



YOUR

**MAC
NEWS**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Autumn 2014

**Steve's 850 mile
challenge** page 24

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your rights** page 10

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launched** page 6



One of the great things about writing for *Your Mac News* is interviewing people for the articles – they're always so warm, kind and open. And we hope that their stories inspire you as much as they inspire us.

In this autumn edition, we hear from some amazing people and look at how Macmillan is putting supporters' money to good use. As always, we'd love to hear your thoughts, so please do get in touch at macnews@macmillan.org.uk

Ben, Writer

Contents

Did you know?



Over
98%
of our money
comes from
fundraisers



IF YOU NEED US WE'RE HERE

0808 808 00 00

(Mon–Fri, 9am–8pm)

macmillan.org.uk

Hard of hearing?

Use textphone **0808 808 0121** or Text Relay.

Non-English speaker? Interpreters available.

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Changed address?

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Write to Fundraising Customer Care,
Macmillan Cancer Support, 89 Albert
Embankment, London SE1 7UQ,
email fundraising@macmillan.org.uk
or call **0300 1000 200**.

To amend your own details go to
macmillan.org.uk/yourmacnews

A VIEW FROM...

Johnny Browne

When Johnny Browne lost his wife, Lynda, to ovarian cancer, he wanted to make a difference. Then he read the diary that she'd left for him and was spurred on in his new role as Macmillan GP adviser.

'Most of the care Lynda received was excellent. Her Macmillan nurse was great and invited her along to a Macmillan health and beauty day. She came home bubbling – it really lifted her spirits.

'But there were times when we faced communication difficulties within the healthcare system. I'm a GP by profession and even I struggled to navigate the course. I wanted to do something about that, so when I became a Macmillan GP adviser three months before Lynda died, it meant a lot.

'I always try to go the extra mile, because Macmillan went the extra mile for us.'

'One night I remembered that Lynda had left a diary for me. A note in it said, "I hope you enjoy your new job with Macmillan and use your personal experience to help other people."

'That's what inspires me to do what I do. As part of my role I speak out to help improve medical care for people with cancer. I sit on committees, advise on major projects, and give presentations drawing on my experiences.

'I always try to go the extra mile, because Macmillan went the extra mile for us. I can only hope that I'm helping people as much as Macmillan helped us.' 

To support our work and help us fund more essential Macmillan GP advisers like Johnny, text TOGETHER11 to 70550 to donate £5.

News



Our World's Biggest Coffee Morning is almost here and if you've not yet signed up to take part there's still time. Whether it's at work, home or out and about, get friends and family together – on or around 26 September – for a cuppa and a catch up. To sign up visit macmillan.org.uk/coffee

MATCH 4 MACMILLAN



Our new fantastic fundraiser Match 4 Macmillan is now live. And whether you're fanatical about footie or bonkers about bridge, whatever your game, you can do it for Macmillan. Taking part couldn't be simpler: host a match around a sport or activity and raise money for people affected by cancer.

To find out more head to macmillan.org.uk/match



Mr F @MisterMattF – Don't know how we'd have managed without the fantastic support from **@macmillancancer** over the past 8 months. **#Thankyou**

10 SECOND INTERVIEW



We caught up with Catherine McKee from Belfast who won £10,000 in our Macmillan Raffle.

Congratulations on your big win. How are you feeling?

Delighted, amazing, I can't believe it.

Do you have plans to treat yourself with the prize money?

I think I'll go on holiday.

What made you want to support Macmillan?

My friend lost her dad to cancer last year and she ran the Belfast marathon. I have supported Macmillan ever since then and have taken part in a couple of raffles.

Will you be playing our raffle again?

Definitely.



HORSING AROUND

From May to June, staff from Greene King pubs and restaurants raised a staggering £200,000 for Macmillan. One of their brands, Hungry Horse, even took on their very own 'Tour de Horse' fundraiser, which saw employees take on some unusual challenges across the UK.



Kate Green and Claire Golden accept the Deborah Hutton Award from Volunteer Panel Award member Beverly Hurst.

AN EVENING WITH OUR STARS

We held our very first national volunteer awards this year – to say a big ‘thank you’ to some of the exceptional people that support our work.

Among those picking up our awards was the team of volunteers at the Macmillan Cancer Information and Support Centre at Whipps Cross Hospital.

One of its members, Kate, tells us, ‘It’s very flattering for us to win this award. I think it’s recognition that we kept our centre going at a difficult time, as well as for our outreach work in the community.

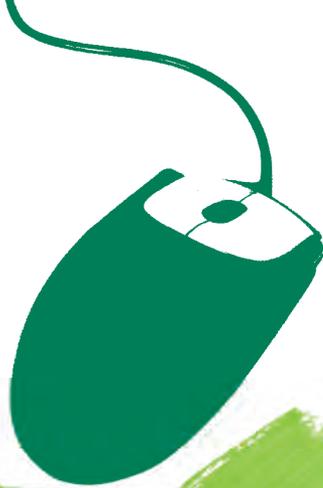
‘I’ve been at the centre from the beginning. It’s great to think I’ve been

able to help someone even in a tiny way just by pointing them in the right direction.

‘The ceremony was also a nice bonding event – all getting to go to the awards together. We’re delighted to have won and we’ll be putting our award up in the centre.

‘On the night we felt privileged and humbled to be among people who had achieved such amazing things for Macmillan. The atmosphere was very positive and hearing about the heroic efforts and contributions of others was awe-inspiring.’ 

To find a volunteering opportunity that suits you visit macmillan.org.uk/volunteering



**OUR ONLINE
MAG IS LOOKING**

FAB

Have you checked out the online version of *Your Mac News* lately?

It has lots of extra content, including some great videos. And the more people who get new editions sent to their inbox instead of their letterbox, the more money it saves Macmillan, which means we can help more people.

To see the online version of *Your Mac News* and to change your mailing preferences, visit macmillan.org.uk/yourmacnews

A FRIEND IN YOUR CORNER

After a cancer diagnosis, many people feel like they've been thrown into a new, confusing world. No one should have to navigate it alone. To make sure older people affected by cancer have someone fighting their corner, we're recruiting people of a similar age to volunteer as their advocates.

In partnership with the Older People's Advocacy Alliance, we've recruited 61 advocates since 2011, but we now aim to increase the number to 330. Advocates are older people who themselves have had cancer experiences. They'll speak up for someone to make sure their voice is heard when decisions are made about their care.

Bob and Brian

Bob has been an advocate for Brian for a year now. As well as supporting Brian with the medical

side of things, he's also there to help to him live a full life. Bob says, 'As an advocate, I'm different from a carer. I'm more of a friend who stands side-by-side with someone like Brian to make sure they get access to the right healthcare services.

'When I first met Brian, he felt like his life was over. Before his cancer diagnosis, he was enjoying a life many of us would envy. Living by the coast, he'd loved sailing on sunny days with friends.

'But all that changed after he was told he had myeloma cancer.

Trapped inside

'Socialising took a back seat to treatments. And for medical reasons Brian's driving licence was taken away too. Soon he was unable to get out and about and was stuck inside his flat all day watching TV alone.

'But I knew I could do something to bring him out of

Bob, advocate for Brian



himself again. And it's then I had an interesting idea.

To understand his problems, the first thing we did was write a list. It was a simple way we could start thinking about getting him back on his feet.'

'Now, because of the help of Macmillan, Brian's become more active.'

Out and about again

"See friends again" was the first idea on the list. So we got on the phone and Brian was amazed how many people really missed hearing from him.

"Go sailing" was another. It must've seemed like so long since he was out on the waves in the fresh air. So we arranged a day out and you could immediately see the difference. He was smiling again.

'Sure, he wasn't able to tick off "Drive again", but I helped him try out one of those mobility scooters. He protested at first – "Only old people use those," he'd say – but after a while he realised he quite enjoyed it.

'Now, because of the help of Macmillan, Brian's become more active in the world around him and is now looking forward to ticking off more and more things from his list.' 



CANCER ISN'T FAIR BUT YOUR BOSS HAS TO BE

People who've had cancer are 37% more likely to be unemployed than the general population. And yet lots of these people want to return to work when they're ready, not least for financial reasons. So what's going on?

Many people living with cancer face unexpected difficulties when returning to work, which can be made worse by a lack of understanding from colleagues and employers. At Macmillan, we're trying to make sure people are supported to return to or stay in their jobs. This includes helping them understand their rights and giving them the information they need to make good decisions.

Working with cancer

Throughout her whole working life, Helen has been affected by cancer. She says, 'I've had cancer six times since 1991 and each time I've been working. Over the past 23 years, I've met with a lot of different reactions from employers. On the whole it hasn't been positive. I've even been offered a job, only to be turned down

after completing medical forms. Some employers don't know how to deal with a cancer diagnosis – all they can see are long absences from the office. At times, I've felt under pressure to perform better than my colleagues and to work longer hours just to prove that I'm capable. I can get very tired but it's easier than dealing with the financial stress of not working.'

The Equality Act

'Talking to Alison from Macmillan helped me understand my rights. I hadn't realised up to that point that cancer is covered by the Equality Act. Understanding my rights gave me the confidence to have a more open discussion with my employer. This meant I could discuss reasonable adjustments, such as flexible working hours, working from home and even more frequent loo breaks.' 

This month, we're campaigning to raise awareness of the rights people affected by cancer have at work. To find out about the range of support we provide, visit [macmillan.org.uk/work](https://www.macmillan.org.uk/work)

FIVE THINGS YOU NEED TO KNOW

- 1** People affected by cancer are protected from discrimination by the Equality Act 2010 (or the Disability Discrimination Act 1995 if you live in Northern Ireland).
- 2** Your employer can't fire or demote you because you have cancer.
- 3** You can't be refused a job because you have cancer.
- 4** If you have cancer, your employer has to make 'reasonable adjustments'. For example, some employers may let you work flexible hours.
- 5** Help is available and we have a free guide you can download. Find out more by visiting [macmillan.org.uk/rightsatwork](https://www.macmillan.org.uk/rightsatwork)

'I FELT LIKE LEEANNE UNDERSTOOD ME.'

When 18-year-old Sophie was going through a tough time, a volunteer named Leeanne made sure she didn't face it alone. They met thanks to a unique online service run with Skype called Macmillan Connected. We spoke to the pair about using the service, the difference it's made and their own experiences of cancer.

How does Macmillan Connected work?



Leeanne: 'It's easy. People looking for support and volunteers provide a small amount of information online. Someone from Macmillan then matches people up who've had similar experiences. Once a help-seeker has chosen a "buddy", they get in touch over email and arrange times to chat on Skype using instant messenger, voice calls or webcam.'

Sophie: 'The volunteers aren't there to judge you. They're simply there to listen and help you through your tough time.'



Leeanne: 'I think a buddy is like a virtual hand that holds yours on a bad day or high fives you on a good one.'

Sophie, can you tell us about your experience?



Sophie: When I was nine, I met an incredible woman in my dad's life called Leigh-Ann. She was his girlfriend and she took me in as her own. She had a brain tumour for nine years and sadly lost her life in January. It was hard for me to accept. Last year, I saw an advert about Macmillan Connected buddies and thought it sounded perfect.'

And Leeanne, why did you become a volunteer?

Leeanne: 'I lost my aunt and uncle to cancer in a short space of time and wanted to turn my negative, angry feelings into something positive. So I started volunteering at a Macmillan drop-in centre, which is where I heard about the Macmillan Connected service.'



What sort of things would you talk about?



Sophie: 'At first, we just got to know each other and would talk about how our days had gone. Then after a while, I started trusting her more and I explained what was going on with my step-mum. Leeanne was there to support me online on the day of my step-mum's funeral.'

Leeanne: 'Sophie had a lot going on. I think she needed to talk to someone who was totally removed from the situation. A listening ear is sometimes the best thing you can offer.'



Sophie: 'I felt like Leeanne understood me and I wasn't alone. She was so helpful. I could express how I felt and it was lovely to know that I wasn't going crazy. It's an incredible service – I'd recommend it to anyone.'

NOTHING SHOULD GET IN THE WAY OF SUPPORT

Imagine feeling like you couldn't get the same support as someone else because of something like your age, postcode or disability. It might be a feeling you've experienced yourself. At Macmillan, we have professionals called Macmillan Involvement Coordinators who work to put this right.

Northern Ireland

Sarah, a Macmillan Involvement Coordinator, is helping set up a group for people with sarcomas, which are very rare cancers. The idea came from Leona, whose fiancée Philip was diagnosed with sarcoma and sadly died seven weeks before their wedding day.

Wales

The Welsh government's cancer delivery plan is their strategy for improving cancer services in Wales. Involvement Coordinators in Wales supported the National Assembly's outreach team to ensure people affected by cancer had their views heard about its progress.

If you're affected by cancer, visit our Learnzone site to access a range of resources. [learnzone.org.uk](https://www.learnzone.org.uk)

Scotland

We're investing in community-led services which, with support from Macmillan, could also offer support to people affected by cancer. Our first scheme here is now offering light gardening activity to help people get active in a relaxing environment.

Scunthorpe

Mother-of-three Joanne was diagnosed with cancer just days before her 36th birthday. With the help of Macmillan, she set up a self-help and support group to meet other young mums in a similar situation.

Northamptonshire

One of our Macmillan Involvement Coordinators, Lisa, helped put on a series of events aimed at reaching diverse communities. This included a women-only event attended by 94 women from African, Asian and Middle-Eastern backgrounds.

London

Raj from Macmillan helped Emma set up a support group for people with cancer who are deaf, deafblind and hard of hearing. It was created after Emma struggled to access the information she needed when she was diagnosed.



Read Emma's story on the next page.



'I NEEDED TO TALK TO SOMEONE IN SIGN LANGUAGE'

Like many people, Emma wanted to go to a support group after she was diagnosed with cancer. But unfortunately, there wasn't one in London for deaf, deafblind or hard of hearing people. So with the help of Raj, a Macmillan Involvement Coordinator, she set one up

Emma tells us, 'Two months after a cyst was removed from my ovary for a biopsy, I was diagnosed with ovarian cancer. Because I have Usher syndrome, meaning I'm profoundly deaf and have a degenerative eye condition, I took along an interpreter to get my results. No words can describe how I felt when I was told it was cancer.

'Despite having great support from friends and family, I felt isolated. I needed to talk to someone in sign language – my natural language. I knew there was a gap in support for people who are deaf, deafblind and hard of

hearing, which is why I contacted our wonderful coordinator, Raj.'

Feeling supported

'Raj has been a fantastic help in setting up a support group. Everyone involved in the group relates to each other because of our communication difficulties and challenges accessing services. We're able to share information, learn from our experiences and offer support to one another.

'Now, two years after my diagnosis, I'm back at work having taken a total of 10 months off. I work at the charity Sense and my boss has been absolutely brilliant, arranging for things like a phased return. I'm just starting to feel more energetic and finally the true Emma is emerging.' 

Work and cancer

Has cancer affected your working life? Read about your rights at work on page 10.



Tom's gift

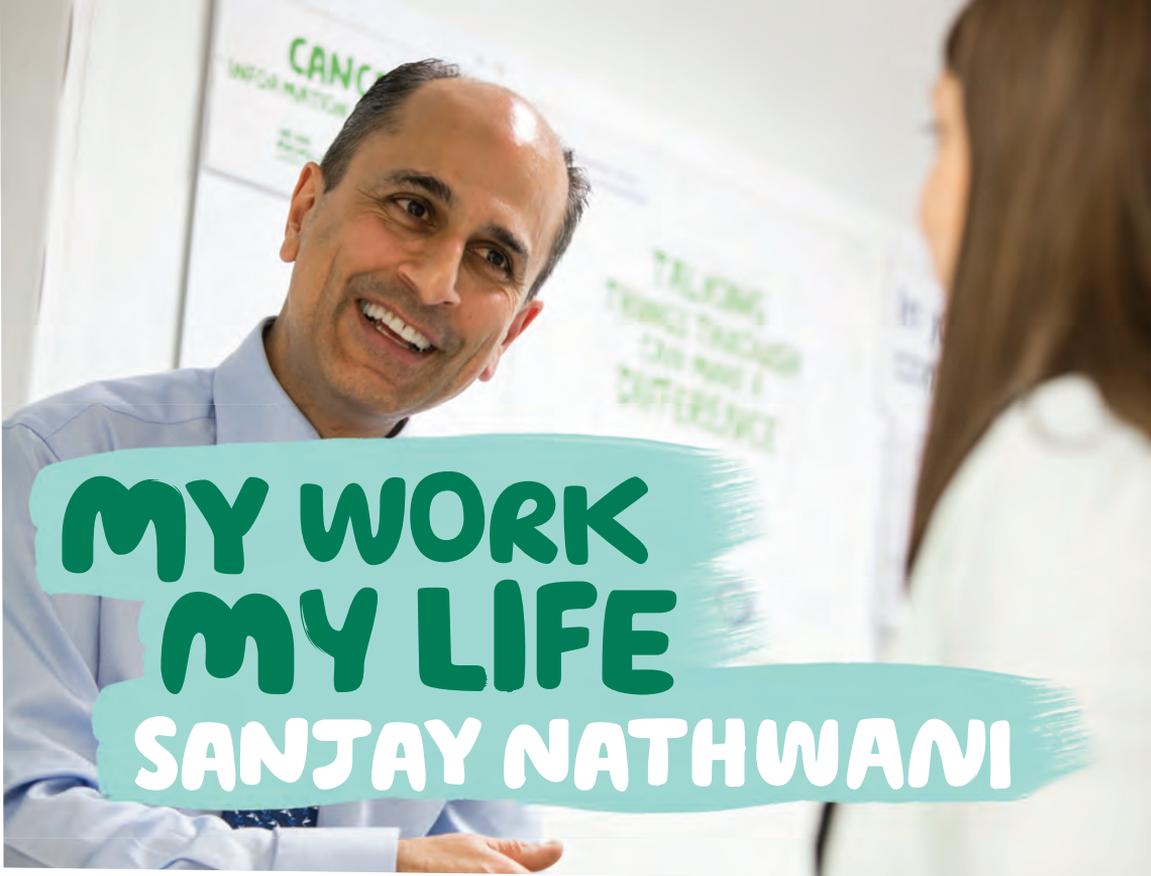
Tom and his mum

GIVE A CHILD A SPECIAL PRESENT

Tom was diagnosed with a malignant brain tumour weeks before his fifth birthday. During this difficult time, one thing that made him smile was a present. His mum, Corisande, wanted other children with cancer to also have something to enjoy, so the Tom Grahame Trust joined Macmillan to create Tom's Gift.

Tom's Gift includes a £30 Debenhams gift voucher for the young person to spend in-store or online on anything they'll find fun and enjoyable. Plus, every pack contains a small mystery gift and information for their parents or carers explaining how Macmillan can support them.

To give Tom's Gift to a boy or girl with a malignant brain tumour, please download and complete a simple form from [macmillan.org.uk/tomsgift](https://www.macmillan.org.uk/tomsgift)



MY WORK MY LIFE

SANJAY NATHWANI

Meet Sanjay, a Boots Macmillan Information Pharmacist working in a Boots UK store in London. He tells us about the ways he supports people affected by cancer and the reasons he loves his job.

'I've been a pharmacist for 23 years,' Sanjay says. 'It might sound like a cliché, but I chose this profession because I wanted to make a difference. When the Boots Macmillan Information Pharmacist role came about it was a no-brainer. Why wouldn't you want to help someone going through a difficult time?'

'As a Boots Macmillan Information Pharmacist, I offer support and information to help

people affected by cancer look after themselves. This could be by supporting someone who's been diagnosed, helping someone recognise the symptoms of cancer or by guiding people to local support.'

Community presence

'You get to know your patients when you're in the community – they trust you. Sometimes talking about cancer isn't easy and it just

For more information about the Boots Macmillan partnership and to find your nearest Boots Macmillan Information Pharmacist, visit macmillan.org.uk/boots



what gets me up in the morning.

'I'll often check in on people by ringing them up just to say, "How are you doing? Are you okay? Would you like to have a chat?" It's about going the extra mile. Each patient is unique and their requirements are different.'

Seeing the difference

'One man I saw recently was in a quite anxious state – he'd just been diagnosed and there was a problem with his prescription. I was there to listen to him and to say, "Don't worry, I'll take care of it." I spoke to a member of his oncology team and his wife came in to thank me a few days afterwards.

'People have told me that it's great we're available on the high street, in the places where people living with cancer actually are. Because cancer care shouldn't stop at the hospital.'



To hear more from Sanjay, watch our video at macmillan.org.uk/yourmacnews

comes up when you're chatting about other things. It's a great feeling once you help someone and they feel like they can take more ownership of their condition.

'I'm not an oncologist, but I can reduce someone's anxiety by listening to them and telling them about available support. I love being able to bring a smile to the face of someone who's having a traumatic time. It's

Training more people like Sanjay

Macmillan is training more and more Boots Macmillan Information Pharmacists every year. The training they receive will help them support people affected by cancer with the wide range of issues they may face.



BIG STEP FORWARD



Walking can help people manage the consequences of cancer and its treatment and it can also reduce the risk of recurrence of certain cancers. That's why we joined forces with the Ramblers to run Walking for Health, a free England-wide programme.

But it's not just your health that can benefit, says Sandra Sayce who began walking after her treatment for malignant melanoma. It's your social circle and your confidence too.

Sandra says, 'When you have cancer, you can feel very isolated. I did. But eventually I was ready to get fit and reconnect with the world. When I spotted a Walking for Health leaflet in my local library, it was a now-or-never moment.

'The friendly group welcomed me

to my first walk with open arms and I was soon back for the next one. It became addictive and before I knew it, I'd trained as a volunteer walk leader myself.

'I feel healthier now, but the benefits are more than just physical. I've developed a real appreciation of nature, I've met friends for life and I've gained the confidence to go and chat to complete strangers. I feel like I've found the real me again.' 

Find walking schemes near you:

England

[walkingforhealth.org.uk/
yourmacnews](http://walkingforhealth.org.uk/yourmacnews)

Scotland

pathsforall.org.uk/yourmacnews

Wales

letswalkcymru.org.uk/yourmacnews



WHO'S CARING FOR THE CARERS?

Not enough people providing care to family and friends with cancer are getting the support they need. And unless something changes, people will continue struggling unnecessarily. That's why we're running a campaign to help the NHS and local authorities recognise and support carers at the earliest opportunity.

Joe and Melita

Joe, whose wife Melita has cancer, says, 'You know, I don't think I ever sat down and thought, "Oh, I'm a carer." It just sunk in gradually.

'Nothing prepares you for the role – suddenly you're thrown in the deep end and you don't know how your day or week or year is going to be.

'I don't always know what to do or where to go for help. There are no

signposts. I mean, I didn't realise for a long time that I could actually claim a carer's allowance.'

Giving guidance

Carers like Joe are simply not being identified and told about support. To make sure more is done, Macmillan is publishing a new report with recommendations to the government and NHS England.

Joe tells us, 'At the moment, you don't hear much about carers. It's not that we want praise but we need the government to raise our profile. And we need to have signposts so we know who to contact for help.' 

If you'd like to know more about how Macmillan supports carers, call **0808 808 00 00** or visit macmillan.org.uk/carers



DATES FOR YOUR DIARY

Go **SOBER**TM FOR OCTOBER

Want to sleep better, cure your hangovers, show off your willpower and raise a huge amount of cash for people affected by cancer? Easy – stop drinking. It works. Join thousands of others across the nation by getting sponsored to say ‘bye-bye’ booze, ‘laters’ to liquor or ‘whatever’ to wine for the entire month of October.

Find out how today at gosober.org.uk

To find out about all of our fundraising events below, visit [macmillan.org.uk/events](https://www.macmillan.org.uk/events)



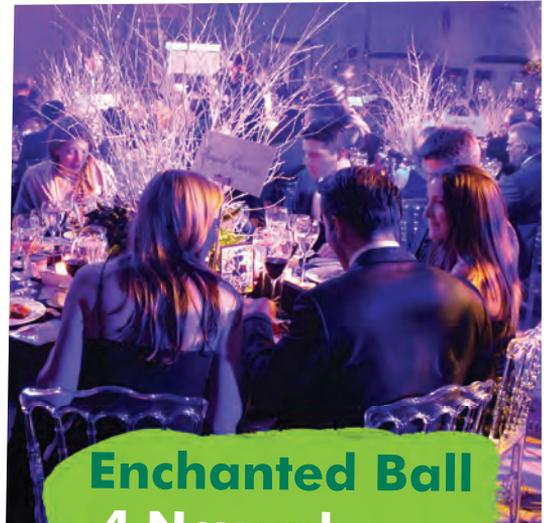
**Macmillan
Brownlee Triathlon**
21 September



Grim Duathlon
18 October



**De'Longhi
Art Auction**
21-27 October



Enchanted Ball
4 November



850 MILES. ONE GUY. LOTS OF RUNNING.

Steve is doing something rather special. He's running 850 miles in just six months for Macmillan – the same as the distance between Paris and Loch Ness. And if this wasn't enough, he ran a half marathon and full marathon in one day, which followed a 5k and 10k the day before. We caught up with him to hear his story.

Steve, can you tell us about your challenge?

'I lost my dad to oesophageal cancer last year and he inspired me to take up running when I was younger, so I'm doing this in his memory. I started at the Paris marathon in April and will finish at the Loch Ness marathon in September. In between, I also ran four different races in one weekend at the Edinburgh Marathon Festival.'

What's it like running 39 miles in one day?

'It's hard. There were two hours between the start of the half marathon and full marathon in Edinburgh, so I had to complete the half in 90 minutes. One of my friends then picked me up on their motorbike and drove me back to the start line.'

'On the way, we hit traffic and every light was red. I got back just as the official was about to take away the timing mats from the start line. I jumped off the bike and sprinted 300 metres to get there – it was skin of the teeth stuff.'

What did you feel after the Edinburgh marathon?

'Elation. Total elation. Another feeling was relief. That it was over. That I didn't have to run anymore. It took me a while to get my head around the size of what I'd achieved.'

'Every time I finish a race, I thank my dad. That's basically what I did crossing the line in Edinburgh. My dad would've thought I was mad but I know that he would've been really happy.'

Did your achievement in Edinburgh cause a stir?

'My challenge was picked up by the local press and I was interviewed on the radio. In a way, I got more publicity than the winner. It was absolutely mad. After the marathon, my wife overheard some girls talking about my challenge and said to them, "Oh, actually, that's my husband."

Would you like to say a bit about your dad?

'My dad was a strong, happy man who enjoyed life and took everything in his stride. Macmillan was very supportive of him and helped make a difference through his short journey. Because of that, I wanted to give back.'



Steve and his Dad Harry

What would your tip for other runners be?

'Everything is possible – if you can dream it, you can do it.' 

Could you take on a challenge for Macmillan? Check out our range of fundraising events at [macmillan.org.uk/challenge](https://www.macmillan.org.uk/challenge)



**Bunting bag
MCS1365**

Let us help you carry the load with our Macmillan bunting bag.
£5.00

MACMILLAN MUST-HAVES

**FREE
P&P**

We've handpicked a selection of Macmillan essentials for you to show your support for our work and raise money for people affected by cancer. As a *Your Mac News* reader, you'll also get free postage and packaging with your order.

(If you're shopping online, please just enter the code **PROMO1** at the checkout.)

To order these Macmillan must-haves by post, please complete the tear off form and send it our way. Or if you'd rather place your order online or want to see our full collection, visit macmillan.org.uk/shop



**2015 Macmillan calendar
MCS1444**

Organise your year ahead with our Macmillan 2015 calendar.
£5.00



**2015 Macmillan diary
MCS1486**

Take our support everywhere you go with our Macmillan 2015 diary.
£5.00



**Christmas Scotty dog card
MCS1459**

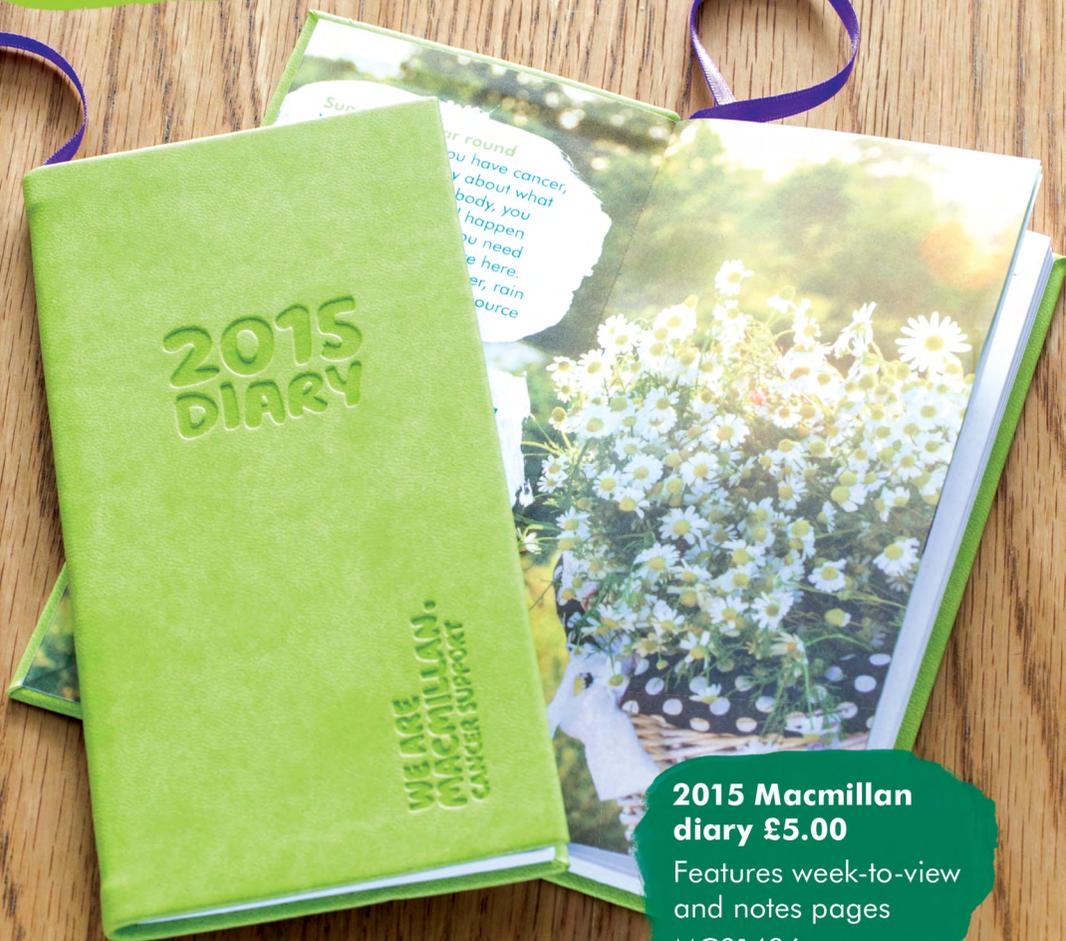
Wish friends and family a very Merry Christmas with our fetching Scotty dog card. Greeting: Merry Christmas
Pack of 10 cards 12cm x 12cm
£4.00



**Water bottle
MCS1420**

Keep hydrated and show everyone you're part of Team Macmillan with our easy-grip water bottle.
£5.00

SHOP TO CHANGE LIVES



**2015 Macmillan
diary £5.00**

Features week-to-view
and notes pages
MCS1486

Our shop is packed with a range of Macmillan must-haves, cracking Christmas essentials and great ways to get organised – including our 2015 Macmillan diary.

Browse our full range today at macmillan.org.uk/shop