challenge the condition whilst raising funds for brain tumour **research** is very admirable and I hope she raises a lot of money."

Josie's challenge comes after being diagnosed with a brain tumour in 2004, following five years of unexplained symptoms. In September 2008 Josie faced devastating news when it was discovered that the tumour was malignant.

Her prognosis then was given as between 12 to 15 months to live. But Josie and Roger, who has just completed a PhD, were determined to make the most of life.

They began to focus on a challenge for when she was sufficiently healthy to sail 2000 miles around the coast of Britain.

Having set out from their home port of Ipswich on May 15, Josie and Roger's planned route is up the east coast, calling in at Eyemouth, Arbroath and **Inverness**.

Beautiful scenery



The couple's planned route.

LAWSON PERTH
 "Ideal furnishings for your home"
 SPECIAL OFFERS IN STORE NOW
 visit www.lawsonperth.com

Find an event

| | | | | |
|-----------|-----------|-----------|-----------|---|
| May | May | May | May | <input type="button" value="Calendar"/> |
| 27 | 28 | 29 | 30 | Pick a date |
| Thu | Fri | Sat | Sun | |

Search

Submit an event

Property
 ... every Thursday in The Courier

Most recent Most read Most commented

[June 1: Officer wrong to intervene in assault case](#)

[St Johnstone to reap the rewards of McInnes' help for Scott Dobie](#)

[CairnGorm banks another extended weekend's skiing](#)

[Brother's fears for Dundee man in Gaza aid flotilla](#)

[Cupar car crash: van driver reported](#)

[Dundee bookmaker John Brady](#)

[ASBO issued as police crack down on illegal biking](#)

[Review: UFC Undisputed 2010 \(Xbox 360\)](#)

Country Matters
 ... every Monday in The Courier

Latest headlines

More soon...

Property
 ... every Thursday in The Courier

They will then pass along the [Caledonian Canal](#), enjoying the beautiful scenery, as well as spectacular views of [Ben Nevis](#) and the marvels of Neptune's Staircase of eight locks, before reaching [Fort William](#) and [Oban](#).

Using the Caledonian Canal has made this [voyage](#) around Britain possible as it enables the couple to avoid the long and often hazardous route round the far north of [Scotland](#).

The couple will then head south through the [Irish Sea](#) and around the south coast of [England](#), arriving back at Ipswich.

Subject to the weather, they expect to complete the challenge in around four months.

Marinas are helping them to minimise expenses by providing free berthing and many companies are offering the loan or gift of specialist equipment and clothing.

All other costs are being covered by Josie and Roger and any donations made will go directly to the Brain Tumour Research charity.

Josie said, "Brain tumours can affect anyone, and there is no way of preventing them because their cause is unknown.

"Living with an incurable disease is extremely difficult — I try to carry on as normally as possible. We hope that funding for brain tumour research will give hope to others in the future."

► **You can support Josie's fundraising efforts by visiting her [JustGiving](#) page, and follow the couple's progress on their [website](#) or [Twitter](#).**

Click for more on these topics:

People: [Josie Phillips](#), [Jim McGugan](#), [Roger Philips](#) | Organisations: [Brain Tumour Research](#), [Brain Tumour Action](#) | Places: [Arbroath](#), [Britain](#), [Scotland](#), [Inverness](#), [Oban](#), [Fort William](#), [England](#) | Concepts: [Sailing](#), [Brain](#), [Voyage](#), [Caledonian Canal](#), [Charity](#), [Irish Sea](#), [Ben Nevis](#), [Brain tumour](#), [Tumour](#), [Research](#), [Challenge](#)

Latest in Charity

[Josie Philips' sailing challenge for Brain Tumour Research](#)

[Trio's 1000-mile motorbike trek for poppy appeal](#)

[Daredevils roped into completing Maggie's charity abseil](#)

[Bikers make vroom for Maggie's Centre](#)

Latest on site

[June 1: Officer wrong to intervene in assault case](#)

[St Johnstone to reap the rewards of McInnes' help for Scott Dobie](#)

[CairnGorm banks another extended weekend's skiing](#)

[Brother's fears for Dundee man in Gaza aid flotilla](#)

Add a comment

Characters left: **300**

Comment:

Name:

e-mail (not published):

Town:

Country:

Remember me:

Agree to [Terms & Conditions](#)



Hot topics

[Dundee](#) | [Scottish Government](#) | [Perth](#) | [Scotland](#) | [Fife](#) | [Close season](#) | [Economy](#) | [Carnoustie](#) | [Arbroath](#) | [Police](#) | [Fife Constabulary](#) | [Business](#) | [Farming](#) | [Assault](#) | [Compensation](#) | [Signing](#) | [Repairs](#) | [Devolution](#) | [Transfer market](#) | [Readers' letters](#)

Other sites of interest: | Evening Telegraph | Press & Journal | Evening Express | The Sunday Post | D. C. Thomson & Co. Ltd. |