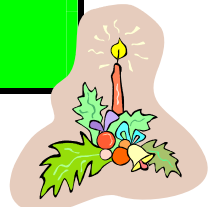


MACMILLAN CANCER INFORMATION SERVICE VOLUNTEER NEWSLETTER

Issue 20 - Christmas 2008



Welcome to our Christmas newsletter 2008. Sally, Mary Denise Jacqui and Mandy would like to thank all our volunteers for their support during 2008 and we wish you all a very Happy Christmas and we look forward to continuing to work with you in 2009.



Volunteer of the Quarter

As we have missed a newsletter for Autumn we have two volunteer awards: **Beverly Bonner** and **Sandra Clarke** who have both been nominated by their clients for their support and kindness.

Congratulations

We would like to extend our thanks to all our volunteers for the work that you do



Volunteer Meetings

It is a requirement of Macmillan that we provide a structured support system for our volunteer team. In the past our support has mostly been provided by regular phone contact and review visits to clients. In order to provide a more robust support mechanism we have decided to pilot  holding regular volunteer meetings, these will initially be planned every three months and held at various times and in various venues across the three localities. We would like to make these gatherings informal and not too long perhaps about 90 minutes maximum. The format of these meetings will be decided by you the volunteers so if anyone has any ideas we would welcome your input.

Volunteer Training.

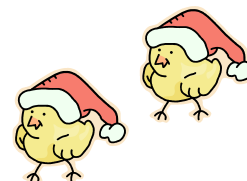
The latest volunteer training course was completed on November 4th and 5th and was attended by 8 new volunteers. The new venue: Saffron Walden Golf Club proved to be very welcoming and comfortable. It is our intention to vary the training venue across the three localities so any suggestions of suitable venues in your area would be useful.



We **WELCOME** the following new volunteers to the service: Beverly Bonner, Carley Duff, Kim Griffin and Steven Lloyd, Roger Ford, Sandra Lester, Tracy Butcher, Deborah Soar, and look forward to working with them.

We also say **GOODBYE** to Audrey Privett, Audrey has been a volunteer with the service for six years during which time she has supported many clients. Audrey is giving up her volunteer activities at the end of November to concentrate on her grandchildren. We would like to thank Audrey for her support and dedication and wish her well for the future.

If you would like to submit an item for the newsletter send to mary.hanbury@nhs.net or call her on 01279 698673 Your contributions are always welcome.



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Boat Trip



In September we enjoyed a narrow boat trip along the river Stort. We had afternoon tea onboard and several people had a go at steering, a jolly time was had by all. Unfortunately due to problems with availability of the larger boat it was necessary to allocate places on a first come first served basis, we are aware that this meant several people were disappointed, however we plan another trip in the Spring and priority will be given to those who have not attended in the past.

VOLUNTEER OUTINGS

CHICAGO and dinner at Fire and Stone restaurant on 30th January 18:30pm at the Cambridge theatre – Covent Garden Cost: £22.50

Il DIVO at the 02 arena on 27th Feb 18:30. Tickets £32.30 each.

We will organize a coach if there is enough interest. If you would like to go to either of these events can you please let Mary know by calling the office. The deadline is 31st Dec.

Heather McNaughton writes:

As part of the 'Walk Wonders' Appeal that Macmillan held in May, I organised my own walk with a friend to walk the South West Coastal path in Cornwall. I did this in memory of my father, Mr Ian McNaughton, and in memory of all our friends and relatives that we have lost through cancer. Macmillan is a charity that we like to support whenever possible as we still remember and appreciate all your support that we received during my father's illness and after his death in March 2006.



I raised a total of £500, this was beyond my expectations, and I am really pleased that it will help go towards improving the lives of other people affected by cancer.

We walked a total of 81 miles over 8 days, (and I had some nasty blisters to prove that I'd done it!). We walked around the Lizard and from Lands End to Newquay. Although it was very tiring, it was very rewarding. The scenery in Cornwall was amazing and it was a fitting tribute to our loved ones.

