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For immediate use

Sheffield surgeon gears up for 900 mile charity cycling challenge

A Sheffield Urology Surgeon is going the extra mile for charity by cycling across France to raise thousands of pounds for Macmillan Cancer Support.

Derek Rosario and wife Amanda get on their bikes on 4 July to begin the daunting ride which involves cycling 100 miles a day across challenging West European terrain.

The reason for the charity ride is to help raise the profile of the Macmillan Cancer Support Survivorship work that is being undertaken across Sheffield.

The Macmillan Cancer Support Survivorship Partnership is working to ensure that people living with and beyond cancer are leading as healthy and active a life as possible. A key part of Survivorship Work in Sheffield is to encourage cancer survivors to be 'active everyday' to help support their cancer recovery journey.

Derek and Amanda are already well on their way to hitting their five thousand pound target. The money raised will support Macmillan's work to improve the lives of people living with and beyond cancer.

Derek said: “The enormity of the challenge is slowly dawning on us. The toughest part of the journey will be cycling through the mountains. I am hoping the spectacular views will take our minds off the gruelling climbs.

“We are fairly new to cycling but we have done a bit of training to prepare for the challenge. I cycle two miles to work daily, which is slightly different to riding hundreds of miles across Western Europe! The hills of Sheffield have been ideal for training, so we are all set and raring to go.

“I really believe in what Macmillan Cancer Support does with their work around Survivorship and the recovery package. I have already noticed the positive difference it is making in the redesign of urology services. The money raised will make a positive difference to the lives of so many people living and beyond cancer.

“The weather forecast for the week we ride is predicting sweltering temperatures, so water and sun cream are the order of the day. I would like to thank the people who have already kindly donated money. We are well on the way to meeting our target, which is great news. We know the ride will be hard work but we also hope it will be an enjoyable and fun experience.”

Sandra Clarkson, Macmillan Development Manager, said: “The Macmillan Survivorship Partnership work is already making a positive difference to thousands of people in the region. The money Derek and Amanda raise will help make life better for people living with and beyond cancer across Sheffield. Whilst we have already achieved significant positive changes there is still lots to do and this challenge will help us to continue this work locally.”

“I would like to wish them every success with their ride. They are going the extra mile for Macmillan Cancer Support and I have nothing but respect and admiration for them. Every mile ridden and every penny raised will make a big difference.”

Background information

1. The Macmillan Cancer Survivorship Programme links up with key partners like Clinical Commissioning Groups, local authorities and the voluntary sector to deliver better outcomes for people living with and beyond cancer across South Yorkshire, Bassetlaw and North Derbyshire.
2. There are two million people living with or beyond cancer in the UK with the figure set to rise to four million by 2030. This number is increasing due to an ageing population, better treatments and earlier diagnosis through screening programmes - which means people are living for longer and the fact that fewer people are dying of cancer.
3. Further information on the Survivorship Programme can be found at <http://www.macmillan.org.uk/SurvivorshipPartnership.aspx>.
4. More information on the Sheffield Active Everyday Project can be found here <http://www.movemoreshffield.com/active-everyday>
5. Urology is a surgical speciality covering the diagnosis and treatment of disorders of the kidneys, urethra, bladder, prostate and male reproductive organs. The service in Sheffield is based at the Royal Hallamshire Hospital.
6. Derek and Amanda will be undertaking the bike ride between 4 July and 13 July. <https://www.justgiving.com/Derek-Rosario>
7. You can follow information on the Survivorship Programme and updates on Derek and Amanda's journey on Twitter @MacPRnorth

For further press information contact Michael Brooke, Communications Lead, Macmillan Cancer Support on 07850 775537 Twitter [@MacPRNorth](#)

Further Information

Over a million people who look after a loved-one with cancer are potentially missing out on vital support and benefits, according to new research by Macmillan Cancer Support.

If you're caring for someone with cancer and need information or support, call 0808 808 00 00 or visit www.macmillan.org.uk/carers

About Macmillan Cancer Support

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. At Macmillan, we know how a cancer diagnosis can affect everything and we're here to support you through.

From help with money worries and advice about work, to someone who'll listen if you just want to talk, we'll be there. We are millions of supporters, professionals, volunteers, campaigners and people affected by cancer. Together we make sure there's always someone here for you, to give you the support, energy and inspiration you need to help you feel like yourself again. We are all Macmillan.

No one should face cancer alone. Call us free on 0808 808 00 00 (Monday to Friday, 9am–8pm) or visit macmillan.org.uk