

## Maggie's Manchester



### What is Maggie's?

- Maggie's is a charity that offers **free practical, emotional and social support to people with cancer and their family and friends**.
- Built in the grounds of specialist NHS cancer hospitals, our Centres are **warm and welcoming places, with qualified professionals on hand to offer a programme of support** that has been shown to improve physical and emotional wellbeing.
- **Beautiful architecture is vital to the care Maggie's offers** and to achieve that Maggie's works with great architects like Zaha Hadid, Frank Gehry and Norman Foster, whose expertise and experience deliver the calm, uplifting environments so important to the people who visit and work in our Centres.
- **The first Maggie's Centre opened in Edinburgh in 1996**. By the end of 2016 there will be 20 Maggie's Centres across the UK.
- **1 in 3** people will be affected by cancer in the workplace and **1 in 2** in their lifetime.

### Maggie's Manchester

- Maggie's Manchester was designed by world-renowned architect Lord Norman Foster. Based in the grounds of The Christie Hospital, Manchester, the Centre was officially opened by HRH The Duchess of Cornwall in April 2016.
- Every year, 50,000 people are diagnosed with cancer in the North West. Maggie's Manchester is here for anyone and everyone affected by cancer. The Centre is already receiving more than 1,200 visits each month and is expected to receive a total of 60,000 visits a year once fully established.

### How your donations will help

Below are some examples of how the funds we raise are used to make the biggest possible difference to people living with cancer and their family and friends at Maggie's across the UK.

**£3 pays for tea for a day**, so people can sit together at our kitchen table and find strength in sharing their cancer experiences.

**£10 pays for a beanie hat for someone attending Talking Heads**, a workshop offering advice and support to cope with hair loss.

**£15 pays for one person to attend a nutrition workshop**, exploring different food and providing inspiring recipes to help people eat well and feel better during cancer treatment.

**£30 pays for an hour of immediate advice and support** for someone just diagnosed with cancer with a Cancer Support Specialist.

**£40 pays for an hour with a Benefits Advisor** to help someone access financial support they might be eligible for and offer help with the application process.

**£50 pays for an exercise class** for up to 10 people to help build strength and confidence during cancer treatment and afterwards.

**£65 pays for a family to receive 1.5 hours of support from a psychologist**, helping them to find a new approach to living after losing someone with cancer.

**£75 pays for a creative writing workshop** for up to 10 people to explore what they're feeling about their cancer experience.

**£100 pays for a two hour Managing Stress session** for up to 10 people, exploring ways to relax and find calmness in day to day life when dealing with the challenges of cancer.

**£300 pays for a Cancer Support Specialist** to provide immediate advice and support for the one hundred visits welcomed at a Centre each day.



The Maggie's Glasshouse



Jane - one of our volunteers making soup with vegetables from the garden

You can find out more about Maggie's Manchester on our website <https://www.maggiescentres.org/our-centres/maggies-manchester/>

Facebook Page <https://www.facebook.com/maggiesmanchester/> or

Twitter @maggiesmanc

We would also love to welcome you to the Centre for a visit any time at all – it is well worth coming and seeing how Maggie's Manchester helps support people affected by cancer.

For more information, please contact:

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One of our current visitors can probably sum up the special impact of Maggie's Manchester better than we can:

Jonathan has been a reporter with Radio Manchester for 23 years. In April of this year he started treatment at The Christie for a tumour found on his small intestine. Following an operation to remove the tumour and chemotherapy a further scan revealed secondary tumours in his liver and abdominal cavity. He is currently undergoing further chemotherapy treatment. He knew about Maggie's through his work at radio Manchester;

*"The first time I visited with my mum I was impressed by the very warm welcome I received from the volunteers and I enjoyed sitting, having a cup of tea and a chat. Maggie's Manchester is warm and inviting and feels more like a home. If you want to talk to a specialist or other centre visitors about your cancer you can but there is no obligation. The atmosphere is so different to being on the ward and as a result makes me feel less stressed and worried."*

*"I enjoy talking to the volunteers, many of them have also had experience of cancer and I feel able to talk freely about anything, whether that is cancer, cakes or family! Maggie's is a beautiful place to escape and a safe haven."*

*"In hospitals you can feel institutionalised. You're in a medical situation and this place takes that medical situation away. You feel 'normal' if that's the right word, comfortable, at ease. I can sit in the garden here, use the library, talk to other people about what is happening and because they are often in the same boat they get it. It's the opposite of a hospital; this place makes you feel yourself again."*

