










Primary Care Resource Pack - 2015











A sample of resources identified by Macmillan GPs as useful information for patients and health professionals in primary care.

	<p><u>Are you worried about cancer</u> (MAC12150) A leaflet discussing how your genes and family history can affect your risk of developing cancer</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Signs and symptoms of cancer</u> (MAC12919) A booklet describing some of the most common signs and symptoms of cancer. Outlines possible symptoms of the most common cancers in men and women, including breast, large bowel and lung cancer.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Making treatment decisions</u> (MAC12163) This booklet outlines some of the ways you can find out about treatment options and discusses some of the things that may help in making decisions.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>The side effects of cancer treatment</u> (MAC12921) A booklet describing some of the side effects of cancer treatments. Outlines what to expect after surgery, chemotherapy, radiotherapy and biological and hormonal therapies.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Managing the late effects of bowel cancer treatment</u> (MAC12162) For people who are experiencing side effects from bowel cancer treatment that began or continued six months or longer after treatment.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Cancer and complementary therapies</u> (MAC11645) A realistic and balanced guide to the complementary therapies used by people living with cancer. These include mind therapies, physical therapies, acupuncture, complementary medicines, alternative therapies and psychological and self-help therapies. Also includes a list of relevant organisations and resources.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
No Image Available	<p><u>What to do after cancer treatment ends: 10 top tips</u> (MAC13615) This leaflet helps you get the support you need to lead as healthy and active a life as possible following cancer treatment. It encourages you to play an active role in monitoring your own health, and empowers you to take responsibility for your condition by signposting you to the appropriate support.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Questions about work and cancer?</u> (MAC14268) This leaflet provides an overview of the free resources and support we offer in the area of work and cancer. Whoever you are, find out how Macmillan can help.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Work and cancer</u> (MAC11675) For people living with cancer, the booklet looks at how cancer and its treatments can affect your ability to work. It covers employment rights and coping with the effects of treatment at work, for example tiredness, as well as providing tips on talking about cancer in the workplace. CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Get Active Feel Good</u> (MAC14016) The pack includes; a physical activity and cancer information leaflet, telling you everything you need to know about becoming more active during and after cancer. It also includes an activity diary to help you plan and record your activities and our <i>Getting started</i> booklet, which guides you through becoming more active.</p> <p style="text-align: right;">CONTACT: Tamzin Marsh</p>

To order any of these resources, and many more, for free: <http://be.macmillan.org.uk>

(Use the MAC code for quick search e.g. MAC12921)

**UK Office, 89 Albert Embankment, London SE1 7UQ. Questions about living with cancer?
Call the Macmillan Support Line free on 0808 808 00 00 or visit macmillan.org.uk**

	<p><u>Looking after someone with cancer</u> (MAC5767) This guide for people affected by cancer gives tips on how carers can look after themselves while supporting and looking after someone with cancer.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>We're here for you mini booklet</u> (MAC13956) This mini-booklet explains Macmillan's services to people who have recently had a cancer diagnosis. It also includes a 'we're here for you' card that signposts to the Macmillan Support Line and website.</p> <p style="text-align: right;">CONTACT: Rachel Coulter and Frances Galvanoni Campbell</p>
	<p><u>Your life and your choices: plan ahead</u> (MAC13616) This booklet explains how you can plan ahead for your future care. It discusses creating a Lasting Power of Attorney, writing down how you'd like to be cared for using a Preferred Priorities for Care document and writing Advance Decisions to Refuse Treatment.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Life after cancer treatment</u> (MAC11661) A booklet about the emotional and practical issues you may face after cancer treatment. Covers a wide range of issues - everything from feelings, relationships and lifestyle choices to follow-up after treatment and coping with physical changes.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Lost for words</u> (MAC11631) A booklet for people close to someone with cancer. Helps you understand better what your friend or relative is going through and the value of providing support by talking and listening to them. We also consider any communication problems you may experience. Includes a practical checklist of ways you can help.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Money worries? How we can help</u> (MAC12732_0813) This leaflet is written for people with cancer and their carers. It provides details about how Macmillan can help with your financial difficulties by giving advice on benefits and information on Macmillan grants.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Getting travel insurance when you have been affected by cancer</u> (MAC4056) An updated version of the booklet for 2013 for people affected by cancer who are interested in taking out travel insurance. This includes information from the previous online factsheet</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>Talking to children when an adult has cancer</u> (MAC5766) This booklet provides support and advice to anyone wondering how to cope with children and teenagers when an adult has cancer.</p> <p style="text-align: right;">CONTACT: Genevieve Osei-Kuffuor</p>
	<p><u>GP Resources CD</u> (MAC14029_0814) Practical tools and information to help you support people with cancer from diagnosis, through treatment and beyond, including our Rapid Referral Guidelines, the Revalidation Toolkit and our series of Top Ten Tips.</p>
	<p><u>be.macmillan spread the word</u> (MAC14479_0414) Spread the word to your non Macmillan colleagues about be.Macmillan with this handy leaflet.</p> <p style="text-align: right;">CONTACT: Sophia Shan</p>

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