

# WHAT'S ON



## Oxfordshire & Buckinghamshire

### Your guide to what's on in Oxfordshire and Buckinghamshire in 2013

If you'd like to submit your own events please contact your local Fundraising Manager (details opposite) and they will ensure your event is in the next issue.

Macmillan always need your help, whether it is organising an event, volunteering at an event or attending one, we'd love to hear from you so get in touch. Please go to the end of this newsletter for a full list of current volunteering opportunities.

Your Ox and Bucks team,  
Stella, Sara and Lizzie ☺



**Stella Krajewski**  
Area Fundraising Manager  
Oxfordshire & Buckinghamshire  
  
07976 424 127  
[skrajewski@macmillan.org.uk](mailto:skrajewski@macmillan.org.uk)



**Sara Rawnsley**  
Oxfordshire Fundraising  
Manager  
  
07734 165620  
[srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk)



**Lizzie Musgrove**  
Buckinghamshire Fundraising  
Manager  
  
07595 091290  
[emusgrove@macmillan.org.uk](mailto:emusgrove@macmillan.org.uk)



**Fundraising Support Centre**  
  
0300 1000 200  
[fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

### Keep in Touch

You can keep in touch with our team in the following ways:



MacmillanOxfordshire  
MacmillanBuckinghamshire  
MacmillanActive



MacOxBucks



**Local website pages:**  
[macmillan.org.uk/oxfordshire](http://macmillan.org.uk/oxfordshire)  
[macmillan.org.uk/buckinghamshire](http://macmillan.org.uk/buckinghamshire)

**Local email:** [Oxfordshire@macmillan.org.uk](mailto:Oxfordshire@macmillan.org.uk)  
[Bucks@macmillan.org.uk](mailto:Bucks@macmillan.org.uk)



**Fundraising Support Centre**  
For general enquiries and help  
Call: 0300 1000 200  
[fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

**Macmillan Cancer Support**  
FREEPOST LON15851 | 89 Albert Embankment | London SE1 7UQ  
Fundraising Support Centre Tel: 0300 1000 200 Email: [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

## Anyone, Anywhere, (nearly) Anytime!

### Dine for Macmillan

Dine for Macmillan is a simple way to give your friends a great night and people affected by cancer more good days. It couldn't be easier to take part - all you have to do is host a dinner party, ask your guests for a donation instead of bringing flowers or chocolates and then have lots of fun.

To take part or for further information go to:

[www.macmillan.org.uk/dine](http://www.macmillan.org.uk/dine) or

Call Stella: 07976 424 127 or

Email: [skrajewski@macmillan.org.uk](mailto:skrajewski@macmillan.org.uk)

### Miles for Macmillan

Walking is a great way to get some fresh air, exercise proven to help you reduce your risk in getting cancer and also to help you through your cancer treatment. It's also a great way of making friends, spending time with those you love as well as making some money to help Macmillan help others.

Either take part in one of our organised walks, or get your friends together and arrange a walk yourself. For further information of how to get involved go to:

[www.macmillan.org.uk/Fundraising/Walkingevents](http://www.macmillan.org.uk/Fundraising/Walkingevents)

Or call one of the team.

### Golfing events

Take part in one of our golf challenges and you will be helping to raise money for people affected by cancer. If golf is your passion visit our website for different ways to get involved: [www.macmillan.org.uk/Fundraising/Golfevents/GolfEvents](http://www.macmillan.org.uk/Fundraising/Golfevents/GolfEvents)

### Running events

Pick up the pace and run for Macmillan.

Whether you are a seasoned runner looking for a big challenge or just running for fun we have something for you. For further information

[www.macmillan.org.uk/Fundraising/Runningevents/RunningEvents](http://www.macmillan.org.uk/Fundraising/Runningevents/RunningEvents)

## April

### Freewheeling Spring Ride

**21-4-13**

Abingdon

Part of the 4<sup>th</sup> annual Abingdon Spring Cycle Festival this 80km cycling event starts from Abingdon at 10am. It is a general route which

goes through the Vale of White Horse with a control at Longworth Village. The entrance fee £4 or £6 when entering online, please be aware that entries should arrive at least 2 weeks before the event.

[www.aukweb.net/events/detail/13-496/](http://www.aukweb.net/events/detail/13-496/)

### A Really Good Night In

**26-04-13**

Make time for what really matters to you and your friends and family and have some fun along the way. You can take part in one of three ways:

- Get art and crafty
- Wine & cheese
- Pamper Evening
- For more information please call the fundraising support centre on 0300 1000 200 or email

[fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

### Virgin London Marathon

**21-04-13**, London

Arguably the most renowned marathon in the world! To get involved or to help support our runners please get in touch with the team:

[Oxfordshire@macmillan.org.uk](mailto:Oxfordshire@macmillan.org.uk)

[bucks@macmillan.org.uk](mailto:bucks@macmillan.org.uk) or see our website

here:

[www.macmillan.org.uk/Fundraising/Runningevents/RunningEvents](http://www.macmillan.org.uk/Fundraising/Runningevents/RunningEvents)

## May

### Milton Keynes Marathon

**06-05-12**, Milton Keynes

Run the first Milton Keynes marathon started by Olympic marathon runner and common world games medallist, Liz Yelling and challenge yourself to make a difference in this Olympic year! For further information

Call Lizzy: 07595 091290 or

Email: [emusgrove@macmillan.org.uk](mailto:emusgrove@macmillan.org.uk) .

### Chalgrove Festival 10k

**06-05-13** Chalgrove

May Bank Holiday, why not do something amazing for Macmillan? Chalgrove Festival 10K is run in support of the annual Chalgrove Village Festival and the course is an undulating 10K single lap race through local villages. Register online :[www.chalgrovefestival10k.com](http://www.chalgrovefestival10k.com)

## Wallingford Go Green for Macmillan Week.

**Saturday 11-05-13**, Wallingford

To promote Macmillan Cancer Support, Wallingford will be going green for one week. The cancer information bus will visit on the Saturday for information and support to anyone affected by cancer.

## Wallingford Thames 10K

**26-05-13** Wallingford

The Wallingford 10K Thames Run is organised by Thames Run Committee and is open to all. On the day registration opens at 8.30am behind the Manor House and closes at 9.30am. The race starts at 10am and goes along the Thames and around Wallingford itself, including two water points. On the Manor House grounds there shall be a Bouncy Castle and other attractions to keep the children entertained too. For further information contact your local fundraising manager, Sara Rawnsley 07734 165620 or email at [srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk).

## Henley Swim

**30/05/2013**, Henley, Oxfordshire

We are proud to be the chosen Charity partner of the **Henley Swim**, home of the Henley Classic, the now iconic sunrise swim along one of the most famous and beautiful stretches of river in the world, the Henley Royal Regatta Course. This year they're holding four very different and exciting open water swimming events, which will cater for both experienced open water swimmers who are looking for their next challenge, and swimming enthusiasts who are looking to take their first plunge into open water swimming. To sign up visit their website [www.henleyswim.com](http://www.henleyswim.com) or if you would like to come along and cheer call Sara on 07734 165620 or email [srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk)

## Handy Cross Runners, Marlow 5K

**TBC**, Marlow

Looking for a spring personal best, here is a fast flat race to bring a smile to your face. Starts right next to the river Thames. To take part or to get involved Call Lizzie: 07595 091290 or Email: [emusgrove@macmillan.org.uk](mailto:emusgrove@macmillan.org.uk) .

# June

## Open Swim

**09-06-13**

There are so many opportunities to swim for Macmillan in the Thames, To find out more information visit:

[www.f3events.co.uk/general/open-water-swimming](http://www.f3events.co.uk/general/open-water-swimming)

## MG Live

**Sat and Sun 15 and 16-06-13**, Silverstone

The MG annual car festival and rally held at the infamous F1 Silverstone circuit. Come along with your family and enjoy browsing hundreds of vintage MG cars, watch track racing or take a helicopter ride, not to mention perusing 150 stalls and other attractions.

£1 from the sale of every £5 programme will be donated to Macmillan.

To register your interest or to volunteer contact Sara Rawnsley 07734 165620 or email at [srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk).

or for more details on the event visit the MGLive website: [www.mglive.co.uk/](http://www.mglive.co.uk/)

## Cholsey Opera

**Sat 22**, Cholsey

Hosted by Thomas Homes, come and enjoy a fabulous evening of opera and remember to bring along a picnic.

Tickets costs £10. For further information contact Sara Rawnsley 07734 165620 or email at [srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk).

## Dress Up & Dance

**21-06-13**: Coming to a school near you

Join Primary schools across the UK to Dress Up and Dance and raise money for families affected by cancer. Go to the following link to order your free kit!

[www.macmillan.org.uk/Fundraising/SchoolsandYouth/DressUpandDance](http://www.macmillan.org.uk/Fundraising/SchoolsandYouth/DressUpandDance)

## Tesco Store Collection

**28 and 29-06-13**

Oxford, Bicester, Princess Risborough, Buckingham, High Wycombe, Milton Keynes, Aylesbury, Amersham, Gerard's Cross, Aylesbury

If you can spare a couple of hours we're looking for volunteers to help collect at some point over these two days at any of the above locations.

If you can help then get in touch with any of us or call the fundraising support centre on 0300 1000 200 or email

[fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

## Cyclella Woburn Abbey

**30-06-13**, Woburn

Cyclella Bedfordshire is held at the Wonderful Woburn Abbey featuring a 40K route. This event is for women only and is a great way to raise funds whilst having fun with friends and challenging yourself on a superb scenic ride. To get involved or to take part go to [www.cyclella.co.uk](http://www.cyclella.co.uk) and select Macmillan as your charity.

## Barbury Bash 210km /160km /110km

**30-06-13**

Take the challenge of 210km or opt for the slightly shorter 160km or 110km cycle from Milton, Abingdon, Join the scenic cycle ride to the iron-age fort of Barbury Castle .

To register visit:

<http://www.aukweb.net/events/detail/13-494/> at least two weeks before the event.

## July

### Moulsford Lunch

**01-07-2013**, Moulsford

A prestigious and luxury shopping and lunch experience from an eclectic, hand selected group of stall holders. Restricted tickets. For more information contact: Sara: 07734 165620 or Email: [srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk)

### Thames Ring 2013

**03-07-13 to 07-07-13**

This is the third edition of the longest non-stop trail race in Britain. The Thames Ring follows the Thames Path to Brentford, the Grand Union Canal to Braunston, the Oxford Canal to Oxford and the Thames back to Streatley. The actual distance of Thames Ring is just over 248 miles. The time limit for finishing has been set at 100 hours which expires at 1 pm on Sunday 7<sup>th</sup> July. Very limited places: register online today [www.tra-uk.org/thames-ring](http://www.tra-uk.org/thames-ring) and then email the team to let us know at [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)

### The Big Marlow River Swim

**14-07-13** Marlow

Dip your toes in the Thames.

The Marlow Swim at Higginson Park is part of the Thames Open Water Swim Series where there are four locations to choose from among some of the most famous stretches of the River Thames.

For further information and to register your swim visit our website at

<http://www.macmillan.org.uk/Fundraising/Swimmingevents/Doingyourrownthing/Doingyourrowwthing.aspx>

or contact our Swimming team [swimming@macmillan.org.uk](mailto:swimming@macmillan.org.uk) or call 020 78404619

### Handy Cross Runners

#### The Grant & Stone Wycombe 10K and Half Marathon.

**15-07-12**, High Wycombe

You may not score a personal best on this undulating course, but you will enjoy great scenery on the rural route. If you're not ready for the half marathon then why not try the 10K.

To take part or to get involved

Call Lizzy: 07595 091290 or

Email: [emusgrove@macmillan.org.uk](mailto:emusgrove@macmillan.org.uk) .

## August

### Marlow Swim

**25-09-13** Marlow

Open water swimming in the Thames is an amazing challenge whether you are an elite or a beginner and taking to the water from the grassy banks at Marlow is an unforgettable experience. For further information on how to register contact our fundraising support centre on 0300 1000 200 or email our swimming team at [swimming@macmillan.org.uk](mailto:swimming@macmillan.org.uk).

## September

### Milton Keynes Big Fun Run

**02-09-12**, Milton Keynes

With an expanded programme for 2012, the Big Fun Runs are a great way to get active and get out and about in some of the UK's greatest cities. This is a Fun Run in Milton Keynes' Willen Park, looping around the lakes.

To get involved or to take part go to

[www.macmillan.org.uk](http://www.macmillan.org.uk) and search Milton Keynes Big Fun Run.

### The Oxford Ultra

**06-09-13** Oxford

The Oxford Ultra is organised by Ultra Running Limited and is open to runners, walkers, and teams of 3 or 4.

[www.ultrarunningltd.co.uk/oxford-ultra](http://www.ultrarunningltd.co.uk/oxford-ultra)

67.5 miles – are you up for the challenge?

## The Windsor Ultra

**07-09-13** Windsor

The Windsor Ultra is organised by Ultra Running Limited and is open to runners, walkers, and teams of 3 or 4.

[www.ultrarunningltd.co.uk/windsor-ultra](http://www.ultrarunningltd.co.uk/windsor-ultra)

43 mile ultra marathon, what more do you need to know?

## Tough Mudder

**21-09-13 22-09-13**

Ever fancied being in the Special Forces? Are you prepared to test your all around strength, stamina, determination, and camaraderie? This is a hardcore 10-12 mile obstacle course.

Tough Mudder has already challenged half a million inspiring participants worldwide. You'll unlock a true sense of accomplishment, have a great time, and discover a camaraderie with your fellow participants. Dare you sign up?

[www.toughmudder.co.uk/events/london-south-2013/](http://www.toughmudder.co.uk/events/london-south-2013/)

## Blenheim Horse Trials, Woodstock

**12 - 15-09-13**, Woodstock

The only horse trials in Europe to be set against the backdrop of a working palace, Blenheim Horse Trials is one of the most prestigious events in the Oxfordshire calendar. Macmillan will be providing additional entertainment and activities so if you'd like to volunteer get in touch. go to enter the code **xxxx** at checkout.

Call Sara to volunteer: 07734 165620 or email:

[srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk) or For further information or tickets visit the Blenheim Horse

Trials website [www.blenheim-horse.co.uk](http://www.blenheim-horse.co.uk)

## The World's Biggest Coffee Morning

**27-09-13** Anywhere and Everywhere!

Macmillan's biggest fundraiser is a great excuse for getting together with friends, neighbours, and people at work and enjoy some cake and coffee whilst raising money. Get involved and take part by going to [macmillan.org.uk/coffee](http://macmillan.org.uk/coffee) or give us call to find out more.

For Oxfordshire. call Sara: 07734 165620 or Buckinghamshire call Lizzy: 07595 091290

# October

## Oxford Half Marathon

**13-10-13**, Oxford

One of the most picturesque half marathons around and going from strength to strength. Macmillan are not only looking for runners but also people with lungs like fog horns to join our cheering squad! You'll have great fun being part of our team. If you'd like to get involved call Sara on 07734 165620 or email:

[srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk).

## Henley Half Marathon & 10K Run

**13-10-13** Henley

2,500 runners, why not be a part of #teammacmillan take part in this epic run whilst raising money. For further information go to: [www.thamesrun.co.uk/](http://www.thamesrun.co.uk/) Register online then contact [running@macmillan.org.uk](mailto:running@macmillan.org.uk) to get your pack.

## Abingdon Marathon

**20-10-13**, Abingdon

Now in its 32<sup>nd</sup> year, the Abingdon Marathon is a small scale, big personality run with only 1,100 entrants allowed. Last year they were full by March so get your applications in early if you are interested. For more details call Sara on 07734 165620 or email:

[srawnsley@macmillan.org.uk](mailto:srawnsley@macmillan.org.uk).

## Wessex Ridgeway Ultra

**22-10-13**

The Oxfordshire Ridgeway Ultra has four different challenges to offer; the black route – 52 miles of running or walking, the red route – 42 miles, the green route – 31 miles and the green route – the relay option. All entrants must be 18 years old or over and each competitor must ensure that they carry with them all of their individual requirements needed to complete the race. For further information go to:

[www.ultrarunningltd.co.uk/oxfordshire-way-ultra](http://www.ultrarunningltd.co.uk/oxfordshire-way-ultra)

And then contact your local fundraiser either Lizzie or Sara.

## December

### **A Celebration of Christmas Carol Concert, 6-12-13**, Christ Church Cathedral, Oxford

With celebrity guest speakers and the world-renowned Schola Cantorum of Oxford, this is the event to start the Christmas season.

Come and enjoy the spectacular setting of Oxford's beautiful cathedral at Christ Church College, Oxford, and share a spellbinding evening with family and friends.

To purchase tickets contact Tickets Oxford Box Office: **01865 305 305** or website bookings: **[www.oxfordplayhouse.com/ticketsoxford](http://www.oxfordplayhouse.com/ticketsoxford)**

### **Sing-along-athon**

#### **At a choir near you**

If you enjoy singing, belong to a choir or signing group or are part of a group that enjoys a tune then why don't you get involved with the Macmillan Sing-along-athon. During December we ask you to hold a sponsored sing-along of 100 carols and then ask you to invite your friends and family and paying public to make a donation for every carol they stay and listen to... have you got the vocal chords to cope!

To take part or for further information

Call Stella: 07976 424 127 or

Email: [skrajewski@macmillan.org.uk](mailto:skrajewski@macmillan.org.uk)

## Paying in your donation

There are three ways you can make a donation to Macmillan:

1. Go online to [macmillan.org.uk/donate](http://macmillan.org.uk/donate) and follow the easy steps to pay in your money.
2. Pay your money in over the counter at a NatWest bank. Get in touch with our fundraising supporter centre and they will send you details and a paying in slip  
Call: 0300 1000 200  
Email: [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk)
3. Post your cheque donation to:  
Macmillan Cancer Support  
FREEPOST LON15851  
89 Albert Embankment  
London SE1 7UQ  
Please send a note with your cheque detailing your name and address and details of how you raised the money.

## Volunteer!

**Join us and together we can make a difference.** Our organisation was started by a volunteer over one hundred years ago, and today volunteers are still at the very heart of everything we do. There are a variety of volunteer opportunities available locally so whether you have a regular few hours each week or just time occasionally there will be a volunteer role just right for you!

Currently we have a real need for the following types of Volunteers, so if you think you have what it takes get in touch!

### **Corporate Volunteer Ambassadors**

Use your network and business skills to help introduce local businesses to Macmillan. Demonstrate to them the great business benefits of working for a charity and in doing so broaden your own network and influence.

### **Collection Co-ordinators**

We are looking for responsible people to help Macmillan co-ordinate collections and banking of funds raised locally. If you have time, access to a car or good transportation and great at counting then please get in touch.

### **Speakers**

If Macmillan and cancer are something you feel passionate about and you enjoy speaking to people, then why don't you consider being a Macmillan Speaker. You could find yourself in front of school children one day and then a Round-Table or WI group the next. You will be given loads of training and support to help you go out and inspire millions to join our cause!

### **Marshals and Cheering Squads**

We have a number of running and walking events in our area and we are always looking for marshals and cheering squads to help support and look after our Macmillan supporters taking part. If you can spare a few hours to help out at one of these events, we would love to have you as part of our team!

### **Event Co-ordinators**

If you are a great organiser, enjoy getting your hands dirty and getting involved in running events then perhaps you would like to volunteer as one of our events co-ordinators? We will allocate a specific project for you to work on and support you at the event. We would need to make sure you have the right skills and time to dedicate to this role but if you do then it is a great way to make a difference.