Maggie’s Matters
Summer Edition 2014

Cancer in the UK today
By Professor Bob Leonard

Architecture and the human spirit
By the RA’s Kate Goodwin

Delicious seasonal cooking
From James Morton

My story
Running the marathon for James and Maggie’s
Chiquita Whye-Joyce
A round-up of cancer news with views from our experts.

What's in the news?

Five a day no longer enough?

A UCL study found that eating at least seven portions of fresh fruit and vegetables a day was linked to a 42% lower risk of premature death from all causes, and a 25% lower risk of cancer.

The study, based on data from 65,000 men and women participating in the Health Survey for England, revealed that fresh vegetables provided the most health protection, followed by salad, and then fruit. Tinned fruit was found to be associated with increased health risks, possibly because it is stored in sugary syrup.

Lead investigator Dr Oyinlola Oyebode has explained that fruit and vegetables could have a protective effect because they contain antioxidants, which repair damage to cells, as well as micronutrients and fibre, both of which are good for health. She clarifies that a ‘portion’ means ‘one large fruit or a handful of smaller fruit or veg”. The NHS has stressed that the government’s ‘five a day’ advice, launched in 2003, “was to eat at least five portions a day” and “was always meant to be a minimum target to hit.”

Some experts have suggested that the associations revealed by the study could have been influenced by other factors, including smoking history, exercise levels and income.

But a study of this size carries a clear message that eating more fresh fruit and vegetables has a strong link with living a longer, healthier life.

A quarter of men not talking about cancer

New research by the charity Beat the Bowel Cancer has found that 23% of men have never talked about cancer with a friend or relative. Given that one in three of us will experience cancer at some point in our lives, Beat the Bowel Cancer’s Robert Hice believes that talking about cancer is important to “diminish the fear we all have of an illness which can be treated successfully if caught early.”

Andrew Anderson, Maggie’s Edinburgh Centre Head, says, “Some men say they are concerned about talking about cancer because they fear the emotions that may come with talking. However, once they have been to a Maggie’s Centre and realise that showing vulnerability does not mean weakness, and that in being open they can make more practical and emotional sense of their situation, they are keen to return.”

Maggie’s is providing the opportunity for men to start talking about cancer, as Dr Matthew Dicks, Clinical Psychologist at Maggie’s Cheltenham, explains: “I often hear that men don’t talk about feelings or cancer, but every day I talk to men about feelings and cancer. At the Cheltenham Centre, the ratio of male to female visitors is improving. I am sure it helps that we have male staff and volunteers. Some men prefer to talk at the kitchen table rather than one to one.”

Tests underestimate severity of prostate cancer

A study published in the British Journal of Cancer has found that the grading of prostate cancer underestimated the cancer’s severity in more than 50% of cases. Over half of a group of men whose cancer was classified as ‘slow growing’ were later found to have more aggressive tumours, and nearly a third had cancers that had spread beyond the prostate.

These findings cast doubt on the grading and staging of prostate cancers on the basis of biopsy samples, as well as on the ‘active surveillance’ strategy, where men diagnosed with prostate cancer are closely monitored but left alone until tests suggest their condition has worsened.

The study concludes that “in counselling patients for AS (active surveillance), the surgeon should be explicit regarding uncertainty in predicting stage/grade despite apparent short-term safety”.

Dr Iain Frame, Director of Research at Prostate Cancer UK, says, “Until the accuracy of tests improves, it is important that men have the opportunity to discuss the pros and cons of every treatment option available with their clinician, so that they can decide what is best for them”.

Maggie’s is currently piloting a prostate cancer course at Maggie’s Fife covering topics of relevance to prostate cancer, its treatment and side-effects. Completed in January, the first part of the pilot – an eight-week course entitled Living With and Beyond Prostate Cancer – has had a positive result, as Elspeth Salter, Maggie’s Fife Centre Head, explains: “On completion of the course almost 90% of the participants now felt they knew what questions to ask of their healthcare team, thereby showing the course is encouraging men with prostate cancer to be active participants in their care”.

A joint initiative between Maggie’s, Prostate Cancer UK and the Urology Service at NHS Fife, the second part of the pilot is due to take place later in the year.

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Q&A with Kellie Anderson, Nutritionist at Maggie’s Edinburgh

Realistically, how can we fit more portions of fruit and veg into our day?

By having them at breakfast and lunch, as well as dinner, most people can manage to eat more fruit and vegetables. Healthy snacking too! Make vegetables the centre of one meal a day rather than an afterthought.

What if we don’t manage seven or more portions regularly?

The evidence is that the more vegetables we eat, the more benefits we gain.

Aiming for a steady increase in fruit and vegetables is more realistic, and less daunting, than a strict goal of seven or more.

Any tips for eating fruit and veg on the go, or during a busy day?

Try using frozen fruit smoothie packs, and adding kale or spinach to a morning smoothie. Add salad and shredded carrots to lunch rolls.

Swap meat for extra veg, lentils or chickpeas in an evening curry or stir fry.

Women who eat organic food no less likely to develop cancer

A study of women’s health has revealed that women who mostly eat organic food are no less likely to develop cancer than women on a conventional diet.

Scientists from Oxford University interviewed more than 600,000 women aged 50 or over, who were part of the Million Women Study, about whether they are organic foods and tracked the development of 16 types of cancer over nine years. They concluded, “we don’t see any difference in the total risk of any type of cancer, depending on whether people said they choose organic food”.

Access the study at jech.bmj.com
Sunderland-born architect, TV presenter (including Channel 4’s Restoration Man and Amazing Spaces) and supporter of Maggie’s George Clarke on architecture and inspirations.

What inspired you to become an architect?
My grandad. He was a builder and passionate about everything in the built environment. He even built his own fishing trawler and became a prawn fisherman in the North Sea when work dried up in the building industry. He was a ‘doer’ and a really hard grafter.

Are there architects whose work inspires you?
Sverre Fehn is my favourite architect. He knows how to create simple yet beautiful places. I also love the work of Alvar Aalto. There is something about the Nordic and Scandinavian traditions that inspires me.

I love powerful, spiritual and uplifting spaces... the environment has a massive effect on wellbeing.

What impact can environment have on wellbeing?
The environment, whether natural or man made, has a massive effect on well being. Good architecture can lift your spirits and bring a smile to your face.

Do you have a dream project?
I’d like to design a Maggie’s Centre one day. I’m serious! It’s like winning an Oscar in the architectural world.

The design of Maggie’s new Centre in Oxford (due to open later this year) is based on a treehouse concept. You created a treehouse from scratch as part of Amazing Spaces. What drew you to this project?
Everyone loves a treehouse! They’re magical places to be and create unique experiences. Whether you are seven years old or 70 they are always fascinating structures; you are connecting with nature on so many powerful levels. They are great fun!

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What’s your favourite building?
Durham Cathedral. I first went there as a young boy and it blew me away – it still does today. I’m not particularly religious but I love powerful, spiritual and uplifting spaces. To think how incredible it must have been to see it being constructed more than 1,000 years ago – it’s difficult to get your head around.

Describe your perfect Sunday.
Hanging out with my kids doing nothing more than than kicking a ball around.

What’s the one thing in life you’d still like to achieve?
Retirement.

My favourite spaces

The Breakfast Room
Sir John Soane’s House, London
Architect Sir John Soane’s (1753–1837) house, museum and library at 13 Lincoln’s Inn Fields have been a public museum since the early 19th century. As Professor of Architecture at the Royal Academy of Arts, Soane began opening his house as a resource for students. The vaulted ceiling of the breakfast room is decorated with a pattern of trellis and honeysuckle.

Villa Saraceno
Vicenza, Italy
Andrea Palladio (1508–1580) built this spectacular villa around 1550 as both a cultured country retreat and a working farm. It is archetypal of his villa designs; a strictly symmetrical plan with grand portico and generously proportioned rooms. The building is part of the Unesco World Heritage Site of the Palladian Villas of the Veneto.

The Pantheon
Rome
The Pantheon – commissioned by Marcus Agrippa during the reigns of Augustus (27BC–14AD) and rebuilt by the emperor Hadrian around 126AD – is one of the best-preserved of all Ancient Roman buildings. Since the seventh century it has been used as a Roman Catholic church. Almost 2,000 years after it was built, the Pantheon’s dome is still the world’s largest unreinforced concrete dome.

Galilee Chapel
Durham Cathedral
Durham Cathedral – a Norman monastic cathedral constructed between 1093 and 1133 in the medieval Romanesque style – was originally built to house the shrine of St Cuthbert. The Galilee Chapel is much ‘lighter’ in style than the main body of the cathedral, with more graceful structural elements, marking the transition to the Gothic style.

A few words
How does the room you are sitting in make you feel? What is it about the soaring roof of a railway station, the damp odour of a cellar, the feel of worn stone steps beneath your feet, the muffled echo of a cloister or the cosy familiarity of your lounge that elicits glee, misery, fear or contentment?

Maggie’s Centres have been designed with an acute sensitivity to how people engage with architecture, a concept explored in the Royal Academy of Art’s recent exhibition Sensing Spaces: Architecture Reimagined.
Here, the exhibition’s curator Kate Goodwin discusses the experiential qualities of architecture and the capacity of environment to affect the human psyche.

What we find in architecture and what architecture finds in us is not singular or formulaic: It is not through a particular architectural style, shape or typology that architecture possesses some fundamental qualities which intensify its impact; it speaks of time and place, vastness and intimacy, it mediates between man and nature, and brings delight and thrill. The design offers choice and freedom as to how to occupy it – and it is felt necessary to be active in our engagement with it.

Maggie’s Centres appeal to us in different ways and draw from us different sensations and associations at different moments.

On the afternoon of our arrival at Casa Poli we sat at a low table on the floor in one of three interconnected open living ‘rooms’ that were not defined by walls, but rather by level changes that also echoed the topography of the site. The view of the ocean was held for us within the deep frame of the walls – the horizon in the distance constantly present, reminding us of immensity and the infinite. As the sun gradually sank in the sky during the early evening, the light and mood of the space changed, becoming calm and gentle. The following morning we sat in a pool of light at the entrance where the hillside seemed to flow into the house; we could feel the sun on our skin, keeping us alert. Later in the day we moved to a more intimate and enclosed corner where the texture of the concrete wall was visually and physically close.

In revisiting how we occupied and felt in Casa Poli I was reminded of what Richard Rogers, Architect for Maggie’s West London, said of his key aspirations for that particular building, which included, “a desire to create scales of space to allow visitors to find their own special place within a building that has an open door and open plan arrangement, the offering of a cup of tea as part of the welcome and introduction to the building, and the notion of the ‘hearth’ as a focal space”. My discussions with all of the architects involved in Sensing Spaces took us back to some essentials of architecture – the importance of feeling connected to time and place. This could have roots in the dramatic landscape, the intriguing house. At others I was just very present in the moment and the conversation. As Sofia Dandelion, Architect for Maggie’s Dundee, explains: “Architecture should speak of its time and place, but years for timelessness”.

How might this be evoked? Perhaps one small way is through the choice of materials in a building. We experience architecture through our body and senses, physically connecting with a material through its look, feel, sound and scent, but on a more abstract level, materials echo their origins.

From the geologic origins of stone we can get a sense of permanence and anchoring, while wood might bring to mind a more immediate coming to life. Buildings themselves carry the passage of time and association. Think of a stair tread that has been shaped by the many feet which have crossed it for centuries, or a wall that has weathered and taken on the patina of natural aging.

What might a heightened awareness of these aspects of architecture offer us? During my time at Casa Poli I found I felt stimulated and engaged. At times I was incredibly conscious of my surroundings – the dramatic landscape, the intriguing house. At others I was just very present in the moment and the conversation. As Sofia Dandelion said during that visit: “Good architecture is often invisible, but it allows whatever is happening in that space to be the best experience possible”.

Kate Goodwin is Drue Heinz Curator of Architecture at Royal Academy of Arts where she has curated a diverse series of events and exhibitions, including Sensing Spaces: Architecture Reimagined (January–April 2014). She is author of Dandelion: The making of the UK Pavilion (2011), a book about Thomas Heatherwick’s UK pavilion at the Shanghai World Expo.

‘Blue’ by Pezo von Ellrichshausen
Part of Sensing Spaces: Architecture Reimagined, Royal Academy of Arts, London 2014
Photograph ©Crispin Delmas

Maggie’s West London
Designed by Rogers Stirk Harbour + Partners and winner of the 2009 RIBA Stirling Prize
Sculptor and artist Eduardo Paolozzi (1924–2005) – born to Italian parents in Leith, near Edinburgh – is regarded as the founder of the British pop art movement. His most famous works include a series of mosaics on the walls of Tottenham Court Road Tube station in London. Best known for mechanical sculptures, his other works include a statue of Sir Isaac Newton in the piazza of the British Library. As a boy he collected cigarette packet cards of Hollywood stars, aircraft and submarines, which prompted a lifelong fascination with the relationship between humans and machines. His early collages of US popular culture images were groundbreaking for post-war Britain and made him a formative figure in the pop art movement. In the 1970s he moved into abstract screen printing.

Paolozzi taught throughout his career, including lecturing in textile design at the Central School of Art, sculpture at St Martin's School of Art and ceramics at the Royal College of Art. He was made a member of the Royal Academy of Arts in 1979 and knighted in 1988.

‘Allegro Moderato Fireman’s Parade’ (1974–6) is one in a set of nine prints entitled ‘Calcium Light Night’, which contains references to the life and works of American composer Charles Ives. The others are individually titled ‘Central Park in the Dark Some 40 Years Ago’ (1974), ‘The Children’s Hour’ (1974), ‘Largo to Presto’ (1974), ‘Aeschylus and Socrates’ (1975), ‘Calcium Light Night’ (1975), ‘Four German Songs’ (1975), ‘From Early Italian Poets’ (1975) and ‘Nettleton’ (1976). The set was begun while Paolozzi was in Berlin in 1974 and printed at Advanced Graphics between 1974 and 1976. It was to have been published by Propyläen Verlag, Berlin, but Paolozzi took over the whole edition and published it himself.

The art selected for each Maggie’s Centre helps to create the warm, uplifting and inspiring environments that have been proven to reduce stress and anxiety. **Ruth Garner**, Maggie’s Publications Manager, introduces ‘Allegro Moderato Fireman’s Parade’ (1974–6) by Sir Eduardo Paolozzi in Maggie’s Edinburgh Centre.
Prior to James’ diagnosis in 2007 we had been living our lives like many 30-somethings – buying our first home, making plans for a family, progressing our careers and angsting over where to spend our next holiday.

The next five years could not have been more different: operations, endless rounds of chemo, complications and scans became our new normal, and a good day became measured by an entirely different set of metrics.

James and I both underestimated the toll that this journey would take on us and it took several years before we turned to Maggie’s West London looking for the support we desperately needed.

Maggie’s offered a safe and calm haven in a tumultuous situation – a place to voice your fears and frustrations, a place to understand you are not alone, and a place for a cup of tea, advice and support in an environment far removed from the hospitals we had become too familiar with.

Training for the London Marathon was cathartic – as distances increased I ran through parts of London that I had not visited for years, filled with many happy memories with James. As the days lengthened and flowers came back on the trees, it was painful to acknowledge that this is another year I will be facing without James.

Marathon day got off to a glorious start, with clear blue skies and strangers offering their support to everyone as they made their way to the starting point in Greenwich. I opted to take the riverboat so I had the opportunity to walk by London Bridge Hospital and focus on what James would have said to me on race day. I had read a quote by author AA Milne a few days prior that reminded me of him as I know no-one stronger or braver than James: “Promise me you’ll always remember: you’re braver than you believe, and stronger than you seem, and smarter than you think”.

The race itself was amazing, emotional and exhausting, but what an achievement to cross the line with my very dear friend Rachel Willox, in four hours and 34 minutes. I encourage everyone to attempt a marathon at least once; I have seen first hand the inspiring things determination and perseverance can achieve.

James and I were incredibly grateful for the support offered by Maggie’s and I know he felt strongly about the importance of reducing the impact of cancer on the lives of others living with the illness.

I know in my heart just how proud he would have been by what we achieved and the money raised for Maggie’s. I passionately believe that people with cancer, and those who love them, really need more places like these.

I am very proud to be able to continue to raise awareness for Maggie’s and the wonderful work they do in providing unique support to people facing cancer – a situation that can be terrifying, lonely and overwhelming – and in memory of an amazing, courageous and tenacious man.
Maggie's South East Wales is designed by Dow Jones Architects and garden designer Cleve West, and will be located at the Velindre Cancer Centre in Cardiff. The Centre will provide increased access to specialist cancer support for people in Cardiff, Newport and the surrounding region. Simon Dean, Chief Executive of Velindre NHS Trust, said: “Maggie’s Centres are renowned for providing cancer patients and their families with high quality, expert support services, and our partnership with the charity demonstrates our shared desire to provide excellent and seamless services to patients.”

Planning permission has been granted for Maggie’s at The Christie (below) and Maggie’s South East Wales. Designs for Maggie’s at The Christie have been created by architect Sir Norman Foster and landscape designer Dan Pearson. Due to open in 2016, the Centre will significantly enhance the cancer support already offered at The Christie to include Maggie’s evidence-based core programme of support, as well as a comprehensive service of complementary therapies. Maggie’s South East Wales is designed by Dow Jones Architects and garden designer Cleve West, and will be located at the Velindre Cancer Centre in Cardiff. The Centre will provide increased access to specialist cancer support for people in Cardiff, Newport and the surrounding region. Simon Dean, Chief Executive of Velindre NHS Trust, said: “Maggie’s Centres are renowned for providing cancer patients and their families with high quality, expert support services, and our partnership with the charity demonstrates our shared desire to provide excellent and seamless services to patients.”

A demanding physical challenge, the 24-hour team event involves biking 31 miles, followed by a hike of either nine, 23 or 41 miles through the Scottish Highlands from Fort William to Inverness. A dedicated team of staff took part this year alongside 547 Maggie’s supporters who raised more than £300,000.

“What a brilliant event – so well organised. Everyone involved should be tremendously proud, from the guys at the welcome party, the people manning the water stops and checkpoints pouring cups of tea and soup, the medics, and the people cheering us on all the way through – their support was amazing.”

Ian Podmore Monster 2014 participant

Architecture awards for Maggie’s

Maggie’s Aberdeen
Maggie’s Aberdeen (right) has won the prestigious Small Project of the Year award at the Building Awards 2014, which selects a UK-based project on the criteria of design, sustainability, innovation and construction. Designed by Norwegian practice Snøhetta, the Aberdeen Centre opened in September 2013.

Maggie’s Newcastle
Maggie’s Newcastle (above) has won the Sustainability award at the RIBA North East regional awards. The judges described it as, “a building which has great clarity in its simplicity and detail, and reflects modest maritime references in its ship-like linear form and ‘prow’, which provides a glazed cafe and terrace facing south west to the outer harbour and the open sea.” Designed by Cullinan Architects, Maggie’s Newcastle also won the innovation award at the RICS Awards in December last year.

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Men’s exercise group at Maggie’s West London

Maggie’s West London Centre has established an exercise group for men, following on from the success of similar groups at Maggie’s Dundee and Newcastle Centres. Sessions focus on rehabilitation and building core strength using gym equipment and circuit training, and participants range in age and ability.

Run by Vincent Halpern, a personal trainer at the nearby Charing Cross Hospital Gym, the sessions have had a positive response so far: “There’s plenty of support and encouragement from everyone. "The group have already made good friends and have inspired each other to take up former exercise activities and some new ones”.

A thought from Bob

The emperor of all maladies

Professor Bob Leonard, oncologist and Chair of Maggie’s Professional Advisory Board, explains the increasing prevalence of cancer, and why survival rates are looking up.

On any day, ‘scientific breakthrough’ human-interest stories dominate large sections of the newspapers and in the broadcast media. The reasons are obvious enough. The disease is becoming more prevalent. Why?

Two reasons. Rates of occurrence are increasing with the aging of the population as generally cancer is a disease of older people. The second reason is more positive: people are living longer after being diagnosed. For several decades this trend has been very obvious for some cancers, especially in children and teenagers, and in the cancers of the blood and lymphatic systems – leukaemias, Hodgkin’s Disease and allied lymphomas.

Encouragingly, a more recent trend is the improvement in the survival in the adult population of some of the common cancers in adults. Some of the improvement is due to better understanding of the importance of earlier diagnosis with a better informed public aided by the media, and some is due to advancements in the provision of services, even in a beleaguered NHS.

The most important change that I have seen... is the improvement in survival rates of many of the common cancers, which were previously thought incurable.

The most significant change in the provision of services is recognition that surgeons and oncologists need to be ‘site-specialised’ in one or two diseases. This is complemented by the organisation of multi-disciplinary teams, with pathology and diagnostic radiology specialists supported by specialist nurses and radiographers. In most hospitals, teams typically meet on a weekly basis and treatment results are made available for external audit on a continual basis.

Players of People’s Postcode Lottery raise more than £40m

Players of People’s Postcode Lottery have succeeded in raising more than £41.5m for charities and good causes since the lottery’s launch in 2008. Maggie’s relies on the ongoing support of People’s Postcode Lottery to continue to provide its programme of support across Scotland. Over the last five years Maggie’s has received more than £3m in funding from the charity lottery – enough to fund almost 84,000 visits to our Centres.

Sharon O’Loan, Maggie’s Fundraising Director in Scotland, said: “£41.5m is a staggering figure; players should feel very proud of the support they are providing to charities across Scotland, England and Wales. The support we’ve personally received has been phenomenal – we simply couldn’t do what we do for people affected by cancer without their support.”

Research on barriers to accessing Maggie’s support

In partnership with Dundee Medical School, Maggie’s recently undertook a study seeking to understand the barriers to accessing our programme of support.

Government policy stresses the importance of psychosocial support available to people living with cancer, but most recipients fail to access it. Research found that sociodemographic factors had no bearing on the use of Maggie’s Centres, and male carers were less likely to use Maggie’s. Perceived barriers are lack of clinical recommendation, lack of understanding of support offered, and perceived relevance. Emotional ‘readiness’ to social embarrassment were also identified as factors.

This research proves how crucial a clinician’s timing is in recommending psychosocial support, as emotional receptiveness fluctuates during the cancer experience.

Maggie’s volunteer wins award

Maggie’s Glasgow office volunteer Hilda McGregor has been named as a Volunteer of the Year at the Charity Staff and Volunteer Awards 2014. From more than 700 applications nationwide, Hilda is one of only 20 people to be given the award.

Inspired by her friend Dr Sheila Hughes, a Maggie’s Centre visitor, Hilda began volunteering for Maggie’s seven years ago following surgery and treatment.

Hilda said: “I couldn’t quite believe it when the girls at Maggie’s told me they’d nominated me for this award – and was even more flabbergasted to hear that I’d won. I am very touched indeed that they thought to put me forward for this, but I really don’t think what I do is anything out of the ordinary.”

www.maggiescentres.org/how-maggies-can-help

Players of People’s Postcode Lottery to continue to provide its programme of support across Scotland.
Fundraising news

Fundraise for Maggie’s

Maggie’s is completely funded by its supporters. There are many ways to participate in fundraising activities, and enjoy the spirit of friendship and cooperation that runs through all events. Fundraising events throughout the year range from cycling, hiking, running and skydiving to cultural adventures. Many of the active challenges are suitable for all abilities.

Maggie’s also encourages people to organise their own fundraising events, and Centre Fundraising Managers are available to provide support at every stage of the process. Maggie’s website has information on how to organise an event, ideas and inspirations, a space to promote events, as well as tips, tools and other resources. Fundraising events rely on the support of volunteers to ensure that everything runs smoothly and participants feel supported. Further information on how to get involved is provided on the website.

Maggie’s 18th birthday

This year Maggie’s is celebrating 18 years of supporting people with cancer. Share the birthday of a loved one with Maggie’s by making a donation in lieu of a birthday gift and they will receive a beautifully illustrated card, which explains how their gift will help Maggie’s continue to provide its evidence-based programme of support for people living with cancer.

Maggie’s is celebrating with a range of events across the UK throughout the year.

To raise awareness for Maggie’s Edinburgh (the first Maggie’s Centre, that turns 18 in November), friends Rachel Anderson and Abby Perry marked the occasion – and their 18th birthdays – by asking for donations to Maggie’s instead of presents, and held a Hollywood-themed fundraising event at Edinburgh’s Electric Circus on 8 June.

Rachel’s father Andrew Anderson has been Centre Head at Maggie’s Edinburgh for 14 years, and mother Kellie advises on nutrition. Rachel said: “A hospital provides physical care, but Maggie’s supplies equally important emotional support.” Abby added: “It’s a big year for Maggie’s and for us. We wanted some good to come out of it.”

Edinburgh-based Iain Ritchie took part in a trek to Everest’s Base Camp to raise money for Maggie’s in April.

The 12-day round trip from Lukla in north-eastern Nepal to the camp covers approximately 115km at high altitude.

Fundraising efforts – which included running up and down Edinburgh’s Arthur’s Seat 24 times in one day and organising a ceilidh – succeeded in raising £3,850 for Maggie’s.

“The trek was the hardest thing I have ever done,” said Ritchie. “But also a hugely enjoyable and rewarding experience.

“At times I suffered from altitude-related headaches, but everyone on the expedition looked after each other and helped each other keep going to reach base camp.”

Maggie’s introduces Patrons programme

Maggie’s is supported by a wide range of individuals – including world-renowned architects, designers and oncologists, and high-profile supporters – who are integral to our work. Maggie’s has established a Patrons programme to bring these people together, helping to make the biggest possible difference to people living with cancer.

Patrons will share ideas with fellow supporters at cultural events, access Centre ways to share the work of Maggie’s and help to sustain Maggie’s future through funding.

“The people involved are so passionate about what they do,” said Patron Ben Andersen. “Through being a Patron I’ve met leading psychologists, artists, oncologists, entrepreneurs, gardeners and designers all united by wanting to help Maggie’s.”

www.maggiescentres.org/fundraise

www.maggiescentres.org/patrons

www.maggiescentres.org/eighteen

www.justgiving.com/18th
August–October 2014

Saturday 9 – Sunday 10 August Prudential RideLondon
Join 20,000 cyclists on this exciting challenge through the closed roads of London and beautiful Surrey hills. Now in its second year, this two-day festival of cycling is a legacy of the 2012 London Olympic and Paralympic Games.
www.maggiescentres.org/ride-london-100

Wednesday 13 – Sunday 17 August Pedal Paris to Swansea
A 320-mile, four-day cycle from Paris to Swansea to raise money to support people living with cancer in South West Wales. Registration is £250 per person with a minimum sponsorship of £1,250 (travel, accommodation, most meals and technical support included).
www.maggiescentres.org/parisstswansea

Friday 29 – Saturday 30 August Ride The North 2014
Maggie’s is the official charity partner for Ride The North 2014, a two-day, 170-mile cycling challenge from Inverness to Aberdeen. The route encompasses stunning Scottish scenery, including the Cairngorms National Park, Spey Valley and the Malt Whisky Trail.
www.maggiescentres.org/ride-the-north

Saturday 6 September Highland and Perthshire Marathon
A new race in scenic East Lothian which follows much of the stunning ‘golf coast’, finishing at the famous Musselburgh Racecourse. For those who aren’t quite ready to take on 13.1 miles, the ‘Do’ Challenge’ enables the distance to be split between two people.
www.maggiescentres.org/scottish-half-marathon

Saturday 6 September Scottish Half Marathon
Castles, kilts and countryside are all part of this scenic route which goes past the River Tay, Taymouth Castle and Black Watch Monument, and crosses Wade’s Bridge to finish in Wade’s Park. Despite the views of rolling hills, the course is mostly flat.
www.maggiescentres.org/highland-perthshire-marathon

Sunday 7 September Great North Run
Join Maggie’s running team at this exhilarating half marathon. The Great North Run sees 55,000 runners take to the streets of the North East, starting in Newcastle, crossing the Tyne Bridge through Gateshead and finishing in the coastal town of South Shields.
www.maggiescentres.org/great-north-run

Friday 19 September Culture Crawl
Come with us as we head out walking into the night discovering London’s cultural, architectural and artistic delights, raising as much as we can for Maggie’s. From the Foreign Office to Pimlico Palace by way of the Serpentine Sackler Gallery, you’ll get exclusive access to all these buildings and many others. You’ll also encounter talented performers, and enjoy delicious food and drink along the way.
www.maggiescentres.org/culturecrawl

Sunday 28 September Pedal for Maggie’s Cheltenham
This scenic cycle takes in some of the Cotswolds’ most picturesque countryside before weaving back to Maggie’s Cheltenham for tea, cake and celebration. The event is open to all levels of cyclists who are over 14 years of age and have a reasonable level of fitness.
www.maggiescentres.org/plotcheltenham

Sunday 12 October Royal Parks Half Marathon
This spectacular half marathon in central London follows a stunning route taking in the capital’s famous landmarks on closed roads – Buckingham Palace, London Eye, Houses of Parliament and the Royal Albert Hall – and four of London’s eight Royal Parks – Hyde Park, Green Park, St James’s Park and Kensington Gardens.
www.maggiescentres.org/royalparks

Note for your diary
Tuesday 16 December Christmas Carols at St Paul’s
Sing in one amazing space to help us build another. Join an evening of carols at St Paul’s Cathedral. All proceeds will go towards growing Maggie’s Centre in London.
Tickets start from £25.
www.maggiescentres.org/st-pauls

Culture Crawl
A few words from some faces you might see on the night...

Hannah Branch
Events Manager, Maggie’s
It’s an incredible night – from exclusive access to jaw-dropping architecture like the Foreign Office, to lively music and poignant art installations. Not to mention our fantastic volunteers cheering walkers along – it’s an electrifying atmosphere. Our favourite comment from a walker last year was, “We got more applause than a West End Show!”

Ab Rogers
Curator of cultural content
This year’s Maggie’s Culture Crawl will be like no other. There will be a series of fully interactive interventions and micro activities involving food, performance, light and sound, as well as extraordinary buildings and a beautiful route. Walkers will be part of a vibrant, multi-coloured carnival on a cultural journey full of excitement and surprise.

Sam Barbic
Culture Crawl walker 2013
Culture Crawl 2013 was a great night – lots of familiar faces and many new ones all getting together to embark on this nocturnal adventure across London. It was so wonderful to see the city from a different perspective, walking through the night, busied by all the interesting events and happenings organised by Maggie’s along the way. It was a fantastic experience and I look forward to doing it again this year!

Victoria Thornton
Director, Open House
In the years since we began the partnership, both Open House and Culture Crawl have become huge highlights on London’s cultural calendar. Two years ago we celebrated our 20th anniversary and I’m delighted to now be able to share in ten years of success for Maggie’s. And here’s to ten more!

Varind Ramful
Communications Co-ordinator, Serpentine Galleries
We’re excited to be welcoming walkers to the Serpentine Sackler Gallery on the route this year. The gallery was designed by Zaha Hadid Architects and gives new life to The Magazine, a former 1805 gunpowder store. Zaha Hadid Architects also designed the Maggie’s Centre in Fife, so it seems fitting that walkers get to experience her designs here at her first building in central London.

Julie Mills
Culture Crawl volunteer 2013
At last year’s Culture Crawl I was based at Maggie’s West London Centre and out on the route. I spent the night singing, dancing and making lots and lots of tea. At times I was moved to tears by the stories of the walkers, many of whom had their own experiences of cancer, but mostly we laughed and smiled while sharing an extremely special night that I will never forget.
Books and more

Maggie’s has a carefully-selected library list compiled from recommendations by members of staff and Centre visitors. Titles are intended to reflect Maggie’s programme of support and offer the opportunity to read a range of perspectives on cancer care and treatment. Here, Kimon Daltas reviews Facing the Storm by Ray Owen.

**Facing the Storm**
*By Ray Owen*

Using CBT, mindfulness and acceptance to build resilience when your world’s falling apart.

Published by Routledge
£12.99 paperback

Don’t be put off by the rather laboured visual metaphor on the cover, nor indeed by the buzzwords in the subtitle – this book is down-to-earth, practical and written with admirable clarity and simplicity. Ray Owen, a clinical psychologist with a couple of decades’ experience in cancer and palliative care, sets out to provide a toolkit for facing major life crises, whether they are related to terminal illness or less severe but still devastating events.

In terms of who this book is for, Owen specifies that he is primarily dealing with the kinds of crises which you can see coming from a long way away without knowing exactly how or when – but decisions need to be made, relationships with families, friends and colleagues will be affected, and the person at the centre of it all needs help coping. Owen tries to offer both perspectives: of the person looking out at the world, as well as those around wanting to be supportive but not knowing how.

Four fictionalised case studies are threaded through the chapters of the book – a failing marriage, a woman about to be made redundant, a man facing bankruptcy and gaol, a woman with cancer – which help put some of the ideas in context.

In exploring the similarities between these different types of ‘storms’, Owen emphasises that the strategies he offers are adaptable across a wide range of human experiences. He keeps the text jargon-free, though there is a bibliography and suggestions for further reading for those who want to delve a little deeper into the theory behind the ideas raised in the book.

Each chapter – with titles such as “Keeping going: managing ‘normal’ daily life” and “Riding the storm: Dealing with the emotions” – ends with a bullet-point précis, making it very easy to navigate and take in the key messages.

Kimon Daltas has wide-ranging reading interests, including fiction, economics, politics and philosophy, and is tentatively beginning to explore mindfulness.

Many of the books on Maggie’s reading list are available in each Centre’s library. The library list is regularly updated, and we welcome feedback and recommendations. Please contact:
Robyn Volkers
Maggie’s Online Centre Head
enquiries@maggiescentres.org

For the home

All products available from Hunters and Collectors, stockists of contemporary and vintage interior design pieces.

20% of sales will be donated to Maggie’s. Enter MAGGIESMAG at checkout.

Applicable on all product ranges, excluding bespoke items and original art.

Maggie’s has a range of corporate partnerships that contribute in different ways to supporting our work. Hunters and Collectors are one of several partners who provide support from the sale of products that reflect elements of the Maggie’s ethos.

If you or your company are interested in finding out how you could contribute to Maggie’s, please contact:
sophie.smedley@maggiescentres.org

www.hunterscollectors.co.uk

**Sitting pretty**
£265
This vintage 1950s geometric-print Cintique chair provides the perfect way to lounge in style.

**Dare to bare**
£74.95
Pure back with this Danish design classic, featuring a matt finish, bare bulb style and wire shade detail.

**Going graphic**
£35
Screen-printed cushions in a range of designs, from scandinavian geometry to 70s retro.

**Green with envy**
£15
Striking table dressing is made simple with these stoneware cracked-finish bowls.

**Noteworthy**
£10
Get on top of your to-dos with this colourful hardback notebook.

**Share your thoughts on Facing the Storm:**
#Maggiesbooks

www.maggiescentres.org/librarylist

www.hunterscollectors.co.uk
Money matters

A diagnosis of cancer affects more than your health – it also affects your money. **Tom Messere**, Maggie’s Online Benefits Advisor, provides an introduction to tackling the challenges of the benefits system and the support offered by Maggie’s.

Welcome to the first in this regular column looking at benefits, which while offering much needed financial help, can be bewildering. I thought it might be useful first of all to look at why benefits can be so important to Centre visitors and the help Maggie’s can offer. Last year our Centre visitors benefited from a collective financial gain of £17.3m through recommendations from Maggie’s Benefits Advisors. In coming editions I hope to shed light on key benefits for people affected by cancer, offer top tips and example case studies from Maggie’s Centres.

Cancer can often bring with it extra costs: travel to hospital, extra heating needs as people feel the cold more or spend more time at home, special diets, changing clothes sizes, extra help with day-to-day tasks, or even just the odd treat to boost morale. At the same time, income might drop through time off work for both patients and carers. At first sight, the benefits system looks like a maze: 40 or more benefits, most affected by legislative change and cuts. The Department of Work and Pensions (DWP) has no duty to advise on which benefits apply in different circumstances, only to process whatever is claimed. The onus is on the individual to know what to claim, explain difficulties and provide evidence on time. And all when they may be feeling fragile and a bit too full of ‘new’ experiences already.

**Jo’s story**

Jo was planning an active retirement when a diagnosis of breast cancer turned her world upside down.

Jo’s income was modest, comprising basic retirement and small works pensions totalling £130 a week, and savings of approximately £12,000. The necessary journeys to treatment – chemotherapy sessions 20 miles away and subsequent daily 80-mile trips for radiotherapy – incurred significant increased expenditure and, inevitably, increased stress. During the radiotherapy planning session at the hospital, the nurse suggested to Jo that she visit her local Maggie’s Centre to talk to a Benefits Advisor about the possibility of financial support to help with travel costs.

The Benefits Advisor explained that she was eligible for Pension Credit, an income-related benefit, meaning a weekly income supplement of £148.35, as well as help with council tax, resulting in a weekly reduction in bills of £18. A further appointment was made for completion of the necessary paperwork to apply for Attendance Allowance – a benefit to help with personal care if you are physically or mentally disabled – which meant a further weekly income top-up of £54.45 and also triggered an extra £60 in Jo’s Pension Credit. Jo’s visits to Maggie’s had succeeded in doubling her weekly income to £262.90, with a further £18 off bills. During her visits to Maggie’s, Jo also spent time having a cup of tea at the kitchen table and talking to other visitors, and was reassured to discover that other people were experiencing similar situations. A referral to the Centre’s Clinical Psychologist also proved beneficial in helping Jo to cope with a situation that initially felt overwhelmingly challenging and stressful. Jo was also introduced to Maggie’s Online Centre by a volunteer, meaning that she could access the same range of practical, emotional and social support from home whenever she needed it.

Benefits Advisors are busy sorting out the significant paperwork, chasing up supporting evidence or the DWP and representing Centre visitors at appeals. If there isn’t a Maggie’s Centre within reach, support is available through Maggie’s Online Centre which, like all Maggie’s Centres, has a specialist professional team. You can visit as a guest or sign up to become a member for personal advice and support, and share experiences with the online community 24 hours a day.

www.maggiescentres.org/onlinecentre
Something good to eat

James Morton, Great British Bake-Off finalist 2012, indulges in some comfort cooking with this modern twist on a classic dessert.

Posh pineapple upside-down cake

There’s nothing wrong with pineapple upside-down cake – don’t be such a snob! If you want to bring it to a different level and test your cake-making skills, you can try this recipe. Pineapple is a gorgeous ingredient! We use juicy fresh pineapple, posh Morello cherries and make a proper sponge mix from scratch using posh butter.

You've got to bake this cake at a fairly low temperature for a long time – there’s a lot of it and the pineapple tends to let out a lot of water into the cake. Conversely, this moistness of the baking batter can actually make the cake a little dry if overbaked, so check it often to make sure it’s only just done.

Ingredients

- 1 whole fresh pineapple
- 1 tub of glace Morello cherries (the pricey dark ones you can find in the supermarket’s baking section)
- A squidge of golden syrup
- 200g salted butter, soft
- 200g caster sugar
- 4 medium eggs, at room temperature
- 200g self raising flour
- 1 tsp baking powder

Method

1. First, preheat your oven to 160C/140C fan/ Gas 2–3. Line the bottom of a nine-inch ‘springform’ tin (one of the ones with a detachable base) with some baking paper – that’s the non-stick stuff. Grease the sides with plenty of butter.

2. Drizzle some golden syrup onto the bottom of your tin – it doesn’t need to coat the whole thing, but just be evenly distributed. You want to use it like glue to stick the pineapple down. Peel and chop the pineapple into rough slices and place them on the bottom of your tin, then fill in any of the gaps with your cherries.

3. Into a large bowl, weigh your soft butter and sugar. Using an electric whisk or wooden spoon if you’re brave, beat it for at least five minutes, until fluffy and nearly white in colour. Once you’ve reached this stage, add the eggs one at a time, beating well after each addition. Do not worry if it curdles.

4. Finally, add in your flour and baking powder – no need to sieve. Fold this in gently using a large metal spoon if available. Once it is just combined, pour the mix onto your fruit and spread out carefully.

5. Bake on your middle shelf for 40–45 minutes, checking after half an hour. Once done, it will be tempting to enjoy it hot. I’d wait, as when it’s cool and set, it’s far superior.

Top tip

In thick cakes, knives or skewers are needed to check when a cake is done.
You cannot tell alone from pressing the top to see if it springs back.
Insert it fully into the centre and assess for any raw cake mix – bits of fruit are fine!
If there is any, bake for another 10 minutes and check again.
By Chris Maslanka

**Number Conundrums**

1. If at every birthday you have the correct number of candles on your birthday cake, how old must you be when the total number of candles you have used in your life up to that point first exceeds 100?

2. Timmy Cooper’s assistant has prepared two identical-looking top hats for his magic act: one now has two white rabbits in it, while the other has a white rabbit and a black rabbit. “Yes”, says Timmy, “but I need to know which is which before the performance starts!” He reaches in and pulls out a white rabbit. What are the chances the other rabbit in that hat is also white?

3. What angle do the hands of the clock make at exactly 3.30pm?

4. Divide 100 into four shares such that the first share plus four, the second share minus four, the third share times four and the fourth share divided by four all come to the same number. Which number is it?

5. In these days of austerity, Lord Elpis has gone all ergonomic on us. He now supervises the running of the baths. He’s even painted a red line on the bath half way up the side. It takes four minutes to fill the bath up to this line with just the cold tap on and 12 minutes with just the hot tap on. How long will it take with both taps on full?

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**Ask me Another**

1. What is the capital of Brazil?

2. In what year was the first London parking meter installed?

3. Approximately what percentage of your DNA do you share with a mushroom?

4. What in astronomy does VLT stand for?

5. On what platform of which London station would you catch the train to Hogwarts?

6. Which country lies between Guinea and Liberia?

7. Which king of England was killed by an arrow while hunting in the New Forest?

8. What day of the week was 1 January 2014?

9. What type of rock are basalt and granite?

10. Most flags are rectangular. Which country has a flag with more than 4 sides?

11. Which country adopted the euro and became the eighteenth member of the Eurozone in January of this year?

12. Who is the manager of Manchester United who was sacked in April?

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**Word Play**

1. Rearrange the letters of VIOLENT to make a single word?

2. Identify the word from the letters given: ** * NERO * *

3. Change BOOM to BUST in 4 moves, with each move changing just one letter, and at each stage forming a valid word.

4. My first is a smallish animal; remove its first letter and it becomes a big animal; you may have a hand in my second; you might see my whole in a cottage garden.

5. What is unusual about the word UNCOPYRIGHTABLE?

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**Notes**

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**Visual puzzle**

Life has its ups and downs. The control panel of the lift in the Hotel Disrepair needs rewiring.

Each pair of like-coloured terminals needs connecting with a single cable. Cables may not touch or cross – we don’t want any short circuits.

Thinking outside the box is OK, but all cables must lie within it – no loose ends! Well?

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For solutions visit: www.maggiescentres.org/puzzleanswers
The keys to the city... yours for one night only.

Maggie’s Culture Crawl, Friday 19 September 2014.

Come with us as we head out walking into the night discovering cultural, architectural and artistic delights, raising as much as we can to support people with cancer and their family and friends.

www.maggiescentres.org/culturecrawl