

**COPING WITH CANCER IN
GLASGOW?
WE CAN HELP**

**Macmillan Cancer Support services for patients,
their families and carers.**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

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Improving Your Cancer Journey
phone: 0141 287 7077

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Macmillan @ Glasgow Libraries
phone: 0141 287 2999
e-mail: macmillan@glasgowlife.org.uk
web: glasgowlife.org.uk/macmillan

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Long Term Conditions and Macmillan Service
phone: 0141 287 5901
e-mail: ltcandmacmillanservice@glasgow.gov.uk

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Helping Matters
phone: 0131 260 3720 / 07525 810 318
e-mail: pes.glasgow@macmillan.org.uk
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Macmillan Supporters Service
phone: 0141 340 9223 / 07557 737 852 (text)
web: macmillan.supportersservice@ggc.scot.nhs.uk

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phone: 0141 287 0241
e-mail: movemore@glasgowlife.org.uk
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Fundraising
phone: 0300 1000 200
e-mail: fundraising@macmillan.org.uk
web: macmillan.org.uk/getinvolved
Volunteering
phone: 0300 1000 200
e-mail: volunteering@macmillan.org.uk
web: macmillan.org.uk/volunteering



One-stop-shop for all your support needs

Improving Your Cancer Journey

If you've been diagnosed with cancer and want to talk to one person who can help you access all the support you need, then give us a call.

We'll find out what help you need before acting on your behalf to get the support you want, or give you the information you need to take control.

We can put you in touch with all of Macmillan's services, as well as other charities and agencies across the city.

To find out more about how we can help, call us on **0141 287 7077**



Information and support



Macmillan @ Glasgow Libraries

We offer a free and confidential drop-in service in libraries across the city, where anyone affected by cancer can get emotional support and high quality information in a relaxed environment.

We also run regular outreach sessions in the community, where our trained volunteers are always ready to listen and offer support.

To find out more information you can visit glasgowlife.org.uk/macmillan, call **0141287 2999** or email macmillan@glasgowlife.org.uk





Practical help

Helping Matters

Coping with cancer can be especially difficult if you don't have family or friends close by, or if you worry that you are asking for too much support from the same people over and over again.

We can offer local services delivered by trained volunteers who can give you a helping hand. Support could include light housework, shopping, lifts to one-off appointments in the community or just a listening ear and opportunity to chat about how you are feeling.

For further information about how your local service can help you, call **0131 260 3720 / 07525 810 318** or email pes.glasgow@macmillan.org.uk

Advice about benefits

Long Term Conditions and Macmillan Service

We know that living with cancer and other long term conditions can bring extra expenses, such as paying for travel to hospital or higher than normal fuel bills. We can help you claim the benefits you're entitled to, resolve housing issues, manage debts and access other support services.



If you're struggling to cope with the financial impact of cancer or another long term condition, get in touch with us:
0141 287 5901 or email ltcandmacmillanservice@glasgow.gov.uk

Clothes Bank Scheme

If you've had a cancer diagnosis, you will be aware of the many effects you can experience as a result of the disease and its treatment. One of these effects can be a change in weight or body shape. You may find that your clothes no longer fit, and become uncomfortable or impossible to wear. However the financial impact that cancer has on many people means that you may not be able to afford to buy new clothes.

We can offer good quality second hand clothing, as well as wigs and a wig styling service to people experiencing hair loss as a side effect of their cancer treatment.

To make a clothes or wig bank appointment, please call **07736 275 824**



Getting active



Move More Glasgow

Move More is a programme of activity to help people affected by cancer get moving. From gardening and walking groups to circuit and gentle movement classes, there is something for everyone. All the activities are free of charge and you'll be with others that know exactly what you are going through.

To find out more call your local Move More Coordinator on **0141 287 0241**, email **movemore@glasgowlife.org.uk** or visit **glasgowlife.org.uk/movemore**

Diet and nutrition

Macmillan Supporters Service

Cancer and its treatment can have a real impact on the body and cause problems with eating and appetite. You may feel alone with these issues or be caring for someone with cancer and not know where to turn for advice.

We can provide practical advice to help manage changes in appetite and weight, and offer a listening ear from someone who knows what you are going through.

To find out more or to arrange a telephone chat with one of our Macmillan Supporters please call **0141 340 9223** or text **07557 737 852** or email **macmillan.supportersservice@ggc.scot.nhs.uk**





Macmillan in partnership with Boots

Beauty Advice

The side effects of cancer and its treatment can have a real impact on how you feel. Located within a number of Boots stores, our expert Macmillan Beauty Advisors can offer face-to-face advice including hints and tips about caring for hair, nails and skin.

Other support available in store*

We also have Boots Macmillan Information Pharmacists who can answer your questions about cancer, as well as drop-in information services where you can get advice and support.

*Drop-in services only available in selected stores

To find out about all the good work Macmillan and Boots are doing together to help people affected by cancer, visit [macmillan.org.uk/boots](https://www.macmillan.org.uk/boots)

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CANCER SUPPORT**



Getting involved

Fundraising

Nearly half of us will get cancer in our lifetime, so we need more support now than ever before to help us fund our fantastic services in Glasgow.

There are so many ways you can get involved, so why not get in touch with our fundraising team who'll be ready to take your call and help you host your own event or make a donation.

Your amazing efforts really will help us make sure that no one in Glasgow faces cancer alone.

Go on, do something great today.

To find out more about all the ways you can support Macmillan, call us on **0300 1000 200**, e-mail fundraising@macmillan.org.uk or visit [macmillan.org.uk/getinvolved](https://www.macmillan.org.uk/getinvolved)

Volunteering

Whether it's minutes or months, hours or days, the time you give by volunteering for Macmillan really does matter. So thank you.

With the support of people like you, we can make sure no one faces cancer alone.

Make time matter. Volunteer today.

To find out more about volunteering, call us on **0300 1000 200**, e-mail volunteering@macmillan.org.uk or visit [macmillan.org.uk/volunteer](https://www.macmillan.org.uk/volunteer)

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. At Macmillan, we know how a cancer diagnosis can affect everything and we're here to support you through. From help with money worries and advice about work, to someone who'll listen if you just want to talk, we'll be there. We'll help you make the choices you need to take back control, so you can start to feel like yourself again.

No one should face cancer alone. For support, information or if you just want to chat, call us free on 0808 808 00 00 (Monday to Friday, 9am–8pm) or visit [macmillan.org.uk](https://www.macmillan.org.uk)

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