



**YOUR**

**MAC  
NEWS**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Summer 2014

**Fun in the sun**

Get out and about with  
our summer calendar

**Caring for people at home**

How we're improving palliative and  
end-of-life care

**'It was Charmaine, my  
Macmillan nurse, who  
was there for me.'**

Della shares how Charmaine inspired  
her to give back

**... and even more stories inside**



Hello and welcome to your summer issue of *Your Mac News*. Our pages are packed with stories of support and fantastic feats of fundraising. You'll meet Rob who took a Boris Bike to France and Della whose life was changed by her Macmillan nurse, Charmaine. Plus we look at some of the good work that supporters like you have made possible.

As always we'd love to know what you think of *Your Mac News*. So send us your thoughts to [macnews@macmillan.org.uk](mailto:macnews@macmillan.org.uk).

*Rachael*  
Managing Editor



# A VIEW FROM...

Colleen Day

**Colleen Day received support from Macmillan after she was diagnosed with breast cancer at the age of 32. This support spurred Colleen on to give something back to Macmillan by hosting a Night In.**

'I was diagnosed in January and my first chemo was in February, so it all moved pretty quickly. My first concern was my daughter. I knew I needed to do everything possible just to stay alive for her.

'Macmillan helped me massively. They took the strain off things just by making information accessible when I needed it.

'I was in the middle of my chemo when I saw an advert for Macmillan's Night In and I thought, yeah, why not? I phoned Macmillan up, got a pack through the post and asked a few friends to help me organise my evening.

'It was really nice to spend time with everyone who was helping me and to see people I hadn't seen for a while. We had cocktails and nibbles, and I did a raffle. It helped me take my mind off everything.

'In total we raised more than £2,500 – which included an online auction. I chose to do a Night

In because I thought it was a really fun thing to do, and an easy way to fundraise.

Not only are Macmillan at the other end of the phone, but they support you through the whole thing. Just knowing they're there makes me feel safe.'

If like Colleen you want to sign up to host a Night In or find out more about how to fundraise for Macmillan, visit [macmillan.org.uk/events](http://macmillan.org.uk/events)

**'It was really nice to spend time with everyone who was helping me and to see people I hadn't seen for a while.'**

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### Changed address?

No longer wish to receive *Your Mac News*? Write to Fundraising Customer Care, Macmillan Cancer Support, 89 Albert Embankment, London SE1 7UQ, email [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk) or call **0300 1000 200**.

To amend your own details go to [macmillan.org.uk/macnews](http://macmillan.org.uk/macnews)

### 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](http://macmillan.org.uk)

### Hard of hearing?

Use textphone 0808 808 0121 or Text Relay.  
Non-English speaker? Interpreters available.





Massive thankyou to @macmillancancer for all their outstanding support through the hardest time ever! #Grateful @natbob01



## SUSSEX APPEAL

Builders have started work on the groundbreaking Sussex Macmillan Cancer Support Centre. Thanks to supporters like you, we've raised more than £2.43 million towards it, but we've still got £1.27 million to go to reach our target.

If you can support the appeal, please visit [macmillan.org.uk/sussexsupportcentre](http://macmillan.org.uk/sussexsupportcentre)

## IT'S CARERS WEEK

9-15 June

This week, there's been lots going on to support people looking after someone with cancer, from expert information and support events to social activities such as quiz nights and picnics.

For more information about the week visit [carersweek.org](http://carersweek.org)



## RAFFLE WINNER

Congratulations to Mrs V Jackson from Bristol who won £10,000 in our Christmas raffle. There were also more than 100 runners up. Thank you to everyone who took part.

To be in with a chance to win with Macmillan, visit [macmillan.org.uk/winwithmacmillan](http://macmillan.org.uk/winwithmacmillan)



## 30 SECOND INTERVIEW

Ian Harm, npower

The npower penguin team, ready to dive in

To mark the 10th anniversary of npower's relationship with us they've organised '10 for 10' – 10 audacious fundraising challenges to raise £150,000. We spoke to Ian Harm who is taking on every single one, from a bungee jump to braving the North Sea dressed as a penguin.

### How does it feel to be the face of the '10 for 10' challenges?

'I was surprised and excited when I was asked. I think I laughed nervously when I realised the physical demand, but it was a no-brainer to be involved. I'm honoured to have the opportunity to raise awareness for such a life-changing charity.'

### Are you worried about doing all of the challenges?

'I'm very motivated and excited about the physicality of them – the only fear I have is taking part in a bungee jump as my ultimate fear is heights.'

### What's your personal fundraising aim?

'Macmillan is a fantastic charity and I'm aiming to raise as much as possible. I've set myself a personal goal to raise £500 – what's better is having npower matching it pound for pound to make it £1,000.'

To find out more about our partnership with npower please visit [npower.com/macmillan](http://npower.com/macmillan)

# OUR YEAR IN NUMBERS

In 2013, Macmillan reached more people and raised more money than ever before. Without supporters like you, this simply wouldn't have been possible. Thank you so much. Here are just a few highlights from what was a fantastic year.

**5.2m** people reached

**£187m**

raised – £34m more than in 2012

**405,000**

new supporters recruited

**£20m**

raised by the World's Biggest Coffee Morning –  
£5m more than in 2012

**668,324**

people were helped by our healthcare professionals

Every day, the number of people living with cancer in the UK rises. This means that there's a lot more to do to make sure no one faces cancer alone. To find out about all the ways you can support our work, visit [macmillan.org.uk/getinvolved](http://macmillan.org.uk/getinvolved)

To find a self-help and support group near you, search online at [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups)

## 'I GOT A LOT OUT OF THE SUPPORT GROUP'



**Ray Thorne tells us how a support group for people with oesophagus and stomach cancer helped him – and how through a buddying scheme in Skegness he's been able to give something back.**


'I'd been part of a support group and got a lot out of it and was asked if I wanted to be part of a buddying group for people with oesophageal cancer. I remembered how I felt when I was going through it – feeling alone and not knowing what to expect – and I thought I could give something back.

'I've been buddied up with a number of people and they're all different – some need quite a bit of support and like to have regular contact. Others, once they've had a chat, they

know they can phone you if they have a problem.

'When you meet someone you can almost see the relief on their face. They can see I've recovered fairly well and think "This is how I'm going to be". I've also had a relative call me with a concern and they told me afterwards how much it reassured them.

'We also have group meetings with everyone there: people preparing for the operation, recovering after it and partners and carers as well. We talk about everything and you pick up little hints and tips, "Oh yeah, I suffered from that" and "I did this".

'I got a lot out of the support group and it helps me too because I know how I was when I had my operation and I wish I had this help.' 





# 'I THOUGHT, MAYBE THEY GOT IT WRONG'

by Della Ogunleye

**When Della was told she had breast cancer, she couldn't believe what she was hearing. 'I was thinking, "maybe they got it wrong".' But her Macmillan nurse Charmaine was there to support her.**

'I didn't know anything about cancer and in my head I was just thinking about my holiday. I said, 'Look, can we just hurry up with this.' I was more concerned about my trip to Nigeria than cancer.'

'Then when I started my chemo I lost my hair and everything just went. I went through a stage where I thought, "God, what if I die?" I just wanted out. To not get in for the next chemo.'

'It was Charmaine, my

Macmillan nurse, who was there for me.'

'She became my best friend. Because normally, in my culture, there's no support. My friends and family didn't want to talk about it. But Charmaine gave me her phone number and if there was anything I needed to know, I asked her.

'She also encouraged me to join a support group. There aren't any in Nigeria so it's not something I'm used to. But after I'd had a taste of one, I wanted to start a support group for Africans.

'So I got a grant from Macmillan to start my own. I want people to know there is life after cancer. It's like having cancer was a wake-up call. I'm now doing a massage course. I even go running. But

If you're affected by cancer or have any questions, you're not alone. Please visit [macmillan.org.uk](http://macmillan.org.uk) or call us free on **0808 808 00 00**

without Macmillan I wouldn't have gotten this far. I would have just stayed in my little shell.'

**Find out more about Charmaine's role in the My Work. My Life feature on page 18.**

**If we are all Macmillan, no one should face cancer alone**

Our 'Not Alone' campaign was launched to make sure we could be there for everyone, just like we were there for Della. You may even have seen Charmaine in our new ads around the country.

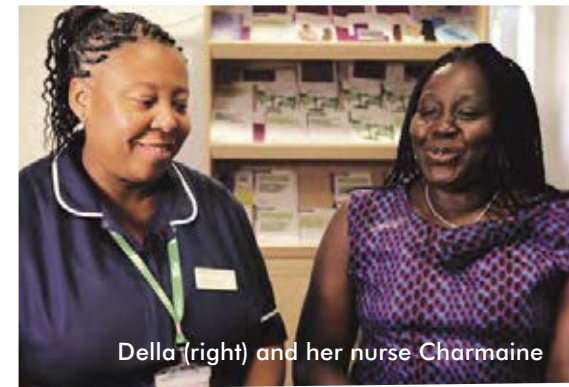
It's a big goal. Two million people are currently living with or beyond cancer and that number is set to rise to four million by 2030.

**'It was Charmaine, my Macmillan nurse, who was there for me.'**

But with the dedication of our team – and inspiring supporters like you – we can, and will, be there for everyone – whether it's people living with cancer, carers or family and friends who need support.

That's why now, more than ever, we need to be there for everyone affected by cancer.

To find out how Macmillan can give you a grant to set up a support group, visit [macmillan.org.uk/supportgroups](http://macmillan.org.uk/supportgroups) 



Della (right) and her nurse Charmaine

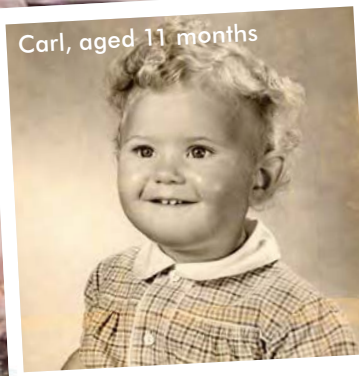




# 'IT'S DEFINITELY HELPED ME REFLECT ON MY LIFE MORE'

Carl talks about why he's recorded his life story as part of a pioneering Macmillan pilot project

Carl, aged 11 months



'My wife Sue first heard about the oral history project at the Macmillan centre in Crewe, where I've been under care for terminal pancreatic cancer.

'I could tell when Sue gave me the leaflet that she was keen for me to do it. She suggested it to me the same way it had been suggested to her – she said, "Imagine if our parents had recorded their stories and we could listen to them talk about their lives now."


'We've got two grown-up children, you see, and three young grandchildren with one on the way. So I wanted to do it for them as well.

'When it was time to do the recording, I was quite poorly with pancreatitis. So Lorraine, the oral historian, came to our home. She was absolutely lovely and made me feel very comfortable – I couldn't have asked for a better person to do it.

'I found making the recordings quite cathartic in a way. It's definitely helped me reflect on my life more – on everything I've done and achieved. Sue and I have been married for 38 years, so we've been through a lot together. And I started remembering lots of little

things that I hadn't thought about in years.

'Sometimes it was hard to recall everything. What you don't realise when you're going through life is that often lots of things are going on at once – and obviously I could only talk about one thing at a time. But Lorraine was there to prompt me if I needed any help.

'I'd definitely recommend the project to someone in my position. It's the sort of thing where, once you know about it, you'll regret it if you don't do it. And it's so easy. All it took for me were two one-hour sessions. There are no downsides to it.' 

The oral history project is a Macmillan-funded pilot scheme that allows people with a life threatening illness or those receiving palliative care, to record their life story on CD.

The recordings are made by specially trained volunteers and take place in Macmillan centres, hospitals, hospices or, in some instances, in people's homes.

To find out more about the project, please visit [sheffield.ac.uk](http://sheffield.ac.uk) and search for 'oral history Macmillan'.



# CARING FOR PEOPLE AT HOME

Over the next two years, Macmillan will partner with six UK centres to help them provide more palliative and end-of-life care to people at home. Together, we'll pilot a groundbreaking new approach that will greatly improve quality of life for people with cancer and their families.

## Our new approach

All six centres will be based on our Midhurst Macmillan Community Palliative Care Service, which began in 2006. This service has successfully tested a new way of providing support that we believe will dramatically improve palliative and end-of-life care for people affected by cancer.

The Midhurst service consists of a team of different professionals who work together to provide care and treatment in the community. This helps to reduce emergency hospital admissions and it means people with cancer can receive things such as blood transfusions at home.

To find out more about how this project is improving palliative and end-of-life care, visit [macmillan.org.uk/specialistcareathome](http://macmillan.org.uk/specialistcareathome)



Nigel and counsellor Jane

## Helping Nigel and Alice

Nigel, whose wife Alice was diagnosed with advanced breast cancer, tells us what the service in Midhurst meant to them. He says,

**'Midhurst enabled us to go on living a life at home together.'**

'Midhurst enabled us to go on living a life at home together, and ultimately it allowed Alice to die at home. That I think was a huge benefit to her and the rest of the family.

'Having Macmillan there allowed us to make the very best of the time we had together. We didn't have as much worry or stress. The difference that the Midhurst model made to Alice in particular was

immense, and I would like other people to be able to benefit from it.'

## Where it's going

The Isle of Wight's Earl Mountbatten Hospice will be one of the services piloting the approach from Midhurst, now known as Macmillan Specialist Care at Home.

Jill George, the hospice's Nurse Manager, says, 'I put the initial application in because it sounded like a really exciting project.

'I went to see Midhurst and thought this was something that we could look at here. Hopefully it'll mean people can spend more time at home. I'm very much looking towards the long term and hope this is a totally sustainable project.'





# LEARNING AND DEVELOPMENT, FROM NORTH TO SOUTH

At Macmillan we know that when you're affected by cancer you're going to have a lot of questions. That means we're here for people right from the moment of diagnosis to make sure they have all the information and support they need to take back control of their life.

We offer a wide variety of learning and development courses to help empower people and encourage them to look forward to the future and live life to the full. Here are just a few examples of how we're doing that across the UK.

## Northern Ireland

In Northern Ireland there were six HOPE courses last year helping cancer patients look at ways to help manage the day-to-day impact of living with cancer. And we've held two this year; one in Belfast and one in Bangor.

## Wales

We have delivered our Healthy Eating and Cancer course to the Healthy New You group based at our information and support service in Pontypridd and the Willowtown Creativity Cancer Support Group in Ebbw Vale.

## Edinburgh

The Learning and Development team facilitate Wellbeing days for Macmillan Professionals and have just held one in Edinburgh aimed at 'Developing and maintaining your emotional wellbeing' in the workplace.

## South Tees

As a patient, Lisa Larkin attended the South Tees HOPE (Help to Overcome Problems Effectively) course – one of 18 running in the East Midlands and Northern England.

**Now a trained facilitator, read her inspiring story on the next page.**

## West Suffolk

Macmillan offers HOPE courses nationwide in order to help cancer patients to move forward after their treatment. This year there are four courses being run in Bury St Edmunds, Sudbury and Haverhill and we're then going to run courses for carers.

## Gloucester

In Gloucester we held a Head and Neck Cancer Survivorship Event which provided support on living well following treatment. Jamie, who was diagnosed with throat cancer: 'I've chatted with a few people which has been great, and the presentations have taught me about the side effects of my treatment.'



Please turn over to read about **Lisa's story**



# LISA'S STORY



Lisa (centre) with son Connor (right) and husband Jason (left)

**Lisa Larkin attended the HOPE (Help to Overcome Problems Effectively) course Macmillan provides for people affected by cancer as a patient. And she found it to be such a positive experience she trained to be a facilitator of the course herself.**

'I was a leukaemia patient and was given the leaflet about the HOPE course when my treatment ended in 2011.

'I asked if I could go on the course as I was struggling after my treatment with what happens next. It was the usual things: a fear of relapse, getting my confidence back and I just felt I needed a bit more support. After your clinical treatment ends you may be well but you don't want to talk about it with your family or friends and you feel a bit guilty, I suppose, because they've supported you so much.

'The great benefit of the course for me was that what I was going through and what I was feeling was shared by the group. There were people who'd had a very similar illness to me and we were sharing those fears and concerns.

'Getting the support was fantastic in changing my perspective – thinking you can't exactly change your life but you can change how you experience it. I realised it wasn't going to be solved overnight and I needed to do something proactively to move forwards – and I definitely got those tools from the course.

'Then towards the end of the course I was asked if I'd be interested in becoming a facilitator. I was very flattered and happy I could give something back. I feel I'm able to relate to people because I know what it's like to have chemotherapy; I know what it's like when you physically change and your appearance changes and I know how scary it can be when you want to move forwards.

'I took my very first course as a patient facilitator last October – it went really well and the evaluation was really positive. People are looking at you for a lot for reassurance and it was really rewarding to be able to do that.'

To find out about all the free courses available from Macmillan, visit [learnzone.org.uk/courses](http://learnzone.org.uk/courses) 

# HELPING YOU MAKE INFORMED CHOICES

**A cancer diagnosis can leave many people feeling powerless. Just having more information about your treatment can help you feel more in control – and this is exactly what the My Cancer Treatment website provides.**


Launched by Macmillan and the NHS's National Peer Review Programme, this interactive site helps patients and their family members or carers make informed decisions about where to access cancer treatment. It shows where NHS services are available in England, for both common and rare cancers, and how well teams measure up against national standards.

## Inside story

Sian was closely involved in the website's development and

co-chairs the National User Steering Group which represents patients. She's had cancer herself and says, 'Lots of people aren't aware of their rights and entitlements as a patient – or even that they have a choice of where to be treated.

'The My Cancer Treatment website is very empowering, and couldn't be easier to use. It says "here are your rights, here's some information – now go away and make a decision". I wish it had been around when I was having treatment.'

Visit [mycancertreatment.nhs.uk](http://mycancertreatment.nhs.uk) for information on where to access treatment and to compare services. You can search by postcode, hospital or cancer type. 



Patients Julie (left) and Sian (right)



## Meet Charmaine, a Macmillan Breast Cancer Nurse Specialist at St George's Hospital in London

'I've been a Macmillan Nurse for 14 years. I started at The Royal Marsden and now work at St. George's Hospital in Tooting.

'I know that when someone's diagnosed with cancer, it's an earth-shattering moment. I've had patients scream, I've had patients faint.

'I've also had patients just sit there quietly and say nothing – sometimes they're the ones we worry about because we don't know what they're thinking. They don't want to hear the

word cancer because they associate it with death.

'My main role is to be there, I know through experience that once someone's told they have cancer they actually don't hear anything else. I'm here to help navigate people through the pitfalls of that journey. Some of them think of me like their aunty because of the advice I give them.

'Sometimes it's just letting them offload their worries. They feel like they can't talk to partners or family members because they don't want

To support our work so that we can fund more nurses like Charmaine, text **TOGETHER9** to **70550** to donate £5



Watch Della's story and see how Charmaine supported her, in the digital version of *Your Mac News*.

them to see a chink in their armour. So I tell them they can talk to me about anything they want.

'I'm also there to give them information – because information is power. I go through it with them at the time, but I also have a follow-up phone call to find out if they've digested it.

'I also give them all my contact details so they can call me when they need to.

'I love my job because I know I make a difference. I can see a patient collapse at diagnosis or who's so anxious that she rings me at three o'clock in the morning – and then see her come out the other side, stronger and able to talk about it.

Being a Macmillan nurse is like wearing a badge of honour, and I love it.'

### Charmaine and Della

As you will have read about on p8, Charmaine was there for Della when she needed her.

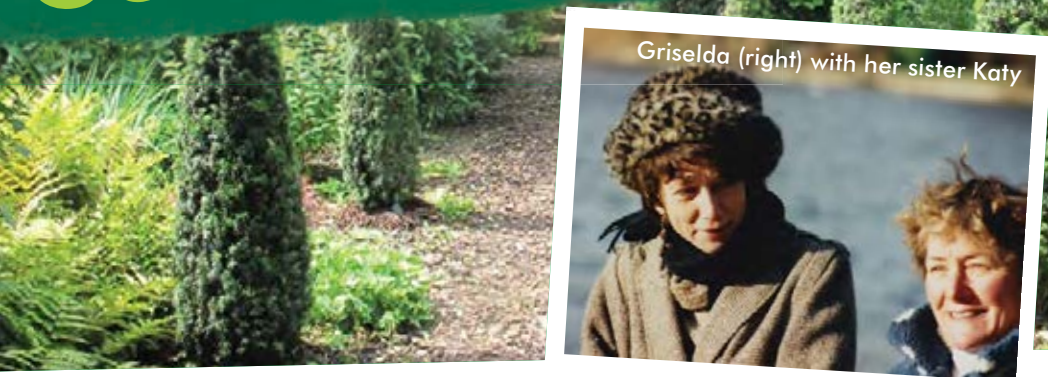
'I remember the day I met Della and we gave her the news she sadly had breast cancer and she said to me "I'm going to a party at the weekend, can I still go?" And I said "Yeah, of course you can."

'Della's role as a single mum means she couldn't burden her children. I wanted her to know I was there for her and that's why email is great – because if she had a little worry I could reassure her.'

Texts cost £5 plus network charge. Macmillan will receive 95p of every £1 donated in this way. Obtain bill payer's permission first.



# A BLOOMIN' GOOD CAUSE



Griselda (right) with her sister Katy

The National Gardens Scheme's Festival Weekend recently saw hundreds of green-fingered enthusiasts open up their gardens to raise money for charities, including Macmillan.

One person who asked others to dig deep to help Macmillan was Griselda Kerr:

'My sister Katy, who died in 2005, had fantastic support from Macmillan. So it was very nice to open up my garden for the National Gardens Festival, but it was also important for visitors to know they were supporting a good cause.

'I hope my garden has something for everyone. For children there are animal statues to find – a crocodile, a pig

and one or two lions, as well as lots of hidden paths. But it's also good for "plants people" and for those who just want to have tea in a pretty landscape.

'I'm delighted to take part because of the support Katy received from Macmillan.

**'My sister Katy, who died in 2005, had fantastic support from Macmillan.'**

She often said she couldn't have managed without them; they were wonderful.'

If you want to visit a garden like Griselda's, and help raise money for Macmillan, use the garden finder at [ngs.org.uk](https://ngs.org.uk) 

## HELP ME MAKE SURE NO ONE FACES CANCER ALONE

No one should face cancer alone. But right now, we simply can't be there for everyone who needs us. We urgently need your support to help fund Macmillan nurses like Charmaine.

Text **TOGETHER9** to **70550** to donate £5 today.

[macmillan.org.uk](https://macmillan.org.uk)

WE ARE  
MACMILLAN.  
CANCER SUPPORT



Find out more about **Charmaine**, a Macmillan Breast Cancer Nurse Specialist, at [macmillan.org.uk/Charmaine](https://macmillan.org.uk/Charmaine)



# DATES FOR YOUR DIARY



## Hampton Court Palace Flower Show 8-13 July

'Creating a legacy garden for Macmillan is especially rewarding because people from all walks of life come to visit and open up about their life – telling us stories about how they, or their families, have been affected by cancer.'

Becky Govier, who herself previously faced thyroid cancer, will be designing our garden for this year's Legacy Show at Hampton Court Palace.

To find out why leaving us a legacy is so important head to [macmillan.org.uk/legacies](http://macmillan.org.uk/legacies)



## Your Walk Country walks, city walks or epic walks – organise a sponsored walk to suit you.



## Macmillan Lido Challenge 20 September and 4 October



## Great Scottish Swim 23 August



## Bournemouth Running Festival 4-5 October





# HOW FAR CAN YOU GO ON A BORIS BIKE?



Rob (centre) with Ian (left) and Matt (right)

We talk to Rob Holden about his amazing ride up Mont Ventoux on a Boris bike, which raised more than £11,000.

‘The challenge started on a bike ride with my two friends, Matt and Ian, and Ian came out with this daft idea: “I wonder how far you could get on a Boris bike in 24 hours”.

‘It was just a silly conversation but it stuck with me. My company’s based in Aberdeen and they do a lot of fundraising for Macmillan, but I’m based in London so wanted to do something myself. My father also had cancer three years ago so this was a great way to support Macmillan.

‘The plan was to drive the bike down to Mont Ventoux in Southern France, ride up the gruelling 22km, then drive back to London – all within 24 hours.

‘Ian and Matt were drivers, cameramen and motivators and I took

a backseat until we got an hour away – then the nerves kicked in.

‘With essentially one gear the whole way up, it was a struggle but remembering the reason I was doing it kept me going all the way to the summit.

‘On the journey back we hit a massive storm but somehow managed to get back with minutes to spare.

‘It was only when we posted the YouTube video that things went crazy. We went from 300 views to 40,000, were on the BBC and Sky News live, and even got praised by Boris himself.

‘On our JustGiving page people mentioned how they’d lost someone through cancer who were cyclists and would have loved it. It made us feel so proud of what we achieved.’

Watch Rob’s amazing pedal-powered journey in the digital version of Your Mac News.



‘I’M VERY PROUD TO BE DOING THIS FOR MACMILLAN’

This September, Steph Ahrens will be taking on the London Duathlon in Richmond Park to raise money for Macmillan. She told us about her reasons for taking part, how her fundraising is going and her experience of training.

### So, what exactly is a duathlon?

‘A duathlon consists of three sets of activity, but across two disciplines – running and cycling. So I’ll have a 10km run, followed by a 22km cycle ride, before finishing with another 5km run.

‘I’m extremely excited about it. I’ll certainly have a jittery feeling at the start line and will be itching to go. I have no doubt that I’ll get hooked on the experience and you’ll find me signing up for another challenge – a triathlon maybe?’

### How’s your preparation going?

‘Training has taken determination,

perseverance and will-power. I have always been quite a driven person who likes a challenge – if I set out to achieve something, I give it my all.

‘The reaction to my fundraising has been really positive as well. Many of my family, friends and work colleagues have said how inspired they are by my goal and who I’m raising money for.’

### Why do you support Macmillan?

‘My father was diagnosed with pancreatic cancer in the summer of 2008 and sadly passed away three months later. Macmillan is an organisation dear to my heart – they’re a very inspiring organisation of passionate, talented, hard-working people. I’m very proud to be doing this for Macmillan.’

If you’d like to set yourself a challenge by signing up to a duathlon, visit [macmillan.org.uk/duathlon](http://macmillan.org.uk/duathlon)



# A BRILLIANT DAY IS BREWING

On Friday 26 September, people up and down the country will be getting together to support Macmillan's World's Biggest Coffee Morning.

To sign up and send off for your free kit visit [macmillan.org.uk/coffee](http://macmillan.org.uk/coffee), call 0844 375 1467 or text BREW to 70550 today

From nattering over a cup of coffee to baking the best biscuits, thousands of people will be supporting a coffee morning this September to raise money for Macmillan.

We caught up with one of our regular Coffee Morning recruits Michelle Gardner who told us about her event and what makes her want to do it each year:

'My dad passed away in October 2010, nine weeks after being diagnosed with bowel cancer. He had care from Macmillan in that short time. Quite simply that's what drives me to do what I've been doing for Macmillan ever since.

'I'm very fortunate where I work at The Aviator public house, because it lends itself really well to putting on events like Coffee Morning. Instead of doing just one day I thought I'm going to push the boat out and do it all weekend. And I've done that for three years now.

'We have a tombola, raffle, lots of homemade cake, bric-a-brac and games. I love getting everybody together as a community. They look forward to it as much as I do – it's wonderful.

'It's not just for the event though, it's for Macmillan – because I think everyone's been touched by cancer. Macmillan helped my dad and Coffee Morning to me is about giving back and helping in any way that I can.'

We'd like to say a massive thank you to Michelle and all the other bakers and brewers for making last year's coffee morning a record breaking one – we couldn't have done it without you.



From left to right: Jill (Michelle's mum), Pauline (her best friend), and Michelle (our host)



**'I love getting everybody together.'**

This year we want to make it even bigger, that's why we need your help. It's really easy to take part. All you need is cake, cuppas and great company. And we've even created a free Coffee Morning kit, to get you started. 



# PRODUCTS TO POUR OVER



Our online shop now has a range of Macmillan goodies to make it really easy for you to host your own Coffee Morning.

To see what's stirring, head to [shop.macmillan.org.uk/partyware](http://shop.macmillan.org.uk/partyware)