

## FRIENDS AND FAMILY



# WITH YOU ALL THE WAY

Cancer doesn't just affect those living with the disease, their loved ones need support too. By **Rosie Mullender**

Supporting a loved one going through the physical and emotional experience of cancer can be particularly painful and difficult. Macmillan Cancer Support understands this, which is why, when you donate to the charity, you're not only helping people with cancer but those around them too.

Macmillan Cancer Support has spent more than 100 years helping people living with cancer. Cancer can disrupt your whole life. And it can be made worse simply because of who you are and where you live. But Macmillan is changing that.

The number of people diagnosed with cancer is growing, and every one of them needs the best support

**Fighting spirit: Mandeep Rajput with his son Jai**

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**MACMILLAN  
CANCER SUPPORT**



to meet their unique needs. That's why Macmillan will do whatever it takes to help everyone living with cancer across the UK get the support they need right now and transform cancer care for those who will be diagnosed in the future.

The charity also gives information and support to the friends and families of people living with cancer so they can be there for their loved ones.

Last week we heard the moving testimonies of three people who were helped through their cancer journey by Macmillan. Here, we speak to the families of those affected to find out why Macmillan's wider services are so important – and why you should consider leaving a donation in your will.

## "I TOOK MY SON TO EVERY CHEMO SESSION AND SAT WITH HIM ALL DAY"

Mandeep Rajput and his son Jai have always had a very close relationship. "Jai and I train at the same gym, eat out together and watch the same TV shows," says Mandeep, 50. "People have called him my shadow, because wherever I am, he's there too.

"We're also comfortable talking about everything, so when he found a lump in December 2021, he came to me for advice," says Mandeep.

Mandeep took Jai to his GP, who sent him to the oncology department at Russells Hall Hospital in Dudley.

"When they took us into a side room and drew the curtain, we knew it was bad news," says Mandeep.

"It was Jai's 17th birthday, but instead of celebrating, he was told he had cancer. I found the news almost impossible to take in, but Jai was so resilient – he just nodded."

Two weeks later, Jai had surgery to remove the tumour, followed by nine weeks of chemotherapy. "He lost his hair and two stone in weight, but I never saw him cry," says Mandeep. "I took Jai to every session, and I'd sit with him all day."

As well as receiving unwavering support from his father, Jai was helped by Macmillan. "A Macmillan nurse would sit with him during chemo, and she phoned to see how he was doing," says Mandeep.

Following chemotherapy, Jai's tests came back clear. "It was an indescribable relief," says Mandeep.

Since Jai's diagnosis, Mandeep has undertaken a sponsored trek through volcanoes in Ecuador for Macmillan, raising about £15,000 for the charity, and is planning his next fundraising adventure.

"Until you or a loved one experiences cancer, you might not realise how much Macmillan nurses do," says Mandeep. "The support they offer is phenomenal."

Whether you choose to take part in a fundraising challenge or leave a gift in your will, your support can help people living with cancer when they need it most.

## "HE SAID CANCER WOULDN'T GET HIM, AND IT DIDN'T"

When Carol Turansky's husband Philip was diagnosed with cancer in 2009, she'd sadly already had first-hand experience of the disease.

"I'd lived through breast cancer myself and was still having regular check-ups," says Carol, 78. "But then Philip began finding it hard to swallow food, and he was diagnosed with oesophageal cancer.

"Because of his age and heart condition, he couldn't have surgery, so he had chemo and radiotherapy instead. It shrunk the tumour but didn't get rid of it completely," says Carol.

Philip was given up to a year to live, but two weeks after starting a second round of chemotherapy in November 2011, his heart gave out and he passed away, aged 78.

"He always said cancer wasn't going to get him, and it didn't," says Carol. "Had he lived longer, he would have needed a feeding tube, which he'd have hated. In the end, he died peacefully, so it was a blessing in a way."

After Philip's death, Carol looked into doing voluntary work with Macmillan, which is when she discovered the wealth of



Carol Turansky, now a volunteer, with her late husband Philip

support the charity makes available.

"At one point during his illness I asked Philip's oncology nurse if I should contact Macmillan, and she said 'Not yet,'" says Carol.

"There's an idea out there that Macmillan only supports cancer patients through end-of-life care, but when I did my training to volunteer with Macmillan, I found out they can help in so many ways right from the start – with information, support or just someone to talk to."

Now a Macmillan Buddy, Carol provides support, signposting and listening services to cancer patients over the phone, and is keen to let people know about the full scope of Macmillan's work.

"Being able to help other people feels great, because I would have appreciated that kind of support when Philip was ill and everything felt overwhelming," says Carol.

And volunteering isn't the only way she's helping the charity: "I've used Macmillan's Free Wills Service to leave them some money too," she says. "It was done over Zoom and was so quick and easy. It will help people like Philip and their families get the support they need."

## HOW TO LEAVE A LASTING LEGACY

Macmillan's work can continue thanks only to the generosity of the public, and gifts in wills make up a third of its funding.

Join supporters like Mandeep and Carol in helping Macmillan change lives. Going through cancer can be a frightening and isolating experience. The Macmillan volunteer buddying service provides a listening ear and emotional support to people living with cancer when they need it most.

A person with cancer can register for a trained Macmillan volunteer who they can chat to regularly over the phone, online or face to face in the community.

The support is available in multiple languages on a weekly basis for up to 12 sessions. A £1,850 gift, for example (0.3 per cent of the average UK charitable estate\*), could provide emotional support to ten people living with cancer for around eight weeks, through



ongoing and regular support sessions with one of our dedicated and compassionate Macmillan Buddies. **To register with Macmillan's Free Wills Service, visit [macmillan.org.uk/writeawill](https://www.macmillan.org.uk/writeawill). And to order your free Gifts in Wills guide, visit [macmillan.org.uk/giftsinwills](https://www.macmillan.org.uk/giftsinwills), scan the QR code or call 0800 542 0164**



\*Average = £591,772 in 2023 (Smea & Ford Legacy Analysis Portal)