

**WE ARE
MACMILLAN.
CANCER SUPPORT**

MACMILLAN WHERE YOU LIVE

Dorset and Somerset • Spring 2009

£650,000 and counting!

In 1988, Peter Smith-Nicholls from Broadstone, Dorset cycled from John O' Groats to Lands End. In the process, he managed to raise £4,000 for Macmillan Cancer Support, in memory of his father who had died from cancer.

Inspired by his success, Peter launched the Dorset Bike Ride in efforts to continue raising money for Macmillan. Twenty one years later, this is now an established event on the Dorset calendar, and has collectively raised over £650,000 during that time.

Peter's labour of love is almost becoming a full time occupation. He explains;

'It takes thirteen months to prepare for the bike ride, and even on the day after the event I am asked how much did you raise!'

In between working full time as a Senior Operating Department Practitioner at Poole Hospital, Peter manages to coordinate sponsors, supporters, inform authorities, and prepare for the bike ride launch, which is held in the spring.

Peter's enthusiasm for the event is infectious as he enlists the help of over 100 other volunteers to help on the day. They provide valuable support, and he is always grateful for their help in making the event a success.

'Volunteers are out in all weathers and these include first aiders, bike mechanics, photographers and marshals, as well as all the



Ciaran Devane, Macmillan Cancer Support Chief Executive, Peter Carter, Annette Brook MP, Peter Smith-Nicholls

help behind the scenes... but there is always room for more!

In recognition of Peter's achievement in making the Dorset Bike Ride a fantastic success, Peter was the first recipient of the Sir Hugh Dundas 'Volunteer of the year award' in 2008, which is given for outstanding contribution to volunteering.

So after 21 years what is it that keeps Peter motivated?

'Each year I say never again, but July and August are the most rewarding months when you see how much money the cyclists

have raised and it makes it all worthwhile.'

The 2009 Dorset Bike Ride will take place on Sunday 5 July and will have 15, 25, 40, 50 and 60 mile routes. For the more adventurous and accomplished cyclists among us, there is even the Macmillan Dorset 100. If you would like more information on how you can volunteer your services, or if you would like to sign up and take part in the bike ride yourself, contact Peter Smith-Nicholls on 01202 601705, or visit www.macmillan-bike-ride.co.uk



Chrissie Wathen-Neal, Fundraising Manager for Dorset receiving the cheque from Peter Smith-Nicholls

Lorraine's Walk Wonders experience

Taunton's Lorraine Charnley recently completed her 4 mile walking event in aid of Macmillan. Walking with her friend, Colin Date, and starting from Curry Rivel near Langport, the couple waded through long grass, woodlands and secluded country lanes as they enjoyed the sunny June weather, until reaching the top of a beautiful Somerset hill and continuing around their chosen circular route.

Lorraine was motivated to walk on behalf of Macmillan after her husband John required major surgery. She says;

"As John's main carer I had time off work to be near when he had his 10 hour operation and the Macmillan nurses also helped him recover from depression when he was lacking confidence".

Macmillan is proud to provide financial, medical, emotional and practical support to everyone affected by cancer as well as an informative benefits helpline on 0808 808 2020.

On behalf of Macmillan, well done to Lorraine and Colin for undertaking such a fantastic challenge. The



Lorraine Charnley fundraising for Macmillan Cancer Support!

money raised shall provide ongoing support and help to all those affected by cancer.

To organise your own walk, or to take part in an existing event, please call the Somerset office on 01823 327503 or the Dorset office on 01747 821669.

On your marks

Now that the days are getting longer there are few excuses for not getting out in the fresh air and taking part in some of Macmillan's marvellous events. Whether it's a walk, bike ride, a run or something a little more unusual, this year we've made it even easier for you to find out more.

There's something for everyone no matter how fit you are or where you live, from moonlight walks across the Malverns or the Camel trail, cycling through Warwickshire or Dorset, to pounding the streets of Bristol or Birmingham, taking to the water in a coracle in Shropshire or even swimming from Padstow to Rock. You could even walk across England on the 290 mile Macmillan Way!

If you have younger members of your family at school, or if you or your friends are teachers, we know that the Macmillan Big Sports Day will really grab your interest. New for 2009, it's easy to join in. You could simply hold

your school sports day as usual, but ask every pupil to bring in a suggested £1 donation. How about a sponsored teacher's race? All children love to see their teacher's letting their hair down. You could make it a little more interesting and have a three-legged, fancy dress race or even an obstacle race complete with Macmillan space hoppers and sacks!

Visit www.macmillan.org.uk/Get_Involved and click on any of the event types or 'In your area' to find out more. If you'd like to register for the Big Sports Day, all the info you need is at www.macmillan.org.uk/bigsportsday or you can call 0845 601 1716.



Heaven vs Hell charity boxing 'Smackdown'

Billed as the 'fight of all fights: Good Vs Evil,' the congregation of Elim Pentecostal Church recently saw their Reverend, Howard Davenport, enter a giant inflatable boxing ring against local tattoo artist Julian 'Sumo' Timmins in what has become one of the most talked about fundraisers of 2008.

The Yeovil priest got into the spirit of things, sporting a vest with the slogan 'Jesus Loves Sumo,' and sporting a black shiny dressing gown with his own name on the back of it. Wearing protective padded head gear, Sumo and Howard lasted a full five rounds of high octane comedy boxing before local Mayor Wes Read declared the Reverend the victor.

Hundreds of keen boxing supporters were entertained with pre fight excitement from twenty-stone Sumo

jibing to the crowd;

'The Rev is going down... like the Titanic!'

Musical support was provided by Christian punk band 'Dweeb.'

The pair raised £1000, and on behalf of Macmillan, a big thank you to Sumo & Rev Davenport for organising such an entertaining event. The money raised shall provide ongoing support and help to all those affected by cancer.



Reverend Howard Davenport and Julian Timmins preparing for the big fight!

Anyone interested in holding their own charity fundraising event is encouraged to call the Somerset office on 01823 327503 or the Dorset office on 01747 821669.

Dive in and lend a hand

At the end of 2008, Macmillan made a splash on TV and radio, in newspapers, magazines, in your high street and online, with a campaign to raise awareness of our services and the support we offer. Many of you got involved in different ways, from putting up Macmillan posters in your local doctor's surgeries and libraries to allowing us to share your story with journalists. Huge thanks to everyone who took part in this massive joint effort, but what did we achieve?

More than 40 million people across the UK saw a Macmillan advert, and nearly 160,000 people visited our website. The campaign prompted over 7,000 people to give us a call – 69% of whom had never contacted us before. Put simply, it meant that thousands of lives were changed and many more people are now aware of the vital support we provide.

Before this campaign, we were reaching 1 in 3 people living with

cancer; we now reach 1 in 2. By the end of 2010, our ambition is to reach and improve the lives of everybody living with cancer. It's a tall order, but with your continued hard work and support we can do it!

So as 2010 approaches, how about getting more involved? You could volunteer with your local fundraising office. The opportunities are endless and don't necessarily require a long term commitment. Alternatively, why



not share your story with us, so that we can ask more journalists to write articles? This always makes a major impact on the number of people we reach and it's not as daunting as it may initially sound!

To lend a hand volunteering, call your local fundraising office, or phone Nicki in the regional communications team to tell your story on 01264 343807.

What's on

Saturday, 25 April 2009

The Coleridge Committee of Macmillan Cancer Support are organising a Folk Dance and Supper at Roadwater Village Hall. For more details please contact Maggie Pumphrey on 01984 656394.

Sunday, 26 April 2009

Flora London Marathon

Join Team Macmillan for the 2009 Flora London Marathon, the world's biggest one-day fundraising event. Run 26.2 miles around the streets and sights of London! Please contact us by emailing: londonmarathon@macmillan.org.uk or call: 020 7840 7878. We hope to welcome you to Team Macmillan this year!

Monday, 4th May 2009

Plant Sale

Public Hall, Beaminster

Make your garden a blaze of colour this year by going to the May Day plant sale, choosing from a wide



The Vine Inn, Pamphill celebrating a successful year of fundraising

range of local specialist growers. 10am to 3.30pm. Refreshments served all day. For details contact Joy Beazer on 01308 862705.

Sunday, 5 July 2009

Dorset Bike Ride

Starting at Broadstone

A great way to exercise, and explore the lovely countryside around Dorset

at the same time. There is a choice of distances ranging from 15 to 100 miles. For more information or to take part in this event, contact Peter Smith-Nicholls on 01202 601705 or visit www.macmillan-bike-ride.co.uk

Saturday, 22 August 2009

Please come along to the Macmillan Cancer Support Coleridge Committee's annual summer fete. Old Orchard, Trendle Lane, Bicknoller, Taunton, TA4 4EG. Gates open at 2.15pm, there is parking facilities at the village hall. Entry for adults is £2.50 and 50p for children over 5. For more information please contact the Somerset fundraising office on 01823 327503.

If you or any one you know would like to take up a challenge and take part in a running or walking event for Macmillan, please contact your local fundraising office. We can provide you with running vests, sponsor forms, lots of cheering from the sidelines, training plans and much more.

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Supporter Ellie at the Taunton Half Marathon

Macmillan Cancer Support, Dorset Fundraising Office, 6 Station Road, Gillingham, Dorset SP8 4PY
Tel/fax 01747 821669 www.macmillan.org.uk/dorset

Macmillan Cancer Support, Somerset Fundraising Office, Victoria House, Victoria Street, Taunton, Somerset TA1 3FA
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Macmillan CancerLine 0808 808 2020

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