

Cancer information
and support.
From Macmillan.
At Boots.



**WE ARE
MACMILLAN.**
CANCER SUPPORT





Always here for you

People with cancer, and their family and friends, turn to Macmillan Cancer Support because they know we'll provide them with the expert information and support they need.

We help with everything from recognising the signs and symptoms of cancer, to what to expect from treatment, to the benefits you may be entitled to if you've had a cancer diagnosis.

But for us to be there for everyone affected by cancer, we need more people to know how we can help them.

So we're working with Boots to help make sure that anyone who is affected by cancer, no matter where they live in the UK, can find the information and support they need.

Please read on to find out more about our services. And remember, whether you just have a question that's nagging you, want to chat about your situation or a loved one's, or need information about a specific cancer or treatment, get in touch with us. Our Macmillan Support Line is free to call, or you can visit our website anytime.

**Macmillan Support Line
0808 808 00 00**

**Monday–Friday, 9am–8pm
(Calls are free from landlines
and mobile phones)**

www.macmillan.org.uk

Don't forget to peel off the card at the back of this booklet and pop it in your purse or wallet. It's just a small reminder that we're always here for you.

Ways we can help

Expert information

If you're worried about cancer or have had a cancer diagnosis, it can be difficult to find information you trust.

At Macmillan, we provide expert cancer information. Our website contains a wealth of information on everything from breast reconstruction to radiotherapy, support for carers, to how to manage your money when you have cancer.

We also offer a comprehensive range of booklets, CDs and audiotapes on specific cancer types and treatments, as well as information on the practical, emotional and financial impact of living with cancer. You can order them for free from be.macmillan.org.uk or by calling **0808 808 00 00**.

Someone to talk to

Whether you're worried about a history of cancer in your family, want to know more about your chemotherapy, or have just been told that a loved one has cancer, it can really help to talk.

That's why we have a team of cancer support specialists whose role is to answer any question you have, offer support or simply listen if you need to chat.

You can contact them on **0808 808 00 00**. Or if you'd like to speak to someone face-to-face about any worries or questions you have, drop into one of our information and support centres. You can find out more at macmillan.org.uk/informationcentres

'A while after my diagnosis I rang Macmillan because I'd forgotten to take one of my tablets. It was a small thing, but being able to explain my worries really took a weight off my mind.'

Heather, London



Helping people to help themselves

When you have cancer you may feel pretty lost and helpless. You want to do something to improve your health, to regain your confidence, to cope with the side effects of treatment, but you're often given no direction.

This is why we have developed booklets, online courses and free face-to-face training to guide people and help them take control of their lives again. For example, we can show you how to manage symptoms such as breathlessness or develop techniques to help you relax.

Find out more by giving us a call or heading to macmillan.org.uk/courses

Financial support

Cancer can cause money worries that take over a person's life. It can dramatically cut their income by forcing them to give up work. And it can bring many extra costs such as hospital parking, travel fares and higher heating bills.

We believe the main focus of someone with cancer should always be their health and not how they're going to pay their next bill.

That's why we offer expert advice about benefits and other financial support, and provide grants to those most in need. So if you or a loved one have money worries, don't hesitate to call us on **0808 808 00 00** or visit macmillan.org.uk/financialsupport



'I spoke with a Macmillan benefits adviser who showed me what I could expect to receive. It made me feel more at ease because now I know how much I have to budget.'

Chris, West Sussex

Connecting people affected by cancer with each other

No one knows more about the impact of cancer than someone who has been affected by the illness themselves. That's why we help people to meet face-to-face at cancer support groups and talk to each other through our website.

At a support group, you can share concerns, get advice or just make friends. You can find your nearest one by giving us a call or visiting macmillan.org.uk/selfhelpandsupport

Alternatively, if you'd rather ask questions or share your story online, head to macmillan.org.uk/community. There you can read, or add to, hundreds of message boards covering everything from coping with the loss of a family member, to prostate cancer drugs, to how to talk to a child about cancer.

Macmillan nurses, doctors and much more

You may know us for our nurses, but we also fund doctors, dietitians, benefits advisers and many other types of health and social care professionals.

They are specialists in cancer care who can help you come to terms with a diagnosis, support you so you can live with cancer, and help you take control of your life again. You can find out more about them at macmillan.org.uk/nurses



Ways you can help us

We hope the information in this leaflet has shown that if you ever have any questions about cancer or need support, we can help. Also, now you know a little more about our work, you may want to help us reach and support more people affected by cancer. It's something you can do in many different ways.

Join one of our campaigns

Help us fight discrimination, tackle inequalities and get a better deal for people affected by cancer.
www.macmillan.org.uk/campaigns

Become a volunteer

Give a bit of your time and energy to make a difference, and meet new friends at the same time.
www.macmillan.org.uk/volunteer

Use your cancer experience

Join Macmillan Cancer Voices and get involved in opportunities to raise awareness of cancer issues and improve cancer care on a local and national scale.
www.macmillan.org.uk/cancervoices

Raise some money

Host a coffee morning, run a marathon, attend one of our events or organise your own.
www.macmillan.org.uk/fundraising

Give some money

Give a one-off donation, set up a direct debit, donate through payroll giving or leave a legacy to improve the lives of people affected by cancer.
www.macmillan.org.uk/donate

You can also call us free on 0808 808 00 00 to find out more about any of the above.

QUESTIONS ABOUT CANCER?

Peel off the card below and keep it somewhere handy. Or please save the number of our free Macmillan Support Line – 0808 808 00 00 – onto your mobile phone.



Questions about living with cancer?

Call the Macmillan Support Line

free on 0808 808 00 00

(Monday–Friday 9am–8pm).

Alternatively, visit macmillan.org.uk

Hard of hearing? Use textphone

0808 808 0121, or Text Relay.

Non-English speaker? Interpreters available.

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Need answers, help or just a chat?

**For cancer support, at home,
over the phone, call the
Macmillan Support Line free**

0808 808 00 00

www.macmillan.org.uk

Macmillan Cancer Support, registered charity in England and Wales
(261017), Scotland (SC039907) and the Isle of Man (604).