COPING WITH CANCER IN LANARKSHIRE?
WE CAN HELP

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

Macmillan Cancer information & support

We offer free and confidential drop-in services where anyone affected by cancer can get emotional support and high quality cancer information in a relaxed environment.

The services can also offer help to access benefits advice, counselling, complementary therapies, support to access practical help such as transport to hospital, help at home and travel insurance and referral to other available support services and support programmes to help patients and their families cope with the effects of cancer, both during and after treatment.

To find out more information contact
Macmillan Cancer Information & Support Centre in Lanarkshire Libraries: 01698 332604 or Macmillan@culturenl.co.uk
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, get in touch with us:

Macmillan Advice Services:
North Lanarkshire: Phone: 01698 332258
South Lanarkshire: Phone: 01698 453140

Getting active

Move More Lanarkshire*

Move More is a programme of activity to help people affected by cancer get moving. From gardening and walking groups to circuit and gentle movement classes, there is something for everyone. All the activities are free of charge and you'll be with others that know exactly what you are going through.

*Please note - there is no Move More Programme in South Lanarkshire but we can help you access their mainstream Active Health programme.

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 Move More North Lanarkshire on 01236 341 968 and press option 2 or email movemore@nlleisure.com

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
Getting involved

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 0300 1000 200, e-mail volunteering@macmillan.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.