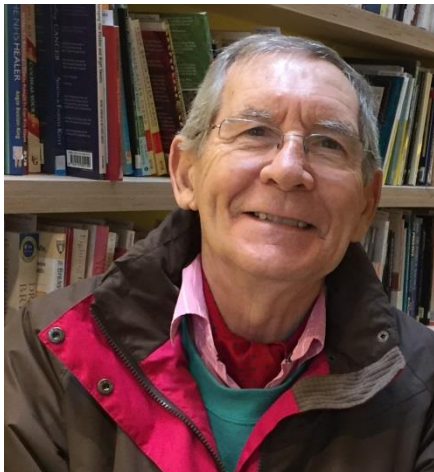


Maggie's Oxford

Maggie's Oxford offers free practical, emotional and social support for people with cancer and their families and friends. Our purpose-built Centre in the grounds of the Churchill Hospital in Headington is a warm and welcoming place where anyone affected by cancer can access friendly and professional support on a drop-in basis, completely free of charge.



Our tree-house like building is specially designed to feel more like a home than a hospital, with no reception desk, no signs on the wall, no name badges and a big kitchen table at the heart.



Luciano uses Maggie's regularly and says:

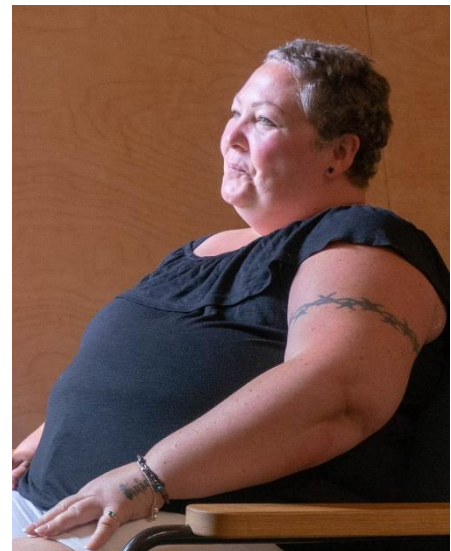
"I found that many people felt similar things to me, and had these same concerns about the cancer coming back.

Maggie's really alleviated these worries and concerns by enabling me to talk about things in a safe space and share my feelings, and this definitely helped me to get better in my head, if not in my body."

Another of our visitors, Gaynor shares her experience:

"The day I was diagnosed I was a mess emotionally and Maggie's took me somewhere quiet and just allowed me to cry it out with amazing advice and a fab cup of coffee.

The Churchill Hospital took that cancer away and literally saved my life but Maggie's totally saved me emotionally when I was feeling lost. The workshops, the benefits advice, and not to mention the fab cup of coffee and the warm welcome makes you feel you're not alone at the longest time in your life."



www.maggiescentres.org/oxford

Maggie Keswick Jencks Cancer Caring Centres Trust (Maggies) is a registered charity, No: SCO24414

There's no need for an appointment when visiting Maggie's, people can simply drop in between 9am and 5pm, Monday to Friday. One of our Cancer Support Specialists, are always on hand to help with advice, support or answer any questions.

Alongside our drop-in support, we run a whole series of groups and activities which are free and available to anyone affected by cancer. This could include joining a group session tailored to a particular type of cancer, or our 'Where Now?' group for adjusting to life after cancer. We run relaxation sessions, nutrition workshops and groups to help with the physical impact of cancer treatment. We also run tai chi and yoga courses to help build confidence in movement and get people back into exercise.

Many people going through cancer treatment struggle with their finances, so we have a full-time benefits advisor Atif, who helps people through benefits applications and other areas of financial support. For more complex emotional issues, our psychologist or counsellors see people on a one-to-one basis.

All of the support provided here at Maggie's is free, and accessed by getting in touch or popping into the centre. Please do get in touch if you'd like more details.



Why You Should Vote for Us

- We provide free support for people with cancer and their families and friends, which sadly includes most people.
- Our centre has only been open in Oxford for four years so raising awareness really makes a difference. We're here to support anyone affected by cancer – but they will only use us if they know we're here!
- We help people affected by any type of cancer, at any age and any stage.
- Our Centre is funded entirely by voluntary donations; we don't receive any government or NHS funding.
- Letting people know we're here can change lives, as one of our visitors said "Maggie's turned what seemed to be overwhelming into something manageable."

Thank you for your support! For more information, please contact Pip Dingle on pip.dingle@maggiescentres.org or 07920848825.

www.maggiescentres.org/oxford

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