

YOUR

**MAC
NEWS**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Winter 2014



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up a mountain**

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get active**

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Your Mac News team

A very warm welcome to your winter edition of *Your Mac News*. With this being a time for giving, we've got plenty of ways you can help Macmillan, including festive fundraising ideas and simple ways to volunteer. We also look at new services Macmillan is providing so that people affected by cancer get all the support they need. And we meet some inspiring fundraisers who are doing incredible things to make our work possible.

If you'd like to get in touch with the *Your Mac News* team, email macnews@macmillan.org.uk

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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

Hard of hearing?

Use textphone **0808 808 0121** or Text Relay.

Non-English speaker? Interpreters available.

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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 or call **0300 1000 200**.

To amend your own details go to

macmillan.org.uk/yourmacnews

A VIEW FROM...

Karen Lewis

We met up with Karen Lewis, who's been a nurse for more than 20 years and recently won a Macmillan award. She tells us how she's training other professionals to help people with cancer when they need it most.

'In my role as a Macmillan palliative care educator, I help healthcare professionals become better at providing end of life care. So far I have helped train more than 70 people, who then share their new skills with their colleagues.

'I moved into the role after caring for my mum before she passed away. Up until that experience, I thought I knew a lot about end of life care. But now I notice things that I might not have recognised before.

'There were so many things throughout my mum's journey that I think could've been better. It made me really frustrated. So I went away and did a postgraduate certificate in palliative care and when this post came up, I had to go for it.

'Macmillan has been a great help to me in this role – it's brilliant to have the support of a charity like them. I also recently won a Macmillan award given to healthcare professionals who they think have done excellent work, which was very flattering.'

'Macmillan has been a great help to me in this role – it's brilliant to have the support of a charity like them.'

To help Macmillan support more professionals like Karen, please text 'TOGETHER20' to 70550 to donate £5.



MrsO: I'm winning @GoSoberUK!! Feeling good, might do it for longer!!



RAISE YOUR GLASSES

We're delighted to announce that this year's Go Sober for October has so far raised an amazing £2.5m.

We'd like to say cheers to over 100,000 people who took part and if you're one of them, remember you can still get sponsored at gosober.org.uk



CHEERS. TA. THANK YOU.

To all those that hosted or attended an event for Macmillan's World's Biggest Coffee Morning this year, we'd like to say a huge thanks. An incredible 212,000 of you signed up, raising millions of pounds to support people affected by cancer.

If you held a coffee morning and haven't paid in yet, find out how to at macmillan.org.uk/coffee

MACMILLAN AT WORK



HR professionals take part in one of our workshops

Our brand new programme Macmillan at Work is designed to help workplaces support employees with a cancer diagnosis, or those caring for someone with cancer.

To find out how we can support your workplace with expert training, guidance and resources, visit macmillan.org.uk/atwork

RAFFLE WINNER

Congratulations to **Pat Albrow** who won £10,000 in our 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



Macmillan provides training and support to volunteers, including free online courses at [learnzone.org.uk/volunteers](https://www.learnzone.org.uk/volunteers)

Ron, volunteer



COULD YOU VOLUNTEER?

At Macmillan, we provide lots of opportunities for volunteers to help people with cancer at home and in the community. Here are a few small things that you could do to make a big difference.

Provide emotional support

Many people with cancer feel isolated, especially if they're not able to leave the house as much. Just by volunteering to pay someone a visit or giving them a call, you can help them feel less alone.

Help with everyday tasks


These tasks could include helping people with their shopping, housework or gardening. For many people feeling unwell or going through treatment, day-to-day activities like this aren't as simple as they used to be.

Keep someone company

Another way you can help is by accompanying people with cancer to things like their appointments. By volunteering in this way, you'll be providing much-needed moral support at a very difficult time.

Could you join our amazing team of volunteers? Find opportunities near you by calling 0300 1000 200 or visiting [macmillan.org.uk/volunteer](https://www.macmillan.org.uk/volunteer)

Why Ron volunteers

Ron volunteers for a befriending service in west London that helps people with cancer feeling alone. He says, 'It's truly very rewarding and gives you a lot of self-belief. You also meet volunteers of all ages, each with a common desire to help others.' 



GETTING THE CARE THEY DESERVE

Everyone affected by cancer should receive care with dignity and respect. And to help people know what care they're entitled to and how they can make it a reality, we've created a new leaflet called *Your Cancer Care*.

This leaflet provides information on what people with cancer and their carers should expect. For example, being acknowledged if in urgent need, as well as the right to privacy and a say in their treatment. It also provides information on ways people could become more involved, such as providing feedback and discussing their needs and concerns with professionals.

This leaflet can be ordered from our website and is available in Macmillan information centres. It'll also be provided in some care settings and will be given to people when they're diagnosed. Macmillan nurse, Emma

Elliot, was involved in creating it. She says, 'This leaflet is a really helpful guide for those diagnosed. Patients have been involved in its development, making it a true reflection of what people want to know.'

If you or someone close to you would find the *Your Cancer Care* leaflet useful, please order it for free from [be.macmillan.org.uk/yourcancercare](https://www.be.macmillan.org.uk/yourcancercare) 

2.25
million

free information materials were ordered from Macmillan last year, providing people with answers and support.



'TIS THE SEASON TO DO SOMETHING GREAT

From present wrapping to a Christmas-themed karaoke, and finding your festive flair, there are plenty of ways to be a star with our winter fundraising ideas.

Carol-oake

Calling all seasonal songbirds – warm up your vocal chords this December by hosting a Christmas-themed karaoke competition. Whether it's Jingle Bells, Silent Night or something more current, get people to belt out their top tunes and ask for a donation to take part. Award the best singer half the takings and donate the other half to Macmillan.

For more Christmas fundraising ideas, visit be.macmillan.org.uk and click 'Make your own', then 'Ideas of the month'.



Find your festive flair

With winter being a time to wrap up, why not swap your beanie or bobble for a snazzy Santa hat, throughout December. Ask friends and family to sponsor you. Or choose to copy Christmas's main man by growing your best Santa-style beard. Create an account for people to donate to and follow your story at justgiving.com

Let us know how you're fundraising this Christmas by emailing macnews@macmillan.org.uk

All the trimmings

No, we're not talking about the mammoth mounds of spuds and sprouts lots of us will be stuffing. Instead, dedicate a lunch hour to wrapping up your colleagues' presents, asking for a donation. Now that's a better way to pile on the pounds this Christmas.

Winter whip round

Whether it's a work Christmas party or a festive feast among friends, ask people to donate any loose change over a seasonal celebration. It's a really easy way to do something special for Macmillan and to help you on your way, simply order your free coin box at be.macmillan.org.uk

Put your stamp on it

You can also get creative and make up your own fundraising event, like human Christmas-tree Craig Fiddes:

'It was approaching the end of the year and I felt a bit left out that I hadn't done anything for Macmillan. My girlfriend suggested I should pin a bit of tinsel to a Christmas jumper each day and that idea built and built. I decided I might as well go the whole turkey and ask for sponsorship to become a Christmas tree for a month.'

'I have a strong history of cancer in my family – all the women on my mother's side all died as a consequence of getting cancer. That's why I'm so passionate about making sure cancer care is an election priority for all political parties.'


Jasbinder, diagnosed with breast cancer



IT'S TIME TO CHOOSE

We believe that next year's general election is our chance to make sure everyone with cancer has the best possible care and support. That's why we are campaigning for cancer to be an election priority. And we need your help.

Right now, political parties are making decisions about their priorities for the 2015 General Election. We want to make sure that whoever forms the next government commits to improving cancer care.

Sadly, not everyone with cancer receives the best possible treatment and support at the moment. We can change this but we must act now. We want to make sure everyone with cancer is diagnosed early and that we have a health service that supports, values and protects the dignity of everyone affected. We must also make it possible for each person to die in the place of their choice. 

Together we can choose a future where no one has to face cancer alone. Join our election campaign today – visit macmillan.org.uk/generalelection2015



AN EYE FOR DESIGN

Did you know that Macmillan helps design places such as treatment rooms, waiting areas and drop-in centres? We look at everything, from the architecture to seat colours, so that people with cancer are treated in the best environments possible.

On these pages you can see just a few of the places we've helped to design. To find out more about how Macmillan is improving the environments people are supported in, visit [macmillan.org.uk/cancerenvironments](https://www.macmillan.org.uk/cancerenvironments)

We're here to give you emotional and practical support.
Just call us on **0808 808 00 00** or visit [macmillan.org.uk/howwecanhelp](https://www.macmillan.org.uk/howwecanhelp)

The Sir Robert Ogden Macmillan centre, Harrogate



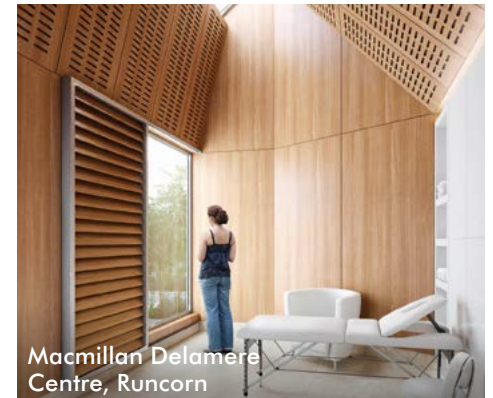
The Sir Robert Ogden Macmillan centre, Harrogate



Macmillan Delamere Centre, Runcorn



Garden at the Macmillan Renton Unit, Hereford



Macmillan Delamere Centre, Runcorn

MEET SOME AMAZING FUNDRAISERS

Without our supporters, Macmillan's work simply wouldn't be possible. That's why we invest in teams who work across the UK to help people raise as much money as possible. Here we look at a few of the extraordinary things our supporters have done to help us make sure no one faces cancer alone.



A Welsh couple reaching new heights

From climbing Kilimanjaro to taking a zip wire over a quarry, Claire and Dave Thompson have done all sorts of challenges for Macmillan. The Newport couple aim to raise £50,000 in support of our work because of the help both of their dads received.



Making some noise in Cornwall

A band called The Claze wrote a song to promote our event the World's Biggest Coffee Morning, which led to them appearing on BBC Radio Two. The band from Cornwall created the song for their friend Naomi after she was diagnosed with cancer.

Turn over to read an interview with the band's singer.



Wakefield's marathon man

How does six marathons in six days sound to you? This is what Tom Hacker from Wakefield did, raising more than £40,000 for Macmillan. It's all in memory of his mum who was supported by a Macmillan nurse.



Sussex's blooming garden trail

Geoff Stonebanks from Sussex has set up an annual garden trail event that has raised more than £30,000 in three years. In 2014, a record 31 gardens opened their gates for the trail.



Conquering mountains in Scotland

Jim Robertson, 79 from Scotland, had part of his lung removed when he was diagnosed with cancer. But this didn't stop him from climbing a 3,553ft mountain in eight hours for Macmillan.



Sailing solo around Ireland

Just weeks before Darren Robb set off to sail around Ireland, he was told he had terminal cancer. But Darren decided to continue his solo challenge anyway and raised more than £11,000 – double his target.

No matter how much you raise or what you do, every penny will help people affected by cancer. To be put in touch with your local Macmillan fundraising team, call **0300 1000 200** or visit **macmillan.org.uk/inyourarea**

Listen to The Claze's song by searching 'Tulips and Coffee' at [youtube.com](https://www.youtube.com)



A SONG FOR A FRIEND

Gareth Dix's band The Claze wrote the song *Tulips and Coffee* for their friend with cancer, as well as to promote the World's Biggest Coffee Morning. He tells us how the song spread worldwide and received airplay on national radio.

'Our friend Naomi, who's now sadly passed away, was being treated for breast cancer when we wrote *Tulips and Coffee*. It meant a massive amount to her. And we decided to record the song and make a video so that it can help other people going through similar situations.

'Emma, a fundraising manager from Macmillan, was key to the whole thing taking off. She was the one who said, "Right, we're going to get this song on radio." The next thing we knew, Clare Balding played it on her BBC Radio Two

show Good Morning Sunday. On the weekend after Naomi died, she played it again as a tribute.

'The song was also played loads on BBC Radio Cornwall – every week they were saying, "Don't forget Macmillan's Coffee Morning." And people I would've never imagined retweeted the song, like Chris Robshaw, the England rugby captain.

'The song's video has thousands of views and people have tweeted us from around the world, from America through to south-east Asia. In the Philippines, it was named as one of the top ten songs to get you through the day.

'It's massive when you have someone like Emma saying that anything is possible. And the story continues – we're still getting tweets and messages about the song now.' 



Stay on top of it all

To help you record everything from appointment times and contact details, to when to take your medication, Macmillan has a free app that's like a personal organiser. So whether you're at home or on the go, you can stay on top of things.

To download Macmillan's My Organiser app, search for it on the Apple App Store or Google Play.



MY WORK MY LIFE KIRSTY HASTIE

Kirsty Hastie, a Macmillan specialist occupational therapist, talks about our new service in Bath for people struggling with cancer related fatigue.

Can you tell us about the service?
'Our service is the first of its kind in the UK. We see anyone over the age of 18 who has had a cancer diagnosis and is experiencing enduring fatigue. 'Macmillan estimates that 350,000 people experienced cancer related fatigue last year, so it's a common issue.'

How do you support people?
'Treatment options are agreed with people based on personal preferences. We can see people individually or at our group programmes, where they can meet others with similar experiences and challenges. 'We help people to develop strategies to manage their fatigue and improve



their quality of life. Strategies include exploring how to prioritise, plan and pace daily activities so that they can do more of the things that are important to them. And we suggest relaxation techniques and tips to help with sleep.

'The journey doesn't stop when treatment does.'

'We also use the principles of cognitive behavioural therapy to explore how a person's thoughts, feelings and bodily sensations all interact to affect their mood and energy levels. 'Plus we advise about how the right amount of exercise can help and work with people to incorporate it into their daily routines.'

Do you help loved ones as well?
'We run sessions that people can bring family and friends to. Here we explain how cancer-related fatigue

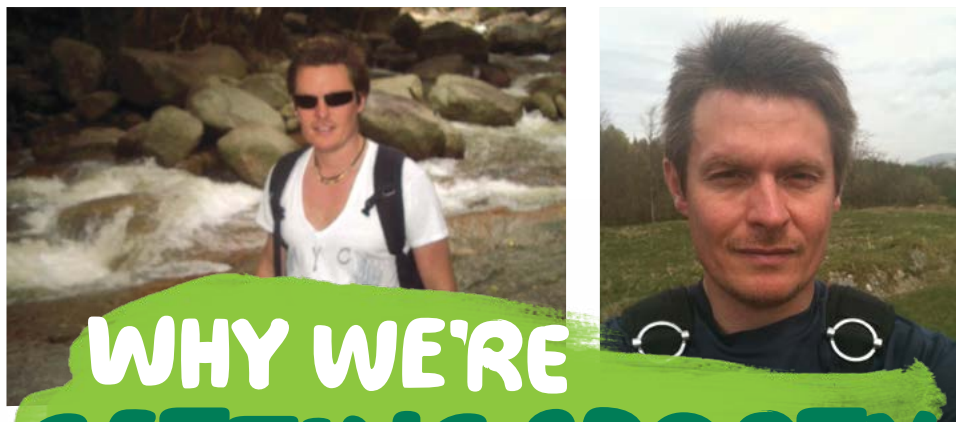
affects people and how others can support them. 'I also do home visits if we identify that equipment or adaptations may be helpful there.'

Do any common concerns come up?
'Absolutely. Like the other members of the team, I see patients individually to address particular concerns. Returning to or staying in work is definitely an issue for many people.'
'We can offer support in lots of ways. For example, I can meet with an employer or someone from HR on a person's behalf. And I'll also write letters suggesting reasonable adjustments are made, as required by the Equality Act of 2010.'

What caught your eye about this job?
'I've had experiences of cancer with my family and friends. I know that there's a perception that after treatment ends everything will be fine. Unfortunately that isn't always the case. The journey doesn't stop when treatment does. For some people cancer is a long-term condition and I completely get that.'

If you'd like to know more about managing fatigue, please call **0808 808 00 00** or visit macmillan.org.uk/fatigue

To get active while also supporting Macmillan, why not hold a sponsored walk? Find out more at macmillan.org.uk/yourwalk



WHY WE'RE GETTING SPORTY

Exercise can have huge health benefits for people with cancer. So to encourage more people to get active, we've teamed up with Sport England to fund a new project called Get Healthy, Get into Sport.

One of the project's ambassadors is Jonathan Deakin, who's been a personal trainer for 18 years and was recently diagnosed with a brain tumour. In his role, he advises other people living with cancer about exercising at levels that are right for them.

Jonathan says, 'As the project ambassador, I hope to be able to pass on my experience of how exercise can be beneficial. I'm in the unique position of being able to appreciate the patient's viewpoint.'

'I've always been extremely active and throughout my treatment I

continued to exercise, albeit not as much. I feel that the combination of daily exercise like walking, together with a balanced strength training programme really helped me.

'I may not be exercising at the same intensity but I'm still feeling all the benefits, such as improved energy levels, mental alertness and better sleep. Even if you haven't exercised much before, I cannot emphasise how beneficial it can be for people with cancer.'

'Exercising has been a huge factor in managing my disease. Every time I walk into the gym or play tennis it feels like a victory over the brain tumour.' 

To find out more about how we're helping people with cancer get active, visit macmillan.org.uk/physicalactivity



A BEAUTIFUL YEAR


Just over a year ago, we started training Boots No.7 advisers to help people with the visible side effects of treatment. One of the first people we trained was Jay Hickson, who spoke to us about her experiences as a Boots Macmillan Beauty Adviser.

Jay says, 'In my role, I advise people on how cancer treatments might affect their appearance and how make-up can help. For example, I can show women how to maximise their eyebrows if they've lost them during chemotherapy or how to minimise dark circles.'

'I'll build a relationship with women during the makeover as they end up telling me all about their cancer. It's been a privilege to have them confide

in me. I've been trained to deal with everything, from ladies who break down to husbands wanting to help their wives.'

'In the last year, I've helped lots of women with cancer who want a makeover for a special occasion but can't imagine feeling fabulous. One lady came in for tips in advance of her son's wedding. She was so delighted that she came back on the morning of the wedding and we got her ready and feeling beautiful.'

'I'm really proud and excited to be able to help these women in a way that nobody else can.' 

To find a Macmillan Boots Beauty Adviser like Jay in your area, please visit macmillan.org.uk/beautyadvisor

DATES FOR YOUR DIARY



WONDERLAND PARTY



Bring après ski to your home by hosting your own Macmillan Wonderland party. Simply invite friends over for an alpine night to remember and raise a glass of glühwein to the spirit of winter fun. Lederhosen optional.

To host your own Wonderland party this December in support of Macmillan, go to welcometowonderland.org.uk



Jantastic January – March 2015

Challenge yourself to achieve your new year fitness goals while raising money for Macmillan.



Bath Half Marathon 1 March 2015



Nepal Hiking Challenge 19 March 2015



THE MAN WHO PUSHED A SPROUT UP A MOUNTAIN

We've had supporters take on some unusual challenges. But Coventry-based Stuart Kettell might be our wackiest to date, pushing a brussels sprout up Mount Snowdon... using just his nose.

Where did the idea come from?

'After I finished my last challenge for Macmillan my brother turned round and said to me "You'll be pushing a pea up Snowdon next" and I just couldn't get the idea out of my head. Obviously it didn't work with a pea so I went with a sprout. I tried it out in my back garden and also did a short trial run up Snowdon.'

Were there any particularly tough points?

'The last two days of the challenge were a real killer. As I got nearer the summit it got colder with 40mph winds. I was pushing the sprout through puddles and my socks were soaking, but I never thought of giving up. My knees also went numb, they didn't hurt – just went numb. Only now, a month later, are they returning to normal.'

If you'd like to donate to Stuart's super sprout challenge, visit justgiving.com/Stuart-Kettell10

Were there lots of supporters along the way?

'There were loads. The media also picked it up. And with so many people following it, that inspired me to keep going.'

What did it feel like to reach the top?


'Oh amazing. I don't mind admitting I burst into tears, it was great.'

'As soon as I finish one challenge I'm straight on to the next one.'

Why Macmillan?

'About 15 years ago I was working with Macmillan on a project and I remember thinking what you're doing was fantastic. For me it's not just about fundraising but letting people know what you provide, so I thought "Let's do something really wacky to raise loads of awareness as well". Macmillan also helped a really good school friend of mine, about two years ago.'

What's next?

'As soon as I finish one challenge I'm straight on to the next one. It's going to be Joñ O'Groats to Land's End in a bathtub. We've built it around a recumbent bike, so all you'll see going down the road is a bathtub and an exhaust pipe that's a giant bubble machine.' 



2007 Flying around Britain in a flexwing microlight



2008 Cycling from Land's End to John O'Groats on a penny farthing



2009 Kayaking from France to Coventry



2010 Living in a suspended tiny box for a week

Rachel fundraising for Macmillan



'A GIFT FOR MY SON'S GENERATION'

From setting up a fundraising group to leaving a gift in her will, Rachel Kingston has done all sorts to support Macmillan. Here she tells us about her motivation, fundraising achievements and why she's leaving something behind to help people affected by cancer.

Rachel says, 'I've been a keen fundraiser and advocate for Macmillan for a long time. This is because of the sheer number of friends, family and people I know who've been affected by cancer. Over the years, I've met many Macmillan



professionals and seen the charity's support services in action – I honestly couldn't fault them.

'I've done lots of fundraising for Macmillan. I've been on a trek to Machu Picchu with a friend and also set up a Macmillan fundraising group. And last year, I walked 26 miles with colleagues and together we raised £5,000.

'When I bought my flat, I also decided to write a will and left a small percentage of my estate to Macmillan. Hopefully this will help ensure that



Macmillan's support is there for my generation as we get older. And I wanted to leave a gift for my son's generation should they ever need Macmillan.' ^m

Give an amazing gift

A third of Macmillan's income comes from supporters like Rachel leaving gifts in their will. To leave behind a legacy that will help Macmillan continue supporting people affected by cancer, visit [macmillan.org.uk/legacy](https://www.macmillan.org.uk/legacy)

CHRISTMAS WRAPPED UP



Gift wrap, tags
and ribbon set

MCS1469

£7.95

From children's toys to great baking gifts and Macmillan sporty essentials, there's still time to order cracking Christmas presents from our online shop.

Browse our Christmas range at shop.macmillan.org.uk