

Your social life and cancer

Diagnosis and Treatment



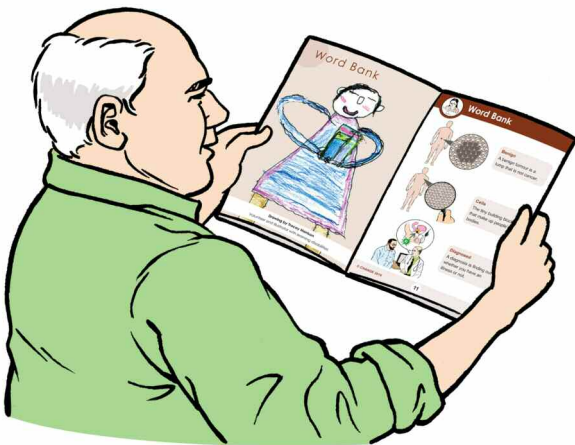
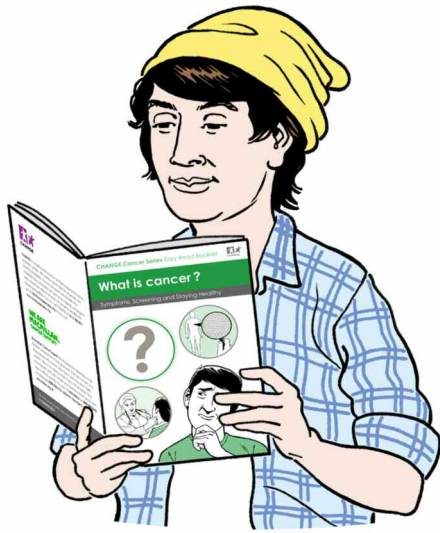
Introduction

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.

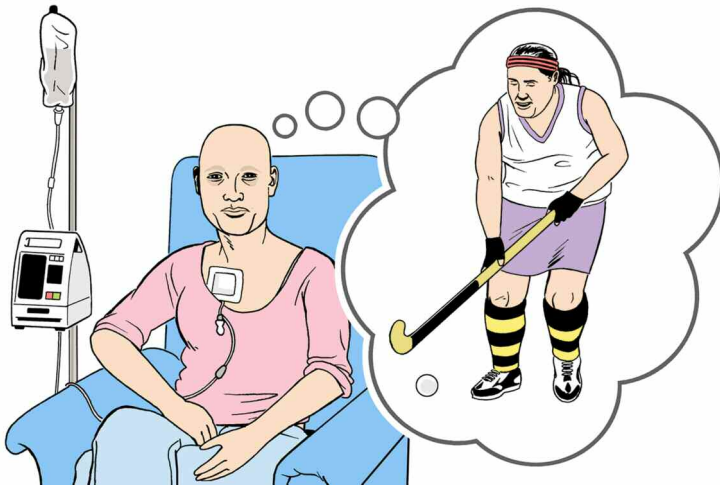
There is a Word Bank at the back of the booklet to help with hard words. Any words in **bold** you can find in the Word Bank.

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.





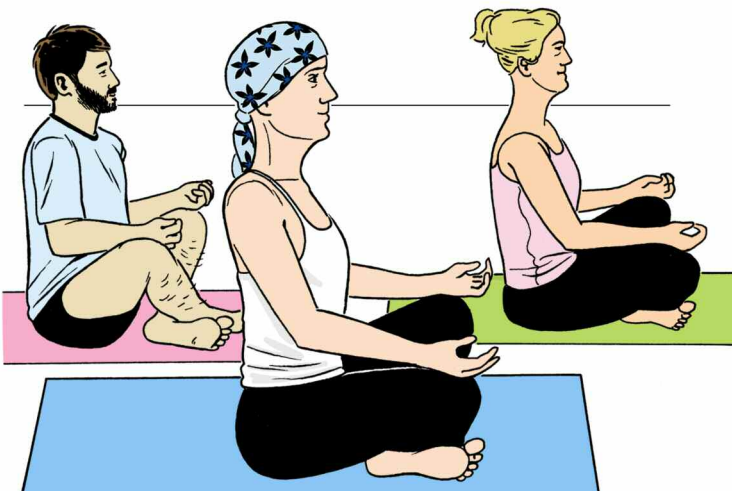
Your social life and cancer



Having cancer and treatment for cancer will change your life.



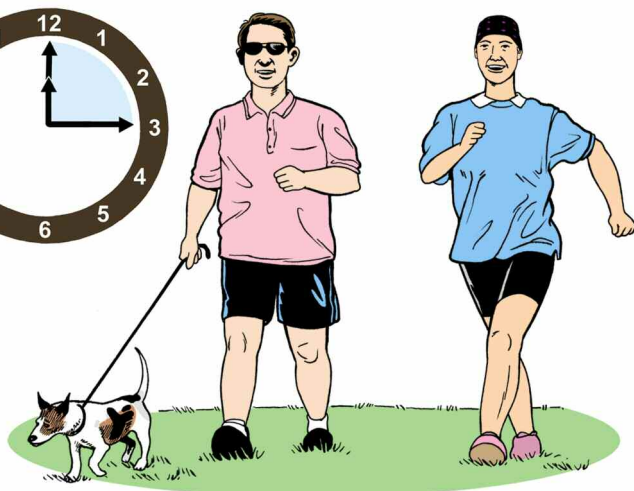
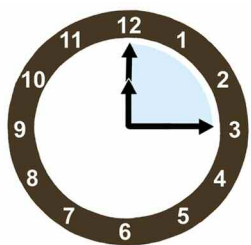
You may find that you do not have the energy to do all the things you used to enjoy, like going out with friends.



It is important that you do not stop doing the things you enjoy.



Your social life and cancer



You can make it easier for yourself by:

- Not trying to do too much, and doing things for a shorter time.



- Making sure you have a rest before you do something.



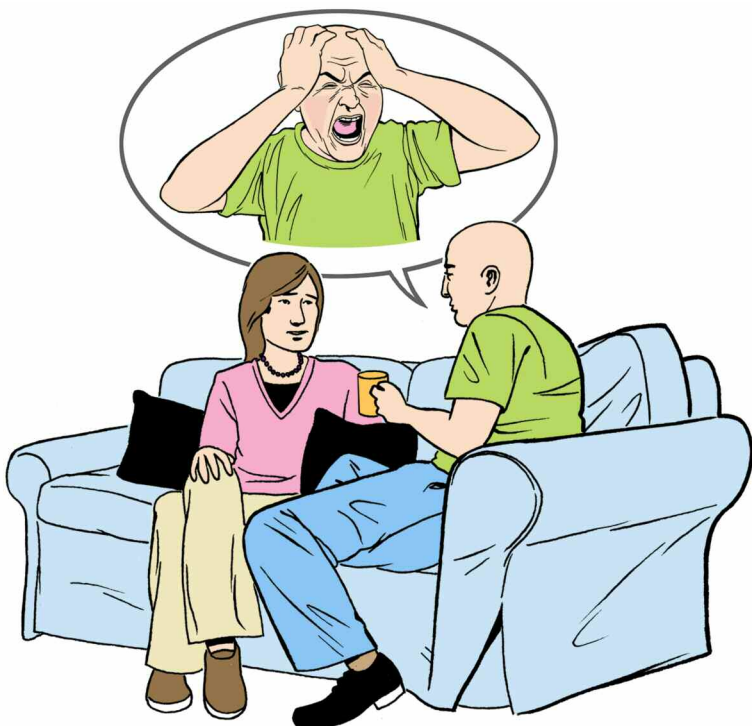
- Telling your friends that you would like to spend time with them doing quieter things.



Your social life and cancer



- If you want to go to the pub, you can have soft drinks instead of alcohol. This means it won't affect your treatment.



- Talk to your friends about how you are feeling. They will want to listen and help. But they might not ask you about it because they are worried about upsetting you.

Word Bank

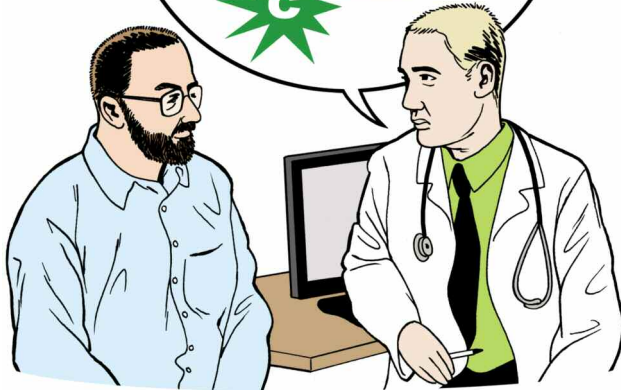
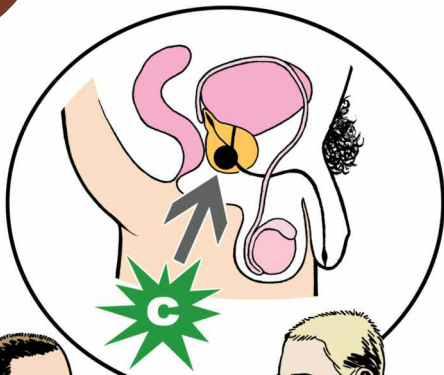


Drawing by Tracey Harrison

Volunteer and Illustrator with learning disabilities



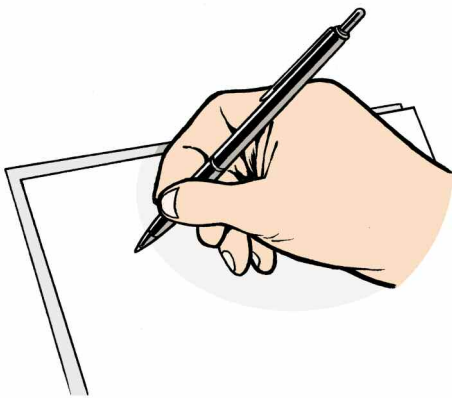
Word Bank



Diagnosis

This is finding out if you have an illness or not.

Notes...



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Useful contacts



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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



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

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

Paul's Cancer Support Centre

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

Phone: 0207 924 3924

Web: 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

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

Phone: 020 8877 9799

Email: 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

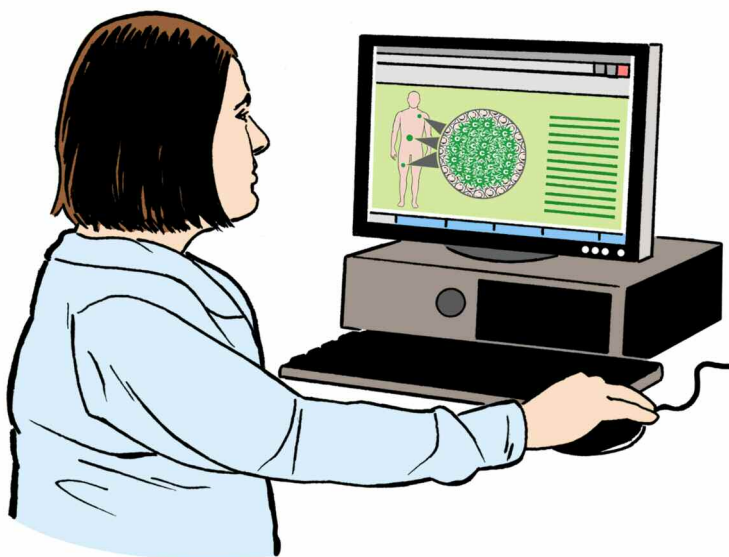
Phone: 0131 662 1962

Web: www.fairadvice.org.uk/health-publications.php



Useful contacts

Online help



www.easyhealth.org.uk

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

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.

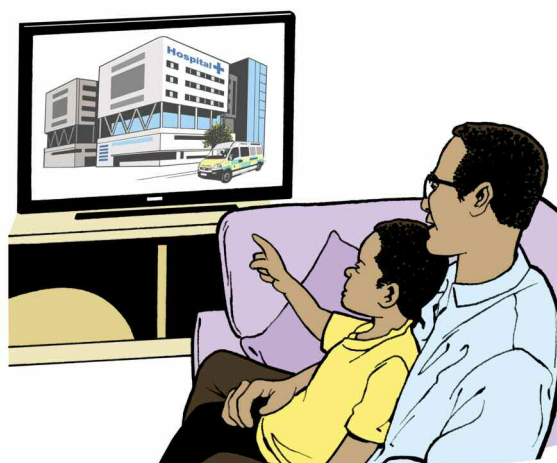
Phone: 0113 248 4997

Web: www.leedsanimation.org.uk/index.html

Speak Up Self Advocacy

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

Web: 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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