



MAGGIE'S WORKING TOGETHER TO SUPPORT PEOPLE WITH CANCER ACROSS THE UK

“The past 18 months have been difficult for everyone. We all know how hard it is to live with cancer, and it has become so much harder as Covid hit the country and we went through periods of lock down. From the point of diagnosis onwards, people can feel stress, fear, and anxiety but with Covid they also faced a threefold psychological blow; the trauma of diagnosis on your own, the fear of treatment delays with possible worse outcomes and the stress of isolation which, if left unsupported, can be absolutely devastating.”

Dame Laura Lee, CEO of Maggie's



THE NEED FOR MAGGIE'S

Every two minutes someone in the UK is diagnosed with cancer. These people will all face tough questions, exhausting treatment and difficult emotions. Maggie's is there to help these people to take back control when cancer turns their life upside down – supporting them with anything from treatment side effects to money worries. Maggie's is a place that people can walk straight into. You don't need an appointment or a referral and all of our support is free. Our team are here to welcome, to listen and to answer any of the niggling questions that our visitors might have. People can come as often as they need, and their families and friends are welcome too. Maggie's is a place where people can meet others, join a group or just be by themselves with a cup of tea. They can also get help with their finances, or relaxation techniques or stress management or how to eat well and exercise gently. It's place to feel at home and supported and all of our support is free of charge.

THE SUPPORT MAGGIE'S AT THE ROYAL MARSDEN PROVIDES

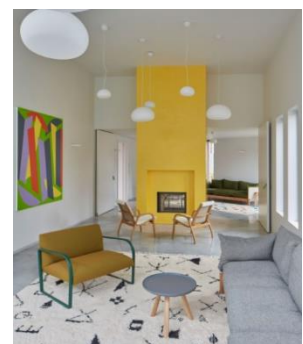
Maggie's provides a warm and welcoming sanctuary away from the clinical environment of a hospital, providing free practical and emotional support for people with cancer and their families and friends. In the centre visitors can find; practical advice about benefits and eating well; qualified experts providing emotional support; opportunities to meet other people; and places where you can simply sit with a cup of tea.

Maggie's at the Royal Marsden, designed by Ab Rodgers, opened just over two years ago but has quickly become one of the top three busiest Maggie's centres. The team see on average 100 visitors each day and in 2021 we had around 17,000 visits; three times higher than originally predicted.

Our expert programmes team includes Cancer Support Specialists, a trained Clinical Psychologist and a Benefits Advisor. Our team of Cancer Support Specialists ensure that everyone who walks through our door feels welcomed and supported, by listening to them and guiding them to the right information so that they can manage their own personal challenges and regain a sense of control. Our Clinical Psychologist offers 1:1 sessions and a range of support groups. These conversations act as a real lifeline for people struggling with mental health during this difficult time. We know that cancer can have a real impact on people's finances, through lost income and increased costs such as heating and travel. Our specialist Benefits Advisors offers guidance to people on the benefits they might be entitled to and help with the application process.

‘The ground-breaking model of cancer support pioneered by Maggie's has been developed to meet the practical, emotional and social needs of people with cancer. With new diagnoses rising by 3% each year, there is a growing need for Maggie's Centre's and the evidence-based support they offer people during diagnosis, treatments and survivorship.’

Sean Duffy, National Clinical Director for Cancer, England



Here are some examples of our courses and support groups at Maggie's at the Royal Marsden, led by our Psychologists and Cancer Support Specialists:

Getting started with cancer treatment.

This is a workshop for anyone recently diagnosed with cancer, and their family and friends. The workshop will help people to understand their cancer and the treatment available.

Bereavement Support Group

A face to face therapeutic group for those who have lost a loved one to cancer held by our trained Clinical Psychologist.

Stress Management.

This six-week course introduces different methods of relaxation including controlling anxious thoughts, meditation, visualisation and 'quick' or emergency relaxation.

Leukemia and Lymphoma Networking Group.

This group support provides a forum for meeting other people in a similar situation, where individual experiences can be exchanged.

Young Men's Group.

The group provides an opportunity to talk to other men who are in a similar situation to share experiences. It offers a safe space to express emotions they might not want to share with their family and friends.

Where Now?

This seven-week course helps people to manage the physical, emotional and practical issues they might face after their cancer treatment. It offers skills and techniques to support a person through this transition period and beyond.

VISITOR FEEDBACK

- **98%** of visitors rated their experience at a centre as 'good' or 'excellent'.
- **96%** said they felt less alone after visiting Maggie's.
- **94%** said their visit improved their understanding of cancer.
- **91%** said Maggie's helped them manage stress better.
- **£45.86** claimed in financial support for every **£1** Maggie's spent on providing benefits advice.

MAGGIE'S AND CORONAVIRUS

An incredible 1 in 3 people with cancer say their treatment has been affected because of Covid. Maggie's has been an important source of support for these people who say that the pandemic has made an already very difficult situation even worse. Restrictions have meant that they have not been able to see their family and friends who help them to cope and give them motivation during treatment. For someone with cancer, having to shield meant that they lost their normal support system making them emotionally vulnerable.

Maggie's has provided a sanctuary away from the isolation of their home, a place where they can come and see a friendly face and talk about the challenges, they are dealing with over a cup of a tea. We have also adapted our services, such as by offering virtual support, to ensure that everyone living with cancer can still access our support during this difficult time.

"Besides my treatment at the hospital, I felt very much that we were on our own, left to cope with this terrifying thing as a family. A friend told me about Maggie's and as soon as we went inside, I felt a void had been filled. Someone was there for me; people listened and understood what I was going through." Annette, Maggie's visitor

Maggie's is a charity which relies on the support of our wonderful donors to keep our doors open with whom we would be lost without.

For more information, please contact
Maddy Wilson: 07725487951 / madeleine.wilson@maggies.org