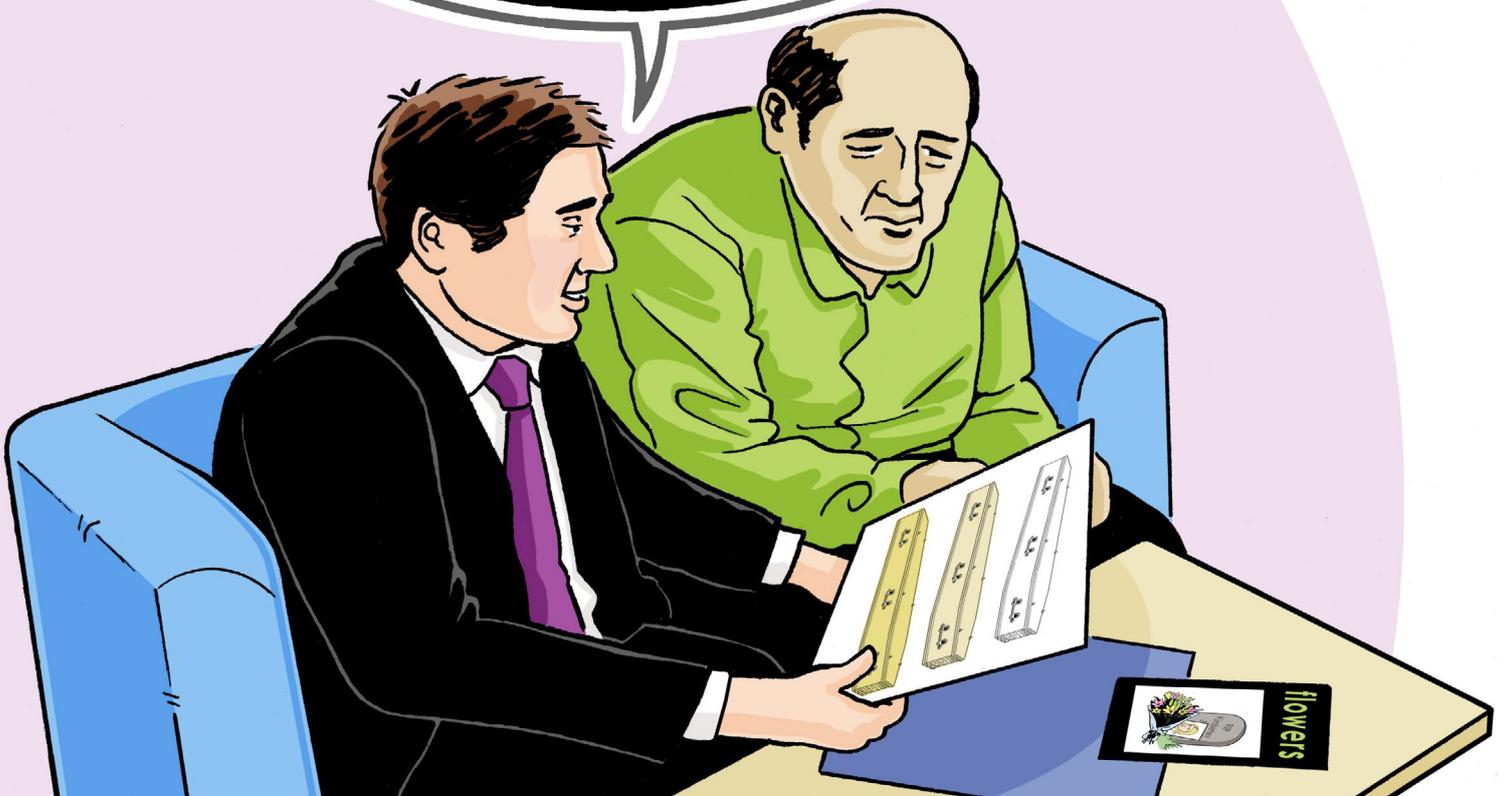


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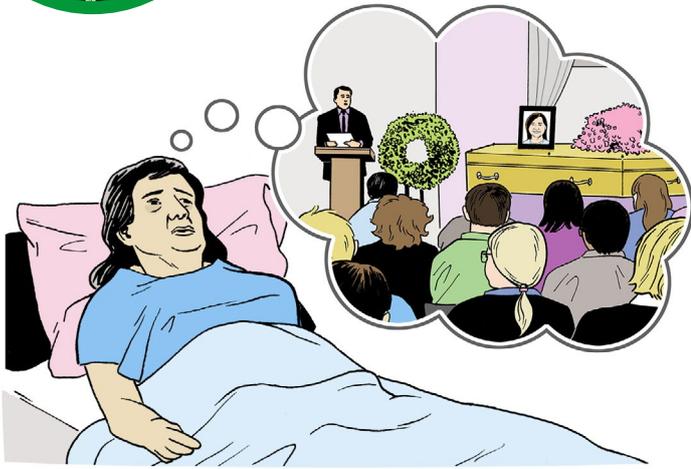
easy
read

Thinking about your funeral





About this easy read booklet



This booklet is about thinking about your funeral.



You can learn about what a funeral is and the choices you can make.



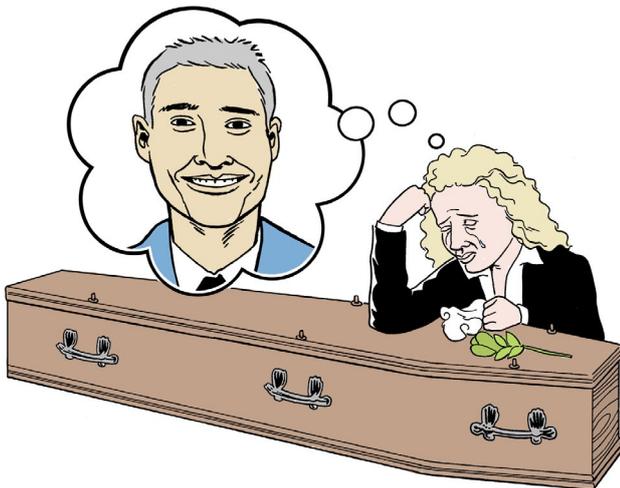
If you are worried about your health, you should talk to a doctor or nurse.



Thinking about your funeral



A **funeral** is a time for people to get together to remember someone who has died.

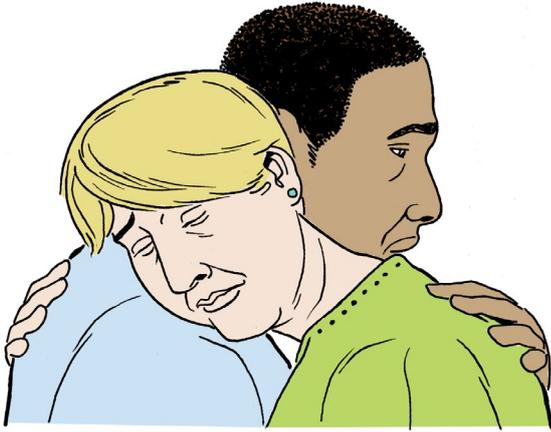


It is a time to:

- say good bye to the person



- remember all the good things the person has done.



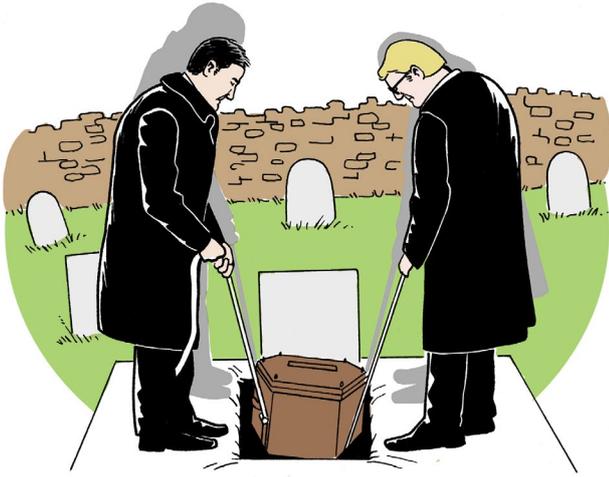
At a funeral people can share their sadness about the person being gone.



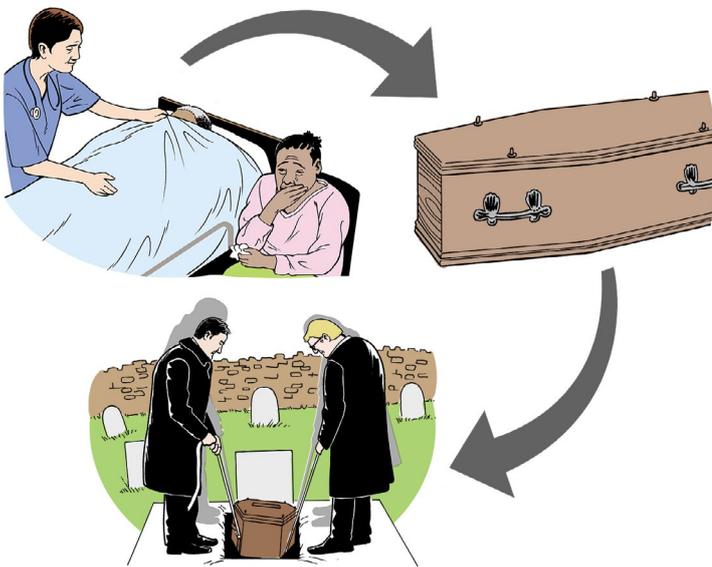
A funeral can also be a celebration of a person's life.



A funeral is also what happens to a person's body after they have died.



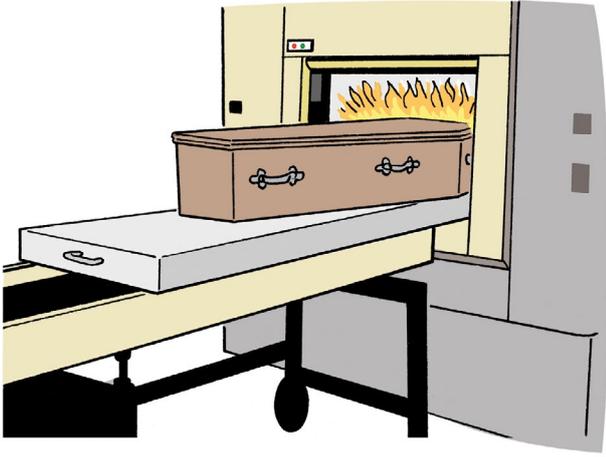
Some people choose to have their body buried.



This means their body will be put in a special box called a coffin. It is put into the ground in a place called a grave.



The grave will usually have a stone with the person's name on it. The stone is put on about a year after the funeral.



Other people choose to have their body cremated. This means that their body will be put in a coffin and then put in a very hot fire until it becomes ashes.



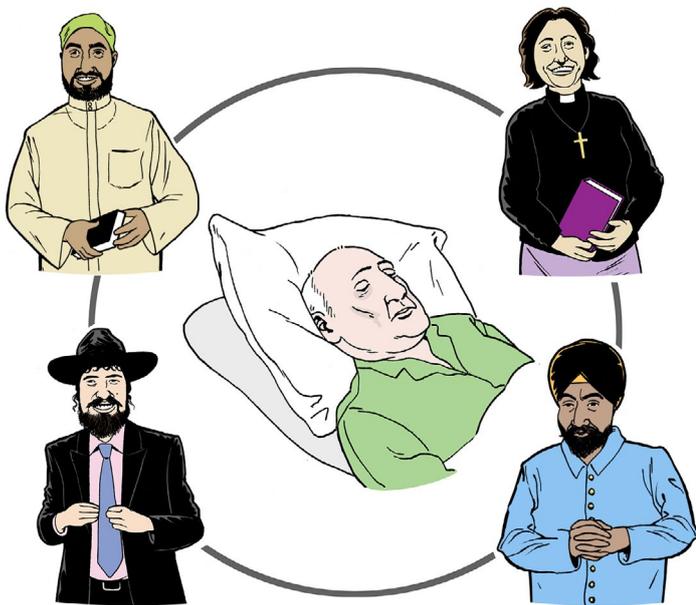
People sometimes want their friends and family to spread their ashes in a place that was special to them.



You may not want to talk about or plan your funeral.



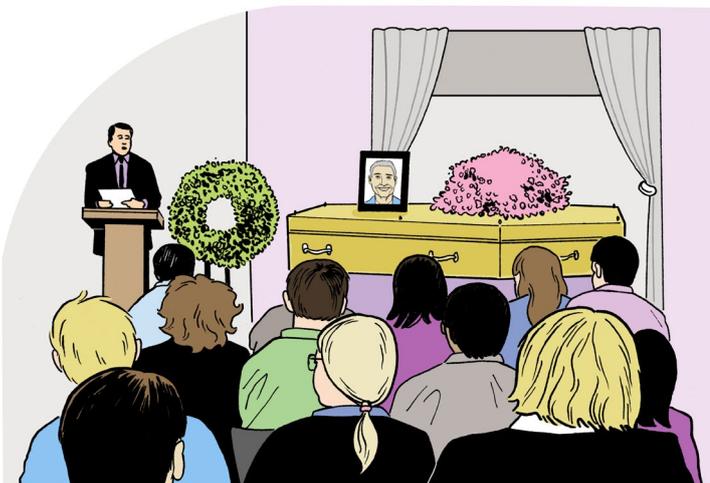
You might want to leave it to your family and friends to do it for you.



Some religions and faiths say that certain things should happen after a person has died.

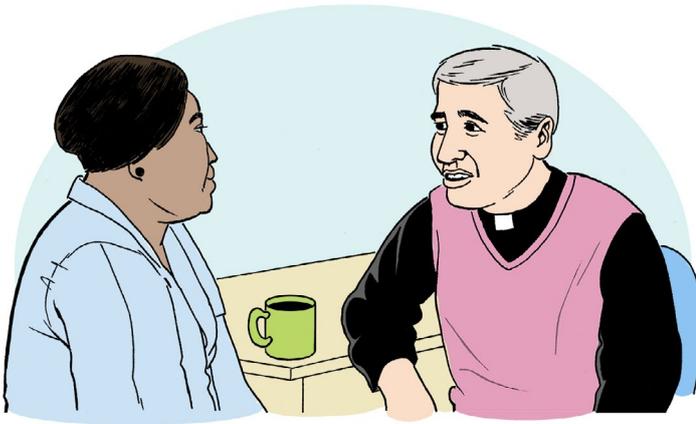
This might include what happens:

- at the funeral

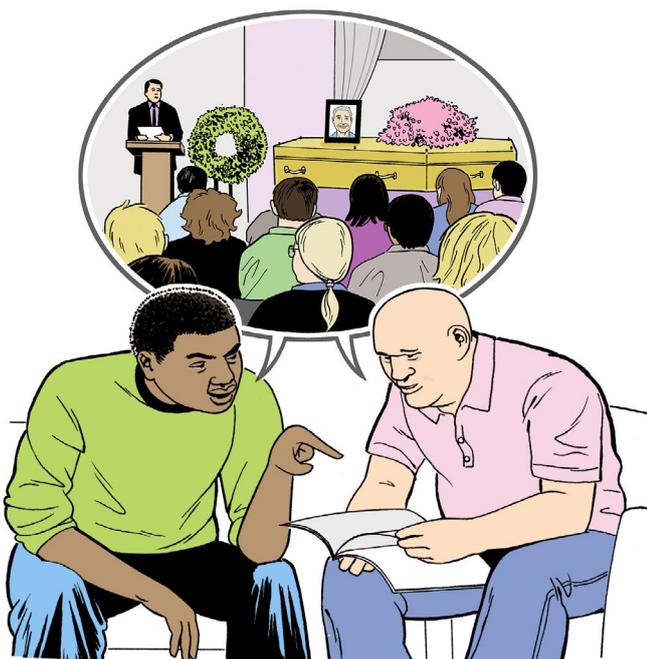




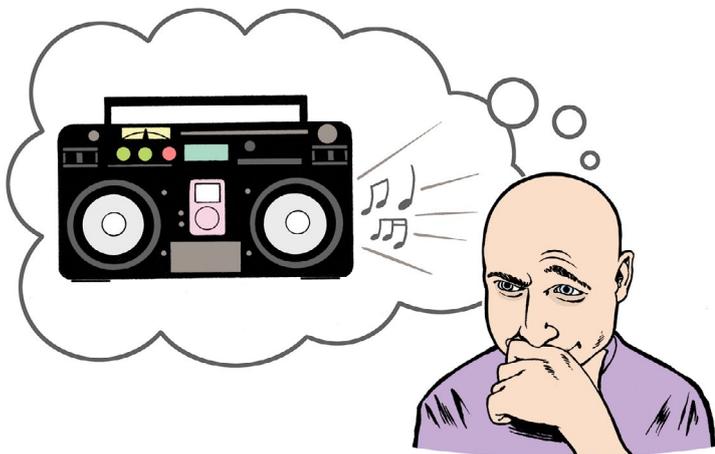
- to the person's body.



If you are part of a religion or faith, you might want to talk about this with your chaplain or religious leader.



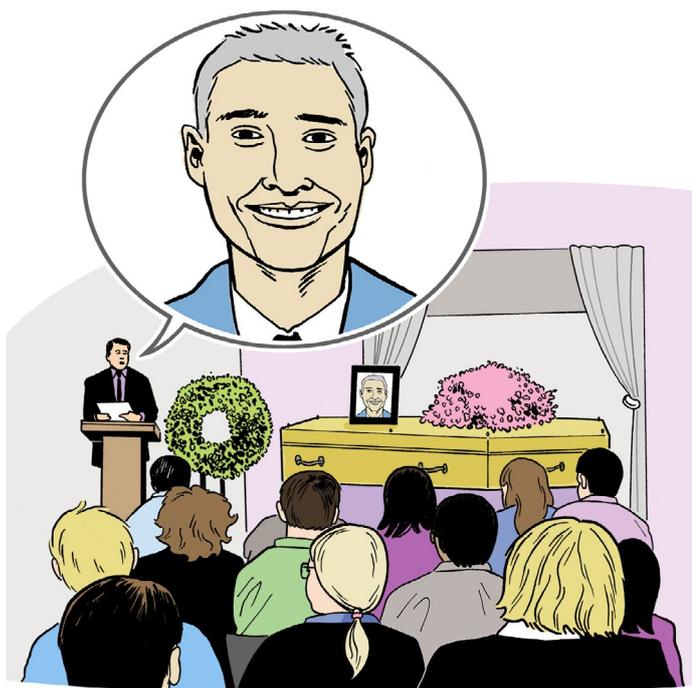
If you do want to plan your funeral, ask someone to help you. You can plan what will happen at your funeral.



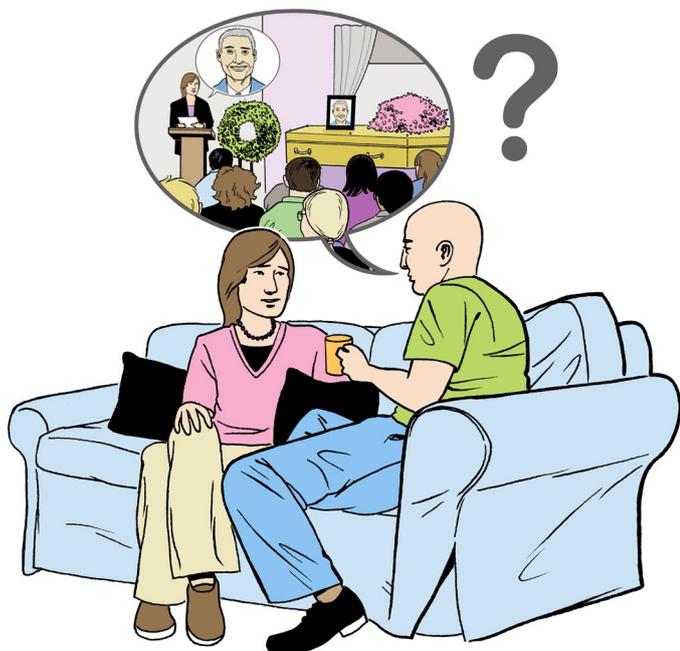
You can sometimes decide what music will be played at your funeral.



Think about the people you want to be at your funeral. Some of these people might live far away. Or you might not see them very often. Someone will need to tell these people about your funeral.



At some funerals, a religious leader can talk about the person who has died. They can talk about the good things the person did and why people love them. Sometimes a friend or family member can speak too.



If you would like someone to talk about you at your funeral, ask them if they can do it. You can also tell them what you want them to say.



How Macmillan can help you

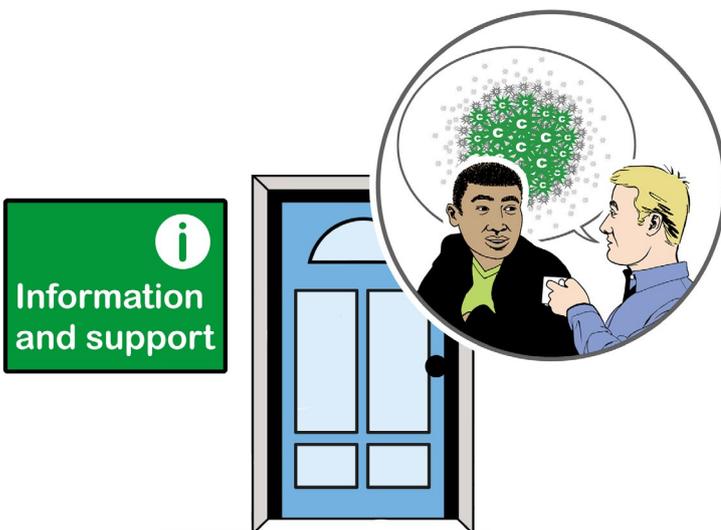


You can get support from:

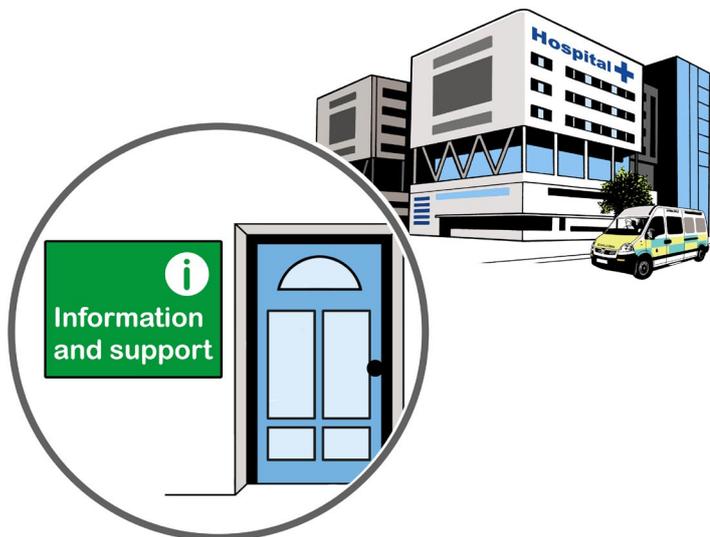
- The Macmillan Support Line. Call **0808 808 00 00** 7 days a week, 8am to 8pm.



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



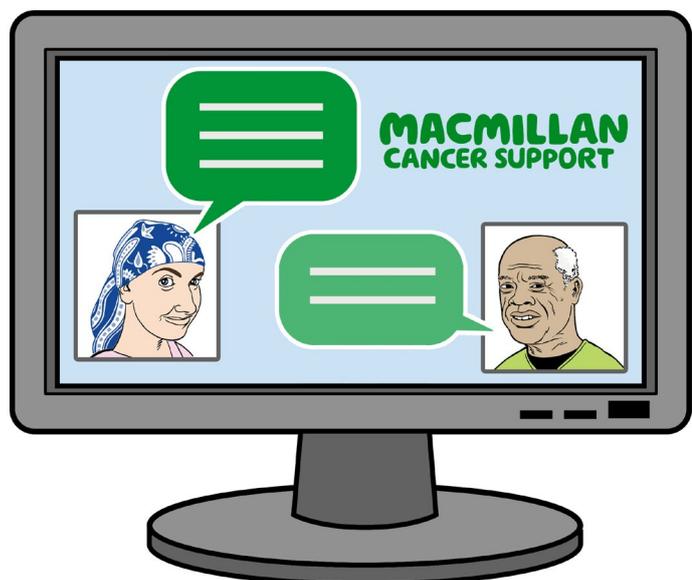
- Information centres. At an information centre, you can talk to a cancer support specialist and get written information.



Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us. Your hospital might have a centre.



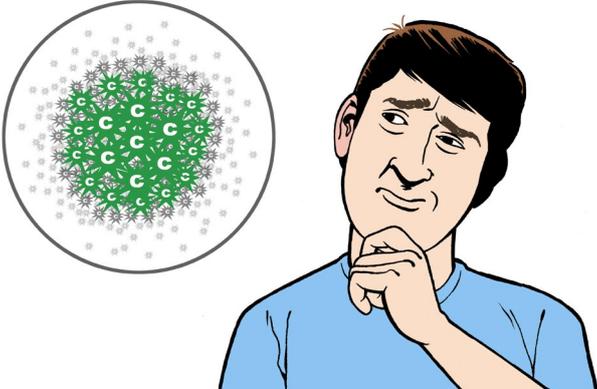
- Local support groups. Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



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



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

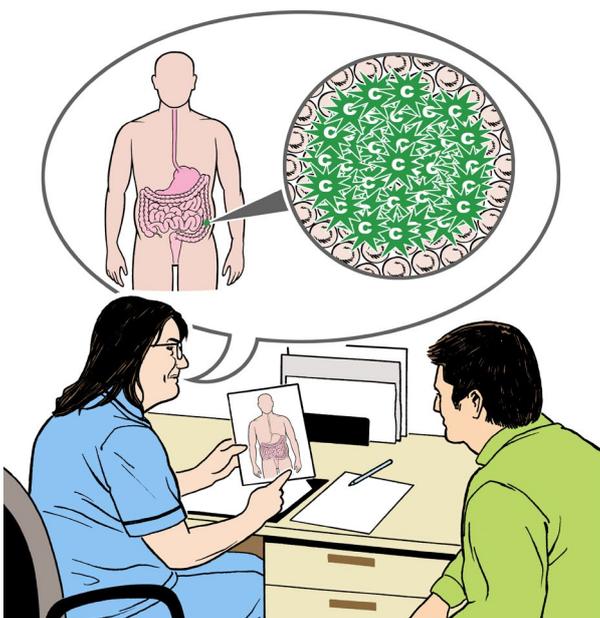


Living a healthy life

- 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**

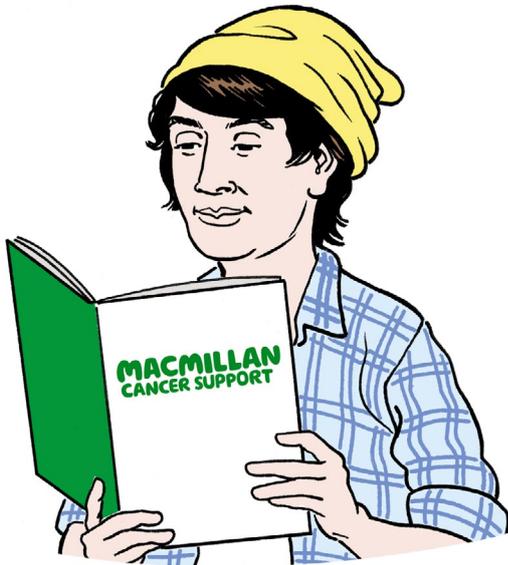


More information and resources



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



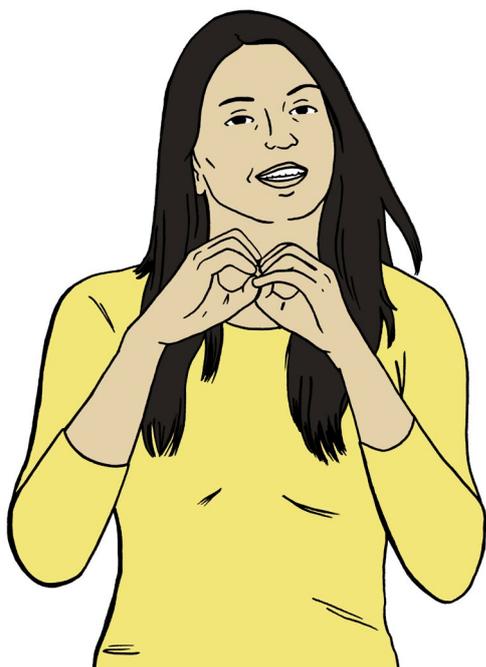
Videos

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



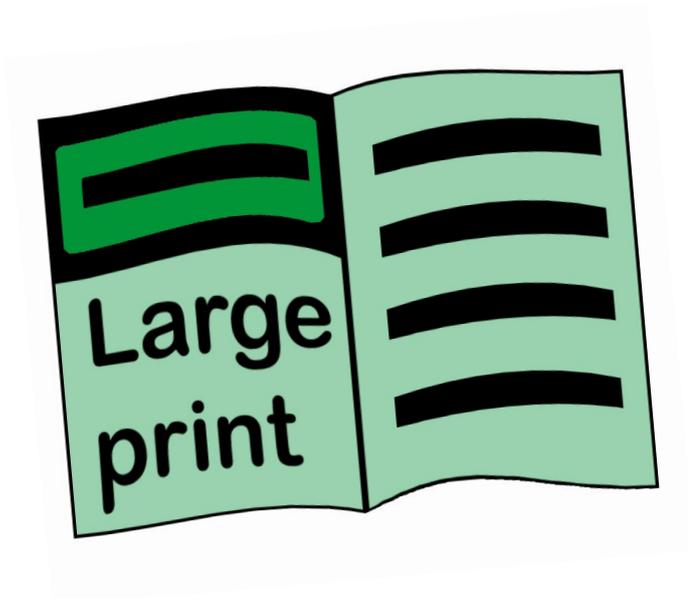
British Sign Language (BSL)

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



eBooks

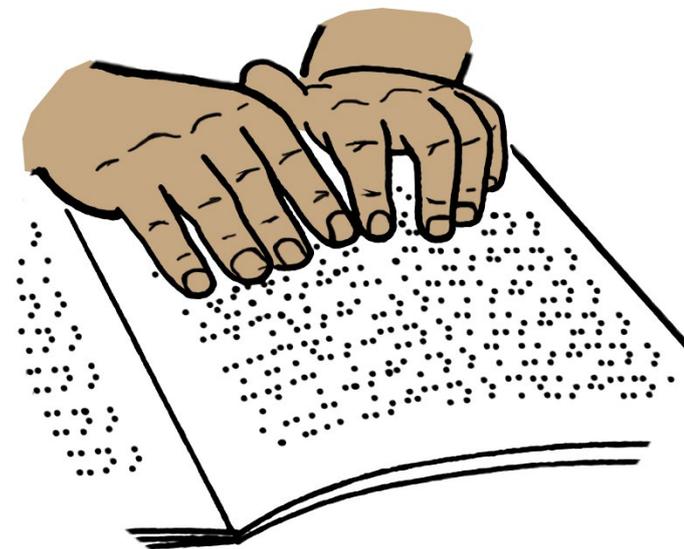
You can get eBooks about cancer from [be.macmillan.org.uk](https://www.be.macmillan.org.uk)



Large print

Tell us if you need information in large print.

Email: cancerinformationteam@macmillan.org.uk



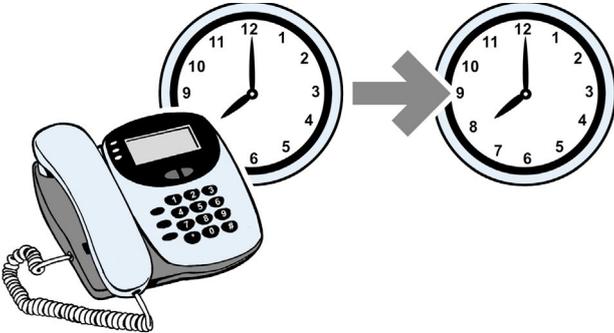
Braille

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

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

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