

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

# MACMILLAN WHERE YOU LIVE

Coventry, Warwickshire & Northamptonshire • Summer 2009

## We 'feel good' with The World's Biggest Coffee Morning!

Last year you were very busy bees and held 1,400 coffee mornings across Coventry, Warwickshire and Northamptonshire, raising a staggering total of £338,000; thank you so much!

This Friday 25 September, invite friends and family over for a cuppa and some tasty treats, take a break in the office and catch up with colleagues, or organise a coffee morning at your school, community centre or church hall. Last year hundreds of committees and individuals all raised a cup for Macmillan. Stratford Committee held

their coffee morning in their Town Hall and raised £413, whilst Elizabeth Leader in Kenilworth had a surprise when Macmillan's own head of HR Peter Morgan came out to visit her coffee morning. She raised an amazing £1,400.

Is someone always putting the kettle on at your workplace? Why not put

it on for Macmillan? iPSL in Northamptonshire got inventive with an interdepartmental competition and raised £126 at their first ever charity event. Marks and Spencer in Leamington raised an incredible £935 with a visit from Touch FM's Ben Day who did the show live from Royal Priors shopping centre. IKEA in Coventry included a magician and an in-store hair styling studio, raising a whopping £1,668 throughout the day.

We are holding several coffee morning host events across Coventry, Warwickshire and Northamptonshire to give out props, tips and prizes to all our lovely hosts – more



**The Chefs at Mallory Court Hotel in Leamington baked up a storm for Macmillan**

details on the way!

So will you be 'feeling good' on Friday 25 September? To hold your own coffee morning or find an event near you go to [www.macmillan.org.uk/coffee](http://www.macmillan.org.uk/coffee) or call **0845 602 1246**.

Every penny you raise will fund more of our vital services and help to develop new ways to change lives in Coventry, Warwickshire and Northamptonshire – and for that, we think you should feel good.



**The gorgeous boys of Coventry RFC raise a cup for Macmillan**

# Help is at hand for people affected by cancer in Warwickshire

When you meet Shirley Griffin and she tells you that it is 'second nature' for her to offer support you know you are in good hands. Shirley, who has been with Macmillan for 7 years, is the Cancer Information and Support Specialist at The Aylesford Unit at Warwick Hospital.

Shirley specialised in palliative care but recently wanted a new challenge and has found it providing high quality information and support to people affected by cancer.

The three words Shirley uses to describe her job are 'rewarding, enjoyable and challenging,' as she never knows who she will be helping next. She was

recently delighted to have arranged a childminder and a Macmillan financial grant for a young woman who was struggling whilst receiving treatment for cancer. Shirley is also finding time to pilot patient information prescriptions which will provide tailor made information for people affected by cancer.

Shirley is raising funds for



Shirley is already planning her coffee morning

Macmillan by arranging a public coffee morning on Friday 25 September from 10 – 12.30 at The Aylesford Unit with her colleague Lesley Gotschy as part of The World's Biggest Coffee Morning. She urges

people to drop in for a coffee and a chat.

To make an appointment to see Shirley and discuss any questions about cancer call **01926 495321** ext 8214 or email [shirley.griffin@swh.nhs.uk](mailto:shirley.griffin@swh.nhs.uk).

## A problem shared...

For many people affected by cancer, being able to share their experiences can be hugely beneficial. Talking to others offers mutual support, helps some people to feel less isolated, allows new friendships to form and can sometimes be a way to say thank you and 'give something back.'

Across the UK, there are around 1,000 cancer self help and support groups, which offer a range of opportunities. The groups are assisted by Macmillan's Community Network Development Coordinators (CNDCs) who provide support, including helping them to access grants of up to £3,000 to cover running and development costs, delivering free training workshops to build skills in areas such as listening and responding, loss and bereavement and marketing, and the provision of newsletters and good practice resources.



Some people choose to become a Cancer Voice, allowing them to share their experiences to help Macmillan and other cancer-related organisations change the future of cancer care. There is no one typical role of a Cancer Voice, as Simon,

aged 42, from Dorset explains: 'Signing up as a Cancer Voice has given me a sense of purpose and control of events that I didn't have during my treatment. I've reviewed books on prostate cancer as they're often written with older men in mind, I've become a member of a research reference group and I've volunteered to speak to the gay media about my story. If being involved with Cancer Voices now makes life just a little less frightening for others going through a cancer diagnosis, then my whole experience will have gained meaning.'

If you'd like to find out more about sharing your experiences, visit [www.macmillan.org.uk/Get\\_Support](http://www.macmillan.org.uk/Get_Support) for groups and [www.macmillan.org.uk/Get\\_Involved](http://www.macmillan.org.uk/Get_Involved) for Cancer Voices. Alternatively contact your local fundraising team who will point you in the right direction.

# Will you leave a legacy to Macmillan?

What do an Elizabethan Grade II listed farmhouse in Birmingham, a 13th Century Manor House in Somerset and the Mayor of Cardiff's residence all have in common? No, they're not properties recently bought by Elton John, they've all been venues for a Macmillan Cancer Support legacy event.

Over the last few months, the legacy team have been out and about at a series of events, talking to people about how leaving a gift in their Will can make a huge difference. At these events a local fundraising manager, a Macmillan health or social care professional and members of the legacy department pass on information and say thanks to our supporters.

Richard Sproson, Regional Legacy Promotions Officer, said; 'People

of all ages attend the events and many are often surprised to hear that legacies make up over one third of Macmillan's income. The historic venues and places of local interest where we meet give everyone plenty to talk about and provide the perfect backdrop for us to talk about the services Macmillan delivers today and the crucial role legacies play in funding them.

'The events so far have been a real success. One supporter described the



Richard Sproson presenting at our recent Somerset event

event she attended as "absorbing, moving and very informative," and many have said that they now intend to include gifts to Macmillan in their Wills.'

If you're interested in attending a legacy event near you in future or would like further information on leaving a gift in your Will to Macmillan, please contact Richard Sproson on **01743 452083** or email: **rsproson@macmillan.org.uk**.

## Macmillan and your company

Fundraising at work makes for a great atmosphere for staff and customers. Whatever the size of your organisation or the level of commitment you can give, we can work together for mutual benefit and make a positive difference to the lives of people affected by cancer.

**'It's been great to work with Macmillan as our Charity of the Year. Not only is it a tremendous cause, but we benefited from the additional energy and motivation our partnership created for our staff.'**

David Stewart – CEO, Coventry Building Society.

In 2008 Coventry Building Society adopted Macmillan as their Charity of the Year. The partnership raised over £77,000 through a variety of events including World's Biggest Coffee Morning, a Land's End to John O'Groats relay bike ride, 'Go Green' days and a boxing match!

Thank you to all the staff for getting behind this wonderful partnership. Other recent partnerships in our area include iPSL, Forever Living Products and Wright Hassall Solicitors who have all been fantastic.



Coventry Building Society celebrate The World's Biggest Coffee Morning

If you would like your company to get involved with Macmillan please call **01676 535 452**.

# Volunteer with Macmillan

Thousands of volunteers dedicate time and energy to improve the lives of people affected by cancer. Gain new experiences working with us, have fun, share your skills, and together we will change lives. See some of the roles below available in your local office;

## Golf Volunteer

Do you know your birdies from your bogeys? If so, could you help us to get to know the golf clubs in our area and assist us with our golf events?

## Schools Volunteer

Are you a teacher or ex teacher with some time to spare? We are looking for a volunteer to gear schools up to fundraise, give assemblies on Macmillan and our work, and get younger people involved in the charity.

## Team Macmillan

Every year we have supporters who run for Macmillan and raise sponsorship to help people affected by cancer. To show our thanks and support to our runners we go along on the day and cheer them all on.

If you would like to meet new people and be part of your local Team Macmillan cheering squad for local runs in your area please get in touch!



Some of our lovely volunteers!

## Volunteer Speaker

As a Macmillan Speaker you will be a key part of our community fundraising activities in the Coventry, Warwickshire and Northamptonshire area. You will be representing the charity to schools, community organisations, corporate partners and groups of varying size, communicating our key messages and ensuring they know they are valued for their support. Speaker training will be given on how to represent Macmillan.

## Office Volunteer

Our office volunteers are willing to pitch in on just about anything in our busy fundraising offices. There are tea and biscuits a plenty and we have a wide variety of jobs from completing



Team Macmillan at the Stratford Marathon

gift aid forms to designing posters for our supporters and answering the phone.

## Fundraising Group member

Our fundraising groups and committees are the local face of Macmillan, raising vital funds and increasing public awareness of the charity so that we can reach more people affected by cancer. We need people to join existing groups in Coventry, Warwickshire and Northamptonshire or to help us start up new groups in the area – a great way to meet new people and raise money for Macmillan.

**To volunteer in Coventry or Warwickshire please call 01676 535452.**

**To volunteer in Northamptonshire please call 01604 648673.**

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Macmillan Cancer Support, Northamptonshire Fundraising Office, Unit 1 Tithe Barn, Moulton Road, Holcot, Northamptonshire NN6 9SH Tel/Fax 01604 647532 [www.macmillan.org.uk/northamptonshire](http://www.macmillan.org.uk/northamptonshire)

Macmillan Cancer Support, Coventry & Warwickshire Fundraising Office, Fernhill Court, Balsall Street, Balsall Common, Coventry CV7 7FR Tel 01676 535452 Fax 01676 535450 [www.macmillan.org.uk/coventryandwarwickshire](http://www.macmillan.org.uk/coventryandwarwickshire)

Macmillan CancerLine 0808 808 2020

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