

Put a smile on your mug!

The World's Biggest Coffee Morning is back and this year Macmillan Cancer Support needs your help even more than before due to the economic climate. Can you help them? If so all you need to do is register to hold a coffee morning and you will receive a free fundraising pack so you can help even more people living with cancer.

This year's 'World's Biggest Coffee Morning' event takes place on Friday 24 September and Helen Chapman, Fundraising Manager for Macmillan Cancer Support says: 'Last year £184,000 was raised in Norfolk from 800 events. It would be wonderful if readers who have held events before could go one step further by raising an extra £50 at their events. If everyone did this we could potentially raise £225,000'!

This is the charity's 99th year and they are thrilled that people have already started to register but they still need more support. Could you help them by holding an event in your school? If so, then Macmillan would love to hear from you. Once you've registered you will receive a fundraising pack for your school so everyone can join in and enjoy their event.

Macmillan is most famous for its nurses but we do provide other support including a free phone line for anyone affected by cancer, financial support for things like hospital trips and we also campaign for better cancer care. So every cup of coffee on 24 September really will count.

Everyone can make their cuppa count by holding a coffee morning, at home, at work or at school. To hold a coffee morning for Macmillan, register by calling 0845 602 1246 or visit www.macmillan.org.uk/coffee. Unable to hold an event? Then why not make a donation to Macmillan by calling the above number and paying by debit or credit card.

Contact: Helen Chapman
Norfolk Fundraising Manager
Macmillan Cancer Support

Tel: 01603 724360

Macmillan Cancer Support in Norfolk

One in three of us will get cancer. Every year over 4,400 people in Norfolk face this diagnosis and across the UK 2 million of us are living with it.

Macmillan Cancer Support improves the lives of people affected by cancer. We are a source of support: providing practical, medical, emotional and financial support. We are a force for change: listening to people affected by cancer and working together for better cancer care.

Money raised will help to fund a variety of services. Locally this includes:

- *Macmillan nurses and other healthcare professionals*
The public has already funded 50 Macmillan nurses, doctors, dieticians & occupational therapists across Norfolk. They use their expert knowledge to help people understand and to manage their symptoms and side effects. It is essential we provide further healthcare professionals to help meet a growing need for their specialist support.
- *Specialist benefits advice*
Having cancer can be expensive, especially if you have to give up work. That's why Macmillan has started to fund specialist welfare rights advisors to visit cancer patients in their own homes to ensure they get the financial help they are entitled to. This means that cancer patients can worry less about money and concentrate on their health.

- *Financial grants*

Each year Macmillan gives around £70,000 in small patient grants to over 160 Norfolk cancer patients to help with fares to hospital, a warm duvet, or even a last family holiday.

- *A Mobile Macmillan Cancer Information Centre*

A drop in service giving people quick and easy access to free cancer information and support. This year the unit has already visited Norwich and the Royal Norfolk Show and visits are also planned for King's Lynn and Dereham.

Donations will also enable Macmillan to continue to speak out on behalf of cancer patients and their families, raise awareness of cancer issues and influence decision makers at regional and national level.

For more information on Macmillan, including how people can help to raise further vital funds please contact Helen Chapman at the Norfolk Fundraising Office on 01603 724360. For cancer information and support, contact the Macmillan Helpline on: 0808 808 00 00 or log on to www.macmillan.org.uk.

We are all affected by cancer. We can all help. We are Macmillan Cancer Support.