

# Your Clan YPI Toolkit

Orkney



**clan**  
cancer support



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

- **120** Children and Family Support sessions - including materials!
- **150** therapies
- Keep Accommodation stocked with milk and bread for **1 year**
- General running cost of our centre and Accommodation

# 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

“  
The reflexology has enabled me some quiet, self-care time in-between my chemotherapy and it has really helped me to relax.



“  
Clan Haven and their staff provided a home-from-home and a sanctuary for me during one of the most difficult times of my life - following a diagnosis of a brain tumour after a four-year ongoing battle with cancer. It truly provided us with a haven away from our home, and without Clan Haven, I really do not know how we would have coped. Having the company and support of fellow guests was an extremely positive thing and we made several friends for life. I cannot thank the staff enough - nothing was too much trouble and they treated us like their own family members.

“  
I live on my own and have struggled with my mental health following the end of my treatment. Clan has provided an invaluable point of contact and has helped me navigate the difficult road to recover.”

# our testimonials

“  
My daughter found out she had breast cancer when she was 25 and her first baby was three months old. Clan gave me a place where I could speak to someone and not have to be the ‘strong one’, where I could let my emotions out and there was always someone with a listening ear and a cup of tea.

“  
Clan’s [CFS] support came just at the right time for “P”. He was really struggling to understand how my dad, a perfectly fit healthy man, died suddenly from cancer. With him having such a close relationship with his papa - he really took it hard and was upset so much all the time. He didn’t want to go out or go to school in case he was upset. Working with Naomi and then with Charlotte made a huge difference in his understanding of cancer and the memory work helped him accept and enjoy memories he had with his papa. They were also an exceptional support when a short time later we had to tell him that my mum also had cancer.  
”

# 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!**