

A person wearing a blue and white checkered shirt is holding a camera up to their eye, as if taking a photograph. The background is a warm, golden-yellow color with a soft, out-of-focus texture. A semi-transparent blue hexagon is overlaid on the person's shirt.

PLANETS

And

MAGGIE'S

Dr. Gilly Howard-Jones, Centre Head Maggie's Southampton
15th January 2024

Maggie's cancer support services

- National charity
24 centres across the UK
- Providing free, practical cancer support services for anyone affected by cancer
- Internationally recognised therapeutic environments



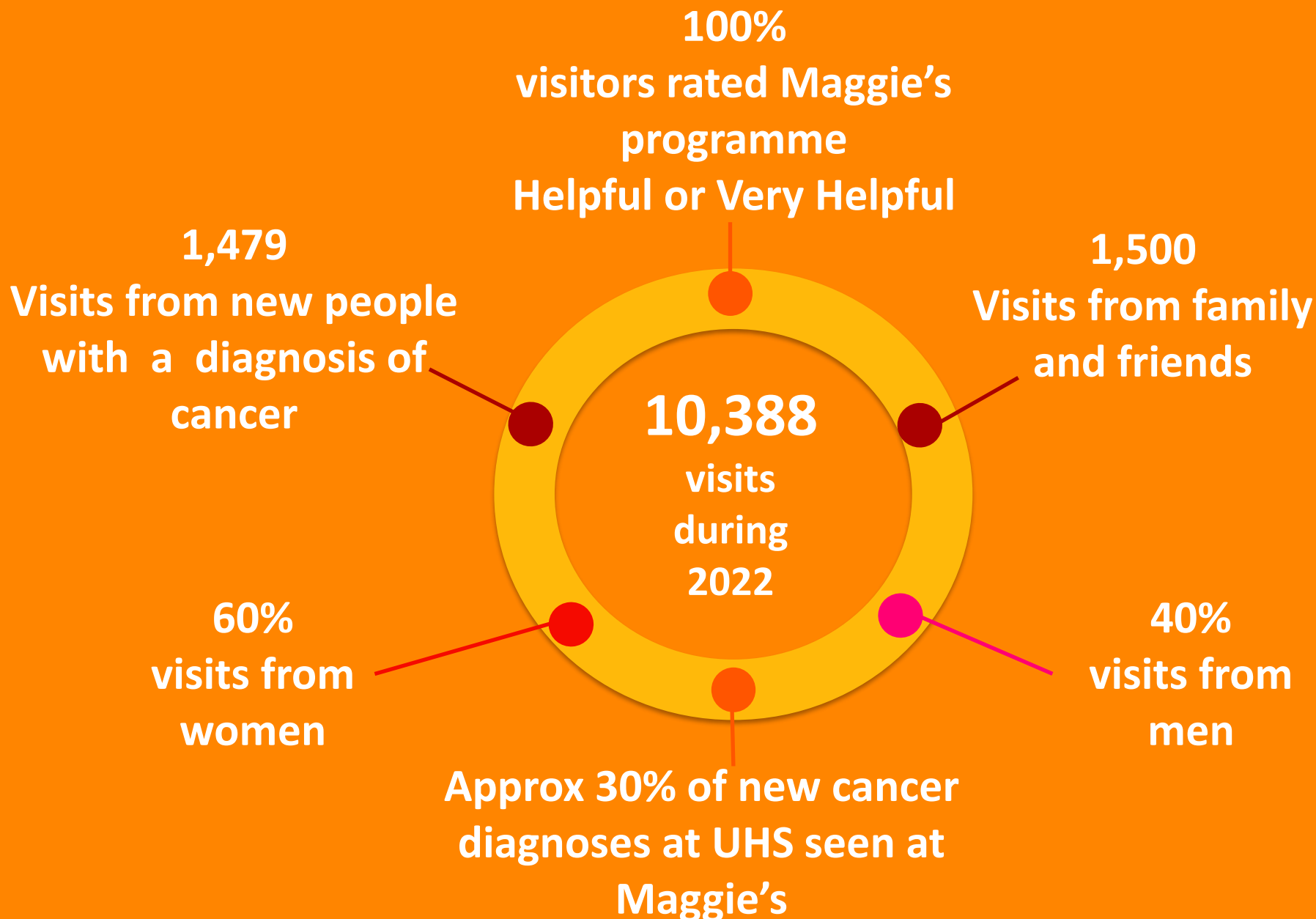








Maggie's Southampton 2022



Practical support



Maggie's practical support includes:

- Help with money worries, employment law & making a free will
- Exercise & Yoga classes
- Nutrition workshops
- Treatment induced menopause workshops
- Supporting families how to tell children when someone has cancer
- Stress management courses

Emotional Support



Maggie's offers three levels of emotional support

- Walk in or call, no appointment needed
- Booked appointment with a member of the team
- Referral to a psychologist for those with more complex concerns

Social support



Maggie's social support includes:

- Men's breakfast & women's lunch
- Friday morning art group
- Living with cancer group
- Family and friend's group
- Look good feel better
- Where now ? Support when treatment finishes
- * Coming in Spring* support group
for those with upper GI cancers

"It's not all about treatment, at Maggie's you'll find patients and their families sharing stories and information about cancer but also talking about their weekend, signing up for classes, and laughing.

If you don't want to join in then no one will mind, you will be welcomed and left to have a cup of tea, read a book or just gather your thoughts.

I'd sum Maggie's up as an oasis of calm in the turbulence of life with cancer."



Does social support influence health outcomes?

- Supports people to live better for longer
- Increases Health Related Quality of Life
- Less use of health services
- Lowers social distress
- Improves well-being





CELEBRATE OUR THIRD BIRTHDAY WITH US ON
FRIDAY 2nd FEBRUARY AT MAGGIE'S
SOUTHAMPTON.

WE WILL BE CELEBRATING WITH CAKE, TEA AND
SHOWCASING A FEW OF OUR ACTIVITIES, WHICH
ARE HELPING TO SUPPORT PEOPLE AFFECTED BY
CANCER.

JUST COME IN FROM 9AM – 4PM AND JOIN
IN THE CELEBRATIONS!



NEXT TO BLUE CAR PARK
BARRIERS,
TREMONA ROAD, UNIVERSITY
HOSPITAL SOUTHAMPTON

JUST COME IN!

T: 023 8212 4549

E: SOUTHAMPTON@MAGGIES.ORG



THANK
YOU

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MAGGIE'S

Any questions?



References

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