

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

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

For support, information or if you just want to chat, call the Macmillan Support Line free on **0808 808 00 00** (Monday to Friday, 9am–8pm) or visit **macmillan.org.uk**

**WE ARE
MACMILLAN.
CANCER SUPPORT**

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



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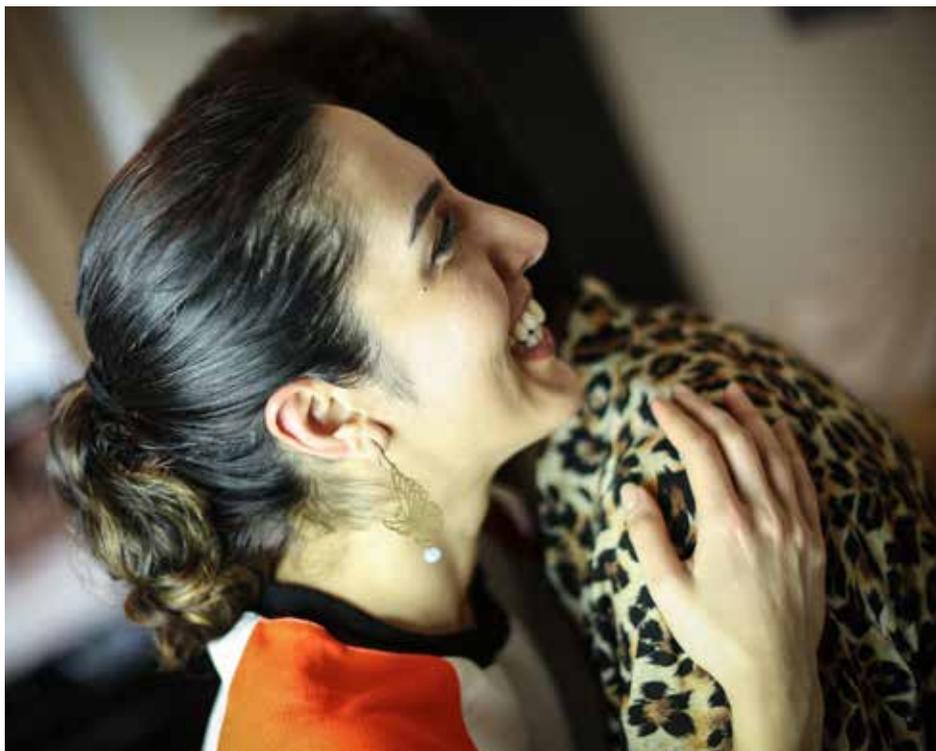
North Central London Buddies

If you're living with cancer in **Camden, Islington or Haringey**, a volunteer buddy could support you.

No one should face cancer alone

We know it can be hard to cope with the physical, practical and emotional effects of cancer. It may be especially difficult if you don't have family or friends close by, or if you worry that you're asking for too much support from the same people.

If you live in **Camden, Islington or Haringey**, **Macmillan's North Central London Buddies** are trained volunteers who can offer a listening ear or helping hand to support you.



'I always look forward to seeing my buddy; we have a great bond. When we have a laugh together, I seem to forget that I am ill'

Service user

How can we help?

North Central London Buddies provide a free service, offering one-to-one practical and emotional support for people affected by cancer. Volunteers can visit people in their homes or meet in a public place within the boroughs of **Camden, Islington and Haringey**.

Support can be one-off or once a week for up to 12 sessions, and visits may last approximately 1-2 hours per week. A volunteer buddy could:

- offer a listening ear over a cup of tea
- help with simple household tasks
- signpost you to other local services.

To find out more about how we could help you, please get in touch:

 **07860 950922**

 **nlondonbuddies@macmillan.org.uk**

 **Ask your Cancer Nurse Specialist or a health professional to contact us on your behalf. You can also contact us direct to self-refer.**