

# Ways to Get Involved with Macmillan

## Raise money and/or awareness

Take part in a run, walk, collection or coffee morning, create your own event, give a talk about Macmillan, or form/join a fundraising group.

## Help someone in your community

Lend a hand with the shopping, a lift to hospital, or be a listening ear.

## Volunteer in a cancer information and support centre or another Macmillan service

Assist staff in providing information and support to people affected by cancer.

## Share your cancer experience

Help others by telling your story – online, in the media and with each other.

## Campaign for change

Take an action, big or small, for better cancer care.

## Assist with office tasks and responsibilities

Join the Macmillan team as an office volunteer (can be home-based depending on the role).

## Take part in our internship scheme

Learn new skills and gain experience whilst helping people affected by cancer.

Find out more about all these ways to get involved on the Macmillan website – <http://www.macmillan.org.uk/GetInvolved/Volunteer/Volunteering.aspx>