

Impact Report

2025

Corinne
Burton
Memorial
Trust

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A message from our Chair

When we lost my beloved wife Corinne to cancer in 1992, I witnessed firsthand how creating art brought her comfort, dignity, and a means of expression when words often failed.

As an artist and illustrator, she found solace in her creativity during the darkest moments of her illness. It was this profound experience that inspired me, together with our friends, to establish The Corinne Burton Memorial Trust.



Over three decades later, I am filled with immense pride and gratitude to see how Corinne's legacy continues to touch the lives of so many. What began as a tribute to one remarkable woman has grown into a lifeline for thousands of cancer patients. Each year, we hear stories that echo Corinne's experience—patients who discover new ways to process fear and hope, who find their voice through colour and form, who reclaim moments of peace amid overwhelming uncertainty.

The expansion of our programme beyond St Bartholomew's Hospital to Whipps Cross, The Royal London and Homerton Hospitals represents not just growth in numbers, but a multiplication of hope. Every brush stroke, every image created, every moment of creative expression carries forward what Corinne taught us: that art has the power to heal, to dignify, and to transform even our darkest experiences.

None of this would be possible without the extraordinary generosity of our donors and funding partners. Your support enables us to offer this vital service free of charge to the most vulnerable patients. To each of you, I extend my deepest gratitude. You are helping us honour Corinne's memory in the most meaningful way possible: by bringing comfort, hope, and healing to those who need it most.

Sir Michael Burton GBE

Founder and Chair, The Corinne Burton Memorial Trust

420,000

people are diagnosed
with cancer each
year in the UK

4×

People with cancer are four
times more likely to
experience depression than
the general population

1 in 5

cancer patients
experience
depression

40%

Referrals for art therapy
have increased by over
40% since 2020

The need for art therapy in cancer care

A cancer diagnosis can be overwhelming, affecting not only the body but also a person's emotional wellbeing. People with cancer are far more likely to experience anxiety and depression than the general population, yet psychological support is often limited or unavailable.

Many patients struggle to put their fears into words, particularly during intensive treatment or at the end of life, and medication is not always appropriate. Art therapy offers a gentle, non-verbal way for people to express distress, regain a sense of control, and feel heard at a time when so much feels lost.

Mission and activities

The Corinne Burton Memorial Trust (CBMT) is the only charity in the UK that supports the practice of Art Therapy for cancer care.

CBMT has three main activities:

1) Provision of art therapy at NHS Hospitals.

Since 1992, we've delivered over 6,500 art therapy sessions for thousands of cancer patients and significantly reduced their anxiety and depression. We've also helped doctors & nurses at risk of burnout.

2) Funding the publication of books on Art Therapy

3) Funding of scholarships at Goldsmiths University for new art therapists specialising in cancer care.

Since 1992, CBMT has supported the training of over 30 art therapists, who have gone on to help thousands of people with cancer.

After graduating, we fund the scholarship recipients to do another two years working at Barts as qualified art therapists.

"Cancer treatment was hellish. Every time I visited the hospital I was harmed. An injection, cut (surgery), poisoned (chemo), burnt (radiotherapy).

In a situation where I had very little control over my body, my time or my treatment, art therapy became vital."

Our 2025 highlights



1

Invitation to the Palace

On 30th April 2025, we were invited by the King and Queen to the Reception for charities involved in cancer support, and we were one of only 5 charities to present a display in the Throne Room at the event.

2

Megan Tjasink's PhD Research & BBC Coverage

Megan completed her groundbreaking PhD on art therapy for healthcare professional burnout, with her research published in *BMJ Public Health* (2025).

Megan's work was featured on BBC Breakfast, which filmed an art therapy session she ran for doctors at St Bartholomew's Hospital.

The intervention she developed is now being implemented within Barts Health Staff Support Psychological Service.

3

Extended support across London

CBMT has significantly expanded its reach in recent years, growing from its long-established base at St Bartholomew's Hospital into three new NHS hospitals across London.

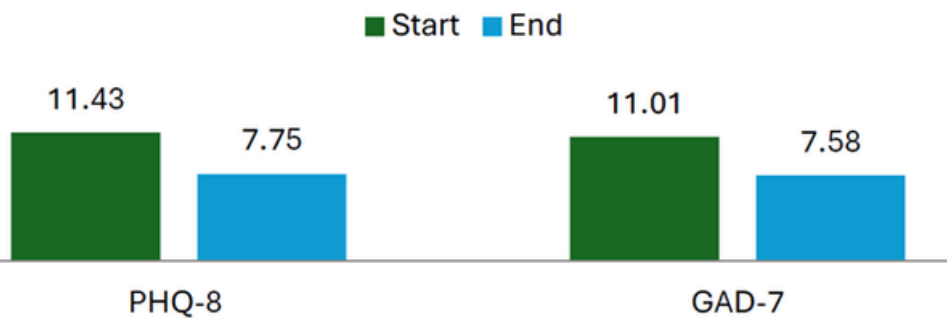
With support from donors, we have extended into Royal London Hospital, Whipps Cross Hospital and Homerton Hospital.

Measuring impact: We routinely use standardised psychometric questionnaires to measure depression (PHQ-8) and anxiety (GAD-7) scores at the beginning and end of therapy.

The below graph shows the change in scores for patients who were completed their therapy in 2025, demonstrating that psychological therapy leads to a reduction in both anxiety and depression from clinically significant levels of anxiety and depression (scores ≥ 10) to mild levels of low mood and anxiety.

Impact: Reducing Anxiety and Depression in cancer patients

Outcome measures for patients closed in 2025



492

art therapy sessions delivered

82

Cancer patients benefiting from our art therapy programme

Participant feedback:

"My therapist is so patient and kind. She listens and makes me feel listened to. I am grateful for this service when I felt as if I were wading in a sea of treacle with no escape. It might seem simple to a lay person but when you go through this trauma and your mind won't be still, it's a safe, calm space of respite. Thank you."

"I enjoyed art therapy; it was great for me and the fact I didn't wait to start the sessions was very helpful as the intervention was offered at the time when I needed it the most!"

82

cancer patients
supported in 2025



4

NHS hospitals working
with CBMT

3.68

clinically significant
reduction in
depression on PHQ-8
scale for patients

3.43

clinically significant
reduction in anxiety
on GAD-7 scale for
patients

The impact of CBMT's scholarship programme: Hannah's contribution to art therapy

"Over 15 years after receiving the CBMT scholarship at Goldsmiths, University of London, I wanted to share my story and the lasting difference it has made.

My first year at Compton Care hospice in Wolverhampton was funded by CBMT — a hospice that had never had art therapy before.

That single year of funding planted a seed that grew into eight years of meaningful work: individual therapy for the most complex patients, groups for inpatients and the bereaved, student placements, and staff wellbeing support.

When I moved on, the hospice didn't just replace me — they expanded the role. **None of this legacy would exist without CBMT's initial belief and investment.**

I feel moved and privileged to have done this work, and I carry those experiences with me always.

My heartfelt thanks to Sir Michael and the Trustees of the Corinne Burton Memorial Trust."



— Hannah Cridford, Art Psychotherapist, CBMT
Scholar 2010



Karen's story....

After being diagnosed with breast cancer five years ago, and later learning it had spread to her lungs and spine, Karen has lived with ongoing treatment and the constant uncertainty that comes with regular scans.

While continuing to work full-time, Karen describes the emotional impact of cancer as “sometimes worse than the physical.”

“Every three months feels like a sentence hanging over you. You never really get away from it.”

Through art therapy sessions at Whipps Cross Hospital, Karen found a rare space where she could begin to process emotions she had long pushed aside — fear, anger, confusion, and grief.

“With cancer, you have no control. But this gives me a sense that I do have some control — or at least insight — into how it's affecting me emotionally.”

The sessions offered a safe, non-judgemental space to explore feelings subconsciously through drawing and conversation — often revealing insights she hadn't expected.

“You're not consciously deciding what to draw. Something just comes out — and suddenly you understand something differently.”

For Karen, access to local, free emotional support was vital: **“Therapy is incredibly expensive. Being able to access this kind of free support close to home has meant everything.”**

Art therapy has helped her feel more resilient, more self-aware, and less alone — giving her strength to continue living alongside cancer.

Participant's artwork



Acknowledgements

Corinne Burton (pictured), a talented artist and book illustrator, wife of Sir Michael Burton and mother of four daughters, Josephine, Isabel, Genevieve and Henrietta, died of cancer aged only 42 in June 1992.

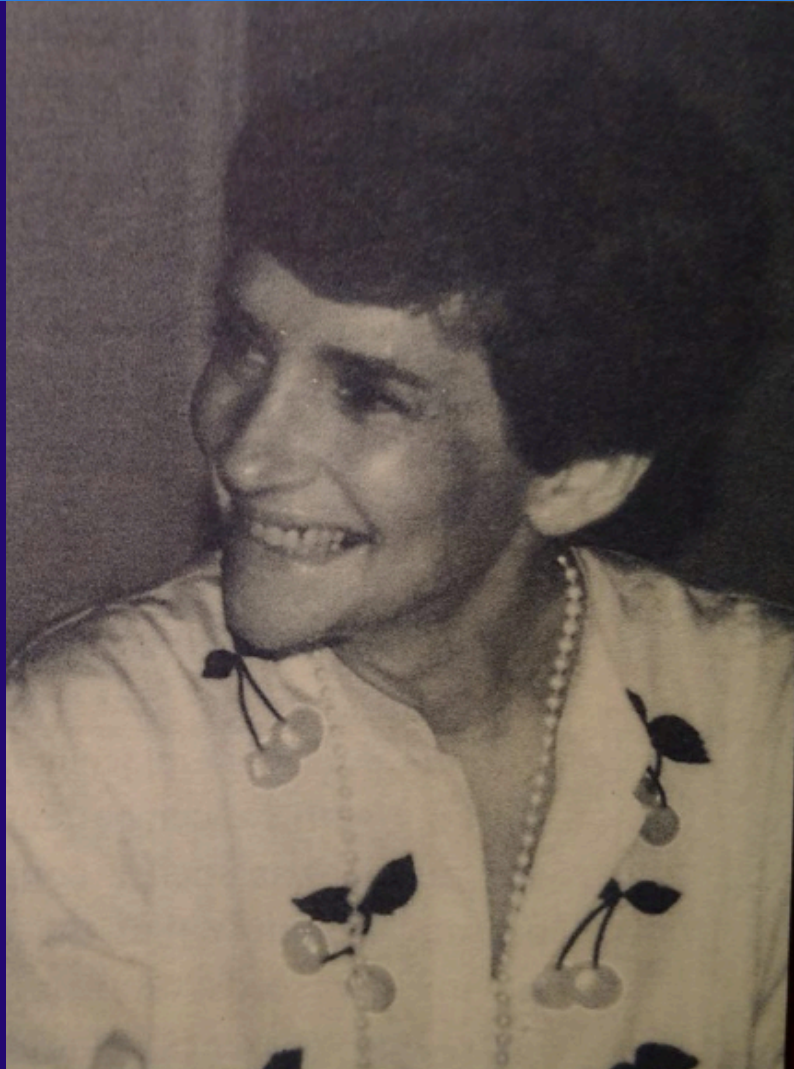
We'd like to reserve special thanks for those that continue the great work in her honour:

CBMT Trustees: Sir Michael Burton GBE, Lorna Cohen, Laurence Brass, Judith Kasriel, Joshua March, Norman Leifer and Jeremy Bard.

Art therapists: Megan Tjasink, Anna Magnowska, Devika Rattu.

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Thank you for your support.

You're helping people with cancer through the toughest time of their lives.