


The right support, at the right time

**Living with cancer in the Lothians?
The Improving the Cancer Journey service
is here to support you**

Get in touch

 0131 537 1500

 loth.icj@nhslothian.scot.nhs.uk

Whether it's you, or someone you love, who has cancer, we will do whatever it takes to help you, right now. If you're looking for information or just want someone to talk to:

- **Contact our information specialists and nurses to ask your questions, for free, on 0808 808 00 00**
- **Visit our website, where you can register to get a Macmillan Buddy, a trained volunteer who can talk to you regularly or help you and your family around your home, at macmillan.org.uk/getsupport**
- **Chat to other people with cancer through our Online Community, at community.macmillan.org.uk**

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907), and the Isle of Man (604). Also operating in Northern Ireland. MAC19096_leaflet4



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We're Here for You

Being diagnosed with cancer can be overwhelming and many people don't know where to go for support. Here are some of the ways we can help:

- Money or housing worries
- Work
- Caring responsibilities
- Physical concerns
- Emotional Concerns
- Other types of support

If you are living in the Lothians and have been affected by cancer, our Improving the Cancer Journey service is here to help you live as well as possible. We can meet with you to discuss what matters to you and help you get the right support. We can do this over the 'phone or online with a video call.

If you've recently been diagnosed with cancer you might already have received a letter about us. Don't worry if you did and decided not to get in touch- if you want to find out how we can help now, give us a call or email.



"For people who have just been diagnosed with cancer, the service is invaluable"

Dave, diagnosed with prostate cancer