

Macmillan support and information

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. At Macmillan, we know how a cancer diagnosis can affect everything and we're here to support you.

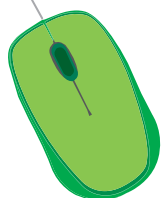
We can help with:



Answers over the phone

You can call our free support line and we'll help you access support to meet your medical, practical, or emotional needs. We also have teams offering specialist financial information and guidance, and translators if English is not your first language.

0808 808 00 00 (7 days a week, 8am to 8pm)



Website and 24-hour Online Community

Macmillan's free booklets and web pages are written by experts and cover a wide range of topics, from detailed medical information on different types of cancer and treatments, to how to deal with everyday challenges that a diagnosis can bring.

Find information at **macmillan.org.uk**

Our Online Community at **community.macmillan.org.uk** is a great way to get support from someone who's going through a similar experience.



Face-to-face support at local information centres and on mobile buses

Find out if there's a Macmillan information and support centre near you, or details of local support groups at **macmillan.org.uk/in-your-area**

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

Resources for patients

You can order copies of our free information leaflets, including those below, at be.macmillan.org.uk and discuss them with your healthcare professional.



Life after cancer treatment

A booklet about the emotional and practical issues you may face after cancer treatment. Covers a wide range of issues - everything from feelings, relationships and lifestyle choices to follow-up after treatment and coping with physical changes.

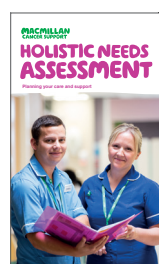
Order code: MAC11661



Help with the cost of cancer in England, Scotland, Wales and Northern Ireland

This helpful guide updated for 2019-2020 explains what benefits may be available to you and how you can get this help. Includes information for people living with cancer in Northern Ireland.

Order code: MAC4026



Holistic Needs Assessment: Planning your care and support

This booklet explains how care is planned for people affected by cancer.

Order code: MAC12957

Macmillan organiser

Keep track of treatment, make notes and find information and support needed. It includes practical assessment tools, such as a concerns checklist and mood and food diaries.

Order code: MAC13281

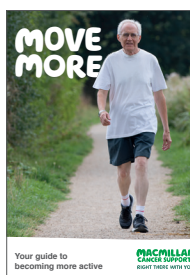


What to do after cancer treatment ends: 10 top tips

This leaflet helps you get the support you need to lead as healthy and active a life as possible following cancer treatment. It encourages you to play an active role in monitoring your own health, and empowers you to take responsibility

for your condition by signposting you to the appropriate support.

Order code: MAC13615



Move More pack

The Move More pack includes a copy of the booklet *Physical activity and cancer* and five short flyers about some popular types of physical activity. There is also an Activity chart you could use with a fridge magnet (provided) to put this on your fridge so you

can see what you have achieved each day. There is a Move More DVD which includes gentle activity videos you can do at home.

Order code: MAC13314



Coping with fatigue

Aimed at people who have fatigue (extreme tiredness) as a result of cancer or its treatments. Looks at why fatigue arises and how to deal with it at work and home, and also covers diet, exercise, relaxation and sleep.

Also includes a removable fatigue

diary for tracking daily energy levels.

Order code: MAC11664



How are you feeling? The emotional effects of cancer

This booklet offers advice and guidance to anyone affected by cancer who may feel lonely or isolated. The booklet discusses how you may be feeling, and provides information about further sources of support.

Order code: MAC11593

Looking after someone with cancer

This guide for people affected by cancer gives tips on how carers can look after themselves while supporting and looking after someone with cancer.

Order code: MAC5767