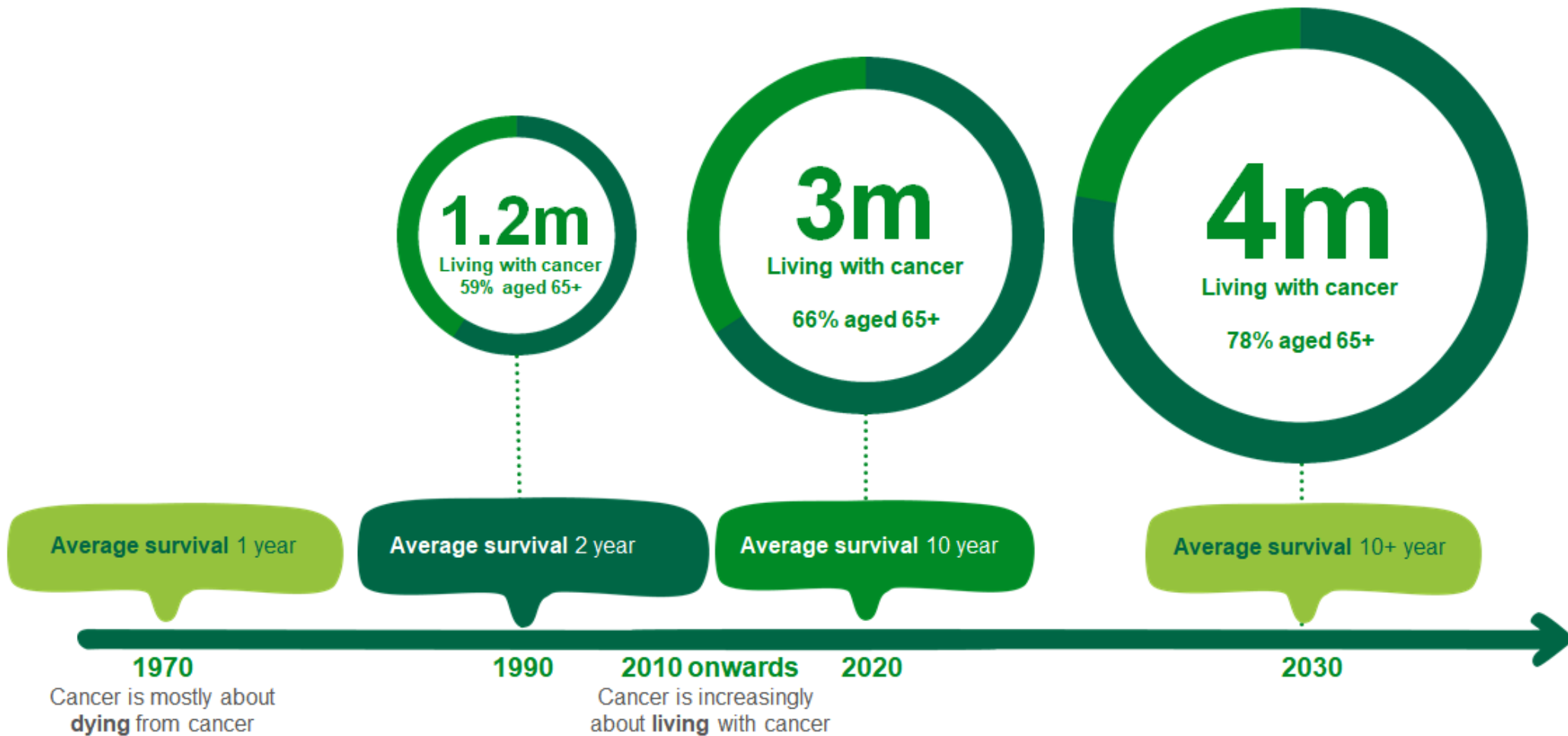


**'WE STAND FOR
BETTERNESS'**

Douglas Macmillan,
1913

The changing story of cancer





**WHENEVER
YOU NEED US**

Call the support line:

0808 8080000

7 dpw 8am – 8 pm



SPECIALIST SUPPORT

As well as emotional support we provide specialist services to help you. Please note the opening times may vary by service.

- Welfare rights advice - our welfare rights advisers can tell you about benefits and other financial support.
- Energy advice - we have energy advisers who can help you reduce the costs of your heating and electricity.
- Financial guidance - our financial guides are experts in helping to reduce the financial impact of cancer.
- Cancer information nurse specialist - our experienced cancer nurses can talk you through information about your diagnosis and treatment.
- Work support service - our dedicated work support specialists help you to understand your rights at work.
- Macmillan Grants - we can also give you information about Macmillan Grants.

Our trained cancer information advisors provide a listening ear and point you in the right direction, so you can seek further support.

SUPPORT LINE
SERVICES

HOW TO TALK TO AN ADVISOR

You can call the **Macmillan Support Line** on [0808 808 00 00](tel:0808808000).

Opening hours **7 days a week, 8am to 8pm.**

Other ways to get in touch

- [Chat online with us](#)
- [Email us](#)

Please note that conversations with our Support Line advisers are confidential, but may be recorded for quality and training purposes.

Outside the UK

If you're calling from outside of the UK you can contact us on [+44 207 091 2230](tel:+442070912230). We are unable to advise on healthcare systems overseas.

Deaf or hard of hearing

Are you deaf or hard of hearing? To make a text relay call, dial **18001** followed by **0808 808 00 00**, or download the Relay UK app ([Google Play/App Store](#)).

Translation service

If you prefer to speak to us in another language, interpreters are available. Just state, in English, the language you want to use when you call.

Feedback

 Chat to us



Macmillan Telephone Buddies

If you need to talk about your cancer, we're here to listen. With a weekly call from one of our Telephone Buddies, you don't have to face cancer alone.

How a Telephone Buddy helps

Going through cancer can be an isolating experience at any time, and especially when social distancing. Our free Telephone Buddy service is here for you. We'll match you with someone who understands what you're going through, and they'll give you a weekly call.

Your volunteer buddy will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our other services, and all the ways Macmillan can help, so you don't have to face cancer alone.

👤 This has offered me company and emotional support that wasn't available to me previously. 🗣️

A Telephone Buddies service user – May 2020

How it works

1. Sign up online or by phone to register your interest
2. We'll get in touch to find out what support you need
3. We'll find a Telephone Buddy who suits your needs
4. You'll get a weekly call from your Telephone Buddy

Typically your volunteer will offer up to 12 weeks of support, but this can be adjusted to suit your needs.

Find out more and sign up at
macmillan.org.uk/telephonebuddies
Or call our Support Line on 0808 808 00 00
(7 days a week, 8am-8pm)

ONLINE COMMUNITY

If you or someone you care about has been diagnosed with cancer, we're here to help.

WELCOME TO THE ONLINE COMMUNITY

The Online Community understands what it's like to have cancer. We are an online forum with 90,000 members: and they have all been there. Support is available 24 hours a day, in a safe environment.

[Join us](#) to ask questions, share your experiences and your emotions. Or start by exploring our community areas below.



[Groups >](#)

Join other users for discussion and support.



[Blogs >](#)

Journal your experiences and share with others.



[Ask an Expert >](#)

Questions about cancer? Our experts are here to help.



[Help Section >](#)

Need some help getting started on the Community?

Cancer and Coronavirus Guidance

Coronavirus information hub

We understand that people are worried about coronavirus (COVID-19). The information hub has the latest guidance for people with cancer and professionals including advice on shielding, self-isolation and financial support.

How to access – visit

www.macmillan.org.uk/coronavirus

MACMILLAN CANCER SUPPORT

We're here to help everyone with cancer live life as fully as they can.

For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](https://www.macmillan.org.uk)

Local Cancer Support

Contact us for your
support group



Plymouth Area
Cancer Support
Network

T: 077 8308 7480

W: plymouthcancersupport.com

E: contact@plymouthcancersupport.com

Supporting people affected by cancer

Supported by
MACMILLAN
CANCER SUPPORT
Tel: 0808 808 0000

Plymouth Area
Cancer Support
Network

The Mustard Tree

Cancer Support
Tel: 01752 430060

The benefits of support groups

- There is evidence that peer support can help people feel more knowledgeable, confident and happy and less isolated and alone.
- Peer support may also encourage people to take more care of their health which, in the longer term, could lead to better health outcomes such as improved blood pressure or blood sugar control or less anxiety.

Peer support: What is it and does it work?



Summarising evidence from more than 1000 studies

Nesta...



The benefits of support groups – part 2



“Peer support leads to significant improvements for people with long-term physical and mental health conditions across a range of health and wellbeing outcomes including:-

- Individuals’ knowledge, skills and confidence to manage their health and care.**
- Physical functioning and ability to self-care**
- Quality of life**
- Social functioning and perceived support”**