

In partnership with

**MACMILLAN**  
CANCER SUPPORT

# How Macmillan Cancer Support can help you

easy  
read

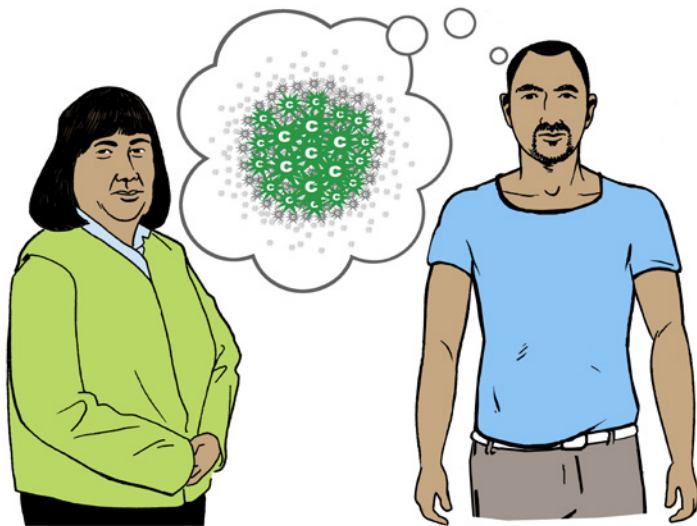




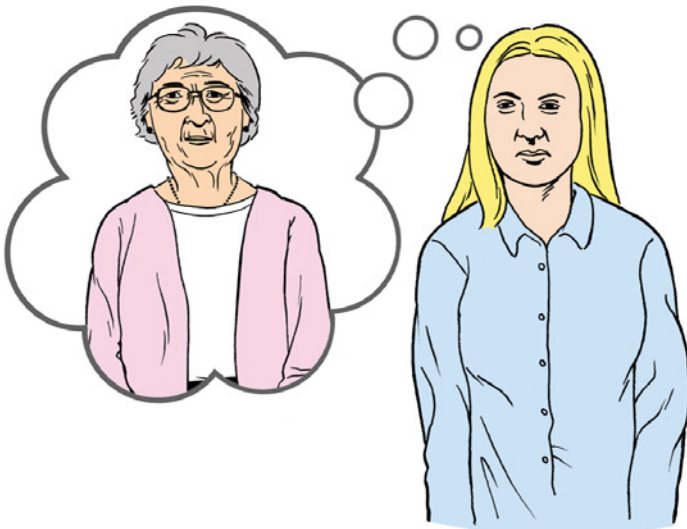
# About this easy read booklet



This booklet is about Macmillan Cancer Support and how we can help you.



Macmillan is a charity that helps anyone who has cancer, or is worried about cancer.



We can also help if you have a friend or family member with cancer.



# How we can help you



At Macmillan we know how cancer can affect everything. But you are still you.



We are here to help you. We will always listen if you need to talk.



We have helped millions of people through cancer and we can do the same for you.

Life with cancer is still your life and we will help you live it.



We can help with everyday life and the feelings you may have about cancer.





We can give you free information and support about cancer in a way that is best for you.



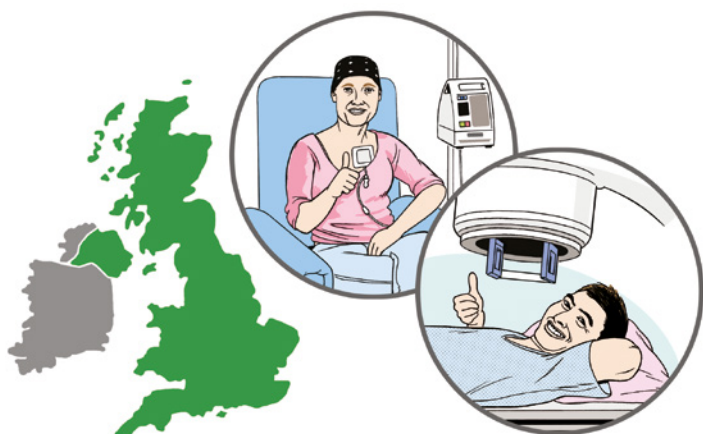
We can help if you are worried about money. See page 15.



We have many different healthcare professionals that can help you.

They can help you if you find out you have cancer.

They can also help you during your treatment and even after treatment ends.



We work to make cancer care better for everyone who lives in the UK.



# Call our support line



## Macmillan Support Line

Nurses and cancer support specialists can answer your questions when you call.

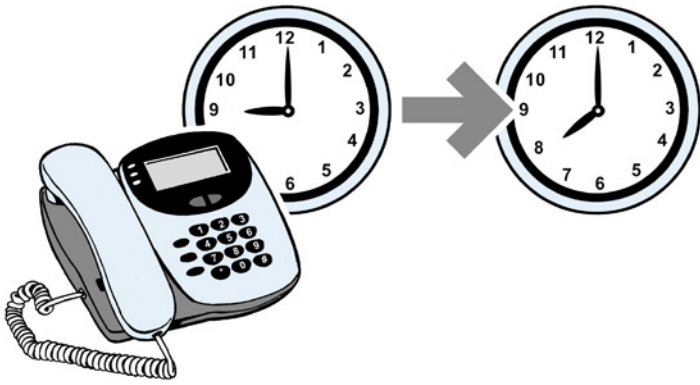


These calls are private. You can ask about cancer, your cancer treatment or talk about your feelings.



We can help you if you are worried about money.

You can find out about financial benefits, or apply for a Macmillan Grant. See page 15.



Call us free on:

**0808 808 00 00**

Monday to Friday  
from 9am to 8pm.

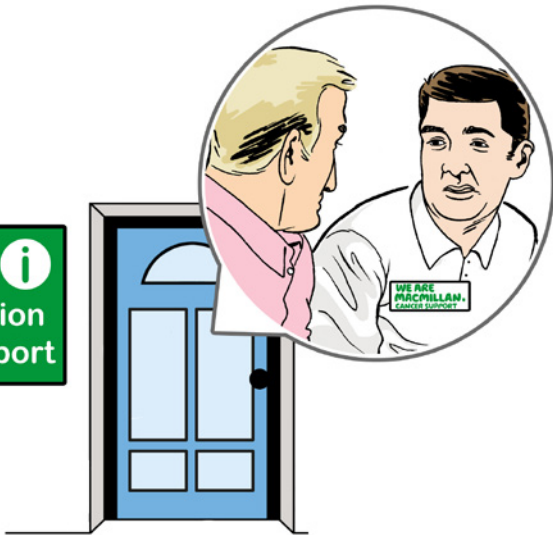


If you use a textphone, you can  
call the Macmillan Support Line  
using the Next Generation Text  
(NGT) service by dialling

**18001 0808 808 00 00**



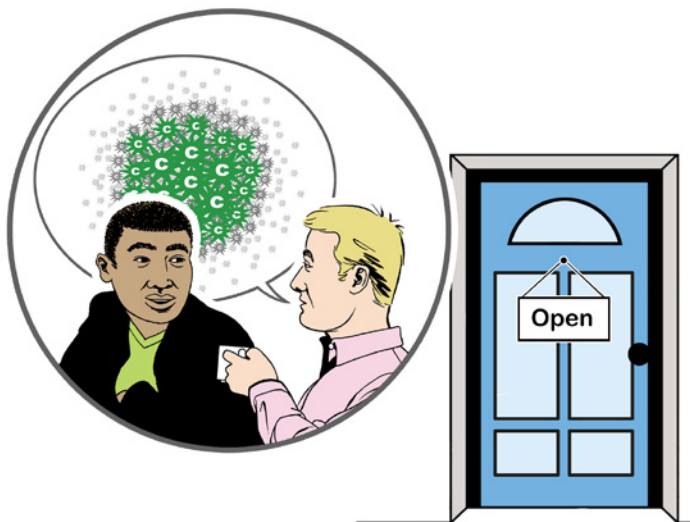
# Come to an information and support service



At an information and support service you can talk to someone trained in cancer support.

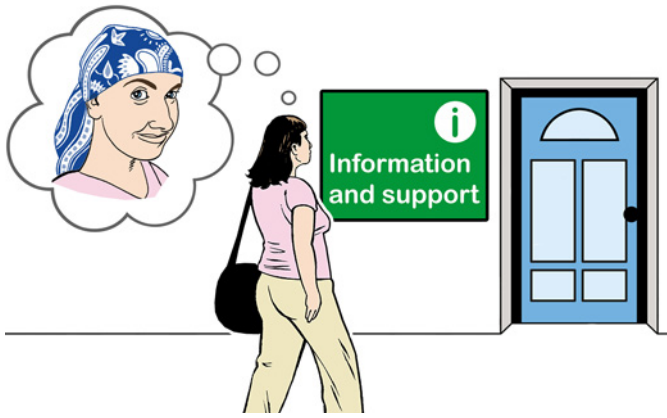


You can get free written information about cancer.

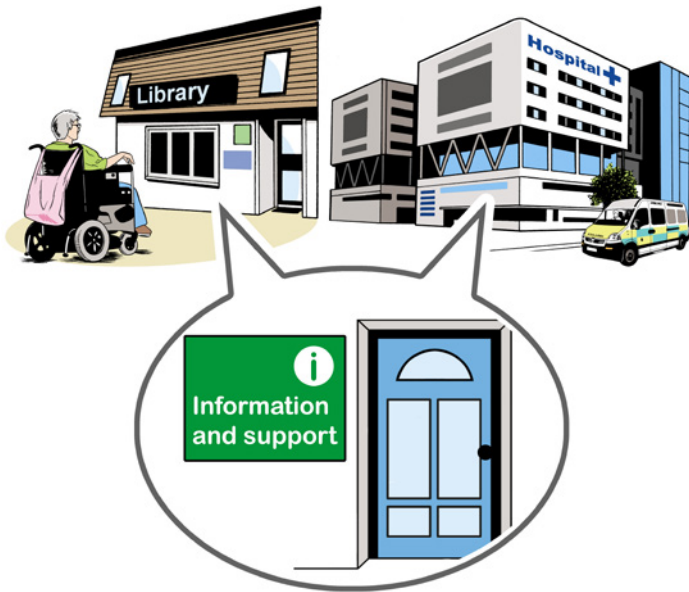


You can visit whenever the service is open, you don't need an appointment. You can talk to someone if you have cancer or are worried about cancer.





You can also visit if someone you care about has cancer.



Information and support services are in hospitals and community locations like libraries.



You can find a service near you at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)



There is also a big green bus that visits different towns. You can visit the bus for information and support.

Find out where you can visit the bus at

[macmillan.org.uk/mobile-bus](https://www.macmillan.org.uk/mobile-bus)



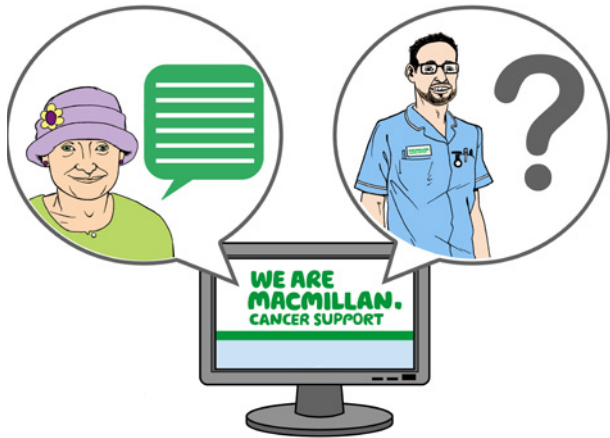


# Talk to other people with cancer



## Macmillan Online Community

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



You can read about other people's experiences of cancer and share your own. You can also ask our nurse a question online.



## Support groups

You can talk about what it has been like for you to have cancer. And hear other people talk about what has happened to them.



Find a support group near you at

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

or call **0808 808 00 00**



# Meet the Macmillan healthcare team



## Macmillan nurse

A Macmillan nurse is a nurse who helps people who have cancer.

A Macmillan nurse can:

- give you information about cancer



- help you to make decisions about your health and care





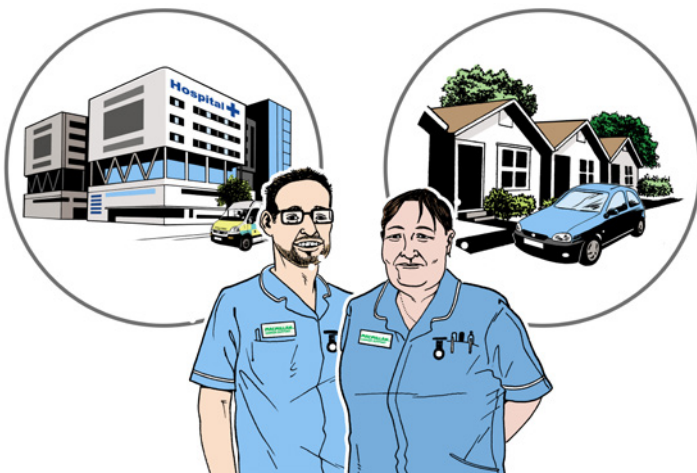
- help you cope with any symptoms you might have from cancer or its treatment



- listen to you and support you and your family or carers



- contact other healthcare professionals that can help you.



Some Macmillan nurses work in hospitals and some can see you where you live.





To get a Macmillan nurse you can ask your doctor or nurse.

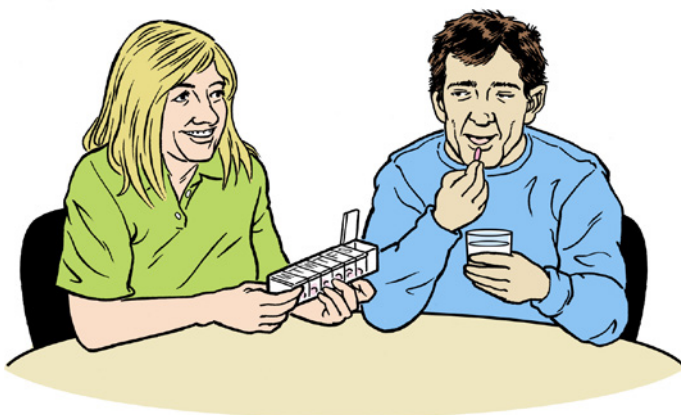


If there isn't a Macmillan nurse in your area, you can see another cancer specialist.

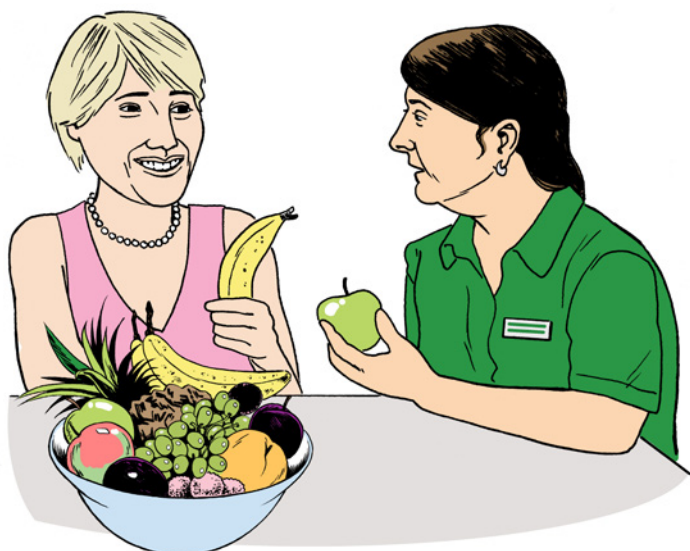


### **Other Macmillan healthcare professionals**

Macmillan has lots of health professionals that help people with cancer.



- Macmillan Support Workers are part of the cancer care team. They can help you to manage your health and care.



- Dietitians help you eat a healthy diet. They can give you advice if you have any eating problems caused by cancer or its treatment.



- Physiotherapists help people to be active and can help you get better after an operation.



- Pharmacists help you understand how to take your medicines and use them safely.



- Macmillan GPs are doctors who train other doctors on looking after people with cancer.

They also help develop local cancer services.

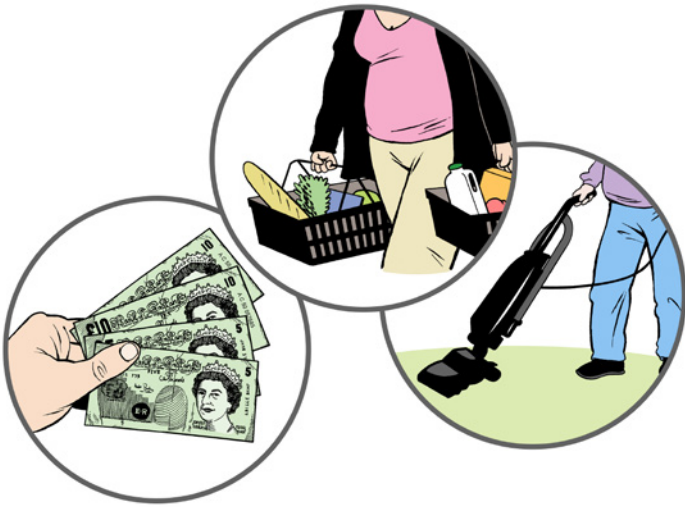


Find out more in our easy read booklet **People who can help when you have cancer**





# Get practical support



Macmillan can help you cope with everyday life when you have cancer.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



## Macmillan Grant

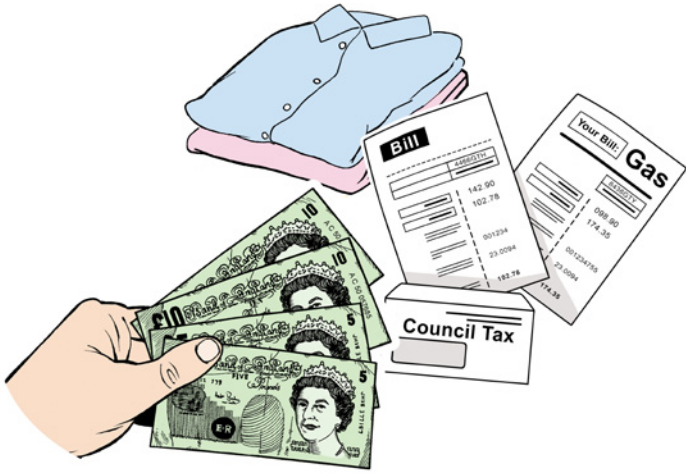
Macmillan Grants are small payments to help people with the extra costs that cancer can bring. They are for people who do not have much money.

Less than  
**£8,000?**

Less than  
**£6,000?**



You can get a grant if you have less than £6,000 in savings if you are single, or less than £8,000 as a couple or family.



If you need things like extra clothing, help paying heating bills or even a holiday, you may be able to get a Macmillan Grant.

Call us on **0808 808 00 00**



## Help from a Macmillan volunteer

Sometimes people need help in their homes when they are living with cancer. Macmillan trains people to provide practical help like:



- housework - cleaning, washing up or ironing



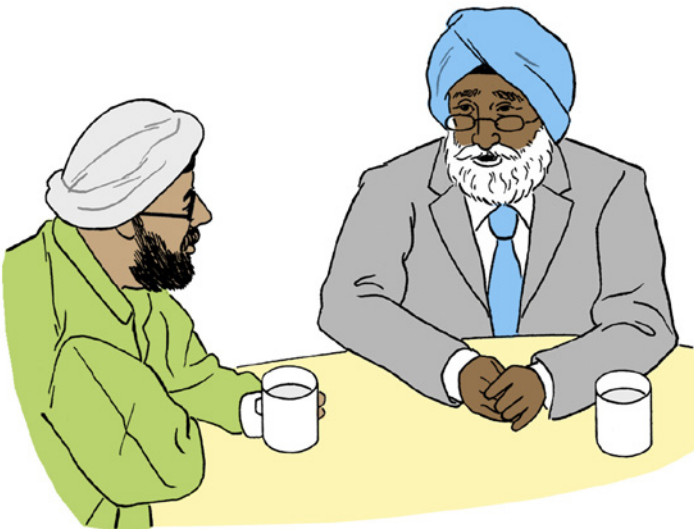
- shopping



- gardening



- giving someone a lift to an appointment



- visiting and having a chat



- regularly phoning to check you are okay.





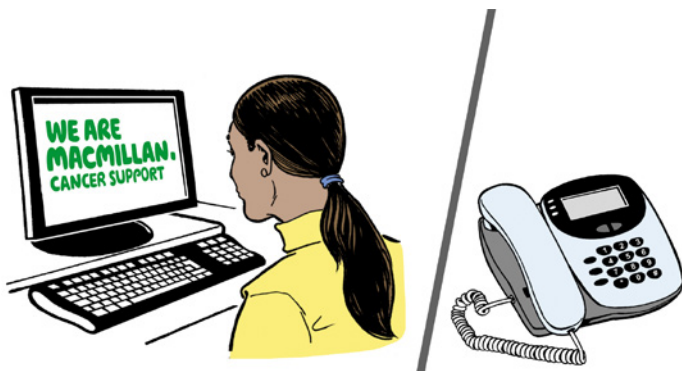
# Find information about cancer



We provide expert, up-to-date information to help you understand cancer. All our information is free for everyone. There are lots of ways you can get information.

## The Macmillan website [macmillan.org.uk](http://macmillan.org.uk)

Our website has lots of information about cancer and living with cancer. You can find out about cancer symptoms and treatments, how to live a healthy life or what to do if you have money worries.



You can also order what you need from the website at [be.macmillan.org.uk](http://be.macmillan.org.uk) or call us on **0808 808 00 00**



You can choose the way you would like the information at [macmillan.org.uk/otherformats](https://www.macmillan.org.uk/otherformats)



- **Easy read**

You can order printed booklets, read the information online or download the booklets.

[macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)



- **Videos**

You can watch videos and animations of people living with cancer and information from healthcare professionals.

[macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



- **Audio**

You can listen to cancer information online or on CD.

[macmillan.org.uk/audio](https://www.macmillan.org.uk/audio)



- **British Sign Language (BSL)**

Watch information in BSL.

[macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)

- **eBooks**

If you like to read electronic books you can download them from the website.

[be.macmillan.org.uk/ebooks](https://be.macmillan.org.uk/ebooks)

- **Large print**

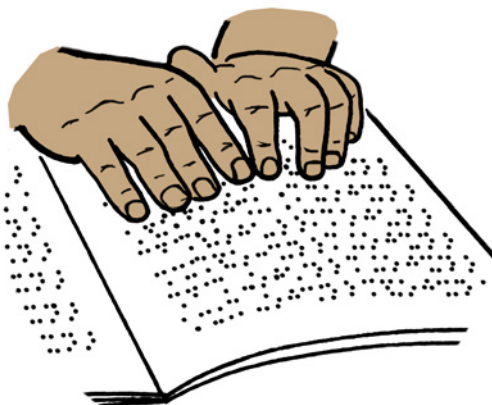
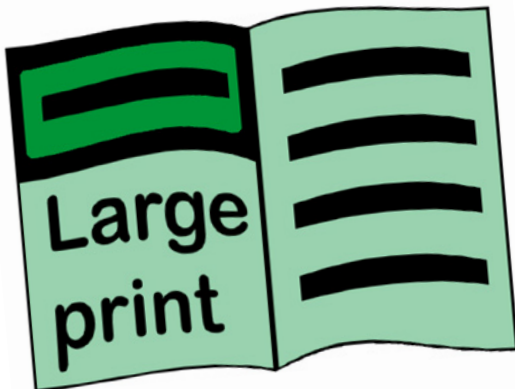
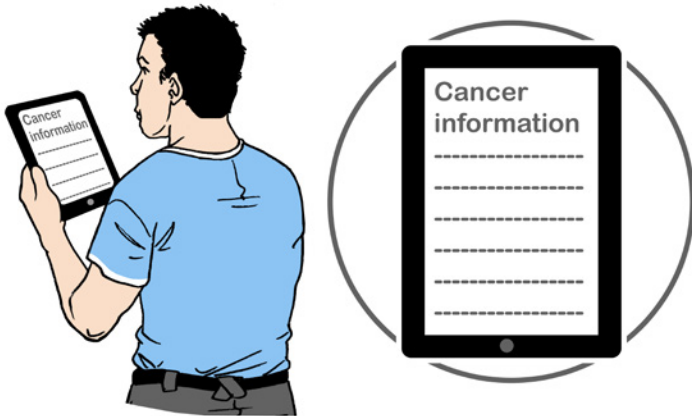
Tell us if you need information in large print. We can make these for you.

[cancerinformationteam@macmillan.org.uk](https://www.cancerinformationteam@macmillan.org.uk)

- **Braille**

Tell us if you need information in Braille and we can make these for you.

[cancerinformationteam@macmillan.org.uk](https://www.cancerinformationteam@macmillan.org.uk)







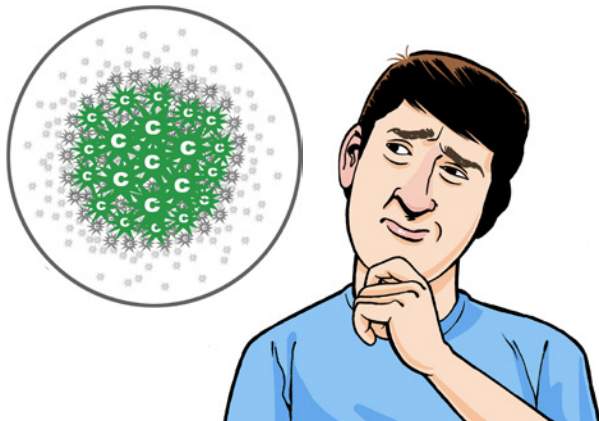
# Easy read booklets about cancer



Macmillan has a range of easy read booklets about cancer that you can order or download. Visit

[macmillan.org.uk/easyread](http://macmillan.org.uk/easyread)

We have easy read booklets on all these topics.



## 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



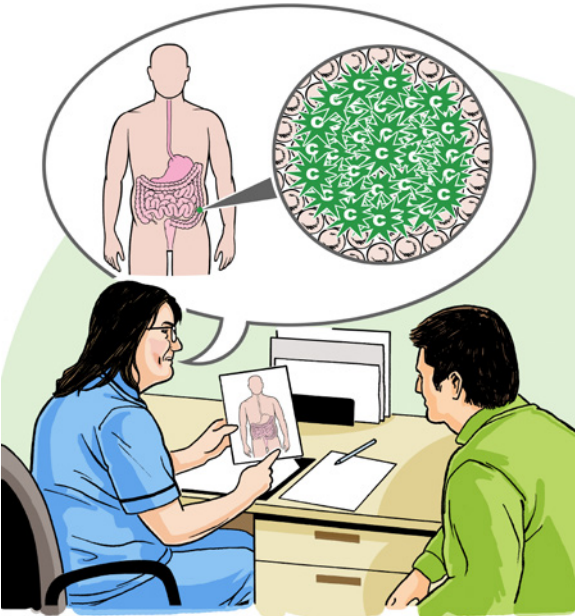
## Living a healthy life

- 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

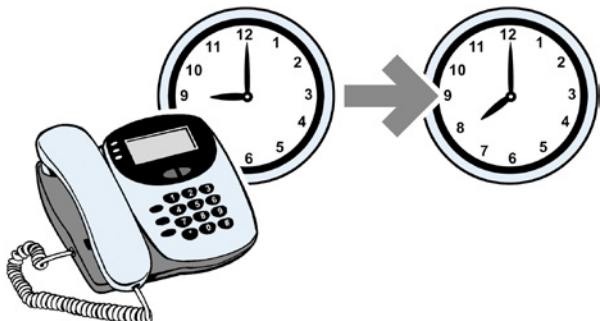
- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

To order easy read booklets like this one go to the website

[be.macmillan.org.uk/easyread](http://be.macmillan.org.uk/easyread) or call us on **0808 808 00 00**



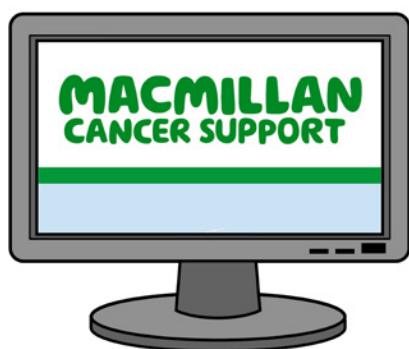
This booklet is about Macmillan Cancer Support and how we can help. It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- 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)**

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE

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Macmillan Cancer Support, registered charity in England and Wales [261017], Scotland [SC39907] and the Isle of Man [604].



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