

# Introducing Maggie's

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# The facts about cancer

- Two million people are living with or after cancer in the UK today.
- Every 2mins someone in the UK is diagnosed with cancer
- Over 300,000 new people are diagnosed with cancer each year
- One in three people will get cancer in their lifetime
- By 2020, almost half the population in the UK will living with cancer.

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# The need for cancer support

A cancer diagnosis brings doubt, fear and uncertainty.

- What does this mean?
- How am I going to tell my friends, family, children?
- Am I going to die?
- Will I be able to work and pay the bills?
- Should I have asked more questions? How do I find out more?
- How do I get back to normal now that I've finished treatment?

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# The need for cancer support

These challenges affect not only the person with cancer but their friends and family too.

- What do I say to my friend who has cancer as I'm worried I might upset him?
- How do I pay the mortgage if my wife isn't able to work because of treatment?
- What can I do to help my daughter feel better?
- Why can't daddy get up to play football anymore? Is he going to die?

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“Above all what matters is not to  
lose the joy of living in the fear  
of dying.”

Maggie Keswick Jencks

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**Edinburgh - 1996**



**Glasgow, Gatehouse - 2002**



**Dundee - 2003**



**Highlands - 2005**



**Fife - 2006**



**West London - 2008**



**Cheltenham - 2010**

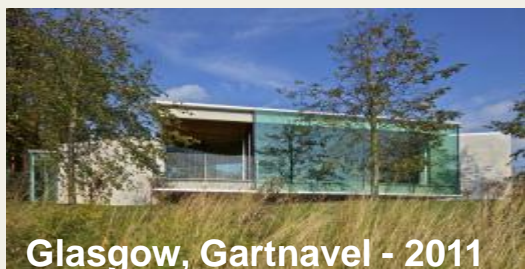


**Swansea - 2011**



**Nottingham - 2011**







# For anyone and everyone

Maggie's Centres exist to support anyone affected by cancer, at any stage of their experience. They could be:

- Currently receiving treatment
- Completed treatment and be in remission
- Dealing with issues of recurrence
- Dealing with the fears of death and dying
- Have a family member, friend or relative of someone who has received a diagnosis
- Grieving for someone they have just lost to cancer.

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# A day at Maggie's

**10.00 – 11.00:** Yoga (drop in)

**11.15 – 12.30:** Support Group for people with secondary cancer

**13.00 – 15.00:** Brain tumour support group (monthly)

**13.00 – 15.00:** Look Good Feel Better

**14 00 – 15.00:** Drop in Relaxation group

**13.15 – 16.15:** Managing Sleep Difficulties

**14.00 – 15.30:** Bereavement Group

**18.30 – 20.30:** Where Now? (7 week post treatment course)





# Maggie's environment helps our staff to discuss complex issues

- Living with the after effects of cancer
- Emotional expression of the consequences of cancer
- Regaining self confidence and identity
- Living with uncertainty
- Sexuality and fertility
- Family communication and relationships
- Returning to work after cancer treatment
- Living positively with and beyond cancer

# Working with others

- NHS - Clinical Nurse Specialists & Clinical Teams
- Other cancer Hospitals in the area
- Cancer Networks
- Department of Health
- Local Hospices
- Other cancer support organisations
- Support Groups running in the hospital
- A 'home' for local initiatives
- GP's

# What Maggie's does is unique

- For anyone and everyone affected by cancer, at any stage of a cancer experience
- For all 200 types of cancer
- Tailored to an individuals need
- No time limit to each visit
- Centre staff are professionally trained
- In close proximity to the hospital
- Warm and welcoming environments
- Support is free of charge, with no referral required
- Work with NHS and other cancer support charities

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# Maggie's is working

In 2016-

- Almost 53,000 people visited a Maggie's Centre for the first time, an increase of 14% from the previous year.
- Our network of centres received almost 220,000 visits in total, an increase of 10% from the previous year.

We provided –

- 49,590 hours of Cancer Support Specialist time
- 27,024 hours of psychology time
- 26,302 hours of Benefits Advisor time

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# Maggie's is working

100% of centre visitors rated Maggie's as very helpful or helpful

98% felt more able to talk to their medical team

99% had an improved understanding of their cancer diagnosis and treatment

95% of visitors who took part in core programme made substantial changes to their lifestyle in relation to exercise, nutrition, diet and Where Now.

100% of people using the centre felt less alone.

Age, gender and social background made no difference to outcomes.

Overall centre visitors reported increase in resilience and coping.

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*“My story is unusual in that I knew about Maggie’s Centres and I was working as an oncologist, before I was diagnosed with breast cancer. What Maggie’s gave me was the ability to walk through their front door and feel that it was me again – I regained my identity. I needed Maggie’s for support along the way, but probably the most important thing for me was simply sitting round, drinking coffee and chatting, during which time I learned more about how people cope with cancer than in 20 years as a doctor.”*

Noelle O'Rourke, Clinical Oncologist at The Beatson West of Scotland Cancer Centre

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# What can we learn from our this?

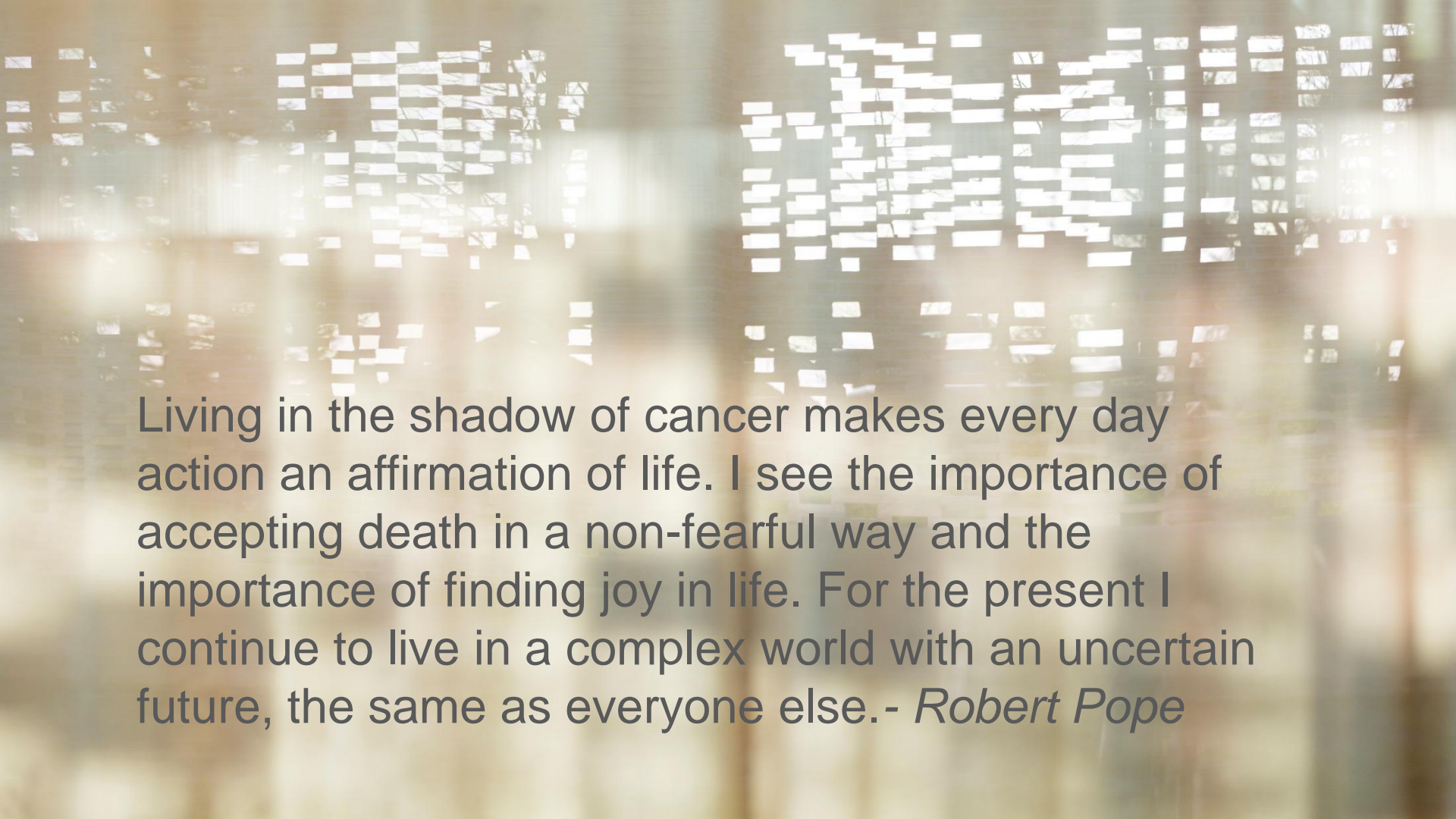
- Dare to be different
- Challenge assumptions
- Use of self
- Confidence in role and place
- Importance of environment

# How resilient are we?

- Walking the walk –
- Caring for ourselves
- Giving permission
- A value based approach







Living in the shadow of cancer makes every day action an affirmation of life. I see the importance of accepting death in a non-fearful way and the importance of finding joy in life. For the present I continue to live in a complex world with an uncertain future, the same as everyone else.- *Robert Pope*