

mac news

Spring 2012

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SPRING
INTO
ACTION

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CANCER SUPPORT

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Welcome to Mac News

Now spring has sprung it's the perfect time to get out and about. And that's just what we've been up to. From our mobile services to our many Miles for Macmillan walks, we're popping up all over the place. We'd love you to get involved too and help even more people affected by cancer.

This edition of Mac News is bursting with inspiring stories to put a spring in your step. And it's packed with ideas about how you can join the Macmillan team and get involved in what promises to be a very exciting 2012.



On the cover

Centenary gala 12–13
See the stars that came out to help us celebrate our 100th birthday gala.

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To raise money with Team Macmillan, our very own CEO spent six days trekking 100km across Jordan to the lost city of Petra.

'When I arrived in Amman, it was great to be with so many people from Macmillan, ready for the trek. There were three people in their seventies, a few people in their twenties and everything in between, including someone who'd had a very recent cancer experience. It was a fabulous bunch.

'Throughout the trek, there were some incredible moments. The first sunset in the desert was spectacularly beautiful – that will stick with me. There were also challenges – a steep 1,000m ascent in one day, which was definitely tough – but you don't have to rush it.

'Arriving at Petra at the end of

the trip was breathtaking. You look up at this magnificent relic carved into the rock. It makes you stop and go 'wow'. It's magical. And the first wash after six days, that felt pretty amazing too.

'If I had to give anyone a reason to do a trek with Macmillan it's because you'll do something you probably didn't think you could, you'll do it with some fabulous people and you'll go somewhere you otherwise wouldn't go to. And while you're experiencing all that, you're raising money to help people affected by cancer.'

There are lots of exciting treks to get involved in, both in the UK and abroad. If you'd like to follow in Ciarán's footsteps, visit macmillan.org.uk/hiking





Information about cancer shouldn't be hard to find. So we're making it easy by coming to you. Our Macmillan Mobile Information and Support Service will be visiting dozens of high streets this spring, so why not come and visit us for cancer information, advice or just a friendly chat?

Find out where we'll be, at
macmillan.org.uk/mobileinfo
 or call **0808 808 00 00**

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BE A GOOD EGG

A little bird told us about a unique business networking event and Macmillan fundraiser that's taking place at Manchester Town Hall on 24 May.

The Brown Shipley Gulls' Eggs Luncheon serves guests with a feast of gulls' eggs – a delicacy

only available for a short time each spring. It's a great opportunity to socialise with colleagues and raise money for people affected by cancer.

To nab your tickets, flock to macmillan.org.uk/manchestergullseggs

Everyone's a winner

Our Autumn Raffle took place last year and was a fantastic success, raising over £800,000. We're delighted to announce the three top prize winners were (drum roll please):

Pat Baker of Dorset, pictured here, who won our top prize of £10,000. Judith Worthington, Cheshire won £1,500 and Thelma Breed, Hertfordshire won £500.

A massive thank you to everyone who entered and remember to keep a look out for our upcoming raffles. If you'd like more information, call us on **0300 1000 200** or email fundraising@macmillan.org.uk



Date 1st November



The team at Shipley

Here to help you raise more

Back in January Macmillan's President, Lady Halifax, officially opened our new Fundraising Support Centre in Shipley.

The centre answers fundraising enquiries and provides vital support to our community fundraisers. This means they can spend more time

out and about doing what they do best – working with our amazing supporters to raise money for people affected by cancer. Fancy fundraising for us yourself? Visit macmillan.org.uk/fundraising, call **0300 1000 200** or email fundraising@macmillan.org.uk

We made your voices heard

A huge thank you if you were one of more than 18,000 people who signed our Put The Fair Into Welfare campaign petition.

This amazing support helped us to persuade many politicians to back our campaign against benefit cuts for people with cancer. We had a major success in January when

the Lords rejected a government plan to limit the availability of a key benefit, Employment and Support Allowance. Sadly MPs overturned the Lords' changes in February, but the campaign goes on. If you'd like to hear the latest from this campaign visit macmillan.org.uk/welfare



Did you know that your shares can change lives? Donating them to Macmillan is a really simple process. What's more, it can even save you money because you can claim back the income tax.

We've now raised a massive £1 million from donated shares. That's enough to fund the Macmillan Support Line for five months. In this time we can give around 35,675 people affected by cancer the information and support they need.

Want to find out more about donating your shares to us? Contact Sam Bailey on **020 7840 4680** or email sambailey@macmillan.org.uk



Supporting older people

We're concerned that some older people with cancer refuse treatment because they're worried about their caring responsibilities or a lack of transport for getting to appointments.

We're working with the Department of Health and Age UK to change this. Over the past year we've helped 14 NHS hospitals to provide practical support for older people so that they can get the treatment they need. We're launching a campaign to raise awareness of the issue this month – discover more at macmillan.org.uk/olderpeople



Odds on for a great day out

On 16 June 30,000 people are due to descend on York for one of the best days in the racing calendar, the Macmillan Charity Day at York Racecourse. We'd love you to come and celebrate with us.

Mixing glamour and excitement with the chance to help a great cause, this is the perfect event for the whole family. Lady Halifax, Macmillan's president, is in no doubt about its invaluable impact.

'The Macmillan Charity Day at York is a fantastic way to enjoy a great day out and help make a real difference to families affected by cancer across the UK.'

In its 42 years the event has helped raise over £5.2 million for Macmillan and this year promises to be the best yet. There's the opportunity to enjoy the thrill of horseracing, win amazing prizes and also get advice from our Mobile Information and Support Service.

As a special thank you, York Racecourse is offering our supporters an exclusive discount on tickets:

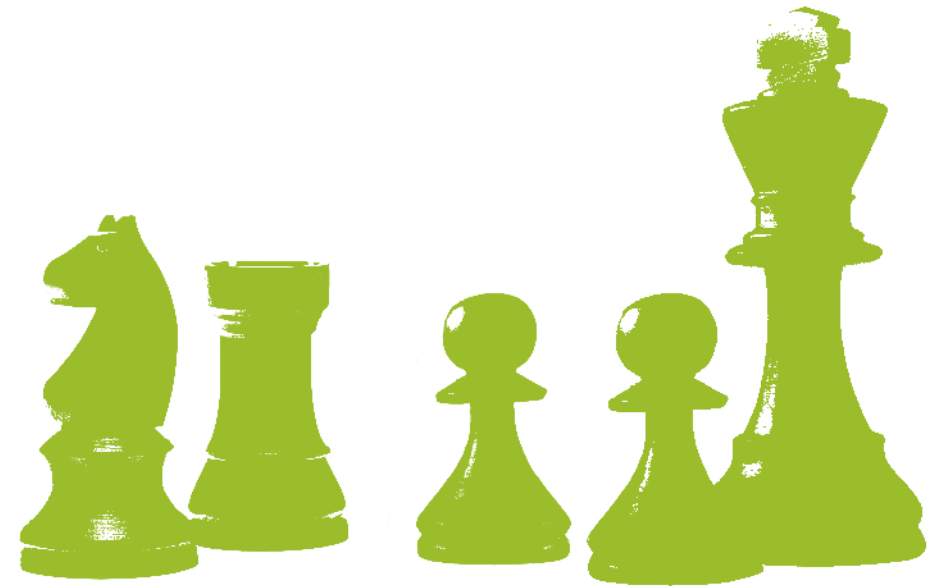
County Stand £31 (discount code 'MacmillanCounty2012')

Grandstand and Paddock £14.50

(discount code 'MacmillanGrandstand2012')


To book just call **01904 620911** or visit yorkracecourse.co.uk and quote the discount code.

A donation is made to Macmillan for every ticket sold.



FORWARD THINKING

Moving on after treatment can be tricky. You may feel different following the experience, or find yourself facing new challenges, such as returning to work. But it's not a future you have to face alone and here we look at how Macmillan can help you take those next steps.



'If anyone needs to talk, they can drop in at the centre or call for a chat.'

Macmillan by your side

One of the ways we can help is through our Macmillan information and support centres, like the Mustard Tree Macmillan Centre at Plymouth's Derriford Hospital. As part of the service here, Macmillan has funded a five-year project focusing on the range of issues facing anyone living with and beyond cancer.

We caught up with Annie Charles, one of the project's managers, who says, 'After treatment, some people can feel alone and anxious, and they mightn't realise help is available. But if anyone needs to talk, they can drop in at the centre, arrange a one-to-one consultation or call for a chat.'

'We also try to encourage people to feel in control of their own wellbeing again. We can achieve this by simply promoting regular exercise and healthy eating, as well as by suggesting ways to relax.'

Changing attitudes

Improving understanding in local communities about cancer is one of the project's key aims. Part of this includes visiting businesses to help them appreciate the needs of employees affected by cancer.

'A lot of people with cancer find it difficult to get back into work,' explains Sue Smith, the centre's manager. 'Sometimes their employers don't understand the complexities of their situation and what they're going through. What we're doing is working with the area's major employers and the local council to raise awareness and share best practice.'

For some, volunteering is a way to bridge that gap back into work. Sue says, 'We've always had a great team of volunteers working alongside staff. Many people have used the centre and decided to get involved after treatment through volunteering or fundraising.'

Returning the support

Thom Hunts, who first visited the centre when he found out he had bowel cancer, is one of these people. Last year, he got together with friends and family to host a cricket match, with the plan to raise a few hundred pounds. In the end, it brought in more than £20,000, and the match was even filmed for an episode of Channel 4's *River Cottage*.

Thom says, 'Now that I'm in a better place, I'm totally dedicated to helping Macmillan in any way I can.'

Without the support of other people, I wouldn't have received the help I did, so now I want to give something back. The centre's team has really been there for me.

'As well as the emotional side of things, they helped me with some money worries, and their benefits adviser, Denise, made a big difference. Whenever I go back there now, everyone remembers me, and they're all really happy to hear how I'm getting on.'

Watch a video of Thom's story in digital Mac News – see back cover.



The support of people like you and Thom means everything to us. To read about our volunteering and campaigning opportunities, head to [macmillan.org.uk/getinvolved](https://www.macmillan.org.uk/getinvolved). And to find your nearest Macmillan information and support centre, visit [macmillan.org.uk/inyourarea](https://www.macmillan.org.uk/inyourarea)



The stars came out for us

We love saying thank you to our supporters. And that's exactly what we did last November when we hosted a gala at the London Palladium to celebrate our centenary. The event saw top performers giving their time for free and taking to the stage to pay homage to our 100 years of cancer support.



'My mother died two years ago and today's my birthday, so I'm here to raise a glass and say thank you to the Macmillan nurses who looked after her.'
Sian Williams, newsreader



'Macmillan does such great work – I just flew in for this event especially.'
Jimmy Osmond, singer



'It's just an honour to help celebrate what Macmillan has achieved over the last century.'
Graham Norton, TV presenter



'I was totally blown away by how much Macmillan has achieved. What a fantastic and important charity.'
Dawn Porter, TV presenter

Macmillan supporters arrived in their thousands and walked the glamorous green carpet. After taking their seats and packing the venue to the rafters, they were entertained by some excellent acts who'd all given their time for free.

A night to remember
Graham Norton hosted the evening and took the audience on a characteristically witty jaunt

through Macmillan's history, starting back in the days of Douglas Macmillan. There were sensational performances from the casts of much-loved musicals like *The Lion King* and *Jersey Boys*. Side-splitting comedy came courtesy of Miranda Hart and Jason Manford, and superb showbiz turns were delivered by Matt Cardle, Jimmy Osmond and Diversity.

And it didn't stop there

Macmillan ambassador Katherine Jenkins dazzled the audience with some heartfelt renditions of her best-known songs. But the true stars of the show were a team of our very own Macmillan professionals who'd bravely volunteered to show off their moves. Armed with gold, glittering top hats and dance steps taught by Arlene Phillips, they earned themselves a well-deserved standing ovation.

Every event makes a difference

Not only did the gala bag us some great media coverage, but it was a fantastic way for us to say thank you to our wonderful supporters too. We also want to thank our partner, Boots UK, for sponsoring the fabulous event. You can catch up on all the behind-the-scenes action in our video in the digital version of Mac News. And if you fancy getting involved in other events to help fund our vital services, just head to [macmillan.org.uk/events](https://www.macmillan.org.uk/events)

Step up and join Miles for Macmillan

Here at Macmillan we go miles to support people affected by cancer, so it's no surprise that people want to go miles for us in return.

Miles for Macmillan, our fantastic walking programme with our long-term partner Boots UK, means that anyone who wants to give something back to Macmillan can do exactly that. Why not grab your hiking boots and join in this year?

With more than 50 organised routes across the country, it couldn't be easier to get out and explore the towns, cities and countryside near you. And, if you'd rather do your own thing, you can always create your very own Miles for Macmillan route. Not only will your efforts help us take giant steps towards reaching everyone affected by cancer, but they'll give you an awesome sense of achievement too.

Someone who knows just how rewarding a walk can be is Lynette Bullock. While undergoing cancer treatment last year, she decided that when it ended she'd do something to give something back to Macmillan. She chose to take on a walk in the beautiful surroundings of Penhurst, Kent.

'I wanted to do the walk because,

having had cancer, I wanted to do something to support Macmillan. On the morning of the event I felt nervous because eight miles seemed like a lot. There were times when I felt like stopping but my daughter and my friends had faith in me and kept me going. I was over the moon when I finished it.'

Take it all in your stride

Register for a Miles for Macmillan walk and we'll give you all the support you'll need. We'll provide you with training tips, support leading up to the event and promotional materials too. We'll even be there to cheer you on. It's enough to make you full of the joys of spring.

Get moving

Moderately intense physical activity like walking has proven benefits for people living with or after cancer. If you'd like to up your activity levels, why not order one of our free Move More packs? Just head to [macmillan.org.uk/movemore](https://www.macmillan.org.uk/movemore) or call the Macmillan Support Line free on **0808 808 00 00**.

To find your nearest walk, or for information on how to organise your own, visit [macmillan.org.uk/walking](https://www.macmillan.org.uk/walking) and choose 'Macmillan newsletter' when asked how you heard about us. Alternatively, call us on **0300 1000 200**.



One in five people with cancer will turn the heating off even though they're cold. Why? Because they can't afford the bills. This just isn't right, which is why we're working closely with partners like npower to freeze out fuel poverty.

Fuel poverty – which is when you spend more than 10% of your income on heating and energy – is something many people face during and after cancer treatment. The reasons are simple: you're more likely to feel the cold, less likely to leave the house and you might have to stop working.

Feeling the cold

Suely Trinh knows more than most how difficult winter can be when you have cancer. 'Because of chemotherapy, every time I feel the cold it's like there are a thousand pins and needles in my hands and face,' she says. 'And so you can imagine, if you're living in a cold house, it's very uncomfortable, and it can be difficult just to pick things up.'

What's more, because Suely found out she had cancer shortly after finishing her contract at work, she was soon left struggling with bills. She tells us, 'Dealing with cancer is hard enough on its own, let alone when you have money worries – it's overwhelming. But I got in touch with the Macmillan

Support Line, and their financial help has been a big relief.

'Macmillan told me about the Fuel Management Programme developed with npower. Beforehand I was paying £179 a quarter for electricity, but last month I only paid £19. I didn't realise npower did things like that, and it's made a major difference. The money saved was able to go towards other important things like wigs.'

Keeping you warm

Whichever provider you're with, Macmillan can help make fuel poverty less of a worry. We may be able to support you with things like grants and benefits advice, so if you're living with cancer and struggling with bills, call our support line today on **0808 808 00 00** or visit macmillan.org.uk/heating

Find out more about our campaign to end fuel poverty and sign up for updates at macmillan.org.uk/fuelpoverty





PHOTO: SHUNA FROOD

Time to party

Fancy raising money for Macmillan while celebrating the Queen's Diamond Jubilee? The long bank holiday weekend from 2 to 5 June is the perfect excuse to hold a street party for Macmillan. It's a fun way to meet your neighbours while helping to improve the lives of people living with cancer.

Fun for all the family

A street party is a great way for everyone to get together and enjoy some food, music and entertainment. One person who knows just how brilliant a street party can be is Douglas Stewart of Stoke Newington, London. As one of the organisers of the Margaret Road street party last year he said, 'We were really pleased that so many people of different ages turned out. Not only was it a great way to get to know lots of people from neighbouring streets but the event also raised money for Macmillan'.

The Margaret Road street party featured a barbecue, bric-a-brac stalls, circus performers and a cake

competition. Residents enjoyed themselves so much that they're throwing another one to celebrate the Queen's Diamond Jubilee.

It's easy to arrange one

If you're feeling inspired to join them and organise a party of your own, we've got some useful tips to help you out below. What's more, our spring shop is bursting with street party goodies like pretty bunting, cake stands, plates and napkins. Head to shop.macmillan.org.uk to check them out.

Can't hold a street party but still want to get involved in a fundraising event for us? Find out how at macmillan.org.uk/fundraising

TOP TIPS FOR A FANTASTIC STREET PARTY

- Stay in your council's good books and let them know about your party at least four to six weeks before your festivities kick off.
- Plan food, music and games that are suitable for all ages so everyone can get involved.
- Visit be.macmillan.org.uk and make invitations and posters to tell everyone when the big day is.
- Ask people to bake cakes to sell on the day and to donate prizes for a Macmillan raffle.
- Why not order some *Living with cancer? We can help* leaflets from be.macmillan.org.uk? They're great to hand out to your neighbours so they know how Macmillan can support them.



ON THE RIGHT ROAD WITH JOHN

To reach everyone affected by cancer, it's important we bring Macmillan's services to the public. That's why our Mobile Information and Support Services are taking to the road and visiting communities across England and Wales. Onboard these big green buses you'll find people like John Galfin giving free, expert and confidential advice.

Support on your high street

'Hearing Macmillan say they want to do more, raise more and reach more people at a time when others are cutting back really inspired me. And so after more than 10 years as a nurse, I joined the team last year by becoming a cancer information and support specialist.

'I work with another specialist and a facilities officer, who drives the bus and greets anyone dropping in. We also rely a great deal on local help, and before we arrive anywhere, we always let people know we're coming. The wonderful support and insight of nearby health professionals and volunteers makes a big difference.

'There are four buses like us travelling England and Wales, and between February and November, our team drives across central and south west England. We set up in

places like town centres and our aim is to reach anyone affected by or worried about cancer who might not realise help is available. When people say, "I'm so glad you're here, I had no idea where to go," that's when I know the service is working.

'Every day is different and a wide range of people drop in with a variety of questions. You can ask us about anything, from recognising symptoms, to dealing with bereavement. And whatever your needs, we'll guide you to available national and local support. We also know some people just want to take a few leaflets, and that's fine too – everything's on your terms.

Seeing the difference

'One story which I'll always remember is that of a teenage girl. She was out shopping on her own and wanted to know how to help her



mum and sister because her dad had cancer. I told her about support available through her school and online, as well as how her mum could get financial support. It's experiences like that which make my job so rewarding – if we hadn't been there, she wouldn't have known where to go.

'More than just a job'

'I feel a real sense of responsibility in my role because I'm a custodian of Macmillan's name, reputation and the immense goodwill held towards us. We see people who've heard we're coming and have taken three buses just to say hello, which is very touching. People regularly tell me what Macmillan means to them, which makes me stop and think, "Blimey, this is more than just a job."

'And wherever we go, we get asked about fundraising and volunteering opportunities from people looking to give something back. Inspiring others is part of the job, and if we're to reach everyone affected by cancer, it's an important piece of the jigsaw.

'In our team, we also have to think creatively about how to contact different types of people. That's why this year we've expanded by adding another information specialist. Working away from the bus, they'll set up stands at places like football grounds to bring our information to harder to reach groups such as men. March is also Prostate Cancer Awareness Month, and we're encouraging all guys to pay us a visit for information about screenings, treatments and symptoms.'



To see if a Mobile Information and Support Service is visiting a place near you, head to [macmillan.org.uk/mobileinfo](https://www.macmillan.org.uk/mobileinfo) or call **0808 808 00 00**. You can find local services in Scotland or Northern Ireland at [macmillan.org.uk/howwecanhelp](https://www.macmillan.org.uk/howwecanhelp)

HIGHLIGHTING HIDDEN CARERS

Carers Week, 18–24 June

There are six million carers in the UK. Yet many people who support someone with cancer don't see themselves as carers.

That's why Carers Week is so important. It celebrates the work that so many do to help others and raises awareness of the support available.

To find out more about the thousands of events taking place and to get involved, visit [macmillan.org.uk/carersweek](https://www.macmillan.org.uk/carersweek)

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Personal ambition

A lot of people take part in fundraising events to give something back. People like Lisa Shepherd and her husband David, who swam in the Great North Swim at Lake Windermere to support Macmillan.

In 2001, Lisa lost her mum to cancer, and eight years later, her sister Jane died of cancer at the age of 52. Lisa says, 'The support the

Macmillan nurses gave my sister, her daughters and our family was incredible – they truly are angels.

'I was afraid of open water, but because Jane lived near Lake Windermere, I decided to swim there to feel closer to her. With every stroke, Jane and my mum were in my heart, and the thought of Jane pushing me on helped me get through to the end.'

If you sign up to an event like Lisa and David did, our team will be on hand to give you fundraising and training advice. Here are some top upcoming events, and you'll also find something for everyone at macmillan.org.uk/fundraising or by calling us on **020 7840 7887**.

The Great Swim Series
May–Aug 2012. Take the plunge in open waters across the UK.

Jane Tomlinson Run For All 10ks June–August 2012. Begin training now for this series of runs in Yorkshire.

UK hiking events May–July 2012. Find a sturdy pair of walking boots and enjoy the great outdoors.

London to Paris cycling challenge July and August 2012. Join a team of cyclists in this ride between two famous capitals.

Creative thinking

When it comes to fundraising, a little imagination goes a long way. Take Jane Dickinson. She's poured her heart and soul into fundraising for us ever since her friend received support from Macmillan. From hikes to ceilidhs she's never short on ideas.

'I'd always thought Macmillan just helped the person who was ill. But when my friend had cancer, I saw how they helped her children too. It was much more than just nursing.'

Jane began by doing the Morecambe Bay Walk, then she upped the stakes and signed up for our China Hiking Challenge.

To raise sponsorship, she threw a ceilidh in her local village hall with a live band and a potato pie supper. Jane's raffle was a huge hit too. Everyone wanted to win the hampers of mouthwatering goodies that she'd whipped up.

'I made lemon drizzle cakes, chutney, peanut brittle and more.'

The night helped Jane reach her target of £3,400. She says the hike itself was, 'the hardest thing I've ever done, but the most amazing thing I've ever done.'

Jane will host another ceilidh on 19 May in Newton Village Hall, Newton-in-Bowland, Lancashire. To book tickets, call her on **01200 446 223**.

'It was the hardest thing I've ever done, but the most amazing thing I've ever done.'



Losing a loved one is an incredibly difficult experience for anyone to have to go through. If you have been bereaved, Macmillan is still here for you. We know that everyone experiences grief differently and deals with it in their own way. In fact, as many as 45% of our supporters choose to donate to Macmillan in memory of a loved one, to help remember and celebrate their life. It's a comfort to be able to give something back, knowing that it will help more people with cancer and their families.



A TIME TO REMEMBER

Lynn and Neville

When Neville Anderson was diagnosed with bowel cancer, he and his wife Lynn were advised by their GP to get Macmillan involved as soon as possible.

'From the beginning, we had help with benefit forms and regular visits from a Macmillan professional. The care package we received in the late stages allowed Neville to stay in his own bed at home, something that meant a lot to us both.

'My family and I decided to set up a Macmillan tribute fund for Neville, as we were so grateful for the help and support that we received during this difficult time. We've held a whole host of events to raise money, including a Macmillan Coffee Morning, regular bake sales, sponsored walks and even a *Stars in Their Eyes* evening. And we've raised over £10,000 so far.'

Support every step of the way

Macmillan is here to provide support to everyone affected by cancer and we'd like to be able to reach even more people. When the time is right, we can help you to set up a tribute fund, donate in memory of a loved one, or get involved in any way you choose.

Remember, we're still here for you now – and for as long as you need us. Call us on **0808 808 00 00** from 9am–8pm, Monday to Friday or log on to our online community at **community.macmillan.org.uk**



'Words can't express how grateful we are for everything Macmillan did for us and we would like to help to ensure that others can receive the same.'

For more information on tribute funds, or to get involved in memory, visit [macmillan.org.uk/inmemory](https://www.macmillan.org.uk/inmemory)





Did you know you can receive *Mac News* in a range of different 'flavours' – by post, email or even both?

There are plenty of sweet reasons to sign up for the digital version – you'll get access to videos and photos as well as lots of extra web content.

Just visit **macmillan.org.uk/macnews** or call us on **0300 1000 200** to choose how you receive *Mac News*.

