

TEAM MACMILLAN NEWS

WE ARE
MACMILLAN.
CANCER SUPPORT

26 MILES, ONE DAY, LOTS OF LIVES CHANGED

The Trekathon Challenge begins...

Welcome to your first edition of Trekathon News! We're delighted that you've chosen to support Macmillan by taking part in our very own 26-mile hike from Stonehenge to Avebury on 10 August 2013.

Our aim with this pack is to make sure you have all the support you need regarding training and fundraising, as well as lots of information about Macmillan and the challenge itself.

We hope the knowledge that you're helping make a difference to the lives of people living with cancer will make the experience even more rewarding and memorable.



Left:
And they're off....!

The Macmillan team

If you have any questions or concerns about the challenge, or any ideas you wish to discuss with us in the lead up to the day, we are here to help! Simply get in touch with **Sarah or Margaret** (the Hiking team) at hiking@macmillan.org.uk or on **020 7840 7887**.

Office hours are Monday to Thursday 9-5 and Friday 9-4.30

Macmillan Cancer Support, 89 Albert Embankment, London, SE1 7UQ
Questions about living with cancer? Call free on 0808 808 00 00 or visit macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales number 261017, Scotland number SC039907 and the Isle of Man number 604.

Discover Adventure

Macmillan has been working with tour operator Discover Adventure since 1997. DA has consistently delivered safe, enjoyable, tailor-made trips for us. DA will be responsible for the ground arrangements, and will provide our tour leaders and doctor for the trek.

The hike

Our route from the ancient site of Stonehenge to Avebury takes us through some of England's most stunning scenery, with a fantastic bunch of people. However, be prepared that it will be tough at times. Depending on your individual fitness levels, you could be walking for between 8 and 11 hours.

Of course, there will be plenty of opportunity to rest, enjoy the view and take photos throughout the day.

How fit will I need to be?

This is a strenuous event and you will need to be fit to take part. The more training you do to build up your stamina and fitness levels, the more you will enjoy the experience. And it's never too early to start. To help you plan your training we've enclosed a detailed training guide.

Kit

On the day, you will need a day-pack to carry things like water, wet-weather gear, camera, packed lunch etc. Please bear in mind that you will be walking for a long time so it is important that you are comfortable and prepared.

If you need to buy trekking kit, leading outdoor retailer Cotswold Outdoors offers 15% off all non-sale/promotional purchases made by Macmillan Challenge Eventers. Whether buying in store or online, just quote the discount code AF-DADV-T3. For more details, call them on 01285 643434 or visit their web site cotswoldoutdoor.com.

Top Tip: If you need to buy new walking boots, get them well in advance and make sure they are well worn in. Wear them round the house, to work - not just when out training - this way they will be comfortable by the time you set off for your Trekathon.

Facebook

Macmillan now has its very own facebook pages dedicated to people who are taking part in exciting hiking events like yours. Join up today and keep in touch with Macmillan and your fellow Challenge Eventers. It's a great place to make friends, swap fundraising and training tips and share photos and ideas. Simply visit facebook.com/macmillanhikingevents



Left – top to bottom:
The impressive stone circle at Stonehenge;
which way now?;
enjoying a well-deserved rest!

Fundraising

We are so grateful that you have chosen to fundraise for Macmillan by taking part in our Trekathon. Our aim is to raise **£40,000** from this event.

To achieve this, we are asking everyone to try to raise at least **£175** - and hopefully much more! In this way, you really can make a huge difference. Check out the back page of this newsletter to see just how much your sponsorship could help.

We've enclosed a guide with this pack to give you some ideas to get you started with your fundraising. From our experience and those of previous participants, simple ideas are often the best.

Also included are forms to order fundraising materials – balloons, posters etc – and collection tins. Please allow plenty of time before your fundraising event for items to be posted.

Justgiving This is a great way to boost your fundraising and publicise what you are doing. Details on how to set up your page are in the fundraising guide; email everyone you know, and ask them to donate via your Justgiving page. The money is transferred directly to Macmillan and credited against your record.

Gift Aid Do ask everyone who donates off-line, ie at an event, to fill in your sponsor form. For every £1 donated, Macmillan can claim 25p back. While the money cannot be added to your individual total, it will help make a real difference.

Sending in donations Details on this are in the guide, but if you have any questions, please just call.

What is it all for?

You will be asked more than once in the coming weeks why you have chosen to take part in a Macmillan Challenge. Of course, the Trekathon itself is hugely rewarding and will leave you with some fantastic memories.

But more importantly, the money you raise really will make a difference to the lives of people living with cancer in the UK. Your sponsorship will help Macmillan to provide the expert care and practical support that they and those close to them most need.

And finally

We'd like to wish you the best of luck with the coming months. Remember, we are here to support you so please let us know if you need any help or advice along the way. With your help we'll be able to reach even more people affected by cancer so that no-one has to face cancer alone.

“Start early and use all the contacts you have. Organise fun events and you'll be amazed how generous people will be. Don't be afraid to ask, remember you are not asking for yourself but for people affected by cancer and their families”

Caroline, Challenge Participant

**THANK
YOU
FOR YOUR
HELP**

How your money can help

38p could pay for a copy of our *Emotional effects of cancer* booklet. This booklet talks about the different emotions you may experience following a diagnosis of cancer, including worry, anxiety, anger and sadness.

Every **£10** we spend on our phone service could lead to our cancer support specialists helping people affected by cancer claim £332 in benefits they are entitled to.

£25 could pay for someone to get help from the Macmillan Support Line. That means free information and emotional support for people living with cancer.

£56 could pay for a Macmillan Grant that buys a liquidiser for someone who can't eat solid food as a result of their cancer or treatment.

£157 could pay a Macmillan Grant that covers the cost of a person's travel to hospital for treatment.

£400 could cover an equipment grant for a Macmillan professional. This could buy specialist kit, such as a speech aid, to make a world of difference to someone affected by cancer.

£866 could pay for a Macmillan rehabilitation support team for a day. This is around five professionals who would provide a range of rehabilitation support, such as physiotherapy and advice on diet, to help people living with cancer.

£2,823 could fund a Macmillan cancer information and support officer for a month, meaning more people affected by cancer will have someone to answer their questions and talk to about their concerns.

£4,132 could pay for a Macmillan nurse for a month, helping people living with cancer and their families receive essential medical, practical and emotional support.

£11,846 could operate the financial element of our phone service for a week. In this time, our cancer support specialists could, on average, deal with 190 cases and help secure £393,495 in unclaimed benefits.

£32,579 could pay for one of our Macmillan Mobile Cancer Information Centres for an active month. In this time, the centre, on average, will be visited by 1,321 people.

These are just some of the ways your support can help.

