



# Norfolk and Waveney Cancer Information Toolkit

Information for every step of the cancer journey

# How to use this toolkit

## You do not have to face cancer alone.

This toolkit is to help signpost you to the information, help and support that you need at every step of the cancer journey. In this toolkit you will be able to find the information that you need when you need it.

If you would like to talk to someone directly, you can call:

### Macmillan Cancer Care Navigators

Offer non-clinical support to people affected by cancer and can signpost to local support services. Below is the main contact information for Norfolk and Waveney (Monday - Friday, 9am - 5pm).

### James Paget University Hospitals

Tel: 01493 452783 | Email: [cancersupport@jpaget.nhs.uk](mailto:cancersupport@jpaget.nhs.uk)

### Queen Elizabeth Hospital King's Lynn

Tel: 01553 214792 | Email: [CCPN@qehkl.nhs.uk](mailto:CCPN@qehkl.nhs.uk)

### Norfolk and Norwich University Hospital

Tel: 01603 647175 | Email: [cancernavigators@nnuh.nhs.uk](mailto:cancernavigators@nnuh.nhs.uk)

### The Big C

0800 092 7640 (Monday - Friday, 9am - 5pm)

### Macmillan Support Line

0808 239 1557 (7 days a week, 8am - 8pm)

### Cancer Research UK nurses

0808 800 4040 (Monday - Friday, 9am - 5pm)



Would you like this toolkit in other languages or formats?  
Please get in touch with us [nwicb.cancerprogramme@nhs.net](mailto:nwicb.cancerprogramme@nhs.net)  
and we will be happy to help.



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**This toolkit has been authored by Michelle Gant. We would also like to thank Gemma Easterbrook who helped to shape this toolkit. Gemma had a lived experience of cancer. We are also grateful to all the local people affected by cancer and their champions who have contributed to this toolkit.**



# Hello

Cancer touches all of our lives in different ways.

It could be that you have had a cancer diagnosis or have a family member who is currently having treatment; perhaps you've had a scare, or maybe you've lost someone you love to cancer.



If we are affected by cancer, it is likely we have questions and need information to help us understand more about what it means for us, our family, and our friends.

The good news is that there is lots of information and help available about cancer. In this toolkit, we have brought many links and resources together to allow you to find the answers you need, when you need them.

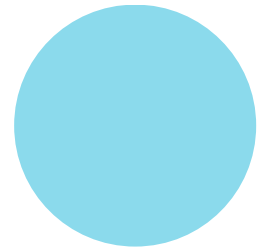
This toolkit is for anyone who wants to know about cancer, and it aims to guide you at different stages of the cancer journey. Whether you want to know how to prevent cancer, or perhaps you're starting treatment and would like to find out more about the types of treatment, or, maybe you'd like to know more about the different types of cancer – you can find information within this toolkit.

We hope you find this a useful guide. Please do get in touch with the team if you need any information that isn't in this toolkit – you can contact us here: [nwicb.cancerprogramme@nhs.net](mailto:nwicb.cancerprogramme@nhs.net)

If cancer is affecting you, please remember you are not alone. There are lots of resources out there to help you.

*Dr Suzanne Phillips  
Cancer Clinical Lead  
Norfolk & Waveney Integrated Care Board (ICB)*





**Can I reduce  
my risk of  
getting cancer?**

# Can I reduce my risk of getting cancer?

The good news is that there are some things that you can do to reduce the risk.

Whilst not all types of cancer can be prevented, over a third of cancers can be. Which is why making healthy choices is so important - and small steps can add up to a big difference.

As well as staying active, taking steps like stopping smoking, eating well, and drinking less alcohol can help to reduce your risk of developing certain types of cancer. Being healthy can help you to live well for longer.

It is really important to go along to screening appointments when you are invited, as these can pick up signs of cancer early. The earlier that cancer is found, the more chance there is that it can be treated.

## Reducing the risk of cancer

Want to find out more about how to reduce the risk of some cancers?

- [Cancer Research](#) has some useful information about staying healthy and you will also find here some films about reducing your risk by doing things like stopping smoking.
- [Macmillan Cancer Support](#) has information about how you can make changes in how you live to reduce the risk of cancer, for example, taking care in the sun.

## Kickstart your health

If you want to kickstart your health, then the NHS can help.

- [Live Well - NHS](#) brings together lots of advice about healthy living, including eating a balanced diet, staying a healthy weight, exercise, stopping smoking and drinking less alcohol.
- [Better Health - NHS](#) has information to help you get active, quit smoking, and help to improve healthy habits.

## Lifestyle: get active

Getting active helps us to stay healthy for longer. And it does not have to mean running a marathon, getting active for you could mean simply getting outside for a walk. Find what works for you.

- [Get active - Better Health](#) is a great site help you get active with links to apps, offers for fitness places, workout videos you can do at home, and top tips. This site can also provide information on getting active if you have a disability.
- [Active Norfolk](#) is 'working together to get Norfolk active' and can help you be active.
  - If you would rather [exercise at home](#), then it has useful information to help you to do so.
  - Or if you would rather get out and about, then Active Norfolk has ideas for [how to get active outdoors](#) and how to [get active with a health condition](#).
- [Feel Good Suffolk](#) Healthy Changes one step at a time. A new way to support people in Suffolk to improve their health and wellbeing.
- Want to get fit at home? The [NHS has some workout videos for you](#).
- [Here is an easy read guide to exercise](#).

## Lifestyle: stop smoking

Stopping smoking is one of the most important things you can do to prevent cancer: 1 in 4 cancers are caused by smoking. Quitting smoking may not be easy but there is a lot of help, so that you can stop for good and reduce your risk of developing cancer.

- [Reed Wellbeing Smokefree Norfolk](#) and [Feel Good Suffolk](#) have something for everyone who wants to quit.
- [Find Your Local Stop Smoking Service](#) helps you to find out what help there is in your area to quit smoking
- This is an [easy read guide to stopping smoking](#).

### Smoking and tobacco

Smoking accounts for one in four UK cancer deaths and smoking causes at least 15 different types of cancer and tobacco is the biggest cause of cancer in the world. It is never too late to stop smoking, and you don't have to go it alone. It is much easier to stop smoking when you get the right support and there are lots of options to choose from.

Below are further information and support websites:

- [Can cancer be prevented? | How to reduce your risk of cancer](#) - explore six things that can reduce cancer risk with useful videos.
- [Smoking, tobacco and cancer | Cancer Research UK](#)
- [Giving up smoking | Macmillan Cancer Support](#)
- [Tobacco Dependency Programme | NHSE](#)



## Lifestyle: Healthy eating

As well as getting active, eating healthily can help you to stay at an ideal weight which can also help to reduce your risk of developing cancer.

Here you will find information about what is a healthy diet.

- [Diet and cancer | Cancer Research UK](#)
- [Benefits of a healthy diet | Macmillan Cancer Support](#)
- [Recipes - Healthier Families](#) has a collection of tasty recipes to help you improve how you eat.
- [This film is about the Eatwell Guide](#), which shows how much of what we eat should come from each food group so that we can have a healthy, balanced diet.
- Have a watch of [this film which talks about five a day](#) and how you can make sure you have five pieces of fruit and vegetable every day.

## Lifestyle: Drinking less alcohol

Drinking less alcohol can help to reduce your risk of developing some cancers and the NHS recommends drinking no more than 14 units of alcohol a week. You can find an [alcohol calculator here](#) if you want to keep an eye on how much you are drinking

- [Cancer Research UK](#) has ten top tips for cutting down on alcohol – for example, having drink-free days. It also provides information on the NHS guidelines on drinking alcohol.
- Visit [Alcohol Change UK for tips for cutting down on drinking](#).
- [Drinkaware](#) shares the UK low risk drinking guidelines, including weekly guidelines such as spreading your drinking over different days:
- [In this film](#), Cancer Research shares some top tips to help you cut down on your alcohol intake.

## Lifestyle: Staying safe in the sun

Ultraviolet (UV) radiation from the sun can cause damage to the skin and lead to skin cancer. UV exposure is the main cause of skin cancer that can be prevented. Which is why staying safe in the sun is so important. This includes not staying out in the sun too long, covering up with clothing, and using sunscreen.

- The [NHS has tips for staying safe in the sun](#), and advice on SPF (sun protection factor) and the star rating which can help you to choose the best sunscreen to use.
- [Cancer Research UK](#) provides information about how the sun causes cancer, the risk of sunbed use, and how you can enjoy the sun safely.
- [British Skin Foundation](#) shares the things you can do to stay safe in the sun.
- [Watch this film to find out ways to enjoy the sun safely.](#)
- [This is an easy read guide to staying safe in the sun.](#)



## Other actions that can help to prevent cancer and/or find cancer early.

### HPV vaccine

The HPV vaccine reduces your chances of getting human papillomavirus (HPV), a common virus that's spread through skin contact (usually when having sex). Most types of HPV are harmless. But some types are linked to an increased risk of certain types of cancer, including: cervical cancer, mouth cancer, anal cancer and penile cancer. HPV can also cause genital warts.

The HPV vaccine is recommended for children aged 12 to 13 years old and people at higher risk from HPV. All children aged 12 to 13 (school year 8) are offered the HPV vaccine. If you missed getting vaccinated when you were 12 or 13, the HPV vaccine is available for free on the NHS for:

- all girls under 25
- boys born after 1 September 2006

You can find out more about the HPV vaccine here:

- [HPV vaccine overview - NHS](#)
- [The HPV vaccine - Cancer Research UK](#)
- [HPV - Macmillan](#)

### Screening

NHS cancer screening programmes can help to diagnose cancer or risk of cancer earlier and improve the likelihood of successful treatment. If you are eligible, please make every effort to have your screening test. Screening tests can detect a problem early, before you have any symptoms. Finding out about a problem early can mean that treatment is more effective.

If you notice any worrying signs, symptoms or changes that are not normal for you, please do not wait for a screening invitation - go and see your GP. There are three national cancer screening programmes in England: Cervical, Breast and Bowel.

#### 1) Cervical screening

The NHS cervical screening programme in England is offered to people with a cervix aged from 25 to 64. Routine screening is offered every three years up to 49 years of age and every five years from 50 to 64 years of age. After 65 you will only be recalled if a recent test was abnormal.

If you're 65 or older and have never been for cervical screening or have not had cervical screening since the age of 50, you can ask your GP for a test. You can book an appointment as soon as you get a letter but if you missed your last cervical screening, you do not need to wait for a letter to book an appointment.



Depending on the result of the screen, people may be recalled earlier than these routine intervals. As part of the NHS Cervical Screening Programme, all samples taken at cervical screening appointments are now being tested for high-risk Human Papillomavirus (HPV) in the first instance. This is the virus which causes nearly all cervical cancers. Samples that test positive for HPV will then go on to be further analysed to detect cell abnormalities. The new test will identify more people at risk of cervical cancer earlier and could prevent around 600 additional cancers a year.

Do not wait for your next cervical screening appointment and go and see your GP if you're worried about symptoms of cervical cancer such as:

- bleeding between periods, during or after sex, or after you've been through the menopause
- unusual vaginal discharge

You can find more information below:

- Here is a [film about what happens at a cervical test](#).
- Here is an [easy read guide to having a smear test](#).
- [Here is a resource to help you make decisions about your cervical screening](#)

## **2) Breast screening**

Breast screening uses an X-ray test called a mammogram that can spot cancers when they're too small to see or feel.

Breast screening is offered to women aged 50 to their 71st birthday in England. You will first be invited for screening within three years of your 50th birthday. There is currently a trial so some women may be invited to an extra screen between the ages of 47 and 49, and to an extra screen between the ages of 71 and 73. You may be eligible for breast screening before the age of 50 if you have a very high risk of developing breast cancer.

If you are 71 or over, you will stop receiving screening invitations. You can still have screening once you are 71 or over if you want to and can arrange an appointment by contacting your local screening unit.

If you're worried about breast cancer symptoms, such as a lump or an area of thickened tissue in a breast, or you notice that your breasts look or feel different from what's normal for you, do not wait to be offered screening. See a GP.

Please find some useful resources below:

- [Breast screening - NHS](#)
- [Breast screening: Helping you decide](#)
- [Breast cancer screening video](#)

### 3) Bowel screening

As part of the NHS Bowel Cancer Screening Programme, men and women aged 60-74 are sent a home testing kit every two years to collect a small sample of poo to be checked for tiny amounts of blood which could be caused by cancer. In 2019, the home testing kit was changed from the guaiac Faecal Occult Blood Test (gFOBT) to the Faecal Immunochemical Test (FIT) because it is:

- more accurate – it can detect smaller signs of blood hidden in poo samples, which can be an early sign of bowel cancer.
- easier to use – only one sample is required. The gFOBT required three samples to be taken on three different days.

The programme is expanding so that everyone aged 50 to 59 years will be eligible for screening. This is happening gradually over 4 years and started in April 2021 with 56-year-olds. Make sure your GP practice has your correct address, so your kit is posted to the right place. If you're 75 or over, you can ask for a kit every 2 years by phoning the free bowel cancer screening helpline on 0800 707 60 60. If you're worried about a family history of bowel cancer or have any symptoms, speak to a GP for advice.

Find out more about screening:

- [Learn about screening and diagnosis](#) - how screening is carried out, and when people will be checked.
- [How to carry out a bowel cancer test video](#)
- Bowel cancer [signs and symptoms](#), and [screening test details](#) on the NHS website
- [This is an easy read guide to screening](#)
- [Here is information on what screening is and how it works - Cancer Research](#)

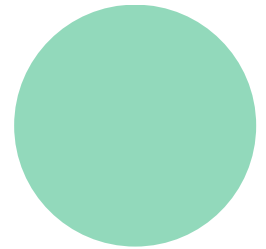
### Reasonable Adjustments:

The NHS is bound by law to make sure all services are accessible and equitable.

Reasonable Adjustments help make this possible. These could be things like:

- making sure there is wheelchair access.
- providing easy read appointment letters/information and letters/ information in different languages and accessible formats.
- giving someone a priority appointment if they find it difficult waiting in their GP surgery or hospital.
- longer appointments if someone needs more time with a doctor or nurse to make sure they understand the information they are given.
- offering a chaperone or an interpreter.

You can also ask for an appointment that is outside of working hours (9am-5pm) or at the weekend. You can also be accompanied to your appointment by a supporter. Here is a [video about the use of reasonable adjustments to reduce health inequalities for people with a learning disability](#).



**I'm worried I  
may have cancer**



# Signs and symptoms of cancer

If something does not feel right in your body, then it is vital that you get it checked out.

It can be scary when you notice something not quite right, but please do not put off making an appointment with your doctor. It may be nothing, but if it is cancer, the quicker it is picked up the more easily it can be treated.

The symptoms that you might notice could be ongoing symptoms, which last for more than three weeks; unexplained symptoms which have no reason, or symptoms that are unusual for you.

What kind of things should you be looking out for?

- [The NHS has a useful guide to some of the signs and symptoms.](#)
- [Macmillan Cancer Support](#) has information on how to recognise the symptoms of cancer and when you should see your GP.
- [Cancer Research UK](#) has details on some of the key signs and symptoms.
- [This easy read booklet about signs and symptoms of cancer is useful.](#)
- [Signs and symptoms](#) booklets are also available in many languages: Albanian, Arabic, Bengali, Farsi, Gujarati, Hindi, Kurdish, Lithuanian, Nepali, Pashto, Polish, Portuguese, Romanian, Russian, Slovak, Somali, Tagalog, Tigrinya, Traditional Chinese, Turkish, Urdu, Welsh, and Yoruba.

There is also information on the signs and symptoms of different types of cancer. But it is important to remember, that these are just a guide; if you are worried about a change in your body, please do get it checked out. It might be nothing.

- [Macmillan Cancer Support - Worried about cancer? Cancer signs and symptoms](#)
- [Cancer Research UK - Your cancer type](#)

# Checking for cancer

There are steps that we can take to check ourselves for cancer.

- [Cancer Research UK has information on how you can check yourself for cancer.](#)

There is information about how you can check different parts of your body for changes:

- [Learn how to check your breasts on the NHS website here.](#)
- [Breast Cancer UK has a useful film](#) that demonstrates how you can check your breasts.
- [Macmillan Cancer Support](#) offers guidance on how to check your testicles.



## Getting help

If you are worried about any signs or symptoms in your body, then it is vital that you get checked out.

So, what do you do?

### Contact your GP Surgery

If you are worried about anything in your body, the first thing you need to do is contact your GP surgery. Watch [Dianne's story on her journey](#) to getting checked by her GP.

[Macmillan has a blog](#) which offers help if you are struggling to get a GP appointment.

Ask for an appointment with your GP to assess your symptoms. After this appointment, your GP or nurse may refer you to the hospital to assess your worrying symptoms to rule out cancer. Expect the hospital to contact you in the next month. This may be a call with a nurse to discuss your worrying symptoms and or about attending the hospital for a diagnostic investigation, or for a one stop shop clinic.

This does not mean you have cancer: more than 9 out of 10 people referred this way are not diagnosed with cancer.

### The appointment

If you do have a hospital appointment, it is important that you attend this. Your appointment letter will include information about what will happen at the appointment, where you will go, and what tests – if any, will be carried out.

- At the appointment, you may speak to a specialist or be sent for tests. The kind of tests you might have include an X-ray, a [CT scan](#) or an [endoscopy](#).
- [Find out more about the tests that the NHS uses to check for cancer.](#)

## After the appointment

The doctor who orders your tests will explain your results. You may need to have further tests.

If you do not have cancer, it is important you continue to check your body.

If you do have cancer, there will be lots of support available for you. It will of course be a very worrying time, but you will not be alone: there will be people with help, support, and information available to you. The next steps will be explained to you.

Find out more:

- [Macmillan Cancer](#) has information on rapid referral guidelines, including for different types of cancer.
- [Cancer Research UK](#) has more information about your urgent suspected cancer referral.
- [The NHS](#) has information on waiting times in England.

## Get support

If you are worried that you might have cancer, there is help there for you:

- You can call the Macmillan Support Line for free: 0808 239 1557
- [Whatever you need to ask | Macmillan Cancer Support](#) You can call 7 days a week, 8am - 8pm. You can also find out other ways to get in touch.
- [Ask our nurses a question | Cancer Research UK](#) If you or someone close to you have been affected by cancer and you have questions, it is easy to call Cancer Research UK nurses on freephone 0808 800 4040 Monday - Friday, 9am - 5pm.

Please note that they cannot diagnose you or give a medical opinion.





**I've been diagnosed  
with cancer**

## I've been diagnosed with cancer

If you have just been diagnosed with cancer, you may be feeling frightened, worried, and uncertain. You will be – naturally – having a lot of different feelings.

What is important to know is that there is lots of help for you, at every step of your journey with cancer.

There will be medical help to find the right treatment for you, there will be emotional and mental health help available, and there is also practical help for you.

You are **not** alone.





## Where to start

There is lots of information available about cancer but here are some good places to start:

- You will be hearing lots of different and maybe new words now and The Big C – Norfolk's cancer charity - have a great [jargon buster to help you.](#)
- [Macmillan Cancer](#) has an easy read booklet called 'Finding out you have cancer'.
- If you are newly diagnosed, you can [sign up to receive information from Macmillan.](#)
- You can also listen to this [podcast from Macmillan about cancer diagnosis.](#)
- [Maggie's Cancer Care](#) has some advice on how to deal with a new diagnosis.
- You can search the [Cancer Care Map](#) to find information on cancer services in your area.
- You can find [information about in different languages here](#) about being diagnosed with cancer. It comes in languages including Arabic, Bengali, Chinese traditional, Farsi, Gujarati, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Turkish, Urdu and Welsh.



## After a diagnosis

After a diagnosis, you may be asked to have some tests to find out more about your cancer - [you can find out more about the tests you might have.](#)

A team of doctors, nurses and other specialists will work together to plan your treatment. You will discuss your medical treatment with a cancer doctor (oncologist).

The treatment will depend on the [type and grade of cancer](#) that you have been diagnosed with. There is more information on treatment in the next section.

It can be a scary time with lots of worries and questions that you need answers to. Here is some information on talking about your cancer with medical staff:

- [Macmillan Cancer Support](#) has advice for talking to your healthcare team, and a film with tips on talking to your doctor.
- [Macmillan Cancer Support](#) also has some useful questions to ask your healthcare team.
- [Macmillan Cancer Support](#) also provides help for people who do not speak English, have hearing or speech difficulties, are partially sighted, or have physical or learning disabilities.
- If you find that you have questions after your appointment, the [Big C](#) 'Ask the Nurse' could help with your query.





## Your emotions and mental health

Being diagnosed with cancer will have an impact on your emotions and your mental health: you may struggle to cope.

It is ok to feel whatever you feel. There is lots of help out there to manage your mental health if you have recently been diagnosed:

- [Cancer Research UK](#) has a guide around your mental health if you have just been diagnosed including when and how to ask for help.
- [Macmillan Cancer Support](#) has a section on its website about cancer and your emotions.
- [Maggie's Cancer Care](#) also has information on managing emotions after a diagnosis.

## Talking about cancer

One of the hardest things about having cancer can be telling people of your diagnosis. Letting family and friends know, telling your children, talking to your work colleagues can be difficult.

It can feel scary, and you might be worried about other people's reactions.

But talking about cancer can also help you to feel less alone, and to get the help that you need from the people in your life.

- [Macmillan Cancer Support](#) has a useful section full of tips and advice to help you have conversations about cancer.
- [Talking about cancer](#) is a leaflet and an easy read booklet on talking about cancer and your feelings:
- [Series 3, Episode 1: Talking to children about cancer](#) is a useful podcast by Macmillan.
- [Cancer Research UK](#) has information on how to talk to children about cancer
- [Maggie's Cancer Care](#) also has some helpful guidance to help you talk to children, family, friends, and information if you do not feel like talking.

## Practical help

You are also likely to have practical worries after a cancer diagnosis – things like money and paying bills. There is information available to help you manage things in your everyday life that may worry you.

- [The Big C](#) offers welfare advice, and you can speak to a welfare advisor about things such as benefits, loans, housing, employment issues, travel expenses, childcare, blue badge applications, bus passes, help with form filling and much more.
- [Cancer Research UK](#) have guidance on money matters and what benefits might be available to you.
- [Cancer Research UK](#) also shares information on financial planning, for example, paying the mortgage.
- [Macmillan Cancer Support](#) provides information on how a cancer diagnosis might affect your work. You might be worried about work, and you can find some advice on how to manage work if you are diagnosed with cancer – including if you are self-employed.

## Further help after your diagnosis

- In Norfolk and Waveney, **Cancer Care Navigators** work alongside your cancer team to help and support people affected by cancer. The Cancer Care Navigators can be contacted using the following numbers:
  - James Paget University Hospital – 01493 452 783
  - The Queen Elizabeth Hospital, Kings Lynn – 01553 214792
  - Norfolk and Norwich University Hospitals – 01603 647175
- In Norfolk, the [Big C](#) charity can help you if you are newly diagnosed. You can visit their website or call their support team: 0800 092 7640 (Monday - Friday, 9am - 5pm)
- [Macmillan Cancer Support](#) has ways of getting touch and you can call the Macmillan Support Line for free on 0808 239 1557, 7 days a week, 8am - 8pm.
- [Cancer Research UK](#) also has ways of getting in touch. You can contact someone online if you or someone close to you has been affected by cancer and you have questions. It is also easy to call Cancer Research UK nurses on freephone 0808 800 4040 Monday - Friday, 9am - 5pm. They cannot diagnose you or give a medical opinion.



**What sort of  
treatment will  
I have?**

## What sort of treatment will I receive?

The type of treatment that you receive will depend on what type of cancer you have, the size of the cancer, whether it has spread, and your health. Your medical team will choose the right treatment for you and your cancer.

Your treatment could include surgery, chemotherapy, or radiotherapy, or other treatments, or a mix of different types of treatment. You might also have complementary or supportive treatment that help to make you feel better.

The treatment will be given to you in different ways, and there may be side effects of the treatment, depending on what you have.

Before starting treatment, it is helpful to understand what type of treatment you are being offered, what impact it might have on you, and how it might make you feel.





## Before you begin treatment

A [team of health professionals](#) will work with you to plan the right treatment for you. This may include an oncologist – a doctor who is an expert in treating cancer – or a surgeon who carries out operations to remove cancer. This team will work with you to come up with options for you.

You will be offered options for your cancer, and you may have lots of questions. Macmillan also has some useful [questions you may want to ask.](#)

There are things that you can do to get ready for treatment. [Cancer Research UK has more information.](#)



# Types of cancer treatment

There are different types of cancer treatment, and you may be offered a combination of these. You can find information on types of cancer treatment here:

- [Treatment for cancer](#)
- [Cancer treatment – chemotherapy, radiotherapy, surgery](#)
- [Treatments A to Z](#)
- [Types of treatment](#)
- [Cancer drugs A to Z list](#)

You can find out information about treatments at local hospitals here:

- [Norfolk and Norwich University Hospitals NHS Foundation Trust](#)
- [The Queen Elizabeth Hospital King's Lynn NHS Foundation Trust](#)
- [James Paget University Hospitals NHS Foundation Trust](#)

## [Cancer information and help in your language](#)

You can find information on treatments for cancer in Arabic, Bengali, Chinese traditional, Dari, Farsi, Gujarati, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Turkish, Ukrainian, Urdu and Welsh.

The types of treatment you are offered could include:

## **Surgery**

Surgery is when you have an operation to remove the cancer. You can find information about surgery here:

- [Surgery - Macmillan Cancer Support](#)
- [Surgery for cancer - Cancer Research UK](#)
- [Norfolk and Norwich University Hospitals NHS Foundation Trust - Surgery](#)
- [Surgery for cancer - Maggie's Cancer Care](#)
- Macmillan also has an [easy read booklet on surgery](#).

## Chemotherapy

Chemotherapy uses anti-cancer drugs to destroy cancer cells. You can find information about chemotherapy, including how you have it here:

- [Chemotherapy - Cancer Research UK](#)
- [Chemotherapy - What it is, types, treatment and side effects - Macmillan Cancer Support](#)
- [Chemotherapy - NHS](#)
- [Norfolk and Norwich University Hospitals NHS Foundation Trust - Chemotherapy](#)
- [Chemotherapy - Maggie's Cancer Care](#)
- [Downloadable booklet on chemotherapy](#)
- [Understanding chemotherapy audiobook](#)
- [Easy read booklet on chemotherapy](#)
- ['What Is Chemotherapy' video](#)

## Radiotherapy

Radiotherapy uses radiation (high-energy rays) to treat cancer. You can find out more about what radiotherapy is and how you have it here:

- [Radiotherapy - Macmillan Cancer Support](#)
- [Radiotherapy - Cancer Research UK](#)
- [Radiotherapy - NHS](#)
- [Norfolk and Norwich University Hospitals NHS Foundation Trust - Radiotherapy](#)
- [Radiotherapy - Maggie's Cancer Care](#)
- [Downloadable booklet on radiotherapy](#)
- [Understanding radiotherapy audiobook](#)
- [Easy read booklet on radiotherapy](#)
- ['What is cancer radiotherapy and how does it work?' video](#)
- [Radiotherapy at Norfolk and Norwich University Hospital video](#)

## Targeted therapy

Targeted therapy are drugs that find and attack different cells. You can find information about targeted therapy here:

- [Targeted therapy](#)
- [Targeted cancer drugs](#)
- [Norfolk and Norwich University Hospitals NHS Foundation Trust - Targeted Therapy and Immunotherapy](#)
- [Targeted therapy video](#)

## Hormone therapy

Hormone therapy blocks or lowers the number of hormones in the body to stop or slow down the growth of cancer. You can find out about hormone therapy here:

- [Hormone therapy - Cancer Research UK](#)
- [Hormonal therapies - Macmillan Cancer Support](#)

## Immunotherapy

Immunotherapy uses our immune system to fight cancer. You can find out more here:

- [Cancer immunotherapy - Cancer Research UK](#)
- [Immunotherapy - Macmillan Cancer Support](#)
- [Norfolk and Norwich University Hospitals NHS Foundation Trust - Targeted Therapy and Immunotherapy](#)

## Stem cell and bone marrow transplants

Stem cell and bone marrow transplants are sometimes used to treat types of cancer including leukaemia, lymphoma, and myeloma. You can find out more about this type of treatment here:

- [Stem cell and bone marrow transplants - Macmillan Cancer Support](#)
- [Stem cell and bone marrow transplants - Cancer Research UK](#)
- [Stem cell transplant - NHS](#)
- [Stem cell and bone marrow transplants - Maggie's Cancer Care](#)

## Clinical trials

Clinical trials are medical research involving people and they can be offered to people who have cancer. Find out more here:

- [Cancer clinical trials - Macmillan Cancer Support](#)
- [Clinical trials - Maggie's Cancer Care](#)

## Complementary and alternative treatments

These can be offered along with your medical treatment to help you to feel better. They can include things like hypnotherapy, acupuncture, and herbal medicine. Find out more here:

- [Complementary and Alternative therapies - Cancer Research UK](#)
- [Alternative therapies - Macmillan Cancer Support](#)
- [Complementary therapies - Maggie's Cancer Care](#)
- [Easy read booklet about complementary therapies](#)



## Supportive treatments

Supportive treatments are treatments that can be used as part of the main treatment and to manage side effects. For example, this could include drugs such as steroids.

- [Supportive and other treatments - Macmillan Cancer Support](#)
- [Supportive treatments - Maggie's Cancer Care](#)

## Other treatments

There are other treatments that may be offered to you. You can find out more here:

[Other treatments](#)

## Palliative care

Palliative care is used to improve quality of life when the cancer cannot be treated. You can find out more about palliative care here:

- [Palliative treatment for cancer - Cancer Research UK](#)

# Side effects of treatment

There may be side effects of your treatment and it is useful to understand what these might be before you begin your treatment so you can be prepared. [Macmillan offers more information here.](#)

## Chemotherapy side effects

You can find out information on possible side effects of chemotherapy here:

- [Chemotherapy side effects - Macmillan Cancer Support](#)
- [Side effects of chemotherapy - Cancer Research UK](#)
- [Chemotherapy - Side effects](#)
- [Easy read booklet](#)

## Radiotherapy side effects

You can find out information on possible side effects of radiotherapy here:

- [Radiotherapy side effects - Macmillan Cancer Support](#)
- [Radiotherapy side effects - Cancer Research UK](#)
- [Radiotherapy - NHS](#)
- [Easy read booklet](#)

### Targeted therapy side effects

[View information on possible side effects of targeted therapy here.](#)

### Immunotherapy side effects

[View information on possible side effects of immunotherapy here.](#)

## What treatment will I be offered?

Macmillan has [an A-Z of cancer types](#) where you can find your cancer and its possible treatments. Your medical team will be able to tell you about the specific treatment plan for you.

## Making decisions about treatment

There will be several things you may think about when you make decisions about your treatment. You can find information about making decisions about treatment here:

- [Making treatment decisions | Macmillan Cancer Support](#)
- [Making treatment decisions | Maggie's](#)

Treatment cannot start without your consent, usually by signing a form. You can find information about this here, and an easy read version here.

## Having treatment

Starting treatment can be a worrying time, and it can help to know what to expect, and also to plan how you will manage things when you are receiving treatment. [View the Macmillan article here for more details.](#)

You can also find information about how to live and cope with cancer treatment, including the side effects on on the [Macmillan website here](#) and on the [Maggie's Cancer Care website here.](#)

[Macmillan](#) has an online community with tips and advice from others undergoing cancer treatment to help you share your journey.

## What should you do if you are experiencing worrying symptoms from your cancer treatment?

If you are receiving treatment for cancer and are experiencing side effects or feeling unwell you can contact the hospital **Acute Oncology Services (AOS)** which provides a 24/7 telephone line for patients, relatives and professionals for advice for patients who are undergoing non-surgical cancer treatment under the Oncology or Haematology team at the hospital. You should have a yellow card with the telephone number on to contact but if you do not the details below on the three Acute hospitals in Norfolk and Waveney:

Norfolk and Norwich University Hospitals has an emergency helpline for people who may experience symptoms during treatment. If you need to contact the service, please call 01603 646799.

### James Paget University Hospitals

**Emergency telephones** are held by senior nurses 24 hours a day. The telephone numbers are as follows: Haematology 07786701483 and Oncology 07786701488. You can also call the Sandra Chapman Centre (within the hospital) reception on 01493 453869 for any concerns between 8.30am to 5pm Monday to Friday.

### Queen Elizabeth Hospital King's Lynn

The Acute Oncology Nurse Specialist team: 01553 613613, extension 4558





# **What are the different types of cancer?**



# What are the different types of cancer?

There are more than 200 types of cancer, and they are named according to where they start in the body.

You can find an overview of the different types of cancer here with information on each type. You will also find links to the different dedicated information and support websites for the different types of cancer:

- [Your cancer type - Cancer Research UK](#)
- [Cancer types A to Z - Macmillan Cancer Support](#)
- [Cancer - NHS](#)

[Here you can find information on types of cancer in different languages](#), including Arabic, Bengali, Chinese traditional, Dari, Farsi, Gujarati, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Turkish, Ukrainian, Urdu and Welsh.

## Most common cancers

The four most common types of cancer in the UK are breast, prostate, lung, and bowel and there are dedicated websites and resources where you can find detailed information about each of these to help you to understand your type of cancer.

### Breast cancer

Each year about 55,000 people in the UK are diagnosed with breast cancer. If you want to find out more about breast cancer – symptoms, diagnosis, causes, and treatment – there is information and websites available:

- [Breast cancer - Macmillan Cancer Support](#)
- [Breast cancer - Cancer Research UK](#)
- [Breast cancer in women - NHS](#)
- [Easy read booklet about breast care](#)
- [Video explaining what breast cancer is](#)
- [Little Lifts](#) is a local charity supporting breast cancer patients
- [Breast Cancer Now](#) is a research and support charity
- [Breast Cancer UK](#) is dedicated to the prevention of breast cancer
- [Keeping Abreast - Breast Cancer Reconstruction Support](#) launched in Norwich in 2007, a peer-to-peer support charity which offers in-person support to those considering, facing and going through breast reconstruction. A wide range of services can be found on the above website including real-life patient stories, videos and a network of dedicated support groups, as well as FAQs.

## Prostate cancer

Prostate cancer starts in the cells of the prostate, a small gland that is just below the bladder. You can find out more about prostate cancer here:

- [Prostate cancer - Macmillan Cancer Support](#)
- [Prostate cancer - Cancer Research UK](#)
- [Prostate cancer - NHS](#)
- [Easy read booklet about the symptoms of prostate cancer](#)
- [Easy read booklet about treatments for prostate cancer.](#)
- [Video about prostate cancer.](#)
- Talk to other people affected by prostate cancer using [Macmillan Online Community](#)
- [Prostate Cancer UK](#) provides information and support about prostate cancer. They also offer support via their specialist nurses on 0800 074 8383.
- [Improving support for Black Men with Prostate Cancer video.](#)

## Lung cancer

Lung cancer is the third most common cancer in the UK. There are different types of lung cancer and the treatment you have will depend on which type you have. You can find out more about lung cancer here:

- [Lung cancer - Macmillan Cancer Support](#)
- [Lung cancer - Cancer Research UK](#)
- [Lung cancer - NHS](#)
- [Easy read booklet about lung cancer](#)
- [Video about lung cancer](#)
- Talk to other people affected by lung cancer using [Macmillan Online Community](#)
- [Roy Castle](#) charity provides tailored support on living with lung cancer.

## Bowel cancer

Bowel cancer means cancer that starts in the large bowel (colon) and the back passage (rectum). It is also known as colorectal cancer. You can find out more about bowel cancer here:

- [Bowel cancer \(including rectal cancer and colon cancer\) - Macmillan Cancer Support](#)
- [Bowel cancer - Cancer Research UK](#)
- [Bowel cancer - NHS](#)
- [Video about bowel cancer](#)
- [Bowel Cancer UK](#) has information, resources and support for anyone who has been diagnosed with bowel cancer.

## Other types of cancer

Whatever type of cancer you have, you will find information, advice, and help available. Here you will find links to information on several other types of cancer. If your cancer is not covered on the next few pages, you can visit these sites:

- [Your cancer type - Cancer Research UK](#)
- [Cancer types A to Z - Macmillan Cancer Support](#)
- [Cancer - NHS](#)

### Bladder cancer

Bladder cancer starts in the inner lining of the bladder. You can find information about bladder cancer here:

- [Bladder cancer - Macmillan Cancer Support](#)
- [Bladder cancer - NHS](#)
- [Bladder cancer - Cancer Research UK](#)
- [Booklet about understanding non-muscle-invasive bladder cancer](#)
- [Action Bladder Cancer UK](#) is a charity that has information and patient support on bladder cancer.
- [Fight Bladder Cancer](#) is a charity with support for anyone affected by bladder cancer.

### Brain tumours

Brain tumours can start anywhere in the brain and there are many different types of tumours.

You can find more information about brain tumours here:

- [Brain tumours - Macmillan Cancer Support](#)
- [Brain tumours - NHS](#)
- [Brain tumours - Cancer Research UK](#)
- [Macmillan booklet about understanding brain tumours](#)
- [Understanding primary brain tumours audiobook](#)
- [The Brain Tumour Charity](#) provides information including on signs and symptoms, diagnosis, and living with a brain tumour.
- [Brains Trust](#) is a charity offering support for people who have a brain tumour.
- [Brain Tumour Support](#) is a charity for anyone who is affected by any type of brain tumour.

## Cervical cancer

Cervical cancer develops from abnormal cell changes in the cervix. Cervical cancer testing helps to pick up abnormal cells. You can find more information about cervical cancer here:

- [Cervical cancer - stages, symptoms, diagnosis, treatment - Macmillan Cancer Support](#)
- [Cervical cancer - NHS](#)
- [Cervical cancer - Cancer Research UK](#)
- [Booklet about understanding cervical cancer](#)
- [Understanding cervical cancer audiobook](#)
- [UK Cervical Cancer](#) is a charity that is working towards the global elimination of cervical cancer.

## Head and neck cancer

Head and neck cancer is a general term to describe cancer in this area. It includes cancer of the mouth, tongue, throat, nose and sinuses, salivary glands, and middle ear. You can find more information about head and neck cancer here:

- [Head and neck cancer - Macmillan Cancer Support](#)
- [Head and neck cancer - NHS](#)
- [Head and neck cancer - Cancer Research UK](#)
- [Booklet about understanding head and neck cancer](#)
- [Understanding head and neck cancers audiobook](#)
- [Oracle Cancer Trust](#) has support and information about head and neck cancer.
- [The Head and Neck Cancer Foundation](#) provides information on treatments and resources.
- [Head and Neck Cancer UK](#) raises awareness and provides information.
- [The Swallows](#) is a head and neck cancer charity.

## Kidney cancer

Kidney cancer usually only affects one kidney. It usually affects adults in their 60s and 70s. You can find information about kidney cancer here:

- [Kidney cancer - Macmillan Cancer Support](#)
- [Kidney cancer - NHS](#)
- [Kidney cancer - Cancer Research UK](#)
- [Kidney Cancer UK](#) is a charity provides patient information about kidney cancer.



## Leukaemia

Leukaemia is a cancer of the blood cells. If you have leukaemia, your body makes some abnormal blood cells. There are different types of leukaemia. You can find information about leukaemia here:

- [Leukaemia - Macmillan Cancer Support](#)
- [Acute myeloid leukaemia - NHS](#)
- [Leukaemia - Cancer Research UK](#)
- [Leukaemia Care](#) is a charity providing support for leukaemia patients.
- [Leukaemia UK](#) is a charity providing information about treatments, support, and resources.

## Liver cancer

Liver cancer is cancer found anywhere in the liver. It is sometimes called primary liver cancer. You can find more information about liver cancer here:

- [Liver cancer - Macmillan Cancer Support](#)
- [What is liver cancer - NHS](#)
- [Liver cancer - Cancer Research UK](#)
- [Booklet on understanding primary liver cancer](#)
- [Video about liver cancer](#)
- [British Liver Trust](#) is a charity that also offers a nurse-led helpline for anyone who is affected by or concerned about liver cancer.

## Non-Hodgkin lymphoma

Non-Hodgkin lymphoma is cancer of the lymphatic system which is part of the immune system. You can find out information about Non-Hodgkin lymphoma here:

- [Non-Hodgkin lymphoma \(NHL\) - Macmillan Cancer Support](#)
- [Non-Hodgkin lymphoma - Cancer Research UK](#)
- [Non-Hodgkin lymphoma - NHS](#)
- [Booklet about understanding Non-Hodgkin lymphoma](#)
- [Understanding non-Hodgkin lymphoma audiobook](#)
- [Lymphoma Action](#) is a charity dedicated to lymphoma and offers a range of support and information.

## Oesophageal cancer

Cancer can develop anywhere in the [oesophagus](#) (the gullet) which is part of the digestive system. In the UK, around 9,000 people each year are diagnosed with oesophageal cancer. You can find information about oesophageal cancer here:

- [Oesophageal cancer - symptoms, treatment, staging, diagnosis - Macmillan Cancer Support](#)
- [What is oesophageal cancer? - NHS](#)
- [Oesophageal cancer - Cancer Research UK](#)
- [Understanding oesophageal cancer booklet](#)
- [Understanding oesophageal cancer \(cancer of the gullet\) audiobook](#)
- [The Oesophageal Patients Association](#) is a charity to support patients, families, carers and to raise awareness of oesophageal and gastric cancers and their prevention.
- [Guts UK Charity](#) provides information on oesophageal cancer including symptoms and diagnosis and treatment.

## Ovarian cancer

Ovarian cancer affects the 2 small organs (ovaries) that store the eggs needed to make babies. You can find information about ovarian cancer here:

- [Ovarian cancer - Macmillan Cancer Support](#)
- [Ovarian cancer - NHS](#)
- [Understanding cancer of the ovary, fallopian tube or peritoneum booklet](#)
- [Understanding cancer of the ovary, fallopian tube and peritoneum audiobook](#)
- [Target Ovarian Cancer](#) provides support and guidance for those who have been diagnosed or are concerned about symptoms.
- [Ovarian Cancer Action](#) is a charity and on the site you will find a patient hub from diagnosis and beyond.
- [Ovacome](#) is a charity providing support and information.

## Pancreatic cancer

Pancreatic cancer is a cancer that starts in the pancreas which is part of the digestive system. You can find information about pancreatic cancer here:

- [Pancreatic cancer - Macmillan Cancer Support](#)
- [What is pancreatic cancer? - NHS](#)
- [Pancreatic cancer - Cancer Research UK](#)
- [Video about pancreatic cancer](#)
- [Pancreatic Cancer UK](#) is a charity offering information and resources about pancreatic cancer.
- [Pancreatic Cancer Research Fund](#) offers information including on treatments for pancreatic cancer.

## Skin cancer (melanoma)

The most common sign of melanoma is the appearance of a new mole or a change in an existing mole. You can find information about melanoma here:

- [Melanoma - types, symptoms, treatment - Macmillan Cancer Support](#)
- [Melanoma skin cancer - NHS](#)
- [Melanoma skin cancer - Cancer Research UK](#)
- [Understanding melanoma: surgery to remove a melanoma booklet](#)
- [Understanding melanoma: surgery to remove a melanoma audiobook](#)
- [Melanoma UK](#) offers support and information about melanoma.

## Stomach cancer

Stomach cancer is when abnormal cells in the stomach start to grow and divide in an uncontrolled way. You can find information about stomach cancer here:

- [Stomach cancer - Macmillan Cancer Support](#)
- [What is stomach cancer? - NHS](#)
- [Stomach cancer - Cancer Research UK](#)
- [Understanding Stomach Cancer booklet](#)
- [Understanding stomach cancer audiobook](#)

## Testicular cancer

Testicular cancer starts in one of the testicles. Survival for testicular cancer is very high. You can find out about testicular cancer here:

- [Testicular cancer - Macmillan Cancer Support](#)
- [Testicular cancer - NHS](#)
- [Testicular cancer - Cancer Research UK](#)
- [Booklet about understanding testicular cancer](#)
- [Testicular cancer UK](#) is a testicular cancer awareness and support charity. You can find information here about symptoms, diagnosis, and treatment.
- [Oddballs Foundation](#) raises awareness of testicular cancer and includes a check yourself guide.
- [Orchid Fighting Male Cancer](#) is a charity and, on the website, you will find information and support about penile, testicular, and prostate cancer.
- [It's On The Ball - Testicular Cancer Charity](#) - East Anglian testicular cancer awareness and support charity. Offers emotional and practical support to those diagnosed with testicular cancer and their families.

## Other cancers

There are over 200 types of cancer. If you would like information on any other types, you can find information here:

- [Your cancer type - Cancer Research UK](#)
- [Cancer types A to Z - Macmillan Cancer Support](#)
- [Cancer - NHS](#)

You can also find information on rare cancers here:

- [Rare cancers - Macmillan Cancer Support](#)
- [Rare cancers - Cancer Research UK](#)





## Teenage and young adult (TYA) cancers

Cancer in teenagers and young adults is quite rare.

Certain cancers are more likely to affect teenagers and young adults. You can find out about some of these here:

- [Teenage and young adult cancers](#) Young people's cancers can be different to cancers in children and adults.
- [Teenagers and young adults - Macmillan Cancer Support](#) If you are a young person who is living with cancer, we have information and support especially for you. Talking to children and teenagers about cancer can be challenging. We have some tips to help you through the conversation: [Talking to children and teenagers](#)
- [Teenage Cancer Trust](#) is a dedicated charity for young people who have cancer. You can find information on their site for: bone cancer, brain tumours, cervical cancer, Hodgkin lymphoma, Non-Hodgkin lymphoma, leukaemia, ovarian cancer, skin cancer, soft tissue sarcoma, testicular cancer, and thyroid cancer.
- [Teenagers and Young Adults with Cancer](#) - Information on the specific types of cancer most commonly seen in teenagers and young adults.
- [Young Lives vs Cancer](#) - Young Lives vs Cancer is a leading provider of professional psychosocial support for children and young people with cancer 0–24 years.



# Children's cancer types

Getting a diagnosis of cancer for your child is devastating and it will be a very worrying time. You are not alone. There is lots of information and support available to help your child and you.

You can find out about children's cancer types here:

- [Types of Cancer in Children - Children with Cancer UK](#)
- [Children's Cancers - Cancer Research](#)

Here is more detail on some types of children's cancer:

## Childhood acute lymphoblastic leukaemia

Leukaemia is the most common type of cancer affecting children. And acute lymphoblastic leukaemia (ALL) is the most common type of leukaemia diagnosed in children. ALL is most common in young children aged 0 – 4. You can find information about it here:

- [Childhood acute lymphoblastic leukaemia \(ALL\) - Cancer Research UK](#)
- [Acute lymphoblastic leukaemia \(ALL\) - Macmillan Cancer Support](#)
- [Acute lymphoblastic leukaemia - NHS](#)

## Brain tumours in children

A brain tumour is a collection of cells that have grown in an uncontrolled way to form a tumour.

- [Cancer Research has more details on brain tumours in children here.](#)
- [Finnbars Force – Childhood Cancer Support in Norfolk](#)

## Neuroblastoma

Neuroblastoma is a rare cancer that affects children, mostly under the age of 5 years old. It usually starts in the tummy (abdomen) area. You can find information here:

- [Neuroblastoma - Cancer Research UK](#)
- [Neuroblastoma - NHS](#)
- [Neuroblastoma UK](#) is a charity and here you will find information on this type of cancer as well as personal stories.

## Non-Hodgkin lymphoma in children

Lymphoma means cancer of the lymphatic system. You can find information here:

- [Non-Hodgkin lymphoma in children - Cancer Research UK](#)
- [Non-Hodgkin Lymphoma in Children - Children with Cancer UK](#)

## Retinoblastoma

Retinoblastoma is a rare type of eye cancer. It most commonly affects children under the age of 5. One or both eyes can be affected. You can find information about retinoblastoma here:

- [Retinoblastoma - Cancer Research UK](#)
- [Retinoblastoma \(eye cancer in children\) - NHS](#)
- [Childhood Eye Cancer Trust](#) offers support to anyone affected by retinoblastoma.

## Children's cancer - support

There are charities dedicated to providing support for children who have cancer and their families. These include:

- [Children with Cancer UK](#)
- [Children's Cancer and Leukaemia Group](#)
- [Kids Cancer Charity](#)
- [Finnbars Force – Childhood Cancer Support in Norfolk](#)

[Young Lives vs Cancer](#) - Young Lives vs Cancer is a leading provider of professional psychosocial support for children and young people with cancer 0–24 years.







**What help is out  
there for me?**



## What help is out there for me?

As well as treatment for your cancer, you may need help with things such as benefits, your mental health, and work. There is lots of help there for you, to help you live well with cancer, and beyond.

### Local support

- In Norfolk and Waveney, Cancer Care Navigators work alongside your cancer team to help and support people affected by cancer. The Cancer Care Navigators can be contacted using the following numbers via their Trusts:
  - James Paget University Hospitals: 01493 452 783 - [Cancer Care Navigators](#)
  - The Queen Elizabeth Hospital, Kings Lynn: 01553 214 792 - [Cancer Care Patient Navigators](#)
  - Norfolk and Norwich University Hospitals: 01603 647 175 - [Cancer Care Navigator Team](#)

### Support services within the hospital trusts

- [The Macmillan Information Pod](#) can be found at the Norfolk and Norwich University Hospital (NNUH).
- [The Cancer Wellbeing and Support Centre](#) is located at the back of the Queen Elizabeth Hospital in King's Lynn.
- [The North Norfolk Macmillan Cancer Centre](#) is at the Cromer Hospital.
- [The Louise Hamilton Centre](#) is located at the front of the James Paget Hospital grounds.
- [The Big C Charity](#) is based on the grounds of the NNUH Hospital and is there for anyone affected by cancer at any stage. You can call their support team 0800 092 7640 (Monday-Friday, 9am-5pm) or visit one of their support centres within Norfolk and Waveney (details can be found on their website).
- [The Pear Tree Centre](#) in Halesworth offers support, information, counselling, and benefits advice.
- [Star Throwers Cancer Support Charity](#) in Wymondham provide an individually focused support service for those affected by cancer. Providing information about diagnosis and treatment options, counselling, nutrition support, lymphoedema support, scar therapy, financial advice and a wide range of complementary therapies and support groups. Support is available for people affected by any type of cancer, throughout diagnosis and post-treatment, including carers.
- [Dereham Cancer Care](#) a local charity supporting people whose lives are affected by cancer, offers support, information and friendship.

### Sources to search for local support

- You can **search** the [Cancer Care Map](#) or [In your area - Macmillan Cancer Support](#) to find information on cancer services in your area.
- You can find out about [other local support groups that can help you here.](#)

## National Support

There are several national cancer charities which can provide help, information and support.

- [Cancer information and support | Macmillan Cancer Support](#)
- [Information and support | Cancer Research UK](#)
- [Cancer Support UK: Supporting People with Cancer, During and After Treatment](#)
- [We're here to support you | Marie Curie](#)

## Online support and laptop loans

### Norfolk County Council Library Services

Get one-to-one digital support! The library service can answer your IT queries, help you get online and set up an email account. They have a digital health hub and can help with one-to-one sessions, delivered online over Zoom, or in person in Norfolk libraries (they can even help you get started with Zoom!).

[The library service](#) can help you with the skills you need to access online health services. This includes things like how to make an online appointment with a GP and ordering repeat prescriptions online.

Library customers over 16 can now borrow a laptop to use in the library or take home if you do not have such a device. If you take a laptop home, you will need to have access to the internet to be able to use.

For more information speak to your local library, call 01603 774777, email [libraries.iconnect@norfolk.gov.uk](mailto:libraries.iconnect@norfolk.gov.uk) or visit their website [Digital support and skills courses - Norfolk County Council](#)

## Mental health

Your emotions will be affected by your cancer diagnosis and treatment, and you may find yourself struggling with your mental health. This is perfectly normal. There is help and support out there for you.

- In our area, Norfolk and Waveney Integrated Care Board has produced a contact information poster - [Psychological wellbeing support for people affected by cancer](#)
- [Norfolk and Waveney Talking Therapies](#) - Find support in Norfolk and Waveney and Waveney - Talking is good for you!
- [Visit NHS Talking Therapies](#) for anxiety and depression
- [Get help in a Crisis](#) - Get urgent help if you are experiencing a mental health crisis
- [Macmillan Cancer Support](#) has a whole section devoted to you and your emotions, with information about understanding your feelings, and the physical impact of your emotions. This includes a [section on who can support you with your emotions](#), including your GP and your healthcare team.
- [You can read about the emotional effects of cancer here.](#)
- You can listen to ['The emotional effects of cancer' audiobook.](#)
- [Cancer Research UK](#) also has a guide to your mental health including information on how cancer can make you feel.

## Getting mental health help

- In Norfolk and Waveney, you can call emotional and mental health support lines ran by [Norfolk and Suffolk NHS Foundation Trust.](#) Call 0808 196 3494 – available 24 hours a day.
- If you are in urgent need, please call the Samaritans: call 116 123 – available 24 hours a day
- Working in partnership with Bupa, [Macmillan are offering counselling](#) for people struggling emotionally because they are living with cancer.
- [Cancer Research UK](#) also has information on counselling and how it may support you and your mental health.

## Physical health

Looking after your physical health is important when you are living with cancer. This includes taking exercise which can help to improve your energy and your mood. You can find information on exercising, its benefits for you, and guidelines for exercising when you have cancer here:

- [Exercise and cancer - Maggie's Cancer Care](#)
- [Exercise guidelines for cancer patients - Cancer Research UK](#)
- [How can I be more active?](#)
- [Being physically active after treatment](#)
- You can also read an [easy read booklet on exercise and cancer here.](#)
- You can read a [booklet about physical activity and cancer here.](#)
- What you eat and drink – your nutrition – is something that is also good to think about. You may find your appetite affected by cancer and its treatment. [Here is a useful link about nutrition and cancer.](#)
- Your appearance may change during cancer, for example, through hair loss which can have an impact on how you feel. [The Big C](#) has advice on cancer and your appearance and you can [watch a film about this here.](#)

### Local Get Active help

- [Active Norfolk](#) and [Active Suffolk](#)



# Money and bills

One of the things that you may be thinking about when you have cancer is money and paying bills. You may be worried about the impact of cancer on your income. There is lots of advice and help available, and you may be able to get some benefits to help you.

- [The Big C](#) offers welfare advice, and you can speak to a welfare advisor about things such as benefits, loans, housing, employment issues, travel expenses, childcare, blue badge applications, bus passes, help with form filling and much more.
- [Macmillan Cancer Support](#) offers practical support on managing the costs associated with cancer, including help with energy bills and other costs.
- [Cancer Research UK](#) has a section all about money matters, including information on paying mortgages, credit cards, loans, and insurance.
- [Maggie's Centres also provides information on money and bills.](#)



## Benefits

You may be able to access benefits if you have cancer. You can find information here:

- [Money, benefits and cancer](#)
- [What benefits can I claim?](#)
- [Benefits for people affected by cancer](#)
- In addition, [Macmillan](#) also offer grants which are small, one-off means-tested payments to help with the extra costs that living with cancer can bring.
- The cost of living may be causing you concern and you can find [practical help and emotional support](#).
- Norfolk and Norwich University Hospital has a [film on what financial information you can receive during cancer](#).





## Work

Having cancer and having treatment may make it hard for you to work. You can find information and support to help you around how you work with cancer. There is also information about your rights:

- [Work and cancer - Macmillan Cancer Support](#)
- [Work and cancer - Maggie's](#)
- [Cancer Research UK](#) explains how the Cancer Discrimination Act will support your rights and your employer.
- You can read a [booklet about work and cancer here.](#)
- You can read an [easy read book about work and cancer here.](#)
- You can read a [booklet about what questions to ask about work here.](#)
- [You can find information here about Employment Support Alliance](#) which is a benefit for people under State Pension age who have an illness or disability that affects how much they can work.
- [If you are self-employed you can find information here.](#)



# Travel

Cancer can affect how you can travel – here, you can find information on cancer and travel including things to think about like travel insurance and treatments:

- [Macmillan Cancer Support](#) has help and advice on travel.
- [Cancer Research UK](#) has some top tips to help you travel with cancer.
- [Travelling and holidays with cancer - tips and advice - Young Lives vs Cancer](#)





## Getting social

It can feel lonely having cancer and connecting with other people can help you with this. This may be by linking in with people who also have cancer, or it could be by getting support professional staff. There are people there to reach out to when you need help.

- Do not face cancer alone, there are [support groups](#) to help you.
- You can also find help through the [Macmillan Buddies](#) scheme.
- Macmillan Cancer has an [easy read booklet on your social life and cancer](#).
- [Trekstock](#) helps young people in their 20s and 30s who have cancer, and connects people by offering things such as Pilates classes and regular meet-ups.
- Adults in their 20s, 30s and 40s with cancer face different issues to younger or older people – work, dating and finances, for example. [Shine Cancer Support](#) offers specialist support for this age group. Its [Circles programme](#) gives you the opportunity to meet online with a small group of other young adults with cancer.



## Living with cancer in your language

You can find information on living with cancer in multiple languages here, including Arabic, Bengali, Chinese traditional, Dari, Farsi, Gujarati, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Turkish, Ukrainian, Urdu and Welsh.

You can find information on living with cancer in multiple languages:

- Resources in other Languages
- Cancer information and help in your language - Macmillan

Screening videos in different languages:

- Bowel Screening: Urdu, Punjabi, Polish, English / British sign language
- Breast Screening: Urdu, Punjabi, Polish, English / British sign language
- Cervical Screening: Urdu, Punjabi, Polish, English / British sign language



**What help is there  
if my cancer can't  
be treated?**



# What help is there if my cancer can't be treated?

Sadly, not all cancers can be treated to achieve a cure. Your medical team will let you know if this is the case. While this is not news that anyone wants to hear, it is important to remember that you are not on your own. If you are in this situation, health care professionals often use the term of having a "palliative diagnosis".

This means that your cancer cannot be cured, but you may still be offered treatment and supportive care to keep you comfortable and symptom free as much as possible. Sometimes this situation is also called having a life-limiting or incurable cancer diagnosis. You may feel shocked and upset at receiving a palliative diagnosis if your cancer cannot be cured. There is emotional and practical support to help you to deal with the news, talk to others, and prepare for end of life:

- [Cancer Research UK](#) has advice about how to deal with a cancer that cannot be cured.
- [Marie Curie](#) offers information for people who have been diagnosed with a cancer that cannot be cured and help for those supporting them. You will find lots of information including what to expect. Marie Curie also offers booklets on things like planning ahead and managing pain.
- [The NHS](#) has information on coping with a cancer that cannot be cured.
- Macmillan Cancer Support has an [easy read booklet](#) on who can help you if you are dying.
- In these Cancer Research UK videos, [Gareth talks about his palliative cancer diagnosis](#) and how he is living with it, while [Steve and his wife Liza share their experiences](#).

## Telling loved ones

- Talking about your cancer diagnosis when it cannot be cured can be tough and upsetting. In this film from [Marie Curie, Mark shares his experience](#).
- [Marie Curie](#) also has information on telling children.
- If you have children, breaking the news to them can be especially difficult. [Hope Support Services](#) has some helpful tips about how to do it.



## Palliative care

If you have a cancer that cannot be cured, you will be offered palliative care. This is used to improve quality of life when the cancer cannot be cured. Palliative care offers relief, support, and comfort to people, and it can be given at home or outside the home, such as a hospital. You can find out more about palliative care here:

- [What is palliative care?](#)
- [Palliative treatment for cancer - Cancer Research UK](#)

[Amber's Army](#) is a Norfolk based family charity, aiming to 'Create Rainbows in the Darkest of Days' for Norfolk families who have a child with a palliative cancer diagnosis.

## End of life support

There is lots of information online that can help you to prepare for the end of life if your cancer cannot be cured.

- [Macmillan Cancer Support](#) offers information including sorting out financial things and thinking about the care you want.
- [The NHS](#) offers a guide to end of life care, covering things such as planning ahead, what to expect and how to look after your wellbeing.
- [Cancer Research UK](#) has information on death and dying including making plans before you die.
- [Macmillan has an easy read booklet on end of life.](#)
- [Macmillan also has an easy read booklet on choosing where to die.](#)
- [You can find information on end of life here in several languages,](#) including Arabic, Bengali, Chinese traditional, Dari, Farsi, Gujarati, Pashto, Polish, Portuguese, Punjabi, Romanian, Russian, Turkish, Ukrainian, Urdu and Welsh.

## Get help

- [Marie Curie](#) can offer you support. You can call 0800 090 2309.
- [The Big C charity](#) is here for you. You can visit their website or call their support team 0800 092 7640, Monday - Friday, 9am - 5pm.
- You can call the [Macmillan Cancer Support](#) Line for free on 0808 239 1557, 7 days a week, 8am - 8pm.
- If you or someone close to you has been affected by cancer and you have questions, it is easy to call [Cancer Research UK](#) nurses on freephone 0808 800 4040 Monday - Friday, 9am - 5pm. They cannot diagnose you or give a medical opinion.



**Someone I care  
about has cancer.  
What do I do?**

## Someone I care about has cancer. What do I do?

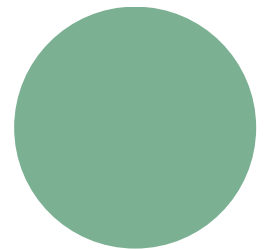
Cancer does not just affect the people who have it. It will affect those around them, too.

It is natural to feel worried or scared if someone you care about has cancer. You may feel overwhelmed by the situation and wonder how to even start making sense of it. You may also be unsure about what you can do to help.

There is lots of practical advice and support for you if someone you care about has cancer.

- [Macmillan Cancer Support](#) provides information for those supporting someone with cancer. It includes how to help your loved one, as well as practical advice on helping you to cope with your own feelings.
- [Cancer Research UK](#) has information on ways you can help a loved one who has had a cancer diagnosis.
- [How do you cope when your loved one has cancer?](#) Chris and Sam open up about their feelings and experiences in this film from Marie Curie.
- Young people may need special help when a loved one is diagnosed with a serious illness. [Hope Support Services](#) can provide it for those aged from five to 25. It offers a safe, monitored Facebook group and a secure online one-to-one support sessions with qualified and experienced professionals.
- What if you're the partner of a young adult with cancer? Shine Cancer Care's [Plus Ones Circles](#) is an online programme that allows you to join a small group who meet up once a week to discuss a different topic. There is plenty of time to get to know other group members and share experiences.
- How should you communicate with someone with cancer? It can be tricky. In these videos, Cancer Research UK has some top tips from patients on [how to talk to them](#) and [how to listen](#).
- What if your loved one has a palliative prognosis? [Marie Cure](#) has information on what to expect and how to look after their needs, as well as your own.

A family carer is anybody, of any age, who looks after someone with a long term illness, mental health difficulty or disability who could not cope day to day without this help. More information about support for carers - [Norfolk County Council](#), [Suffolk County Council](#) and [Suffolk Family Carers](#).



# **Bereavement Support**



# Bereavement Support

This is the place to find information and support about bereavement and links to the national and local services that are available to help you at this difficult time.

## What is bereavement?

If you are bereaved, it means that someone close to you has died. The term “bereavement” may be used to describe this experience of loss. The term “grief” is also used to describe your thoughts and emotional reactions to the loss of someone you care about and the process you may go through to come to terms with your loss. It can be difficult to predict how you will feel, as it is a very individual experience. It is common for people to experience feelings of shock, numbness, guilt, anger, relief, sadness, despair and many other different emotions. You may also experience some difficulty sleeping, a loss of appetite (or comfort eating), feel drained or have no energy.

When someone dies, your feelings may also be influenced by your relationship with the person, what happened before they died, and the support you had or didn't have at that time. Your feelings may also be influenced by your personality, and your background and any religious beliefs that you might have. Supporting someone else when you are grieving too can also be hard. Make sure you allow space for your own grief and have other people you can talk to. There is also no real timeline for how long grief lasts, it takes each person a different length of time to come to terms with the death of someone close to them. Everyone's grief is different, and each person feels differently as time passes after a bereavement.

## Starting to move forward with grieving

You may continue to have days when you feel overcome by grief. But as time goes on, most people find they start to have times when their feelings are less intense. Life will not be the same again, but as time passes, most people are able to remember their relative or friend and talk about them without being overcome by their feelings. Things might continue to be difficult at times, and you may sometimes feel very emotional. This is normal, and it tends to happen less as time goes on. When grief becomes less overwhelming, you may then gradually find there is a little more room for other things in life.

## When should a bereaved person seek professional help?

Signs that you, (or someone you know who has been bereaved) might need extra help may include; struggling to focus or concentrate, a lack of energy, staying in your room, feelings of depression or anxiety, panic attacks, losing interest in things they used to love, and finding unhealthy ways to cope, such as heavy drinking. If things don't improve within a few weeks, it may help to see your GP who will be able to help you find the right support.

## Sources of urgent support

If you're looking for urgent support, you can reach out to any of the organisations listed below. If you are at risk of harming yourself or feel in need of immediate support, please call 999 or go to A&E. Support is also available from:

- [Samaritans](#) are available 24/7 to talk about anything that you are worried about. You can call 116 123 for free or email [jo@samaritans.org](mailto:jo@samaritans.org)
- [Shout](#) offers text-based support 24/7 to anyone in crisis. You can text REMEDY to 85258 and talk to them about anything.
- Get [NHS urgent mental health](#) help online or call direct 111 and select the mental health option.
- [Papyrus](#) provides help for young people up to the age of 35 at risk of suicide. Call 0800 068 41 41, text 88247 or email [pat@papyrus-uk.org](mailto:pat@papyrus-uk.org). Opening hours are 10am to 10pm weekdays, 2pm to 10pm weekends, and 2pm to 10pm Bank Holidays.

## What other support is available?

There is a wide range of support available through websites, telephone helplines, information booklets, face to face support (one to one or in groups).

### Local Information

- [bereavement-support-for-you-and-your-family-leaflet.pdf](#)
- Norfolk County Council - [Bereavement support](#)
- Suffolk County Council - [Bereavement support](#)
- Bereavement support | [Norfolk and Suffolk NHS NSFT](#)
- Norfolk & Suffolk - [Support with grief and loss](#)
- Child Bereavement Help for Norfolk - [Nelson's Journey](#)
- East Anglia's Children's Hospices - [Bereavement support](#)

## National Information

- [After someone dies: coping with bereavement | Macmillan Cancer Support](#)
- [Compassionate Friends](#)
- [Cruse bereavement support](#)
- [Marie Curie Support Service](#)
- [Preparing a child for loss](#)
- [Child Death Helpline](#)

## What do I need to do after someone dies?

If your relative or friend dies at home, you may be alone with them and unsure as to what to do next. You will need to report the death to the person's GP or District Nurse. If you are unsure if your friend or relative has died, they can also come to confirm the death as well. You can call the out of hours or 111 service if services are closed.

If the death is expected, the GP can confirm the death using a Medical Certificate of Cause of Death for the Registrar. They will also give you the phone number for the registrar so you can register the death with them. A medical examiner will review the death certificate before the GP gives this to you. This is a new process, and so if you or your relatives have experienced a death before, the process may have changed since then. Once the death has been confirmed you can progress the funeral arrangements. Funeral Directors can talk you through the process.

If your friend or relative dies in hospital or a hospice, the care team will support and guide you. A doctor or nurse shall confirm the death, and the hospital will issue the Medical Certificate of Cause of Death. This is often emailed direct to the Registrar. Once it has been completed, you can make an appointment to register the death.



If the death was not expected, the hospital and or your GP will be able to talk you through the process. In this instance, the death will be referred to a doctor or lawyer who investigates unexpected deaths, who is called a Coroner, and the police may also make a routine visit. If the cause of death is unclear, a post-mortem is carried out (an examination of the body). Most deaths that are referred to the coroner are natural, but this can delay the funeral arrangements. If there are any cultural or religious concerns about a post-mortem, you should discuss this with the coroner. Also, there may be other circumstances where the death may need to be referred to the coroner, the Doctor or medical examiner will explain this.

There are lots of resources to help you work through these aspects of bereavement. Here are a few listed below:

- [What to do when someone dies](#)
- [Bereavement Advice Centre](#)
- [Citizens Advice](#)
- [Digital Legacy Association](#)
- [Bereavement Support Payment](#)

## End of Life Care Planning

Experiencing a bereavement can be a prompt to think about your own end of life care planning. There are lots of free resources that you can access to support this process, of thinking about and putting your arrangements in place.

- [Planning ahead for end of life care - NHS](#)
- [Making a plan for your health and care if you become very ill](#) (Easy Read)



# You are not alone

We know that having cancer, or having a loved one who has cancer, is scary. It can also feel lonely.

But you are not alone.

There is lots of help there – online, in person, over the phone – and this toolkit can signpost you to a whole range of different support.

We would love to hear from you too.

What ideas do you have? Is there other support that you have found useful? Are there other groups in Norfolk and Waveney we can include here?

Please get in touch with us: [nwicb.cancerprogramme@nhs.net](mailto:nwicb.cancerprogramme@nhs.net)