



**YOUR**

**MAC  
NEWS**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Spring 2014

**'We run to  
celebrate  
Paul's life'**

Dani, Paul's wife, tells us the inspiring story of how the whole family run to remember Paul

**Patients making a  
massive difference**

How we're all working together to improve cancer care

**'Kathy knew more about  
me than I did myself.'**

David's Macmillan physiotherapist was there just when he needed her

... and even more stories inside

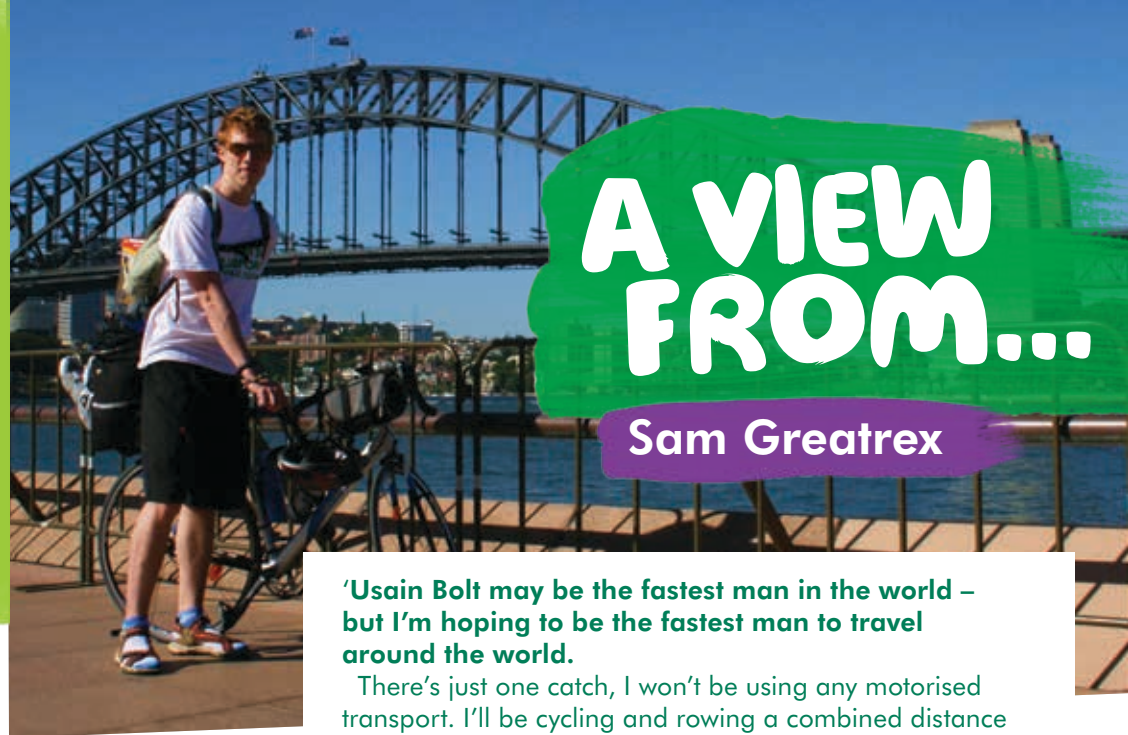


I'm delighted to introduce you to the new look *Your Mac News*. And it really is *Your Mac News*. Inside you'll find incredible personal accounts, like David's inspiring story and how Paul's family run to celebrate his life. We just couldn't support these people without you. So thank you – I really hope you enjoy reading the magazine as much as we enjoyed putting it together.

*Danny*

Tell us what you think. We'd love to hear from you at [dwright@macmillan.org.uk](mailto:dwright@macmillan.org.uk)

Editor



# A VIEW FROM...

Sam Greatrex

**'Usain Bolt may be the fastest man in the world – but I'm hoping to be the fastest man to travel around the world.'**

There's just one catch, I won't be using any motorised transport. I'll be cycling and rowing a combined distance of 32,000 miles.


The very thought of all those miles is enough to make my legs cramp. But ever since receiving brilliant support from my Macmillan nurse Moira when I was diagnosed with non-Hodgkin lymphoma at the age of 10, I've aimed to help more people gain that same level of care.

Two people have completed a human powered circumnavigation before, so it can be done, but it's an incredible physical challenge that'll take eighteen months.

During that time I'll cycle through 25 countries, row across the Atlantic and Pacific oceans and hope to arrive back in England having broken nine Guinness World records.

Macmillan have played a huge part in my life, and this challenge will hopefully go some way towards repaying the life-saving support they provided me.

Unfortunately I'm not the only person in my family to have been affected and my Aunt and Grandad's experience was made so much better by Macmillan's support.

A few blisters and sore backside are inconveniences I'm more than happy to tolerate to raise the £240,000 that will help build a new chemotherapy suite in a hospital'. 



My journey starts in September 2014 and you can follow my adventure at [laphtheworld.com](http://laphtheworld.com)

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### Did you know?



Over **98%** of our money comes from fundraisers

### 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)



**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.



# News

Thank you. You're simply amazing.

## YOU HELPED US RAISE £20M

Over 150,000 hosts made it our biggest and best World's Biggest Coffee Morning.

Join us this year and make it even bigger. [macmillan.org.uk/coffee](http://macmillan.org.uk/coffee)



Kettle off, bunting down, door closed, PJ's on. £868 (so far) raised at our [#coffeemorning](https://twitter.com/#coffeemorning). Thanks to all. [@goodfeeling](https://twitter.com/#goodfeeling) [@lixLetThemEat](https://twitter.com/@lixLetThemEat)



## 30 SECOND INTERVIEW

Macmillan supporter and marathon runner Dave Greenbrown, Co-founder of Travel Parking Group

### Why did your company decide to support Macmillan?

One of our shareholder's Dad had cancer so we wanted to work with a cancer charity. When we met with Francine and Emma from the local Macmillan team, we knew it was the partnership for us.


### How have you got involved?

We've started donating a percentage of our booking fees to Macmillan. Some colleagues are big runners, so three of us did the Great North Run and five took on the New York Marathon.

### How did you get on at the Marathon?

I got round, in 4.5 hours, which I was very pleased with. I couldn't have done it without the crowd. The support was unbelievable.

### Any plans to don the running shoes again?

Definitely. Running for Macmillan really helps with team building and the wellbeing of our staff. We're hoping to do the Berlin Marathon next year. 

Our Autumn Raffle winner is Ms. Monica Goosey who won the

## 1ST PRIZE OF £10,000

... and there were over 100 runners up. Thanks to everyone who played and helped us raise £1 million – **our biggest raffle ever.**

If you want to be our next winner head to [raffle.macmillan.org.uk](http://raffle.macmillan.org.uk)



## Make it even more of a day to remember

Getting married? We've pulled together all of the ways to support Macmillan at your wedding in to one place and also launched our new wedding favour. So, if you're tying the knot, head to [macmillan.org.uk/weddings](http://macmillan.org.uk/weddings) and find out how to support Macmillan on your big day.







**'I STOPPED VISITORS FOR EIGHT MONTHS'**

David Phillips explains how his life was turned upside down by cancer and how Macmillan was there to help.



'Before I was diagnosed with throat cancer I had a very full life. I'm a driving instructor and I was heavily involved in my rugby club. But, after my second chemotherapy session, I stopped going because I was losing my hair, I couldn't eat. I lost over six and a half stone in two months.'

**'Without Macmillan, I can honestly say that I wouldn't have survived. They give me the confidence to fight.'**

'I was very depressed because I felt a failure – that was the hardest part. It's the embarrassment of being ill and not being able to do what you used to do.'

'Pat, my wife, was there for me but I didn't want to make her worry. I coped by trying



Help us be there for even more people like David.  
Text the words **TOGETHER7** to donate **£5**

to make light of it all. But inside it broke my heart. I didn't want people coming to look at me. So, I stopped all visitors for eight months, even my own sister.'


'It was Kathy, my Macmillan physiotherapist, who was there to help me. She sat down on the bed and started chatting as if she'd known me for years. And that's Kathy's biggest gift. She knew more about me than I did myself.'

'Without Macmillan, I can honestly say that I wouldn't have survived. They give me the confidence to fight.'

### 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 David.

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. 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. 

And remember 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**.



Watch a video of David's story and find out more about how Kathy was there for him in the digital version of *Your Mac News*.

More than one in five (22%) people living with cancer report feeling lonely since their diagnosis, and those who do are much more likely to experience issues in their daily life:



more likely to drink more alcohol than they normally do

Almost



more likely to have problems sleeping

Almost



more likely to have not left the house for days

# STAY ON TOP OF IT ALL

Our free Macmillan Organiser helps you to keep track of everything, from your symptoms to your appointments and medication – as well as suggesting questions to ask your doctor.

To order yours, call us on **0808 808 00 00** or visit [be.macmillan.org.uk/macmillanorganiser](http://be.macmillan.org.uk/macmillanorganiser)



WE SUPPORT FAMILIES

# MY WORK MY LIFE JENNIFER GORRIE



If you want expert advice from people like Jennifer you can call our support line free on **0808 808 00 00** (Mon-Fri, 9am-8pm)

may need help understanding medical information and how to support their loved one.

Cancer can have a huge effect on your emotions. I need to have excellent communication and listening skills in order to support them in finding a way to cope.

I also answer email enquiries to the service. These can be complex questions and can require


**'I have the opportunity to give people the support they need at a difficult time in their lives.'**

time both in searching for the appropriate information but also relaying this in a way that individuals can understand, in an empathic way. We also have a Facebook page and nurses are regularly dealing with these enquiries.

### 'Part of a great team'

I work within a fantastic team of experienced nurses with backgrounds in both acute cancer nursing and palliative care backgrounds. The nurse team has grown considerably over the last few years to 28 nurses over two sites in London and Glasgow and it's a really supportive environment to work in. We also have a Welfare Rights team and a Financial Guidance Service.

As cancer is such a rapidly evolving field, it's so important to stay up to date. Macmillan has supported my learning so I've been able to develop a high level of skill and knowledge.

The most rewarding aspect of my role is the knowledge that the conversation I've had with someone may have made a difference. I know that being knowledgeable about their illness and treatment can give people a sense of control back and reduce anxiety. But talking things through and exploring feelings can be so helpful. I'm so glad I can be there for them.' 

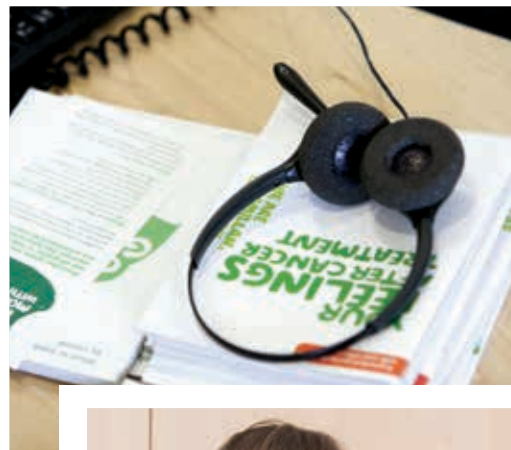
## Meet Jennifer Gorrie, a Cancer Information Nurse Specialist, who works on the Macmillan Support Line to help people when they really need it.

'Having been in cancer nursing for 14 years, when I first started working on the support line I thought I'd miss the face to face contact with patients. But after seven years in post I still love my job. I have the opportunity to give people the support they need at a difficult time in their lives.

People phone the support line for many different reasons. I get lots of calls from people

struggling to understand the complex information they've received. Questions about coping with symptoms or the side effects of treatment are common. Often people need to make difficult decisions and need support to feel fully informed to do so.

And it's not just people with cancer who call us – around half our calls come from family members and loved ones who



# WORRIED ABOUT A FAMILY HISTORY OF CANCER?

Many people worry about developing ovarian or breast cancer because of their family history. In fact, only 5–10% of cancers are thought to be linked to an inherited gene. But if you'd like to check your risk, Macmillan has a free online tool called OPERA (Online Personal Education and Risk Assessment) that can help.

## Take the OPERA assessment

Our online tool asks you around ten multiple-choice questions about your personal and family history and gives you an assessment. You can then print this out and take it to your doctor if there's anything you want to discuss.

To complete the assessment, visit [macmillan.org.uk/opera](https://www.macmillan.org.uk/opera) 

## How OPERA helped Erika

'I discovered that there was a link between cancer and Ashkenazi Jews due to a specific gene. So I decided to take Macmillan's OPERA questionnaire to see whether there were any other reasons I would be at higher risk of getting cancer.

'Once I completed it, I was reassured to find out that due to other factors in my life, I wasn't at any more risk than other women. I found OPERA to be a valuable tool that helped me weigh up everything.'



# HELPING HANDS, RIGHT AROUND THE COUNTRY

Sometimes it's the little things. A hand with the shopping. A lift to an appointment. A chat when you're feeling low. Our Direct Volunteering Services are all about giving people facing cancer practical and emotional support when they need it most.

## Northern Ireland

In East Belfast, Lisburn and South Down we have Macmillan Community Helpers offering the little things that make a massive difference – from a hand with the shopping to a chat over coffee. This summer we're starting schemes in Bangor and the Ards Peninsula too.

## Wales

Our volunteers are leading new services in Carmarthenshire, helping people who've come home from hospital; offering practical and emotional support; and supporting people who've been recently bereaved.

## Scotland

Volunteers at our schemes in Edinburgh, Glasgow, West Lothian and South Lanarkshire offer emotional support to people living with cancer and also help around the house. They can even walk your dog.

## Chester

In Chester our Bereavement Buddies are on hand to make calls, write letters, or just be there as a friend during the tough times.

## Worcestershire

The Worcestershire Buddy Service means volunteers can be there to talk to someone who's been through cancer themselves. Read Vicky's story on the next page to find out more.

## London

Our volunteers at the Macmillan information point in Hackney Library help visitors to find the information they're looking for or signpost to more support.

## Brighton

In Brighton our local work mentoring service supports people who want to stay in work after a diagnosis or go back after treatment.



Please turn over to read about Vicky's story





**From playing clarinet to running a support group, Macmillan volunteer Vicky Stock, 34, gives her time to people affected by cancer in so many ways. She talks to *Your Mac News* about her most recent experience as a buddy.**


'I was only 30 when I was first diagnosed with breast cancer and I felt quite alone. But seeing lots of information with Macmillan's name on it made me realise there was lots of support out there once you knew where to look. The charity's been there for me, which is why I wanted to give something back.

'Recently I started volunteering at the Worcestershire Buddy Service. I've been teamed up with a younger woman and an older man who have cancer to offer them support. They've both seemed to really appreciate talking to someone who's been through cancer themselves. Our group offers practical support too, like gardening or preparing a meal. Recently some of the volunteers helped look after a woman's husband while she

was having treatment, staying with him a couple of hours a day so she didn't have to worry. I think these schemes are an excellent idea.

'I'm involved with Macmillan in lots of other ways too. I've given talks about working through cancer, collected cheques at fundraising events and raised money playing concerts with my band, the Blackwell concert band. I've also set up a support group.

Being able to do something for Macmillan and feel I'm helping people is really rewarding. It helped me maintain a level of normality while I was going through chemo, too.

I didn't know many people of my age who'd had cancer at the start, but I've now met such a variety of people. We have similar emotional issues, despite having had different types of cancer. The loneliness is definitely not so bad now. 

Find out more about how you could volunteer, visit [macmillan.org.uk/volunteer](https://www.macmillan.org.uk/volunteer)

# 'MY CARE – THE GOOD AND THE BAD'

By Jonathan Lewis

Having been diagnosed with cancer twice in six years, Jonathan Lewis has seen all sides of care. He tells *Your Mac News* why he's sharing these experiences as part of a partnership between Macmillan, people affected by cancer and several organisations in Manchester.



Continue overleaf 

## My care - The good and the bad

To share your experiences to help other people affected by cancer, find out about becoming a Cancer Voice at [macmillan.org.uk/cancervoices](https://macmillan.org.uk/cancervoices)

'Six years ago I had throat cancer and 12 months ago I was diagnosed with terminal lung cancer. I've received cancer treatment in Manchester and it hasn't always been the best. For this reason, I got involved with the Macmillan Cancer Improvement Partnership to make a difference, both for myself and others.

'The partnership is between Macmillan, Manchester City Council and various organisations within the NHS. Crucially, it's also trying

'Once I needed a blood test the day before chemotherapy but there weren't enough nurses. This meant I had the blood test on the morning of the chemotherapy and waited two hours for the results. Later, my GP said, "Why didn't you come here to have it?" The answer, of course, was that I didn't know because no one had told me.

'Another time, my treatment was delayed because the doctor told me I was having radiotherapy to my back,

## 'It's only through listening to people affected by cancer that organisations can learn.'

to involve people affected by cancer, whether that's patients, carers or family members. It's only through listening to people affected by cancer that organisations can learn.

'There are good and bad bits to my care. Parts of it work really well, particularly the medical care I receive from consultants and doctors – I can't fault that at all. Some of the nursing is very good as well. But a lot of it is average at best and too much is sub-standard.

but the radiologist was talking about my "posterior chest wall". Anyone with clinical knowledge will know that this is my back – but I didn't. Communication can't happen properly if people are talking different languages.

'If services are better coordinated and communication is improved, the patient wins and the NHS wins. The organisations in this partnership are full of good people but they don't always understand what it's




Jonathan with the MCIP user involvement workshop. (L-R) Mark, Nina, Martin, Doreen, Michelle, Linda, Carys, Jonathan, Loretta.

like to have cancer. They can't unless someone says, "That's not the way it works. That's not what it feels like. Perhaps you could do this."

To share your experiences to help other people affected by cancer, find out about becoming a Cancer Voice at [macmillan.org.uk/cancervoices](https://macmillan.org.uk/cancervoices)

### Improving cancer care

By 2030, the number of people living with cancer in the UK will double to four million, putting a lot of pressure on services. Radical

change is needed and that's why Macmillan is working with many health and social care organisations across the UK in partnerships similar to the one in Manchester. 

### Cancer Voices

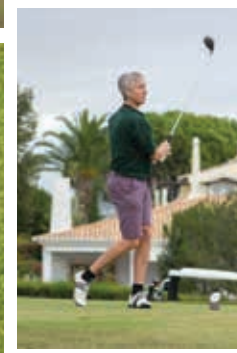
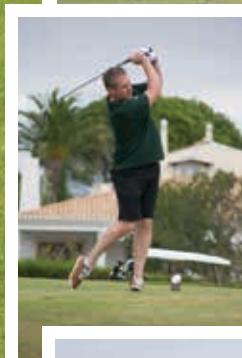
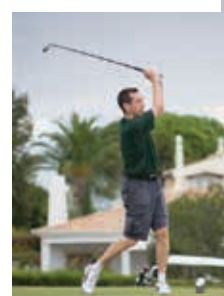
Jonathan is helping us make a real difference in Manchester. It's only by listening to people like him that we can start making the changes to cancer care that are needed.



Inspired by the story of The Flashing Blades? Join them and take on 72 holes of golf by signing up at [macmillan.org.uk/longestday](http://macmillan.org.uk/longestday)

'MY TIP  
WOULD BE  
"DARE TO  
DREAM"'

LONGEST DAY GOLF CHALLENGE 2014



**Andrew Goldney, team captain of winning team The Flashing Blades, explains how two brothers and four lifelong friends took on the toughest challenge in golf for Macmillan.**

'The main highlight for me was getting the four of us together – me, my brother Darren and our good friends Chris and Mark. It was just like old times – the relentless banter and disparaging golf comments; knowing we were doing a great thing for charity and playing a game we love.

'We did the challenge at Kirtlington Golf Club and they were brilliant – they let us put up posters, did collections at the bar and helped facilitate four rounds in less than 14 hours.

'On the day of the challenge itself, if I could give one piece of advice it would be that we went off a little too early – there were two lost balls on the opening tee because it was just too dark, despite the luminous balls.'

#### **Why Macmillan?**

'For me personally I really wanted to give something back. Both my mum and dad have had cancer and Heather, our Macmillan nurse, was our lifeline. The thing I remember most was her tremendous compassion.

'But the whole thing took a horrible twist as Dad was diagnosed with cancer again – three years after he had first had it. We were now in the middle of another cancer fight – back with Heather and the same incredible compassion.'

#### **Flying off to the final**

'Playing golf seemed like a great way to try and give something back. We were never really aware there was a final in Portugal so we were astounded when we got the call (we even thought it was a wind up at first). It was a great occasion – all the teams were a pleasure to spend time with and we all played in the right spirit.

'My tip would be "Dare to dream" – we started with a modest goal and raised so much more than we could have imagined and won the final. We met some great people, toasted past and current loved ones and gave something back.' 



To watch a video of professionals like Sergio Garcia talking about taking on 72 holes, swing over to the digital version of *Your Mac News*.



# DATES FOR YOUR DIARY



**Dress up and dance**  
20 June

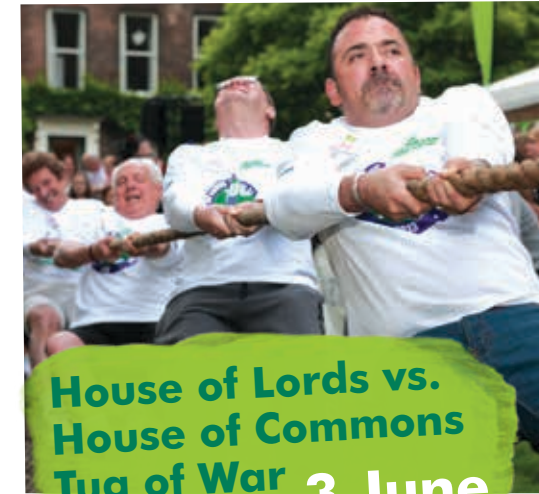
After proving a big hit last year, Dress up and Dance is back. This summer term, nursery and school children across the country will dress up and bust out their funky moves to raise money for Macmillan. And we'll provide classes with a free dance DVD, as well as educational resources and the opportunity to win fantastic prizes.



Ready to dance? Watch our special Dress up and Dance video by bopping over to the digital version of *Your Mac News*.



**Night In**  
16 May



**House of Lords vs. House of Commons Tug of War**  
3 June



**Longest Day Golf Challenge**  
21 June



**World's Biggest Coffee Morning**  
26 September



# 'WOW, WHAT A CHALLENGE'

**We talk to Chris McCandless about climbing mountains, raising £20,000 and Macmillan's exciting partnership with Poundland.**

'It's extremely rewarding to be involved with the partnership between Macmillan and Poundland. I remember when staff set out to raise £50,000 in the first year. To have raised £1 million in just five years is incredible.

'Everyone's got stuck in, from holding collections to doing fancy dress. As for me, I've always wanted to challenge myself to raise money for Macmillan. So after many months of training, I took on the 24-hour, three peaks challenge along with 16 colleagues from Poundland.


'And wow, what a challenge.

'It was harder than many of us had anticipated. We covered 42km, climbed 3,000 metres and stood on the summit of three mountains. It was so rewarding to finish the challenge and to raise more than £20,000 for Macmillan.

'Macmillan means a lot to me



personally. Having had two family members go through cancer treatment, I know it's a lonely place – there are days that are so low. If we didn't have Macmillan, there would be a void and no one to turn to.

'That's why for my next challenge, I'll be running the Virgin London Marathon for Macmillan in April. I know it'll been tough, but training has gone well so I'm feeling positive.' 

If you'd like to help by fundraising for Macmillan at your workplace, call **0300 1000 200** or email **fundraising@macmillan.org.uk**

# THE SOUND OF THE CROWD




**Meet Nicky Lopez. Last year the 40-year-old teacher from Liverpool ran the London Marathon for Macmillan. Followed by the Great Manchester Run. And the Great North Run. Not forgetting the Wirral 10k. Oh, and the Santa Dash in Liverpool. Nicky tells us about some tough times and feeling like a rock star.**

'I have Stage 3A non-Hodgkin lymphoma and Macmillan is absolutely vital to my life. They are kind, caring and a mine of information. They've helped me through some incredibly difficult times, and in all sorts of ways – from advising me how to deal with the effects of chemo to what to do with my nails and hair (or lack of it). That's why I'm so proud to be a part of the Macmillan running team.

'As I applied for the marathon I thought it was probably the most insane idea I'd ever had. I'd be training

while going through chemo and radiotherapy. But I spoke to the team at Macmillan who said 'If you feel you can do it then we'll support you all the way'. And they did.

'On the day, the support from the crowd was unbelievable. Especially the Macmillan cheering points – you feel like a rock star when you run past them. I've never heard so many people calling my name, and I'm a teacher. My partner Marc and I crossed the line together and I can't even explain the feeling – it's incredible. It was the greatest day of my life and I would do it again in a heartbeat. In fact, I'm doing the London Marathon this year too, so I'll need those cheerers with me again.' 

We're always looking for people to cheer on our fabulous fundraisers like Nicky. Find an event near you at **macmillan.org.uk/events** and get ready to make some noise.



Donate in memory of a loved one using the attached form – and discover others ways to celebrate their life at [macmillan.org.uk/inmemory](http://macmillan.org.uk/inmemory)



# WE RUN TO CELEBRATE PAUL'S LIFE

By Daniela, Paul's wife

'Paul always loved sport and even when he was in remission he did 10k in Regent's Park with our daughter Laura. They ran together and he was determined to finish.'

'Before he was diagnosed he was very fit and healthy. He was an amateur triathlete and travelled the world with his job. But in early 2007 he started having back aches so we went to the doctors. After tests they found he had Ewing's Sarcoma. It was a profound shock – he looked so well we couldn't believe the diagnosis was right.'

'He had two rounds of chemo. At first this did shrink the sarcoma but the side effects were that his white blood cell count plummeted and he couldn't continue. He volunteered for new drug trials but became very ill. As a last resort, he was offered chemo again but he would have been too weak and wanted to spend the last months at home with us. He didn't want to die in hospital; this is something he was very clear about. It was his choice to die at home.'

'Eileen Hogan, our Macmillan nurse, was so amazing. In the last six weeks she was there all the time and really prepared us as a family. She made Paul's death a good death.'

## Running for Paul and Macmillan

'We wanted a positive way to give back to Macmillan. That's why we did the 10k

on Father's Day. Paul was so positive we wanted to do it as a family for him.'

'I'm not sporty at all but we've all done the 10k for the last four years – myself,




The family: (L-R) Laura, Luke, Daniela, Paul, Katie and Frankie.


our daughters Katie and Laura and the sons Luke and Frankie. Katie's friends joined us last year as well.

'It's amazing how it's drawn other people in. We started just running as a family and look where it is now.

'Paul would love how much the event has grown. He was a showman and always wanted to get the message out about his cancer experience through his work or with his blog.'

'We really like that it's on Father's day too – it means we don't sit at home and we're doing something positive and celebrating Paul's life.' 





'PAUL  
WAS SO  
POSITIVE,

WE WANTED  
TO RUN  
AS A  
FAMILY  
FOR HIM'

Daniela, Paul's wife

Every year Daniela and her family run the Macmillan 10k Fun Run on Father's Day to celebrate their dad Paul's life and raise money for Macmillan. We'd love you to join them, and hundreds of others, to remember and celebrate dads, granddads, loved ones and everyone affected by cancer.

Text FATHER2 to 70550  
for more details or  
visit [macmillan.org.uk/  
macmillan10k](http://macmillan.org.uk/macmillan10k)