

My records



About this booklet

This booklet is for anyone who has been diagnosed with cancer. It is a place to write down information about your diagnosis, care, treatment and appointments. There is also space to write down information about symptoms and side effects, as well as your feelings.

Being diagnosed with cancer can be a huge shock. You may find it difficult to listen to or understand medical information. You may struggle to remember what treatments or medications you are taking. It can also be hard to talk about how you are feeling to those around you. This is normal.

For many people, getting organised, taking notes and knowing the right questions to ask helps them feel more in control of their situation. This booklet works alongside the information in **The cancer guide**. If you have the **Macmillan organiser**, you already have a copy of the guide. If you would like to order one, see page 98.

How to use this booklet

This booklet is split into sections to help you find what you need. You do not have to use every section. You can use the contents list on page 5 to help you.

This booklet includes tools for you to use. You can use these to:

- keep notes to show your healthcare team
- write down appointment times
- write down contact details
- keep track of how you are feeling.

If you do not feel able to fill in parts of the booklet, but you would like to, you can ask someone else to help. How you choose to use this booklet is up to you. We hope you find it helpful.

Need more space? You can order a new **My records** booklet from **be.macmillan.org.uk** or by calling **0808 808 00 00**.

The Macmillan organiser

My records is available on its own, or as part of the **Macmillan organiser**. The organiser is an easy-to-use folder that has a copy of this booklet, and a booklet called **The cancer guide** in it. You can use the organiser to store information and documents relating to your treatment, so that you can keep everything in one place.

This booklet works best when used with our booklet **The cancer guide**. If you have the **Macmillan organiser**, you already have a copy of the guide. If you do not have the **Macmillan organiser**, you can order it free. Or you can order a copy of **The cancer guide** on its own.

Call **0808 808 00 00** or visit **be.macmillan.org.uk** to order what you need.

Quotes

In this booklet, we have included quotes from people living with cancer, which you may find helpful. Some are from our Online Community (**macmillan.org.uk/community**). The others are from people who have chosen to share their story with us. To share your experience, visit **macmillan.org.uk/shareyourstory**

For more information

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on **0808 808 00 00**, 7 days a week, 8am to 8pm, or visit **macmillan.org.uk**

If you would prefer to speak to us in another language, interpreters are available. Please tell us, in English, the language you want to use.

If you are deaf or hard of hearing, call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

We have some information in different languages and formats, including audio, eBooks, easy read, Braille, large print and translations. To order these, visit **macmillan.org.uk/otherformats** or call **0808 808 00 00**.

Help us improve our information. Scan the QR code below to tell us what you think



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PERSONAL DETAILS

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My details

Name

Address

Home phone number

Mobile phone number

Email

NHS number

NI number

Allergies

Health conditions

Medication

My next of kin

This is a person or people you want to be kept up to date about your medical care. For example, they may be contacted if you need to go into hospital. You can choose any person to be your next of kin, as long as they agree. It should be someone you trust and are close to. It is often a close family member, but it does not need to be. Use this page to write down their details.

Name

Relationship to me

Address

Home phone number

Mobile phone number

Email

Comments (for example, 'please contact if I go into hospital')

My next of kin

Name

Relationship to me

Address

Home phone number

Mobile phone number

Email

Comments (for example, 'please contact if I go into hospital')

My next of kin

Name

Relationship to me

Address

Home phone number

Mobile phone number

Email

Comments (for example, 'please contact if I go into hospital')

DIAGNOSIS AND TREATMENT

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Key contacts

During your diagnosis, treatment and after treatment, you will meet lots of different health and social care professionals. You might like to keep a record of everyone you meet so that you can contact them if you need to.

You can find more information about people you might meet on pages 10 to 12 in **The cancer guide**.

Role

Name

Hospital or organisation

Telephone number

Mobile phone number

Email

Notes (for example, times or days they are available)

Key contacts

Role

Name

Hospital or organisation

Telephone number

Mobile phone number

Email

Notes (for example, times or days they are available)

Key contacts

Role

Name

Hospital or organisation

Telephone number

Mobile phone number

Email

Notes (for example, times or days they are available)

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Telephone number

Mobile phone number

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Name

Hospital or organisation

Telephone number

Mobile phone number

Email

Notes (for example, times or days they are available)

Key contacts

Role

Name

Hospital or organisation

Telephone number

Mobile phone number

Email

Notes (for example, times or days they are available)

Key contacts

Role

Name

Hospital or organisation

Telephone number

Mobile phone number

Email

Notes (for example, times or days they are available)

You can find more information about getting the most out of your healthcare appointments on page 18 of **The cancer guide** booklet.

Summary (for example, what people said or did)

Appointment record

Appointment

Date and time

Who was there

Where it was

Summary (for example, what people said or did)

[illegible]

Appointment record

Appointment

Date and time

Who was there

Where it was

Summary (for example, what people said or did)

[illegible]

Appointment record

Appointment

Date and time

Who was there

Where it was

Summary (for example, what people said or did)

[illegible]

Appointment record

Appointment

Date and time

Who was there

Where it was

Summary (for example, what people said or did)

Appointment record

Appointment

Date and time

Who was there

Where it was

Summary (for example, what people said or did)

[illegible]

Appointment record

Appointment

Date and time

Who was there

Where it was

Summary (for example, what people said or did)

[illegible]



Tests and scans record

There are many different types of tests and scans. The ones you have will depend on the type of cancer you have and your situation. The tests and scans you have will be recorded in your medical notes, but it is a good idea to keep your own record. This is so you can easily look at it if you need to.

You can find more information about tests and scans on page 23 of **The cancer guide**.

Test or scan

Date and time

Where it was

Details

Results

Date of next test or scan (if needed)

Tests and scans record

Test or scan

Date and time

Where it was

Details

Results

Date of next test or scan (if needed)

Tests and scans record

Test or scan

Date and time

Where it was

Details

Results

Date of next test or scan (if needed)

Tests and scans record

Test or scan

Date and time

Where it was

Details

Results

Date of next test or scan (if needed)

Tests and scans record

Test or scan

Date and time

Where it was

Details

Results

Date of next test or scan (if needed)

Tests and scans record

Test or scan

Date and time

Where it was

Details

Results

Date of next test or scan (if needed)

Tests and scans record

Test or scan	
Date and time	
Where it was	
Details	
Results	
Date of next test or scan (if needed)	



My diagnosis

When you are first diagnosed with cancer, it can be overwhelming. It is a good idea to write down the details of your diagnosis. It can help you to process the news. It can also be useful to refer back to, especially if your diagnosis changes over time.

You may find it helpful to use the illustrations opposite and on page 44 when talking to your healthcare team. They might be able to show you what part of your body is affected, to help you understand. Or you could use them as a tool for asking questions.

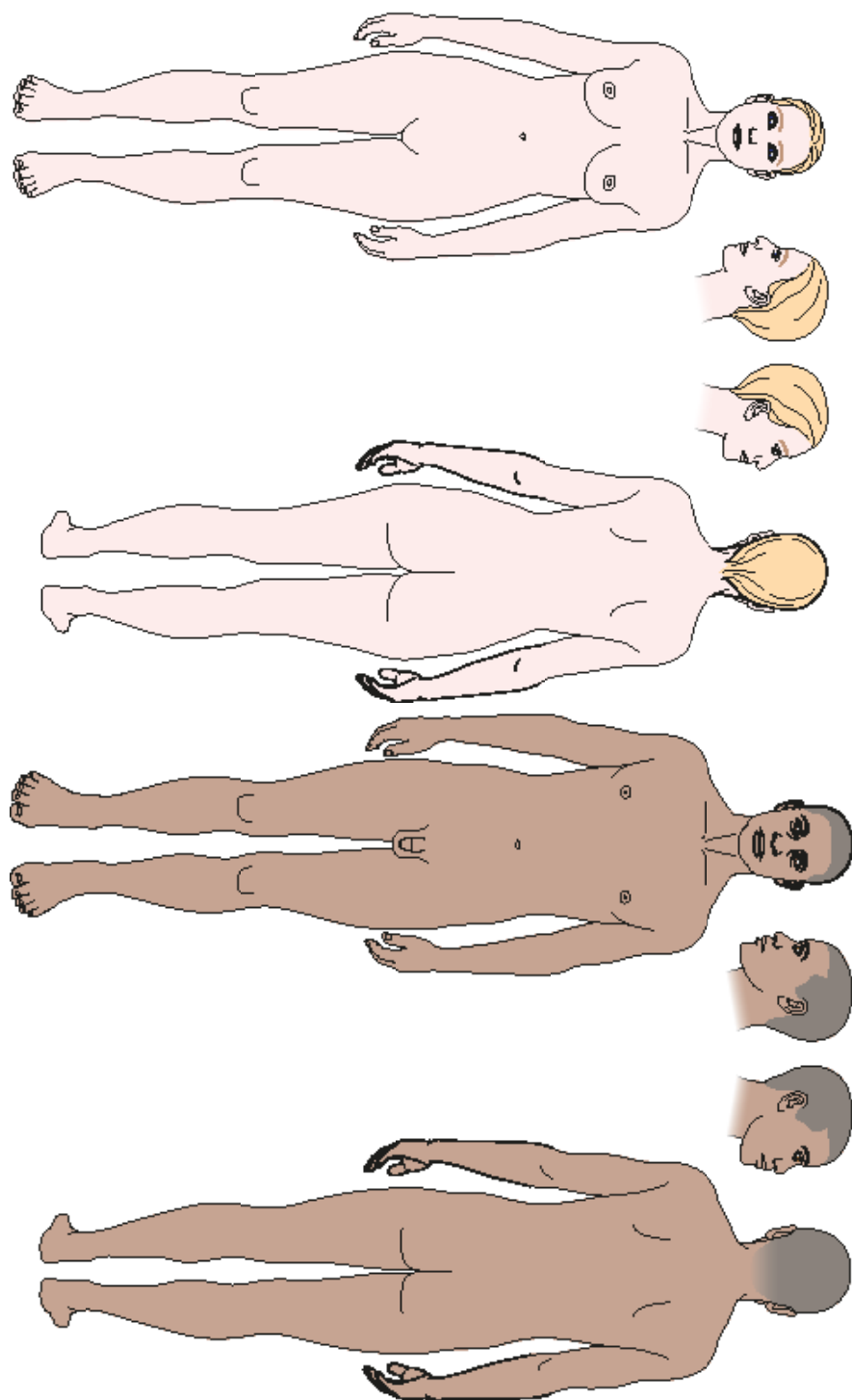
You can find more information about diagnosing cancer on pages 22 to 23 of **The cancer guide**.

Date

What I have been told

Who was there

Where it was



Notes

[illegible]

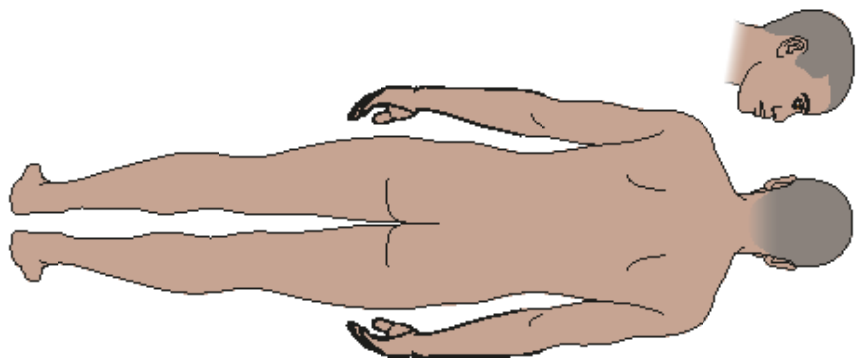
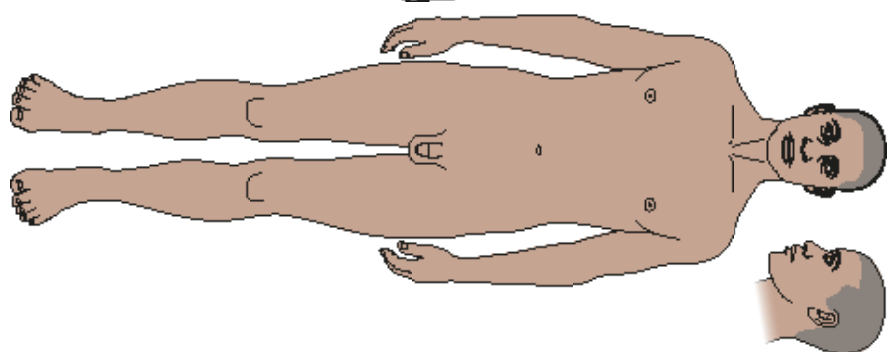
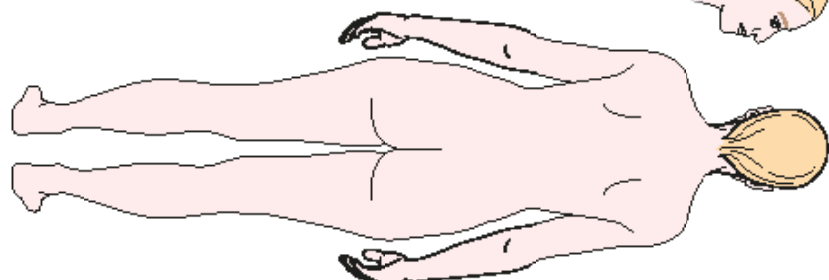
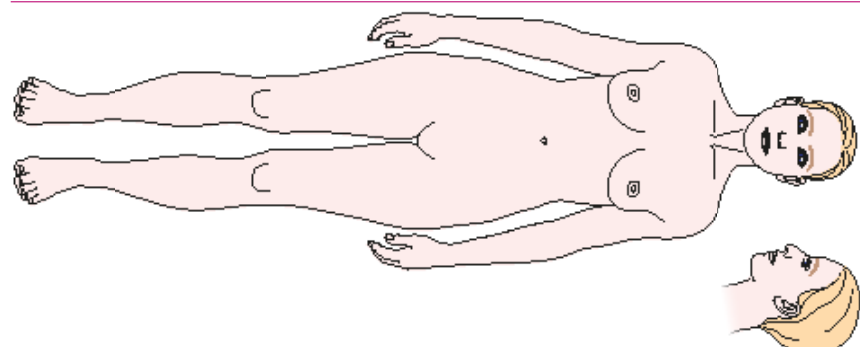
Updates

Date

What I have been told

Who was there

Where it was



Notes

[illegible]

My treatment decisions

You may need to make decisions about which treatments to have. Your doctor will discuss your options with you. It is important to understand what each treatment involves and the possible side effects. It is a good idea to write notes, to help you choose the treatment that is right for you.

You can find out more about making treatment decisions on pages 32 to 37 of **The cancer guide**. We also have more information in our booklets **Ask about your cancer treatment** and **Making treatment decisions**.

My treatment decisions

Treatment record

It is likely you will need to have more than one type of cancer treatment. For example, you may have an operation, a course of chemotherapy and a course of radiotherapy. It can be useful to write these down so you can refer back to your notes. If you are having the treatment more than once, you can also write down:

- any reactions you have during treatment
- any helpful tips you found out.

You can find out more about living well during and after treatment on pages 38 to 43 of **The cancer guide**.

Treatment

Number of treatments

Details

Where

Start date

End date

Comments (for example, reactions, tips and instructions)

Treatment record

Treatment

Number of treatments

Details

Where

Start date

End date

Comments (for example, reactions, tips and instructions)

Treatment record

Treatment

Number of treatments

Details

Where

Start date

End date

Comments (for example, reactions, tips and instructions)

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Where

Start date

End date

Comments (for example, reactions, tips and instructions)

Treatment record

Treatment

Number of treatments

Details

Where

Start date

End date

Comments (for example, reactions, tips and instructions)

Treatment record

Treatment

Number of treatments

Details

Where

Start date

End date

Comments (for example, reactions, tips and instructions)



Medication record

Your treatment may be medication you take on a regular basis. Or you may be prescribed medication to help with side effects. To help you stay on track, you may want to write down the details of each medication in the space below.

We have more information about medication on our website **macmillan.org.uk**

Medication

Reason for taking

Instructions (for example, with food or an empty stomach)

When (for example, morning or evening)

Dose

Medication record

Medication

Reason for taking

Instructions (for example, with food or an empty stomach)

When (for example, morning or evening)

Dose

Medication record

Medication

Reason for taking

Instructions (for example, with food or an empty stomach)

When (for example, morning or evening)

Dose

Medication record

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Reason for taking

Instructions (for example, with food or an empty stomach)

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When (for example, morning or evening)

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Medication record

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Reason for taking

Instructions (for example, with food or an empty stomach)

When (for example, morning or evening)

Dose

Medication record

Medication

Reason for taking

Instructions (for example, with food or an empty stomach)

When (for example, morning or evening)

Dose

Medication record

Medication

Reason for taking

Instructions (for example, with food or an empty stomach)

When (for example, morning or evening)

Dose



SYMPTOMS AND SIDE EFFECTS

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Symptom diary

You may find it useful to keep a diary of how well your symptoms are being controlled.

In this symptom diary, you can rate each symptom on a scale of 0 to 10. 0 means no symptoms and 10 means severe symptoms. This will help you see if symptoms are getting worse or better.

This diary can also help your healthcare team. For example, they will be able to:

- see whether they need to change the drugs or their doses
- refer you to a specialist who deals with symptom control.

We have more information about coping with symptoms on our website and our booklet **Managing the symptoms of cancer** (see page 98).

I wrote a diary and marked down what I could do and how long it would take me. I wrote down positive achievements and new things tried and accomplished. I began to see that I was improving month on month, sometimes even week on week, I may be a long way off before cancer but I was a long way towards a new normal.

Lizzy

Fatigue diary

If you have cancer, it is likely that at one time or another you will experience fatigue. Fatigue means feeling very tired or exhausted all or most of the time. The tiredness is not helped by rest and can affect you physically, psychologically and emotionally.

You can use the fatigue diary to record your energy levels during treatment (see pages 76 to 79). If you feel you are too unwell to fill this in but would like to, ask someone else to help you.

Your fatigue diary

Keeping a daily diary of your energy levels and when you have treatment can help you work out how treatment affects you.

This diary has enough space to record your energy levels for 1 month. You may want to photocopy the diary before you use it, in case you want more pages later. Or you can download and print free copies from **macmillan.org.uk/fatigue**

You can use this fatigue diary to:

- see what times of day you have the most energy
- write down things that might be affecting your fatigue, or any progress you have made
- plan important activities for when you have the most energy
- look at your last week and decide if you have planned too much or not enough for your next week
- work out what makes your fatigue better or worse.

How to use your diary

Using this scale of 1 to 5, record your energy levels in the diary:

- 1** No fatigue – able to do all normal activities.
- 2** Mild fatigue – able to do most normal activities.
- 3** Moderate fatigue – able to do some activities but need rest.
- 4** Severe fatigue – difficulty walking or doing activities such as cooking or shopping.
- 5** Extreme fatigue – needing to sleep or rest all day.

You may want to put a cross on days when you have treatment. This can help you see how and when treatment affects your energy levels.

You can share this information with your cancer doctor or specialist nurse. They will be able to offer you more effective treatment for fatigue, based on your notes. We have more information in our booklet **Coping with fatigue (tiredness)** (see page 98).

LIVING WELL

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How I feel

You may like to use this table to write about your good and bad days. This may help you decide what you can do to have more good days.

This thinking tool was written by people who had cancer. You can find examples, stories and support to use the tool at **thinkaboutyourlife.org**

You can find out more about dealing with your emotions on pages 70 to 77 of **The cancer guide**.



Good days



Bad days

Next steps

Diet diary

When you have cancer, you may need to change your diet. You may find it helpful to use the space below to write down foods you think have helped your appetite and foods that have not. For example, you may write down foods that make you feel more or less bloated. You can show this to your dietician or another person in your healthcare team. They may be able to suggest things to help.

You can find out more about eating well during treatment on page 41 of **The cancer guide**.



**Foods that
help me**



**Foods that do
not help me**


Next steps

Activity diary


During treatment, even going for short walks and spending less time sitting down can help you feel better. It can help you feel less fatigued and help you cope with your emotions.

Being active does not mean you have to exercise intensely. To start with, it can be as simple as going for short walks, doing things around the house or gardening. You may like to use this activity diary to record your physical activity. Write down what you did and how it made you feel. As you gradually build up your strength, you will find that you have more energy and feel better.

You can find out more about being active on page 43 of **The cancer guide**.



At first it was being able to walk up the stairs. Then it was being able to walk into town. It came back to always trying to set a slightly bigger goal for the next week or up it, even if it was only a little bit at a time.



James

Activity diary

Activity

Date and time

Time spent

How I feel

Activity diary

Activity

Date and time

Time spent

How I feel

Activity diary

Activity

Date and time

Time spent

How I feel

Activity diary

Activity

Date and time

Time spent

How I feel

Activity diary

Activity

Date and time

Time spent

How I feel



GETTING SUPPORT

Support tool

94

Support tool

You may find this tool useful as a place to write down what is important to you, and if you want more support. This was written by people who had cancer. You can find examples, stories and support to use the tool at **thinkaboutyourlife.org**

You can find out more about getting extra support on pages 82 to 86 of **The cancer guide** (see page 102).



**What is
important
to me**



**How best to
support me**

Next steps

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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 booklets or leaflets like this one.
Visit **be.macmillan.org.uk** or call us on **0808 808 00 00**.

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

Online information

All our information is also available online at **macmillan.org.uk/information-and-support** You can also find videos featuring 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
- eBooks
- large print
- translations.

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

If you would 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**.

The language we use

We want everyone affected by cancer to feel our information is written for them.

We try to make sure our information is as clear as possible. We use plain English, avoid jargon, explain any medical words, use illustrations to explain text, and make sure important points are highlighted clearly.

We use gender-inclusive language and talk to our readers as 'you' so that everyone feels included. Where clinically necessary we use the terms 'men' and 'women' or 'male' and 'female'. For example, we do so when talking about parts of the body or mentioning statistics or research about who is affected. Our aims are for our information to be as clear and relevant as possible for everyone.

You can read more about how we produce our information at **macmillan.org.uk/ourinfo**

Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

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 7 days a week, 8am to 8pm. Our cancer support specialists can:

- help with any medical questions you have about cancer or your treatment
- help you access benefits and give you financial guidance
- 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**

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 would 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** 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 is 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**

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**

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.

Help with money worries

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

Financial guidance

Our financial team can give you guidance 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 are 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)**

Work support

Our dedicated team of work support advisers can help you understand your rights at work. Call us on **0808 808 00 00** to speak to a work support adviser (Monday to Friday, 8am to 6pm).

Other useful organisations

There are lots of other organisations that can give you information or support. Details correct at time of printing.

General cancer support organisations

Cancer Black Care

Tel 020 8961 4151

www.cancerblackcare.org.uk

Offers UK-wide information and support for people from Black and ethnic minority communities who have cancer. Also supports their friends, carers and families.

Maggie's

Tel 0300 123 1801

Email enquiries@maggies.org

www.maggies.org

Has a network of centres in many locations throughout the UK. Provides free information about cancer and financial benefits. Also offers emotional and social support to people with cancer, their family, and friends.

Penny Brohn UK

Helpline 0303 3000 118 (Mon to Fri, 10am to 2pm)

Email helpline@pennybrohn.org.uk

www.pennybrohn.org.uk

Offers physical, emotional and spiritual support across the UK, using complementary therapies and self-help techniques.

Tenovus

Helpline 0808 808 1010 (Mon to Fri, 9am to 5pm,
and Sat and Sun 10am to 1pm)

Email info@tenovuscancercare.org.uk

www.tenovuscancercare.org.uk

Aims to help everyone in the UK get equal access to cancer treatment and support. Funds research and provides support such as mobile cancer support units, a free helpline, benefits advice and an online 'Ask the nurse' service.

Emotional and mental health support

Mind

Helpline 0300 123 3393 (Mon to Fri, 9am to 6pm)

Email info@mind.org.uk

www.mind.org.uk

Provides information, advice and support to anyone with a mental health problem through its helpline and website.

Samaritans

Helpline 116 123

Email jo@samaritans.org

www.samaritans.org

Provides confidential and non-judgemental emotional support, 24 hours a day, 365 days a year, for people experiencing feelings of distress or despair.

Financial support or legal advice and information

Advice NI

Helpline 0800 915 4604

Email advice@advice.net

www.adviceni.net

Provides advice on a variety of issues including financial, legal, housing and employment issues.

Benefit Enquiry Line Northern Ireland

Helpline 0800 232 1271 (Mon, Tue, Wed and Fri, 9am to 5pm, Thu, 10am to 5pm)

Textphone 028 9031 1092

www.nidirect.gov.uk/money-tax-and-benefits

Provides information and advice about disability benefits and carers' benefits in Northern Ireland.

Citizens Advice

Provides advice on a variety of issues including financial, legal, housing and employment issues. Use their online webchat or find details for your local office by contacting:

England

Helpline 0800 144 8848

www.citizensadvice.org.uk

Scotland

Helpline 0800 028 1456

www.cas.org.uk

Wales

Helpline 0800 702 2020

www.citizensadvice.org.uk/wales

GOV.UK

www.gov.uk

Has information about social security benefits and public services in England, Scotland and Wales.

Local councils (England, Scotland and Wales)

Your local council may have a welfare rights unit that can help you with benefits. You can also contact your local council to claim Housing Benefit and Council Tax Reduction, education benefits, and for help from social services (the Social Work department in Scotland). You should be able to find your local council's contact details, visit:

England

www.gov.uk/find-local-council

Scotland

www.cosla.gov.uk/councils

Wales

www.wlga.gov.uk/authorities

Macmillan Benefits Advice Service (Northern Ireland)

Tel 0300 1233 233

Money Advice Scotland

Email info@moneyadvicescotland.org.uk

www.moneyadvicescotland.org.uk

Use the website to find qualified financial advisers in Scotland.

NiDirect

www.nidirect.gov.uk

Has information about benefits and public services in Northern Ireland.

Equipment and advice on living with a disability

British Red Cross

Tel 0344 871 11 11

Email contactus@redcross.org.uk

www.redcross.org.uk

Offers a range of health and social care services across the UK, such as care in the home, a medical equipment loan service and a transport service.

Disability Rights UK

Tel 0330 995 0400 (not an advice line)

Email enquiries@disabilityrightsuk.org

www.disabilityrightsuk.org

Provides information on social security benefits and disability rights in the UK. Has a number of helplines for specific support, including information on going back to work, direct payments, human rights issues, and advice for disabled students.

Living Made Easy

Helpline 0300 999 0004 (Mon to Fri, 9am to 5pm)

Email info@dlf.org.uk

www.livingmadeeasy.org.uk

Provides free, impartial advice about all types of disability equipment and mobility products.

Scope

Helpline 0808 800 3333 (Mon to Fri, 9am to 6pm, and Sat and Sun, 10am to 6pm)

Textphone Use Type Talk by dialling **18001** from a textphone followed by **0808 800 3333**.

Email helpline@scope.org.uk

www.scope.org.uk

Offers advice and information on living with disability.

Also supports an independent, UK-wide network of local Disability Information and Advice Line services (DIALs) run by and for disabled people.

LGBT-specific support

LGBT Foundation

Tel 0345 330 3030 (Mon to Fri, 9am to 9pm)

Email helpline@lgbt.foundation

www.lgbt.foundation

Provides a range of services to the LGBT community, including a helpline, email advice and counselling. The website has information on various topics including sexual health, relationships, mental health, community groups and events.

Live Through This

www.livethroughthis.co.uk

A safe space for anybody who identifies as part of the queer spectrum and has had an experience with any kind of cancer at any stage. Also produces resources about LGBT cancer experiences. LTT runs a peer support group with Maggie's Barts.

Support for carers

Carers Trust

Tel 0300 772 9600 (Mon to Fri, 9am to 5pm)

Email info@carers.org

www.carers.org

Provides support, information, advice and services for people caring at home for a family member or friend. You can find details for UK offices and search for local support on the website.

Carers UK

Helpline (England, Scotland, Wales) 0808 808 7777

(Mon to Fri, 9am to 6pm)

Helpline (Northern Ireland) 028 9043 9843

www.carersuk.org

Offers information and support to carers across the UK. Has an online forum and can put people in contact with local support groups for carers.

Your notes and questions



Your notes and questions



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. Some photos are of models.

Thanks

This booklet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by Prof Tim Iveson, Macmillan Consultant Medical Oncologist.

With thanks to: Amy Dugdale, Macmillan Gynaecology Nurse Specialist; and Hilary Weaver, Macmillan Cancer Information Development Nurse.

Thanks also to the people affected by cancer who reviewed this edition, and those who shared their stories.

We welcome feedback on our information. If you have any, please contact **cancerinformationteam@macmillan.org.uk**

Sources

Below is a sample of the sources used in our practical support information. If you would like more information about the sources we use, please contact us at **cancerinformationteam@macmillan.org.uk**

National Institute for Health and Care Excellence. (2021, 06 17).

Shared decision making underpins good healthcare. Retrieved July 2021, from NICE: **<https://www.nice.org.uk/news/article/shared-decision-making-underpins-good-healthcare>**

The Patients Association. (2020). Next of kin. Retrieved July 2021, from The Patients Association: **<https://www.patients-association.org.uk/next-of-kin>**

Can you do something to help?

We hope this booklet has been useful to you. It is just one of our many publications that are available free to anyone affected by cancer. They are 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 are here 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.

5 ways you can help someone with cancer

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

Please fill in your personal details

Mr/Mrs/Miss/Other

Name

Surname

Address

Postcode

Phone

Email

Please accept my gift of £
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I enclose a cheque / postal order /
Charity Voucher made payable to
Macmillan Cancer Support
OR debit my:
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Card / Switch / Maestro

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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.

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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 would rather donate online
go to **macmillan.org.uk/donate**



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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

This booklet is for anyone who has been diagnosed with cancer. It is a place to write down information about your diagnosis, care, treatment and appointments.

There is also space in this booklet to write down information about symptoms and side effects, as well as your feelings.

At Macmillan, we give people with cancer everything we've got. If you are diagnosed, your worries are our worries. We will help you live life as fully as you can.

For information, support or just someone to talk to, call **0808 808 00 00** or visit **macmillan.org.uk**

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use. Are you deaf or hard of hearing? Call us using NGT (Text Relay) on **18001 0808 808 00 00**, or use the NGT Lite app.

Need information in different languages or formats? We produce information in audio, eBooks, easy read, Braille, large print and translations. To order these, visit **macmillan.org.uk/otherformats** or call our support line.



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