

In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

How Macmillan Cancer Support can help you





About this easy read booklet



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



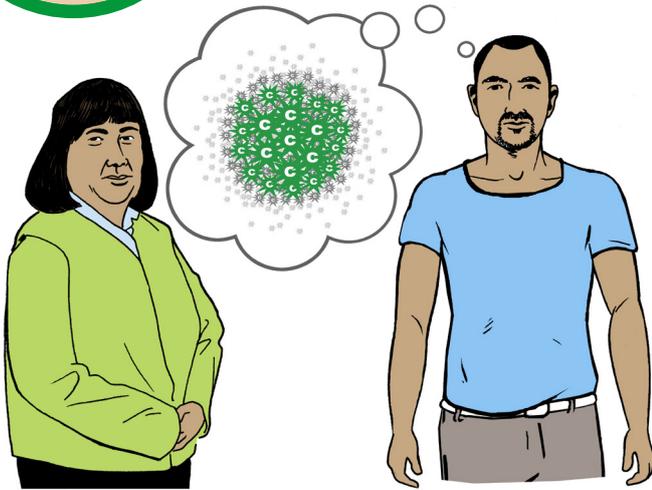
You can learn about Macmillan and the services we provide.



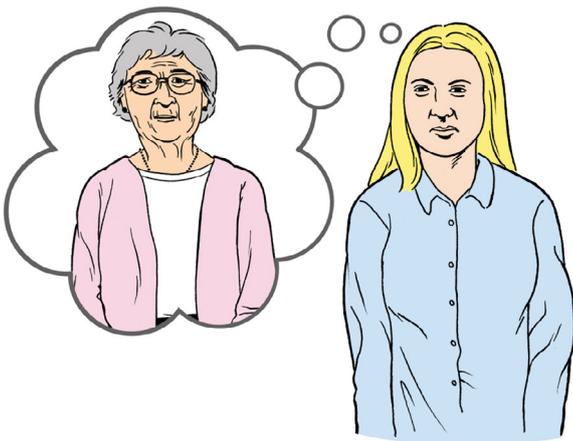
If you are worried about your health, you should talk to a doctor or nurse.



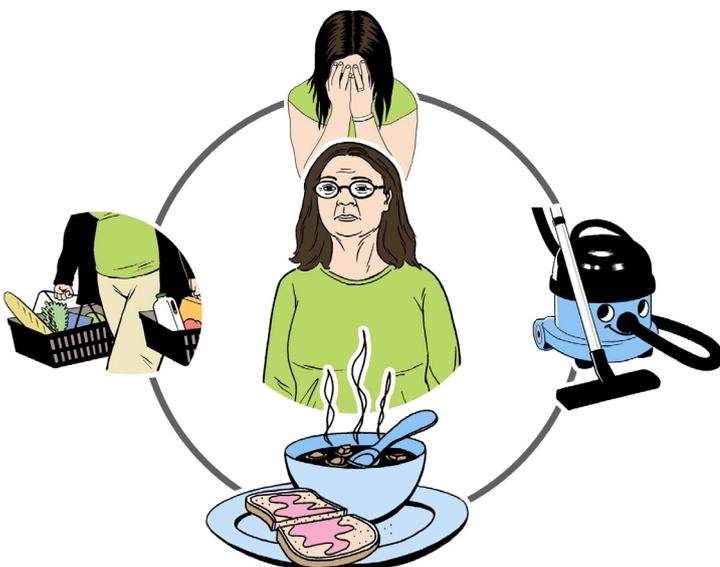
How we can help you



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



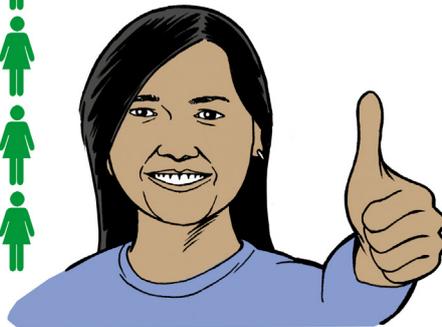
We can also help if you have a friend or family member with cancer.



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



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



We have helped millions of
people through cancer and we
can help you, your family and
friends.

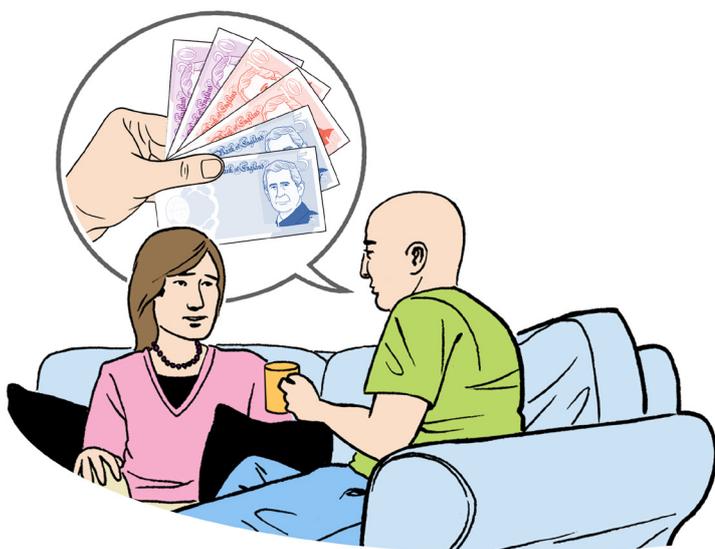
We will help you live life as fully
as you can.



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 may be able to help if you are worried about money. See page 19 for more information about money.



We have 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.

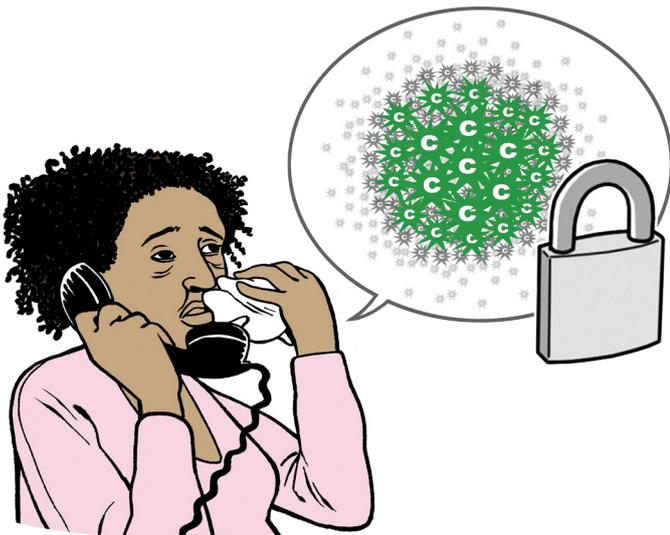


Call our support line



Macmillan Support Line

You can call to speak to one of our nurses and cancer specialists. They can support you and answer your questions about cancer.

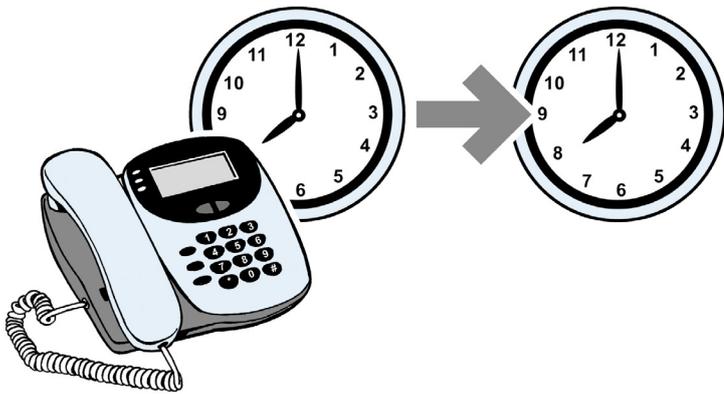


These calls are private. You can ask about cancer, your cancer treatment or talk about your feelings.



We can help if you are worried about money.

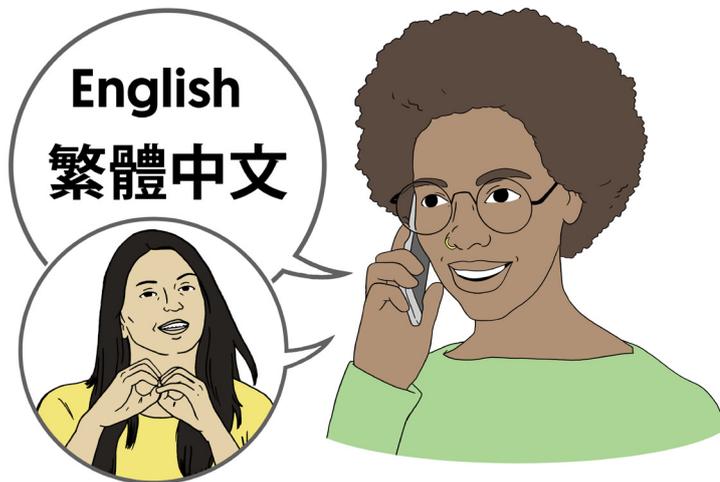
You can find out about financial benefits, or apply for a Macmillan Grant. We have more information about money on page 19.



Call us free on:

0808 808 00 00

7 days a week, from 8am to 8pm.



You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



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

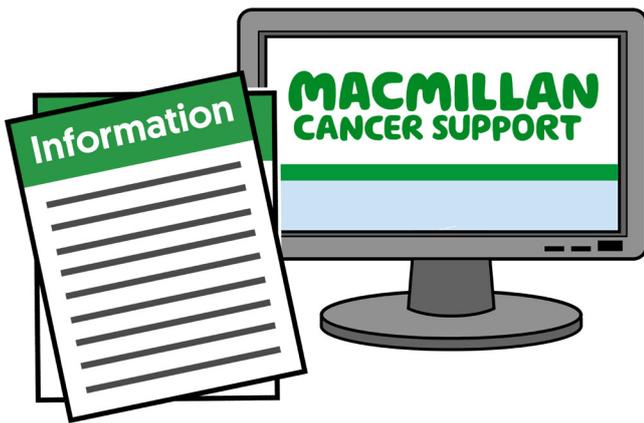
18001 0808 808 00 00



Find information about cancer



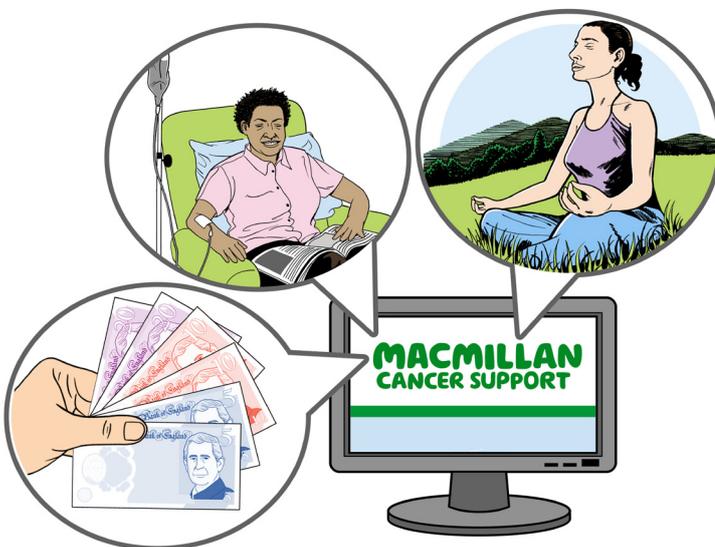
We provide expert information to help you understand cancer. All our information is free for everyone. There are lots of ways you can get information.



The Macmillan website

Our website has lots of information about cancer and living with cancer, visit:

macmillan.org.uk



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 order free booklets about cancer, including easy reads, from:

be.macmillan.org.uk

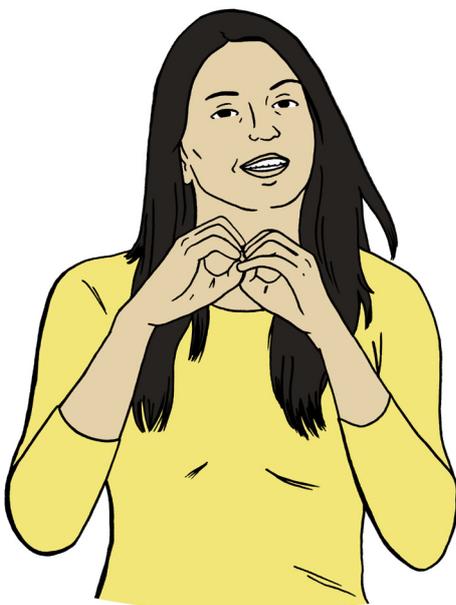
or call us on **0808 808 00 00**



Videos

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

youtube.com/macmillancancer



British Sign Language (BSL)

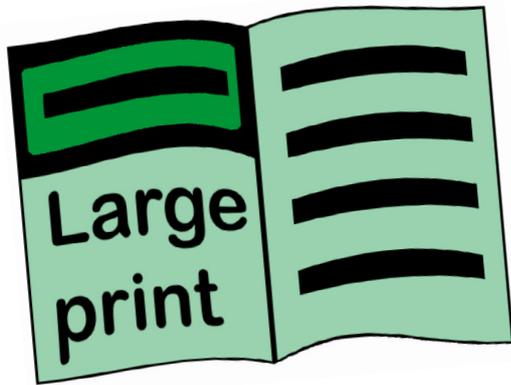
Watch information in BSL at:

macmillan.org.uk/bsl



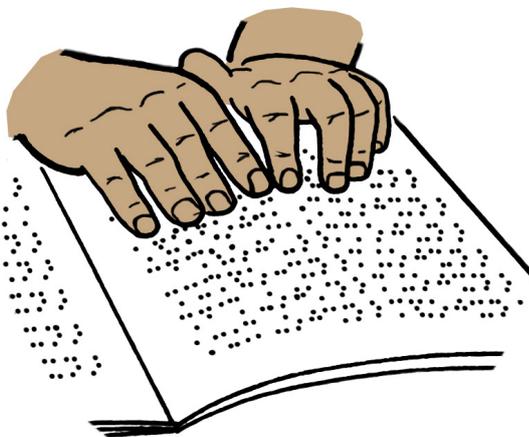
Audio

You can listen to cancer information online at:
www.soundcloud.com/macmillancancer



Large print

If you need information in large print, email us:
cancerinformationteam@macmillan.org.uk



Braille

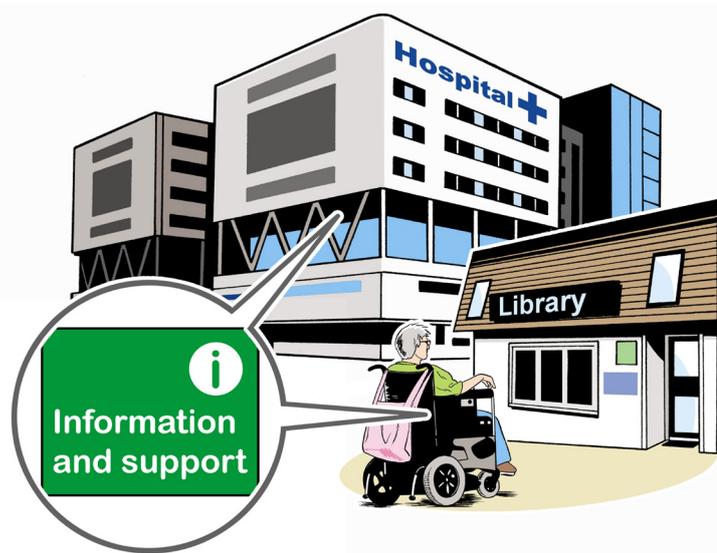
If you need information in Braille, email us:
cancerinformationteam@macmillan.org.uk



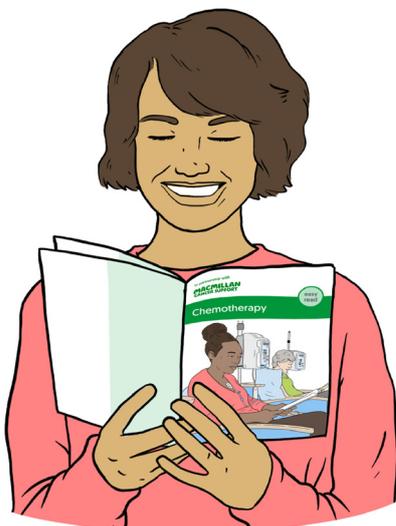
Information and support services



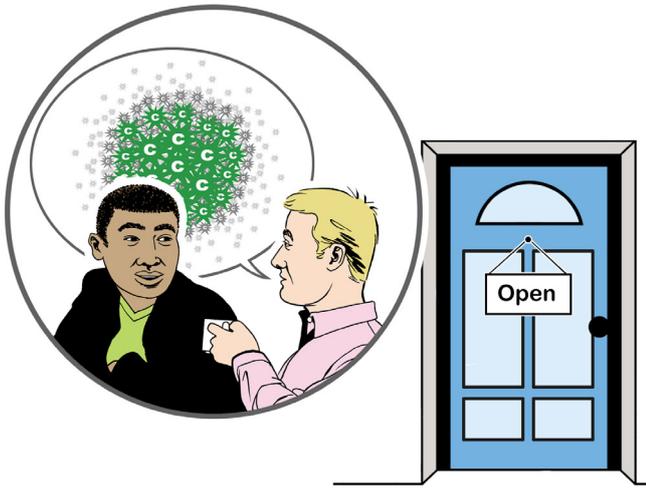
At an information and support centre you can talk to someone trained in cancer support.



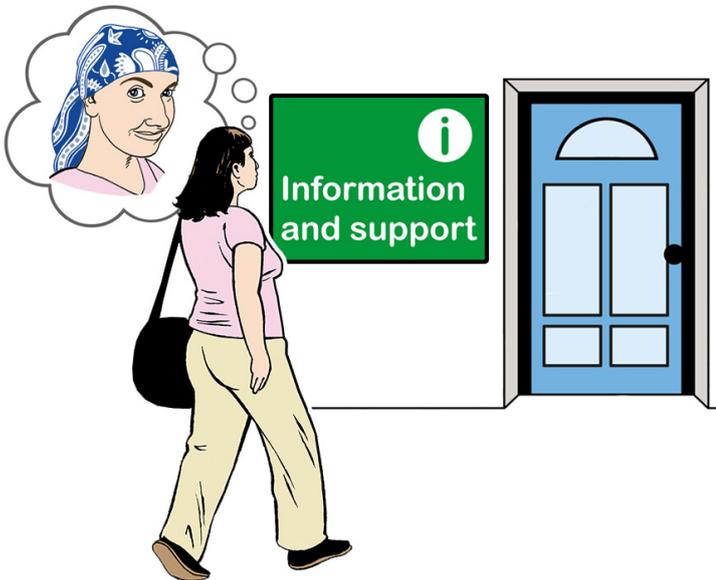
Information and support centres are in hospitals and community locations like libraries.



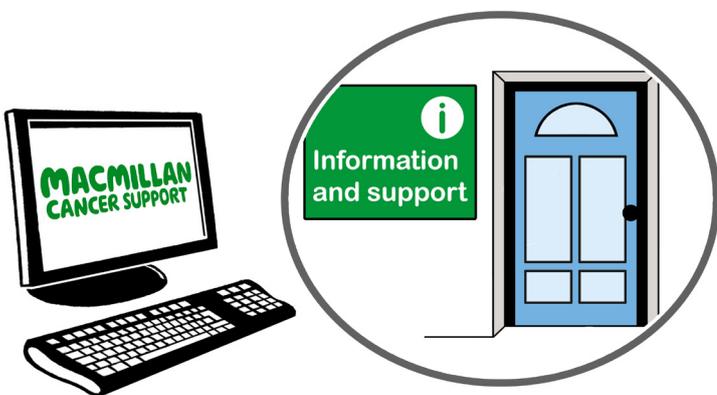
You can get free written information about cancer.



You may need to book an appointment to see someone before you visit. 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.



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

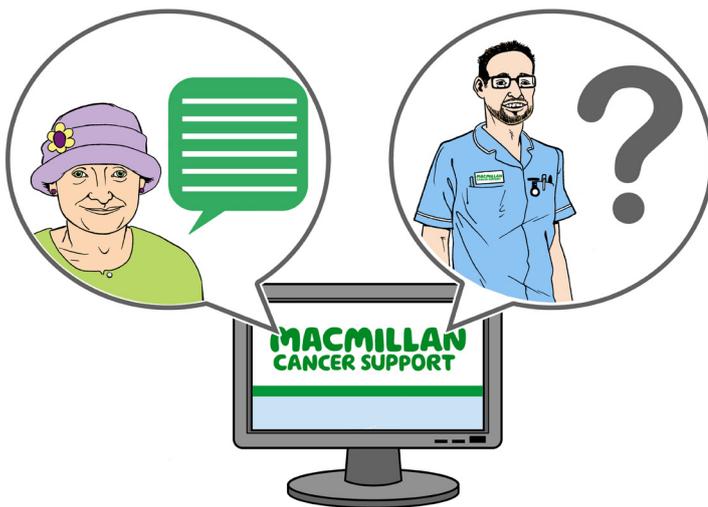


Talk to other people with cancer



Macmillan Online Community

If you use the internet you can visit the support group at macmillan.org.uk/community



You can read about other people's experiences of cancer and share your own. You can also ask our nurses 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.



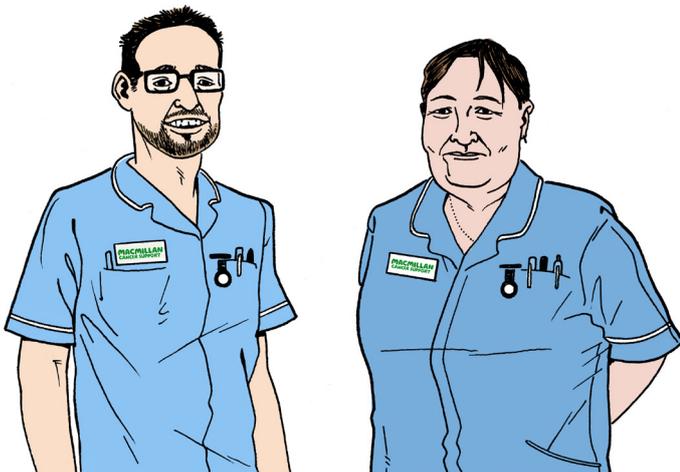
The support group may meet in person or online.



Find a support group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call **0808 808 00 00**



Macmillan healthcare team



Macmillan nurse

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

A Macmillan nurse can:



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



- help you make decisions about your health and care



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



- give you information about cancer



- contact other healthcare professionals that can help you.



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



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



If there is not a Macmillan nurse in your area, you can ask to see another cancer specialist nurse.



Other Macmillan healthcare professionals

You may be able to get help from other Macmillan professionals.



- **Macmillan Support Workers** are sometimes part of the cancer team. They 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 who have problems with being active. They 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.



Get practical support



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

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.



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



If you want to find out if you are able to get a Macmillan Grant call the support line on:

0808 808 00 00



Community Buddies

Macmillan have trained volunteers who can provide support for you at home.



Telephone Buddies can call you once a week for a chat. They can give you emotional support and practical advice.



To sign up to get support from a Macmillan buddy visit: [macmillan.org.uk/buddies](https://www.macmillan.org.uk/buddies)



More easy read booklets



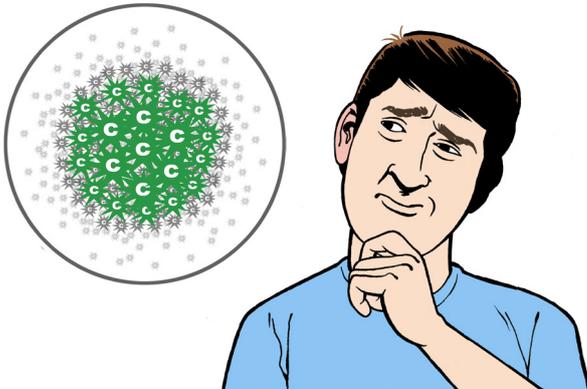
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



About Macmillan

- How Macmillan Cancer Support can help you



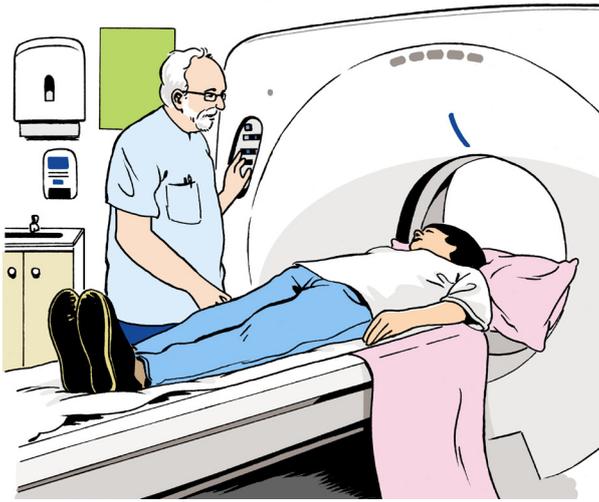
About cancer

- Lung cancer
- What is cancer?



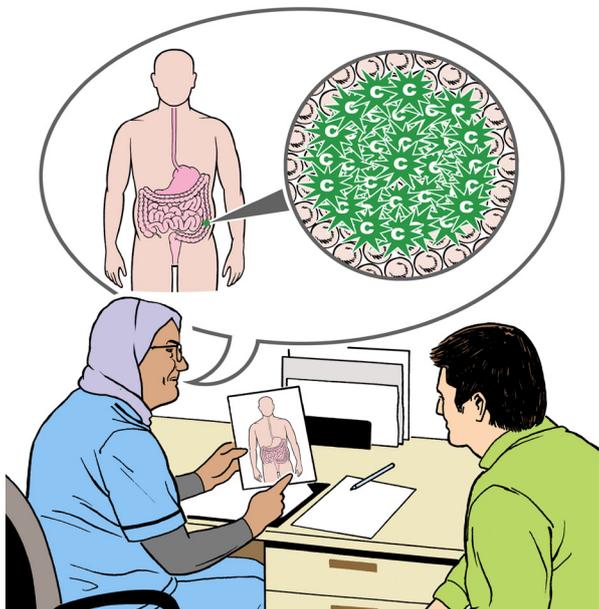
Signs and symptoms

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



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
- Deciding about your treatment
- Giving your consent
- Having surgery
- If you are unhappy with your care
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer





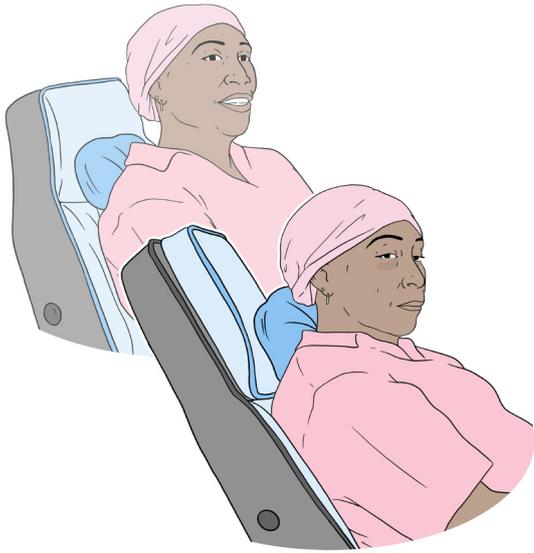
Living a healthy life

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

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
- LGBTQ+ people and 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



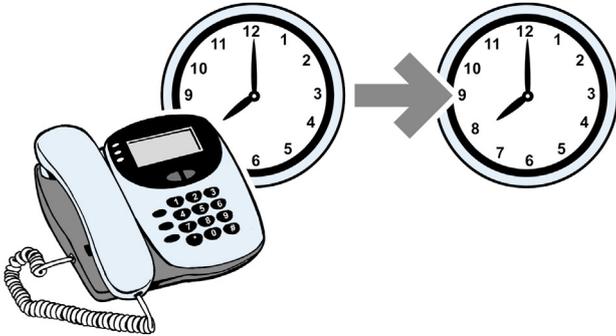
After someone dies

- 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**

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

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.

MAC16987_ER_E04 Produced August 2023.

Next planned review August 2026.

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Patient Information Forum



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