

How your fundraising helps

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.

1. **£3** pays for tea for a day, so people can sit together at our kitchen table and find strength in sharing their cancer experiences.
2. **£10** pays for a beanie hat for someone attending Talking Heads, a workshop offering advice and support to cope with hair loss.
3. **£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.
4. **£30** pays for an hour of immediate advice and support for someone just diagnosed with cancer with a Cancer Support Specialist.
5. **£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.
6. **£50** an exercise class for up to 10 people to help build strength and confidence during cancer treatment and afterwards.
7. **£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.
8. **£75** pays for a creative writing workshop for up to 10 people to explore what they're feeling about their cancer experience.
9. **£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.
10. **£300** pays for a Cancer Support Specialist to provide immediate advice and support for the one hundred visits welcomed at a Centre each day.

It costs around **£2400** to keep a Maggie's Centre open for a day

It costs around **£12 000** to keep a Maggie's Centre open for a week

It costs around **£590 000** to keep a Maggie's Centre open for a year