



Ian Silverstein and June Whitfield at the Hampton Court Flower Show

Blooming fundraiser

Green-fingered supporters can buy a rose bush and help raise money for Macmillan. The beautiful 'Helping Hand' rose is a creamy orange colour with a slight scent that flowers repeatedly throughout the season.

It has been grown by Love4Plants for brothers Ian and Neal Silverstein, whose mother, Margaret Anne, died from cancer in 2000, and was supported during her illness by Macmillan.

A 'Helping Hand' rose bush costs £8.95*, £2 of which will be donated to Macmillan. And for every 'Triple Rose pack' sold for £24.95*, a donation of £10 will be made.

*plus postage and packaging



Want more information?



For further information and to place an order, call Love4Plants Ltd on 01767 310 888 or see www.love4plants.com

Alternatively, send a cheque, payable to Love4plants, to: Woodlands Nurseries, Upper Caldecote, Nr Biggleswade, Bedfordshire, SG18 9BJ.

We have a winner!



Sarah Goldstone, Trading Officer (left), Maria Britton, Akshay's teacher with him, and Alison McDonald, Trading Administrator

Akshay Puri from Lindon Bennett School in Hanworth, Middlesex, has won our first 'Design a Christmas Card' competition.

Ten-year-old Akshay's 'The meaning of Christmas' design beat nearly 7,000 entries from 196 schools. It will now be produced as a card and sold in Macmillan's 2005 Christmas catalogue.

Akshay, who has severe cerebral palsy, was presented with a digital camera and a printer for his school. His teacher, Maria, said: 'He worked really hard on this great design – we're so proud that he won.'

Look out for your copy of the Macmillan Christmas catalogue with your autumn issue of *Macmillan News*.

New cancer support for Asian communities



A new programme to help Asian people living with cancer has been launched. Naya Rasta, named after an Asian phrase meaning 'new way', is a self-management programme specifically designed to meet the needs of people from the UK's Asian communities.

The programme is run by former cancer patient Nazira Visram (pictured, left) and carer Vibhuti Patel. It covers a variety of issues, from dealing with fatigue to the importance of good communication between family, community and health professionals and, most importantly, the benefits of having an action plan.

Nazira says: 'Naya Rasta has been highly praised by patients, who have said that it has really helped change their lives in a very positive way.'

Want more information?



Naya Rasta is part of the Living with Cancer programme. For more information about the programme, which is free, please call 020 7091 2008 or email lwc@macmillan.org.uk



Occupational therapist Janet White advises patients on equipment to help with their mobility and recovery

Complete care

Working in partnership, Macmillan Cancer Relief and St Mary's Hospital in Paddington, London, has developed its first ever dedicated specialist palliative rehabilitation team. The team includes an occupational therapist, speech and language therapist, dietitian, physiotherapist and rehabilitation assistant. It aims to care for people living with cancer while they are in hospital and during their return home.

A member of the team will assess a patient by asking about areas such as:

- priorities and goals
- family situation
- symptoms and treatment
- equipment requirements
- adaptations to their home
- eating and drinking.
- communicating.

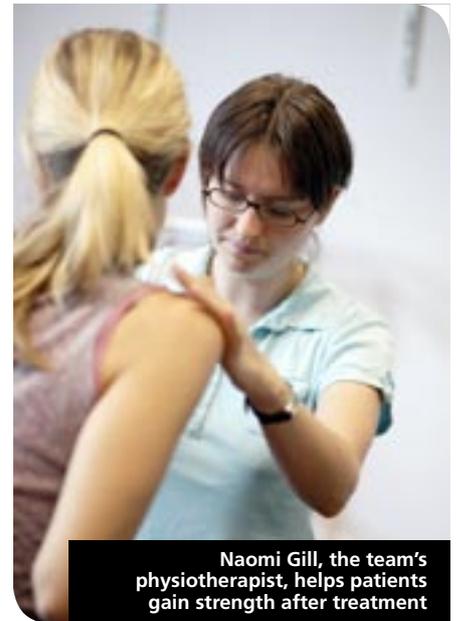
The team will then work with the

patient to find ways to improve their quality of life and maximise their independence and will work together to achieve these goals.

For example, a woman with breast cancer was unable to get out of bed when she was transferred to St Mary's. With the team's help she regained her strength and within two weeks she was walking up stairs.

The patient was homeless, and was given support and advice for her housing application. The patient loved poetry and was encouraged to attend classes when she returned home. She also applied for a Macmillan grant to buy a new bed to make her more comfortable and reduce her back pain.

Physiotherapist Naomi Gill says: 'We spend time with patients, listening to



Naomi Gill, the team's physiotherapist, helps patients gain strength after treatment

them and encouraging them to come up with their own solutions to give them a sense of control.'

Janet White, the occupational therapist says her job often involves talking with the patient to decide how they are going to manage energy levels and how equipment could maximise this.

'For example, if they want to travel abroad or go to a wedding, it may be better for them to use a wheelchair or Zimmer frame some of the time to conserve energy.'

The dietitian may also work with them to maximise energy intake from food.

The team is based in the same building and meets every morning to discuss the patients' needs and to co-ordinate their care. This means that patients do not have to repeat their story endlessly.

The team receives about 30-40 referrals a month and is able to spend quality time with each patient, listening to their concerns and working out solutions together.

*Patients names have been changed to protect their privacy



The Macmillan specialist palliative rehabilitation team at St Mary's Hospital