

COPING WITH CANCER IN GLASGOW? WE CAN HELP

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

**MACMILLAN
CANCER SUPPORT**
RIGHT THERE WITH YOU

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Improving the 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. This could be anything from having someone to talk to about how you feel, to help with money and housing worries.

Our service is available to anyone affected by cancer, including family members and carers.

We will be right there with you providing the information and practical support you need to take control.

To find out more information you can call 0141 287 7077
or visit www.glasgow.gov.uk/icj



Macmillan cancer information & support in the community



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. Our trained volunteers can also let you know what other support services are available to you, both locally and nationally, and help you to make contact with them.

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

To find out where your local drop-in service is you can call 0141 287 2999, email macmillan@glasgowlife.org.uk or visit glasgowlife.org.uk/macmillan

Advice about benefits

Long term conditions & 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, call us on 0141 287 7077, email lrcandmacmillanservice@glasgow.gov.uk, or visit www.glasgow.gov.uk/LTC

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NHS
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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 or email DVSAdminScotland@macmillan.org.uk



Getting active



Move More Glasgow & Macmillan friendly classes

Move More is here to help people who have been diagnosed with cancer get moving. We offer sessions in a range of activities from gardening and walking groups to circuits and gentle exercise classes. The activities are led by specially-trained instructors to ensure they can support people with cancer to get moving at a pace that's right for them.

Our partner Glasgow Sport also offer a range of "Macmillan Friendly" activities as part of their normal fitness programme. Please note, for these classes there may be a cost. These are activities that can be attended by anyone, but are led by instructors specially trained in supporting people with cancer.

Give us a call and we can help you find the best activity for you. If you would like to find out where your nearest activities are, or have a chat about which one is right for you, please call 0141 287 3831.

Macmillan friendly gardens

Gardening can have many benefits for your physical and mental wellbeing. It can help you manage some of the effects of treatment such as fatigue, depression and isolation. Lots of people tell us it helps them to feel 'more like their old self'. Many people find gardening relaxing and get a sense of achievement from watching things grow. Our gardens are also a great way to meet other people and become a little more active.

Whether you are a novice or an experienced gardener, why not arrange to visit one of our Glasgow Gardens, it's a great way to share time with friends, family and meet new people.

For further information about how to get involved with the Macmillan Friendly Gardens, call us on 0131 260 3720 or email DVSAdminScotland@macmillan.org.uk

Macmillan information & support centre

Beatson West of Scotland Cancer Centre, Glasgow

Our drop-in service is here to help patients and their families cope with the effects of cancer - before, during or after treatment. We are open Monday to Friday 8.15am to 4.15pm.

We listen to any concerns you may have and offer the practical and emotional support you need. We will help you access local and national services. These include benefits, counselling, complementary therapies, support groups, health and social care teams. We provide information and advice on hair loss, travel insurance, talking with children, aids to daily living and much more.

We are here for you, please
drop in or get in touch
at 0141 301 7390

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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

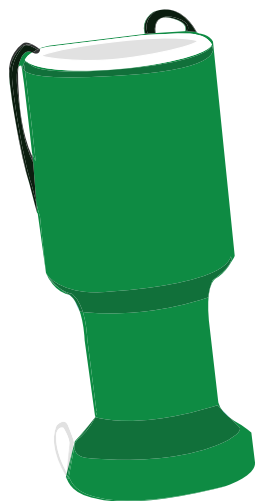
We also have Boots Macmillan Information Pharmacists who can answer your questions about cancer, as well as drop-in information* services where you can get advice and support.

*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

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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

Volunteering

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

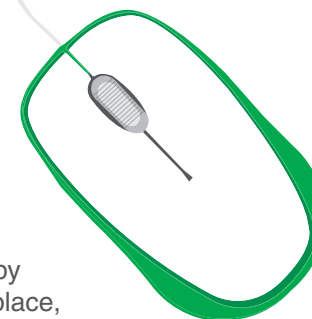
With the support of people like you, we can make sure no one faces cancer alone.

Make time matter. Volunteer today.

To find out more about volunteering, call us on 0141 287 2999, e-mail macmillan@glasgowlife.org.uk or visit macmillan.org.uk/volunteer



Online resources



Macmillan 'in your area'

Find out about local services in your area by visiting the Macmillan website. Search by place, town or postcode at www.macmillan.org.uk/in-your-area

Macmillan online community

If you or a loved one is dealing with cancer, our Online Community is a place you can talk to others who understand what you are going through.

The site is a safe space for you to be open about fears and emotions that might be difficult to discuss with family and friends.

You can join groups relevant to your experiences, cancer type, being a carer, or life after cancer. Within groups you can respond to an existing discussion, or start a new one, write a blog, read other blogs or ask our experts a question.

Become a part of the online community at community.macmillan.org.uk

NHS Inform and Scotland's Service Directory

NHS inform is NHS 24's national health information service. It provides accurate information to help you make informed decisions about your own health and the health of the people you care for.

NHS Inform has enhanced features and digital tools:

- Info for Me, a tool that helps you gather information relevant to you that can be easily printed, saved or shared.
- Scotland's Service Directory, support groups and thousands of NHS services in Scotland.
- Self-help guides for common illnesses and injuries.

Visit www.nhsinform.scot

We're here to help everyone with cancer live life as fully as they can, providing physical, financial and emotional support. So whatever cancer throws your way, we're right there with you.

For information, support or just someone to talk to, call 0808 808 00 00 (7 days a week, 8am - 8pm) or visit [macmillan.org.uk](https://www.macmillan.org.uk).



Macmillan.org.uk

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