

A person wearing a yellow and white checkered shirt is shown from the chest up, holding a blue and white checkered shirt. The background is a warm, golden-yellow bokeh. A semi-transparent blue checkered shirt is overlaid in the center of the image, partially overlapping the person's shirt and the background. The text 'MAGGIE'S' is written in white, stylized, uppercase letters across the bottom of the image.

MAGGIE'S

Maggie's cancer centres

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



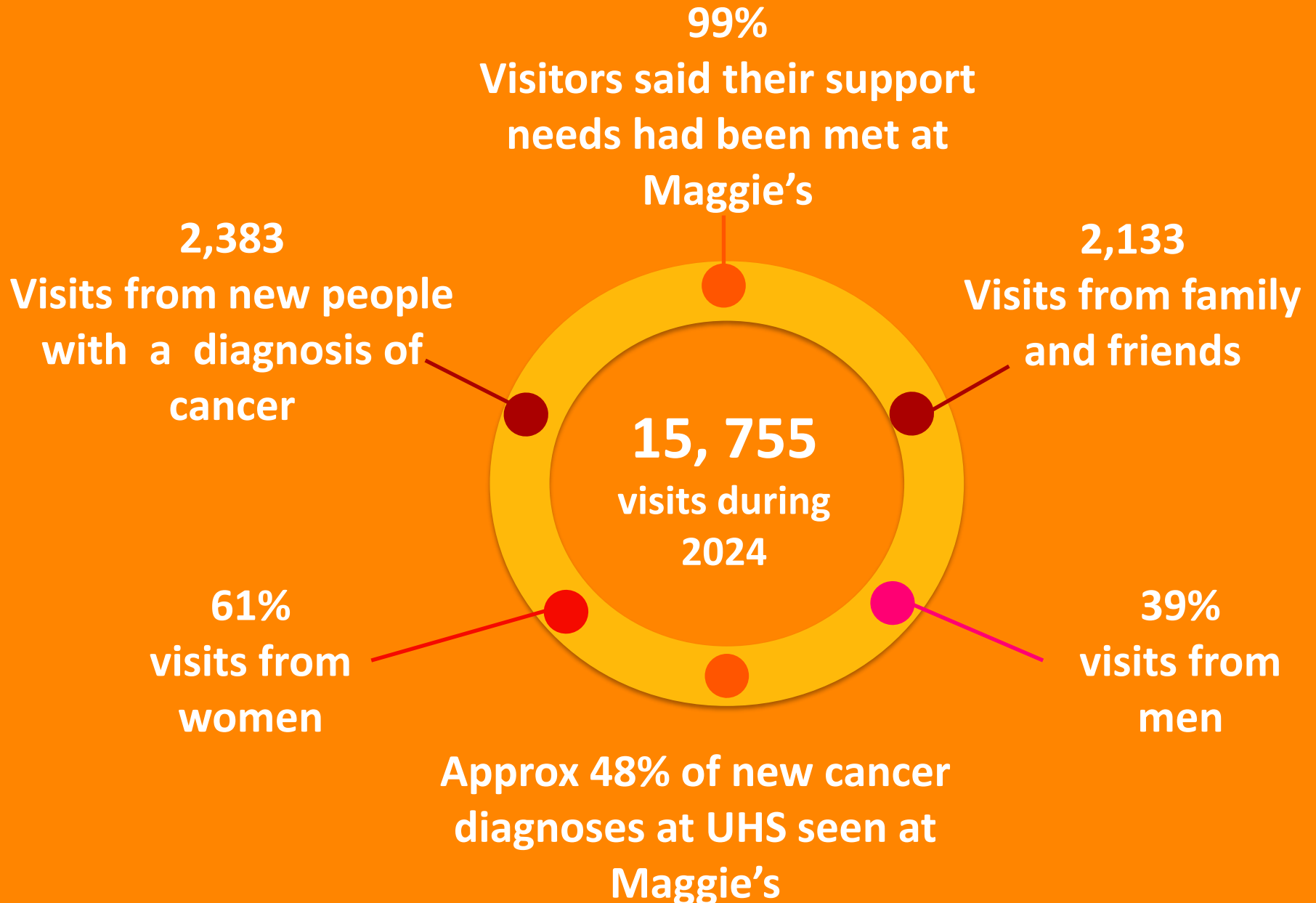








Maggie's Southampton 2024



Practical support



Maggie's practical support includes:

- Help with money worries and employment
- Monthly drop in legal clinic
- Exercise & Yoga classes
- Nutrition workshops
- Treatment induced menopause workshops
- Supporting families and children
- Stress management and sleep matters 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
- Art group and craft and natter
- Living with cancer group
- Family and friend's group
- Look good feel better

Maggie's post treatment support includes:

Where now- A course focusing on post treatment challenges across all cancers including managing stress, nutrition and exercise, fear of relapse, returning to work and finding you "new normal"

Maggie's support for family and friends

- Managing stress course for family and friends
- Drop in Family and friends support group
- Bereavement support
- Support for families
- Kids Days

“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?

Research suggests.....

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





THANK
YOU

Southampton@maggies.org

MAGGIE'S

Any questions?



References

Berkman and Syme (1979) Social networks, host resistance and mortality: A nine year follow up study of Alameda County residents. *American Journal of Epidemiology* 109 (2)

Christakias and Fowler (2008) The collective dynamics of smoking in a large social network. *New England Journal of Medicine* 358 (21)

Kroenke et al. (2013) Social networks, social support, burden in relationships and mortality after breast cancer diagnosis in the Life After Breast Cancer Epidemiology (LACE) study. *Breast cancer Res Treat* 137(1)

Reeves et al. (2014) The contribution of of social networks to health and self-management of patients with long-term conditions :a longitudinal study. *Plos One* 9(6) e98340-e98340

Howard-Jones et al (2022) Influence of social networks on cancer survivors' self-management support: A mixed methods study. *Eur J Cancer Care*. 2022;1–12.