

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

# MACMILLAN WHERE YOU LIVE

Coventry, Warwickshire & Northamptonshire • Spring 2009

## Put a 'spring' in your step with Macmillan!

Have you promised yourself you'll be more active in 2009? What better incentive than to raise money for people affected by cancer?

Join us for a Spring walk through the spectacular grounds of Althorp House in Northamptonshire on Sunday 26 April. For the third year running, Lord Spencer is allowing us to wander through his famous estate to raise money for families affected by cancer. Althorp has raised £38,000 to date and is a much loved event in our annual calendar.

This year's walk is being generously sponsored by local company iPSL

**iPSL**

A Unisys Company

Lisa Donald, Fundraising Manager says, 'The Althorp walk is always a beautiful day come rain or shine. The grounds of the estate are stunning

and the people who have joined us for the past two years have been so enthusiastic about supporting us. This year we want to ensure we raise even more money for people affected by cancer, so please register to join us, bringing along your family, friends and colleagues and be a part of this wonderful event.'

For the regular walking enthusiasts and ramblers amongst you we have the wonderful Macmillan Way, which has raised over £300,000 for people affected by cancer. The walk runs from the Lincolnshire coast to the Dorset coast at Abbotsbury, and part of the route meanders through the heart of Warwickshire. To walk part of the Macmillan Way (or all of it if you are feeling brave!) and raise sponsorship please call 01789 740852 or email Peter Titchmarsh on [titchmar@aol.com](mailto:titchmar@aol.com).

If you are feeling motivated to leap into action you can even organise your own walk with friends, family or colleagues. Call 01676 535452 or 01604 647532 for advice on how to arrange your own sponsored walk for Macmillan.

Happy walking!



Earl Spencer with Macmillan nurses on the Althorp walk



The Wellingborough Committee

## New year – new volunteer?

Have you run out of steam with your New Year's Resolutions? Here's one for you that is much better than forfeiting chocolate – volunteering for Macmillan! We have a wonderful team of volunteers across Coventry, Warwickshire and Northamptonshire. Here's a little bit more about some of them...

In Coventry, Warwickshire and Northamptonshire, we have 12 fabulous committees who work extremely hard throughout the year organising a ball, coffee mornings, bridge days and running charity shops amongst many other things. In Northamptonshire the Wellingborough committee, currently celebrating 20 years together, is outstanding in its dedication and commitment to helping local people affected by cancer. In the past two years alone, its 20-strong committee has raised over £100,000 to fund services for cancer patients.

In both the Balsall Common and Holcot offices we have many volunteers who give up their time to help the fundraising staff with administrative tasks, supporting events and representing Macmillan.

Our committees and volunteers are an integral part of Macmillan and we could not achieve everything we do without them. If you would like to join our growing team of volunteers or start your own fundraising support group please contact your fundraising office on 01676 535452 or 01604 647532.

## 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](http://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](http://www.macmillan.org.uk/bigsportsday) or you can call 0845 601 1716.



Sign up for Macmillan's Big Sports Day

# Thank you for 2008!

Thanks to all our coffee morning hosts for raising £338,429 across Coventry, Warwickshire and Northamptonshire. Our heartfelt thanks also go to the supporter who donated an awesome £100,000 towards our coffee morning efforts – we love you!

Thanks to **Rotary District 1070** and in particular those clubs in Northamptonshire that have invited us to join their club evenings, lunches or even breakfasts. The tremendous support you provide is making a huge difference to people affected by cancer.

Thank you to **Barclays** for all its fundraising activities, raising over £3,500.

Thanks to **B&A Dairies** and its customers in Coventry for their

fantastic support and for raising £3,306.

Thank you to **Stuart Kettell** who travelled 1000 miles from Land's End to John O'Groats on a penny farthing (rather you than us Stuart!) and has raised £6,200 to date. Visit [www.willthefoolmakeit.co.uk](http://www.willthefoolmakeit.co.uk) for news about his 2009 challenge in a kayak!

Thanks to **Leamington Rotary Club** who once again supported us with its Tree of Light, raising over £4,000.



**Stuart Kettell and his very well travelled penny farthing!**

Last but definitely not least we would like to say thank you to **EVERYONE** who supported us in 2008. We are so grateful to you for your continuing dedication to Macmillan!

## 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



**Macmillan's recent TV advert**

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 9 May

## Allied Irish Bank Ball

Whittlebury Park,  
Northamptonshire

Join us and the staff of AIB for a stunning evening of dance and entertainment at beautiful Whittlebury Park Hotel. Champagne reception and four course dinner with fabulous prizes to be won.

For more information email [sarah.m.currie@aib.ie](mailto:sarah.m.currie@aib.ie) or call 01604 621073

Sunday 31 May

## Rotary Race Day

The Race Course, Northampton

Register to join one of four races. The team relay race, the 10k run or the Children's 200m or 400m run. Races start at 10am. Refreshments and entertainment available.

For more information or to register call 01604 647532 or mail [ldonald@macmillan.org.uk](mailto:ldonald@macmillan.org.uk)

Friday 24 April

## Bavarian Night

The Forest of Arden Hotel, Meriden

Join the amazing Bavarian Oompah Stompers and raise funds for Macmillan. Tickets are £25 including a hog roast, entertainment and disco. For more information please contact



Althorp – Lisa Donald, Fundraising Manager and daughter Maizy at Althorp.



MacRide – cyclists ready for the off.

Stuart Kettell on 02476 690094 or email [stuart.kettell@btinternet.com](mailto:stuart.kettell@btinternet.com).

## Bring a £ to Work

Mercia are again supporting this event and we need your help to beat last year's figure of £6,000. It's so easy to get involved! Simply register at [covandwarks@macmillan.org.uk](mailto:covandwarks@macmillan.org.uk) and we will send you everything you need to ensure you have a great day of fundraising.

Summer 2009

## Big Sports Day – team it up with your own school sports day!

Macmillan's brand new Big Sports Day is a fantastic way to raise money, boost pupil's cancer awareness and inspire them about sport. To register your school go to [www.macmillan.org.uk/bigsportsday](http://www.macmillan.org.uk/bigsportsday) or call 0845 601 1716.

Saturday 31 October

## Lady Godiva Half Marathon

The Lady Godiva Half Marathon is in its fifth year with over 2,500 runners participating in 2008. There is also a family fun run of two miles which is

open to all ages.

To run for Macmillan please contact [covandwarks@macmillan.org.uk](mailto:covandwarks@macmillan.org.uk) or call 01676 535452 for a fundraising pack.

Sunday 13 September

## MacRide

MacRide has raised tens of thousands of pounds for Macmillan Cancer Support in Warwickshire. There are three circular routes to suit all cycling abilities – 25, 50 & 63 miles based around the same course with a great refreshment stop. New for 2008 is a shorter family ride. Visit [www.macride.org.uk](http://www.macride.org.uk) for more information

## Longest Day Golf Challenge

Keen golfer? Does 72 holes in one day sound like your cup of tea? This means 15 hours, 20 miles and 300 shots. The top four teams are invited to a finals weekend in Portugal. For more information please call 0207 8404614 or visit [www.macmillan.org.uk/events](http://www.macmillan.org.uk/events).

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

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

Registered charity number 261017. 2.09