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BOOK REVIEWS

Read what people affected by cancer think about...



The two faces of cancer (2019)

Brazier R.
Kibworth Beauchamp: Troubador Publishing,
2019.
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This well-written book is appropriate for a wide audience. Whilst the first part is very much Rebecca's account of her journey, anyone with a life-limiting illness and young children could relate to her emotions, thoughts and fears. It is also an appropriate read for professionals, friends and relatives to help them understand the trauma someone going through a cancer journey may experience.

The cover is bright, but it was the title that interested me, suggesting more than a factual account of someone's journey. It is well laid out in a clear typeface. Rebecca writes with a clarity and frankness that resonated and I didn't need photos; in fact, they may detract from the text. She handles the topic in a logical order, in two parts, the first being her journey, the second looking at issues around cancer including the impact of society on cancer, oncology and what helps recovery. This is followed by an excellent section that clearly explains the counselling theory that Rebecca uses to explain her experience. The section on 'What the medical profession can do' is an excellent guide to how they can make their patients feel less frightened and more empowered. I found the section on cancer language really relevant, as I find that the 'war metaphors' used around cancer are unhelpful and can be disempowering.

Rebecca writes in clear, unambiguous language and explains technical terms as she uses them. She recounts her experience of being diagnosed with cancer whilst being pregnant, not once but twice, in a clear and frank manner. She links her feelings and emotions to counselling theory in a manner that makes the theory understandable and relevant. She relates how she was involved with several hospitals and how the cancer made her feel that she was letting her daughters down. Her account of her journey takes in a third cancer, a counselling course, then a degree, bucket lists and holidays. She finds a way to rebuild her life and importantly to live it. "Instead of feeling overwhelmed and trying to control everything, I looked at what I could take responsibility for and let go of what I had no control" (p. 192).

This is an extremely useful insight into one person's very complex cancer story and as a guide to the many emotions and feelings that cancer may evoke. Although it could be a difficult read at times, it demonstrates that it is both normal and ok to have a range of feelings and emotions and that it is possible to work through these and come through them to a 'safe' if 'different' state of being. I like how Rebecca links her feelings and emotions to the counselling theory as she goes along as it helps to clarify the meaning of the theory in a clear manner.

Several quotes really impacted on me and I judge that to mean it is a book well worth reading. On a mindfulness course, Rebecca had to write a letter to her body (she hadn't had her third cancer experience by then) – what she wrote really resonated and sums up so much of what coming through a cancer journey can be about,

“Dear Body

Thank you for being there for me through cancer twice. Thank you for recovering and not giving up twice. I know you have changed as I have, but we are still together and here alive. Cancer is something we have been through together. I will look after you because without you I can't do the things that make me happy and alive. Thank you body, we are a great team.

Love mind and soul xx”.

Lead volunteer for a practical and emotional support service, supporting people living with cancer in their own homes. I have had breast cancer and ovarian cancer (66-75) (August 2019)

I enjoyed this book four years after my diagnosis. It was nice to explore some of the feelings that I had suppressed, and it has given me some much-needed closure. Rebecca is personable and instantly likeable. Her story starts with her diagnosis whilst pregnant with her second child. She describes in detail how this affected her and her family and how they turned a negative into something positive. She trained to be a counsellor to help others and is truly an inspiration.

It is an attractive book, nicely presented with a clear cover depicting two faces. It is written in the style of a diary and is easy to read and understand. Rebecca writes about her journey in a logical and methodical order and in a moving and honest way. There is a section at the back referring to counselling theories, which Rebecca explains clearly and succinctly. I like the quotes at the beginning of each chapter.

Rebecca explores the fact that breast cancer is unpredictable, turning your life upside down, but shows that positive can come from negative. She writes well, with clear advice through diagnosis, treatment, and recovery and a practical insight into endless appointments, treatments and emotional ups and downs; it. I found many comparisons to my journey and it was nice to have someone reiterate my feelings.

Breast cancer survivor (46-55) (July 2019)

This book is in two parts: Part 1 is Rebecca's journey from diagnosis to the current time, several years later, in chronological order; Part 2 offers an insight to the world of oncology, counselling theories, and society's view of cancer. Rebecca uses counselling theories to explain the psychological and emotional impact of her diagnosis; she subsequently trained as a counsellor and used that knowledge to understand her feelings in more depth when she received another diagnosis. It will help people to understand the reason for certain behaviours and thoughts, and how these constantly change and go back and forth depending on the current situation.

The content is in logical order. Each chapter has a simple example of the counselling theories applicable, with good cross reference to the latter section, where the theories are explained in more detail. It is easy to understand, and the terms are explained in a way applicable to the lay person, with good supporting examples. It is an appealing book and the title would make me pick it up to find out more.

I like the logical approach to the layout of the journey overlaid with sufficient information about counselling theories to illustrate the points made. It gives the reader an introduction to the theories and for those interested to explore these theories further if so desired. I read it twice; the first time I didn't always appreciate the points from the counselling examples, so after a couple of chapters, I went to the section on theories and read that section in full before returning to the first part of the book – it then made more sense. It was easier reading the book the second time.

This book succinctly explains how the repeated trauma experienced by cancer patients can impact on their behaviours and affect close family and friends. It is a good reference book to dip into the future, to review feelings and understand what is happening. I recommend it to anyone affected by a cancer diagnosis.

Living with metastatic breast cancer (56-65) (May 2019)

This is useful for the emotional aspects of diagnosis and anyone could relate to it. It is very honest and personal; I saw a lot of my feelings in it and had to stop reading every so often, as I was getting emotional. It reads like a diary and is easy to understand. I like the cover and the text is a nice size.

Some things can be solved, e.g. the consultant not divulging the cancer type. For others – like waiting for results, trying to cope being a mum, the first diagnosis, telling everyone – Rebecca used different tactics for her second diagnosis, which she found easier. For example, she used social media to inform people how she wanted their help and empathy. I love the emotional speech at the Ball, and that she raised money. She worked to help other patients, as a counsellor, even while coping with her second diagnosis. The list of questions for hospital appointments is very useful.

Breast cancer patient (66-75) (May 2019)

This is an excellent, well-written book. Although predominantly about the author's breast cancer experience, the views conveyed apply to any cancer and it will be useful for all aspects of living with cancer. It is an honest account of the author's feelings throughout her trials. I found the middle part of the book heavy going but it is all part of the story and the points in this book are useful for all cancer patients. If I had breast cancer, or any other cancer, I would be pleased to read this book.

Recovered from colon cancer (Over 75) (March 2019)

This is a very useful book for people with any type of cancer as it is about someone's emotional reaction to diagnosis and treatment rather than the specifics of breast cancer. It is very useful in helping people to understand the feelings that one person went through during diagnosis and treatment.

Rebecca handles the topic logically, following her journey through diagnosis and treatment. I read the additional information on counselling theory first as that made sense for me. I like that I could choose to do that. It is easy to understand; Rebecca explains medical language in the text. It is an appealing and readable book; the pleasant style encourages you to read on. The font is a good size, the design is nice, and the paper good quality. A small niggle: where the author includes analysis about how she is handling things and refers to the section on counselling theory, the page numbers in brackets slow down reading.

I particularly like the author's honesty about herself and how she handled diagnosis and treatment. It is helpful to read how this relates to counselling theory. I particularly like the summaries at the end, with information on how she reacted to her diagnoses differently because of where she was emotionally. I admire her for deciding to train in counselling and to write this book. I really like the fact that I can apply what I've learnt to my own life (thankfully cancer free now) – the information is very transferrable.

This is an excellent book, very readable and helpful. It is more about the emotional support side of coping with diagnosis and treatment, there isn't much information on breast cancer itself. I found it enormously helpful to think about how the relative I am currently supporting might be feeling. It is also very applicable to life generally and I've learnt a lot about myself and how I handle situations – not something that I was expecting, a bonus! I will probably recommend it, also to people affected by other cancers, particularly if they have young children; if someone wants information specifically about breast cancer, then it might not be the most appropriate book.

Carer (prostate cancer and pancreatic cancer) (46-55) (March 2019)



This book will help a relative or friend to understand the state of mind of the person with cancer. There is a degree of over-dramatisation but that is probably a result of the author's state of mind. It is most useful for facing up to the uncertainties, especially during the initial stages leading up to treatment.

The appearance is very good, and the font is a sensible size. The tone, I assume, accurately reflects the author's state of mind. The language is appropriate, but I don't like the frequent bad language, especially the 'F' word. I understand that the author feels like using bad language but maybe not in print; it will upset some people.

I like the author's frank and open approach to, and description of, a difficult subject.

Several relatives and friends have, or have had, various forms of cancer (Over 75) (June 2019)

The author had cancer three times and is a counsellor. In her book she looks at the psychological and emotional impact of a cancer diagnosis in depth, she tells it how it really is. It is a very honest overview and I found it very useful. It will also be useful for professionals caring for patients with cancer. The author really opens up to her feelings and this could help those caring for someone going through surgery and treatment. It may be too in depth for a partner, relative or friend.

It is easy to understand; technical words are explained, as is the counselling theory Rebecca uses throughout. The book flows well, although initially I kept referring to the counselling theories at the back. After a few chapters I read it as it was set up and enjoyed it more that way. The cover is attractive and interesting. The typeface and layout are clear (no illustrations). The book is written in such a way that the reader knows when the author was angry, happy or sad – she was very emotive.

I like that it addresses the emotional issues of diagnosis not just the physical impact. The author writes thoughtfully about her family and how they react. I found it very useful as I was struggling emotionally; it made me realise what I was going through was common. I would have found it very useful when I worked as a palliative care nurse in a hospice – I hope it will find its way into hospice education departments.

Diagnosed with bowel cancer and liver mets 2018. All clear after surgery and chemotherapy (56-65) (June 2019)

This is an honest, detailed, warts-and-all account of Rebecca's life over the past 14 years. She explains how she has come through all that she has endured from the first time she was diagnosed with breast cancer as a young woman and pregnant with her second baby, through treatment with chemotherapy, a recurrence ten years later and the need for radiotherapy, finally a diagnosis of skin cancer. She describes her interactions with family, friends and health professionals very honestly. She has used her acquired knowledge of counselling to help her understand her emotions and deal with them in a positive manner. There are also explanations of the counselling theories that she has used to explain, and gain an understanding of, her experience.

It is a detailed account and explanation of the procedures and treatments that patients with breast cancer must undergo and so would be very helpful for people in a similar situation. Although primarily aimed at people living with cancer and recovering from it, health professionals would benefit from understanding the impact of their attitudes and behaviour on patients with cancer.

Rebecca takes us through her life from the time of first diagnosis, describing this in a step-by-step manner that is easy to read and follow. She is very good at explaining difficult or technical words. The interesting cover complements the title. I like the honesty of Rebecca's voice in describing her journey; however, while I understand the intensity of her feelings, her use of swear words does not add anything to the narrative. Also, while I understand the importance of explaining the psychological impact of events in her life, the paragraphs in italics with page numbers in brackets, interrupt the flow of what is a gripping story.

I definitely recommend it. The processes and treatments that patients undergo are described in detail and the explanations are very thorough – although harrowing, they may be helpful for those having the same procedures. Also, there are many positive messages from the author's life and from her views. As the author says it should help create understanding about the impact of cancer on all aspects of one's life and possible ways of coming through the experience with a positive attitude.

Taking treatment for the prevention of recurrence of breast cancer (66-75) (June 2019)

As well as covering the physical aspects of breast cancer and its treatment, this book focuses upon the emotional roller coaster a patient may face. It highlights the challenges, feelings, and fears that someone may have to deal with, and allows a carer to gain a better understanding of what someone may be facing. The author has a background in counselling, so the book is also useful in trying to explain why someone may be acting, thinking, or feeling a certain way. Again, this may help with focusing support in the right way and allowing a carer or friend to see the world from a patient's perspective. The psychological references throughout may help a patient understand that what they are feeling or thinking is perfectly normal and understandable. From a cancer patient's perspective, the book also provides hope and a level of inspiration. It shows how things may be possible, and that hopes and dreams can still be fulfilled, and new opportunities made available. There are times when things may look bleak but, having experienced cancer, a patient may experience self-development and growth in areas that they didn't think possible.

The author describes in detail her journey with cancer and provides a representative and realistic view of the treatment path and diagnosis process. The book also delves into counselling theory throughout, by linking it to certain feelings and emotions she experienced. This is laid out in the italic sections within the book addressed in each chapter and is reinforced time and time again. It is logical as the reference material is linked to pinpointed aspects of the authors treatment, diagnosis, and overall cancer experience and for this reason provides context. This guidance is presented in a practical manner which again draws upon the authors experience of counselling training and delivery and is spelt out in easy to understand terms.

Having gone through breast cancer, I feel that the author uses language that I could understand and relate to. She writes it in a way that the reader can understand what she has been through. The book also attempts to explain certain technical phrases and acts as a good reference for people who are unfamiliar with the process of treatment. It is particularly good at explaining psychology and why this is relevant to understand when someone is going through an emotional trauma.

It is appealing in both its size, paper, and format of text. It is a novel telling the story of someone's life and the language and tone allow you to empathise and relate to the author. It also focuses on hope and inspiration in a big way which I feel is particularly appealing to anyone. The book covers a lot of information and is very detailed in places. That said, you can dip in and out of various sections, particularly the sections in italics about counselling theory linked to the author's experience of counselling and her explanations of why she is feeling a particular way. This does not affect the flow.

I like that it is written as a story of someone's life – I kept picking it up to find out what happened. It gives real insight into her background and life, and I genuinely felt that, through her powerful language and descriptions, I could relate to what she was experiencing and empathise with her. The counselling/psychology references helped me understand certain aspects of emotions better and why I or others were thinking and feeling as we did and is written with real context. I like that it shows that the author turned aspects of a negative situation into positive achievements and did things she wouldn't have done before. It provides hope and inspired me to think there are opportunities on which I could focus too. The book also provides techniques and help with coping with emotions and gave me a sense of positive thinking which I like.

At times, certain themes and messages are repeated, and I found myself skipping over some of the material in the counselling references in italics. In hindsight however, I realise that the repetition helped to reinforce key points and my overall understanding of the emotional challenges faced.

This book is powerful in describing the emotional side of cancer and is useful in providing emotional support, guidance, and coping strategies. It also presents real facts and information and describes the process and sequence of treatment that the author went through in a true-to-life manner. To read it, you need to be in a certain frame of mind and in a positive place. Everyone's story is different – what happened to the author was unique to her. She deals with three first-hand experiences and this could make some people worry. If read in the right way, however, it is clear the story is unique to the author, and the book can be very much seen as an inspirational read.

Lobular breast cancer patient (46-55) (April 2019)

Rebecca is a qualified counsellor and personal coach who trained at the age of 44. Her book attempts to create an understanding of the impact of cancer on her and her family, and the consequences of diagnosis and treatment. It describes care and treatment in detail. It will be useful for patients, newly diagnosed or undergoing treatment, and their family and friends. It is written from two perspectives: the cancer experience and journey; and using professional knowledge as a counsellor.

The sections at the back will help and interest many readers. Rebecca goes to great lengths to ensure that we understand her book, using references, explanations and definitions to good effect. I particularly enjoyed the inspirational and thought-provoking quotes at the start of each chapter. The text in italics (where Rebecca explains things from a counselling perspective) is distracting; it interrupts the flow and I stopped reading these. She often begins sentences with phrases such as, "Cancer taught me" (p. 273) and "The second time around" (p. 180). I found this repetitive.

I enjoyed reading this book. It vividly describes the impact of cancer on family dynamics. Rebecca has had cancer three times in twelve and half years and has a young family. She is easy to like and although she is laid very low at times, there are many inspirational moments to enjoy as she triumphs in more ways than one!

Carer of breast cancer patient (56-65) (February 2019)

This book tracks Rebecca's experiences of being diagnosed with breast cancer while pregnant with her second daughter, her surgery, chemotherapy and radiotherapy, and the return of cancer ten years later. Rebecca is clearly a highly intelligent and self-aware woman who examines her thoughts, feelings and behaviour. She explores her guilt, rage, depression and anxiety, having to endure chemotherapy while still pregnant, and other treatments. She lives in fear of dying and produces 'bucket lists' that include living long enough to take her younger daughter to her first day at primary school. The reader cannot help but feel moved by compassion for this situation and want her to do well. (I can't be the only reader to sneak a look at the last chapters to reassure myself that she was keeping healthy.)

It is a slightly larger than usual paperback, with 333 pages of text. There are no photos or images of any kind. I would have liked a small photo of the author, as this would have helped me connect more with her (I found a nice photo of her on the internet, publicising this book.) The font is clear and large enough not to strain eyes.

The author has an intelligent and engaging writing style and uses plain language, explaining in parentheses any necessary medical words. Her writing style draws in the reader to empathise with her situation, throughout the ordeals of treatment. She frequently uses repetition of phrases that create a certain force in making her points. She wants to live, for her children as much as for herself. Her experiences move swiftly from feeling very depressed, inert, eating sausage rolls while on the sofa and watching daytime TV, waiting, waiting, waiting... to being very active, positive, gaining a first-class honours degree, running, experimenting with veganism and organising a fundraising ball for Breast Cancer Care. She appears to swing between extremes, carrying the reader with her. This does not advance in a linear way. At one time, she is miserable about herself, feeling like the 'mouldy orange in the fruit bowl of life' and at others, she is assertive, and rightly proud of her achievements.

In the ten years between cancer experiences, she takes stock of her life, completes a degree and trains to be an accredited British Association for Counselling and Psychotherapy counsellor. The family also go skiing and have holidays in Australia, and she goes on retreats, which reflect her wish to live her life in the best way possible even with the shadow of cancer over her. During these times, she occasionally swings from being depressed and angry to being active and positive.

I like the author's honesty. She explores her feelings and thoughts, including what she considers are her weaknesses. There is nothing major to dislike, however, I had the impression that the holidays that seemed to be a major factor in keeping her spirits up, funding for her university courses and personal retreats, and clothes for a ball are not an option for many people with cancer and might give a sad message to some readers. On the other hand, she could not have left out these things. My only misgiving comes from the fear that through travelling with her through her own extremely emotional journey, some readers could be drawn into having similar feelings themselves, when they would otherwise not do so. I hope that readers succeed in separating themselves from these approaches. Nevertheless, this is an interesting and insightful book.

Former health professional working with people with head and neck cancer (66-75) (February 2019)



This book has some use, but I did not find it helpful as a source of support for someone with cancer. I had high hopes for a simple explanation of counselling theories and applications – a hope that sadly was not fulfilled.

It is readable, and the chapters are about the right size. It is not visually appealing; the paper is rather glossy, but the font size is fine. It is in a logical order from the author's point of view. The separation of individual examples coupled with counselling theories is helpful, if a little too basic for health professionals.

There is not very much I like about it. It proved a disappointment both on increasing my knowledge and in providing a wider base for providing informed advice and support. It lacks direction and seems to have a preconceived idea of how to cope, despite the author's acknowledgement that we each experience cancer in our own unique and individual way. I will need to be selective in recommending it to others.

Cancer survivor (66-75) (June 2019)

This is very much a personal account of Rebecca's breast cancer, its physical and emotional impact, her progression into counselling, and other approaches she has used to cope. It may help someone in a comparable situation to feel that they are not alone with their emotions. The two faces of the title reflect that Rebecca is detailing her cancer as a patient and from a counselling perspective – she has gone on to qualify and explore and deal with the impact of being a patient. It is well written and honest. Rebecca was diagnosed whilst pregnant. Her treatment during pregnancy was a real concern and at diagnosis she felt isolated, eventually seeking and finding comfort in an online forum for women who found themselves in the same position.

I started and stopped several times. Not because of the quality but rather the honesty and description of emotions. Although my sister died from a different cancer, it did travel to her breast. My enjoyment of the book was affected by my memories of those feelings and fears that Rebecca so accurately describes; I was revisiting them. It is therefore perhaps best for someone in a similar situation who can take comfort from her story, how she dealt with it at the time and the subsequent realisations she has gleaned from her counselling experience and insight. The two perspectives in each chapter often don't flow but it is the right approach from a contextual viewpoint. Perhaps this was more my response to reading and feeling how I did then reading the lessons or viewpoint from a counselling perspective immediately – from emotional to more rational albeit all with the purpose of providing understanding and reassurance that all responses were valid at the time.

Overall, I found it a difficult read but that probably signifies the truth in the pages and the reality of cancer. Patients may relate to it better and the honesty may comfort as it resonates. It is very personal. For those diagnosed when pregnant like the author, it may provide hope and reassurance, given the years she has lived with her cancer.

Family member (ocular melanoma and lymphoma) (36-45) (May 2019)

This is the author's story of her cancers and how she managed each one, learning from the first and shifting her attitude and way of thinking about cancer. It is divided into two sections: the author's story; and a guide to oncology and the impact of cancer. Embedded in this are sections of counselling theory and recovery.

The author uses informal, chatty language. The cover is ok but wouldn't attract me to the book. It feels nice to hold. The font size is ok, but the white paper is quite glary. I found the constant interruption of the text and narrative with italicised text annoying.

The intention is good. The story is real and, I imagine, as for many patients or survivors, there is a need to let people know, to help those going through cancer and make the experience less surreal, scary and stressful. I like that it is straightforward and from an unfamiliar perspective, but it isn't my cup of tea and I could take it or leave it. I will leave it for now, but others will choose to take it, read and enjoy.

Living with cancer (myelodysplastic syndrome) (46-55) (January 2019)



This is a well-written book and the author goes to great lengths to explain things, but she delves too deep and it is too long; I lost interest. The cover is a nice colour, but I don't know that I would have picked up the book in a library or bookshop.

Cervical cancer patient (46-55) (May 2019)



This is an autobiographical account of the author's cancer experience. I can't say that it would be of any use to anyone. It is a typical detailed description of how the author coped when she was diagnosed with cancer while pregnant. There are no useful details, only emotions, which are different for everyone. The topic of being diagnosed with cancer while pregnant, is followed with excessive details. It makes the book sound like a self-pity expose. It is too detailed about exactly when and what happened and was said. It is as if the writer was keeping a detailed diary of each time she was in the hospital and told anything by staff.

This book does not show us how to feel empowered or take control. Every second person in the UK will hear a cancer diagnosis about themselves or a family member or friend. Everyone deals with the three important parts of cancer – diagnosis, treatment, recovery – in their own way and might not be interested in reading about Rebecca's experience. Other books combine autobiographical elements with uplifting moral concepts, reasons for being diagnosed with cancer, or suggestions for visiting group sessions for exchanging information on how they deal with side-effects like sleeplessness, and how to change your diet or how you prepare meals.

Living with invasive HER positive breast cancer (56-65) (May 2019)

Further information

Why does Macmillan Cancer Support review books?

We use reviews to help us compile a list of suggested cancer books, the [Macmillan Core Book List](#). Cancer information centres and public libraries can use this list to select appropriate and relevant books for people affected by cancer.

We add reviews to the [Directory of information materials for people affected by cancer](#) so that people affected by cancer can see what others in a similar situation think about a book. You can also see details of all the books reviewed in the [Book reviews listing](#), which also has links to all the reviews.

We recruit most of our reviewers through the [Volunteering Village](#) and the [Cancer Voices Network](#), people affected by cancer who have signed up to help Macmillan Cancer Support in a number of ways. Volunteers are a vital part of our book review process; since 2007, over 1,500 Macmillan volunteers have written more than 6,000 reviews of over 500 different books.

If you are a health professional who would like to review books for us, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

Information and support for people affected by cancer

If you are looking for support to help you live life with cancer, you may wish to contact one of [Macmillan's cancer information and support services](#). Or you can call the Macmillan Support Line free on **0808 808 00 00** (Mon-Fri 9am–8pm). We have an interpreting service in over 200 languages. Just state, in English, the language you wish to use. If you are deaf or hard of hearing you can use textphone no 0808 808 0121 or Text Relay.

You can also email us using the [website enquiry form](#). Alternatively, [visit our website](#).

Feedback

If you have any comments, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

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.

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