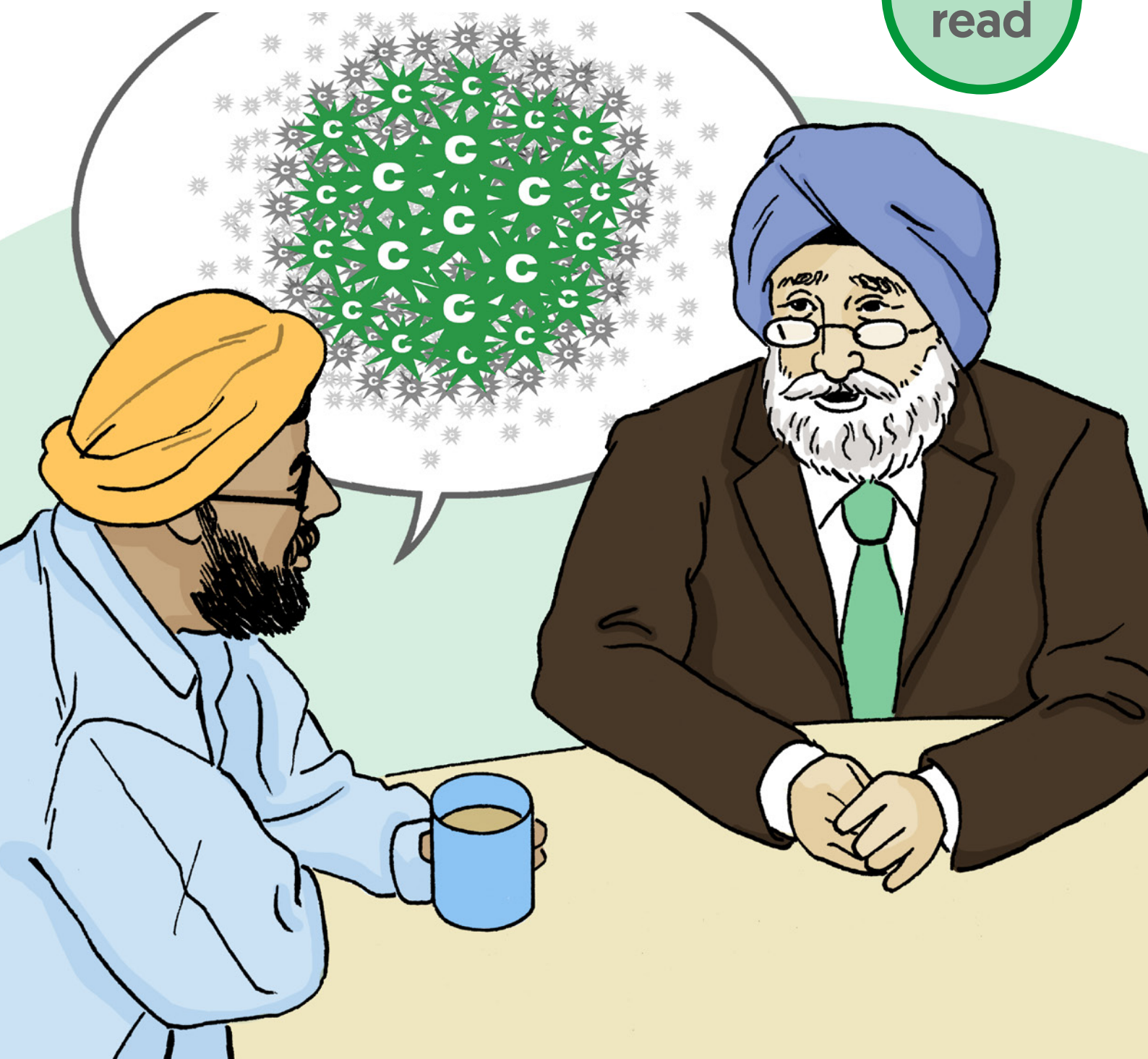


In partnership with

**MACMILLAN**  
CANCER SUPPORT

# Talking about cancer and your feelings

easy  
read





# About this easy read booklet



This booklet is about how you can talk about cancer and share your feelings about cancer.



You can find out how talking about cancer can help you.



If you are worried about cancer, there are lots of people you can talk to (see page 6).



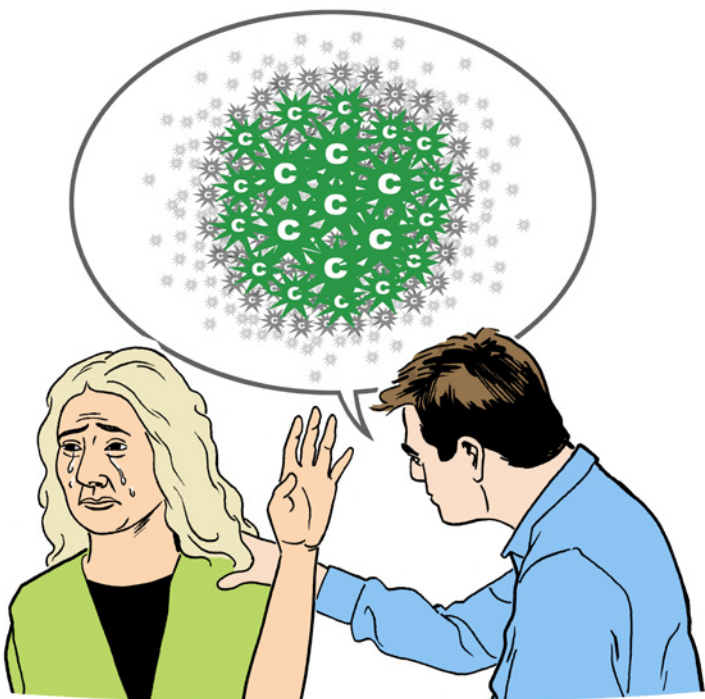
# Why talk about cancer?



Talking about cancer  
can be hard.



You might worry about  
upsetting other people.

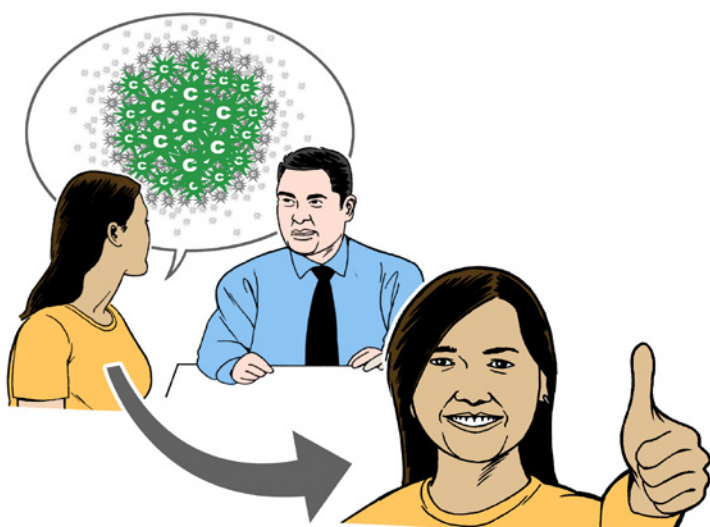


You might be scared  
to talk about cancer.





You might find it hard to say how you feel to other people.

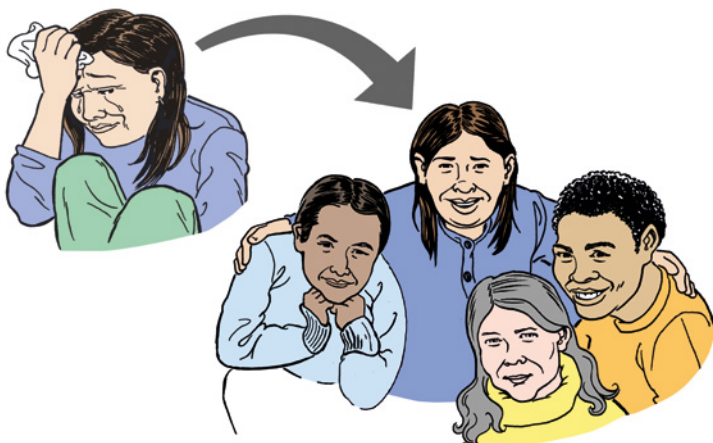


But talking about cancer can really help.

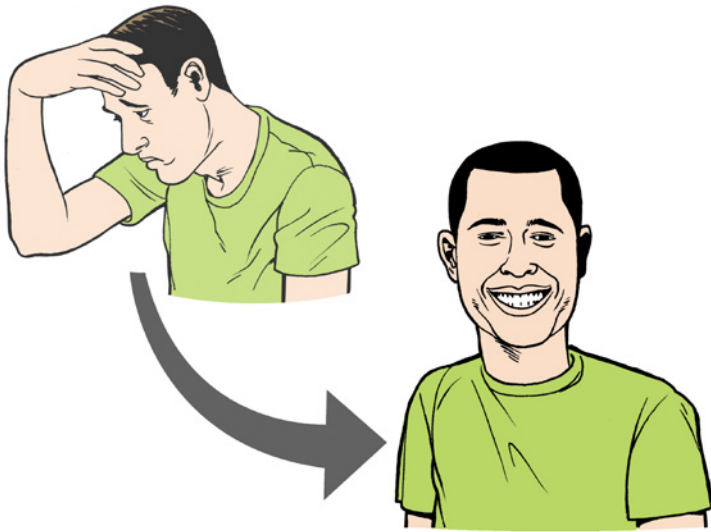
It can help you to:



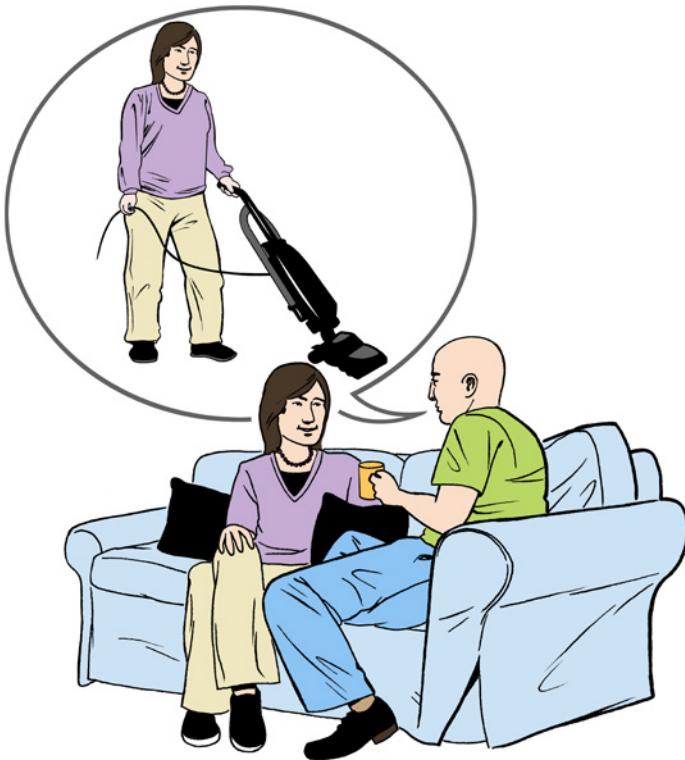
- find out how you are feeling and tell other people



- feel less alone



- feel less worried or scared



- ask for any help that you need



- feel supported by family and friends.



# Who can I talk to?



Talk to someone you trust  
and feel safe with.

This could be:

- someone in your family



- your partner



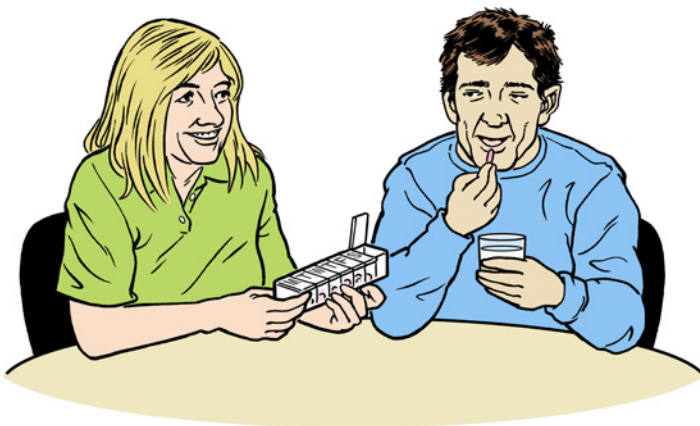
- a close friend



- a religious leader



- someone you work with



- your carer or someone who normally supports you.





# Talking to family and friends



Talking to your family and friends about cancer can be hard.

You might worry about upsetting them.



But they will normally want to help you.

If you tell them about the cancer, they will feel like you trust them and want their help.



On the next page are some tips for talking to family and friends about cancer.





Think about who you want to talk to.

It should be someone you trust.



It is better if you meet in a quiet place where you can sit and talk.

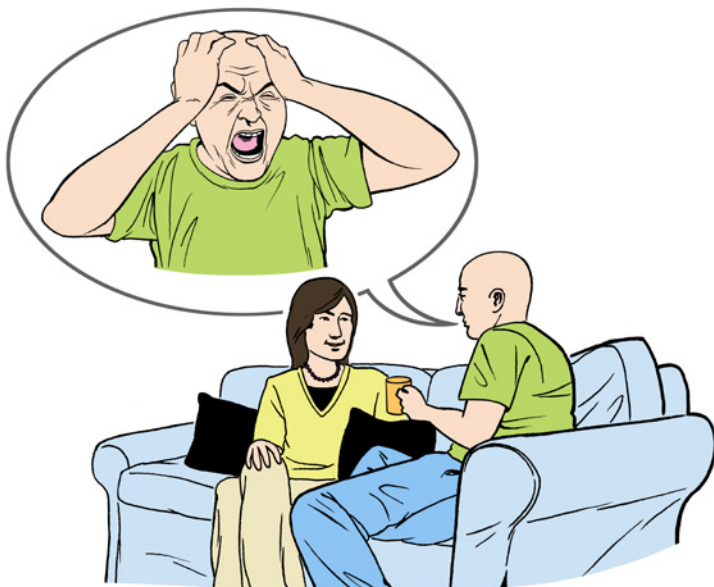


Think about what you want to tell them.

You might want to tell them:



- what you know about your cancer



- how you are feeling about it



- what you are worried about



- what you would like help with.



Sometimes, people say things like “Don’t worry, everything will be OK”.



People may want to stop you getting upset. But if you feel upset, you are allowed to say this.



It is not good to keep quiet and pretend you feel OK if you don’t.





# Talking to healthcare professionals



Remember, you can talk to the doctors and nurses at the hospital about how you are feeling.



They are good at helping people with cancer.

They know about the problems and worries you may have.



Before you see your doctor or nurse, try to think about what you want to say or ask.



You could take someone to hospital with you.

They can help you talk to the doctor or nurse.



# Talking to a counsellor



A counsellor is someone who can help you with your feelings.



If you feel very sad, worried, lonely or angry, talking to a counsellor may help.

**You can find out more about counselling from:**

**UK Council for  
Psychotherapy (UKCP)**

Phone: **020 7014 9955**

Email: **info@ukcp.org.uk**

Website:

**www.psychotherapy.org.uk**

**The British Association  
for Counselling and  
Psychotherapy (BACP)**

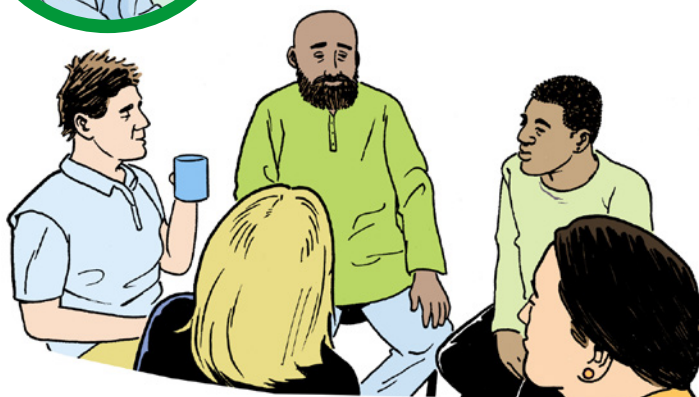
Phone: **01455 883 300**

Email: **bacp@bacp.co.uk**

Website: **www.bacp.co.uk**



# Talking at a support group



A support group is a group of people who want to talk about cancer together.



You can find a cancer support group near you at:

[macmillan.org.uk/  
supportgroups](https://macmillan.org.uk/supportgroups)



If you have a learning disability, you may want to meet other people with a learning disability.

Find out more from Mencap:

Phone: **0808 808 1111**

Email: **helpline@mencap.org.uk**

Website: **www.mencap.org.uk**





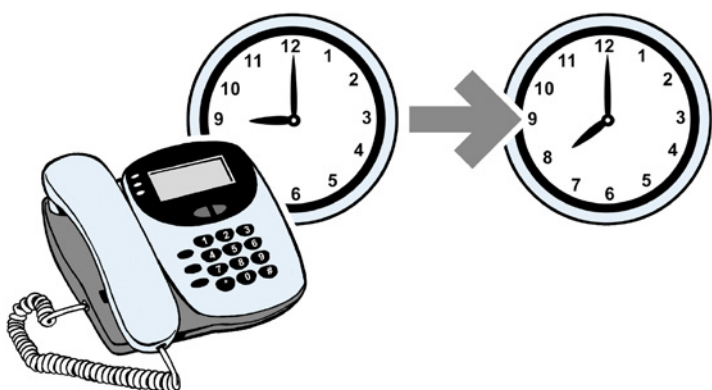
# Talking to Macmillan



If you phone Macmillan, you can talk to us about cancer and your feelings.



These calls are private.



Call us free on:

**0808 808 00 00**

Monday to Friday  
from 9am to 8pm.

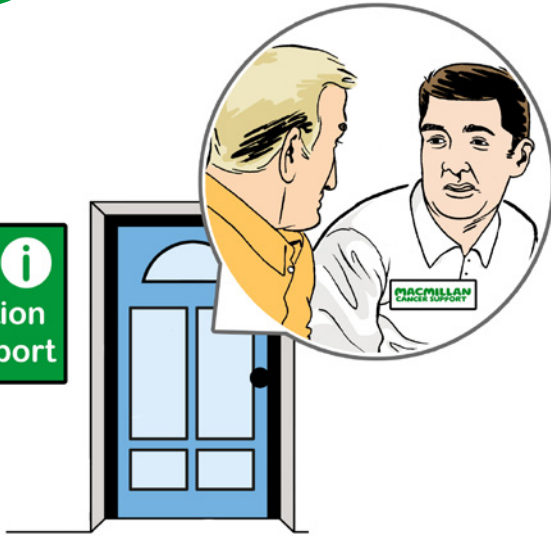


If you use a textphone, you can call us using Next Generation Text (NGT) by dialling

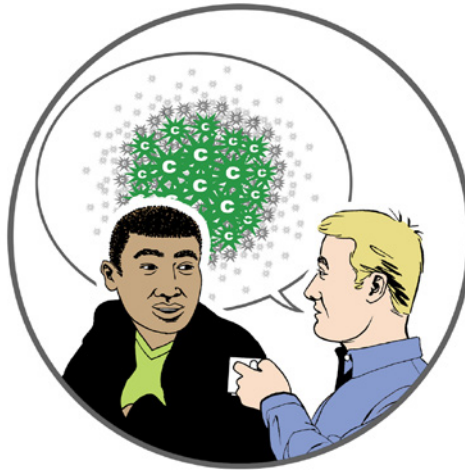
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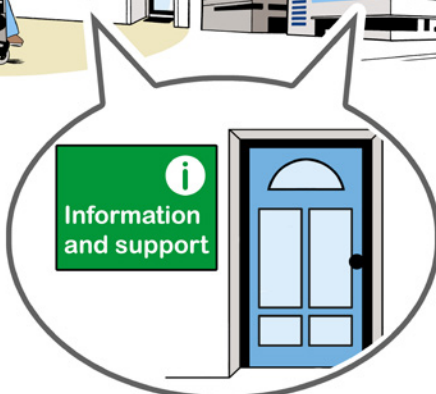
# Cancer information and support services



At an information and support service, you can talk to someone who is trained to help people with cancer.



You do not need to book to see someone. You can visit whenever the service is open.



These services are in hospitals and local places like libraries. You can find one near you at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)



# Online support



If you use the internet you can visit Macmillan's online support group at [macmillan.org.uk/community](https://macmillan.org.uk/community)



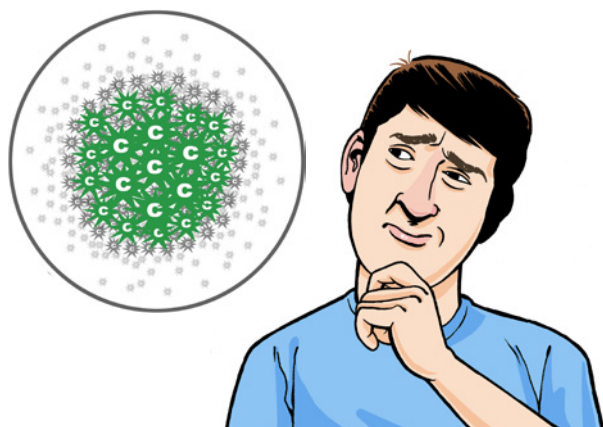
You can tell people what it has been like for you to have cancer.

You can also read what other people say about cancer.





# More easy read booklets



Order more easy read booklets from [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

There are booklets on lots of topics:

## About Macmillan

- How Macmillan Cancer Support can help you

## About cancer and symptoms

- What is cancer?
- Signs of cancer
- Breast care for women
- How to check your balls (testicles)
- Symptoms of cervical cancer
- Symptoms of prostate cancer
- Screening for cancer
- Cervical screening

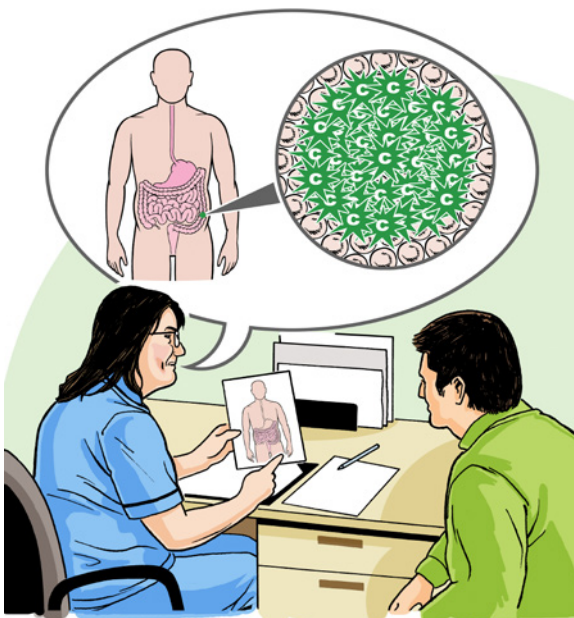
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safe sex
- Stop smoking



## Tests for cancer

- Having examinations and blood tests
- Scans and x-rays
- Having a biopsy
- Having a CT scan
- Having an MRI scan
- Having an endoscopy
- Having a colonoscopy
- Having an ultrasound



## Being told you have cancer

- Seeing the doctor
- Finding out you have cancer
- Getting your test results
- People who can help you when you have cancer



## Treatment for cancer

- Giving your consent
- Starting treatment for cancer
- Chemotherapy
- Side effects from chemotherapy
- Radiotherapy
- Side effects from radiotherapy
- Having surgery



## Living with cancer

- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer
- Complementary therapies
- After treatment for cancer



## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Getting ready to die
- If you are dying from cancer
- Making decisions about the future if you are dying
- Spirituality and religion at the end of life
- The end of life
- Thinking about your funeral
- Who can help if you are dying



## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](http://macmillan.org.uk/easyread) or call us on **0808 808 00 00**





## More information and resources



### Macmillan website

There is lots of information about cancer at [macmillan.org.uk](https://www.macmillan.org.uk)



### Booklets about cancer

You can order booklets about cancer from [be.macmillan.org.uk](https://be.macmillan.org.uk)



### Videos

You can watch videos about cancer at [macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



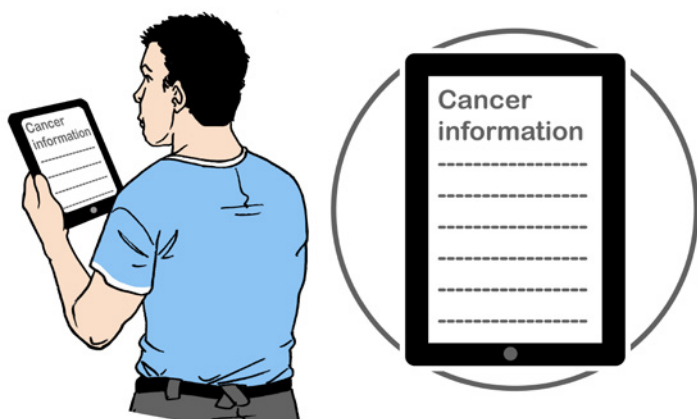
## Audio

You can listen to information about cancer and order CDs from [macmillan.org.uk/audio](http://macmillan.org.uk/audio)



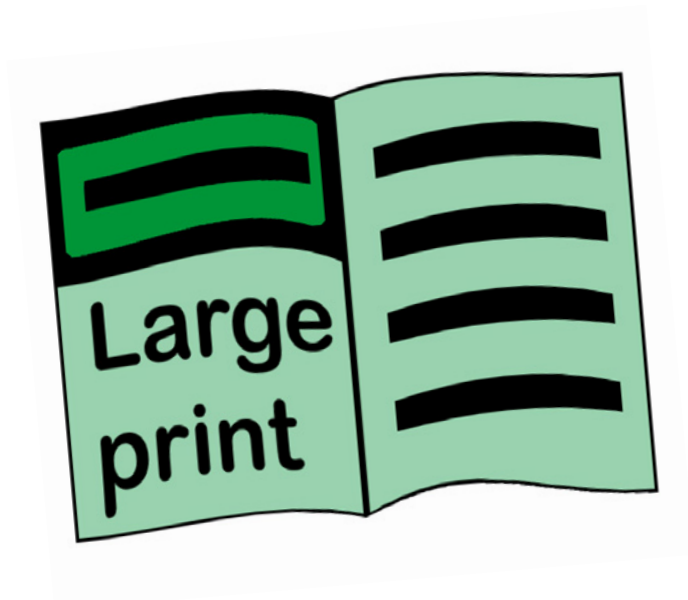
## British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](http://macmillan.org.uk/bsl)



## eBooks

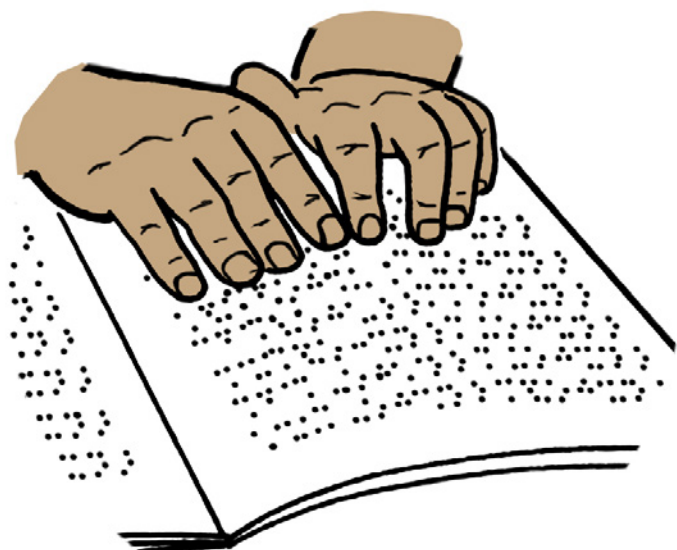
You can get eBooks about cancer from [be.macmillan.org.uk](http://be.macmillan.org.uk)



## Large print

Tell us if you need information in large print.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



## Braille

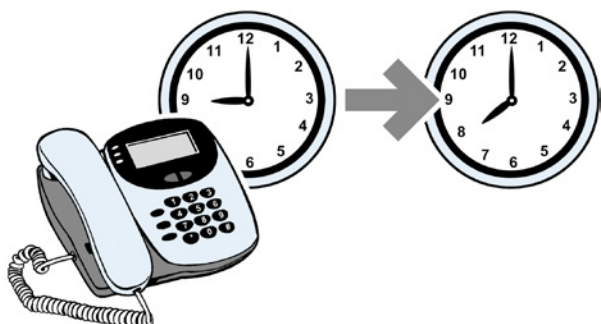
Tell us if you need information in Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



This booklet is about talking about cancer and your feelings.

It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:  
**0808 808 00 00**  
Monday to Friday  
from 9am to 8pm.



- If you use a textphone, you can call the Macmillan Support Line using the Next Generation Text (NGT) service by dialling  
**18001 0808 808 00 00**



- Or go to the website  
**[macmillan.org.uk](http://macmillan.org.uk)**

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