

**WE ARE
MACMILLAN.
CANCER SUPPORT**

MACMILLAN WHERE YOU LIVE

Wiltshire, Bristol, Bath and North Somerset • Summer 2009

Making coffee makes a difference

The World's Biggest Coffee Morning is back, and it's set to be bigger and better than ever before! Last year in Wiltshire, Bristol, Bath and North Somerset, over 1,275 registered to put the kettle on in homes, at work and even in school to raise an incredible £171,462

It's such a simple way to make a huge difference for people living with cancer and everyone can do it. This year's event takes place on 25 September, but if your diary is already full, don't worry; you can hold your coffee morning on any day that suits you throughout the month.

Karen Andrews of TLT says; 'World's

Biggest Coffee Morning is such a fantastic and simple event to get involved with. Everyone here who was involved with the event last year really enjoyed themselves...it's not often we have a legitimate reason for drinking coffee and eating cake! I would encourage anyone who wants to fundraise for Macmillan to



TLT Solicitors support the World's Biggest Coffee Morning (Photograph courtesy of The Evening Post)

register. The support you receive from them is amazing and you know that the money you raise will really help people living with cancer.'

At Macmillan we relish innovation and were delighted to hear that many people chose to put their own inventive spin on the event in 2008:

Toby Slocombe, year 10, Sidcot School; 'We sat down and brainstormed the event and our 'leaning tower of pisa cake' was superb. The day went really well and we were all so proud for the amount raised plus we got into the top 10 and we have just been awarded our certificate!'

The sky is the limit so get your group together, make some coffee and help make a difference. Simply register online at www.macmillan.org.uk/coffee or call **0845 602 1246** to receive a full coffee morning pack.



One of the many schools that supports the World's Biggest Coffee Morning (Photograph courtesy of Bristol news and media)

Are you from The Macmillan Nurses?

This is probably the first question that we get asked as we go around our area giving talks, accepting cheques and supporting all of you who do so much to raise funds for Macmillan, be it through The World's Biggest Coffee Morning, challenge events, golf days or any number of other inspirational ways.

Now on the majority of occasions we just answer yes to that question, but in reality the answer should be; 'No, actually I'm from Macmillan Cancer Support, and whilst we do fund the fantastic work of Macmillan clinical staff from nurses to speech and language therapists, we also do a lot more besides.'

At Weston Super Mare General Hospital, for example, there is the Macmillan Cancer Information centre, where patients, relatives/carers and the public receive help in any number of ways from accessing specific information about the different types of cancer and associated treatment, to help with information and support on the side-effects of treatment and

'When cancer throws you into the maze that is the benefits system, they are there to guide the way.'

all the consequences that living with a cancer brings.

Macmillan information staff can also help by signposting people to ways of dealing with the financial impact of cancer.

Dawn Watt, Cancer Information & Education Support Manager explains;

'We offer a relaxed, friendly and confidential environment and welcome anyone whose life has been affected by cancer. You are

welcome to drop in and share your concerns with one of our team, who are here to listen.'

In Salisbury you can find another Macmillan service. Carol Wheeler and Alyson Taylor are Macmillan Welfare Benefits Advisors who work with the Citizens Advice Bureau.

When cancer throws you into the maze that is the benefits system, they are there to guide the way, enabling people living with cancer to put financial worries to one side for a time.

The really great news is that after seeing the benefit that welfare benefits advisers have been bringing to people living with cancer in Bath, Swindon and Salisbury, Macmillan and



Dawn Watt – Cancer information and education support manager in Weston Super Mare

the Citizens advice bureau are launching the service across the Bristol area too in late 2009.

As the number of people living with cancer in our area increases, the need for Macmillan professionals will also increase, but so will the need for people like Dawn, Alyson and Carol. These people are all prime examples of why Macmillan is most definitely still all about our clinical staff and nurses, but also a lot more besides.

A problem shared...

For many people affected by cancer, being able to share their experiences can be hugely beneficial. Talking to others offers mutual support, helps some people to feel less isolated, allows new friendships to form and can sometimes be a way to say thank you and 'give something back.'

Across the UK, there are around 1,000 cancer self help and support groups, which offer a range of opportunities. The groups are assisted by Macmillan's Community Network Development Coordinators (CNDCs) who provide support, including helping them to access grants of up to £3,000 to cover running and development costs, delivering free training workshops to build skills in areas such as listening and responding, loss and bereavement and marketing, and the provision of newsletters and good practice resources.



Some people choose to become a Cancer Voice, allowing them to share their experiences to help Macmillan and other cancer-related organisations change the future of cancer care. There is no one typical role of a Cancer Voice, as Simon,

aged 42, from Dorset explains: 'Signing up as a Cancer Voice has given me a sense of purpose and control of events that I didn't have during my treatment. I've reviewed books on prostate cancer as they're often written with older men in mind, I've become a member of a research reference group and I've volunteered to speak to the gay media about my story. If being involved with Cancer Voices now makes life just a little less frightening for others going through a cancer diagnosis, then my whole experience will have gained meaning.'

If you'd like to find out more about sharing your experiences, visit www.macmillan.org.uk/Get_Support for groups and www.macmillan.org.uk/Get_Involved for Cancer Voices. Alternatively contact your local fundraising team who will point you in the right direction.

Will you leave a legacy to Macmillan?

What do an Elizabethan Grade II listed farmhouse in Birmingham, a 13th Century Manor House in Somerset and the Mayor of Cardiff's residence all have in common? No, they're not properties recently bought by Elton John, they've all been venues for a Macmillan Cancer Support legacy event.

Over the last few months, the legacy team have been out and about at a series of events, talking to people about how leaving a gift in their Will can make a huge difference. At these events a local fundraising manager, a Macmillan health or social care professional and members of the legacy department pass on information and say thanks to our supporters.

Richard Sproson, Regional Legacy Promotions Officer, said; 'People

of all ages attend the events and many are often surprised to hear that legacies make up over one third of Macmillan's income. The historic venues and places of local interest where we meet give everyone plenty to talk about and provide the perfect backdrop for us to talk about the services Macmillan delivers today and the crucial role legacies play in funding them.

'The events so far have been a real success. One supporter described the



Richard Sproson presenting at our recent Somerset event

event she attended as "absorbing, moving and very informative," and many have said that they now intend to include gifts to Macmillan in their Wills.'

If you're interested in attending a legacy event near you in future or would like further information on leaving a gift in your Will to Macmillan, please contact Richard Sproson on **01743 452083** or email: rsproson@macmillan.org.uk.

What's on

Throughout 2009

Your Local Gym or Sports Centre

Keep fit and raise money for people living with cancer by completing our Mini, Standard or Advanced triathlon at your gym or sports centre. You can do this event at any time of the year simply to meet your own fitness or fundraising goals. For more information or to register, please visit www.macmillan.org.uk/virtualtriathlon or call 0117 967 0975.

14 – 16 August 2009

Bradley Stoke Charity Weekend

Bradley Stoke Leisure Centre

A weekend of events in aid of Macmillan will be taking place at Bradley Stoke Leisure Centre this weekend. On Friday 14th there will be a Quiz night, on the Saturday night a dinner dance and on the Sunday a family fun day. For more information please contact 07969 942910 or email magicthroughtime@btinternet.com

6 September 2009

Bristol Half Marathon

Bristol

Team Macmillan was represented by over 700 people in the London



Volunteers and supporters raise funds via pedal power in Swindon

Marathon and superbly supported in the Bath Half. In Bristol you may be running yourself or know of a friend who is taking part. If you want to be spurred on by the noisiest bunch of supporters there is, visit www.macmillan.org.uk and check out the running page.

11 October 2009

Swindon Half marathon

A challenging, hilly course on roads over 13.1 miles through scenic countryside over the Wiltshire Downs. The Half Marathon starts and finishes at Nationwide Building Society, Pipers Way, Swindon. A fantastic way to stay fit, whilst raising money for Macmillan. For full details contact the Wiltshire Fundraising office on 01793 432252.

18 October 2009

Salisbury Half Marathon

A beautiful rural route through the picturesque Woodford valley, starting and finishing at Salisbury Fire Station. Excellent facilities including massage at start/finish, prizes in all categories, and full changing facilities at Five Rivers leisure centre adjacent to start. For details contact the Wiltshire Fundraising office on 01793 432 252.

October and December 2009

Supermarket Collections

All areas

The hard working local committees are always on the look out for more volunteers. It's a great way to meet new people, make great friends and help raise those all important funds. Collections will be held at Tesco and Morrisons in October and December respectively. For more info call either Kaeti or Ian on 0117 967 0975. Every little helps!



Macmillan's Kaeti Morrison and Jo Hillis outside Frenchay church, where one of the trees of hope was held. (Photograph courtesy of The Evening Post)

4 December 2009

Carols at Christchurch

A lovely evening of Christmas music, carols, and readings being held in George Gilbert Scott's beautiful Christchurch Swindon, known locally as 'The Old lady on the Hill.' Details available from the Wiltshire Fundraising office on 01793 432252. Make a date in your diary now!

December 2009 date TBC

Tree of Hope

St John the Baptist Church, Frenchay Common

For most people Christmas is a time to get together with family and friends, but for others Christmas can be a difficult time when they are missing loved ones they have lost or who simply can't be with them at this time of year. Lights can be sponsored by donating £5 to Macmillan.

December 2009 date TBC

Lanterns of Love

Weston Super Mare – Location TBC

A new event for 2009 and one which we hope will be very well attended. The launch of a 'sky lantern' is the perfect way to remember a loved one. There will be an area for teas, coffees and a chat afterwards. The skies will come alight with a majestic glow as we launch our lanterns of love in December.

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