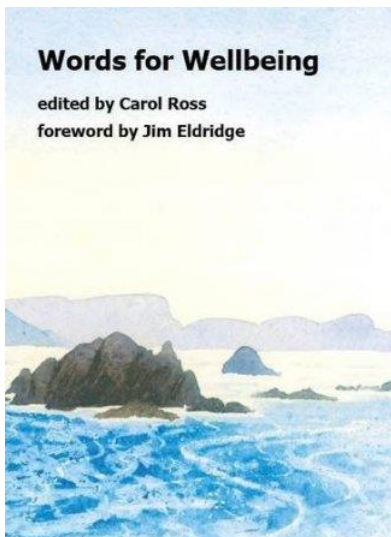


**MACMILLAN  
CANCER SUPPORT**

# BOOK REVIEWS

Read what people affected by cancer think about...



**Words for wellbeing: using creative writing to benefit health and wellbeing (2012)**

Ross C, editor.

Cumbria Partnership NHS Foundation Trust, 2012.

216pp.

ISBN 9780957284906. £9.50.

**Average star rating 3.8 (out of 5)**

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This book is full of inspiring stories, poems, and images by patients and carers who have used writing for emotional healing after a challenging health experience. It is full of advice on how to go about writing and includes practical writing exercises. It will be useful for anyone who wants to use creative writing for healing or otherwise, who is trying to make sense of it all, express their feelings, reflect as they come to terms with their situation, and start living again. It offers encouragement.

It is very practical, recognises that anyone can write – you do not need a special talent – and is well illustrated with examples of successful writing. The cover is soothing, the typeface easy to read, and the occasional pictures pleasing.

You can read individual poems or stories or take well-written advice on how to go about writing and the benefits of putting words down on paper. The book shows how well the year of writing project went and illustrates what has been achieved.

#### **Living with bowel cancer (56-65) (February 2014)**

This excellent book would be useful for anyone with depression or recuperating from a major operation. It is aimed at people coming to terms with their problems, not at cancer patients. It is not a technical book; it is aimed at the emotions and offers ways of overcoming depression and the trauma that follows surgery.

It is well put together, being a selection of poems, stories and articles that are easy to follow. It is easy to read, with footnotes and a glossary. I like the contents and presentation (good line illustrations and a high finish). Few people reading it will not be uplifted by some of the poems and articles, they express the pain and joy of living.

Although I am not au fait with poetry – I am a non-fiction writer – this was a very uplifting book. Some stories brought a tear to my eye, and I am not an emotional person. Writing can be extremely therapeutic; it took me from a dark place back to a “normal” life and eventual happiness. I recommend it to anyone with any illness or trauma. I intend to send a copy to two well-known authors to use when teaching or lecturing to creative writing groups.

#### **Living with colon cancer (Over 75) (January 2014)**

As someone who has already discovered how words and writing can change my life, I found it such a joy to read this book and share other people's experiences. It will be particularly useful for dealing with the emotional effects of cancer.

It is a very appealing book with a lovely cover painting (I couldn't find a credit for this), a nice feel to the pages, and some pictures (cartoons and drawings). I like the variety of contributions by professional writers and participants in the activities – with all their differing backgrounds and experiences.

### **Past cervical cancer patient (56-65) (January 2014)**

Cancer patients sometimes have traumatic experiences to cope with. Their carers too can experience major and prolonged stress. So, to read the creative writing of others who have used writing in a therapeutic way to survive their mental distress can be comforting and inspiring. This book offers plenty of ideas to reflect on and to try. It is not aimed at cancer patients, but could benefit them and their carers. It is for anyone wanting to write for wellbeing or help others to do so, anyone with an interest in mental health, anyone who would like to explore journal writing or who is interested in community writing – especially from Cumbria (the examples are from Cumbria).

There are 14 chapters with a mixture of poems, prose pieces, a few black and white photographs and line drawings, and a short graphic story. I find the book works well for dipping into at almost any point. For the most part, the writing is very accessible. Of course, a book with 14 chapters by 12 different authors and creative writing by a diverse group of individuals as well as group poems is bound to have variations in style, vocabulary and level of difficulty. There is no glossary or explanation of technical words, but I think that most people who pick up this book will already have some interest in mental health and may not need terms such as 'bi-polar', 'psychotic' and 'cognitive science' explained to them. The editor does provide the first and last chapters, as well as one in the middle, but in no sense are they introductory, climactic or concluding chapters.

I am a professional writer and have a deep interest in the therapeutic use of writing, storytelling, reading and visual art. I also run a cancer support group. So, I particularly like the different ideas shared in the book and hope to try out a few. I also enjoyed many of the creative writing contributions by survivors. It was nice to see brief biographical notes at the end of the book on all the contributors, not just the 12 professional authors. However, the book does have its limitations. I would like a bigger book, with more chapters and examples. Contributions from all over the UK would be even more interesting and I would like some cultural and ethnic diversity.

While this book has the potential to be very useful, creative writing will not be the therapy of choice for everyone. For some, it may be music, dance, drama, sculpture or another art form. However, many people who think that writing is not for them should give it a go. This book may be the encouragement that they need and they may be surprised to find the transformation for the better that writing can provide.

### **Two-times breast cancer survivor (56-65) (December 2013)**



A lot of cancer patients would benefit from writing therapy or free writing and this book can be used as a reflective resource. I like the knowledge, passion, writing, and real-life stories. Some of the writing really got to me. It is easy to understand but the layout could be better. It doesn't feel logical; one minute you read a poem, the next about the structure of writing, then somebody's experience and then through it again.

### **Living with melanoma (36-45) (June 2014)**

This is a real gem, a lovely, gentle read that would be appropriate for anyone who has an interest in therapeutic writing practices. It will help the reader deal with the choppy seas of emotions surrounding treatment and living with or beyond cancer.

It is very easy to read; however, it is not the kind of book you need to 'understand' – it's an experiential read. There is no logical order, it's a book to dip into. The lovely cover depicts how calming, soothing and restorative the shadings are within the pages. The cover is flimsy, but overall, the book is well laid out and well thought out.

I am very interested in therapeutic writing and art as a healing tool, and used many of the practices (self-taught and self-directed) during my own cancer journey; I hope that if people chance upon a copy at a centre or hospital, it may inspire them to try something new and see if writing and art have therapeutic value for them (once you get beyond "I can't" or "I'm rubbish"!).

This is a great read for when you are low in energy or spirits. It could help anyone – a current patient, at the end of treatment, in remission, a carer – wishing to make the most of their life. It may be a little bit out of people's comfort zone, but for those who are open to the idea that therapeutic writing is a deeply healing practice, it's a winner!

### **Breast cancer patient in remission (36-45) (May 2014)**

Anyone who would like to try out written words to aid recovery from a multitude of setbacks may find this book useful. It would be ideal at diagnosis when the impact of news can shut down channels of communication or after treatment when the world views things as OK and everyone else moves on, but the patient is stuck emotionally.

It is reasonably easy to understand although the many references may overwhelm some readers; the trick is to pick out areas of relevance at that moment in time. I found some parts really appealing but skipped over others. The illustrations are good.

This book offers a different form of communication to aid emotional recovery and introduces lots of different writing options to get people started. It explains free writing well as a doable task for anyone and gives permission to have negative thoughts with encouragement to search for positivity, no matter how small, as a way of bringing balance. I love how it uses the Covent Garden Royal Opera House as an analogy of how we hold vast information and how it uses poetry/abstracts in a group setting as a

way of generating discussion. It is empowering to read other people's experiences and how they have benefited from using these techniques. On the downside, it can feel forceful and if it doesn't work out it could make one feel a failure. I will probably recommend it to those who wish obtain support through writing.

### **Living with the consequences of breast cancer (46-55) (February 2014)**

This is a very good book that shows how therapeutic creative writing can be. I wrote a few things after diagnosis and it is very interesting now to look back at the emotions and see how far I have come. I also volunteered in a Hospice Day Centre where we did some creative writing, which the patients enjoyed.

A lot of the book is about writing with people with mental health issues and there aren't that many examples of people with cancer. However, this does not detract from its value as some of the creative writing ideas are very good. It might help patients come to terms with their condition and work their way through the illness if the patient (or carer) is happy to engage with the book and take on some of the writing ideas. This might not be the case for everyone.

I think this is a very good tool, though some patients might need more than a book to get them motivated to write. However, they might join a group that would give them the motivation. I would therefore recommend this book as an excellent resource for a cancer information and support service or library.

### **Womb cancer survivor (56-65) (January 2014)**

This book will be most useful for people interested in the use of creative writing in healthcare. It is not a book that will guide you to use creative writing but it may inspire you to do so, especially if you are struggling to come to terms with diagnosis or the changes that occur because of cancer or its treatment. I am a little confused about the intended audience. It is perhaps written more for people who work in healthcare and have a special interest in creative writing and helping patients express themselves. It could be helpful for carers or family members who think creative writing may help them. However, I think it would be more helpful to go to small group meetings about creative writing than read this book.

The appearance suits the style of book. The information on the back about the content and who will find it useful could be more informative. The paper quality and typeface are good and I like the layout, with plenty of space between paragraphs. There are some pictures reflecting some of the poems. The tone is simple and encouraging, although sometimes I was confused about whom the author is addressing. I found it quick and easy to read (there is no glossary but the ideas are well explained in the text) but some parts are repetitive and it does not flow well because each chapter is by a different author (some better than others) – it is more of a series of short essays about the use of creative writing in different health care scenarios, interspersed with short stories and poems by patients and health professionals. I did enjoy some of the poems and have felt similar emotions to those expressed but they do not seem to link with the main body of text. I would prefer

more of an introduction as I never knew what was coming next. It is probably best used as a reference book than read cover to cover.

It is more of a report of a year's project of using creative writing in healthcare, than a book to help you use creative writing; this is fine as long as you know this when you set out to read it. It is more appropriate for those wanting to lead creative writing groups for patients than the patients themselves, although the poems and stories are helpful for patients. It also focuses on mental health problems so I doubt it will be useful for cancer patients. I found it encouraging and wanted to give some of the ideas a go myself but I would recommend it only to people who are struggling emotionally and think that writing may help them or to those who want to pursue creative writing during difficult times.

### **Mouth cancer patient (26-35) (January 2014)**

I like the ideas and the enthusiastic approach of the author. The information about creative writing and how it helps is inspiring and made me want to have a go – I did and found it surprisingly helpful. However, it is repetitive; the articles by professionals about how creative writing works/helps are too similar and become tedious to read. Some of the writings are a bit childish and simplistic but may appeal to others.

I love the idea of free-flow writing and think it can be of enormous benefit to many cancer patients both during and after treatment. One of the hardest things I found is to get the feelings out – it is hard to tell people how bad you feel but writing the thoughts down is a great outlet. It would be great to get lots of groups going!

This is a book to inspire. The included writings were of little interest to me except for a couple which were superb. The cartoon is particularly patronising. The main point of the book for me was to introduce the idea of free-flow writing to release pent-up emotions and thoughts. I found that fascinating and was motivated to try it for myself.

I did find it frustrating that there is only limited information about creative writing groups and would love more information – perhaps about how to start a group if there isn't one in your area, or direction to a good website. The book does a great job of filling you with enthusiasm then leaves you high and dry!

### **Ovarian cancer patient (56-65) (December 2013)**

For someone with cancer, writing a diary may provide a way of airing concerns or fears for the future and writing a story or poem may provide some escapism and lift their mood. I have cared for someone with cancer and sometimes found it hard to stay positive. Keeping a diary allowed me to express my anxieties and worries without upsetting the person I was caring for. It helped me keep things in perspective and clarified my thoughts. This book helps those who might be considering writing by suggesting ways to incorporate it into your daily routine; it also lists alternatives such as writing a blog or joining a writers' group. It will be useful for patients, health professionals and anyone interested in the therapeutic potential of creative writing.

It's written in a very accessible manner and is engaging and interesting to read. It is easy to understand and uses very little technical language (post-traumatic stress disorder is discussed in the foreword but is fully explained). It is aimed at a general audience and has a light tone. Sections at the start of each chapter give advice on how to start writing, the benefits of doing so and there are also case studies about people that found creative writing a useful emotional outlet that aided them in their recovery. The rest of each chapter consists of poems and short prose pieces written by a range of individuals and on a mixture of topics.

It looks appealing and the colours and cover reflect the idea of healing and the calming effect of writing. The typeface is appropriate and there are suitable black and white illustrations and photos alongside the poems. I like the layout – the poetry is punctuated by chapters that explain methods of incorporating writing into a daily routine and give references to some of the research that proves that writing can be beneficial to mental wellbeing. I like the foreword as the author makes the interesting observation that our modern lifestyles leave very little time for convalescence. We live increasingly hectic lives and this seems to be coupled with an expectation and demand that people heal after trauma as quickly as possible. Creative activities such as art and music have been associated with relaxation, but often the power of writing has been side-lined. The book successfully explains how people can express their emotions through writing and get a better understanding of how they feel, which can then help them deal with their issues and progress towards recovery.

People cope with cancer diagnosis and treatment in various ways, but feelings of stress and anxiety are common. This book suggests one method of dealing with negative feelings; patients and carers should be aware of a variety of activities that can aid relaxation, so that they find the method that works best for them.

### **Mother died from lung cancer (Under 25) (April 2013)**

This book is refreshing and will be useful for anyone who has emotional baggage. It is easy to understand, the typeface is clear, and the general layout is appealing. It is great to hear people express their feelings and thoughts. It has given me the incentive to try my own creative writing.

### **Breast cancer patient (46-55) (March 2013)**

This charts a Year of Writing funded by Cumbria NHS, using creative writing to improve wellbeing/health, so could it be a useful resource for anyone, whatever their situation. It is particularly useful for dealing with the psychological problems – fear, anger, stress. Writing can be cathartic, a distraction, a way of expressing feelings, a new hobby, a way of making sense of things; this book covers all sorts of writing and how it has helped people into wellbeing. It will appeal to anyone interested in writing for health and wellbeing or finding their way back to health through writing, or anyone interested in starting a writing group.

The contributors describe how they have used creative writing and the book is also interspersed with stories and poems, examples of different kinds of writing. The

introductions, last chapter and appendix explain the Year of Writing, its aims and objectives and how it was organised. The chapters are not long and can be read at a sitting. You can select from the contents or dip in and out for ideas and inspiration.

Not everyone enjoys writing but anyone can do it and it's worth considering, along with other creative arts, as part of your recovery and road to wellbeing. I had written poetry for some years before diagnosis so I have been using writing to try to express my feelings about my condition and make sense of what's happening. In October 2012 I was invited to participate in two workshops to write about living with cancer, funded to produce a pamphlet for the patients using the Fortuneswell Cancer Ward at Dorchester County Hospital. The workshops were facilitated by local writer and poet, Rosie Jackson. It was an amazing, life-enhancing experience and Rosie used many techniques described in this book to get us to write freely and enthusiastically.

Since the workshops, I have written several more poems around my cancer and since reading the book, am thinking of publishing some of my work to raise funds for a relevant charity (as one of the writers in this book did). This book can enable anyone to start writing, with or without funding or access to a creative writing practitioner, because there are lots of exercises and examples to try and inspiring stories of how writing has helped people turn their lives around or change direction.

We need more than medical treatment to live well with cancer, wonderful though our medical services are. We need to consider and try different creative skills to enhance our lives for our emotional wellbeing; I certainly need a more holistic approach to help me help myself to be as fit and healthy and happy as I can be and re-take control of my life; for me writing is a part of this. This book and the approach it describes can help other people achieve this too. It is full of practical ideas and exercises to use as an individual or in a group to get you writing as a way to wellbeing. It has many kinds of writing from practitioners and people with a wide range of health problems to encourage you. A very useful book to have in a self-help group's library; if it had been published by a large publisher it would look more professional and warrant five stars!

### **Living with non-Hodgkin lymphoma (46-55) (December 2012)**



I thought this book would be more about how to write for your wellbeing, but instead there's lots about running workshops to help others write and lots of examples of other people's creative writing; this is interesting but not what the title and blurb lead us to believe it's about. The book itself feels nice and has a good size font. It is very easy to understand – no technical language – and the bullet points and headings make it easy to read. The illustrations are simple and break up the text but the cover is bland; I think it's meant to be peaceful, but doesn't quite get there.

I was disappointed that this book doesn't have more ideas for developing your own writing, but it has given me ideas to use with the writing group that I already attend.

### **Living with secondary breast cancer (36-45) (March 2014)**



This book would be beneficial to anyone, patient, carer, friend or professional. It is not specifically aimed at cancer patients, but writing is clearly identified as a source of tension relief and the contents would support anyone interested in writing or releasing tension through such examples as free writing.

Each chapter is by a different author and reflects on a different topic. The numerous authors and their varying styles of writing make it difficult to read from cover to cover. Most chapters read like university essays in that they have an opening, focus on different topics, detail the research, draw a conclusion and provide references. In fact, a number of chapters refer to university studies. By chapter 8 'At the edge of deeper calm' I was starting to feel like a college professor marking candidates' submissions. This may be due to my previous role as an analyst but I did find it difficult to get into the chapters without checking that references were correct and dealt with the subject being discussed and that the conclusions reflected the author's premise/theory. If I had been tasked with editing this book, I would have taken the best bits out of each chapter and combined them into a single process. Chapter 10 does go some way to presenting a background but it is too long winded as though the writer needed to provide a specific number of words. Chapter 14 explains how the book came into being and how it supported a scheme supported by Cumbria Partnership NHS Foundation Trust, to aid patients in mental health wards.

Chapter 4 discusses the benefits and outcomes of a workshop run in Truro and the students' feedback and development of two poems used to inspire the group. In Chapter 7, the author describes how she set up a process for therapeutic writing as a group and what she needed to prepare, how she set up the group, who attended and how the session was run. It was difficult to understand how appropriate this would be for me. A couple of chapters talk about group work, which could be off putting. Chapter 13 is a very good chapter, which I found most useful, but this is because it spends a lot of time talking about positive thinking as opposed to actual words. As well as the individual chapters, there are also numerous poems, prose, writing techniques and writing exercises, which are used throughout the book to split chapters or support relevant chapters.

I didn't notice any factual inaccuracies as there are few facts and any facts and quotations are all referenced. Technical words and jargon are limited but do exist and are referenced at the end of each chapter. It is easier to read and understand individual chapters than read the book cover to cover, which I had to do for this review. The language and style vary due to the style of each author. The cover artwork is very pale and reflective and attracts the eye. The book is of a handy size to carry around in a small bag. The paper is good quality, the typeface is reasonable and there is good use of small drawings, cartoons and photos to break up the text. It is difficult to assess the tone as there are multiple contributors.

The book discusses how writing can be therapeutic and beneficial to well-being but most people who attended the courses had some form of mental illness and stress. I can see the benefits of this but I think it depends on how you as a cancer patient see yourself. The book suggests that writing will allow you to find out more about yourself and your feelings. However, in Chapter 5 it does comment that writing about sensitive issues can make you vulnerable. Although the book suggests that this is a

personal effort there is a lot of discussion about writing in groups especially where support would be needed to help discuss what your words mean.

It is useful as a guide when considering specific areas of writing, or maybe I should say words, as the book also discusses reading as a way of therapy (see chapter 10). I did enjoy focusing on individual chapters, which gave me time to consider the exercises. I found that having done the exercises it would have been beneficial to be in a group to discuss what I had written and the feelings this provoked; this would have gone further to aiding my well-being.

I like the use of poems, verses and writings of people who have attended the various courses and therapy groups. Some of the exercises are well worth attempting, especially free writing and keeping a journal. The use of the poems is effective in showing what can be done and I like that the backgrounds of the author/writer are available under the list of contributors (p. 209). It shows that the book covers all members of society, some who have suffered illnesses and others who just like writing or have been linked to therapy courses.

My biggest dislike is that each chapter seems to be based on papers submitted as part of a degree course. Each chapter tries to address a specific question or theory and this deters from supporting the reader in developing writing to aid in stress relief. The book explains how people have used writing/words as therapy but does not really support the individual to write. Its use is dependent upon your specific problem; it could offer some support and good advice. My initial response was to classify it as not particularly useful but on sitting down and reviewing my notes I decided that some parts are quite useful and others just repeat what has already been said, but in a different format. Chapter 13 is very interesting but this is because it spends a lot of time talking about using positive thinking as a way to progress.

I found it difficult to review because I lost interest; it took me some time to finish as many chapters seem to repeat what has been said before and I found myself wanting to assess/score each chapter. However, individual chapters are very interesting and there is very good use of the poems and stories that have come out of group classes. Reading the chapters separately gave me time to try some of the exercises.

### **Living with metastatic melanoma (46-55) (February 2014)**

This book explains the value of writing or keeping a journal to express feelings. It's good to record our experiences and look back on them. It covers many illnesses, mainly depression, the causes of which can be varied, for example cancer or any illness or accident. It may be useful to a patient having counselling or therapy after treatment to express feelings that perhaps they can't share with anyone else.

The theme is easy to understand but I found it quite repetitive. I like the principles of the book and I agree that writing does help one deal with feelings and emotions but this would not be one of my favourite books to read, especially if I was going through treatment for cancer. Most of the poems and stories are about people going through bad experiences, I need something cheerful.

Information for patients and their friends and relatives is very important so that everyone knows and understands the illness. I wanted the facts but I also needed encouragement and light reading that did not scare me or make me feel worse. This book is too heavy for me to handle. If it was broken down into small booklets it would be more informative for patients. I found myself reading snippets at a time and just flicking through it. I had to be in the right frame of mind to pick it. I probably wouldn't recommend it to others affected by cancer but I might send it to a friend who is suffering from depression.

### **Breast cancer survivor (56-65) (January 2014)**

This is a mixture of stories and poems as well as information and advice on writing. The chapters on how to write and why would be beneficial to anyone who wants to practise creative writing as a release. I am not sure if it would be useful for cancer patients as it does have undertones of depression.

The front cover is calming, the quality of paper is good, and the typeface is easy to read. The layout encourages you to read the different sections – it is more of a 'pick up and flick through until something grabs you' sort of book.

I like the advice and information on creative/journal writing and how this encourages wellbeing. It is quite useful as a resource for taking up writing to deal with the emotional issues of cancer. Although the stories and poems are thought provoking they primarily deal with depression and this would not encourage wellbeing in a cancer patient. I think the title is misleading. The words are not for the wellbeing of the reader but for the wellbeing of the various authors.

### **Breast cancer survivor (46-55) (November 2013)**



Creative writing can be an extremely cathartic process. It's an excellent coping strategy and this book would be a useful toolkit for anyone who wants to use it to help with recovery. However, as a pretty cynical individual, I suspect the format (lots of heartfelt poems) might put off quite a few people. I tried to read it from cover to cover but after four chapters I was annoyed and frustrated. There are too many examples, many of which I found rather trite. Chapter 5 changed this as I abandoned my cynicism and found myself writing a short poem about my brother's recent death from cancer. It really helped. I then dipped into the book and found it much better. It's easy to understand if a little repetitive and I did find the referencing excessive; it made the book sometimes feel rather daunting and rather like an academic textbook.

I didn't need convincing that creative writing can be helpful and, at over 200 pages, this book is too long. The "how to" elements are OK but it might be better to separate these from the many examples. I suggest using it as a 'how to' toolkit with a set of useful exercises, formats and suggestions.

I would give it four stars for the tools and techniques, but the format overwhelms with too many examples (too many of which I found trite). I considered sharing it with my brother's family but the format makes me reluctant. I would like to see a shorter, sharper set of tools and techniques, uncluttered by too many examples.

**Prostate cancer survivor (46-55) (January 2014)**

This book, which is easy to understand, written in everyday language and well presented, is the product of a successful proposal for a grant by a professional writer, already engaged in running classes and workshops for the mentally ill and the hospital staff who care for them. It is really about wellbeing for people with mental health problems: illness, trauma, stroke, learning difficulty. It is not particularly relevant for anything to do with cancer.

It's quite interesting and I like the hints about learning a habit of writing and the examples from people who have done that, but it did not charm me. I do understand that one might be able to write one's way out of a stress reaction to the diagnosis of cancer, but I have a literal mind and think this book is irrelevant.

**Breast cancer patient (Over 75) (July 2013)**

# 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.

**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](http://macmillan.org.uk)**

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