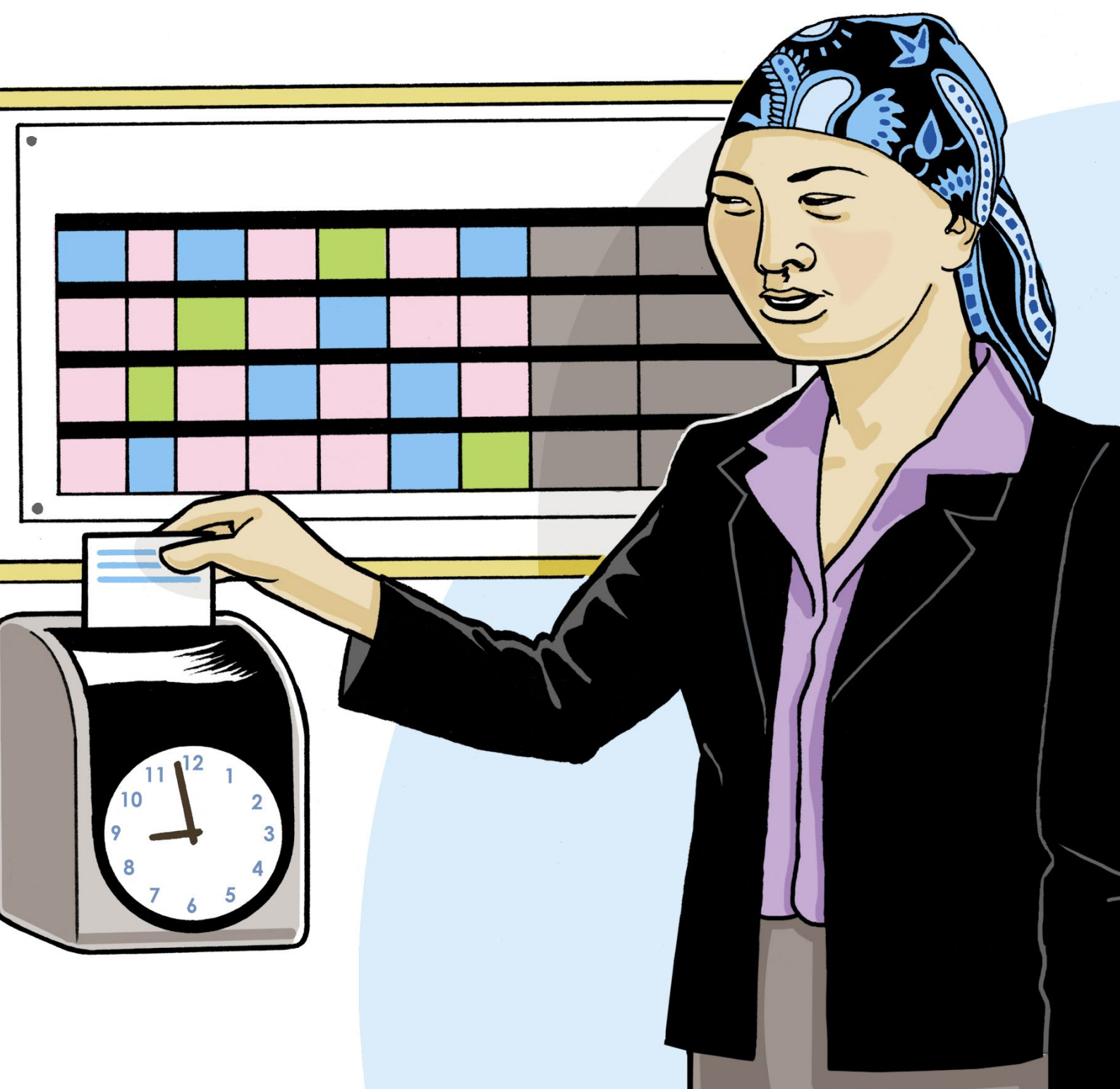


In partnership with

MACMILLAN
CANCER SUPPORT

easy
read

Work and cancer





About this easy read booklet



This booklet is about what happens if you are working and you have cancer.



You can learn about what may happen at work when you have cancer.



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



Work and cancer



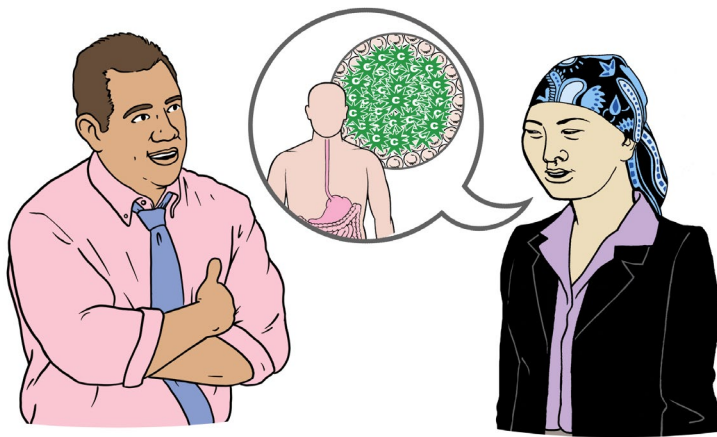
Having cancer usually means that you will not be able to do the things you used to do every day.



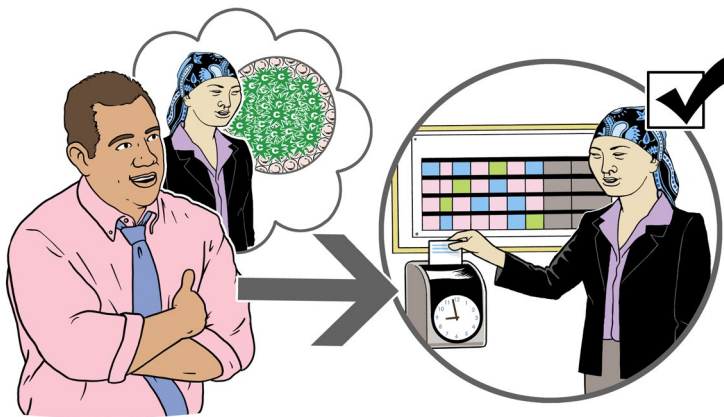
This can be because you are feeling ill. Or it can be because you are tired from the treatments for cancer.



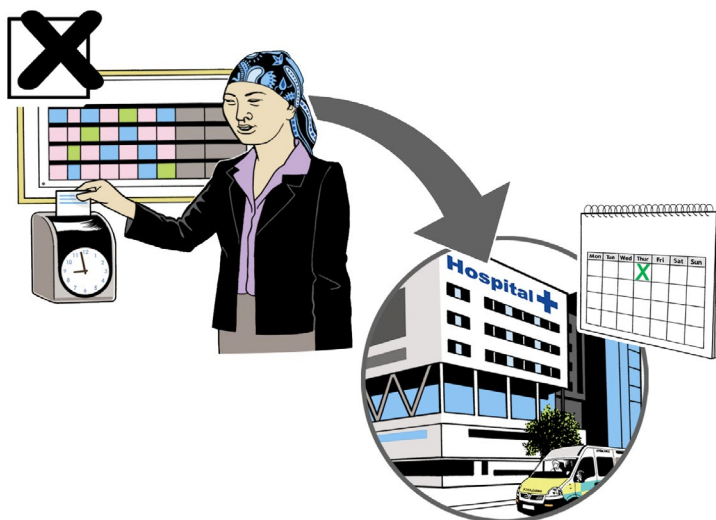
It can be because you need time to go to the hospital for your cancer care.



If you are working when you get cancer, it is important to tell your employer as soon as you can.

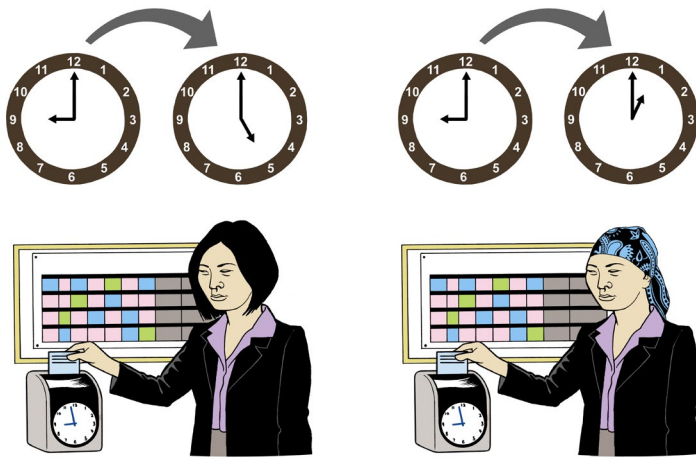


If your employer knows you have cancer, there are things they must do to help you keep your job. These things are called **reasonable adjustments**.

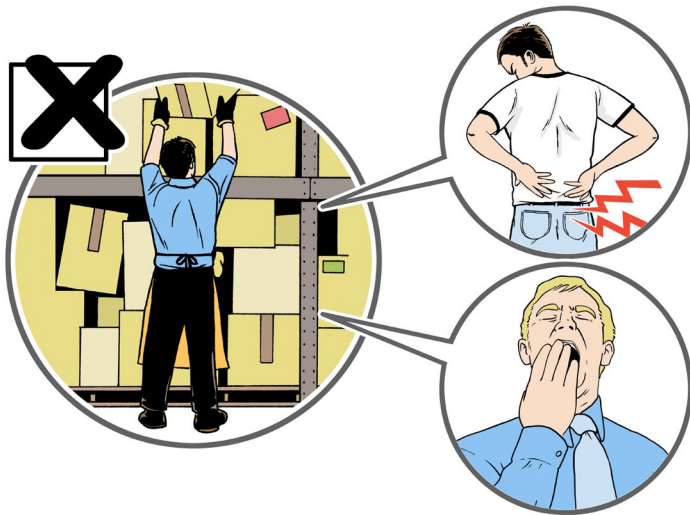


A **reasonable adjustment** might mean:

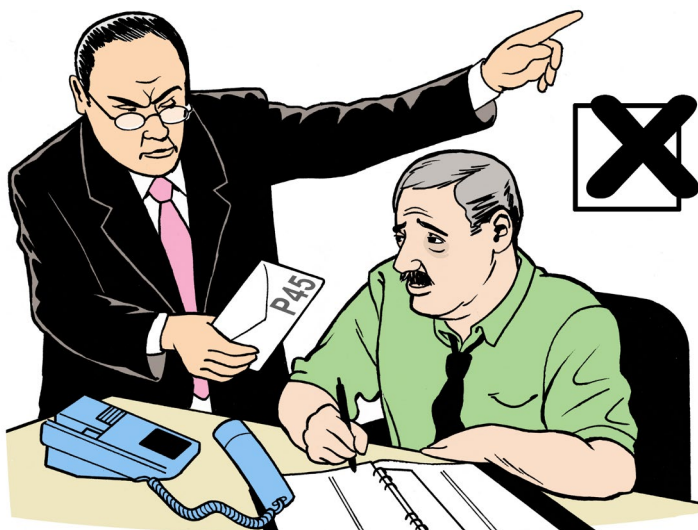
- having time off work to go to hospital



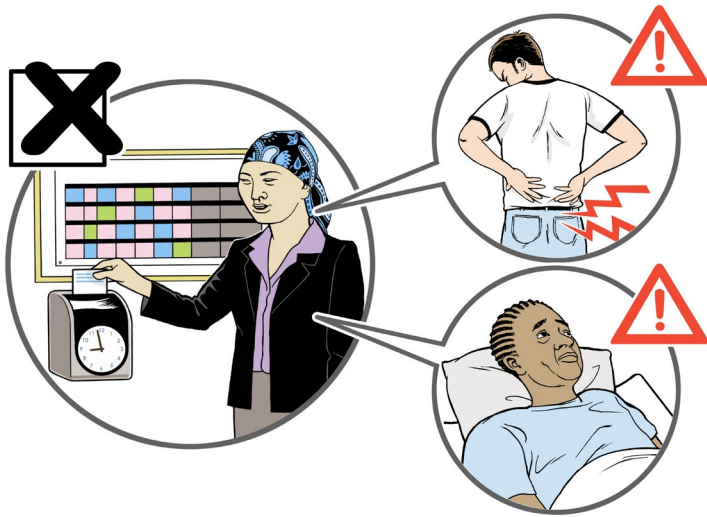
- working different hours



- stopping doing things that are too hard or tiring.



Your employer cannot tell you to stop working just because you have cancer. They must try to help you with reasonable adjustments first.



Sometimes reasonable adjustments do not help enough. This might be because the job is too hard to do when you are feeling ill. Or you might feel too ill to do any job.



You can get help with money if you have cancer and you cannot work. You should be able to get 'sick pay' from your employer, even if you work part time.



You may also be able to get **benefits**.



Benefits are a type of money paid by the government. They are for people who need help with the cost of living.



You can learn more about benefits from our booklet, **Claiming benefits when you have cancer.**



There are people at Macmillan you can talk to about work and cancer. They are called the **work support team.**



You can talk to the work support team by calling the Macmillan Support Line on **0808 808 00 00**. You can talk to them Monday to Friday, 8am to 6pm.



How Macmillan can help you

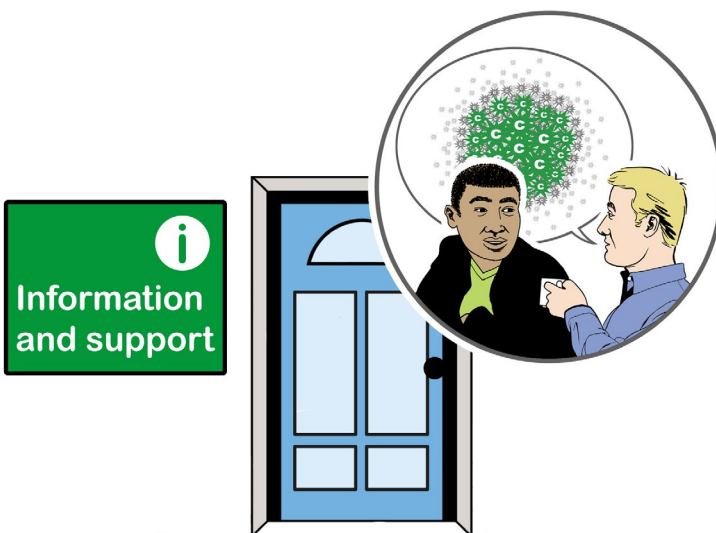


You can get support from:

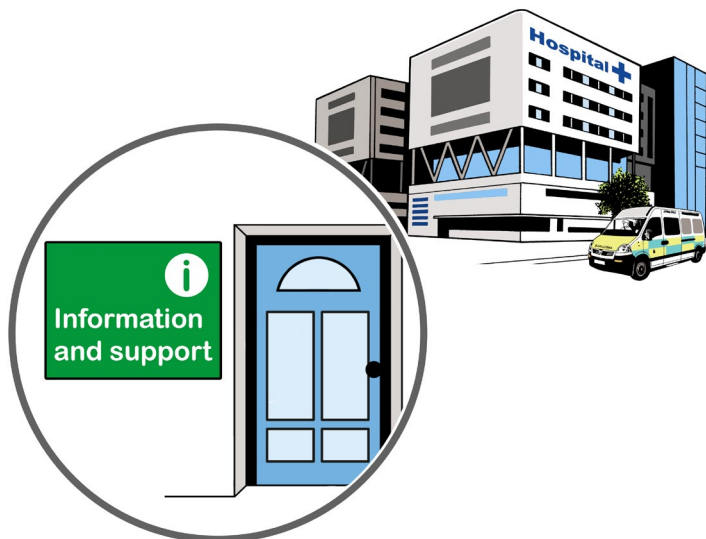
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



- The Macmillan website. Visit macmillan.org.uk for lots of information about cancer and living with cancer.



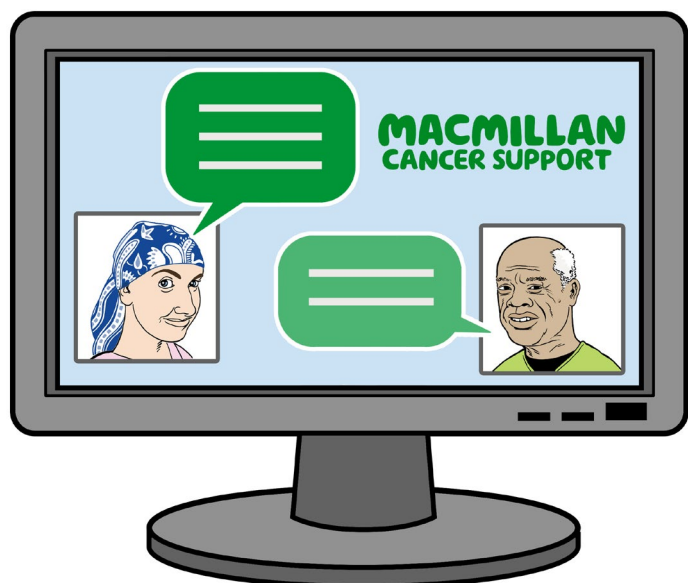
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at macmillan.org.uk/informationcentres or call us. Your hospital might have a centre.



- Local support groups. Find a group near you at 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



More easy read booklets



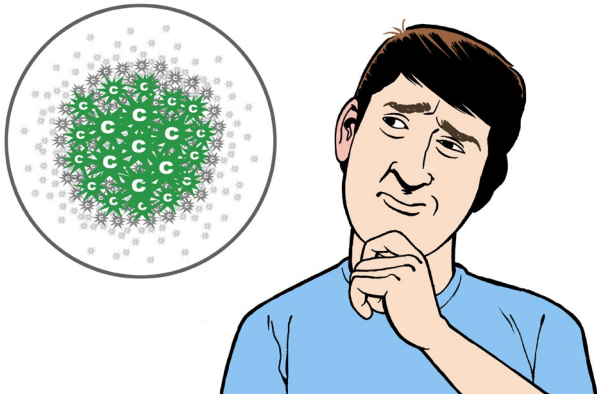
Order more easy read booklets from macmillan.org.uk/easyread

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
- How to check your balls [testicles]
- Screening for cancer
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



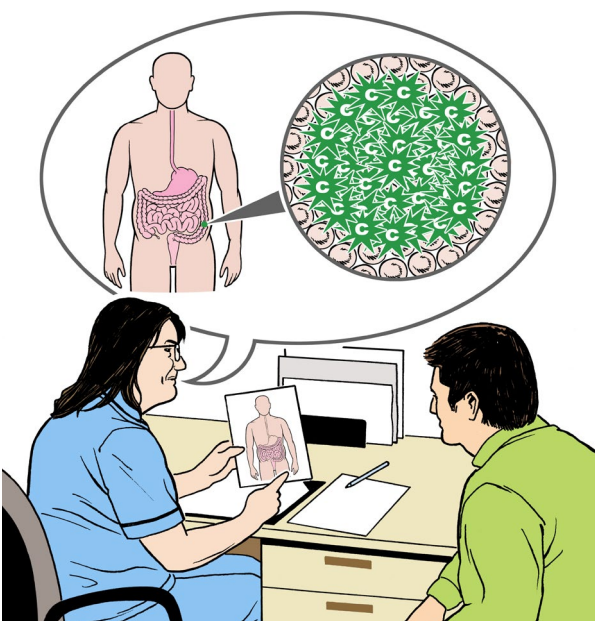
Living a healthy life

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



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
- After treatment for cancer
- 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
- 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
- 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 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



Booklets about cancer

You can order booklets about cancer from be.macmillan.org.uk



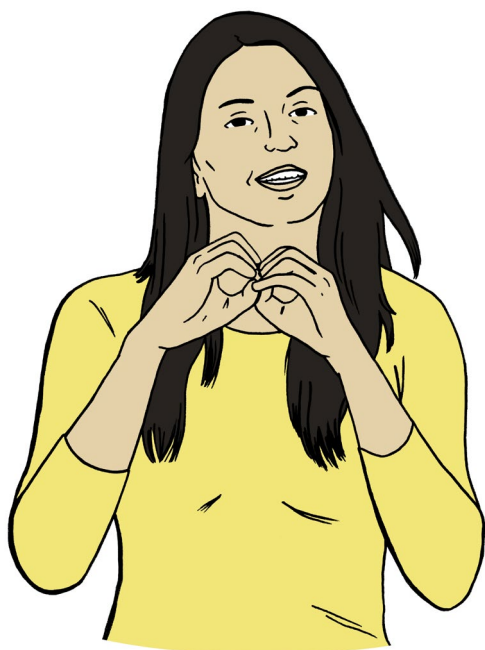
Videos

You can watch videos about cancer at macmillan.org.uk/videos



Audio

You can listen to information about cancer and order CDs from macmillan.org.uk/audio



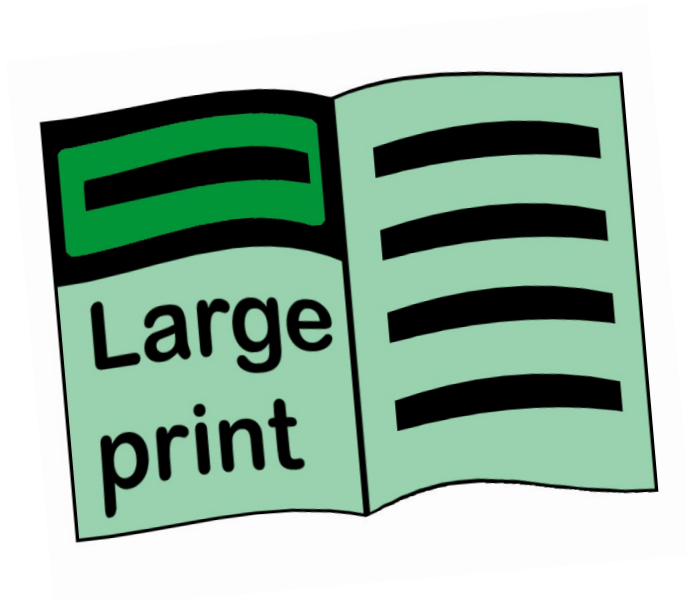
British Sign Language (BSL)

You can watch information in BSL at macmillan.org.uk/bsl



eBooks

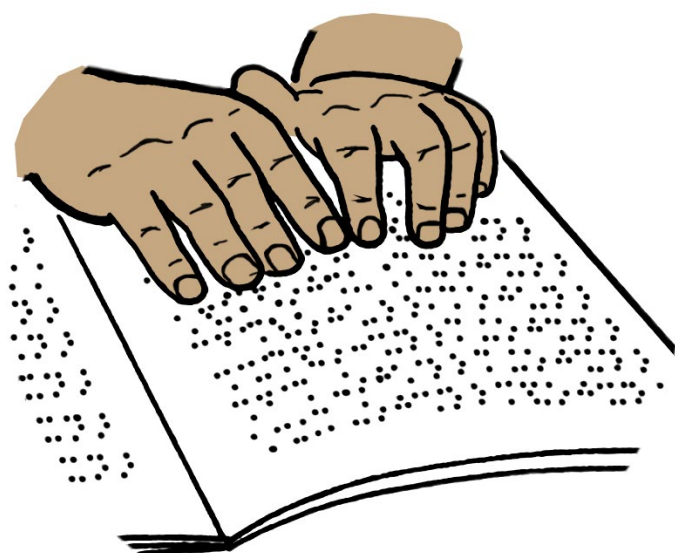
You can get eBooks about cancer from be.macmillan.org.uk



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



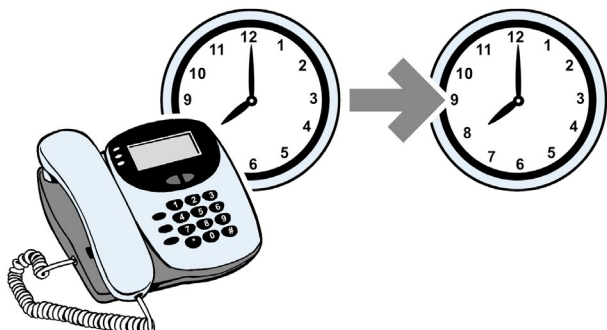
Braille

Tell us if you need information in Braille.

Email: cancerinformationteam@macmillan.org.uk

This booklet is about cancer.

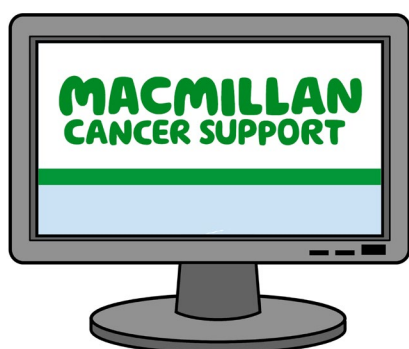
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:
0808 808 00 00
7 days a week from 8am 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](https://www.macmillan.org.uk)

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

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