

What to do after cancer treatment ends: 10 top tips



About this leaflet

This leaflet is about what to expect after cancer treatment ends, and where to get further support. It is for anyone who is coming to the end of their treatment, or who has recently finished it.

The information may also be helpful if you have had cancer treatment in the past. It can help you get the best care and support, and make healthy lifestyle choices.

We hope it helps you deal with some of the questions or feelings you may have.

How to use this leaflet

This leaflet is split into sections to help you find what you need. You do not have to read it from start to finish. You can use the [contents list](#) to help you.

It is fine to skip parts of the leaflet. You can always come back to them when you feel ready.

At the end of the booklet, there are [details of other organisations](#) that can help.

There is also [space to write down questions and notes](#) for your doctor or nurse.

Quotes

In this leaflet, we have included quotes from people who have finished cancer treatment. These are from people who have chosen to share their story with us. To share your experience, visit macmillan.org.uk/shareyourstory

For more information

If you have more questions or would like to talk to someone, call the Macmillan Support Line free on [0808 808 00 00](tel:08088080000), 7 days a week, 8am to 8pm, or visit macmillan.org.uk

If you would prefer to speak to us in another language, interpreters are available. Please tell us, in English, the language you want to use. If you are deaf or hard of hearing, call us using Relay UK on [18001 0808 808 00 00](tel:1800108088080000), or use the Relay UK app.

We have some information in different languages and formats, including audio, interactive PDFs, easy read, Braille, large print and translations. To order these, visit macmillan.org.uk/otherformats or call [0808 808 00 00](tel:08088080000).

Contents

1. Talk about your needs and agree on a care plan **4**

2. Get a treatment summary **6**

3. Find out who your main contact is **8**

4. Know about symptoms or side effects after treatment **10**

5. Get support with day-to-day worries **11**

6. Talk about how you feel **12**

7. Try to have a healthy lifestyle **14**

8. Know what to look out for **17**

9. Be aware of your own health **18**

10. Share your experiences **19**

About our information **20**

Other ways we can help you **22**

Other useful organisations **26**

1. Talk about your needs and agree on a care plan

Towards the end of your treatment, someone from your healthcare team may talk to you and ask you some questions. This can help you and your healthcare team to identify anything you may need help with.

The discussion will focus on:

- how you are feeling physically and emotionally
- anything you are worried about, now or in the future
- any practical issues, such as work, finances or family life.



The discussion is sometimes called a Holistic Needs Assessment (HNA). It can happen when you are diagnosed, during treatment or at the end of treatment.

First, you fill in a checklist or answer some simple questions about all areas of your life. Next, you discuss your concerns with someone from your healthcare team. They will give you information and support to help with things you are worried about.

Together, you can talk about possible solutions and make a care plan to help you manage these. They can also refer you to any other services you may need.

The person you talk to is usually your cancer support worker or your clinical nurse specialist (CNS). Sometimes you have it with another healthcare professional, such as an occupational therapist or dietitian.

If you are not offered the discussion at the end of your treatment, ask your cancer nurse or doctor about it.

We have more information on talking about your needs and agreeing on a care plan in our booklet [Holistic Needs Assessment: Planning your care and support](#).

We have more information about HNAs on our website.
Visit [macmillan.org.uk/your-hna](https://www.macmillan.org.uk/your-hna)



2. Get a treatment summary

At the end of treatment, your healthcare team may create a summary of the treatment you have had. This may be after a certain phase of treatment, or after you finish all your treatment.

It will describe the treatment you have had and helps you understand what to expect now that your treatment has finished. Knowing what happens next can help you adjust to life after treatment.

Your treatment summary will include information about:

- the cancer diagnosis
- any treatment you have had
- possible side effects of treatment or late effects – these are side effects that do not go away or happen months or years after treatment ends
- any symptoms you need to tell your specialist about
- details of any follow-up appointments or tests you might need
- contact details for your cancer team
- information for your GP
- information on health and well-being after cancer.

Your hospital team will discuss the treatment summary with you. They will give you a copy and send one to your GP. If you are not given a copy of your treatment summary and would like one, talk to your hospital team.

Your GP practice may contact you within a few months of your diagnosis for a cancer care review. Sometimes it may take longer. This is a discussion with your GP or a specially trained practice nurse about any concerns you have and what support is available to you.

Some GPs or nurses may use the HNA to do this. If your GP does not contact you, you can call your GP practice and ask for an appointment.



3. Find out who your main contact is

Your hospital team should give you details of who to contact after your treatment ends. They are sometimes called your key worker. This is usually a specialist nurse. Or it may be a doctor or other healthcare professional, such as:

- an occupational therapist
- a physiotherapist
- a dietitian
- your GP.

You can contact them if you are worried about your health or any side effects of treatment. Keep their contact details in your phone or somewhere safe.

If you are worried about something, your main contact can advise you who to speak to. Even if your GP is not your main contact, you should still tell them about any problems you need help with.

“ Seek advice whenever you are uncertain about anything. It is always better to get help and support than worry at home alone. This is your journey and the most important person in this is you. ”

Nadia, diagnosed with breast cancer

4. Know about symptoms or side effects after treatment

If you have any new or ongoing symptoms or side effects after treatment, tell your key worker. These are different for everyone and could include things like:

- eating problems
- bowel or bladder problems
- pain
- hot flushes
- tiredness.

It can also include sexual health problems, such as vaginal dryness or difficulty getting an erection. These may feel embarrassing to talk about, but healthcare professionals are used to talking about personal problems. Make sure you talk about what is important to you.

There are many professionals who can help you manage any symptoms you have. Your doctor or key worker can refer you to someone, if needed.

We have more information in our booklet [Life after cancer treatment](#).

You can order our booklets and leaflets for free.
Visit be.macmillan.org.uk or call us on [0808 808 00 00](tel:0808 808 00 00).



5. Get support with day-to-day worries

Cancer can affect your work, finances and relationships.

You can get confidential advice, support and further information from different places to help you cope with any changes to your life. These may include:

- your local cancer support centre
- your hospital social work department
- your workplace
- organisations such as [Citizens Advice or Advice NI](#).

You can also [contact us](#) for financial guidance on mortgages, pensions, insurance, borrowing and savings, and for information on benefits, grants and loans.

Cancer can affect your relationships with family or friends. We have more information in our booklets:

- [Cancer and relationships: Support for partners, families and friends](#)
- [Your feelings after cancer treatment](#).

Some hospitals offer health and well-being events for people affected by cancer. These provide information and support, as well as the opportunity to meet other people in a similar situation. Ask your key worker whether there are any events in your area.

6. Talk about how you feel

It is normal to have mixed feelings at the end of treatment. You may feel relieved that treatment has finished. You may also be worried about what will happen in the future. It may help you and your family to talk about your worries and emotions.



If you would like support from someone outside your family, ask your GP or key worker to suggest somebody for you to talk to. This could be a counsellor, a [local support group or a national support organisation](#).

Many people find online social networking a useful way of getting support. You can use our Online Community to talk to people in our forums, start your own blog, make friends and join online support groups. Visit macmillan.org.uk/community

We have more information about the emotional effects of cancer after treatment has ended in our booklet [Your feelings after cancer treatment](#).

You can order our booklets and leaflets for free.
Visit be.macmillan.org.uk or call us on [0808 808 00 00](tel:08088080000).



7. Try to have a healthy lifestyle

After treatment, having a healthy lifestyle can help speed up your recovery and improve your well-being. This includes:

- doing some gentle exercise 2 to 3 times a week, and slowly increasing the amount of exercise you do – we have more information in our booklet [Physical activity and cancer](#)
- eating a healthy, balanced diet and keeping to a healthy weight – our booklet [Healthy eating and cancer](#) has more information¹
- stopping smoking, if you smoke – [the NHS](#) has a lot of information and support to help you stop smoking
- following sensible drinking guidelines for alcohol, if you drink alcohol – there is more information at [drinkaware.co.uk](#)
- staying safe in the sun.

Dealing with cancer and treatment can be stressful. There are lots of ways you can manage stress, such as getting physically active, talking to friends or family, or getting support through online communities. Some people find that complementary therapies such as relaxation techniques can be helpful.

Visit [macmillan.org.uk/cancer-information-and-support](#) for more information. Or you can ask your:

- GP practice
- hospital team
- local pharmacy
- community or leisure centre.

Some cancer centres and organisations run short courses for people living with or after cancer. Your specialist nurse, cancer doctor or information centre may be able to give you information about courses in your area.

Visit [macmillan.org.uk/in-your-area](https://www.macmillan.org.uk/in-your-area) to find the nearest Macmillan Information and Support Centre, or call [0808 808 00 00](tel:08088080000).

Help to Overcome Problems Effectively (HOPE) is a course to help people after cancer treatment. It was developed by Hope for the Community and Macmillan Cancer Support. It is a 6-week self-management course that is run online.

You can learn more and book onto a course on our website. Visit [macmillan.org.uk/hope-programme](https://www.macmillan.org.uk/hope-programme)





8. Know what to look out for

You may be worried about the cancer coming back. This is a common feeling after cancer treatment. It is a good idea to talk about any feelings and concerns with your healthcare team. We have more information in our booklets:

- [Talking about cancer](#)
- [Your feelings after cancer treatment.](#)

Knowing what to look out for may help you to feel more in control. It means you can get the right help if you need it.

Your healthcare team can explain what signs or symptoms to look out for and who you should contact. This will depend on the type of cancer and treatment you had. They can also help support you with your feelings and any worries you may have.

We have more information on talking about cancer on our website. Visit macmillan.org.uk/talking



9. Be aware of your own health

Being aware of your own health and learning what is now normal for you means you are more likely to notice any changes.

Most treatment side effects start to get better when treatment ends. But sometimes side effects may not go away or may happen months or years later. These are called late effects.

It is important to tell your cancer team if side effects do not improve, or if they develop after treatment has ended. If you notice new symptoms or problems between appointments, contact your key worker, hospital or GP practice for advice.

You should always go to your hospital appointments and have any tests needed to check your health.

We have more information about the late effects of treatment on our website. Visit [macmillan.org.uk/late-effects-of-treatment](https://www.macmillan.org.uk/late-effects-of-treatment)



10. Share your experiences

Other people starting treatment may find it helpful to learn about your experience of cancer and its treatment. They may find it useful to understand how you coped, what side effects you had and how you managed them. It may also help you to feel that you are moving on by helping others.

By sharing your experience, you may also be able to improve future healthcare for people affected by cancer. This includes:

- joining a patient group or forum
- taking part in research or answering a satisfaction questionnaire
- telling NHS staff what you think about the care you received, or the care you would like to have received.

If you want to become more involved, most hospitals have a department to help you. These are usually called Patient and Public Involvement Departments or Patient Participation Groups. Your key worker can also give you more information.

You can also share your experience on our Online Community.

Visit [macmillan.org.uk/community](https://www.macmillan.org.uk/community)

About our information

We provide expert, up-to-date information about cancer. And all our information is free for everyone.

Our information has the PIF Tick quality mark for trusted health information. This means our information has been through a professional and strong production process.

Order what you need

You may want to order more booklets or leaflets like this one. Visit be.macmillan.org.uk or call us on [0808 808 00 00](tel:08088080000).

We have booklets about different cancer types, treatments and side effects. We also have information about work, financial issues, diet, life after cancer treatment and information for carers, family and friends.

Online information

All our information is also available online at macmillan.org.uk/information-and-support You can also find videos featuring stories from people affected by cancer, and information from health and social care professionals.

Other formats

We also provide information in different languages and formats, including:

- audiobooks
- Braille
- British Sign Language
- easy read booklets
- interactive PDFs
- large print
- translations.

Find out more at macmillan.org.uk/otherformats

If you would like us to produce information in a different format for you, email us at cancerinformationteam@macmillan.org.uk or call us on [0808 808 00 00](tel:08088080000).

The language we use

We want everyone affected by cancer to feel our information is written for them.

We want our information to be as clear as possible. To do this, we try to:

- use plain English
- explain medical words
- use short sentences
- use illustrations to explain text
- structure the information clearly
- make sure important points are clear.

We use gender-inclusive language and talk to our readers as 'you' so that everyone feels included. Where clinically necessary we use the terms 'men' and 'women' or 'male' and 'female'. For example, we do so when talking about parts of the body or mentioning statistics or research about who is affected.

To find out more about how we produce our information, visit macmillan.org.uk/ourinfo



Other ways we can help you

At Macmillan, we know how a cancer diagnosis can affect everything, and we are here to support you.

Talk to us

If you or someone you know is affected by cancer, talking about how you feel and sharing your concerns can really help.

Macmillan Support Line

Our free, confidential phone line is open 7 days a week, 8am to 8pm. Call us on [0808 808 00 00](tel:08088080000). We can:

- help with any medical questions you have about cancer or your treatment
- help you access benefits and give you financial guidance
- be there to listen if you need someone to talk to
- tell you about services that can help you in your area.

Our trained cancer information advisers can listen and signpost you to further support.

Our cancer information nurse specialists can talk you through information about your diagnosis and treatment. They can help you understand what to expect from your diagnosis and provide information to help you manage symptoms and side effects.

If you are deaf or hard of hearing, call us using Relay UK on [18001 0808 808 00 00](tel:1800108088080000), or use the Relay UK app.

You can also email us, or use the Macmillan Chat Service via our website. You can use the chat service to ask our advisers about anything that is worrying you. Tell them what you would like to talk about so they can direct your chat to the right person. Click on the 'Chat to us' button, which appears on pages across the website. Or go to macmillan.org.uk/talktous

If you would like to talk to someone in a language other than English, we also offer an interpreter service for our Macmillan Support Line. Call [0808 808 00 00](tel:08088080000) and say, in English, the language you want to use. Or send us a web chat message saying you would like an interpreter. Let us know the language you need and we'll arrange for an interpreter to contact you.

Macmillan Information and Support Centres

Our Information and Support Centres are based in hospitals, libraries and mobile centres. Visit one to get the information you need and speak with someone face to face. If you would like a private chat, most Macmillan Information and Support Centres have a room where you can speak with someone confidentially.

Find your nearest centre at macmillan.org.uk/informationcentres or call us on [0808 808 00 00](tel:08088080000).

Help with money worries

Having cancer can bring extra costs such as hospital parking, travel fares and higher heating bills. If you have been affected in this way, we can help. Please note the opening times may vary by service.

Financial guidance

Our financial team can give you guidance on mortgages, pensions, insurance, borrowing and savings.

Help accessing benefits

Our welfare rights advisers can help you find out what benefits you might be entitled to, and help you complete forms and apply for benefits. They can also tell you more about other financial help that may be available to you.

We can also tell you about benefits advisers in your area. Visit [macmillan.org.uk/financialsupport](https://www.macmillan.org.uk/financialsupport) to find out more about how we can help you with your finances.

Help with energy costs

Our energy advisers can help if you have difficulty paying your energy bills (gas, electricity and water). They can help you get access to schemes and charity grants to help with bills, advise you on boiler schemes and help you deal with water companies.

Macmillan Grants

Macmillan Grants are small, one-off payments to help people with the extra costs that cancer can cause. They are for people who have a low level of income and savings.

If you need things like extra clothing or help paying heating bills, you may be able to get a Macmillan Grant. A grant from Macmillan does not affect the benefits you are entitled to. It is an extra bit of help, not a replacement for other support.

To find out more, or to apply, call on [0808 808 00 00](tel:0808808000) or visit [macmillan.org.uk/grants](https://www.macmillan.org.uk/grants)

Help with work and cancer

Whether you are an employee, a carer, an employer or are self-employed, we can provide support and information to help you manage cancer at work. Visit [macmillan.org.uk/work](https://www.macmillan.org.uk/work)

Work support

Our dedicated team of work support advisers can help you understand your rights at work. Call us on [0808 808 00 00](tel:08088080000) to speak to a work support adviser.

Talk to others

No one knows more about the impact cancer can have on your life than those who have been through it themselves. That is why we help bring people together in their communities and online.

Support groups

Whether you are someone living with cancer or a carer, family member or friend, we can help you find support in your local area, so you can speak face to face with people who understand. Find out about support groups in your area by calling us or by visiting macmillan.org.uk/selfhelpandsupport

Online Community

Thousands of people use our Online Community to make friends, blog about their experiences and join groups to meet other people going through the same things. You can access it any time of day or night. Share your experiences, ask questions, or just read through people's posts at macmillan.org.uk/community

You can also use our Ask an Expert service on the Online Community. You can ask a financial guide, cancer information nurse, work support advisor or an information and support advisor any questions you have.

Macmillan healthcare professionals

Our nurses, doctors and other health and social care professionals give expert care and support to individuals and their families. Call us or ask your GP, consultant, district nurse or hospital ward sister whether there are any Macmillan professionals near you.

Other useful organisations

There are lots of other organisations that can give you information or support. Details correct at time of printing.

General cancer support organisations

Cancer Black Care

Tel **0208 961 4151**

www.cancerblackcare.org.uk

Offers UK-wide information and support for people from Black and minority ethnic communities who have cancer. Also supports their friends, carers and families.

Cancer Focus Northern Ireland

Helpline **0800 783 3339**

www.cancerfocusni.org

Offers a variety of services to people affected by cancer in Northern Ireland.

Cancer Research UK

Helpline **0808 800 4040**

www.cancerresearchuk.org

A UK-wide organisation that has patient information on all types of cancer. Also has a clinical trials database.

Cancer Support Scotland

Tel **0800 652 4531**

www.cancersupportscotland.org

Runs cancer support groups throughout Scotland. Also offers free complementary therapies and counselling to anyone affected by cancer.

Macmillan Cancer Voices

www.macmillan.org.uk/cancervoices

A UK-wide network that enables people who have or have had cancer, and those close to them such as family and carers, to speak out about their experience of cancer.

Maggie's

Tel **0300 123 1801**

www.maggies.org

Has a network of centres in many locations throughout the UK. Provides free information about cancer and financial benefits. Also offers emotional and social support to people with cancer, their family and friends.

Emotional and mental health support

Breathing Space

Tel **0800 838 587**

www.breathingspace.scot

A free, confidential phone and web-based service for people in Scotland experiencing low mood, depression or anxiety.

British Association for Counselling and Psychotherapy (BACP)

Tel **0145 588 3300**

www.bacp.co.uk

Promotes awareness of counselling and signposts people to appropriate services across the UK. You can also search for a qualified counsellor on the 'Therapist directory' page.

Mind

Helpline **0300 123 3393**

www.mind.org.uk

Provides information, advice and support to anyone with a mental health problem through its helpline and website.

Samaritans

Helpline **116 123**

Email jo@samaritans.org

www.samaritans.org

Provides confidential and non-judgemental emotional support, 24 hours a day, 365 days a year, for people experiencing feelings of distress or despair.

General health information

Drinkaware

www.drinkaware.co.uk

Provides independent alcohol advice, information and tools to help people make better choices about their drinking. Also has a web chat, for anyone concerned about their own drinking, or someone else's.

Health and Social Care in Northern Ireland

www.northerntrust.hscni.net

Provides information about health and social care services in Northern Ireland.

NHS.UK

www.nhs.uk

The UK's biggest health information website. Has service information for England.

NHS 111 Wales

111.wales.nhs.uk

The NHS health information site for Wales.

NHS Inform

Helpline **0800 224 488**

www.nhsinform.scot

The NHS health information site for Scotland.

Patient

www.patient.info

Provides people with information about health and disease. Includes evidence-based information leaflets on a wide variety of medical and health topics. Also reviews and links to many health-related and illness-related websites.

LGBT-specific support

LGBT Foundation

Tel **0345 330 3030**

lgbt.foundation

Provides a range of services to the LGBT community, including a helpline, email advice and counselling. The website has information on various topics including sexual health, relationships, mental health, community groups and events.

OUTpatients (formerly called Live Through This)

www.outpatients.org.uk

A safe space for anybody who identifies as part of the queer spectrum and has had an experience with any kind of cancer at any stage. Also produces resources about LGBT cancer experiences. OUTpatients runs a peer support group with Maggie's Barts.

Financial support or legal advice and information

Advice NI

Helpline **0800 915 4604**

www.adviceni.net

Provides advice on a variety of issues including financial, legal, housing and employment issues.

Citizens Advice

Provides advice on a variety of issues including financial, legal, housing and employment issues. Use its online webchat or find details for your local office by contacting:

England

Helpline **0800 144 8848**

www.citizensadvice.org.uk

Scotland

Helpline **0800 028 1456**

www.cas.org.uk

Wales

Helpline **0800 702 2020**

www.citizensadvice.org.uk/wales

Disclaimer

We make every effort to ensure that the information we provide is accurate and up to date, but it should not be relied upon as a substitute for specialist professional advice tailored to your situation. So far as is permitted by law, Macmillan does not accept liability in relation to the use of any information contained in this publication, or third-party information or websites included or referred to in it. Some photos are of models.

Thanks

This leaflet has been written, revised and edited by Macmillan Cancer Support's Cancer Information Development team. It has been approved by members of Macmillan's Centre of Clinical Expertise.

With thanks to: Michelle Taylor, Macmillan Clinical Nurse Specialist Personalised Care Team Lead; and Avril Van Der Loo, Macmillan Personalised Cancer Care Lead.

Thanks also to the people affected by cancer who reviewed this edition, and those who shared their stories.

We welcome feedback on our information. If you have any, please contact cancerinformationteam@macmillan.org.uk

Sources

Below is a sample of the sources used in our information about what to do after cancer treatment ends. If you would like more information about the sources we use, please contact us at cancerinformationteam@macmillan.org.uk

Denlinger CS, Sanft T, Baker KS, Broderick G, Demark-Wahnefried W, Friedman DL, et al. Survivorship, version 2.2018, NCCN clinical practice guidelines in oncology. *Journal of the National Comprehensive Cancer Network*. 2018;16(10): 1216–1247. Available from www.doi.org/10.6004/jnccn.2018.0078 [accessed April 2023].

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Vaz-Luis I, Masiero M, Cavaletti G, Cervantes A, Chlebowski RT, Curigliano G, et al. ESMO expert consensus statements on cancer survivorship: promoting high-quality survivorship care and research in Europe. *Annals of Oncology*. 2022;33(11): 1119–1133. Available from www.doi.org/10.1016/j.annonc.2022.07.1941 [accessed April 2023].

Can you do something to help?

We hope this leaflet has been useful to you. It is just one of our many publications that are available free to anyone affected by cancer. They are produced by our cancer information specialists who, along with our nurses, benefits advisers, campaigners and volunteers, are part of the Macmillan team. When people are facing the toughest fight of their lives, we are here to support them every step of the way.

We want to make sure no one has to go through cancer alone, so we need more people to help us. When the time is right for you, here are some ways in which you can become a part of our team.

5 ways you can help someone with cancer

1. Share your cancer experience

Support people living with cancer by telling your story, online, in the media or face to face.

2. Campaign for change

We need your help to make sure everyone gets the right support. Take an action, big or small, for better cancer care.

3. Help someone in your community

A lift to an appointment. Help with the shopping. Or just a cup of tea and a chat. Could you lend a hand?

4. Raise money

Whatever you like doing you can raise money to help. Take part in one of our events or create your own.

5. Give money

Big or small, every penny helps. To make a one-off donation see over.

Please fill in your personal details

Mr/Mrs/Miss/Other

Name

Surname

Address

Postcode

Phone

Email

Please accept my gift of £
(Please delete as appropriate)

I enclose a cheque / postal order /
Charity Voucher made payable to
Macmillan Cancer Support

OR debit my:

Visa / MasterCard / CAF Charity
Card / Switch / Maestro

Card number

Valid from

Expiry date

Issue no

Security number

Signature

Date / /

Do not let the taxman keep your money

Do you pay tax? If so, your gift will be worth 25% more to us – at no extra cost to you. All you have to do is tick the box below, and the tax office will give 25p for every pound you give.

I am a UK tax payer and I would like Macmillan Cancer Support to treat all donations I make or have made to Macmillan Cancer Support in the last 4 years as Gift Aid donations, until I notify you otherwise.

I understand that if I pay less Income Tax and/or Capital Gains Tax than the amount of Gift Aid claimed on all my donations in that tax year it is my responsibility to pay any difference. I understand Macmillan Cancer Support will reclaim 25p of tax on every £1 that I give.

Macmillan Cancer Support and our trading companies would like to hold your details in order to contact you about our fundraising, campaigning and services for people affected by cancer. If you would prefer us not to use your details in this way please tick this box.

In order to carry out our work we may need to pass your details to agents or partners who act on our behalf.

If you would rather donate online go to macmillan.org.uk/donate



Registered with
**FUNDRAISING
REGULATOR**



Please fill in your personal details

Mr/Mrs/Miss/Other

Endnotes

Name

Surname

Address

Postcode

Phone

Email

Please accept my gift of £
(Please delete as appropriate)

I enclose a cheque / postal order /
Charity Voucher made payable to
Macmillan Cancer Support

OR debit my:

Visa / MasterCard / CAF Charity
Card / Switch / Maestro

Card number

Valid from

Expiry date

Issue no

Security number

Signature

Date / /

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If you would rather donate online go to macmillan.org.uk/donate



Registered with
**FUNDRAISING
REGULATOR**



This leaflet is about what to expect after cancer treatment ends and where to get more support. It gives suggestions to help you get the best care and support, and make healthy lifestyle choices.

At Macmillan, we give people with cancer everything we've got. If you are diagnosed, your worries are our worries. We will help you live life as fully as you can.

For information, support or just someone to talk to, call [0808 808 00 00](tel:0808 808 00 00) or visit macmillan.org.uk

Would you prefer to speak to us in another language? Interpreters are available. Please tell us in English the language you would like to use.

Are you deaf or hard of hearing?

Call us using Relay UK on [18001 0808 808 00 00](tel:18001 0808 808 00 00), or use the Relay UK app.

Need information in different languages or formats?

We produce information in audio, interactive PDFs, easy read, Braille, large print and translations.

To order these, visit macmillan.org.uk/otherformats or call our support line.



Patient Information Forum