

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

# **Self-help and support group services fact sheet**

## Short version

Macmillan supports over 900 independent cancer self-help and support groups and organisations across the UK. By joining a group, people affected by cancer can spend time with others who share and understand their experience or who have dealt with it in the past.

## Medium version

Macmillan supports over 900 independent cancer self-help and support groups and organisations across the UK. By joining a group, people affected by cancer can spend time with others who share and understand their experience or who have dealt with it in the past. It's an opportunity for people to talk about their deepest concerns and know they will be met with acceptance and understanding. This simple act of sharing can make an enormous difference to the way they feel.

## Long version

Macmillan supports over 900 independent cancer self-help and support groups and organisations across the UK. By joining a group, people affected by cancer can spend time with others who share and understand their experience or who have dealt with it in the past. It's an opportunity for people to talk about their deepest concerns and know they will be met with acceptance and understanding. This simple act of sharing can make an enormous difference to the way they feel.

We can provide grants to help with the initial set-up costs of a new group and to support established groups. We offer a range of free publications, support and advice, and have worked with cancer self-help and support groups across the UK to develop our good practice guidelines. We also run free workshops to provide training on setting up and running a group and can tailor these courses to meet a group's specific needs.

## Key facts

We support over **900** independent cancer self-help and support groups and organisations across the UK.

We provided grants to help establish **62** new self-help and support groups in **2008**.

We provided grants to **71** existing self-help and support groups in **2008**.

Visit [macmillan.org.uk/selfhelpandsupport](http://macmillan.org.uk/selfhelpandsupport) for more information.

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