

MAGGIE'S

WHAT WE DO

For three decades, Maggie's charity has been a trailblazer for cancer care, providing free psychological, emotional and practical support for everyone living with cancer, as well as their family and friends.

Our 24 centres across the UK are built in the grounds of major NHS cancer hospitals and support hundreds of thousands of people each year. No appointment is needed, and people can drop in to speak to fully trained clinical psychologists, benefits advisors, and cancer support specialists. There is no time limit on our support, we're here as long as you need us.

We support people at all stages of cancer, including those receiving end-of-life care. The support we offer includes:

- information sessions for people about to start chemotherapy, radiotherapy or immunotherapy
- groups to allow people to meet others going through a similar experience
- advice on how people can manage the debilitating side effects of treatment, such as crash menopause
- a 'Where Now?' course which focuses on helping people adjust back to life following cancer treatment

Our psychological care is recognised as excellent by the health service – for example – Addenbrooke's Hospital in Cambridge has directly commissioned all their oncology mental health support from Maggie's for the last two years, allowing patients there to get the help they need without having to wait.

Research from York University found that where Maggie's is providing psychological, pre-treatment and exercise support, we can save an NHS Trust £317,000 on average. Over the course of a year our psychological support can also reduce the need for over 1,500 NHS talking therapy appointments and 150 clinical psychology appointments, and the health benefits of our exercise programme can save 170 oncology appointment hours across local NHS services.

Those who visit our centres tell us time and again we pick them up when they are at rock bottom and help them find a way not just to survive, but to thrive.

Since 2013, we have a successful growing network of independently run international centres. To date, we have four centres overseas in Hong Kong, Japan, Spain, Netherlands and a further centre planned in Norway.

Each year we sadly see the number of people living with cancer increase. Maggie's believes that the government's cancer strategy must focus on

supporting people with cancer to live well, as well as improving diagnosis and treatment.

For more information about everything we do, visit maggies.org

MAGGIE'S IN NUMBERS

- Across the UK, we estimate that there are currently more than **3 million people living with cancer**, predicted to rise to 4 million by 2030 and 5.3 million by 2040.
- In 2024, Maggie's supported 327,000 visits - **226,000 visits** from people with cancer and over 101,000 from their loved ones. That is 14% of the new cancer population in England, Scotland and Wales.
- Over **14,000 sessions** were delivered by our qualified clinical psychologists and around **77%** of our support was delivered in person, in our centres.
- We also provided **over 50,000 benefits advice sessions**, resulting in over £53 million being claimed by people with cancer, and delivered over **11,000 Getting Started sessions** in collaboration with the NHS to help patients prepare for treatment.
- 64% of centre visitors were women and 36% were men.
- Our target was to reach 50,000 new people with cancer by 2024, which we achieved by October 2024. This represents **12.9% of annual cancer diagnoses** in the UK.
- **99%** of centre visitors were satisfied with the support they received, and **98%** said they felt their needs had been met by Maggie's.
- In 2025 we will open centres in Middlesbrough, Northampton, and North Wales.
- By 2027, we aim to support almost **half a million** visits from people with cancer and their families every year.
- We are funded almost entirely by charitable donations.