

# People who can help when you have cancer

Diagnosis and Treatment



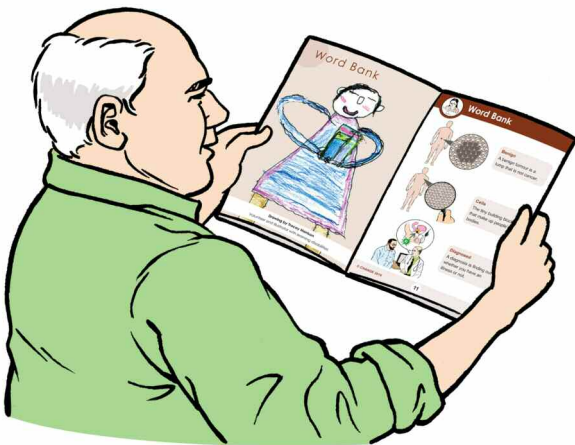
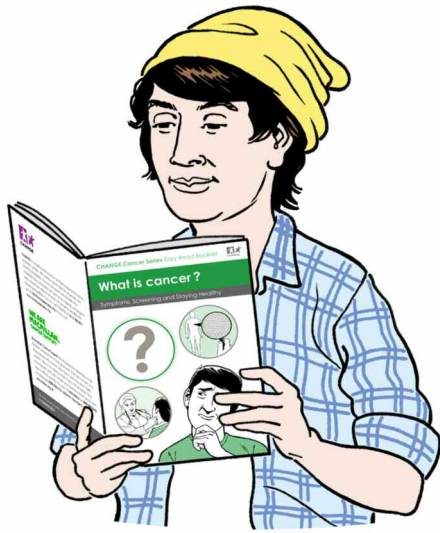
# Introduction

This booklet uses easy words and pictures to help you get information about cancer.

You might want someone to help you look at the booklet so you can talk about it.

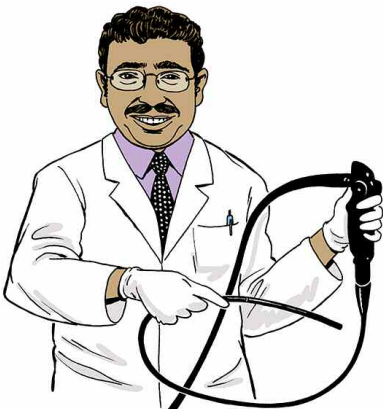
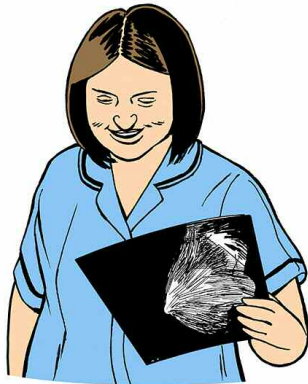
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

This booklet can help you learn about cancer. But this is not the same as talking to your doctor. If you are worried about your health, you should talk to a doctor or nurse.



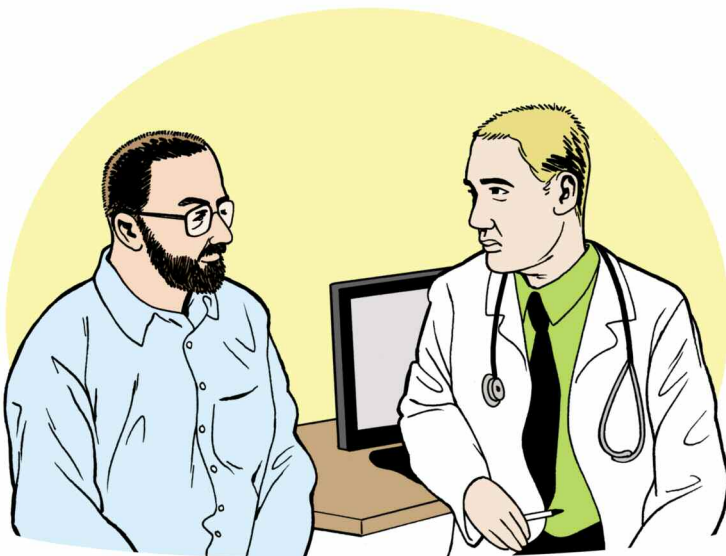


# People who can help when you have cancer



## Your healthcare team

You can talk to the healthcare staff supporting you through your cancer treatment at any time.



They are good at supporting people who have cancer and they understand the problems and worries you may have.



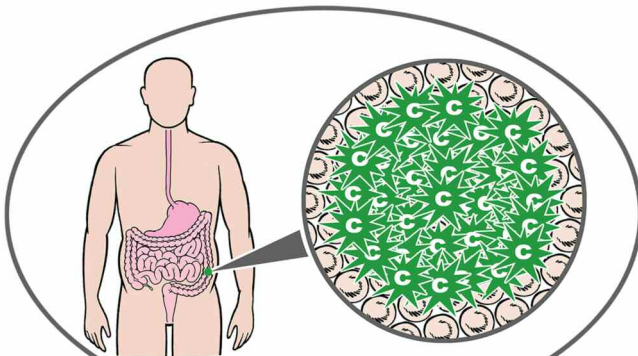


# People who can help when you have cancer

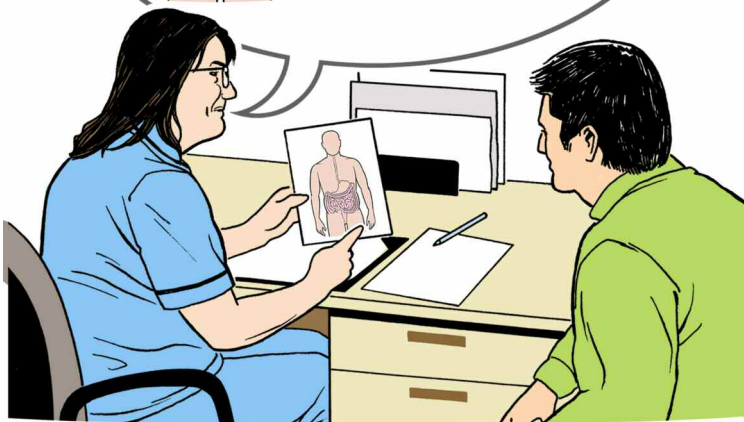


## Cancer information and support centres

Many hospitals and GPs have cancer support centres. These are places where you can get free information about cancer.



You can also talk to trained staff. They can support you and your family or carers with any problems you have. They can also help you find any other support you might need.



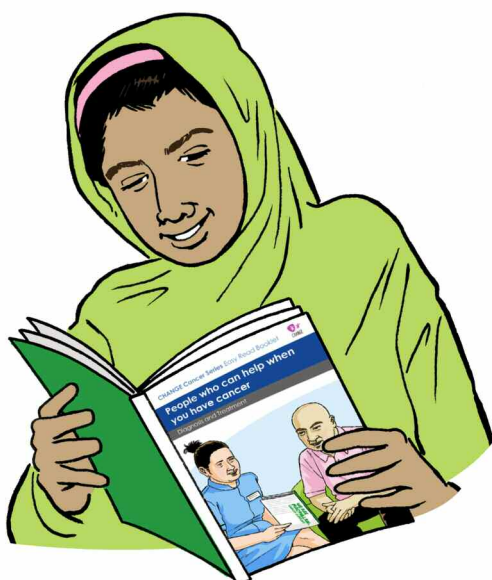


# People who can help when you have cancer



## Charities

Charities like Macmillan Cancer Support provide lots of support. They give free information and advice about everything to do with cancer.



See our full list of helpful organisations at the end of this booklet.



## Cancer helplines

There are telephone numbers you can ring to get help. When you ring these numbers you can talk to cancer nurses. They understand the problems you may have because of your cancer.



# People who can help when you have cancer



The Macmillan Support Line is a free telephone helpline:

**0800 808 00 00**

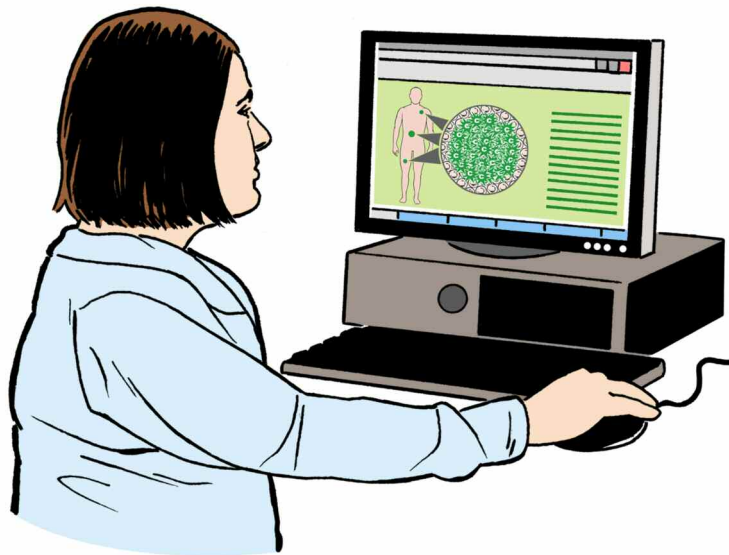


## Support groups

There are support groups for people who have had cancer and for their family and carers. You can go and talk about what it has been like for you to have cancer. You can also hear other people's stories.



# People who can help when you have cancer



## Support groups online

If you have a computer you can look at support groups online. You can read about other people's experiences of cancer and share your own if you want to.



# Word Bank



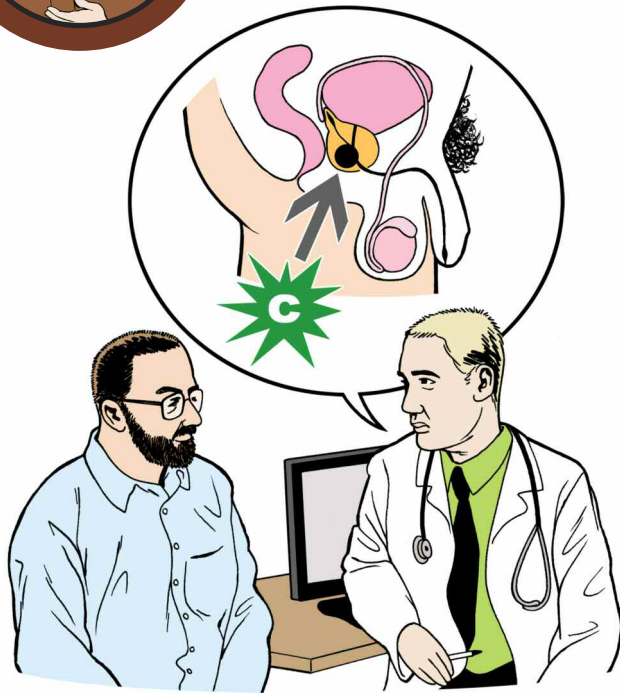
**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities





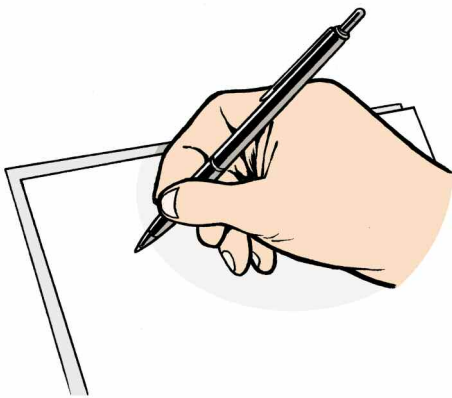
# Word Bank



## Diagnosis

A diagnosis is finding out whether you have an illness or not.

## Notes...



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# Useful contacts



**Drawing by Tracey Harrison**

Volunteer and Illustrator with learning disabilities





# Useful contacts

## Helpful organisations

### Cancer Research UK

A charity that is researching treatments for cancer. Its website has lots of information about cancer.

**Phone:** 0808 800 4040

**Web:** [www.cancerresearchuk.org](http://www.cancerresearchuk.org)



### Macmillan Cancer Support

A charity that helps people who have cancer. They give practical, medical and financial support. They try to make cancer care in the UK better.

**Phone:** 0808 808 00 00

**Web:** [www.macmillan.org.uk](http://www.macmillan.org.uk)

### NHS Contacts

These contacts give you information about your health and health services:

England and Scotland **Phone:** 111

Wales **Phone:** 0845 46 47

Northern Ireland **Web:** [www.hscni.net](http://www.hscni.net)

### Paul's Cancer Support Centre

Gives help, information and complementary therapies to people with cancer.

**Phone:** 0207 924 3924

**Web:** [www.paulscancersupportcentre.org.uk](http://www.paulscancersupportcentre.org.uk)





# Useful contacts

## **RESPOND**

Gives therapy to people with learning disabilities after trauma or abuse. They also offer training and support to carers.

**Phone:** 0808 808 07 00

**Web:** [www.respond.org.uk](http://www.respond.org.uk)

## Written and audio material

### **Books Beyond Words**

A series of picture books for people with learning disabilities. The books talk about cancer, health and bereavement.

**Web:** [www.booksbeyondwords.co.uk](http://www.booksbeyondwords.co.uk)

**Phone:** 020 8877 9799

**Email:** [admin@booksbeyondwords.co.uk](mailto:admin@booksbeyondwords.co.uk)

### **FAIR Multimedia**

Publishes a range of health leaflets, audio discs and CDs for people with learning disabilities. This includes a series on cancer.

**Email:** [fair@fairadvice.org.uk](mailto:fair@fairadvice.org.uk)

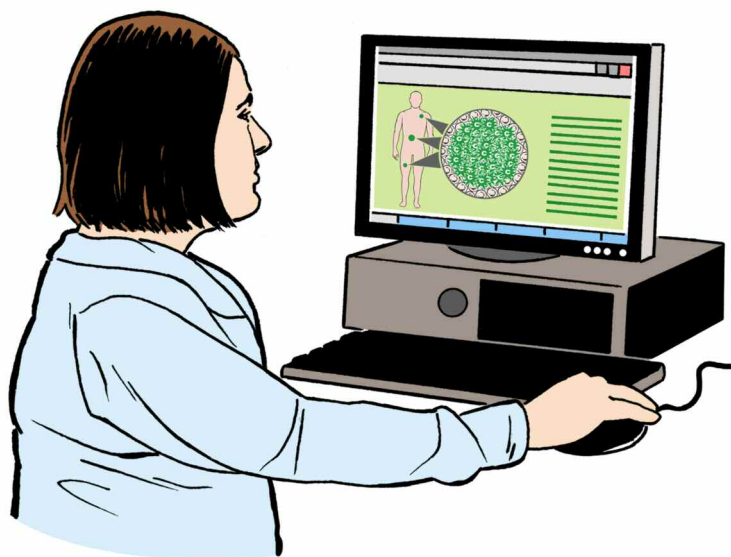
**Phone:** 0131 662 1962

**Web:** [www.fairadvice.org.uk/health-publications.php](http://www.fairadvice.org.uk/health-publications.php)



# Useful contacts

## Online help



### [www.easyhealth.org.uk](http://www.easyhealth.org.uk)

Has lots of online health information that is easy to understand.

### [www.macmillan.org.uk](http://www.macmillan.org.uk)

Has lots of information about cancer and where to get help. You can also talk to other people with cancer in the online community.

## Videos and DVDs

### **Leeds Animation Workshop**

Has animated films on social issues for people with learning disabilities. There is one called 'Getting Better' about going to the doctor and the health clinic.

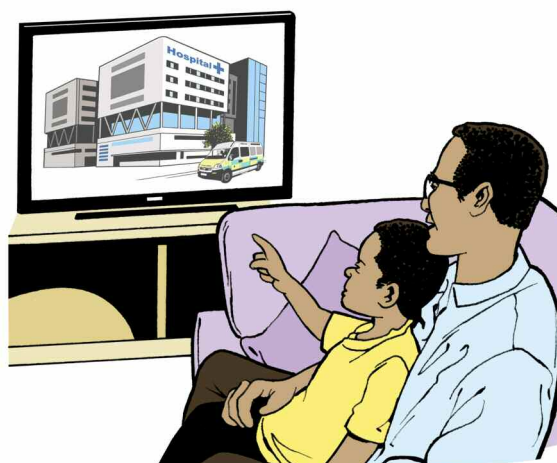
**Phone:** 0113 248 4997

**Web:** [www.leedsanimation.org.uk/index.html](http://www.leedsanimation.org.uk/index.html)

### **Speak Up Self Advocacy**

Has DVDs and booklets for people with learning disabilities about health and illness.

**Web:** [www.speakup.org.uk](http://www.speakup.org.uk)





**CHANGE** is a leading national Human Rights organisation led by disabled people. We work for equal rights for all people with learning disabilities. The cancer books and booklets that CHANGE have produced are part of an ongoing campaign to raise awareness about the issues of cancer for people with learning disabilities. You can call CHANGE on **0113 242 6619**, email **info@changepeople.org** or find us at **www.changepeople.org**

## **WE ARE MACMILLAN. CANCER SUPPORT**

**Macmillan Cancer Support** has reviewed the information in this booklet and paid for it to be produced. They are a charity who help people with cancer. They have nurses and other health workers. They try to make cancer care in the UK better. They have experts who can answer your questions about cancer and how it affects your life. You can call **Macmillan** on **0808 808 00 00** or textphone **0808 808 0121 (Mon–Fri, 9am–8pm)**. Or go to **macmillan.org.uk**

This easy read booklet was produced by CHANGE

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