

In partnership with

**MACMILLAN**  
**CANCER SUPPORT**

easy  
read

# Work and cancer







# About this easy read booklet



This booklet is about what happens if you are working and you have cancer.



You can learn about what may happen at work when you have cancer.



If you are worried about your health, you should talk to a doctor or nurse.



# Work and cancer



Having cancer can mean that you will not be able to do the things you used to do every day.



This can be because you are feeling ill. Or it can be because you are tired from the treatments for cancer.

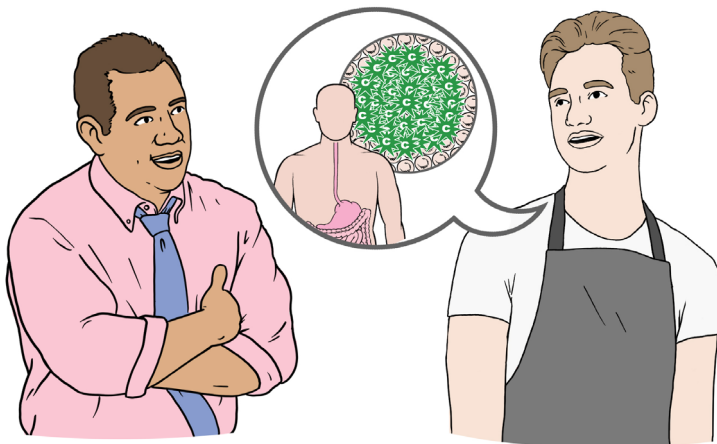


It can be because you need time to go to the hospital for your cancer care.

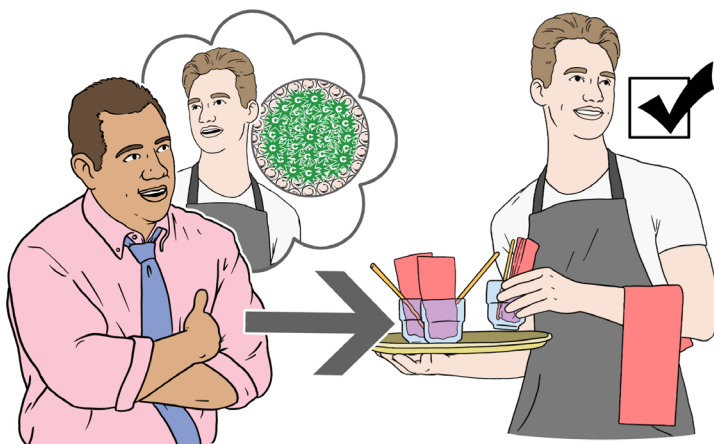




You may want to keep working when you have your cancer treatment. Or you may want to take time off work for your treatment and for a while after.



If you want to, it can be a good idea to tell your work about the cancer and your treatment. It is your choice what you share.

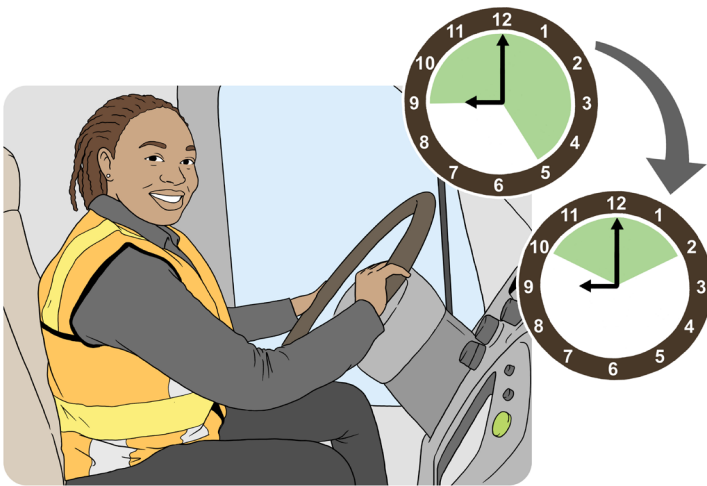


If you choose to tell your employer that you have cancer, there are things they must do to help you keep your job. These things are called **reasonable adjustments**.

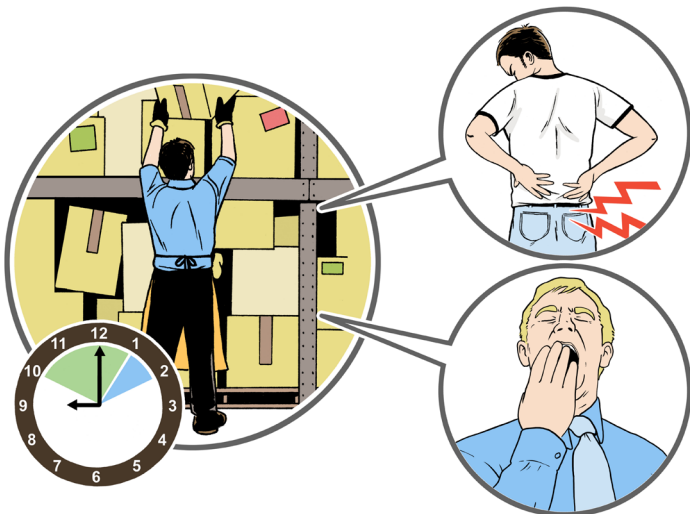


A **reasonable adjustment** might mean:

- having time off work to go to hospital



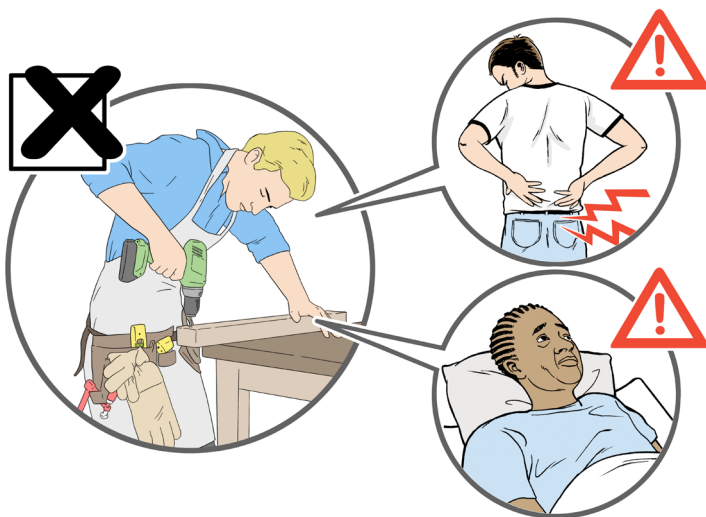
- working different hours



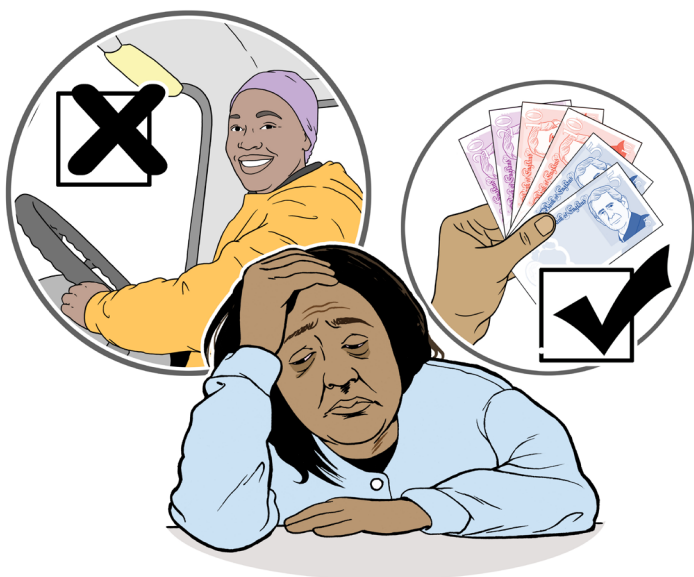
- having extra breaks from things that are hard or tiring.



Your employer can not tell you to quit your job because you have cancer. They must try to help you with reasonable adjustments first.



Sometimes reasonable adjustments do not help enough. This might be because the job is too hard to do when you are feeling ill. Or you might feel too ill to do any job.



You can get help with money if you have cancer and you can not work. You should be able to get 'sick pay' from your employer, even if you work part time.



You may also be able to get **benefits**.



**Benefits** are a type of money paid by the government. They are for people who need help with the cost of living.



You can learn more about benefits from our booklet **Claiming benefits when you have cancer**.



There are people at Macmillan you can talk to about work and cancer.



You can call the Macmillan Support Line on **0808 808 00 00**.







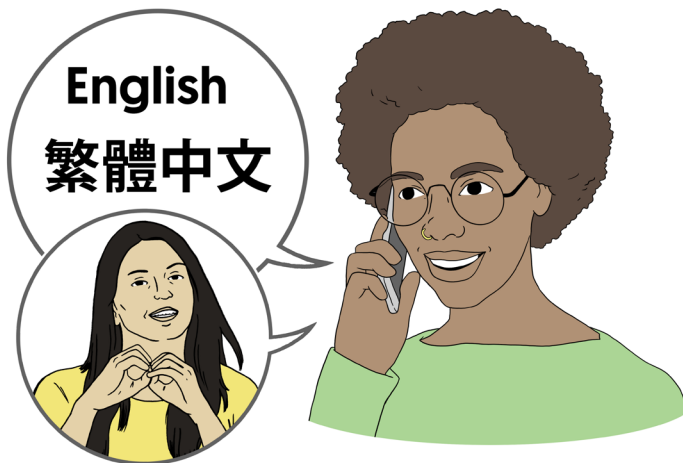
# How Macmillan can help you



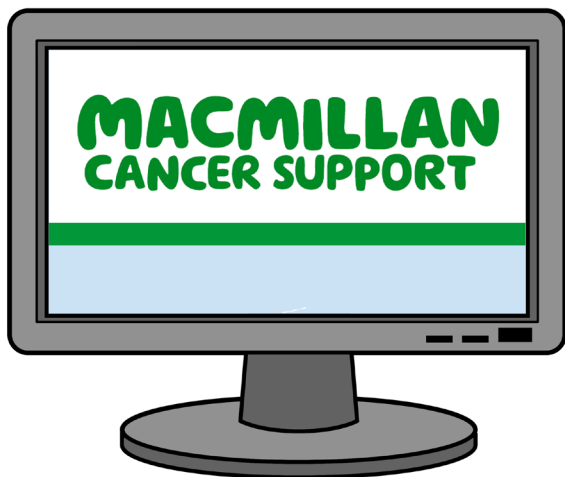
You can get support from:

## The Macmillan Support Line

Call **0808 808 00 00** 7 days a week, 8am to 8pm.

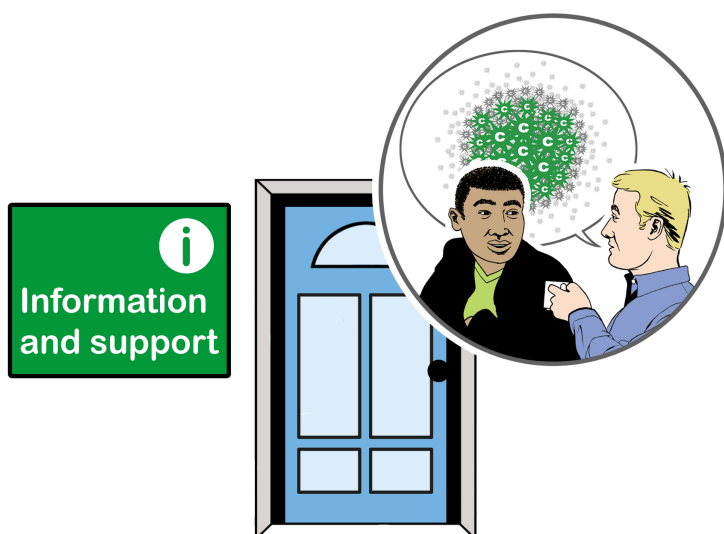


You can speak to us in your language, including British Sign Language (BSL). Just tell us what you need when you start the call.



## The Macmillan website

Visit [macmillan.org.uk](https://www.macmillan.org.uk) for information about cancer. You can also use our web chat to ask questions at [macmillan.org.uk/talktous](https://www.macmillan.org.uk/talktous)



## Information centres

You can talk to a cancer support specialist and get written information. Find your nearest centre at [macmillan.org.uk/informationcentres](https://www.macmillan.org.uk/informationcentres) or call us.



## Local support groups

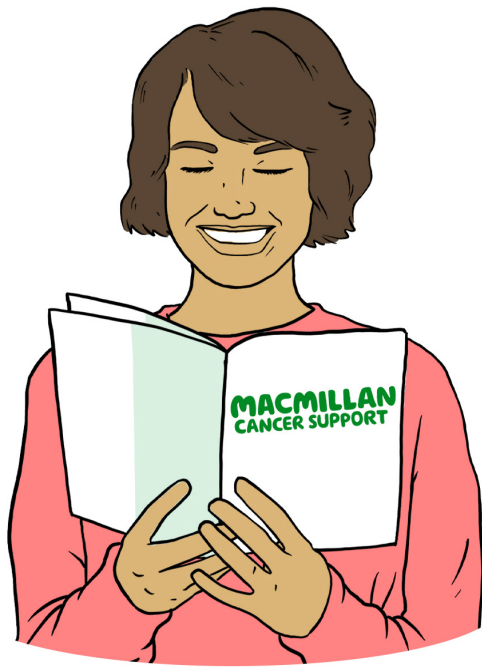
Find a group near you at [macmillan.org.uk/supportgroups](https://www.macmillan.org.uk/supportgroups) or call us.



## Macmillan Online Community

You can talk to other people in similar situations at [macmillan.org.uk/community](https://www.macmillan.org.uk/community)





Macmillan can give you information in different ways:

### Booklets about cancer

You can order booklets about cancer from

[be.macmillan.org.uk](http://be.macmillan.org.uk)



### Videos

You can watch videos about cancer at

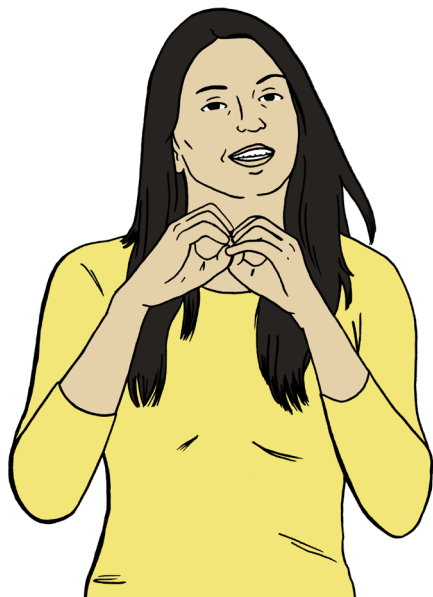
[macmillan.org.uk/videos](http://macmillan.org.uk/videos)



### Audio

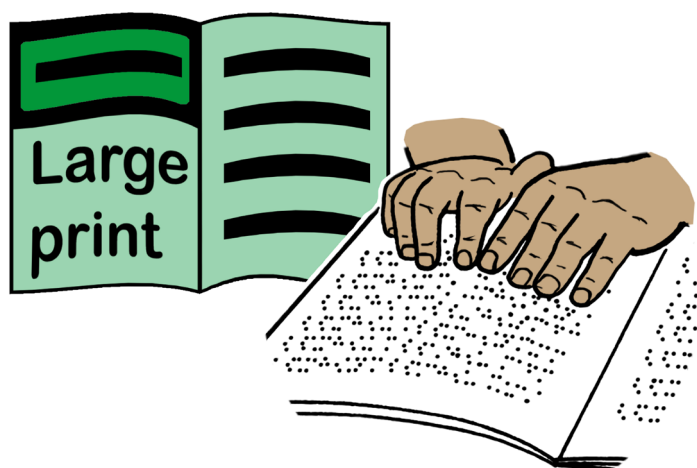
You can listen to information about cancer and order CDs from

[macmillan.org.uk/audio](http://macmillan.org.uk/audio)



### British Sign Language (BSL)

You can watch information in BSL at [macmillan.org.uk/bsl](https://www.macmillan.org.uk/bsl)



### Large print or Braille

Tell us if you need information in large print or Braille.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



### Translations

Tell us if you need information in another language.

Email: [cancerinformationteam@macmillan.org.uk](mailto:cancerinformationteam@macmillan.org.uk)



# More easy read booklets



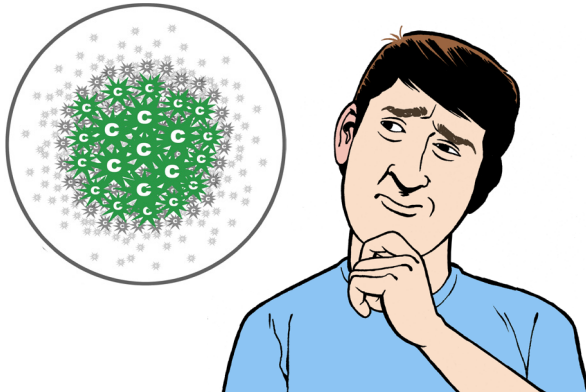
Order more easy read booklets from [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread)

There are booklets on lots of topics:



## About Macmillan

- How Macmillan Cancer Support can help you



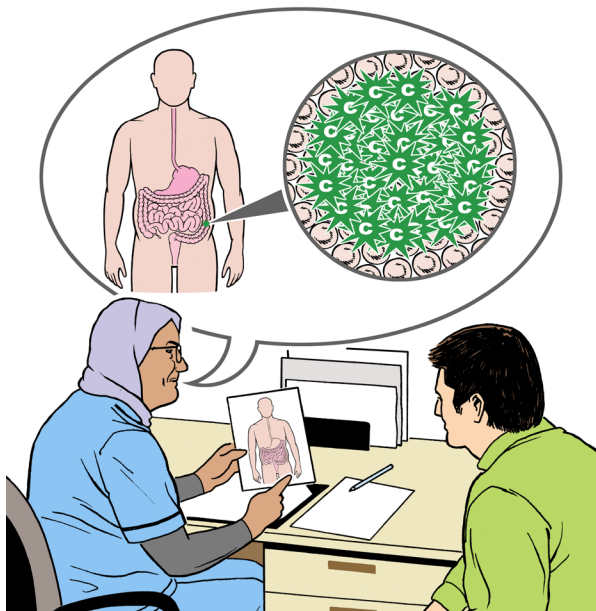
## About cancer

- Lung cancer
- What is cancer?



## Signs and symptoms

- Breast care and screening
- Cervical screening (smear test)
- How to check your balls (testicles)
- Signs of cancer
- Symptoms of cervical cancer
- Symptoms of prostate cancer



## Tests for cancer

- Having a biopsy
- Having a colonoscopy
- Having a CT scan
- Having an endoscopy
- Having examinations and blood tests
- Having an MRI scan
- Having an ultrasound
- Having an x-ray

## Being told you have cancer

- Finding out you have cancer
- Getting your test results
- Seeing the doctor

## Treatment for cancer

- Chemotherapy
- Deciding about your treatment
- Giving your consent
- Having surgery
- If you are unhappy with your care
- Radiotherapy
- Side effects from chemotherapy
- Side effects from radiotherapy
- Treatments for prostate cancer



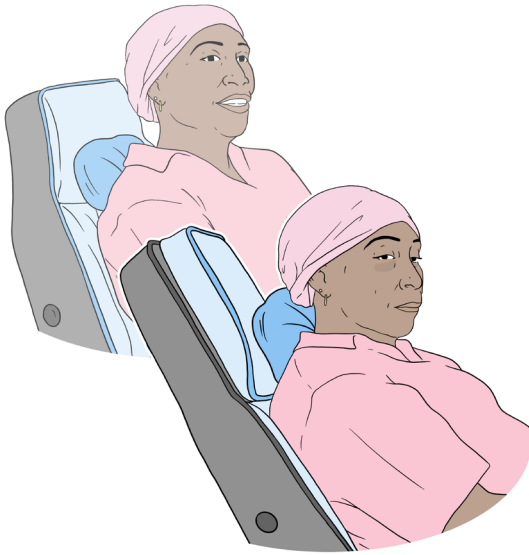
## Living a healthy life

- Be safe in the sun
- Drink less alcohol
- Eat a healthy diet
- Exercise
- Have safer sex

## Living with cancer

- 7 steps to equal healthcare
- Cancer and covid
- Claiming benefits when you have cancer
- Complementary therapies
- Help with costs when you have cancer
- LGBTQ+ people and cancer
- Talking about cancer and your feelings
- Things that are important to me
- What happens after cancer treatment ends
- Work and cancer
- Your feelings and cancer
- Your sex life and cancer
- Your social life and cancer





## End of life

- Changes that can happen at the end of life
- Choosing where to die
- Things you can do when getting ready to die
- Who can help if you are dying
- Your feelings if you are dying



## After someone dies

- Going to a funeral when someone dies
- Grief and loss when someone dies
- How you may feel when someone dies
- What can help you feel better when someone dies

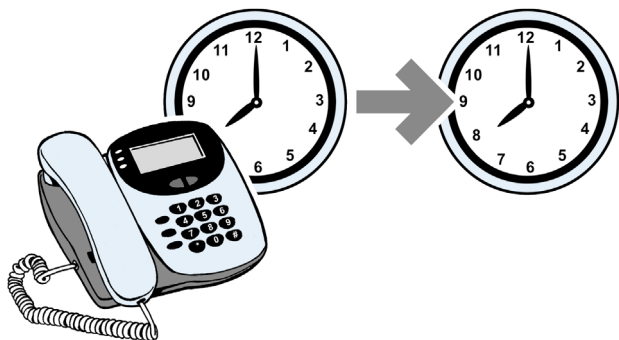
To order easy read booklets like this one go to the website [macmillan.org.uk/easyread](https://www.macmillan.org.uk/easyread) or call us on **0808 808 00 00**





This booklet is about work and cancer.

It is for anyone who finds easier words and pictures helpful. If you have more questions about cancer or would like to talk to us, call the Macmillan Support Line.



- Call us free on:

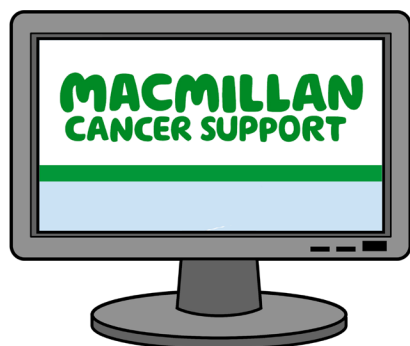
**0808 808 00 00**

7 days a week from 8am to 8pm.



- If you use a textphone, you can call:

**18001 0808 808 00 00**



- Or go to the website

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

This easy read booklet has been produced by Macmillan Cancer Support working with CHANGE.

**MAC16348\_ER\_E05** Produced September 2023.

Next planned review September 2026.

© Macmillan Cancer Support. All illustrations © CHANGE.

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC39907) and the Isle of Man (604).



*Patient Information Forum*



**CHANGE**

In partnership with

**MACMILLAN  
CANCER SUPPORT**