

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.



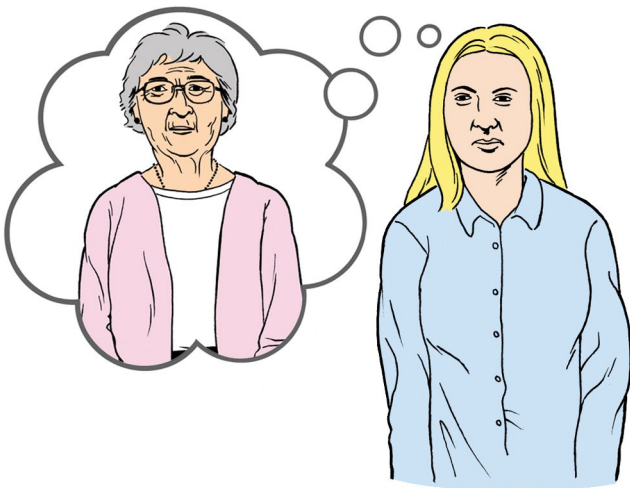
If you are worried about your health, you should talk to a doctor or nurse.



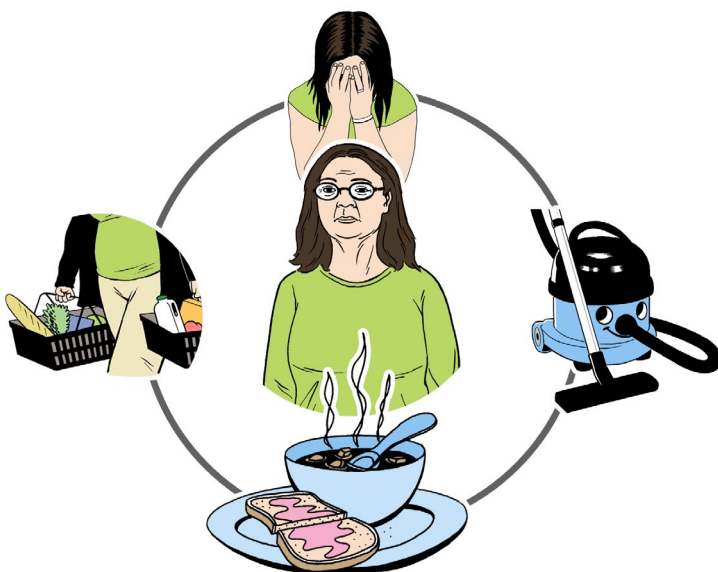
How we can help you



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.



We 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.

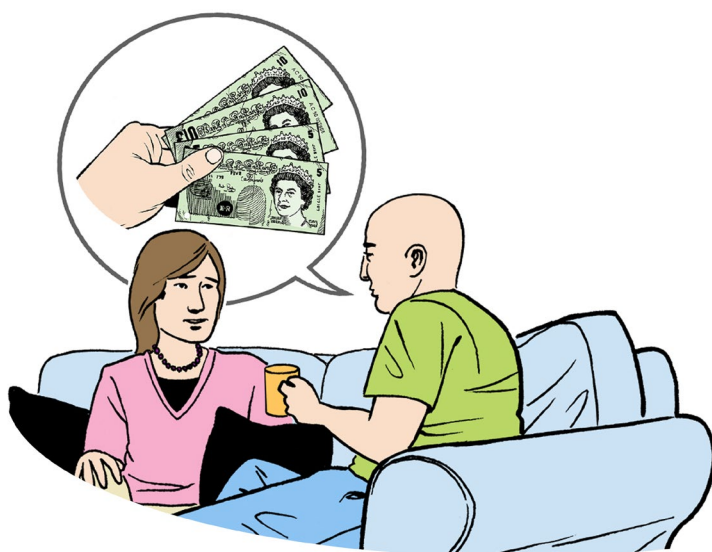
We will help you live life as fully as you can.



We can help with everyday life and the feelings you may have about cancer.



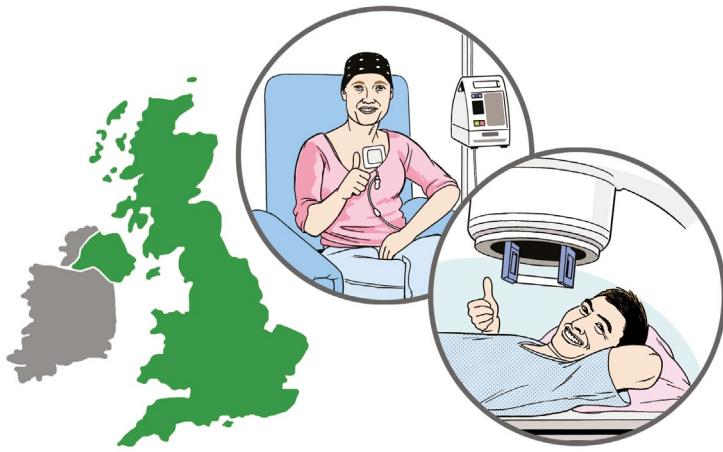
We can give you free information and support about cancer in a way that is best for you.



We may be able to help if you are worried about money. See page 20.



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.



We work to make cancer care better for everyone who lives in the UK.

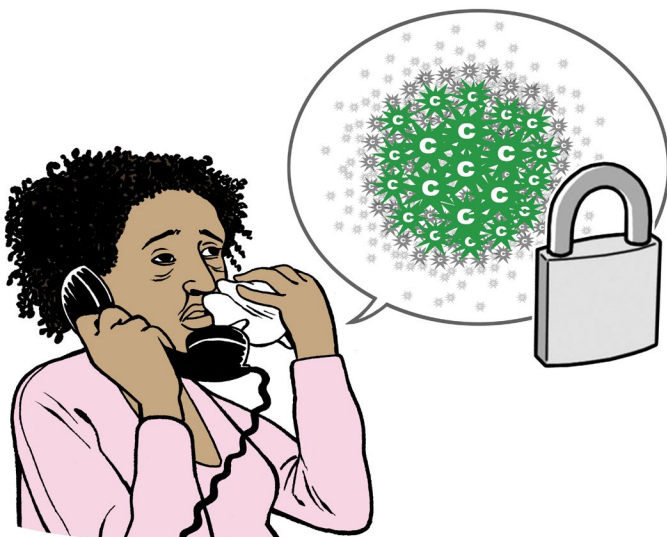


Call our support line



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.

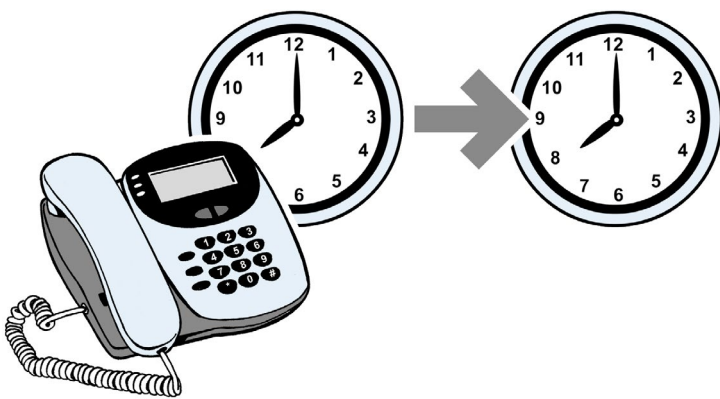


These calls are private. You can ask about cancer, your cancer treatment or talk about your feelings.



We can help if you are worried about money.

You can find out about financial benefits, or apply for a Macmillan Grant. See page 20.



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



Find information about cancer



We provide expert, up-to-date 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

macmillan.org.uk

Our website has lots of information about cancer and living with cancer. 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 also order what you need from the website at:

be.macmillan.org.uk

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



You can choose the way you would like the information at:

[macmillan.org.uk/
otherformats](https://www.macmillan.org.uk/otherformats)



- **Easy read**

You can order printed booklets, read the information online or download the booklets at:

[macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)



- **Videos**

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

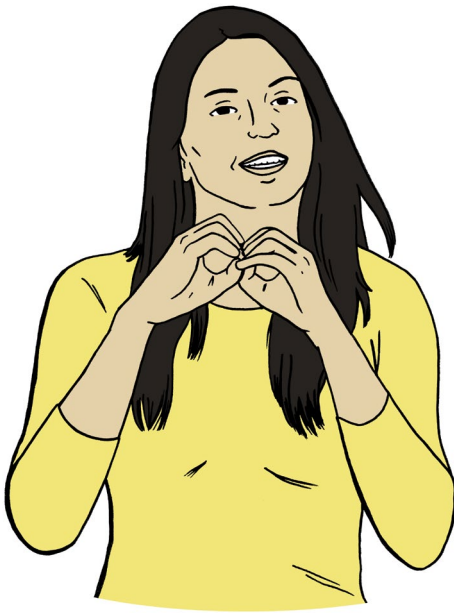
[macmillan.org.uk/videos](https://www.macmillan.org.uk/videos)



- **Audio**

You can listen to cancer information online at:

www.soundcloud.com/macmillancancer



- **British Sign Language (BSL)**

Watch information in BSL at:

macmillan.org.uk/bsl



- **eBooks**

If you like to read electronic books you can download them from the website.

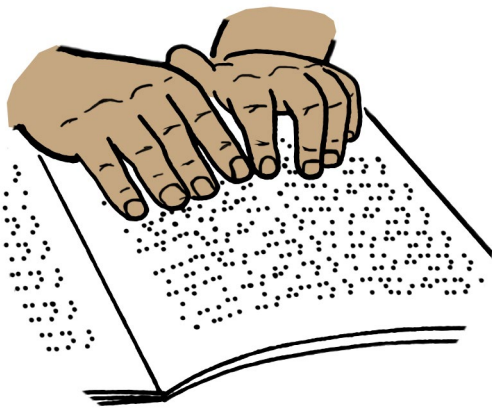
be.macmillan.org.uk/ebooks



- **Large print**

Email us if you need information in large print. We can make these for you.

cancerinformationteam@macmillan.org.uk



- **Braille**

Email us if you need information in Braille. We can make these for you.

cancerinformationteam@macmillan.org.uk



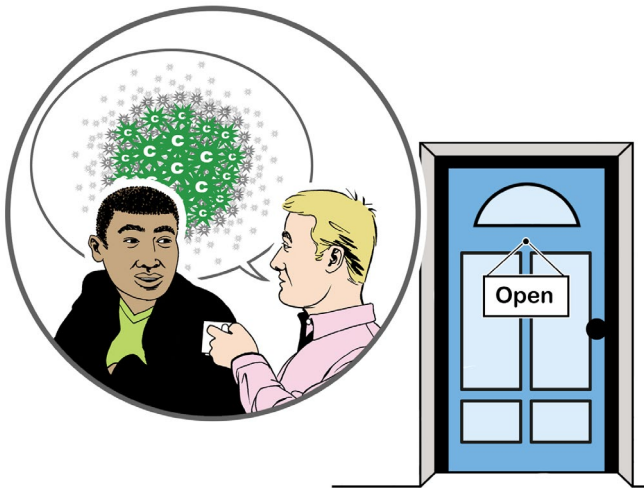
Come to an information and support service



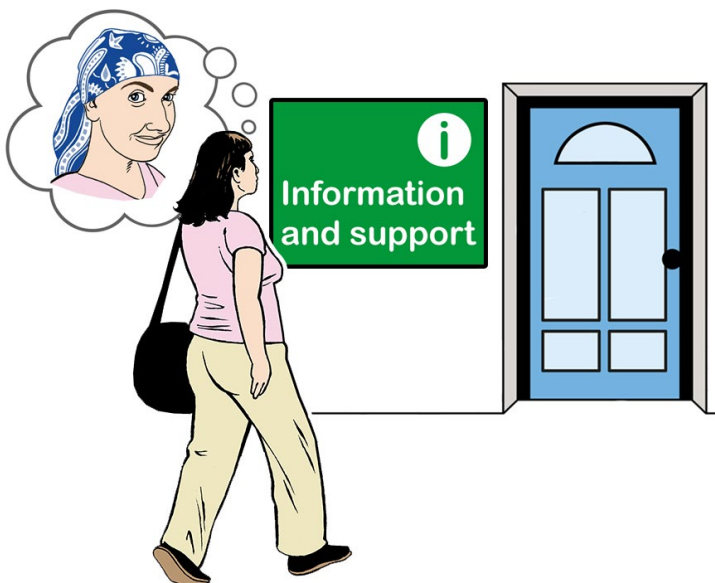
At an information and support centre you can talk to someone trained in cancer support.



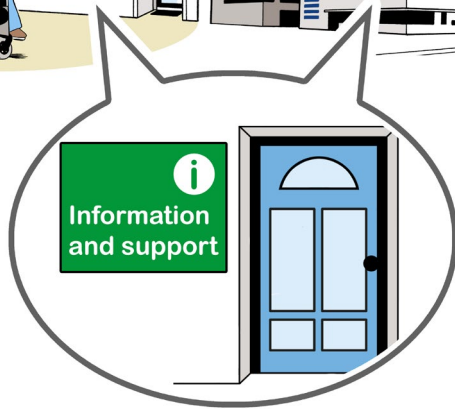
You can get free written information about cancer.



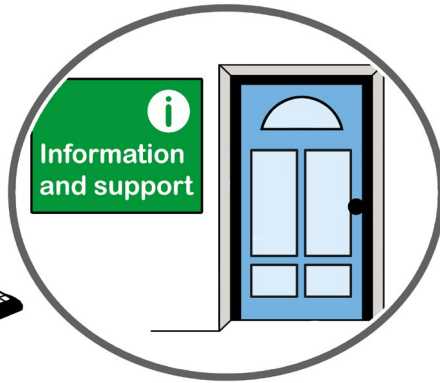
You may need to book an appointment to see someone before you visit. You can talk to someone if you have cancer or are worried about cancer.



You can also visit if someone you care about has cancer.



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



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

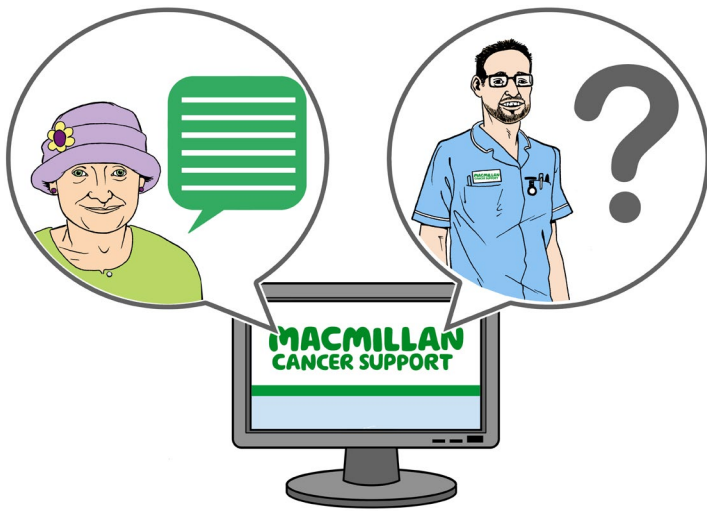


Talk to other people with cancer



Macmillan Online Community

If you use the internet you can visit the support group at [macmillan.org.uk/community](https://www.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**



Meet the Macmillan healthcare team



Macmillan nurse

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

A Macmillan nurse can:

- give you information about cancer

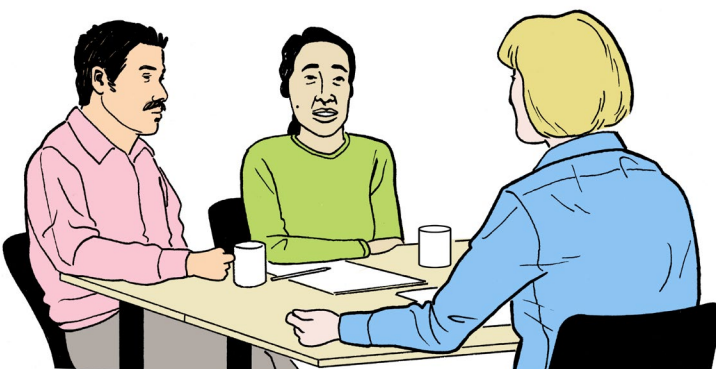




- help you make decisions about your health and care



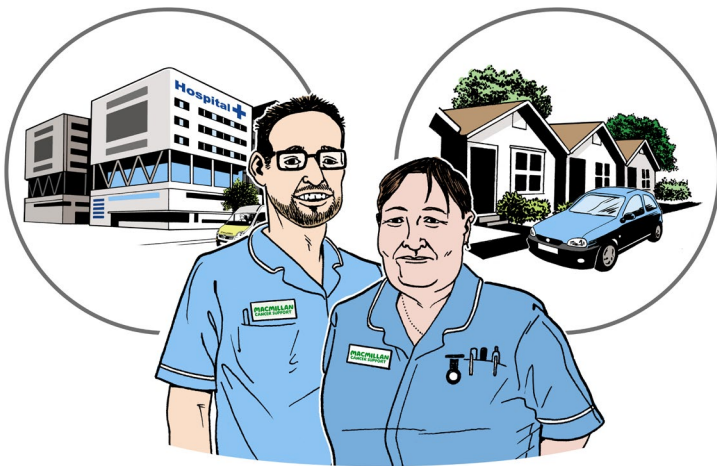
- help you cope with any symptoms you might have from cancer or its treatment



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



- 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. Or you can call us on

0808 808 00 00

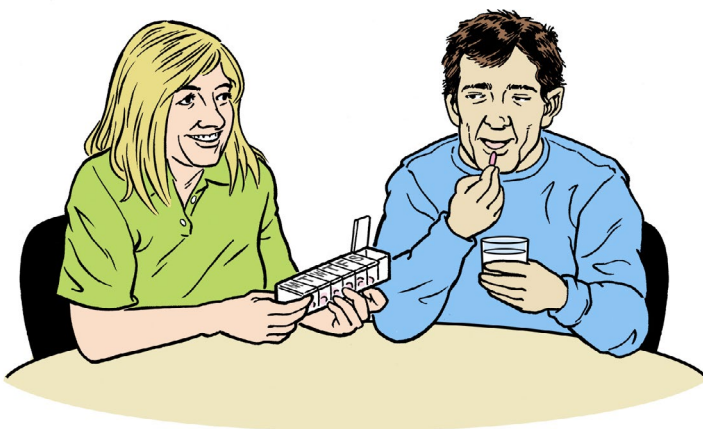


If there is not a Macmillan nurse in your area, you can ask to see another cancer specialist nurse.

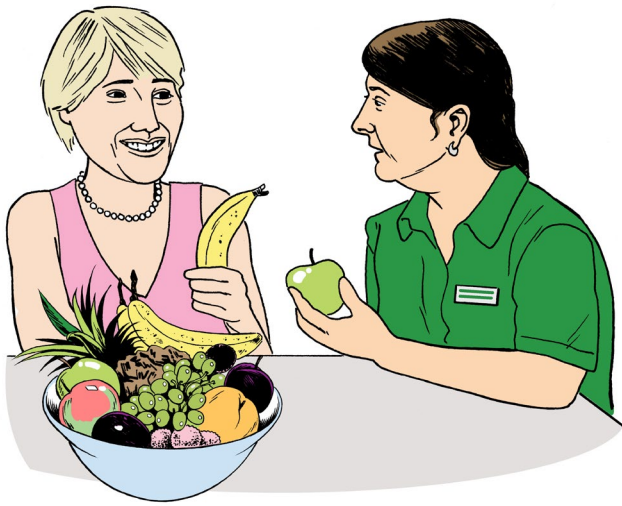


Other Macmillan healthcare professionals

Macmillan also has other health professionals that help people with cancer.



- There are **Macmillan Support Workers** in some areas. They work as part of the cancer care team. They can also 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

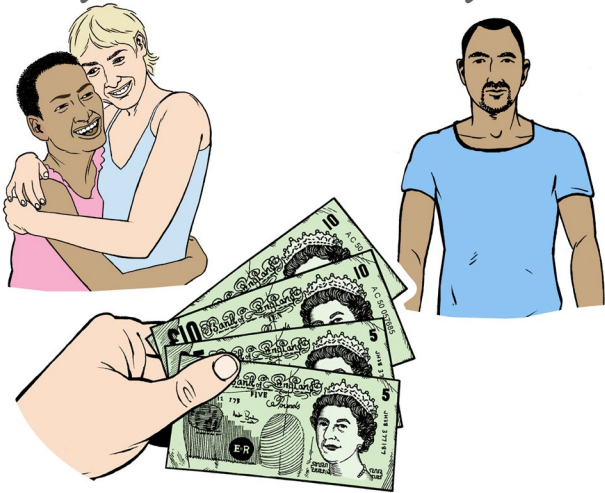


Macmillan Grant

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.

Less than
£8,000?

Less than
£6,000?



You may be able to get a grant if you have less than £6,000 in savings if you are single, or less than £8,000 as a couple or family.



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



To find out more about Macmillan Grants call us on:
0808 808 00 00



Help from a Macmillan volunteer

Sometimes people need help in their homes when they are living with cancer. Macmillan trains people to provide practical help like:



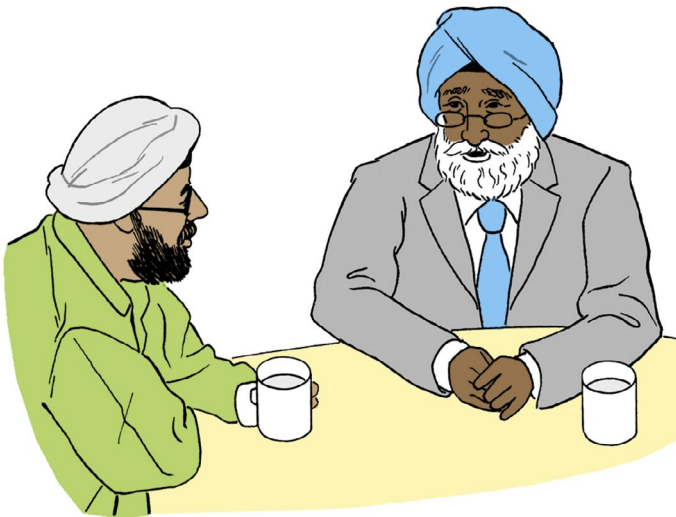
- housework - cleaning, washing up or ironing



- shopping



- gardening



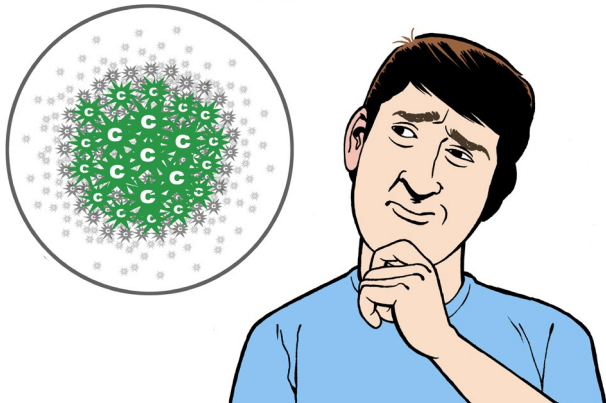
- visiting and having a chat



Our Telephone Buddies can call you every week to see how you are. Sign up at:
[macmillan.org.uk/
telephonebuddies](https://macmillan.org.uk/telephonebuddies)



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

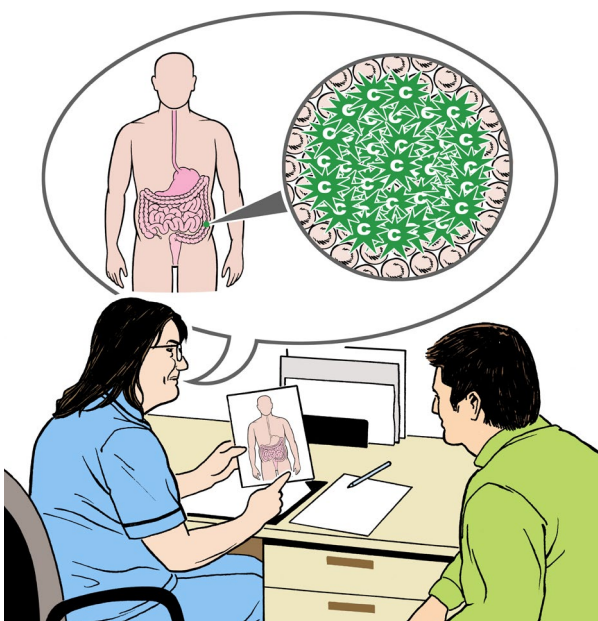


Living a healthy life

- 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
- Cancer and coronavirus
- 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



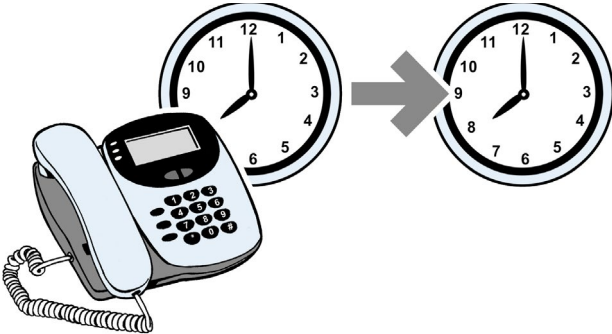
After someone dies

- 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**

This booklet is about cancer.

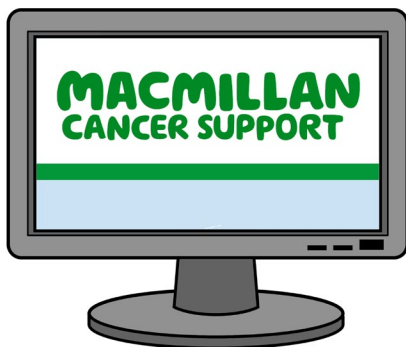
It is for anyone who has a learning disability or who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- 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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