

## Helping you to support those affected by cancer

**Macmillan Cancer Support** wants to help you to support People Affected by Cancer in your community. Listed below are our most important resources & information services for both those you support and you.

For patients, family members, carers, volunteers and the public

- Our [website](http://www.macmillan.org.uk) is a source of reliable information and is the gateway to the [Coronavirus Hub](#), an up-to-date source of information for people living with cancer, as well as Macmillan supporters and volunteers ([www.macmillan.org.uk](http://www.macmillan.org.uk))
- The **Macmillan Support Line (0808 808 00 00)** is open **Mon – Sun, 8am – 8pm** to provide practical, emotional and financial information & advice.
- The [Macmillan Online Community](#) is where thousands of people across the globe connect and give each other invaluable emotional and peer support 24/7 (<https://community.macmillan.org.uk/home>)
- [Macmillan Telephone Buddies](#) - going through cancer can be an isolating experience at any time, and especially when social distancing. Our free Telephone Buddy service matches someone with cancer with a volunteer who understands what they're going through, and they'll give them a weekly call. Volunteer buddies provide a listening ear and can provide information about other Macmillan services
- [Macmillan Grants](#) are one-off means-tested payments to help with the extra costs that living with cancer can bring. Health & social care professionals can apply on behalf of people affected by cancer online
- [be.Macmillan](#) – you can continue to order a wealth of free cancer information, resources and merchandise through our be.Macmillan website (<https://be.macmillan.org.uk>)
- Support to maintain and improve physical and mental well-being is now available through [SafeFit](#) – a free remote service for anyone in the UK who has a cancer diagnosis. Access cancer exercise specialists to access advice, support and resources.

If you would like us to hold specific information about your services (including contact numbers) on our Support Line so that we can direct any clinical queries that may come through to us back to your organisations – please do get in touch with Donal Gallagher, Strategic Partnership Manager on: [dgallagher@macmillan.org.uk](mailto:dgallagher@macmillan.org.uk)

### Support and resources for professionals in health and care

While some of the resources and support below have been developed with Macmillan professionals in mind, much of it is also available to the wider health and care workforce.

We have created a [Macmillan Emotional Health and Well-being Hub](#) to support Macmillan professionals with their well-being. As healthcare professionals, we understand the enormous pressures you are under as the COVID-19 pandemic continues. It is easy to be so focused on the people you support, that you forget to look after yourself. This Hub is divided into the 5 areas below, so please take time to explore and make use of these resources.

- [Emotional Well-being](#)
- [Resilience](#)
- [Personal Growth and Meaning](#)
- [Connection](#)
- [Physical Well-being](#)

A couple of resources to draw to your attention to:

- ✓ [10 Top Tips for Well-being](#)
- ✓ [Thought for the Day](#) calendars to help you find something to support your wellbeing every day for a month
- ✓ [Downloadable poster](#) to share the support we offer with colleagues in your workplace

We are also here to support professionals with up to date information and training on caring for people with cancer during this time and new training resources are available via our new [LearnZone Coronavirus Hub](#) for professionals (<https://learnzone.org.uk/coronavirus/>). More broadly, [Macmillan's LearnZone](#) contains a wide range of virtual opportunities to develop your practice and knowledge.

If you know of anyone who wants to give their views of their cancer experience so make sure we are providing what people need, esp during these COVID times, or if someone wants to be involved in the work we do by joining our London Cancer Community, please contact the Engagement Lead for South East London Perpetua Egan on [pegan@macmillan.org.uk](mailto:pegan@macmillan.org.uk).