

## Calendar of Events Get Involved!

Call Neal on 01202 477628 [neal@macmillanlocal.org](mailto:neal@macmillanlocal.org)



**27 April** A Service of Remembrance and Thanksgiving at The Priory Church Christchurch with guest choir La Nova Singers. The service starts at 3.00 p.m. and everyone is welcome. If you would like to place an entry in the Book of Remembrance at the Priory please contact us on **01202 477628** for an application form.

**23 May** Poole Regatta 2014. Would you like to learn to sail and race an ex round the world yacht and raise money for us at the same time? Are you aged between 16 and 25? If the answer is yes please get in touch for more information.

**24 May** LAKE FEAR NEMESIS at Merryfield Park, Bransgore. 30 testing obstacles over a gruelling 10 mile course crossing two counties. Would you like to do the ultimate challenge and raise funds for us? If so go to [www.lakefear.co.uk](http://www.lakefear.co.uk) and click on CHARITIES.

**21 June** The Best of Gilbert & Sullivan Gala Concert starring Simon Butteriss with the G&S Chorus and Orchestra. The event is at the Lighthouse Poole, and is in aid of Macmillan Caring Locally. Tickets are available from the Lighthouse.

**28 June** The Macmillan Unit Day Centre Summer Fayre. 2.00 p.m. until 4.00 p.m. in the Macmillan Unit Day Centre. The Fayre includes craft stalls, books, gifts, tombola, bric-a-brac and a grand prize raffle.

**12 July** Vicky, Sara and Penny, who are part of the Nursing Team at the Macmillan Unit are doing a Sky Dive to raise funds for Macmillan Caring Locally. If you would like to join them or if you would like to Sky Dive on another date, call us on **01202 477628**.

**5 September** The annual Sarah Green Golf Tournament at Canford Magna Golf Club. To find out more about this popular annual event visit [www.macmillanlocal.org/sarahgreengolf.php](http://www.macmillanlocal.org/sarahgreengolf.php)

**14 September** Royal British Legion Golf Society Golf Day at Queen's Park Golf Club in aid of Macmillan Caring Locally. See article in newsletter for details.

**28 September** The annual Rotary Cycle Ride at Hengistbury Head. Registration information will be available soon.

**4 - 5 October** Bournemouth Marathon, half Marathon, 10k, 5k and junior race. If you would like to take part in this event and raise funds for Macmillan Caring Locally please contact Neal or Geraldine on **01202 477628**.

**25 December** The Macmillan White Christmas Dip takes place at 10.30 a.m. to the right of Boscombe Pier, Bournemouth. Why not join us in fancy dress and have a dip in the sea on Christmas Day? To register, please go to our dedicated web site [www.whitechristmasdip.co.uk](http://www.whitechristmasdip.co.uk)

## Get in touch

If you have any news that may be of interest to our readers, or if you would like to show your support for our Charity, please contact:

Neal Williams Trust Secretary  
Macmillan Caring Locally  
Macmillan Unit, Christchurch Hospital  
Christchurch, Dorset BH23 2JX

t: 01202 477628 f: 01202 705315  
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## Community Newsletter Issue 09



### MACMILLAN CARING LOCALLY

Welcome to our community newsletter, our way of keeping you informed about our charity and the Macmillan Unit at Christchurch Hospital. We have a bumper edition for you, packed with news and interesting articles. We hope you enjoy reading it and find it informative.

We are so grateful for the support we receive from individuals, organisations and businesses in our community, and are continually surprised by some of the challenges they undertake to fundraise for Macmillan Caring Locally. You will read all about some of these challenges, and see how inspirational our supporters are.

Unfortunately there is not enough room in this publication to mention everyone who has helped us recently, but we would like to mention a few.

Golfers and bowlers are always very generous in their fundraising, and we would like to thank Highcliffe Castle Golf Club, Ferndown Forest Golf Club, Highcliffe Bowling Club and the Ladies section of Dudsbury Golf Club and Barton on Sea Golf Club for their enthusiastic fundraising.



Sara, Penny and Vicky of the Macmillan Team are doing a sky dive in July

We are very lucky to receive continued support over the years from the management and members of Ringwood Conservative Club and Winton Liberal Club. Parkstone Yacht Club have been supporting us this year and recently presented us with a donation of £1600.00.

Christchurch Junior School and The Grange School have nominated Macmillan Caring Locally as their charity and we look forward to working with their students in the future.

We have our own 'Clanger Lady' Valerie Dennis who has been knitting bespoke Clangers

(the characters from the 1970s television series) and selling them to friends and colleagues. Val has raised £2,000 for us.

2014 is the 40th anniversary of Macmillan Caring Locally, and we would like to offer our grateful thanks to all our supporters for their generosity and passionate commitment to the aims of our charity. We are very proud of the care provided by our team of professionals and volunteers at the Macmillan Unit, but we could not provide this level of service without the support of our community.

**Thank you to you all.**

# Welcome

## Carrie on volunteering!

In January this year we engaged the talents of Carrie Smith in the new role of Volunteering Project Officer, to manage a pioneering and exciting project for the Macmillan Unit that will open opportunities and training for our volunteers.

We caught up with Carrie to find out what inspired her to join us, her specialist experience and what she wants to achieve.

**Carrie, tell us about your experience in volunteering?** I started out in a media company managing a team of staff in the production department. However, after 10 years of working in a highly commercial environment I was faced with the daunting prospect of redundancy. However these fears were short lived, as it gave me an opportunity to reflect and contemplate a career change to an entirely different sector.

My subsequent job was as a Volunteering Project Coordinator with Poole CVS

(Poole Council for Voluntary Service) and their Volunteer Centre. I was tasked with recruiting and training a team of experienced volunteers to become 'Ambassadors for Volunteering in retirement', we aimed to encourage newly retired people to volunteer for local charities. In just 2 years we recruited some 600 retirees into local volunteering roles which was hugely rewarding.

After this project, I was asked to redevelop Bournemouth Volunteer Centre, and later went on to become Manager of Bournemouth & Poole Volunteer Centres. (The centres together support and signpost in the region of 2500 prospective volunteers each year onto local volunteering organisations). I delivered good practice advice and organised conferences, training & group support for volunteer managers from charitable organisations across Bournemouth & Poole. Whilst in this role I also worked with Poole Housing Partnership, and Dorset Probation Trust to help them develop their volunteering programmes, and worked on other community-based ventures such as developing Volunteer-led Job-Clubs for unemployed people.

If you would like to contact Carrie for more information, you can email her [Carrie.Smith@rbch.nhs.uk](mailto:Carrie.Smith@rbch.nhs.uk) or telephone 01202 705478



These clubs provide unemployed people with a facility to seek advice and help with CVs, interview techniques, confidence building and targeted job searches from experienced and trained volunteer staff.

**What skills have you bought to Macmillan Caring Locally?** I would say this would be relevant experience. For example, through matching people's skills and interests to a role that will continue to motivate them. Also I've learnt a great deal through managing many varied volunteering projects, researching and sharing good practice and learning from others.

Being able to work well with other people and develop interpersonal relationships have all been critical in the success of projects I have driven. Although I have been on professional courses, my own learning continues to expand through vocational training and on the job experience.

**What do you enjoy best about your job?** Most definitely, the people! I get to meet so many truly amazing people. I really enjoy their company and fascinating stories about their lives. I feel lucky to say that I enjoy immense satisfaction from what I do for a living.

I love to see a volunteer grow in confidence and self-esteem, and maybe even move into paid work (which does happen sometimes). I also enjoy a challenge and enjoy seeing a project through from inception to completion. The ultimate fulfilment for me at the Macmillan Unit would be to create a legacy of volunteering here, a programme we can be proud of and one we can sustain well into the future.

**What attracted you to this job?** I saw the job specification and realised my experience mirrored everything that was being asked for. I thought wow – I think this could be my dream job!

**So what are your aims as the unit's Volunteering Project Officer?** This whole project was conceived by Neal Williams (Trust Secretary Macmillan Caring Locally) and Heather Rogers (Senior Clinical Leader at the Macmillan Unit). They wanted to explore new ways to enhance the patient experience with extra support and care, and to take volunteering to the next level. We'll be creating new opportunities for volunteers to

be involved, and developing specific training to enable them to support the unit's staff and patients. We will then be recruiting volunteers to the new programme and supporting them through their training and into a specific placement here in the unit.

**How will you do this?** Working with my colleague Anita Rigler (Project Administrator), we are busy researching and documenting areas within the unit and in the community where specialist volunteers can add value. We've visited similar projects on the south coast and spoken to volunteers and organisations who have already implemented similar ideas with immense success.

The Macmillan Unit currently has 75 wonderful volunteers who give their valuable time

as drivers, gardeners, on the wards and in the day centre. Over the years our Volunteer Co-ordinator Ann Church has grown our volunteer service in to the success it is today. We would like to build on this success and offer existing and new volunteers the opportunity to develop their roles.

We are working on a robust training programme to enable volunteers to help out in new areas such as assisting patients at meal times, accompanying patients for walks or outings, and developing a network of volunteers in the community to help patients with day to day tasks such as shopping, odd jobs around the house or even taking the dog for a walk – all simple, helpful things which could mean the world to patients and their full time carers.



Volunteer drivers make such a difference





### Des and Yasmin star in Skyfall

**Des Burke is usually very busy running cookery courses for 8 – 99 year old budding chefs, at his highly renowned Flavours Cookery School in Southbourne. Throughout the year, he makes time to fund raise for three local charities - Macmillan Caring Locally being one of them.**

Students from the cookery school also give their time fundraising with Des. There are coffee mornings, bake sales etc. and last year an idea popped in to Des's head – that maybe he could do something a little wacky to raise money, and a skydive (parachute jump) seemed to fit the bill.

Coincidentally, his niece Yasmin Langdon, who attends Twynham School and works

part-time at the cookery school, was turning sixteen. She wanted to celebrate her birthday with a fun-filled, adrenalin rush adventure, and as Yasmin hadn't been in a plane since she was a toddler, the idea of a skydive from two miles up in the sky looked like the answer.

So the daredevil duo decided to make the jump together and a date was set with GoSkydive, based at Old Sarum Airfield near Salisbury.

In true British style, the weather on the day of Des and Yasmin's skydive was appalling, with driving wind and rain, but suddenly the clouds relented, the wind died down and they were given the thumbs up. After a short training session with the instructors, up they went



Des tells his instructor where he wants to go.



Above. Yasmin is ready to go.

Right. Praying for a break in the weather.



falling, spinning and clearly seeing raindrops suspended in mid air as she flew through the clouds.

Des said "It really was amazing, we were in freefall for maybe 20 seconds? Then I opened my parachute and spent the remaining 8 minutes taking in some unbelievable views with the instructor explaining how to navigate to our landing zone"

Yasmin said her landing went a little askew "It was really windy and we veered off to a farmer's rather muddy field – but it was fine, and we were all laughing at the state of me covered in muck".

to 10,000 feet with views over the stunning countryside. Mind you, Des couldn't see any views at this point because his 6ft 1" frame was nestled between, and on top of a considerably more compact skydive instructor, who was reassuringly counting down the seconds until Des was to throw himself out of the door!

Des said "That was the scariest part of the whole jump". Once in free fall Des's heart was pounding: he screamed, cried, laughed and thoroughly enjoyed himself.

Yasmin was completely captivated with the sensation

Des landed safely, exactly on target but with one complaint. Des said "I wanted to go back up and do it again, I absolutely loved it, fantastic, brilliant!" Yasmin agreed "I felt like a bird, swooping and then floating, it was surreal and I really want to do it again".

Des and Yasmin both loved their Sky Dive which not only gave them an unforgettable experience, but the knowledge that in doing the jump they raised a magnificent £1,700 for Macmillan Caring locally, a charity close to both Des and Yasmin's hearts. Thank you both so much.

**This beautiful poem was written from one friend to another during a particularly difficult period.**

**The poignant words and depth to their meaning gave the friend great comfort and they wanted to share it ...**

**YOU AND I**

*We can never be parted  
You and I*

*Like two golden rays  
from the sun's morning rise*

*I know you are  
Just a whisper away*

*I feel your presence  
Throughout my day*

*I see you now  
In all your splendour*

*Strong, dependable  
Loving and tender*

*I feel your arms  
Holding me tight*

*Giving me comfort  
Through the lonely nights*

*Love is a link  
That can never be broken*

*Beyond time  
And words unspoken*

*We can never be parted  
You and I*

*Like two twinkling stars  
In the moonlit sky*

**So, who is going next?**  
 To arrange your skydive call Geraldine on **01202 477628**.  
 To take a look at the cookery courses and lessons  
[www.flavoursschoolofcookery.co.uk](http://www.flavoursschoolofcookery.co.uk)

## HAVEN DINNER

A Grand Charity Ball in aid of Macmillan Caring Locally was held recently at The Haven Hotel in Sandbanks. The ball was hosted by Steve and Katrina Newey, Karen Beach and Pauline Scott, who sadly lost her husband to cancer in April 2012.

The evening consisted of a three course meal with fundraising games in between courses. The highlight of the evening came in the form of a live auction hosted by television antiques expert, Thomas Plant. The evening finished with music and dancing to local band, Salamander.

Thanks to the overwhelming generosity of the 159 guests, together with that of those who donated auction lots and raffle prizes, the ball raised £11,000 for Macmillan Caring Locally.



Steve Newey presenting the cheque



Pictured: The cheques were handed over to the charities by the chairman of the Food Festival. (from left) Vicki Hallam, Chairman of the Festival, Mary Reader, President of the Festival, Gary Payne, Manager of The Lord Bute, Julie Ratcliffe, Chairman of Christchurch Food Festival Education Trust and Neal Williams, Trust Secretary of Macmillan Caring Locally.

## Christchurch Food and Wine Festival gives a taste of Donation

**The Christchurch Food and Wine Festival was originally held as a one off event to celebrate the Millennium in 2000, but its success led the organisers to have a rethink, and now it's an annual event entering its fifteenth triumphant year.**

These days, the festival is proudly seen as one of the very best Food Festivals in the UK, attracting many celebrity chefs over the years including Anton Edelman, James Martin, Gary Rhodes, Jean-Christophe Novelli, Paul Rankin, Brian Turner and Nick Nairn, to name just a few.

The festival is well supported by the local community and the thousands of visitors from outside the area who head to Christchurch to enjoy the great range of attractions over the weekend including: the high street festival market of over 100 stalls of mouth-watering, delicious goodies and a calendar of demonstrations and events held in the marquee theatre, plus the many local hotels and restaurants that create unique menus just for the festival.

The 2013 Christchurch Food and Wine festival was very special to Macmillan Caring Locally and The Christchurch Food Festival Education Trust (CFFET) as we each received a whopping £900 donation, thanks to money raised at a charity dinner held at The Lord Bute restaurant in Highcliffe during the Festival. We are delighted to have been supported by the Christchurch Food Festival this year and to be involved with such a prestigious event in our county. To receive such a substantial donation is so important to us, being a small community charity.

**The 2014 Christchurch Food and Wine Festival will be held on Sat 10 & Sunday 11 May 2014 – we can't wait!**

## LOL at the Carers Day Lunch 2014

**The much anticipated Carers Annual Lunch took place at The Grove Hotel, Bournemouth on Wednesday 29th January and was enjoyed by 27 carer attendees. Gill Kennedy and Hilary Dobson who head up the Family Support team based at the Macmillan Unit in Christchurch, devised an eclectic and diverse schedule of events, crammed with information for carers, presentations, interactive discussions and workshops.**

During the day, carers had the opportunity to chat with a spectrum of health and social professionals. Most importantly, carers met, talked and swapped experiences amongst themselves. It was noted that carers often feel very alone, overwhelmed and isolated when they find themselves in a role that they never wanted, nor applied for.

At 1pm lunch was served. As usual, The Grove provided a

feast of gorgeous, scrumptious food created by chefs Phil, Paul and Ian. The sun shone and the dining room was a hive of chatter; with new friendships being made between second trips to the buffet tables and the dessert trolley. It was great to see smiles around the room, though this was nothing compared to what the afternoon workshops had in store.

As with every part of the day, afternoon workshops were optional, but it seemed no one wanted to miss out on the fun. Val Mitchell - Carers Engagement Facilitator, ran a chanting workshop in the conservatory. For centuries chanting has been known as a useful tool to help release those feel-good endorphins. Val's session "Chants for healing and health" certainly captured everyone's imagination, and for many, they left the day with the foundations of a new skill. The other workshop was just as much fun, but with more laughter – literally.

Caroline Carr hosted a "Laughter

Workshop". For over an hour, some initially nervous and sceptical participants practiced how to laugh. Inhibitions fell by the wayside as laughter prevailed – some raucously, some quietly and some with tears (of laughter) flowing. All really great fun and the distant recollection that laughter really is a fabulous stress reliever came to light again.

The day was a huge success; made possible by the team of eighteen health professionals, the carers who attended, The Grove Hotel and of course organisers Gill and Hilary from the Family Support Team – well done and many, many thanks.

Caroline Carr is founder of LETTING THE SUNSHINE IN [www.lettingthesunshinein.com](http://www.lettingthesunshinein.com) a Life Coach, hypnotherapist, a teacher of Laughter Yoga and the author of several self help books including Living with Depression and How Not To Worry. She runs Midweek Giggle Sessions in Parkstone, Poole. **You can call her on 01202 731385.**



Hilarity at the laughter workshop



## Macmillan White Christmas Dip 2013 raises over £20,000

The annual Macmillan White Christmas Dip 2013 was a real blast – not just because it was absolutely freezing, but because we all had so much fun. The total raised so far is a staggering £20,000.

Our biggest charity event of the year enticed some 450 hilariously clad fancy dressed locals to Boscombe beach. At 10.30am, on the countdown from Bournemouth Mayor Councillor Rod Cooper, all 450 swimmers duly romped into the bracing icy cold waves! The fun and frolics were overseen by hundreds of family and friends, the press and bemused onlookers.

Christmas morning 2013 really was a scene of raucous laughter, nervous anticipation and highly organised chaos in driving winds and a hail storm. Regardless of the weather, this event goes ahead with the help of life guards from Southbourne Surf Lifesaving Club, the RNLI and volunteers who come along to ensure that everyone is safe. The event is called 'The White Christmas Dip' because a dip is exactly what it is, as we want everybody, regardless of age or swimming ability to be able to take part.

This event gets bigger every year. Tommy Baker, founder of The Macmillan White Christmas Dip explained how it all started back in 2008 "My uncle, John



Christmas Day fun.  
Inset. £20,000 raised.

White was diagnosed with cancer, malignant melanoma, he was diagnosed as terminal and wanted to create memories for us all. On Christmas morning he called round to see us, we were in our fancy dress outfits still from the night before, we had a spare Batman outfit, he said to us 'come on let's all go and jump in the sea'. The first year consisted of eight of us and after that we decided we would do it every Christmas."

By 2012 the number of swimmers had grown to over 150 and in 2013 the White Christmas Dip became the first official Macmillan Caring Locally endorsed event, which meant that we could approach local businesses for sponsorship to make the event cost neutral:

Our thanks go to our main sponsor, Orange Lettings in Winton - [www.orangelettings.co.uk](http://www.orangelettings.co.uk)

We would also like to thank The Hendy Motor Group, Waterbabies Swim School, Barolo Restaurant in Winton, Urban Reef Restaurant on Boscombe promenade, Wessex Windows, RJ Hull Accountants, Lloyds Bank, Calendar Club Poole, Funky Peach, Brian Hoile & Associates, and Kiteleys Solicitors.

John White joins us every year and we are indebted to him, Tommy, their family and friends for creating a wonderful fun filled event which so many people look forward to. The event wouldn't happen without participants, and we offer our sincere thanks to everyone who joined us on Christmas Day, and all those who gave so generously.

For more information about the 2014 White Christmas Dip – go to [www.whitechristmasdip.co.uk](http://www.whitechristmasdip.co.uk)

## Peter gets the wheels in motion for 2014!

22nd September 2013 was the inaugural Hengistbury Cycle Challenge organised by The Rotary Club of Boscombe and Southbourne, which raised over £460 for Macmillan Caring Locally.

Committee chairman, Peter Collins wanted to create a cycle route which could be enjoyed by all ages and fitness levels whilst raising money for a local charity. What was supposed to be a low key experimental dry run, turned out to be a fun filled day, with more than 30 cyclists taking part.

The rules were beautifully simple: cycle as far as you feel comfortable along the almost flat sea front and back again. About 70% of the cyclists went all the way from the starting point at Solent Beach car park to Sandbanks and back. Which considering the vast age range of grandchildren to great grandparents was



Senior consultant at the Macmillan Unit Dr Ros Pugh

pretty impressive. Although, it was noted that Boscombe and Southbourne Rotary's President - Brian Smith, upset his little Grandson as he wasn't going fast enough!

The journey to Sandbanks and back is roughly 3 hours – although Peter was keen to point out "This includes a couple of ice cream stops for the kids and a drink or tipple of something for the adults". Volunteer marshals from the Rotary Club, were dotted along the route and handed out leaflets and information to scores of passersby who wanted to know more and join in next time.



Rotary Club of Boscombe and Southbourne President Brian Smith and his grandson Leon

So will there be a next time? You bet, and this year's event will be **BIG!** Peter and his team will be contacting schools, clubs and societies with posters to publicise and promote this year's event which will take place 28th September.

The Hengistbury Cycle Challenge 2014 aims to attract 200 – 300 cyclists. Peter explains "The intention of this cycle course is for it to be a relaxed, non competitive, child friendly sponsored event, which anyone of any fitness level can participate in and enjoy".

What a great idea Peter. Thank you and The Rotary Club of Boscombe and Southbourne for all your support.

If you would like to promote your own business during this busy day and sponsor the 2014 event, Email Peter Collins, Committee Chairman: [petersue12@btinternet.com](mailto:petersue12@btinternet.com)

Keep an eye on the Rotary Pages for more information which will be posted in the coming weeks <http://www.rotary-ribi.org/clubs/homepage.php?ClubID=646>

## The meaning of life values – Angus Ross

**We have the opportunity to meet many, many wonderful patients, family and friends here at the Macmillan Unit. Last year, we cared for an intuitively gifted man called Angus Ross. Through his family, work and friendships he made a huge and positive impact on so many people - including us.**

Angus treasured his family and delighted in the visits he had from his sons and his ever-loving daughter Jenny and of course, his cherished granddaughter Lily, who never failed to bring a smile to his face.

Angus worked with Dale Carnegie, a company that specialises in business management training and coaching. Angus displayed a natural talent in this role and found that many clients quickly became friends, as he led them willingly along the path of career advancement, self discovery, belief and confidence in both



Angus and his wife Chris

their professional and private lives.

Angus had an incorrigible appetite for genuinely wanting to get to know people. How they thought, how they ticked and what characteristics forged their opinions and actions. He truly believed that helping others really mattered; he saw them grow emotionally and progress, gaining immense satisfaction seeing others succeed.

In typical Angus fashion, his illness did not deter him from his work, on the contrary, he comically decided to break as many "rules" as felt necessary, and continued living life as he saw fit so that he could continue to coach and help people.

Whilst a patient at the unit, he found it totally absurd that he couldn't have a private office to conduct a work meeting. But found a solution by instructing his secretary to arrive early with nibbles and refreshments and proceeded to take charge of the public lounge for 90 minutes with five clients in tow to coach and share his wisdom and inspiration – sprinkled liberally with wit and laughter. An 'unauthorised' escapade on an 'unauthorised' mobility scooter for bacon and eggs at a local cafe followed by cheese and wine parties during Coronation Street, were just some of mischievous antics which Angus deployed with military precision accompanied with a huge smile and twinkle in his eye.



Angus at work

Angus was also musically talented, a guitarist and singer in his five piece rock band Silver Machine. On his diagnosis, he composed and wrote a beautiful song entitled 'Stand Together' which was produced by Duncan LeFeuvre a great friend and fellow musician and sung by business partner Paul Kinvig. With Duncan's assistance Chris Ross and Macmillan Caring Locally plan to release the song on iTunes this year with all proceeds going to our charity.

Angus adored the Macmillan Unit and in a notebook he wrote for his family and friends he said "The team at Macmillan Caring Locally give love and care. The commitment you [the unit] have, enabled me to recreate and rebuild my strength, my optimism and my confidence. I cannot thank you enough. Too many names to mention without missing someone, but the consistency across everyone is amazing. We will continue to support you as our nominated charity – Thank you".

In the same notebook Angus wrote what his values in life were:

- **To keep our promises**
- **Count our Blessings**

- **Glass Half Full**
- **Be a HUMAN BEING** - not a human doing. It's about treating people as I like to be treated.
- **I am not a religious man but I believe in people and that they are fundamentally good and our spirit lives within us.**
- **Our ability is to love, to forgive and to share**
- **To add value to others.**
- **To add confidence to others and help others be who they can possibly be.**
- **To listen, to learn, to understand.**
- **To suspend judgement.**

- **To create space for others, pull not push.**
- **To under promise and over deliver.**
- **We get back what we give.**

Angus began to orchestrate a calendar of fundraising events for us, which is now his legacy. Family, friends and colleagues continue to raise money with a range of activities, which would surely bring a beaming smile to Angus's face. His eldest son Tom, took part in the Bournemouth Marathon, his younger sibling Sam followed in his father's passion for windsurfing, running his own

Windsurfing business and is undertaking a gruelling paddle board world record, friend and business accountant Warren Munson was sponsored for a cycle ride through France and business partner Paul Kinvig held a gig at Breeze in Charminster. All of these events have so far raised over £8000.00.

Angus Ross touched those who knew him. His warmth, empathy and enthusiasm were infectious and as many of the people who met Angus will tell you - the world really is a better place for him having been part of it.

## A HOLE lot of fun at the Charity Golf Day

**We caught up with Colin Bushell, Captain of The Royal British Legion Golf Society, to find out how the club have raised over £15,000 in the last eight years for local charities, including Macmillan Caring Locally.**

Colin Bushell and Maurice Ward – Captain from the winning team and The Royal British Legion Golf Society



Colin has held the Captaincy since 1999, and loves organising events for the sheer fun and enjoyment it brings him, especially when it comes to events where the local community get involved. Charity golf days take place at courses across Dorset and the New Forest.

The most recent being last year at Canford Magna. Colin explained how a Charity Golf Day works and what is involved, "Any golfer can get involved, all they need to do is give me their name and contact details – they don't have to be a member of a particular club or British Legion, just a desire to have fun, play some golf and get some sponsors to raise money for Macmillan Caring Locally."

Colin sends off sponsorship forms to the players and two weeks prior to the event, mixed teams of between four and eight are drawn. Colin

went on to say "The golfers turn up on the day, really enjoy themselves and win some prizes and maybe a trophy. Best of all they have raised money for charity"

Colin and the golfers in 2013 raised a magnificent £1600 which was split between four charities. We received £400 and this was generously matched by Marks and Spencer Castlepoint, who had nominated Macmillan Caring Locally as their local charity for the year.

There's still plenty of time to get involved in this year's event – a Texas Scramble, which takes place 14th September at Bournemouth's Queens Park Golf Club. Email Colin your contact details colin.bushell01@googlemail.com, and if you don't play golf, maybe you could sponsor the team prizes?



## The Ship in Distress Unite!

**The legendary Ship in Distress in Christchurch is actually a whole community that you'll regularly read about. Most locals know about the fantastic reviews it receives for its menus specialising in seafood, but what you may not know about, is the volume of charity fund raising events that are embraced by the whole local community.**

The well loved landlady Maggie Wheeler lost 3 sisters and her brothers to cancer within the past two years, and the locals lost four of the pub's regulars in 2013 to the same illness. As one of Maggie's brothers and the four pub regulars spent time at the Macmillan Unit, friends, family and the pub community felt an overwhelming urge to raise money for us as one of their annual chosen charities in memory of their loved ones.

With Maggie at the helm, a varied calendar of charity events for the year was created to raise what has turned out to be, a phenomenal amount of money.

The pub began with a simple, but very effective "Swear box" on the bar, which produced many smiles and jokey jibes along with multiple fines - culminating in a generous pot of coins. There's always a great atmosphere at The Ship in Distress where Maggie hosts regular events, which include Bingo nights. From March until September last year, Maggie and her team nominated

Macmillan Caring Locally as beneficiaries of all the profits, giving locals the opportunity to raise the profile of Macmillan Caring Locally to her patrons and raise money on our behalf. The pub car park was also put to use on Sunday mornings as the venue for a car boot sale with profits being donated to us.

There was a decidedly more risqué opportunity that Maggie felt needed exploring, and as many have done before her - leaping out of an aeroplane at 10,000 feet appealed to her and pub regulars: Barry Millward, Darren Harris and barmaid Jenny Rutherford. Entirely self-funded, the fearsome four threw themselves in to the sky last July for the experience of a lifetime - many thanks to each of you!

A charity golf day was another



The fundraising team.

popular idea which took place in July, supported with discounted green fees at the beautiful Ferndown Forest Golf Course (which has recently opened a new retail outlet and state-of-the-art swing studio). The Ship in Distress team each paid £25 and Maggie provided all the food for a great day out in the sunshine.

The biggest, most entertaining event that captured everyone's imagination was a quintessential English summer fete. Gallant



The Ship in Distress sky dive team.

and tireless hours of unpaid manpower and sheer hard work was donated by the staff and pub community to man hand-made traditional stalls which included Splat the Rat, Tombola, Hook-a-Duck and Coconut Shy nestled between face painting and stalls of scrummy cakes, teas and coffees and the pubs own magnificent and utterly delicious BBQ!

Maggie (laughing) gracefully conceded to being locked in the stocks for sponsored wet sponge throwing, which much to the delight of the crowd (and Maggie) ended up with buckets of water being thrown - not all of which ended up over Maggie. Another smile inducer was the silver-tongued auctioneer, who persuaded a good number of supporters to part with substantial amounts of money for odd jobs from the noble staff and pub regulars who donated their valuable free time to the highest bidder!

The fete was an incredible success, uniting locals with holiday makers in a warm and friendly community spirit. The day was charged with a fantastic atmosphere which exceeded everyone's expectations, and that is very much thanks to everyone who helped Maggie make the Summer Fete happen. Bringing the community together, Maggie Wheeler, locals from The Ship in Distress and the community raised over £4,000 for Macmillan Caring Locally. We thank you all very much.

## More awards for The Grove Hotel

**The Grove Hotel wins Best Customer Service Award by Bournemouth Tourism and finalist for Dorset Business Award - Best Hotel in Dorset**

For those who don't know about the hotel we own and run in Bournemouth - The Grove, we'd like to explain what the hotel does, and how guests from all over the UK are benefitting from the facilities. The Grove is unique, being the first and only hotel in the UK to offer holidays for people with cancer or other life threatening illnesses. It's also a local venue for anyone with a link to Macmillan Caring Locally to hire for a meeting, coffee morning, private dining, drinks reception, support group etc.

The team of staff led by our gregarious and popular General Manager, Brenden Howard, go to great lengths to ensure that guests relax and enjoy themselves. Guests can enjoy the comfy lounges and secluded, mature garden or take a trip on one of the hotel's complimentary mobility scooters (or walking aids) for some fresh air, a trip to the shops or spend a few hours at The Grove beach hut. The Grove also has its own minibus to offer guests local trips, creating memories, smiles and fun.

The hotel team are long serving, loyal staff with a range



The Grove Hotel

of specialist skills such as nurses on duty 24 hours a day. It's been noted that everyone at The Grove is abundantly generous with genuine smiles and real desire that guests, friends and families enjoy themselves.

- Approachable
- Kind
- Friendly
- Fun
- Helpful
- Knowledgeable

These are just some of the descriptions regularly mentioned by guests when they talk about staff. Mark Smith, Director of Bournemouth Tourism said "How wonderful the customer service is here at The Grove and I think its [customer service] is an example to other hotels across the country".

We couldn't agree more - congratulations to the staff at The Grove.

To contact The Grove for more information, make a booking for a break or room hire contact:

**The Grove, 2 Grove Road, East Cliff, Bournemouth BH1 3AU  
01202 552233. enquiries@thegrovebournemouth.co.uk**

## New Carers video?

**Gill Kennedy and Hilary Dobson from the Family Support Team, based at the Macmillan Unit in Christchurch Hospital, hold monthly get togethers for carers of loved ones with a life limiting illness. These can be well attended, but what happens if some carers can't to the meetings?**

After research and discussions of how to overcome this conundrum, Gill and Hilary concluded that a video was the answer. The objective was to create a video for carers to hear the experiences of other carers, talking about familiar topics and questions. The video would then be loaned as a DVD or viewed online on the Macmillan Caring Locally website. Production of the video

was agreed with funding from Macmillan Caring Locally and a generous donation gratefully received in memory of Alan John Fidler.

Filming took place in October last year and is just over half an hour long. It features five wonderful carers who have been through the journey of caring for a loved one. The video explores emotions, questions, information and most importantly - really useful advice and tips they found incredibly helpful during their time as a carer. Set in the style of a typical monthly carers meeting, the video features the carers and Hilary and Gill leading conversation with questions and themes for discussion.

In fact, we felt Hilary and Gill



Gill Kennedy and Hilary Dobson, Family Support Team



Carers DVD

to be so talented on screen; they were awarded the much coveted Macmillan Caring Locally OSCAR (Oh So Clever And Radiant!), which was presented at the video's launch during the Carers Annual Lunch on January 29th – have a peek at the photo below!

This isn't a depressing video to watch - In fact, there are a fair few smiles and giggles as the carers unravel their experiences and stories. Maybe you'll find yourself joining the empathetic nods of agreement and poignant words of wisdom. We are indebted and very grateful to the carers featured in the video: Valerie, Roy, Hilary, Mike and Anne for their dedication and time on this project.

To view the video online, go to <https://vimeo.com/83755262> (you will need to contact Gill or Hilary for the password) or to borrow a copy of the DVD call Gill or Hilary, **Family Support Team 01202 705499**

## A Triumphant Triathlon by Nikkie Wall

**Nikkie Wall achieved a lifelong ambition in 2013 by completing her first ever triathlon and raised over £500 for us!**

Nikkie decided that turning forty last year, was the passport she needed to rev up her determination and get training, ready for what turned out to be one of the best experiences of her life.

With a focus to succeed and the Triathlon date set for Oct 13th 2013, Nikkie juggled her job, children and husband's shift work to train up to four times a week. Nikkie said "Finding time to train was a real struggle some days, but where there is a will, there's a way and somehow we managed it" She signed up with Dorset Tri a Try – a national organisation with a branch in Dorset, based at Ferndown Leisure Centre.

As Nikkie was training at different times each day and often with very little notice, it was difficult to find friends or groups to train with. So with only herself for company Nikkie pounded the treadmill, gym, swimming pool and cycle routes, building her training sessions from an hour, to over two from Spring until October.

The day of the Triathlon arrived and at 07.30 supported by a posse of loving and noisy family and friends, Nikkie set out with over 100 competitors

from all over the UK. Her aim was to complete the challenge in under one and half hours. The Triathlon (with no break between each discipline) started with a 400 metre swim, followed by an eleven and a half mile bike ride route between Verwood and Ferndown, ending with a five kilometre circuit run around the leisure Centre.

Nikkie's performance was stoic and inspiring. She triumphantly finished at 1 hour 27 minutes, achieving her goal and setting a new personal best - not bad for a first timer!

Nikki said she loved doing the Triathlon, and is the proud owner of a rather lovely medal. She says she feels fitter, a much more technically advanced swimmer than before and overall enjoyed every aspect of taking part and raising money for us – a local charity she holds close to her heart.



A victorious Nikkie!

*But would she ever do it again?*  
**YOU BET!**

Nikkie has won a place on the coveted Prudential Ride London-Surrey 100 2014, which takes place August 10th. It's a 100 mile bike ride between the iconic Olympic Park, through some of London's most historic landmarks to the undulating countryside and mighty Box Hill and back again. Cyclists love this famous event, which explains why there were a huge 80,000 entrants balloted for the 24,000 places available. Nikki is understandably really excited.

"I need to get in to training again now" said Nikkie, "Hmmm, I think it might be a good idea to get used to cycling in a group as well, considering there will be 24,000 of us" she laughed.

When asked what the best part of the whole experience was, Nikkie said "Crossing that finishing line and eating whatever I wanted for well over a week!"

Thank you Nikkie for your donation – you are a star!

**You can sponsor Nikkie's challenge here:**  
<http://www.justgiving.com/Nikkie-Wall>

**Find out more about the event here:** <http://www.prudentialridelondon.co.uk/>