



Do you need a hand?

Can you lend a hand?

MACMILLAN TEAMS

Team Up is about the little things – a spot of dusting, doing the shopping, watering the garden – that add up to making a big difference to people affected by cancer in Sussex.

It brings people together, connecting those who need a little practical support with those who have a window of spare time to lend a hand.

Starting off in Sussex covering Brighton and Hove, Adur and Worthing.

Simply register online

goteamup.org.uk

Any queries, drop us a line at teamup@macmillan.org.uk or call one of our team on 07850 643574

**WE ARE
MACMILLAN.
CANCER SUPPORT**