

# Welcome to Maggie's

Everyone's home of cancer care

## 2023 Impact Report



MAGGIE'S

# WELCOME TO MAGGIE'S

At each of our 24 centres around the UK, you'll find welcoming spaces with expert care and support for people with cancer and everyone who loves them. All our support is free, and we rely on the generosity of our supporters to help us be there for everyone who needs us.

We're here for people, whatever kind of cancer they have, and whatever stage they're at. And because we know that cancer doesn't only affect the person with a diagnosis, we're here to support partners, carers, friends and family members too.

We work alongside the NHS to offer expert care and support, but we don't need a referral and we don't do appointments.

We're a different kind of cancer care. [Read on to find out more.](#)



## A message from our Chief Executive

Thank you for taking the time to read our 2023 impact report. It's vital to us that we reflect on the impact we make together and how we raise and spend our money to support more people with cancer and those who love them.



At Maggie's our priority is to provide the highest level of cancer care and support for everyone diagnosed with cancer and their friends and families.

The urgency and scale of the cancer support needed has never been greater. There are almost 3 million people in the UK living with cancer, with this set to rise to 4 million by 2030. Half of the UK population is likely to be diagnosed with cancer in their lifetime, and many will live with conditions that impact their lives physically and psychologically. We know our expert support has life-changing impact, so we want to reach more people and keep growing to be there for everyone who needs us.

As you'll read in this report, last year we were able to support 311,000 visits to our UK centres - 11% more than in 2022. Of those, 88,000 were from people visiting Maggie's for the very first time - either with their own diagnosis of cancer, or someone's close to them.

To reach more people than ever before, we are increasing resources where they're needed most. The completion of our purpose-built Maggie's centre at The Royal Free Hospital in London is doing just that, and we are now focused on completing our extensions in Cheltenham and Newcastle.

Maggie's continues to be here for everyone with cancer and for all those who love them, for as long as we're needed. Throughout this report you will read the stories of centre visitors, including Sarah, who visited Maggie's at the Royal Marsden while her husband was undergoing intensive treatment. She shares the difference it's made for her and her children too, who can continue to process their experience with support from Maggie's expert psychologists.

At Maggie's, we remain focussed on adapting to the changing needs of people with cancer and those who love them, and coupled with your generous support, we'll be able to continue providing the very best quality of care when people need us the most.

So on behalf of all of us at Maggie's, I'd like to say a huge "thank you". Your support means we can continue to be there for everyone with cancer and all those who love them.

Dame Laura Lee DBE  
Chief Executive, Maggie's

# OUR PROGRAMME OF SUPPORT

Maggie's delivers expert psychological and practical support to people with cancer and their families through a personalised evidence-based programme of support. Maggie's professionals help people to navigate the complexities of their cancer diagnosis and this is proven to enhance the overall quality of life at all stages of cancer.



## Getting Ready

Ways to help people get ready for treatment



## Getting Started

Ways to help people better understand their cancer treatment



## Where Now? / Rehabilitation

Ways to help people practically and emotionally through the ongoing and late effects of cancer treatment



## Ongoing with Cancer

Ways to help people living with ongoing cancer treatment and approaching death



## Bereavement

Ways to help people cope practically and emotionally with grief

## Our 24 centres across the UK

### Maggie's operational and planned centres

#### ● Maggie's at NHS sites



#### Scotland

- 1 Edinburgh
- 2 Glasgow
- 3 Dundee
- 4 Aberdeen
- 5 Highlands
- 6 Fife
- 7 Lanarkshire
- 8 Forth Valley

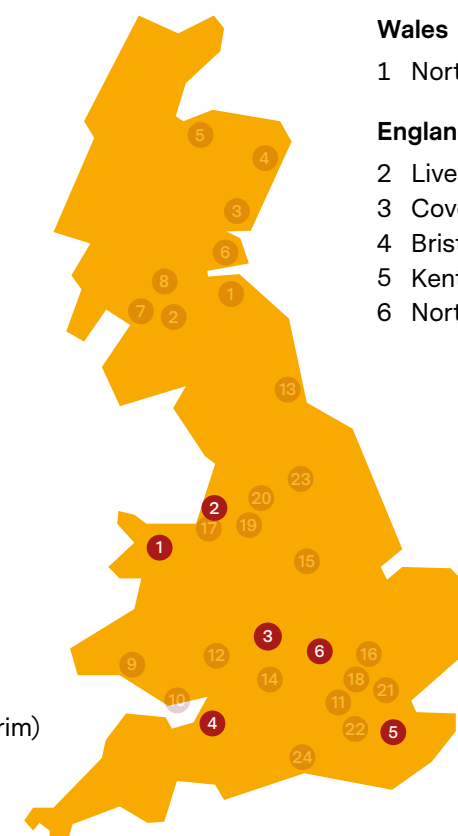
#### Wales

- 9 Swansea
- 10 Cardiff

#### England

- 11 West London
- 12 Cheltenham
- 13 Newcastle
- 14 Oxford
- 15 Nottingham
- 16 Cambridge (interim)
- 17 Wirral (SMF)
- 18 Royal Free
- 19 Manchester
- 20 Oldham
- 21 Barts
- 22 The Royal Marsden (Sutton)
- 23 Leeds
- 24 Southampton

#### ● Maggie's sites in development



#### Wales

- 1 North Wales (SMF) \*

#### England

- 2 Liverpool (SMF) \*
- 3 Coventry
- 4 Bristol
- 5 Kent
- 6 Northampton

### Maggie's operational centres coverage

- ✓ 100% coverage across NHS Cancer Centres in Scotland
- ✓ 66% coverage across NHS Cancer Centres in Wales
- ✓ 26% coverage across NHS Cancer Centres in England
- ✓ 35% coverage across NHS Cancer Centres across the UK
- ✓ 11% of new people with cancer (NPWC) supported across the UK ±

\* (SMF) means funded by Steve Morgan Foundation

± New cancer diagnoses projected based on latest data available from NHS UK, Public Health Scotland and Public Health Wales



# In 2023, we supported more people than ever:

With your support, we have been able to reach more people who need us, in our centres and online.

## In 2023, we supported:



More than

# 311,000

total visits. That's over **60%** of the way to our 5-year target to support 500,000 annual visits by 2027. On average, over the last 10 years we have supported 15% more visits year on year. \*



Over

# 45,200

new visits from people with cancer. That's **69%** of our 5-year target to support 15% of the UK new cancer population by 2027.



More than

# 47,100

cancer support sessions with our cancer support specialists, psychologists, and peer-to-peer support groups with new visitors with cancer.

\* excluding 2020, due to the COVID-19 lockdown restrictions

# Throughout 2023, your support helped people with cancer to:

## Get ready to start cancer treatment.

There were almost

# 6,000

attendances recorded at 'Getting Started' and 'Getting Ready' sessions. **3 in 5 of whom** were referred there by a clinician or healthcare staff member.

## Understand and ask financial questions that come with a cancer diagnosis.

Nearly

# 49,000

benefits advice sessions were provided resulting in over **£53 million** being claimed with Maggie's benefits advisors' support.

## Cope practically and emotionally with the ongoing and late effects of cancer treatment.

Over

# 14,000

attendances were recorded on our Managing Stress course and at relaxation and mindfulness sessions.

## Prepare for life after cancer, emotionally and practically.

Over

# 5,800

visits were recorded to our seven-week Where Now? course, which covers support beyond treatment, helping people prepare emotionally and practically for returning to their day-to-day life.

## We also provided space for friends and family to understand, care for and support the person with a diagnosis.

Nearly

# 35,000

new visits were made by friends, family and carers of people with cancer.

# Helping people get ready for treatment

In 2023, we welcomed people with cancer and those who love them, and helped them prepare for their treatment through:

Over  
**4,300**

‘Getting Started’ sessions, to hear about treatment options, side effects, and important decisions.

More than  
**1,600**

‘Getting Ready’ sessions, to prepare the body and mind for treatment through improved wellbeing.

  
**85%**

of Maggie’s visitors feel more knowledgeable going into treatment

We helped people become more knowledgeable and confident as they prepared for treatment. The ‘Getting Ready’ programme increased knowledge of how to prepare physically and emotionally, while ‘Getting Started’ improved knowledge of the treatment process, side effects and how to manage them, and who to contact if feeling unwell.

“I feel like I have a visual picture of what the treatment entails and I know this will make me feel calmer for having my treatment.”

**800**

nutrition advice sessions, to help people eat well during treatment, in a way that’s right for them.

More than  
**18,200**

visits to exercise classes and advice sessions, to help people find activity they enjoy and is right for their body as it changes during treatment.

  
**84%**

of Maggie’s visitors feel more confident going into treatment

We also boosted people’s confidence in going into treatment. The ‘Getting Ready’ course increased confidence in how to improve one’s emotional, physical, and nutritional wellbeing, while Getting Started increased confidence in going through treatment and being involved in treatment decisions.

# IAN’S STORY



**“Maggie’s gave me clarity.**

I felt confused about starting treatment. You hear so many stories about chemotherapy, all the different side effects and then I was told to go to Maggie’s. I decided to go because the more information I had going into treatment, the better.

**I wanted to deal with my worries with a person; Maggie’s made sure I never had to worry alone.**

I was met straight away with a nice, warm welcome. The whole experience was such a contrast from the clinical setting of the hospital.

The team has been an invaluable resource to me. When I was thinking too much, I could stop and leave those thoughts until I was in the centre. You can get away from it all at Maggie’s and be yourself. You always leave more uplifted.”

# NANCY'S STORY



**“Throughout my life, I have always had to be strong. I always thought that I was. But cancer completely changed how I see strength.**

I moved to the UK in 2001 from the Philippines with my son and my then husband, to build a future for us. After my marriage broke down, I took a job in Southampton as a nurse, despite not knowing anyone there.

One day I found a lump in my breast. After some tests, the words “I’m afraid you have breast cancer” were still so shocking to hear. It did not sink in. I was just about to turn 50 and I had cancer.

The first time I went to Maggie’s was during my treatment. I was looking to support others, but Gus, a cancer support specialist, told me that at this time I needed to look after myself instead, and I listened to him. When I returned a few months later, I met Gilly, who helped me to start opening up, and I let myself cry and talk.

A Maggie’s psychologist told me: “There are two things in life – things you can control and things you cannot. Focus on what you can change.”

**At Maggie’s, you can talk on a completely different level; it’s very deep. I did not expect to get so much out of the counselling I had at Maggie’s.**

As a nurse, I’m usually the one giving advice! I thought I was protecting my son by trying to be strong and not cry in front of him. But I felt strong enough after having counselling to tell him that I wanted him to be strong for me. It made all the difference.

Maggie’s feels like home to me. I don’t have family here, so to have another place that feels like home is so special. Not only do they understand cancer, they understand you as a person. They treat you as you: unique.”

## Coping with the emotions that come with a diagnosis

At Maggie’s our experts are always on hand to support people with the range of emotions that cancer brings, be it through informal drop-ins, sessions with our clinical psychologists, the ‘Managing Stress’ course, creative therapies or advice on body image. Everyone is different, so we take time to get to know the person who walks in the door of a centre, to understand their emotional wellbeing needs, and provide the right support for them.

**We help people develop tools to cope with the emotions cancer can bring, and in turn, strengthen their mental wellbeing.**

**In 2023, there were:**

Over

**17,200**

sessions with a qualified psychologist.

More than

**10,000**

visits to relaxation sessions.

More than

**2,100**

visits to courses on how to manage stress effectively.

Over

**5,300**

visits to sessions to support people with their body image, such as wig fitting or breast reconstruction support.



**97%**

of Maggie’s visitors said we helped improve their ability to manage stress.

**“Psychological support has given me greater insight into my anxiety, and the skills and understanding to help myself. I’m truly grateful.”**



# Help with money worries

Our benefits advisors help work out what extra money people with cancer and their carers may be entitled to.


They will also offer support with completing claim forms, debt management and advice on practical things like applying for parking permits.

More than  
**£53 million**  
has been claimed in benefits with help from our advisors.

Through more than  
**48,500**  
benefits advice and debt management sessions.

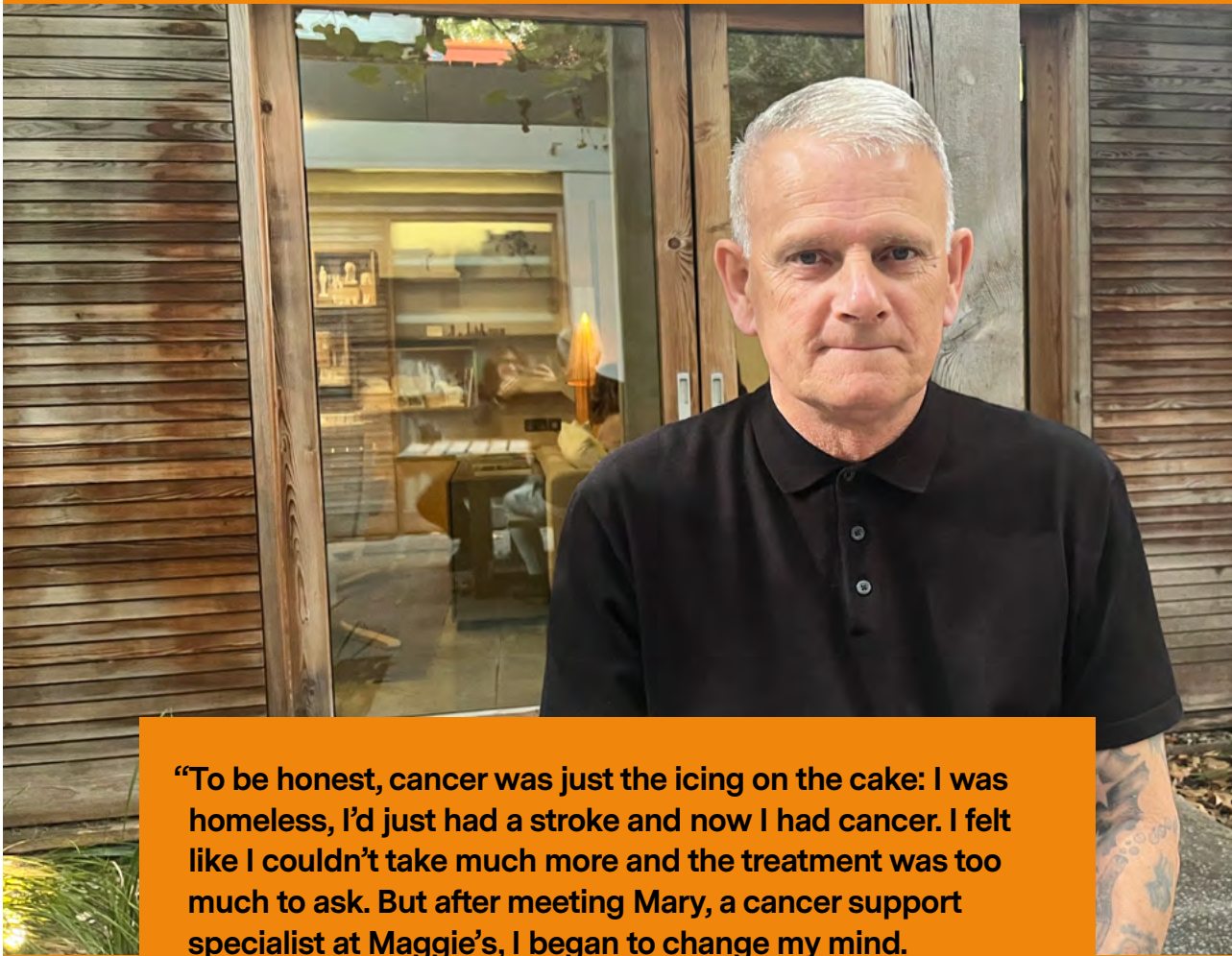
Cost:Benefit Ratio  
**1:44** For every £1 Maggie’s spent on providing benefits advice, £44 was claimed in financial support, or in other words, a **440% ROI**.

  
**89%**  
of our visitors told us we improved their confidence in speaking with their employer about their diagnosis.

  
**84%**  
of our visitors told us we helped them return to work as soon as possible.

“Without the help I got from Maggie’s... it would’ve been so difficult for me to deal with all the problems I had relating to my benefits (council tax, housing benefits, and so on) my eviction notice and dealing with my agency for work.”

# RAY’S STORY



“To be honest, cancer was just the icing on the cake: I was homeless, I’d just had a stroke and now I had cancer. I felt like I couldn’t take much more and the treatment was too much to ask. But after meeting Mary, a cancer support specialist at Maggie’s, I began to change my mind.

She introduced me to Zoe, a housing and benefits advisor. I explained I have two amazing kids, four beautiful grandkids and I’m great friends with my ex-wife, but my housing situation was horrendous. I gave her the go-ahead to talk to people on my behalf, like the council and my doctors.

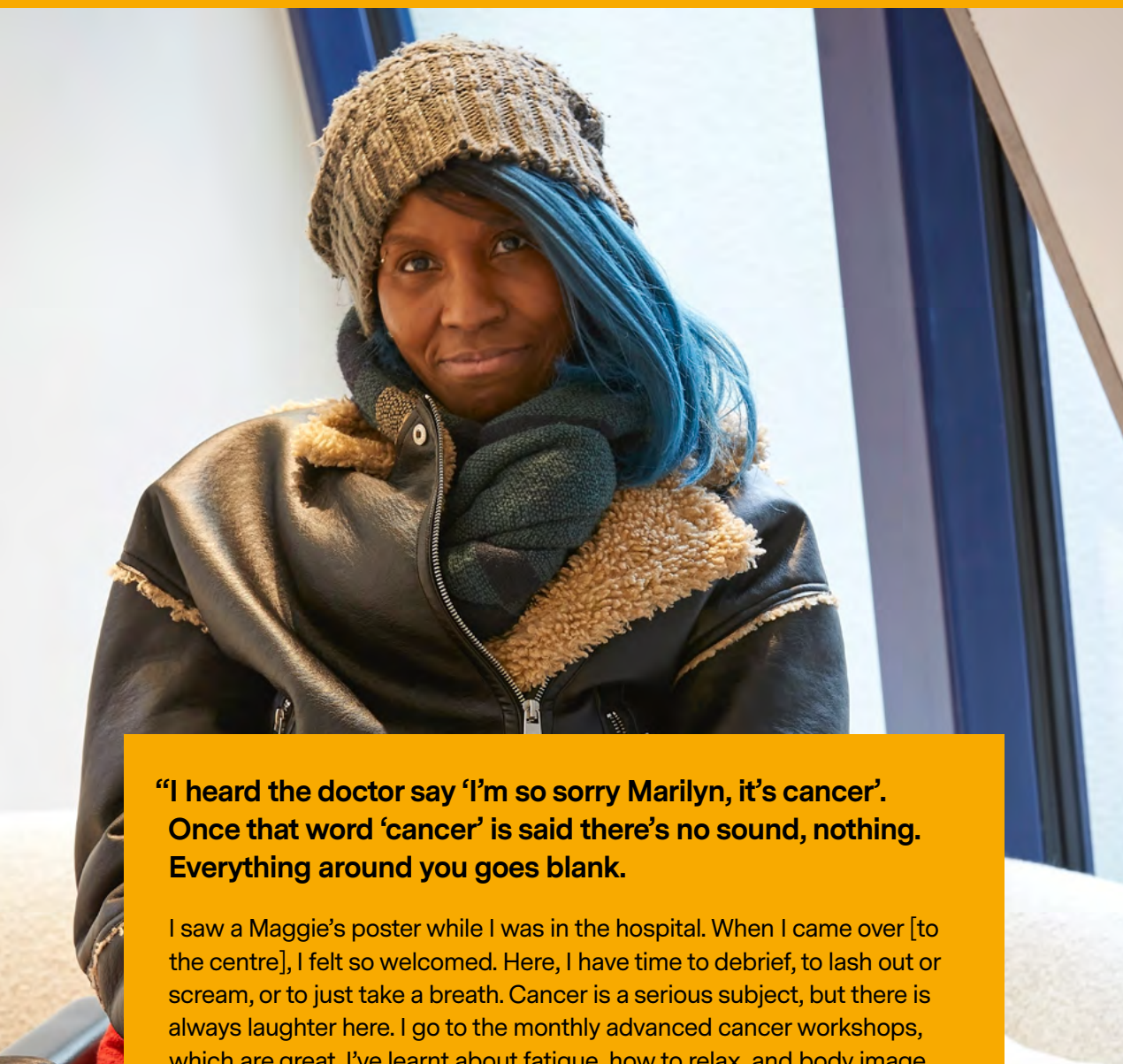
**Within four months of meeting Zoe I was assessed for sheltered accommodation and two weeks later was offered my house, or as I call it, my palace.**

I’m still pinching myself. I am still absolutely overwhelmed by what Maggie’s has done for me. No one twisted my arm into making my decision to have treatment, it was always my decision. Mary made it clear that they were here to support me whatever I did.

During my treatment, there were days I’d think, ‘What am I doing? I can’t get through this’. But I’d come into Maggie’s and it would be a boost. I know for a fact I wouldn’t be as I am today had I not come in to Maggie’s.

I love to people-watch in Maggie’s; I’m just grateful when I sit here. I think ‘this place has done so much for me’ and I like to think about what it’s going to do for others.”

# MARILYN'S STORY



**“I heard the doctor say ‘I’m so sorry Marilyn, it’s cancer’. Once that word ‘cancer’ is said there’s no sound, nothing. Everything around you goes blank.**

I saw a Maggie’s poster while I was in the hospital. When I came over [to the centre], I felt so welcomed. Here, I have time to debrief, to lash out or scream, or to just take a breath. Cancer is a serious subject, but there is always laughter here. I go to the monthly advanced cancer workshops, which are great. I’ve learnt about fatigue, how to relax, and body image. When you have cancer, your sleep can be really broken because of the pain. That’s why the relaxation is so helpful.

I want everyone to know that people with learning disabilities and cancer are still people. Maggie’s helps me do the things I used to be able to do before cancer damaged my body. I would feel lost without them.

**I think other services would benefit from looking at how Maggie’s treats me. If Maggie’s can be accessible, then other places can be too.**

The body image session was my favourite. It’s lovely to meet other people, chat, listen to others’ stories. There’s a feel-good factor, I can just be myself. Talking to people at Maggie’s made me decide to just rock it, and I’ve learnt how to become me again with stage four cancer. I will not let this cancer ruin me.”

## Managing symptoms and side effects

Every type of cancer and its treatment is associated with different symptoms and side-effects. Knowing what to expect and when to seek support can help people who visit our centres feel more in control of what’s happening.

**We provide information sessions, workshops and specialist advice to help people with cancer understand and manage their symptoms and side effects.**

**Across 2023, there were:**

Nearly

**3,000**

visits to workshops or course sessions on living with the most common long-term effects of cancer, for example metastatic breast cancer.

More than

**600**

visits to workshops or course sessions around menopause or androgen function.

Nearly

**300**

visits to support sessions for sleep.

Over

**400**

visits to cognitive rehab sessions.



**98%**

of those asked told us we helped improve their understanding of cancer and treatments.

**“Through my support group, I have met the most amazing and inspiring group of women... [Maggie’s has] empowered us to advocate for ourselves, ask questions, challenge decisions, ask for help, support each other and make the absolute most of our situation.”**



# Support for friends and families

It can be a huge shock when a friend or family member is diagnosed with cancer. Those around the person with cancer may have confused feelings – upset and anxious, but wanting to help where they can. Being a carer can be a lonely experience, so Maggie’s provides space to meet others in a similar position to themselves.

**We are here for friends and family of people with cancer - supporting them to understand their diagnosis, treatment and symptoms.**

In 2023, we:

Provided almost

**5,800**

psychological sessions to friends or family members of people with cancer, including **29** funded by BBC Children in Need.



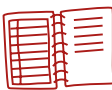
**99%**

of friends, family members, and carers said we helped them feel less alone.

Facilitated

**1,500**

visits to courses or workshop sessions for those who have been bereaved.



**84%**

of friends, family members, and carers said we helped improve their understanding of cancer and treatment.

Facilitated over

**1,100**

visits to a family and friends support group.

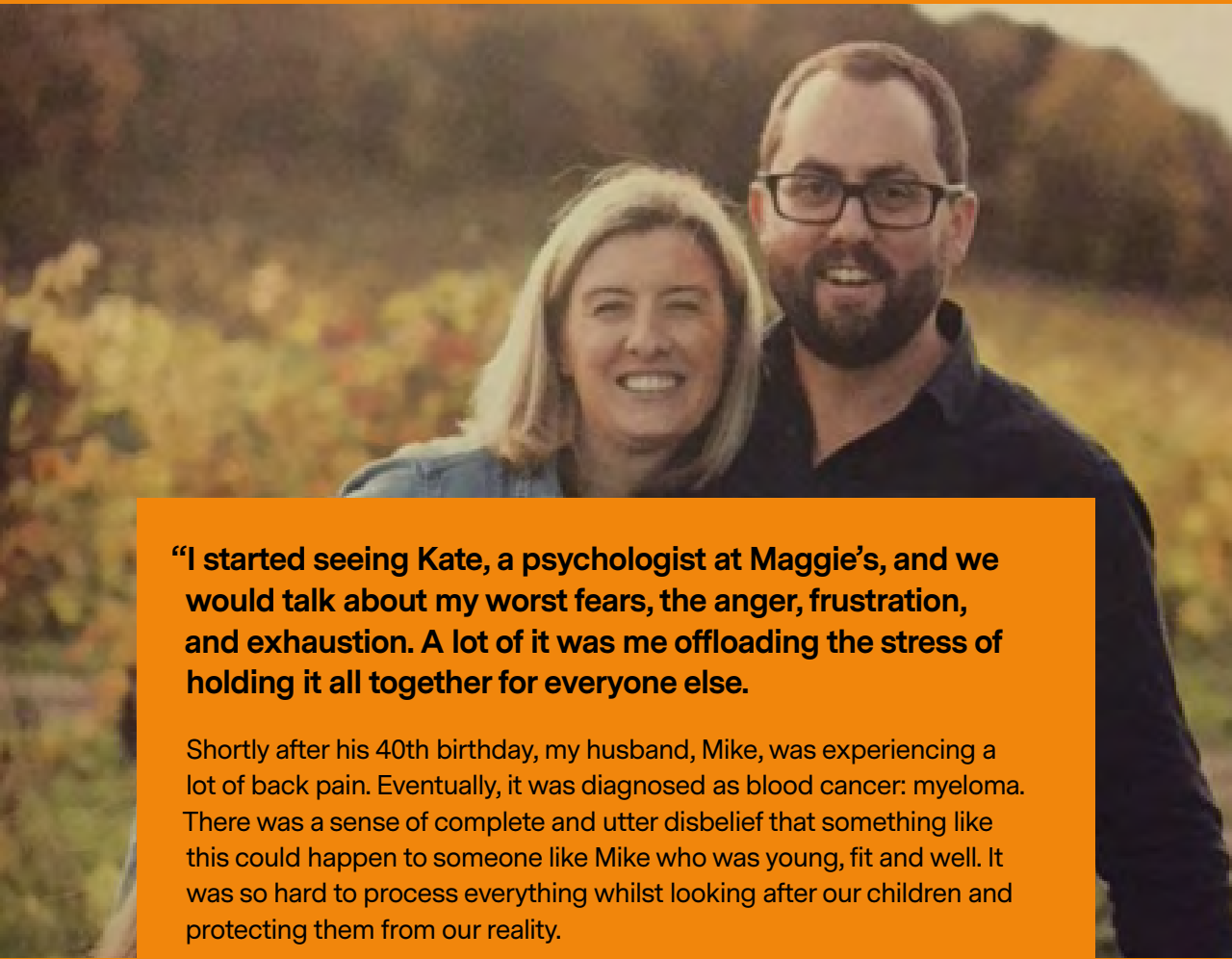


**97%**

of friends, family members, and carers said we helped improve their ability to manage stress.

“My husband and I first went to Maggie’s for advice on how to tell our children about my diagnosis... Both my children and my mother saw one of the psychologists there. Meanwhile, my husband has also used the centre to relax whilst waiting for me during my hospital visits.”

# SARAH'S STORY



**“I started seeing Kate, a psychologist at Maggie’s, and we would talk about my worst fears, the anger, frustration, and exhaustion. A lot of it was me offloading the stress of holding it all together for everyone else.**

Shortly after his 40th birthday, my husband, Mike, was experiencing a lot of back pain. Eventually, it was diagnosed as blood cancer: myeloma. There was a sense of complete and utter disbelief that something like this could happen to someone like Mike who was young, fit and well. It was so hard to process everything whilst looking after our children and protecting them from our reality.

I was given a leaflet by a nurse about Maggie’s at the Royal Marsden, which had just opened. As I walked in for the first time, I was greeted by a volunteer who made me a cup of tea and we just talked. We had lots in common and I felt understood for the first time. This was my space to come and say, “This is just so rubbish. I can’t cope.” There was nowhere else I could say all of that because my anger came with a lot of guilt.

**I really didn’t want to tell our children in a cold, sterile hospital room that it was time to say goodbye. I just wanted them to have the space to talk to somebody, somewhere I felt supported too. So we came to Maggie’s.**

After Mike died, our son told me he wanted to talk to somebody. He was paired up with Tim, a new centre psychologist, who totally gets him. Tim does lots of things that aren’t just talking and that suit Cooper, like drawing memories. He has space to talk about his grief, even if he doesn’t know yet that it’s grief.

It’s so important to me that I carry on Mike’s life for him with our kids. Without Maggie’s, I don’t think I would have the confidence in my ability to make him proud.”

# RICHARD'S STORY



**“Tonsil cancer. It was like a smack in the teeth; my worst possible nightmare.**

Back in March 2020, I was diagnosed with tonsil cancer. My consultant said, ‘it’s eminently treatable’. These are the words I hung on to right the way through. I’m a classic (Yorkshire!) male. I get on with things, I don’t need help. I wouldn’t say I felt like a fraud but I could see in hospital that there were many people worse off than me. I wasn’t realising how traumatic, how life-changing the whole process is.

**It’s hard to say when I realised I needed help, but I realised I wasn’t functioning as I should. When I walked in the door at the Maggie’s centre I was immediately struck by the environment. There were no uniforms, but there were comfy chairs and a fire!**

The way I was spoken to at Maggie’s helped me see that being there wasn’t a sign of weakness and I wasn’t going to be judged. The more I went, the easier it became. I’m not a group discussion, bare all sort of person, but within five minutes of being in the first ‘Where Now?’ session, I understood it was a good thing to be there. Although all of us had different forms of cancer and been given different cancer treatments there were so many shared experiences amongst us.

During treatment, life felt like it was in black and white, a totally sterile environment. Maggie’s has helped me to see in colour again, the sun is shining, the birds are singing and there’s laughter.”

## Sharing experiences with others walking a similar path

Facilitated support sessions, and peer-to-peer groups offer a safe space to express emotions that people with cancer might not want to share with their friends and family. It also means people can learn from those a little way ahead of them in their journey and develop their own strategies for coping.

**At Maggie’s, there are facilitated support groups – where one of the centre’s cancer support specialists leads the group and suggests discussion topics – and networking groups – which encourage a free-flowing conversation designed to introduce people facing similar challenges on their journey.**

Our centres were space for:

More than  
**22,000**

informal, peer-to-peer sessions.

Almost  
**21,400**

visits to our support groups in 2023.

Of those, more than:

**9,400**

visits were specifically from men with cancer.

**7,200**

visits were specifically from women with cancer.

**3,800**

visits were for people caring for someone with cancer.

**1,600**

visits were from people with an advanced cancer diagnosis, and those caring for them.

**1,100**

visits were specifically from young people with cancer (under 25s).

**“On completing my treatment, I found that the support from Maggie’s took care of my mental health. They provided guidance and a network of others feeling and experiencing the same post-treatment. It was invaluable. If I hadn’t had access to this, I would have struggled to find this support elsewhere.”**



# Life beyond cancer

**At Maggie's, we understand that when people finish their cancer treatment, they can experience a range of emotions.**

They may feel anything from relief that it has now ended and that life can be resumed, to surprise at how things may have changed, within themselves, emotionally and physically.

Others may find themselves facing an advanced cancer diagnosis, and when they die, those around them attempt to cope with their loss.

**We offer support for bereaved friends and family, including children.**

**In 2023, there were:**

More than

**5,800**

visits to Maggie's seven-week 'Where Now?' course, which covers support beyond treatment, helping people prepare emotionally and practically for returning to their day-to-day life.

Over

**1,600**

psychological support sessions for adults who are bereaved.

And

**29**

sessions for children and young people (under 25 years old).

**In 2023, we welcomed:**

More than

**1,000**

visits to Maggie's 'Living with Ongoing Cancer' course, which provides an open and honest space to discuss emotions and practical support for people with an advanced cancer diagnosis.

**Of those visits:**

Over

**980**

were from people with advanced cancer.

And

**80**

were from those caring for people with advanced cancer.

# MARK'S STORY



**"I can't believe how resilient my experience has made me. A second lease of life gives one a refreshing perspective on things.**

I began properly noticing my symptoms in around 2017. After MRI and CT scans, I was fast tracked into surgery. I was diagnosed two weeks after my surgery with PT stage 4 carcinoma of the sigmoid colon. I was brought back from the brink and I'm now four years into my recovery. My approach to it all has been stoic. But looking back on how close I came to dying feels surreal.

**I wanted to connect with a community of people who have been through a similar thing to me, and that's exactly what I found.**

Maggie's was recommended to me by my medical team and I started going after my first chemotherapy cycle. That's when I met Louise, a cancer support specialist, who is an absolute angel. I started coming along after every session. When treatment ended, I carried on dropping into Maggie's.

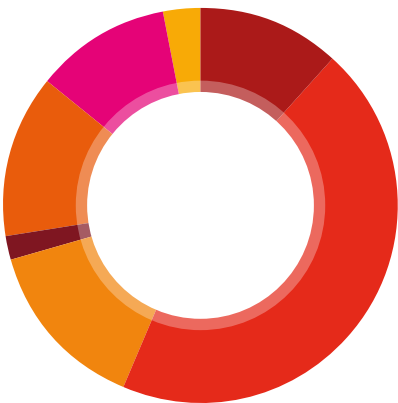
Despite my stammer, the thing I enjoy the most are the conversations I have at Maggie's. I find it so cathartic to share my story and support others. Every time I pop in, I wonder who I'm going to meet next - it's like opening a mystery box! Before you know, just by walking through the door, you've made a friend.

You can plug in at Maggie's if you ever need recharging or if you need a shoulder. This organisation, this building - it means so much to me."

# How we raised money to support people with cancer

Total income

£32,301,000



■ **£3,830,000**

**Charitable trusts, companies and statutory**  
Income from companies including staff fundraising, corporate donations and from the National Lottery Community Fund

■ **£645,000**

**Bank interest and other**  
This is interest and dividends receivable from our bank accounts and investments and income from partnerships with other cancer organisations

■ **£14,391,000**

**Donations**  
This includes income from supporters who organised events or who fundraise locally in their community and around our centres. It also includes income from regular givers, appeals and major donors

■ **£4,236,000**

**Fundraising events**  
This includes income from fundraising dinners and balls, other events and sale of merchandise

■ **£4,632,000**

**Legacies**  
Money that people leave in their Will

■ **£3,600,000**

**People's Postcode Lottery**  
Charitable support received from the Players of the People's Postcode Lottery

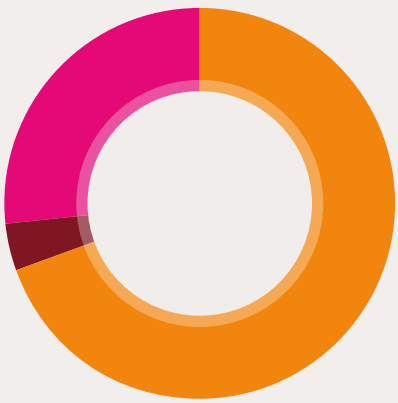
■ **£967,000**

**Facebook challenges**  
This includes income from participants and their supporters who have completed challenges on Facebook

# How your money helped support people with cancer

Total expenditure

£34,363,000



■ **£23,917,000**

**Activities to help people with cancer**  
Costs include providing our in-person and online support programme, operational costs of our centres, building new centres and renovating and upgrading existing ones

■ **£1,307,000**

**Cost of fundraising events**  
Costs are from running, cycling and walking events as well as from dinners and balls

■ **£9,139,000**

**Cost of generating voluntary income**  
This is the cost of raising all money except from events

More information about our income and expenditure during 2023 can be found on our website: [www.maggies.org](http://www.maggies.org).



# How we plan to support more people with cancer in the future

## Our five year strategy: 2023-2027

As we move into the second year of five year strategy, we will continue to be here for people with cancer, and everyone who loves them.

We'll continue to work alongside the NHS, and grow our brand awareness so that we reach and support more people than ever before.

### Our aims are to achieve:

15%

of the UK's new cancer population supported – that's 50,000 people.

£125m

income target raised.

30

Maggie's centres opened or planned at cancer centres across the UK.

50%

brand awareness across the UK public.

£30m

raised over a three year period for the development of new centres.

98%

overall satisfaction of people we support stating their needs have been met.

500,000

visits from people with cancer and their families each year.

# AIMS FOR 2024

## This year, our goals are to:



### Deliver excellence in care and support

Ensure **98% of visitors** say that they were satisfied with the support they received.

Ensure at least **95% of visitors** state that their care needs have been met.



### Raise awareness and reach more people

Provide support for the first time to at least **52,000 people** with cancer in the UK.

Generate and support **1.1 million visits** to our website and online resources.

Enable **340,000 visits** to our centres in the UK from people with cancer and those who love them.

Increase brand awareness across the UK, so that **1 in 2 people** know the Maggie's name.



### Design and build exceptional places

Officially open our new building at **The Royal Free**.

Complete extensions at **Newcastle** and **Cheltenham**.

Commence construction on Steve Morgan Foundation **North Wales** site and **Northampton** site.



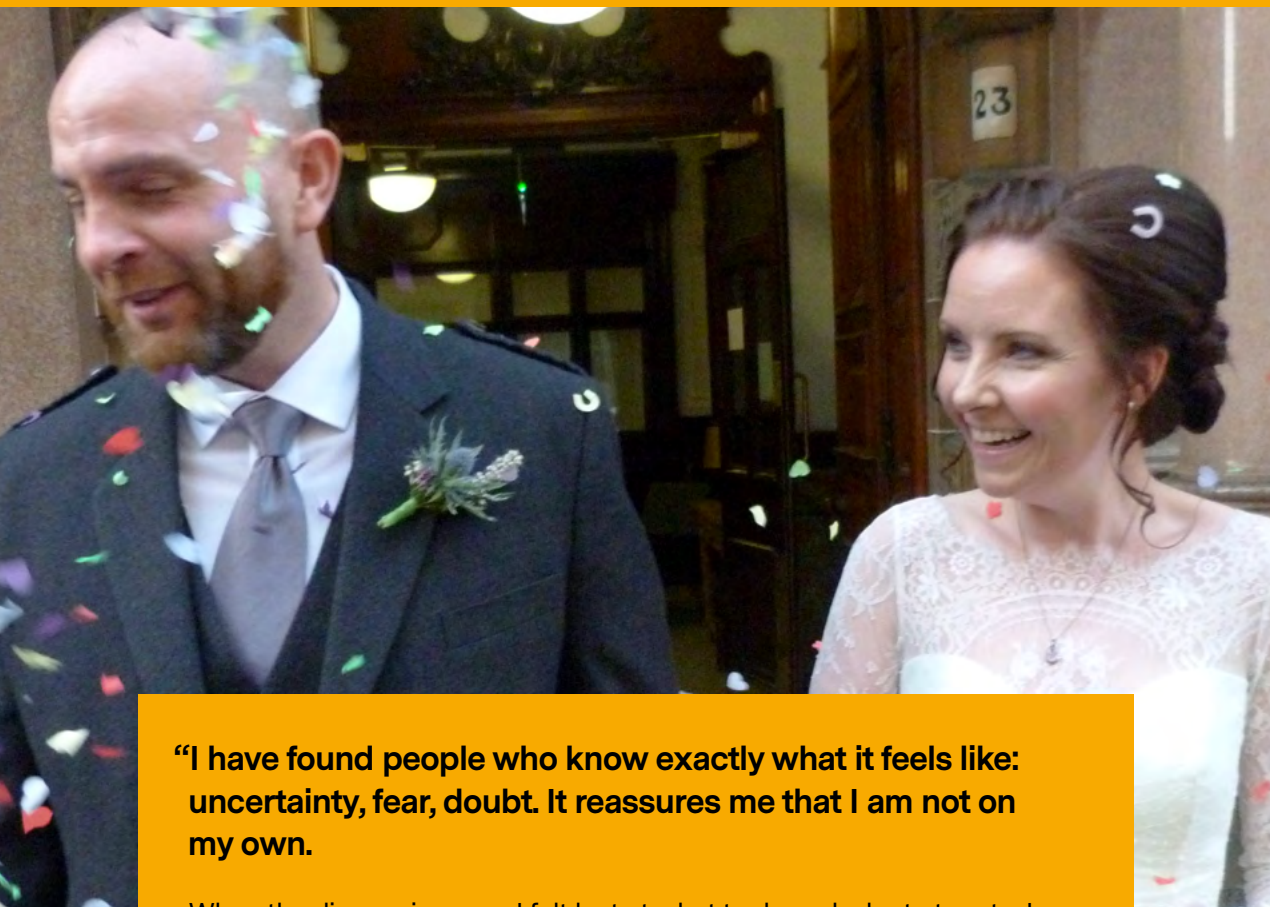
### Inspire and grow support for Maggie's

Generate **£26.9m in income** to develop our programme of support.

Ensure our colleagues feel well informed and connected, with **80%** agreeing to five key metrics in our all-staff survey.



# ASHLEY'S STORY



**“I have found people who know exactly what it feels like: uncertainty, fear, doubt. It reassures me that I am not on my own.**

When the diagnosis came, I felt lost at what to do and who to turn to. I was so used to being the person who helped others, not the person in need of help. I decided I would go to Maggie's and that I'd speak to someone. And I'm so glad I did.

I've been able to join two groups: a neuroendocrine cancer support group, and a group with young women who are all living with cancer. I've found people I could relate to; I can say 100% how I feel and not worry.

**Without Maggie's support groups, it would be really lonely. Having the comfort of being able to be honest; you can't imagine the relief in being able to do that.**

When you're low and down, being able to be true to your emotions is really important. For me this has been critical for my wellbeing and being able to deal with living my life with cancer.

Recently, somebody told me a story about Native Americans and their buffalo, which they see as a symbolic species. When a storm is coming in, the buffalo will run straight towards the storm because they know that if they get there quicker, the hardest part will be over sooner.

So my motto has become 'be the buffalo'. Cancer is full of fear, but I know now that I have the support of Maggie's, like a herd of buffalo. I'm not running into the storm by myself.”



## Sources

All un-named quotes throughout have been taken from our anonymous Visitor Satisfaction survey, unless otherwise indicated.

All data, facts and statistics are from our internal database system, unless otherwise indicated.



# Governance

We rely on many dedicated and talented individuals to help us support people with cancer, and everyone who loves them. The individuals noted here, along with thousands of others, generously share their expertise, offer guidance, volunteer, give personally and fundraise to build and run our centres.

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We want to thank each and every individual who has helped Maggie’s; every organisation and every group. It is impossible to list everyone but the following are just some of the individuals and organisations who have given outstanding support and kindness.

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“Cancer is full of fear, on all levels of your life. Like a storm, it’s really unpredictable. And it feels really hard to face it, to run towards it.

But I know now that I have the support of Maggie’s.  
I’m not running into the storm by myself.”

Ashley, Centre visitor, Maggie’s Forth Valley

Maggie’s is a charity entirely funded by the kindness of our donors and gifts in Wills.

To find your nearest Maggie’s centre or to support us, please visit [maggies.org](https://maggies.org)

To contact us please email [enquiries@maggies.org](mailto:enquiries@maggies.org)  
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