

Your Clan YPI Toolkit

Moray



clan
cancer support



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

- **120** Children and Family Support sessions - including materials!
- **200** therapies
- Fully fund Clan Transport for **1 year**
- Keep Accommodation stocked with milk and bread for **1 year**
- 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.

2

3

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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5

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

“
Lymphatic Drainage Massage was a wonderfully positive and relaxing experience. I felt like I was reconnecting with my new, post-surgery body, in a very gentle but happy way.



“
I can't praise the service highly enough. I have been using Clan for 18 months to attend appointments at Aberdeen Royal Infirmary. If it hadn't been for Clan, I would have had problems. Some of my trips are 4-6 hours, and the volunteer drivers are tremendous.

“
I have been struggling since my operation and having clan locally has made it more achievable to get support and to access services.”

our testimonials

“
Being able to access therapies free of charge was a gift I will never forget. Financially we were struggling with extra child care costs and meeting the usual bills. Reflexology was my way of switching off, taking control and trying to heal mentally as well as physically.

“
I found Clan when my 16-year-old daughter was diagnosed with cancer. The support enabled us to cope with one of the most difficult and traumatic experiences of our lives. Having a place to go, with kind people to listen to and support us, made life that little more bearable and helped to keep our family strong. Keeping the family strong enabled our daughter to feel supported and never alone through the brutal but lifesaving treatment that she required.
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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!**