

Welcome to Katie's Column



By Katie Clive Macmillan Next Steps

Well a lot has happened since the first edition of Katie's column was published in the Health and Hustle news. It's fair to say that the participants of the Macmillan Next Steps have definitely found their voice on the Fitbit message board. It's been lovely to watch the development of the group chat. The team offer both support for low stepping days and congratulations and cheers for high stepping days. There's no stopping them now, it's brilliant.

One lady in the team decided that she wanted to meet up with some of the others in the group face to face, so I met up with her and we planned a social drink out at the Quays. It hadn't occurred to me that the only participants only knew the other participants by their name and the number of steps they do day to day. We had 4 participants turn up and it was funny to see people introduce themselves to each other saying "hello I'm... oh your'e...". Well it's safe to say the chatter didn't stop all night and the focus was on everything but cancer which was lovely to hear.

A few weeks after the social night out, a discussion on the message board started. The group were chatting about how a couple of the team had enjoyed Nordic Walking at Maggie's. It was suggested that the group could meet up for a group walk. Pauline Turfrey our Macmillan Next Steps Volunteer was happy to arrange this for us. The weather stayed dry although a bit muddy and attracted 9 participants who were keen to tread the countryside. They went Nordic Walking for 1 and half hours around Witcombe with Pauline and then went onto enjoy lunch in the "Twelve Bells" pub.

Since then I feel our biggest achievement has been able to connect the participants of our special team together face to face and to see them have fun and socialising with each other. The team continues to grow and are looking forward to more challenges and chat!