

# How to take part in World's Biggest Coffee Morning on Friday

Each year the World's Biggest Coffee Morning takes place on the last Friday of September. This year will be a little different perhaps, with supporters of Macmillan Cancer Support being urged to hold virtual coffee mornings rather than in person events.

Author and presenter, Cat Cubie, with her children Roar(3) and Indy (5) held an outdoor coffee morning recently to show fundraisers what is possible.

Cat is a long time supporter of Macmillan and hopes others will help the charity which has experienced a dip in its income due to Covid-19. Supporters can also undertake a [Coffee Morning Challenge](#) by running walking or cycling for the charity.

Cat said: "Keeping the kids entertained during lockdown did not feel like a piece of cake. Baking was a big part of our weekly routine but I was grateful to have my mum on the end of a video call to do recipes most weeks. Her shortbread recipe is excellent! I think it helped my mum too as she was pretty isolated.

“We tried to get out on the bikes as much as possible to burn off all the baking we were eating.

“I urge everyone to get involved with Macmillan’s fundraising this month. You can still have your own wee coffee morning, eat all the cakes, then get on your bikes and do a fundraising challenge.

“This year has been devastating, not just because of the impact of COVID-19 but what it has meant for cancer patients. A diagnosis is always so scary and can feel lonely but experiencing it through this pandemic has been really isolating for many.

“I have a personal connection to Macmillan and have taken part in the Big Coffee Morning for years but supporting them in 2020 is more important than ever.”

Macmillan funds hundreds of nurses, support workers, benefits advisors and other vital roles across the NHS and social care system in Scotland.

The charity also provides a support line, normally based in Glasgow city centre, that offers expert advice from cancer nurses, welfare rights and money specialists.

Each year Macmillan gives out around £2m in grants to people with cancer in Scotland to help them with everything from paying their rent to covering transport costs to and from treatment.

Macmillan’s head of services in Scotland, Janice Preston, said: “Right now people with cancer need Macmillan’s support more than ever before. Many of us are struggling right now but having cancer during a pandemic brings a huge amount of additional stress and difficulty.

“We want to be there for everyone who needs us but we rely on donations for almost all of all income. We’re so grateful to

all of those who are holding a coffee morning or raising money for us in another way. We need support now more than ever.”

Although September 25 is the official day of Coffee Morning, events can be held at any time. For find out more about hosting a coffee morning or taking on a Coffee Morning Challenge visit [coffee.macmillan.org.uk/](http://coffee.macmillan.org.uk/)



(left to right, Roar (3), Cat Cubie, Indy (5))

Cat Cubie and her children, Roar and Indy are urging people to support Macmillan and make sure that Coffee Morning, on Friday 25<sup>th</sup> September, still goes ahead no matter what.