

A practical guide to living  
with and after cancer

# GIVING UP SMOKING

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

# Contents

About this booklet	<b>3</b>
Reasons to stop smoking	<b>5</b>
Making changes	<b>9</b>
Preparing to stop	<b>10</b>
Stopping	<b>14</b>
Staying stopped	<b>16</b>
The smoking diary	<b>18</b>
Using medicines to help reduce cravings	<b>21</b>
NHS Stop Smoking Services	<b>24</b>
About our information	<b>26</b>
Other ways we can help you	<b>28</b>
Other useful organisations	<b>31</b>



# About this booklet

**After a diagnosis of cancer, many people want to make positive changes to their lives. Taking steps to live a healthier lifestyle is often a major part of these changes. This booklet is for you if you're living with or after cancer and would like to stop smoking. It has information about the benefits of quitting, and practical advice about how you can stop smoking and stay stopped.**

If you're a smoker, choosing to stop is a decision that will benefit your health. Giving up smoking may be stressful and difficult to do, but in the long term it will help you feel better and be healthier.

We've included a smoking diary to help you record your smoking habits. You can also use it to think about things you can do to take your mind off smoking.

In this booklet we've included quotes from people affected by cancer, which you might find helpful.

At the end of this booklet are some useful addresses and helpful websites (pages 31–32).

If you'd like to discuss the information in this booklet, call Macmillan free on **0808 808 00 00**, Monday–Friday, 9am–8pm.

If you're hard of hearing, you can use textphone 0808 808 0121, or Text Relay. For non-English speakers, interpreters are available. Alternatively, visit **[macmillan.org.uk](https://www.macmillan.org.uk)**

If you've found this booklet helpful, you could pass it on to your family and friends so that they can help and support you.

# Reasons to stop smoking

People smoke for many reasons. Smoking is often used as a way to relieve stress or boredom. It may also be a source of comfort and can give a feeling of pleasure. Living with cancer and its treatment can be very difficult. Some people feel that smoking will help them cope with what is happening.

These are all reasons why many people continue smoking once they've been diagnosed with cancer.

You may have tried to give up before and started smoking again. It's important to remember that it's never too late to stop smoking. If you'd like to stop, you may find it helpful to think about the benefits of stopping smoking for you and the people close to you. We've listed these benefits over the next few pages.

## Treatment benefits

Giving up smoking will benefit you if you're having treatment for cancer. It can help your body's ability to respond to treatment and heal. In general, non-smokers have fewer side effects from cancer treatment, and the side effects they do have tend to be less severe.

Stopping smoking may also lower the risk of cancer coming back after treatment.

## Health benefits

As well as the benefits to your treatment, giving up smoking will help your general health. Giving up smoking can increase your energy levels and improve your circulation. It reduces your risk of stroke and decreases your blood pressure. Stopping can also boost your immune system, which helps your body fight infection.

Smoking increases the risk of several types of cancer. It's also linked to many other health problems, such as heart and lung disease.

If you use smokeless tobacco, such as chewed tobacco or sucked tobacco, you're at an increased risk of developing mouth and oral cancers. Smokeless tobacco isn't a safe alternative to smoking cigarettes, and is very addictive due to the amount of nicotine it contains.

Research shows that smoking can make some types of cancer grow more quickly. This may be due to the effect of the chemicals in cigarettes on your immune system.

Understanding how smoking affects your health may motivate you to stop. Your doctor can advise you on the benefits of stopping smoking in your specific situation or for your type of cancer.

## Financial benefits

Smoking is expensive, so quitting will also save you money. If you smoke twenty cigarettes a day, you spend about £2,900 a year on cigarettes. Stopping means you'll have more money to spend on other things.

'With George and I being smokers, we put the money aside each week and we have saved over £1,200 since Christmas. It's amazing to see it mounting up and makes you realise how much smoking actually costs in money and health.'

**Jackie**

## Physical benefits

Smoking causes your skin to age early. Within a few weeks of stopping, your skin will look clearer and brighter. And straight away, your breath, hair and clothes will smell better.



## Benefits for family and friends

Smoking doesn't only harm your own health. The people around you are exposed to second-hand smoke (called passive smoking). They are also at a higher risk of getting smoking-related diseases, including cancer.

Children whose parents smoke are more likely to develop asthma at an early age. They are also more likely to start smoking themselves. If you have children or grandchildren, you can become a good role model for them by quitting.



# Making changes

There are three stages to giving up smoking:

- 1 Preparing to stop.
- 2 Stopping.
- 3 Staying stopped.

Over the next pages we'll tell you about each step. We'll give you tips to cope with each different stage and help you reach your goal.

# Preparing to stop

Deciding to give up smoking and really wanting to succeed are important steps in becoming a non-smoker. Giving up smoking isn't easy. But you can increase your chances of success by preparing for possible problems in advance and making sure you have support in place to help you overcome them.

In this chapter we've listed some tips to help you give up smoking.

## **Make a list of your reasons for stopping**

You can use this to motivate yourself at times when you feel tempted to smoke.

## **Get support**

Talk to people who can give you help and support to quit. This might include your family, friends and colleagues. Tell them the date you plan to stop smoking. Your doctor or pharmacist can offer practical help and advice. They can refer you to a free local stop smoking service. You could also call a stop smoking helpline.

See pages 31–32 for a list of helpful organisations.

## Use medicines to help reduce any cravings

The first 3–4 days after you've stopped can be the most difficult. You may be feeling the effects of nicotine withdrawal and this might tempt you to smoke again. There are nicotine replacement therapies (NRT) and medicines that can improve your chances of success in overcoming withdrawal effects (see pages 21–23). Your GP or NHS Stop Smoking adviser can talk over the options with you.

If you plan to use medicines to help you cope, make sure you get them well in advance of the date you plan to give up smoking. It's best to start taking medicines like Champix<sup>®</sup> and Zyban<sup>®</sup> (see pages 21–23) 1–2 weeks before you quit.

## Set a date to stop completely

The most effective way of reducing harm from smoking is to stop completely. Try setting a date to stop and mark it on your calendar. Smoke your normal amount until this date then stop suddenly. If a friend or a family member also wants to quit, it may help to decide the date together.

## Try to find other ways of dealing with stress

The shock of being diagnosed with cancer or coping with treatment can make it harder to quit, because many smokers use cigarettes to cope with stress. It may be helpful to try to find other ways of coping with stress. This includes exercising and using relaxation or meditation aids. These are available as books, CDs and mobile phone apps.



Some people use hypnotherapy or go to classes to learn relaxation or meditation techniques. It can also help to talk things over with someone you trust, or find out about local support groups. If you think stress may be a problem for you, ask your specialist nurse or GP for advice.



Our booklets *Cancer and complementary therapies* and *How are you feeling? The emotional effects of cancer* also have information on ways of coping with stress.

## Get rid of cigarettes, ashtrays and lighters

Do this the day before you give up. Also check the house, the car and your clothes for any stray cigarettes.

## Use the smoking diary

Keeping a smoking diary can help you work out your smoking habits (see pages 18–19). It'll help you identify situations that might make you want a cigarette. Use the diary to record when you smoke and what made you want to smoke (your triggers).

Having a clearer picture of your habits will help you think about what you could do instead of smoking when you are in those situations.

# Stopping

When your quit date is getting nearer, it's a good idea to plan your first smoke-free day. Think about what you're going to do instead of smoking during breaks at work or when you feel stressed.

It may help to change your routine. If possible, stay away from places or situations that you associate with smoking. If you always want a cigarette when you have a cup of coffee, try drinking tea. Avoiding alcohol to begin with is also a good idea. People often find their willpower is weaker after a drink or two.

You may find it helpful to use the diary in this booklet (pages 18–19) to identify when you feel like smoking and what you can do instead. On the next page we've listed some tips to help you stop.

'I was afraid I would not be able to resist social smoking. I thought it would be really hard not to have a cigarette when out with friends or with a glass of wine. In fact, it was easier than I thought. I just didn't go outside when the others were having a cigarette and tried to think about something else for a few minutes. Chewing nicotine gum or drinking a glass of water also helped.'

**Eva**

## Set yourself goals

These could include getting through the first day, week and month smoke-free. Plan rewards for yourself when you set your goals.

## Put aside the money you'd otherwise have spent on smoking

Try keeping a record of how much you save each week so you can see it adding up. Use it to treat yourself or your family instead.

## Buy a supply of healthy, non-fattening snacks

These could include fruit and sugar-free chewing gum. You may be tempted to snack more once you've stopped smoking. Eat whatever you like on the day you give up. It's better to focus your willpower on one issue at a time. If you're worried about putting on weight, keep healthy, non-fattening snacks to hand.

## Keep busy

A stress ball may help if you need to do something with your hands. Or you could take up an activity, like knitting, gardening or playing computer games. This can help to keep your hands occupied and take your mind off cigarettes.

If your doctor has prescribed medicines to help you give up, use these as prescribed. Let your doctor know if you have any problems with them. It's a good idea to stay in touch with your local NHS Stop Smoking Service. They will give you advice and support to keep you motivated.



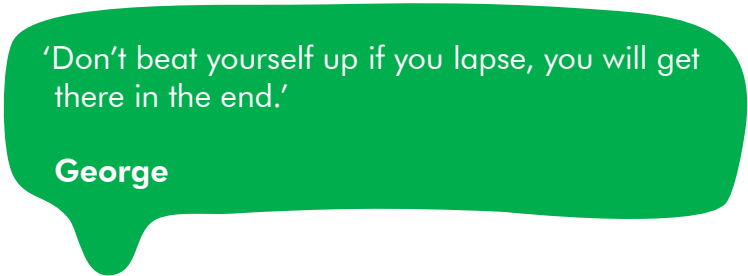
# Staying stopped

It can take several months to become a non-smoker. The physical and mental withdrawal symptoms in the first few days can be very hard to cope with, but they'll improve every day that you don't smoke. Take things one day at a time. The following suggestions can help:

- **Choose to spend time with non-smokers and ex-smokers.** They'll support your efforts to quit. You can join a local support group – your nearest NHS Stop Smoking Service can provide you with details of groups in your area.
- **Replace smoking with other activities that you enjoy.**
- **Remind yourself of your reasons for giving up.** Carry the checklist of your reasons for stopping smoking with you, so you can refer to it if you need to (see page 10). Quitting is a commitment that you have made to yourself and, while it requires strong willpower, it has huge benefits.
- **Mark off the days since you first stopped on your calendar.** It'll help you see how well you're doing.
- **Reward yourself.** Use the money you would have spent on smoking to buy yourself something you'll enjoy. You might want to use some of the money to buy little treats each week, like DVDs, going for a nice meal or having a massage. You might also want to save towards a bigger reward, like a special night out or a holiday.

- **Be aware of temptations to smoke.** Make a deliberate effort to avoid the shops where you used to buy your cigarettes. If you are using NRT, it's a good idea to keep some gum, lozenges or spray handy for social situations where you might be tempted.
- **Don't give up trying to stop smoking,** even if you don't succeed the first time. Most people need several attempts before they stop completely.

Remember that giving up smoking is hard enough for most people. But when you're giving up after a cancer experience, it can seem even tougher. You may have side effects to cope with, or other worries caused by the cancer or its treatment, for example problems with work, money or relationships. So don't be too hard on yourself if things don't go smoothly at first. Try to get as much support as possible.



'Don't beat yourself up if you lapse, you will get there in the end.'

**George**

# The smoking diary

**Date &  
time**

**What was  
I doing?**

**What made me want  
to smoke?**

Lined area for recording Date & time.

Lined area for recording What was I doing?

Lined area for recording What made me want to smoke?

You may want to photocopy this diary before you use it so you have more than one copy.

**Triggers**



**What can I do instead?**





# Using medicines to help reduce cravings

It's often the physical craving for a cigarette that causes people to start smoking again. There's a range of different treatments available to help you cope with the symptoms of physical withdrawal.

Using medicines to help reduce cravings can double your chances of success. And if you combine a stop smoking medicine with an NHS support service, you're up to four times more likely to become a non-smoker. If you're in hospital, you should be able to have these medicines during your stay.

## Nicotine replacement therapy (NRT)

NRT works by giving your body enough nicotine to ease withdrawal symptoms and cravings when you stop smoking. It comes as skin patches, chewing gum, tablets, lozenges, inhalers, mouth (oro-mucosal) sprays and nasal sprays. You can buy these products over the counter or you can get them on prescription from your GP or NHS Stop Smoking Service (see page 24). Using NRT doubles your chances of stopping smoking.

'I quit on my own for a week. And by the end of that week, I was really on edge. I thought, "Well if I don't get some sort of help, I'm going to end up smoking again." So I rang the NHS, and I went on the patches. That was brilliant and I've quit for nine months now.'

**Tom**

## Varenicline (Champix®)

This is a non-nicotine tablet that can help relieve cravings and withdrawal symptoms when giving up smoking. Champix is only available on prescription. You start taking the tablets 1–2 weeks before you stop smoking. A course of treatment usually lasts for 12 weeks.

## Bupropion (Zyban®)

Zyban is another non-nicotine tablet that works by reducing the urge to smoke and other withdrawal symptoms. It's not suitable for everyone and is not recommended for people who have had brain or spinal cord tumours or a history of seizures (fits). You start taking the tablets 1–2 weeks before you stop smoking.

A course usually lasts for 7–9 weeks. The tablets are only available on prescription.

Certain medicines should not be taken with Zyban, so it's important that it's prescribed by a doctor who knows your full medical history and which other medicines you're taking.

'I went to my GP, I did a written programme of my intentions to give up smoking and was started on Zyban, which personally I found marvellous.'

**Amy**



Some people have reported feeling depressed whilst taking Zyban or Champix, but this could also be due to the symptoms of withdrawal from smoking. It's important to tell your doctor if you feel depressed or have suicidal thoughts during treatment with Zyban or Champix.

Like all medicines, NRT, Zyban and Champix have potential side effects. Read the information leaflet that comes with the drugs. Your doctor or pharmacist can tell you more about these treatments.

## Electronic cigarettes

Electronic cigarettes (e-cigarettes) are now widely available to buy as an alternative to cigarettes. They look very similar to cigarettes and are battery powered. They contain nicotine, which is inhaled as a vapour after sucking on the mouthpiece. They are sometimes called vapourisers or electronic nicotine delivery systems.

E-cigarettes are not currently available on prescription and are not regulated. The Medicines and Healthcare products Regulatory Agency (MHRA) are looking into regulating e-cigarettes and other nicotine-containing products (NCPs) as medicines. More research is needed to learn whether e-cigarettes can help people to stop smoking.



The best option to quit smoking safely and effectively is to speak to your GP or local NHS Stop Smoking Service. They will also be able to answer any more questions you have on e-cigarettes.



# NHS Stop Smoking Services

NHS Stop Smoking Services can really make a difference to your chances of success. Research shows that people who use them are four times more likely to succeed than people who try to give up on their own. Speak to your doctor or call a stop smoking helpline (see pages 31–32) for further advice and to find out where your local Stop Smoking Service is.

NHS Stop Smoking Services provide specialist treatment for those wanting to quit. The staff who deliver these services:

- provide information about smoking and giving up
- help you prepare a plan for quitting
- give ongoing support
- prescribe medicines to help improve withdrawal symptoms
- arrange weekly meetings where you can meet other people who are trying to give up.



# About our information

**We provide expert, up-to-date information about cancer. And all our information is free for everyone.**

## Order what you need

You may want to order more leaflets or booklets like this one. Visit **be.macmillan.org.uk** or call us on **0808 808 00 00**.

We have booklets on different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer and information for carers, family and friends.

All of our information is also available online at **macmillan.org.uk/cancerinformation**

There you'll also find videos featuring real-life stories from people affected by cancer, and information from health and social care professionals.

## Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- Easy Read booklets
- large print
- translations.

Find out more at **macmillan.org.uk/otherformats**

If you'd like us to produce information in a different format for you, email us at **cancerinformationteam@macmillan.org.uk** or call us on **0808 808 00 00**.

## Help us improve our information

We know that the people who use our information are the real experts. That's why we always involve them in our work. If you've been affected by cancer, you can help us improve our information.

We give you the chance to comment on a variety of information including booklets, leaflets and fact sheets.

If you'd like to hear more about becoming a reviewer, email [reviewing@macmillan.org.uk](mailto:reviewing@macmillan.org.uk) You can get involved from home whenever you like, and we don't ask for any special skills – just an interest in our cancer information.



# Other ways we can help you

**At Macmillan, we know how a cancer diagnosis can affect everything, and we're here to support you. No one should face cancer alone.**

## Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

### Macmillan Support Line

Our free, confidential phone line is open Monday–Friday, 9am–8pm. Our cancer support specialists can:

- help with any medical questions you have about your cancer or treatment
- help you access benefits and give you financial advice
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Call us on **0808 808 00 00** or email us via our website, **[macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)**

### Information centres

Our information and support centres are based in hospitals, libraries and mobile centres. There, you can speak with someone face to face.

Visit one to get the information you need, or if you'd like a private chat, most centres have a room where you can speak with someone alone and in confidence.

Find your nearest centre at **[macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres)** or call us on **0808 808 00 00**.

## Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That's why we help to bring people together in their communities and online.

## Support groups

Whether you are someone living with cancer or a carer, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting [macmillan.org.uk/selfhelpandsupport](https://www.macmillan.org.uk/selfhelpandsupport)

## Online community

Thousands of people use our online community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

## The Macmillan healthcare team

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister if there are any Macmillan professionals near you.

'Everyone is so supportive on the online community, they know exactly what you're going through. It can be fun too. It's not all just chats about cancer.'

Mal

## Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you've been affected in this way, we can help.

### Financial advice

Our financial guidance team can give you advice on mortgages, pensions, insurance, borrowing and savings.

### Help accessing benefits

Our benefits advisers can offer advice and information on benefits, tax credits, grants and loans. They can help you work out what financial help you could be entitled to. They can also help you complete your forms and apply for benefits.

### Macmillan Grants

Macmillan offers one-off payments to people with cancer. A grant can be for anything from heating bills or extra clothing to a much-needed break.

Call us on **0808 808 00 00** to speak to a financial guide or benefits adviser, or to find out more about Macmillan Grants. We can also tell you about benefits advisers in your area.

Visit [macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport) to find out more about how we can help you with your finances.

## Help with work and cancer

Whether you're an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work.

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

# Other useful organisations

**There are lots of other organisations that can give you information or support.**

## **NHS Smokefree**

**Tel** 0800 022 4332

(Mon–Fri, 9am–8pm,  
Sat–Sun, 11am–5pm)

**[www.smokefree.nhs.uk](http://www.smokefree.nhs.uk)**

Get free support, expert advice and tools including the Quit Kit to help you stop smoking. Watch videos from real quitters on what helped them stop.

## **NHS Smokefree Pregnancy Helpline**

**Tel** 0800 169 9169

(Mon–Fri, 9am–8pm,  
Sat–Sun, 11am–5pm)

**[www.nhs.uk/smokefree/why-quit/smoking-in-pregnancy](http://www.nhs.uk/smokefree/why-quit/smoking-in-pregnancy)**

Get specialist advice and support when going smoke-free during pregnancy.

## **Smokeline**

**Tel** 0800 84 84 84

(Mon–Sun, 8am–10pm)

**[www.canstopsmoking.com](http://www.canstopsmoking.com)**

Scotland's national stop smoking helpline.

## **Stop Smoking Wales**

**Tel** 0800 085 2219

**[www.stopsmokingwales.com/home](http://www.stopsmokingwales.com/home)**

A free, NHS service to help people quit smoking.

## **Want2stop**

**Tel** 0808 812 8008

**[www.want2stop.info/](http://www.want2stop.info/)**

Website run by the Northern Ireland Public Health Agency. Offers a range of information and advice for those wanting to quit smoking, including information on local cessation services.



## **QUIT**

20–22 Curtain Road,  
London EC2A 3NF

**Helpline** 0800 00 22 00

**Bengali helpline**

0800 00 22 44

**Gujarati helpline**

0800 00 22 55

**Hindi helpline**

0800 00 22 66

**Punjabi helpline**

0800 00 22 44 77

**Urdu helpline**

0800 00 22 44 88

**Turkish and Kurdish helpline**

0800 00 22 99

(Thur and Sun, 1–9pm)

**Email** [info@quit.org.uk](mailto:info@quit.org.uk)

**Counselling email**

[stopsmoking@quit.org.uk](mailto:stopsmoking@quit.org.uk)

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

Provides support and practical guidance to people who want to give up smoking.



You can search for more organisations on our website at [macmillan.org.uk/organisations](http://macmillan.org.uk/organisations), or call us on 0808 808 00 00.

## Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date, but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it.

## Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development Team. It has been approved by our chief medical editor, Dr Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to: Iona Brisbane, Lung Cancer Clinical Nurse Specialist; Dr Sam Janes, Consultant in Respiratory and General Medicine; Dr Tuck-Kay Loke, Consultant Respiratory Physician; Gerry McElwee, ASH Northern Ireland; Camilla Peterken, Smoking Cessation Specialist Trainer; and the people affected by cancer who reviewed this edition.

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# Can you do something to help?

We hope this booklet has been useful to you. It's just one of our many publications that are available free to anyone affected by cancer. They're produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we're there to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.



## **Share your cancer experience**

Support people living with cancer by telling your story, online, in the media or face to face.

## **Campaign for change**

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

## **Help someone in your community**

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

## **Raise money**

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

## **Give money**

Big or small, every penny helps. To make a one-off donation see over.

**Call us to find out more**

**0300 1000 200**

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

## Please fill in your personal details

Mr/Mrs/Miss/Other \_\_\_\_\_

Name \_\_\_\_\_

Surname \_\_\_\_\_

Address \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Postcode \_\_\_\_\_

Phone \_\_\_\_\_

Email \_\_\_\_\_

Please accept my gift of £ \_\_\_\_\_

(Please delete as appropriate)

I enclose a cheque / postal order /  
Charity Voucher made payable to  
Macmillan Cancer Support

OR debit my:

Visa / MasterCard / CAF Charity  
Card / Switch / Maestro

Card number

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Security number

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Signature \_\_\_\_\_

Date     /     / \_\_\_\_\_

## Don't let the taxman keep your money

Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

- I am a UK taxpayer and I would like Macmillan Cancer Support to treat all donations I have made for the four years prior to this year, and all donations I make in the future, as Gift Aid donations, until I notify you otherwise.

I confirm I have paid or will pay an amount of Income Tax and/or Capital Gains Tax in each tax year, that is at least equal to the tax that Charities & CASCs I donate to will reclaim on my gifts. I understand that other taxes such as VAT and Council Tax do not qualify and that Macmillan Cancer Support will reclaim 25p of tax on every £1 that I give.

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.



If you'd rather donate online go to [macmillan.org.uk/donate](https://macmillan.org.uk/donate)

Please cut out this form and return it in an envelope (no stamp required) to:  
Supporter Donations, Macmillan Cancer Support, FREEPOST LON15851,  
89 Albert Embankment, London SE1 7UQ

More than one in three of us will get cancer. For most of us it will be the toughest fight we ever face. And the feelings of isolation and loneliness that so many people experience make it even harder. But you don't have to go through it alone. The Macmillan team is with you every step of the way.

We are the nurses and therapists helping you through treatment. The experts on the end of the phone. The advisers telling you which benefits you're entitled to. The volunteers giving you a hand with the everyday things. The campaigners improving cancer care. The community there for you online, any time. The supporters who make it all possible.

Together, we are all Macmillan Cancer Support.

For cancer support every step of the way, call Macmillan on 0808 808 00 00 (Mon–Fri, 9am–8pm) or visit [macmillan.org.uk](http://macmillan.org.uk)

Hard of hearing? Use telephone 0808 808 0121, or Text Relay.  
Non-English speaker? Interpreters available.  
Braille and large print versions on request.

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