

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. Whether it's concerns about who you can talk to, planning for the extra costs or what to do about work, at Macmillan we understand how a cancer diagnosis can affect everything.

No one should face cancer alone. So when you need someone to turn to, we're here. Right from the moment you're diagnosed, through your treatment and beyond, we're a constant source of support, giving you the energy and inspiration to help you take back control of your life.

For support, information or if you just want to chat, call us free on 0808 808 00 00 (Monday to Friday, 9am-8pm) or visit [macmillan.org.uk](http://macmillan.org.uk)

**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](http://macmillan.org.uk/donate) or email [fundraising@macmillan.org.uk](mailto:fundraising@macmillan.org.uk).

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**LIVING  
WITH CANCER  
IN BIRMINGHAM  
AND SOLIHULL?**

**WE CAN  
GIVE YOU A  
HELPING HAND**

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

Macmillan's trained volunteers  
can support you today

# You don't have to face cancer alone

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.

## Your local service

# Birmingham and Solihull Direct Volunteering Services

Birmingham and Solihull Direct Volunteering Services provides practical and emotional support led by volunteers across Birmingham and Solihull for anyone who is affected by cancer, including carers and family members.

Volunteers can make a huge difference by providing help tailored to individual needs. Support could include:

- light gardening or housework
- shopping
- lifts to one-off appointments in the community
- preparing a light meal
- having a chat and a cup of tea
- support over the phone
- signposting to other relevant support services

The service can be accessed Monday to Friday, 9am – 5pm.

For further information about how this service can help you, call **07710 306686** or **07473 613712** or email [birminghamreferrals@macmillan.org.uk](mailto:birminghamreferrals@macmillan.org.uk)

If you would prefer, you can ask your cancer nurse specialist or health professional to contact us on your behalf.