

Your Clan YPI Toolkit

Aberdeen City
Aberdeenshire



clan
cancer support



What **£3,000** could provide in your area...

- **120** Children and Family Support sessions - including materials!
- **200** therapies
- **190** 1:1 Health & Wellness sessions
- **95** Group Health & Wellness sessions
- General running cost of our centre

Top Tips

1

Try to visit one of Clan's centres. You will get to see first-hand exactly how the £3,000 could help Clan, and meet with a member of our staff.



Practice, practice, practice! It may sound silly, but talking through your presentation can help you become more comfortable. Use cue cards with bullet points, headers or even doodles to remind you to cover all the important points.

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Show as much enthusiasm and passion as you can within your presentation and when you're presenting.



Believe what you're saying! Having confidence while you're presenting will convince the judges on why you chose Clan as your charity.

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Play to your strengths! If someone in your group is more artistic, perhaps they could add drawings or create a music track for the presentation. Try to be as creative as possible. You could include a home video, images, music or diagrams.



Stand out! Make sure your presentation isn't just text. Think about interesting presentations you've seen and what you liked about them. Or think about presentations you didn't like and use that as a guide on what to avoid!

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When presenting remember to speak slowly, clearly and at a good volume. Make sure to have good eye contact and body language. This will tell the judges you have worked hard, did your research and are engaged in the project.



It's okay to be nervous. It can be nervewracking standing up in front of an audience, but this is where the practice and preparation will pay off.

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Why not include some audience interaction to show how powerful your social issue is. E.g. "Raise your hand if you or someone you know has been affected by cancer?"





our testimonials

I have found the hypnotherapy to be of great benefit. It has given me tools and skills within myself to help me cope with the anxiety and stress caused by my illness.



The services I have received from Clan as a cancer patient have been second to none. Although I have only been using the services for a few months, they have already helped me greatly. Working with Chris has helped me with confidence and motivation when it comes to exercising. I have metastatic cancer, which is in my bones, and I was lacking in confidence with what was safe for me to do with regards to fitness, but Chris has helped guide me with this. The help I receive is already playing a crucial part in helping me stay fit and healthy whilst undergoing treatment.

Clan have been there from when I was first diagnosed, when I came into Clan House and burst into tears, all the way through to today. The volunteers have been a great support, and have helped me to see things more clearly.

our testimonials

“ J was struggling to deal with things after his mum’s passing. His anger and anxiety was a real problem. Speaking with Naomi has helped him a lot to deal with his feelings. J found the sessions good as he could express his feelings without feeling embarrassed about them. He found the craft work a distraction, which helped him talk more and take his mind off of what he was feeling that day. Clan were warm and welcoming to us from our first visit.

“ Almost a year has passed since my sister was diagnosed with cancer. I needed to know that I was doing everything I possibly could to help her children through the trauma they were experiencing. Never under estimate how much a child can understand even one as young as two years old. I can never thank the team enough for their time, advice and caring attitude towards our family.

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Clan stats...



DID YOU KNOW?

CLAN'S SERVICES ARE ENTIRELY SUSTAINED BY FUNDRAISING. WE DON'T RECEIVE ANY PUBLIC SECTOR FUNDING – WE RAISE EVERY PENNY WITH THE SUPPORT OF OUR COMMUNITIES.

IT COSTS APPROX **£2.4 MILLION PER YEAR TO RUN CLAN AND PROVIDE OUR VITAL SUPPORT SERVICES FREE OF CHARGE!**