



You may have cancer, but you are still you. Macmillan is here to help you get on with your life no matter what. We can give you the practical, emotional and genuinely personal support you need to hold on to who you are and what's important to you.

From the moment you're diagnosed, for as long as you need us, you can lean on Macmillan. Call us free on **0808 808 00 00** or visit **macmillan.org.uk**

Life with cancer is still life – we'll help you live it.

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Help us support more people affected by cancer To provide more of our services, to fund more of our professionals, we need people like you to join our team.

If you'd like to give a donation to support our vital work, please call us on **0300 1000 200**, visit **macmillan.org.uk/donate** or email **fundraising@macmillan.org.uk**.

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**MACMILLAN  
BEFRIENDERS**

**IN CHARNWOOD AND  
NORTH WEST LEICESTERSHIRE**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**Macmillan's trained  
volunteers can  
support you today**

# Life with cancer is still life – we'll help you live it.

**Cancer is the toughest fight most of us will ever face. We know how hard it is to cope with the physical, practical and emotional effects of cancer. It can leave you feeling isolated and sometimes unable to perform essential tasks.**

**Coping can be especially difficult if you don't have family or friends close by or if you worry that you are asking for too much support from the same people over and over again.**

The Macmillan team is here to help. We offer local services delivered by our trained volunteers that can give you a helping hand.

## **What you can always expect from our trained volunteers**

- All are carefully selected by Macmillan and undergo thorough background checks.
- All carry a Macmillan identity badge with their photo on it.
- All receive extensive training to help them provide the best possible support to people living with cancer.
- All receive regular supervision from Macmillan when providing a service.

# Charnwood and North West Leicestershire Befrienders

## **Emotional and practical support volunteers**

Are you or a loved one undergoing treatment for cancer? Would you like someone to offer a listening ear and have a chat over a cup of tea? Perhaps you would like some help with household tasks such as vacuuming, someone to pick up your grocery shopping or even accompany you to the local café for a coffee?

We have a team of friendly volunteers who could visit you at your home once a week for up to 6 – 12 visits to support you as mentioned above.

Our volunteers can also tell you about sources of information and support that are available locally, so they can signpost you to other services that can help.

For more information or to be referred to the service, please speak to your nurse specialist or Macmillan Information and Advice Service.

Or please call: Macmillan Volunteer Service Coordinator Jayne Thompson on **07540 768240**