

**WE ARE
MACMILLAN.
CANCER SUPPORT**

MACMILLAN WHERE YOU LIVE

Gloucestershire, Herefordshire and Worcestershire • Spring 2009

Hen party for Macmillan

At the tender age of 17, Julie Bolton lost her mother to breast cancer. Last year, as she prepared for her wedding in August, Julie found a unique and fitting tribute to remember her mother, who sadly could not be there on her special day.



Julie and friends on the march

As part of her pre-wedding celebrations, Julie decided to incorporate a sponsored charity event. Remembering the support her family had received from Macmillan during her mother's treatment, Julie searched for inspiration on the Macmillan website.

'During the search for such an event I came across the Gloucestershire web page promoting the Westonbirt 10k Walk in May. My first thoughts were that this was ideal as it was being held just across the road from our wedding venue at Westonbirt School.

'As this was a hen celebration, I was delighted that my close friends agreed to join me on the walk, but only if I dressed as a chicken and not the traditional 'bride to be'! We had fantastic fun and we would like to thank the Macmillan team for their support and encouragement, which

enabled us to raise £1,000.'

'In the week before the walk, Julie & co were even invited to Radio Gloucestershire where the amusement at the costume continued. They saw this as a fantastic opportunity to promote the walk, and encourage others to raise money for Macmillan Cancer Support during times of celebration.

'The support we received as a family from Macmillan was invaluable and I will always remember the dedication and care my mother received from the Macmillan Nurses when they cared for her at home.

'Unfortunately, cancer touches the lives of many friends and family, so let's remember those we have lost and those that are living with cancer today. Macmillan touches all of our lives and supports the whole family.'



Back to the hen-coop!



Lyn Perrott (L) and Emma Strangwood celebrate raising £7,000 in 2008.

Herefordshire steps out to raise funds

The Hereford Macmillan office is recruiting walking events in May to add to its 'Walk With Us' month. In return for adding their walk to the Macmillan diary, we hope that participants will make a donation to Macmillan, big or small. Longer walks may wish to invite sponsorship from those taking part.

All walking events will be welcomed, from town trails, to rambles with a group of friends or public organised guided walks.

The Kingsland Macmillan Fun Walk has become Macmillan's flagship walking event in Herefordshire, organised by Lyn Perrott and Emma Strangwood. You can either walk 4.7 miles or 10.2 miles, and entry costs £5 with a suggested £20 minimum sponsorship target. It takes place on Saturday 16th May and the fundraising pair are hopeful that in its 4th year, the fun walk will be

the most successful yet. In 2008 Lyn and Emma raised £7,000 for Macmillan, bringing their collective total to over £50,000.

A public events programme will be advertised at www.macmillan.org.uk/herefordshire, in local press, and at local outlets including Tourist Information Centres and libraries.

If you are interested in holding an event, volunteering or taking part, please contact the Hereford office: 01432 343030 or email: herefordshire@macmillan.org.uk

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.



Take Matt with you

Mandy and Jem Dyson from Worcester asked people to join them in celebrating the life of their son Matthew during the festive season by adding yellow ribbons of remembrance to their special 24ft Norwegian Spruce Christmas Tree. The tree was erected in the Dyson's garden at their family home in November, and people were invited to donate to the 'Take Matt with you' fund, dedicated to helping Macmillan in supporting other people living with cancer.



Yellow ribbons commemorate Matt's life

Matt died from nasal cancer, a rare form of the disease, in June 2007. The 23 year old, who was passionate about fishing and his locally renowned yellow MG ZR sports car, had wanted to raise money

for Macmillan when he recovered from his illness.

Mandy, his mum said;

'Macmillan helped Matt when we applied for a patient grant to support him with equipment to enable

him to carry on living at home during his treatment, no questions asked. That did such a huge amount to raise his morale and self esteem, and helped us as a family at a very

difficult time. Jem and I are committed to raising funds to help other people who have had to watch someone they love dealing with cancer.'

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

Friday 8 May 2009
5 Kilometre Fun Run

**Westonbirt Arboretum, Tetbury
Gloucestershire**

Join us and jog through the beautiful grounds of Westonbirt Arboretum. The run will commence at 6.30pm, and is open to both experienced runners and those who are running for the first time. Please register today and help us to raise money for people living with cancer.

Contact the Gloucestershire office for more details 01285 655880

Saturday 16 May 2009
**Kingsland Macmillan Fun
Walk and Run**

Starting from Luctonians Sports Club, Kingsland, near Leominster, Herefordshire, this family event is suited to all ages and offers a pleasant circular route following the country lanes around Kingsland,

Ayton, Luston and Yarpole. There are 2 distances of 4.7 or 10.2 miles. Entry cost £5.

Contact Tel: 01432 343030 Email: herefordshire@macmillan.org.uk

Sunday 7 June 2009
Elgar Bike Ride

Come along and support people living with cancer while enjoying some fresh air!

To register for the ride and to receive your fundraising pack simply visit www.macmillan.org.uk/worcestershire or alternatively call 01527 579575

Sunday 28 June 2009
**Strawberry Cream Tea at The
Whiteway, Cirencester**

Join the Cirencester Committee for their annual Strawberry Cream tea. Relax in the lovely gardens whilst enjoying home-made scones with fresh picked strawberries. Tombola,



Macmillan fundraisers Peter and Christine Dowsett present 3 of their home-made Christmas cakes to Macmillan nurse Sue Semple to be enjoyed by staff and patients at the Charles Renton Unit, Bromyard Community Hospital and St Michael's Hospice.

raffle and plenty more. Call Claire or Catherine on 01285 655880 for information.

Sunday 19 July 2009
**Bridges Stone Mill NGS
Open Garden presented by
the Malvern Hills Committee**

Come along and enjoy the beautiful surroundings of Bridges Stone Mill as they welcome you to the gardens as part of the National Garden Scheme Open days.

For further details please contact the fundraising office on 01527 579575

Saturday 19 September 2009
'My Darling Clemmie.'

A presentation by the actress Rowan McCullough, which will take place at Little Malvern Court by kind permission of Mrs Berington.

Contact Meg Taylor for further details or tickets on 01531 640246

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Fitness instructors from all over the UK and overseas came together for 'Euromad 2008' at the Malvern Splash to raise funds for Macmillan. Activities included a 24 hour walk by John Hockney which raised well over £1,000

Macmillan Cancer Support, Gloucestershire Fundraising Office, Unit 5 College Farm Buildings, Tetbury Road, Cirencester, Gloucestershire GL7 6PY Tel 01285 655880 Fax 01285 655891 www.macmillan.org.uk/gloucestershire

Macmillan Cancer Support, Herefordshire Fundraising Office, 1st Floor, Wilson's Chambers, Commercial Street, Hereford HR1 2DB Tel: 01432 343030 www.macmillan.org.uk/herefordshire

Macmillan Cancer Support, Worcestershire Fundraising Office, The Old Court House, The Crescent, Bromsgrove, Worcestershire B60 2DF Tel 01527 579575 www.macmillan.org.uk/worcestershire

Macmillan CancerLine 0808 808 2020

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