

The difference you make



WHAT'S INSIDE



2025 highlights



Your impact



New services

Thank You

As we come towards the end of the year here at Penny Brohn UK, we just wanted to say a massive thank you for all your incredible support.

Your generosity and dedication has made a world of difference.

The following pages highlight just some of our milestones from the past year — a year of resilience, innovation, and hope made possible by you.

Thank you,

The Penny Brohn UK Fundraising Team

2025 in highlights

February

Harrison Leonard joined as Head of Fundraising and Communications.

Penny Brohn UK were invited to a special event at Buckingham Palace.



June

Over 350 supporters attended our NGS Open Garden Day.



September

We were grateful to be the chosen charity for the Clifton Classic Car Rally.



January

Our annual Christmas Concert* was held in the stunning Clifton College Chapel.



April

5 incredible individuals took on the iconic TCS London Marathon!



May

Penny Brohn UK volunteers at Walk the Walk's Moonwalk London.

August

With over 1,800 tickets sold, our Summer Raffle raised £5,400!



Fancy joining us at this year's 10th Anniversary concert on Friday 5 December? Use the QR code to get your tickets!

Over the last 12 months, we've seen a significant rise in the number of individuals benefitting from our services. Thanks to you, our service users can access the support they need to help them feel stronger facing cancer in a way that works for them.

Almost
 **2,000** 

people supported nationwide
(including over 220 patients from
our partners at GenesisCare)

Over
 **750**

individuals attended our in-person services at the Penny Brohn UK Centre - including our Wellbeing Days and Retreats

Over  **200**

organisations have hired the therapeutic space at Ham Green House for wellbeing days, therapy, events and more

Over
 **740**

one-to-ones held with our integrative doctors, nutritionists, counsellors and physical therapists




Almost
 **450**

attendances to our other in-person services, including Sound Sanctuary, Nordic Walking, Nutrition Café and more

Almost
6,400 

total attendances at our online services

A survey of service users attending online sessions revealed that:

-  64% were practising relaxation techniques
-  49% had made positive dietary changes
-  43% were exercising more

If you or someone you know is affected by cancer, we're here for you.

Penny Brohn UK provides free, integrative cancer care that helps people strengthen their resilience.

Our services are personalised to each person's needs, and we can help you find what works best for you. Visit our website for more information, or call our Client Support Team on 0303 3000 118 or email clientsupport@pennybrohn.org.uk.



With just 2 months of 2025 to go, we want to celebrate some of the developments that have been made to our service. Our innovative ideas and new programmes are designed to ensure we're providing the highest-level service, and meet the needs of those who rely on our help.

Over the course of the last year, we've launched several new in-person sessions at the Penny Brohn UK Centre. Spanning across the pillars and themes that build the foundation of our support, each in-person service is designed to support the whole person whilst also bringing people together to build a sense of community.

Our new sessions include an in-person our popular Nordic Walking group, a place to unleash your inner artist at Create and Unwind and a hands-on Cookery Demo.



Facing cancer doesn't just involve coming to terms with the disease itself, but also facing the incredibly debilitating side effects that come with its treatment. We know that there are common symptoms that a lot of our service users suffer with, and we've designed a number of our services to tackle these.

In 2024, we launched our first Menopause Wellbeing Day, and we've just seen our biggest attendance yet this year. Alongside this we've built a complementary programme of support including our 'Menopause Café' and our online Managing Menopause with Cancer session.

"Great day, informative and relaxing, great to share with other women who understand in a safe place!" ~ Menopause Wellbeing Day participant



Fatigue is another symptom that we hear a lot of service users struggle with, and in 2026 we hope to launch our first-ever Fatigue Wellbeing Day.

In September we launched our Preparing for Treatment (PFT) Programme for people with cancer who want to feel stronger, more confident, and better supported before and during treatment.

PFT offers flexible, accessible support across four key areas; Movement, Nutrition, Body and Mindset, working with our specialist multi-disciplinary team to prepare physically, emotionally and mentally for cancer treatment.

Our PFT Programme is currently being trialled with the Bristol, North Somerset and South Gloucestershire NHS Trusts, and we hope to be able to roll this out nationwide in 2026

This last year we've received so much support from across the Penny Brohn UK family; from those who've run, walked and cycled, those who have held and attended events and supported us through their business – we couldn't do it without you.



Our Community of supporters have truly pulled out all the stops this year, taking on even bigger and better challenges in support of those living with cancer.

Sue Lloyd (pictured above) started her South West Coastal Challenge in August 2024, in thanks for the support that she received from Penny Brohn UK when she was diagnosed with breast cancer. She completed the 630 miles (you heard this right!) in September 2025 raising a staggering £8,000 along the way! Read Sue's full story over on our website using the QR code.



In September, The Thorne Mason Trust visited the Penny Brohn UK Centre to present a very special donation of £12,498.30. The Thorne Mason Trust has provided complementary cancer support in Pembrokeshire, as well as research funding for brain tumours. After 17 years they are closing their doors, and chose to give their remaining funds to Penny Brohn UK.

Mike Mason, the charity's co-founder, benefited from Penny Brohn UK's services, and we are grateful to honour his legacy with this gift.

A huge thank you all of our incredible Corporate partners throughout 2025; BDO, Bailey of Bristol, Clifton Classic Car Rally, Craddys, Kuehne + Nagel, Paragon CC, Quilter Cheviot, Paradigm Norton Financial Planning and Funding Compass.



It's thanks to you that we are able to keep our services running, completely free of charge.

This is an exciting time to play a part in the charity, as we work towards shaping the next 50 years of personalised cancer care.

We're full of hope for the future, but the financial challenges we face still remain real. With demand soaring and no government funding, every gesture, small or large, helps us keep transforming lives.

Here are just 6 ways you can get involved:



Make a donation

Whether one-off or regular, any gift you can give will ensure that we can continue offering free, personalised care — in person and online — for people affected by cancer.



Host your own!

Whether it's a virtual run, bake sale or local quiz, we can provide you with the materials and any help you need to get your fundraising journey started!

Play our weekly lottery

Be in with the chance of winning £25,000 every week while playing for as little as £1 – it's a win/win!



Leave a legacy or gift in your will

Planning ahead with us means helping future generations receive the same vital support you believe in today.



Corporate partnerships

Work for a local (or even national) company? Your businesses can partner with us in many ways; through Charity of the Year partnerships, sponsorship or workplace fundraising.

Attend an event

From our annual Christmas Concert, to our family-fun Easter Egg Hunt - we've got events for everyone! Keep an eye on the Penny Brohn UK calendar for more incredible events in 2026!



To find out more or for more ways to get involved with Penny Brohn UK, visit pennybrohn.org.uk/i-want-to-support-penny-brohn-uk (or use the QR code) or get in touch with the team at fundraising@pennybrohn.org.uk or call 0303 3000 118 (Option 4).

