

Being told 'you have cancer' can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you're still you. We get that. And, after over 100 years of helping people through cancer, we get what's most important: that you're treated as a person, not just a patient.

It's why we'll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries.

We're here to help you find your best way through from the moment of diagnosis, so you're able to 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**



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.



If you're living with cancer in Oxfordshire, Macmillan's volunteers can give you a helping hand.

**MACMILLAN
CANCER SUPPORT**

Our trained volunteers are here for you

We know how hard it is to cope with the physical, practical and emotional effects of cancer. It can leave you feeling isolated and sometimes unable to perform essential tasks. Coping 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. But Macmillan's trained volunteers can give you a helping hand.

Macmillan volunteers can support you for up to 12 weeks with things like:

- light gardening or housework
- shopping
- lifts to one-off appointments in the community
- preparing a light meal
- having a chat and a cup of tea
- going out for a coffee, visiting a garden centre or going for a walk
- support over the phone
- referring you to other relevant support services.




What you can always expect from our trained volunteers

- All are carefully selected by Macmillan and undergo
- thorough background checks.
- All carry a Macmillan identity badge with their photo on it.
- All receive extensive training to help them provide the best
- possible support to people living with cancer.
- All receive regular supervision from Macmillan when providing a service.

 We're available Monday to Friday, 8am - 7.30pm and weekends by arrangement.

 01904 756402

 oxreferrals@macmillan.org.uk
to get support from Macmillan volunteers in Oxfordshire or to find out more.

If you would prefer, you can ask your cancer nurse specialist or health professional to contact us on your behalf.

Our trained volunteers are here for you

We know how hard it is to cope with the physical, practical and emotional effects of cancer. It can leave you feeling isolated and sometimes unable to perform essential tasks. Coping 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. But Macmillan's trained volunteers can give you a helping hand.

Macmillan volunteers can support you for up to 12 weeks with things like:

- light gardening or housework
- shopping
- lifts to one-off appointments in the community
- preparing a light meal
- having a chat and a cup of tea
- going out for a coffee, visiting a garden centre or going for a walk
- support over the phone
- referring you to other relevant support services.

We're available Monday to Friday, 8am - 7.30pm and weekends by arrangement.

Call 01904 756402 or email oxreferrals@macmillan.org.uk to get support from Macmillan volunteers in Oxfordshire or to find out more.

If you would prefer, you can ask your cancer nurse specialist or health professional to contact us on your behalf.



What you can always expect from our trained volunteers

- All are carefully selected by Macmillan and undergo
- thorough background checks.
- All carry a Macmillan identity badge with their photo on it.
- All receive extensive training to help them provide the best
- possible support to people living with cancer.
- All receive regular supervision from Macmillan when providing a service.

Being told 'you have cancer' can affect so much more than your health – it can also affect your family, your job, even your ability to pay the bills. But you're still you. We get that. And, after over 100 years of helping people through cancer, we get what's most important: that you're treated as a person, not just a patient.

It's why we'll take the time to understand you and all that matters to you, so we can help you get the support you need to take care of your health, protect your personal relationships and deal with money and work worries.

We're here to help you find your best way through from the moment of diagnosis, so you're able to 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](https://www.macmillan.org.uk)**



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.



If you're living with cancer in Oxfordshire, Macmillan's volunteers can give you a helping hand.

**MACMILLAN
CANCER SUPPORT**