

Find local and national cancer support for you and your loved ones whenever you need it.



# Find the help & support you need

Cancer Care Map is a free website that helps people living with cancer find care and support services in their local area, anywhere in the UK.

## Find out about

- Practical help and information
- Financial advice
- Counselling and emotional support
- Coping with anxiety
- Help with fatigue
- Massage
- Transport
- Hairdressers
- Health and fitness
- Nutrition
- Wellbeing

and much much more...

✉ [hello@cancercaremap.org](mailto:hello@cancercaremap.org)

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[cancercaremap.org](https://www.cancercaremap.org)

Registered Charity No. 247558

# Find help and support when you need it



*"I know for a fact that if I hadn't found the right support, I probably wouldn't have seen through my chemotherapy. I definitely needed that help to get me through"* **Frazer Scott**, Testicular cancer survivor

**Pre-diagnosis/diagnosis** – there are charities and support organisations that can offer help and advice when you first have concerns or are waiting for tests. It can be a very anxious time but there are lots of ways of helping you deal with things like stress, problems sleeping and anxiety. Take notes during consultations or if you are able, have a friend or family member with you. Sometimes it's hard to take everything in and you may have further questions that you can seek help with.

**Pre-treatment/Prehab** – you will have lots of questions and concerns around treatment and there are charities and organisations that can help you during this time with both practical and emotional support.

**On treatment** – when you are on treatment you may have side effects that impact your day to day life. There are charities and support services to help you manage things such as pain relief, anxiety and nausea, as well as practical things like transport, travel and managing your family and work life.

**After treatment** – when you are recovering from treatment there are charities and organisations offering help through support groups, counselling, complementary therapies, online support, financial advice and with practical things like returning to work or managing family support. The support doesn't end when the treatment finishes.

**Supporting a friend or loved one** – cancer not only impacts the



**Errol Hall**, Facilitator,  
African & Caribbean Support Group  
Pauls Cancer Support Centre

person who has been diagnosed, but those caring for them. Many organisations offer help, advice and support for those carers, friends and family. There are online forums, helplines and support groups where you can connect with people who understand what you are going through, and can offer support.

**Living with cancer** – more and more people are surviving treatment and living with cancer as a longer term condition. There is ongoing support available whatever stage you are at following diagnosis and treatment. Living with cancer can throw up lots of life changes. Specialist organisations are there to help you navigate your life after cancer.

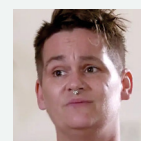
**End of life care** – there are many organisations who are there to help you and your family and friends at the end of life; to help you have those important conversations that many find difficult; and to support you to make final plans. There is also a wealth of bereavement support available to help people following the death of a loved one.

## About Cancer Care Map

Cancer Care Map is a charity run online directory of cancer support services in the UK providing verified and trusted information, regularly checked and updated, and accessible to all.

- Find information on support for families, loved ones and carers as well as those living with cancer themselves
- Cancer Care Map works with organisations across the UK including charities, NHS services, private practice and support groups
- All information is checked and verified by our team
- Listings are updated every 2-3 months to ensure details are correct
- Find psychological and emotional support, health and wellbeing services, and practical help wherever you are in the UK
- There are over 3,000 organisations listed on Cancer Care Map with more added every week

*"If you can find local support services where you can have direct contact with other people who have been on the cancer journey or who have experienced cancer, it's incredibly helpful."* **Anna Colao**, Breast cancer survivor



Support us at

[www.justgiving.com/cancercaremap](http://www.justgiving.com/cancercaremap)

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