

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Your social life and cancer





About this easy read booklet



This booklet is about your social life when you have cancer.



You can learn about how your social life may change when you have cancer.



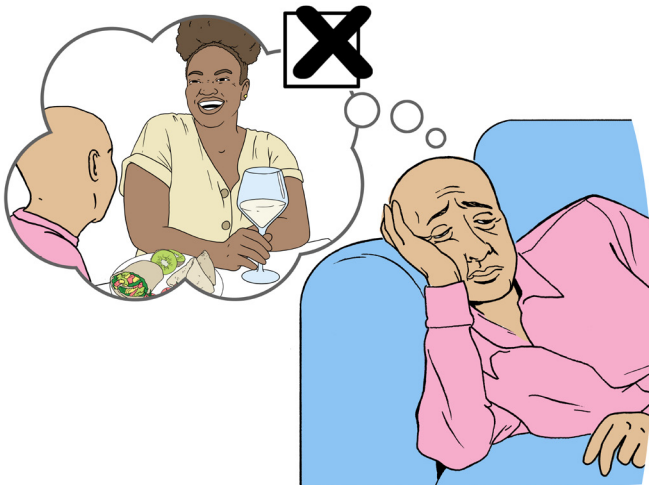
If you are worried about your health, you should talk to a doctor or nurse.



Your social life and cancer



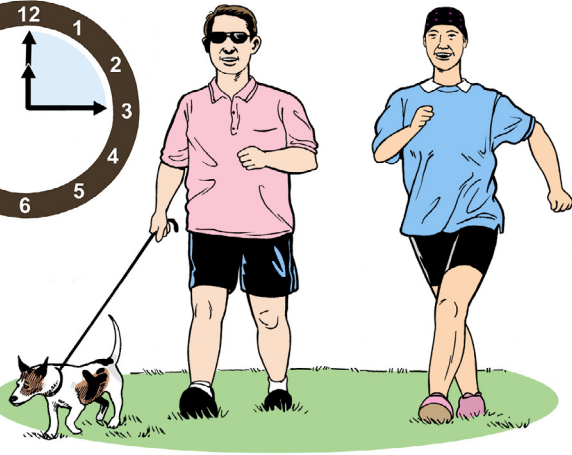
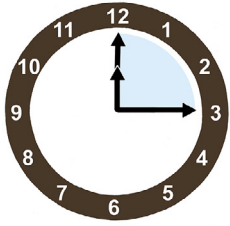
Having cancer and treatment for cancer will change your life.



You may find that you do not have the energy to do all the things you used to enjoy, like going out with friends.



It is important that you do not stop doing things you enjoy.



You can make it easier for yourself by:

- not trying to do too much, and doing things for a shorter time



- making sure you have a rest before you do something



- telling your friends that you would like to spend some time with them doing quieter things.



if you want to go to the pub, you can have soft drinks instead of having alcohol. This means it will not affect your treatment.



Your friends may not ask about how you feel. They may be worried about upsetting you.



But it is good to talk to your friends about how you are feeling. They will want to listen and help.

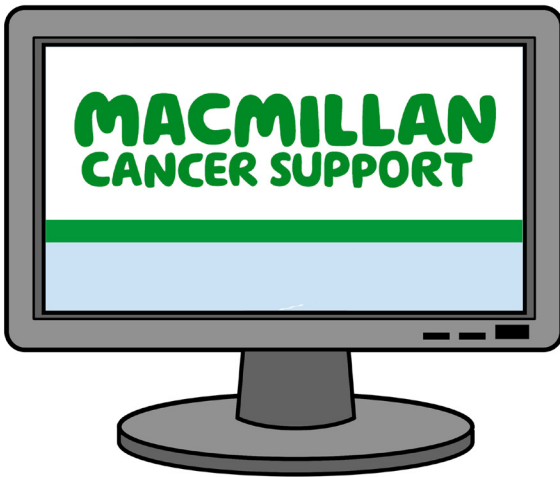


How Macmillan can help you

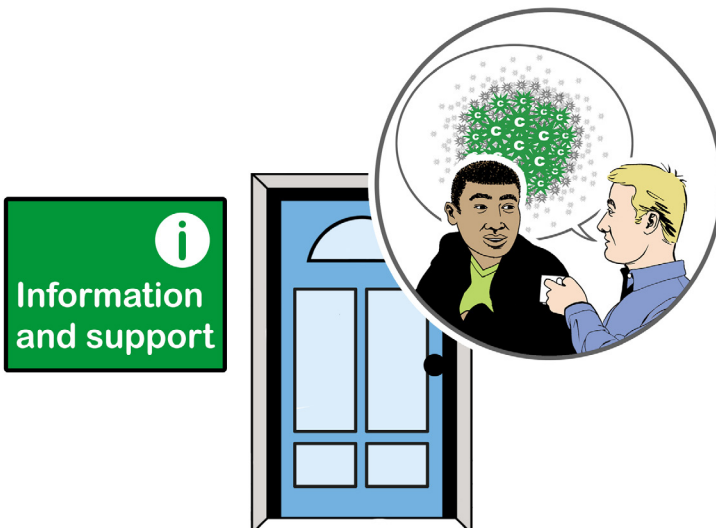


You can get support from:

- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for information about cancer. You can also use our web chat to ask questions at macmillan.org.uk/talktous



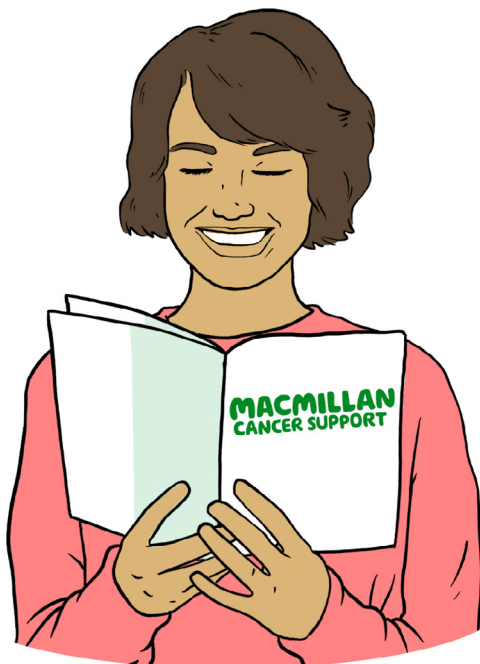
- Information centres. You can talk to a cancer support specialist and get written information. Find your nearest centre at macmillan.org.uk/informationcentres or call us.



- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



- The Macmillan Online Community. You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)



Macmillan can give you information in different ways:

Booklets about cancer

You can order booklets about cancer from

be.macmillan.org.uk



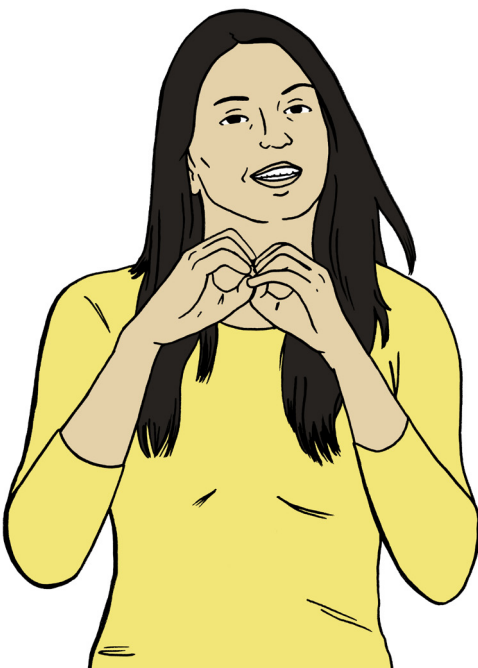
Videos

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



British Sign Language (BSL)

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



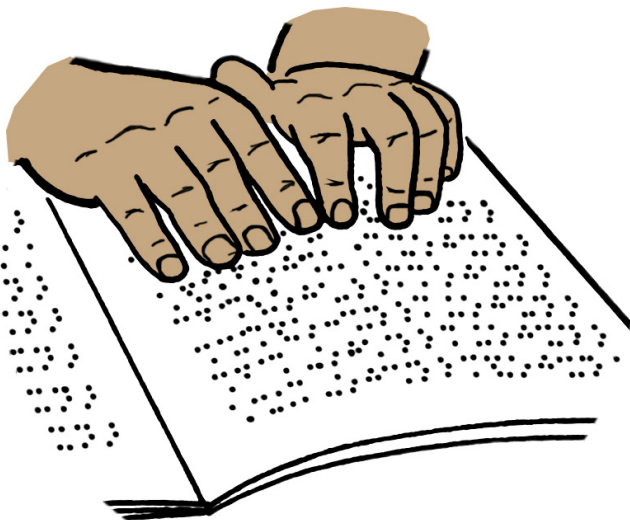
eBooks

You can get eBooks
about cancer from
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

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More easy read booklets



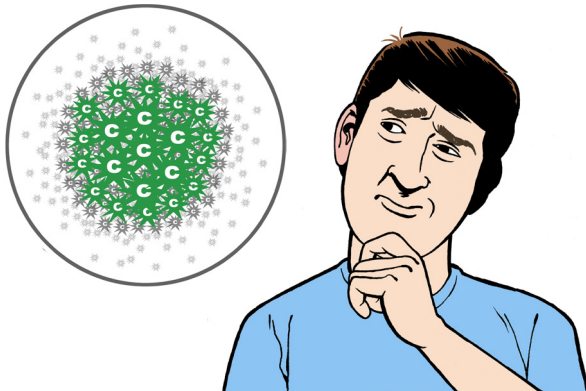
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



About cancer

- Lung cancer
- What is cancer?



Signs and symptoms

- Breast care for women
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



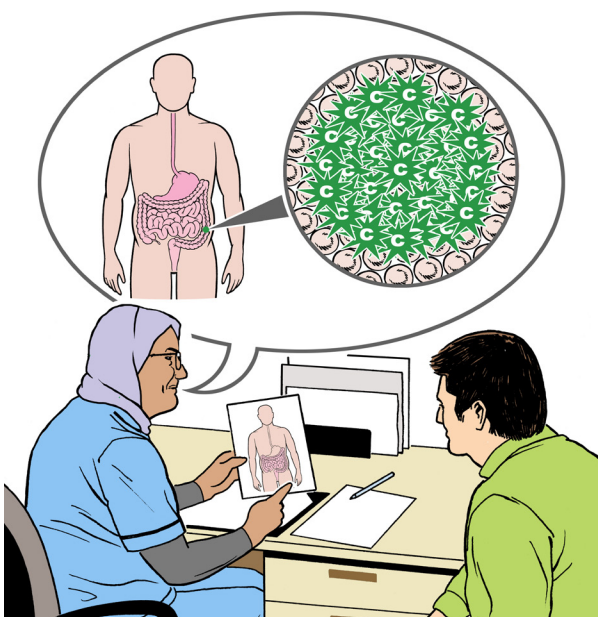
Living a healthy life

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



Tests for cancer

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



Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor



Treatment for cancer

- Chemotherapy
- Giving your consent
- Having surgery
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer

Living with cancer

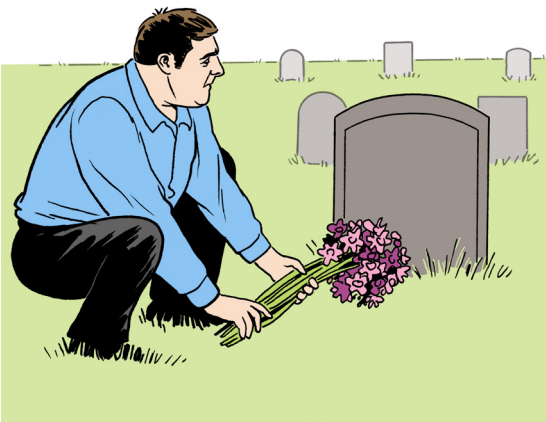
- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



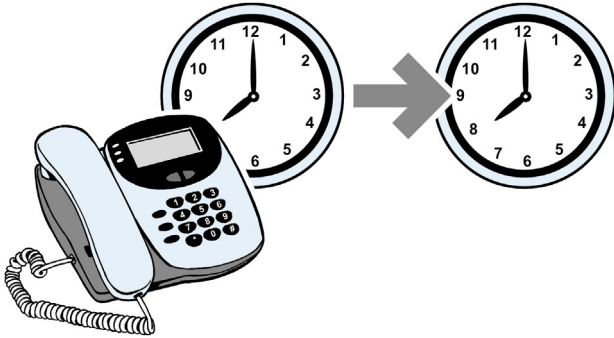
After someone dies

- 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](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**

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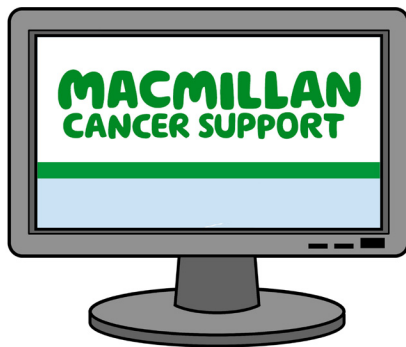
It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am to 8pm.



- If you use a textphone, you can call:
18001 0808 808 00 00



- Or go to the website
macmillan.org.uk

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

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Patient Information Forum



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