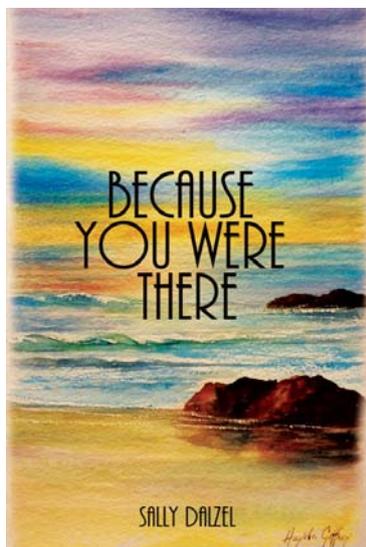


# BOOK AND DVD REVIEWS

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## **Because you were there (2015)**

Dalzel S.

London: Austin Macauley, 2015.

33pp.

ISBN 9781784559298.

£4.99.

**Average star rating 3.6 (out of 5)**

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Many people will be able to take away something of use from this book. The author reflects upon life without her husband, and how no one else can be him. It may reassure readers that some days are good, just as you think that, you have a bad day. The author explains how she is surprised that she can do things on her own that she has previously always done with her husband and she gains strength from that realisation and knows that he would be proud of her too.

I found it very easy to read and understand. The author delivers the book in a very personal way, as though she is talking to you. She writes very much in a real and gentle way; you go through her experiences with her. I like the tone of the author; she is considered, thoughtful, questioning and real. The font size and typeface are easy to read. The front cover is OK, not my cup of tea.

I was touched by this gentle and thoughtful book; I really related to it and have thought the same things and asked myself the same questions. I would probably recommend it depending on what someone is feeling and needing. Everyone experiences and deals with bereavement in different ways.

#### **Recently bereaved (46-55) (October 2015)**

This book helped me on a personal level being at the same stage of dealing with my grief as the author; I also write in my diary every day, to tell my husband how much I love and miss him and look at poems he wrote for me. The way the author has shared her feelings and the hope she offers is just right. The cover is really restful and the book is the right size to pick up to read before sleep at night.

#### **Recently bereaved (66-75) (August 2015)**

This would be useful for some recently bereaved, their relatives and friends, also health professionals and volunteers dealing with people affected by cancer. It will be most useful soon after bereavement or even in anticipation; for volunteers it should form part of basic training.

It is very easy to read and understand but hard to read emotionally. It is excellently presented and describes feelings very clearly. It is quite short, but takes a close look into the personal life of someone bereaved and describes the experience very well. It is frank and detailed and describes a positive path that would help many!!

Clearly, it depends on the individual but I think in the majority of cases this book would bring some peace to troubled minds. I do not know the author but this is an excellent book that I shall recommend to many other volunteers. We study bereavement but this is an excellent introduction and gives food for thought.

**Living with prostate cancer and volunteer helping people affected by cancer, many of whom are bereaved (Over 75) (August 2015)**

I thoroughly enjoyed reading this book and am sure it will help many people. It is useful not only to those recently bereaved, but also to anyone who is still struggling to come to terms with their loss. My mother passed away two and a half years ago and I have been struggling with feelings of guilt; my husband had lung cancer at the time and I felt I did not commit myself to my mother as much as I should have done because of this. This book has helped me greatly to come to terms with her passing; it was what I was looking for and I am so pleased I had the opportunity to read it.

The author describes her feelings of loss very well, how she copes or tries to cope. Many bereaved people wonder how they are going to carry on with life, what lies in store for them? They feel frightened and don't really know what to do. Many of the answers lie within this book. The author explains that in time (and this may vary from individual to individual) life gradually resumes some normality, but will never be quite the same again; instead, it will be different but bearable in a positive way. Even to dating again. The book tells the reader that somewhere, out there, there is a life awaiting the bereaved person, but possibly you have to look for it and who knows when the time is right. This will differ from person to person.

I like everything about the book especially how the author somehow managed to get on with her life through the grief. It is inspirational to read. I like the cover and the overall design and layout. It is very easy to understand and you can read it for a short time and then pick up again later; if the grief is very strong this would be beneficial to the bereaved. I particularly like how, towards the end, the author describes that it is possible to meet someone, probably without consciously looking; although they can never replace the one lost, there is clear hope for the future in a happy way.

The author and her husband obviously thought a great deal about each other and this comes across very strongly. Unless the reader had this same strength of feeling for the deceased person involved, they may not quite 'get to grips' with the book. However, in the right hands I imagine this book would not be read once, or twice, but many times through the grieving process for however long it takes.

**Caring for my husband in remission from lung cancer and myself having recovered from cancers in my nose and reconstruction work (66-75) (October 2015)**

This book will be of most use for a partner, close relative or friend who has suffered a loss. Although the author was aware of her imminent loss, she couldn't have imagined the isolation she would feel when her husband died. It could comfort others to know that people suffer the same general symptoms, and that they are not the only one to experience these feelings. This may give people some of the strength they need to fight negative self-pity that can take over their lives. It could also make friends more aware of the isolation faced by people who have been bereaved. The author began a new relationship ten months after her husband died. Sometimes this can be frowned upon by distant friends or relatives, which can be an added struggle for an individual to face. However, the author is very honest with her feelings, giving the reader the opportunity to relate to her and opening up the possibility of beginning a new love whilst holding the other dear to their heart and never leaving them.

The book opens and closes with poems, with the letters in between. I enjoyed this layout as the poetry reminds the reader of the joy that is in love. The letters follow a logical order, from very early grief through to a new love and acceptance. Again a benefit to the reader for whichever stage they may be at. The letters are written simply, with language that is easy to understand, yet the writing is well thought through, allowing the reader to relate and understand the author's feelings.

The cover is attractive, with a hand drawn picture of a beach. The cover starts to have more meaning once you start to read the book as the author talks about nature in the poems and letters and how they remind her of him. The feel of the book is one that is painful, yet it is a celebration of love and what they shared together.

I like the openness of the author. She opens up in sharing her thoughts and takes you through her journey. Looking at the beauty of the earth, she describes her awe and almost how it speaks to her as she searches to find her love, set against the harsh reality of how she feels alone. She shares her pondering moments over the meaning of things, even the meaning of Christmas. It is normally in still moments that we contemplate life, and she has let us contemplate it with her.

I did not dislike anything about this book. It is a helpful practical and emotional tool as it talks about the struggle of daily practical tasks as well as the emotional, inner side of the heart. It taps into the aspect of how often bereaved people can live in what seems to be a bubble, the unreliability of your emotions, and how when you think you are moving on you are back at the raw square one. It allows others grieving to relate to the experiences they have felt and possibly ones they haven't. This may benefit them in knowing the natural behaviour of human grief and the important possibility that a new, although different, life can continue.

**Therapeutic Radiographer, Under 25 (June 2016)**

This is quite a difficult book to read because of the emotional content; however, it will help those bereaved to see their situation from another angle and may even prompt them to write letters to their own deceased loved one.

It is easy to see a genuine person has written the book and I feel most people would be able to warm to her and understand why she has written it. The design is fine – there is nothing to make people shy away from it.

I found this a difficult read, mainly because I have been writing a letter each day to my husband since he passed some two years ago. I was amazed that someone else had shared these feelings but felt it really worthwhile and it will show others how this form of grieving can be an enormous help.

It is a really good book and could be of real assistance but I don't think it will be for everyone. I would be slightly careful about recommending it and need to be sure it would help. It will ultimately depend on the disposition of the reader – it could be too emotional for some.

#### **Bereaved (56-65) (January 2016)**



Anyone recently bereaved will probably get the most from this book. It is best read after bereavement; however much you prepare beforehand, it is not until someone close to you dies that you feel some or all of the emotions described. Sally isn't afraid to say exactly how she feels and describes the feeling of emptiness exactly as it is. As you read further, she describes that there is light at the end of the tunnel and life does go on. It may be different, you do feel that something is missing and it is hard to accept that you will never see the person again, but Sally does give hope.

It is easy to understand and Sally has a very good way of describing her pain and helplessness; I could empathise with this. The book is printed on good quality paper and is set out in an easy and clear way. The cover is calming and peaceful, just what is needed at a difficult time, and the poems are easy reading. The only thing I don't like is the reference to Peter's political beliefs. I don't feel it is relevant.

Reading and reviewing this book was quite difficult at first. It was hard to read about someone else when my own grief was still very raw. I cried quite a bit and once or twice put it down, thinking 'I can't do this'. But I persevered and felt better as I went on. However much you prepare for bereavement when someone you love is terminally ill, it still hits like a ton of bricks. Sally is very good at describing her raw pain, and I kept thinking 'Yes, it does feel like that'. Three and a half months on from my loss, it does gradually get better and Sally's book has helped me. Thank you.

#### **Recently bereaved (56-65) (October 2015)**

This is an interesting book. The author's views seemed at first reading to be a reflection of her feelings but on a second reading I felt I was intruding into her private conversation and this felt uncomfortable. I like her honest views but I don't like the feeling of intrusion into her life. It is mainly very easy to understand and the language is clear. Visually, it is not that appealing but the content overcomes this.

There is a definite place for this book but it needs to be recommended with care (it requires some knowledge of the emotional state of the individual) and probably only after bereavement has been experienced. It is not a book to be recommended during end-of-life care or during palliative care experiences as it could misdirect and cause distress. The intended audience is not made clear and probably those with sympathies towards holistic and alternative care may benefit more than those who depend on orthodox treatments. Having said all, this I found it a moving experience and gained some insight that previously had been forgotten.

### **Cancer survivor and retired health professional (66-75) (September 2015)**

Although grief is specific to each individual, there are commonalities in terms of feelings and emotions; for those who find themselves feeling lost and confused this book can help bring some balance in terms of what is normal at such a difficult time. The timing is specific to the individual – some people need preparation to understand their feelings, others can find it scary and distressing.

The author has chosen letters as a way of expressing her feelings and despair. It is a serious book and the cover reflects that – a difficult time full of emotions and deep pain. The capacity for someone to take in what they read is limited and 38 pages is just right; the reader can revisit it as often as needed to reaffirm their thoughts and feelings. Most people in this situation will be able to relate to the feelings of sadness, confusion, loss of interest, the need to keep busy, the unexpected emotions, the searching, the guilt, and the need to invest in a personal life and new friends.

I like the format. Letters can help to relate and encourage the same practice – a private journal in which all thoughts and feelings can be expressed; in time and on reflection it can help the individual to see progress or the need to seek help. However, this letter writing, reflective style is not everyone's cup of tea and when emotions and sensitivity are high it may be misinterpreted, causing more distress

It is interesting how much emphasis is put on religion, culture and belief systems yet the depth of pain felt during grieving can be so similar. She captures well the strong and continuous presence in the early days of the person who has passed away, the constant searching, the feelings of being stuck between reality and disbelief; these are so normal and real yet open to criticism if they are openly voiced by others – these need to be viewed and understood as normal. It is OK to reinvest in new friendships/relationships; it is an important part of surviving and very important to recognise that an important relationship will hold a solid base regardless.

### **Caring for someone recently bereaved (46-55) (August 2015)**

This is a good guide when facing or dealing with bereavement. It is very sensitively written but easy to understand and to relate to.

### **Recently bereaved (46-55) (October 2015)**

This is an interesting insight into bereavement. At 74 years old I have been through many family bereavements, including my parents and own children, and this book brought back all the emotions. I found as I started to read that I had tears flowing; after giving myself time to collect my thoughts I continued and found it a very graphic and moving story. Well done Sally.

### **Friend of a cancer patient (66-75) (August 2015)**

I think this would be most useful after bereavement although it may be a good read to prepare beforehand for the feelings and thoughts you may experience. I was a little confused at times, but overall it was easy to understand. I don't like the cover – it is quite dull – but the layout is very good. I could relate to a lot of what the author spoke about and the tone in which she spoke. I would have liked it to be longer.

### **Recently bereaved (26-35) (November 2015)**

This very short book consists of private letters from Sally to her husband in the year following his death from an unspecified illness. The 12 letters express her thoughts and feelings as she is plunged into loneliness and isolation. It is a very heartfelt and, at times, heartbreaking account. Everybody grieves differently, but I'm sure almost everyone who has lost a partner will identify with some of her feelings and thoughts. It is very easy to follow and understand, with an inviting and appropriate cover. The layout is not too dense and the content is presented in short, accessible sections.

As Sally states in her introduction, the letters provide a glimpse into how her bereavement gradually unfolds from raw grief, through unwilling acceptance, to finally the ability to look forward and believe a future is possible. I suspect that most people who have been through this experience will only too readily recognise many of her thoughts and feelings; this recognition that it is a normal process and journey can, in itself, be a comfort in those early days of grief. Perhaps one frustration is in fact its brevity, particularly in the later letters where fairly cryptic references to other people and events are made and the lack of full understanding of the context perhaps makes these more difficult to engage with as fully as you do with the earlier letters.

### **My wife died from bowel cancer in 2007 (56-65) (August 2015)**

This is easy to read with pleasing contents. I like the poems but the cover is not that appealing. It is most useful during or after bereavement but I it is not suitable for those recently diagnosed.

### **Living with cancer (36-45) (January 2016)**

This is a short book that nevertheless has great impact, and will remain in my memory for a very long time. It can be easily read in one sitting. The font of the text is rather too small for my liking, but others may not mind.

It comprises mostly a series of letters that the author writes to her husband who has recently died in a hospice. She commits her thoughts to her letters, and the reader is left in no doubt of the love that she and her husband shared, and the depth of her grief. At first, she feels a raw pain that is probably familiar to most people who are bereaved but over time she documents her journey from mourning to a more optimistic place in her life. Nearly a year after the husband's death, the reader is aware of the acceptance and love in her life that does not discount her losses but approaches the future with more confident steps. Some readers may be surprised to know what positive changes she experiences towards the end.

It is easy to understand and the author's tone is loving and generally positive. The author expresses herself beautifully. She is likeable, and there are many observations and thoughts with which the reader is likely to identify.

The author's husband had apparently 'pioneered a therapeutic method' and they had worked together in giving lectures and presentations in the UK and internationally. Despite the author having to travel extensively to continue to conduct these presentations and lectures soon after his death, the readers are not told what she and her husband were working on. I found these references to work to be intriguing and slightly distracting, as I was curious to know what they had been doing, as the author mentions it a lot. I imagine it was difficult for her as a newly bereaved wife to be continuing this arduous and intellectually demanding work. The reader is not told the nature of this therapeutic method, and the fact that the author gives herself a pen name for the purposes of publishing this book means that we cannot find out.

It is likely that all readers can find something of comfort in these pages. The author expresses her emotions very frankly, and discusses her relationship with her husband in some detail. I do not think that a reader would be upset by this; on the contrary, it provides some optimism in a sensitive way. Some readers may be surprised by the positive news that emerges towards the end.

Sally Dalzel's writing style is beautiful. She expresses her thoughts in a way that touches the reader and that brings a sense of positive and sensitive closure to a great many negative and fearful thoughts experienced in the days shortly after her husband's death. The content of the book is such that it would not be insensitive to give it to a friend/partner of a person who has recently died.

**Former health professional, friend, carer (56-65) (May 2016)**



This short but poignant insight into one woman's experience of losing her partner raises questions about loss and grief and how the survivor might prepare to negotiate life without their loved one. This makes it an interesting and useful read for all – we all share mortality as well as the potential for bereavement. It could be a useful read prior to a loss, or for someone who is approaching the end of their life, as well as during bereavement, as a touchstone with which to compare your progress.

It takes the form primarily of letters written to the deceased during the first year after his death, so it is logical in that it reflects the nuances of emotion and insights gained as time goes on. It is easy to understand, although the allusions to the author's professional life and that of her husband seem unnecessarily detailed as they are not the point of the book; however, they do help to convey some of the complexities that may follow bereavement. Some sections lapse into philosophical discussions, which are detached from the reality of day-to-day life, but they are about key issues of life, death and surviving the loss of someone important to you. The parts about new relationships are difficult to read, as the earlier letters talk about how vital her partner was, and yet she is with someone else relatively quickly. This is an interesting look into the tension between wanting to preserve the past and move on and enjoy the time we still have, whilst not seeming to forget the person who has died.

The author's use of a pen name makes it slightly harder to connect to her book; it makes me wonder whose experiences I am reading about. There are glimpses into the reality of living with grief and the distress of finding oneself alone and mourning for life with a partner who is no longer there. The significance of the relationship seems well conveyed and sensitively expressed. The poems written by her partner shortly before his death give him a voice, which is very poignant. The issue of establishing a new life is thoughtfully discussed, albeit briefly. The section about her efforts to improve healthcare is short: it's good to try to improve things for others, but why didn't she get more involved at the time and do something whilst he was still alive? Perhaps there isn't enough detail to convey the subtleties of what happened, but it was a lost opportunity to get to grips with why she was doing this. The polemic about allegations against her partner that emerged after his death seems irrelevant and distracting. It is what she had to deal with but it dilutes the applicability of what she went through and raises uncomfortable questions about what the fuss was about. It is not uncommon for difficult issues to emerge after someone's death, but these seem to quite hard to relate to, as someone not in the public eye.

This book is short and easy to digest, with good descriptions of grief and grieving, but a little clouded by a digression into attempts to improve the health system and too much detail about problems with the author's business. It was written in the first year of bereavement, so is only part of the journey. Someone who is further along may not find it very helpful. It does end with the author in a new relationship, which may be challenging to some readers. I would have rated it higher had there been more focus on the bereavement and how the author dealt with that rather than the complexities of the (apparent) public backlash after her partner died.

**Stage 4 tonsil cancer survivor (56-65) (August 2015)**

This is a personal memoir/journal in the form of 12 letters written by the author to her husband, documenting her individual journey following his death. Her story begins three days into her bereavement and progresses in date order for 11 months.

On the whole, it is easy to understand. However, the author makes several rather vague references to an unspecified organisation her husband founded and that they worked on together that do not seem relevant to the overall context of the book. There is a confusing paragraph where she alludes to people taking issue with her husband's political allegiances. We are never told what her husband's views were; only that the author has to publicly distance herself from them.

Many of the author's descriptions of the rawness and loneliness of grief are spot on and will resonate with anyone trying to cope with the loss of a partner. One of my favourite quotes is: 'all of life had meaning because you were there'. However, at times, it feels like we are intruding on a private conversation. The letters at the centre of the book were originally a very private communication from a wife to her deceased husband and probably not intended for publication. This is particularly evident when the author references their long working partnership. Obviously, the author's husband is privy to all the details of this shared history. But we are not and the absence of further illumination is frustrating.

The author hopes that publishing these letters will offer support to 'others struggling with the grieving process'. She mentions in her introduction that grief is 'never the same twice'. It's probably true to say that there are recognised stages of grief that we all experience at our own pace and in our own way. At the beginning of her grieving process, the author feels her 'heart is being squeezed so I cannot breathe'. And again: 'I feel as if someone has placed a huge weight in my heart'. Later, the author describes 'this gnawing emptiness and longing'. These poignant descriptions of the reality of grief help to normalise and validate these feelings for anyone who may be unfamiliar with the grieving process.

### **Bereavement counsellor (56-65) (February 2016)**

I didn't find a connection with this short book. I don't know why; the author is honest and her story is touching, but I just didn't feel it. It is easy to read and understand and I like the cover; it is warm, rather dark and sad. It may be useful for people who find it hard in the early months but perhaps bereavement is such a personal journey that one has to face it alone.

### **Recently bereaved (36-45) (October 2015)**

This book wasn't for me. Grief is a very personal experience and this book would not have helped me and does not now. I have read a lot on bereavement and this was nowhere near as useful as other books and I would recommend others first. However, it is a personal experience, so it doesn't mean it won't be useful for others.

### **Widow (46-55) (August 2015)**

This is best read after bereavement. I don't think it will benefit anyone who has not yet lost the love of their life. You need to be at a certain stage in your bereavement to relate to the author's situation. It is a quick and easy read and very relevant to my loss and longing for a future without loneliness, but it is a very brief account of a traumatic time and moves at too fast a pace. I definitely recommend it to others who have been bereaved but would select the recipient carefully.

**Recently bereaved (46-55) (August 2015)**

This is a real account of someone's true feelings and emotions, told from the heart. Anyone affected by bereavement may find parts helpful, however it is ten months since I lost my dad and parts of it were still really hard to read. I don't think you can often prepare the ground for death but some might prefer to read it in advance.

**Recently bereaved (46-55) (October 2015)**

This may be a difficult read for those recently bereaved as it draws on strong emotions. It may not be one to read in the initial stages but may help those supporting someone who has lost a partner understand the emotional difficulties. A healthcare professional could use it to provide empathy to relatives. It is presented as a diary and the language is appropriate, although typographical errors sometimes make it difficult to follow. It is well presented but there are no images.

This is a concise, compact account of one person's emotional journey following the death of her husband, sharing emotions that I have experienced even in different circumstances. However, there is very little introduction to set the scene and it would benefit from an explanatory epilogue. It is quite useful for comparing emotional experiences and I would probably recommend it.

**Health professional (46-55) (December 2015)**



This slight book is easily readable in one sitting. It is simply written and from a non-technical perspective thus negating the need for a glossary or index. However, I felt very uncomfortable reading it due to the very personal nature of the author's experience. It felt like an intrusion into private and intimate moments and whilst appreciating the excellent motives of the author in looking to assist others struggling with the grieving process I am somewhat confused as to exactly how this would help. I will be very interested to see the opinions of other readers.

**Friend of someone recently bereaved (66-75) (August 2015)**

I like the fact that the author shares her most personal feelings. The language is easy to understand but the content is a little confusing in parts, for example the parts about her work, and I skipped a few pages.

### **Recovering from breast cancer (46-55) (March 2016)**

This will be most useful in the first year of bereavement as it reflects on that period of time. It is easy to understand but contains a lot about the author's business life. I work for myself so could relate to this but others may not. The structure means that it can be read in small chunks (useful as I am finding it difficult to focus on things). The cover is nice and I like the poems between the author and her husband. However, I found it difficult to relate to the author as my own feelings have been very different. It may be useful if yours is a similar story, but not so much so if it is different.

### **Recently bereaved (46-55) (August 2015)**

I will be extremely careful to whom I recommend this book. Five close friends have lost their husbands. The feelings expressed in the first part match those that we have talked about and so it would be useful to help them realise that what they are experiencing is normal, that they are not going mad. However, they would find the exploration of new relationships unhelpful. Two friends found this abhorrent as they consider their husbands to be their soul mates. I feel the same way and have discussed this with my husband; he feels similarly and agrees that the book would be useful only to a carefully selected audience. So unless I know that someone is thinking about a new relationship I wouldn't recommend it. Maybe we are lucky to have such longstanding and fulfilling relationships.

I found it interesting and thought provoking and it may be of interest to younger people but not those recently bereaved unless they are exploring a new relationship. I like the first part as it accurately describes the feelings and thoughts of friends I have known in this situation. I don't like the second part; it is very honest, but the audience needs to be carefully selected. I found it quite a shock in a book about bereavement; perhaps it should be explored in a separate book. I would recommend it only to those who are exploring a new relationship and who are unsure.

### **Close friend of recently bereaved (66-75) (December 2015)**

This well-written book flows well and is easy to understand. I could relate to some of the feelings and scenarios; it illustrates that they are normal. However, at times the subject is lost when the author talks about what she is doing professionally rather than describing her thoughts on her feelings. It is probably more useful as time goes by. At times, I felt I was reading a well-researched novel rather than someone's journey of bereavement. The ending is almost like a fairy tale and could give false hope; this is one person's view and it should not be generalised. It would be interesting to know what proportion of widows end up with such a good outcome.

### **Bereaved within the last two years (46-55) (September 2015)**

## Further information

### Why does Macmillan Cancer Support review books and DVDs?

We use reviews to help us compile a list of suggested cancer books, the [Macmillan Core Book List](#). Cancer information centres and public libraries can use this list to select appropriate and relevant books for people affected by cancer.

We also add reviews to the [Directory of information materials for people affected by cancer](#) so that people affected by cancer can see what others in a similar situation think about a book. You can see details of all the books reviewed in the [Book and DVD reviews listing](#), which also has links to all the reviews. In addition, reviews are featured in the [Community News Blog](#) on the Macmillan Online Community.

We recruit most of our reviewers through the [Volunteering Village](#) and the [Cancer Voices Network](#), people affected by cancer who have signed up to help Macmillan Cancer Support in a number of ways. Cancer Voices are a vital part of our book review process; since 2007, over 1200 different Cancer Voices have written more than 4,500 reviews of over 350 different books.

If you are a health professional who would like to review books for us, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

### Information and support for people affected by cancer

If you are looking for support to help you live with cancer, you may wish to contact one of [Macmillan's cancer information and support services](#). Or you can call the Macmillan Support Line free on **0808 808 00 00** (Mon-Fri 9am–8pm). We have an interpreting service in over 200 languages. Just state, in English, the language you wish to use. If you are deaf or hard of hearing you can use textphone no 0808 808 0121 or Text Relay.

You can also email us using the [website enquiry form](#). Alternatively, [visit our website](#).

### Feedback

If you have any comments, please [email Sue Hawkins](#), Information Materials Researcher, Macmillan Cancer Support.

**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. At Macmillan, we know how a cancer diagnosis can affect everything and we're here to support you through. From help with money worries and advice about work, to someone who'll listen if you just want to talk, we'll be there. We'll help you make the choices you need to take back control, so you can start to feel like yourself again.**

**No one should face cancer alone. 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)**

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