

Below are details of some of the support and information that is available to you and how you can access it.

CANCER INFORMATION CENTRE

LOCAL SUPPORT (INCLUDING SUPPORT GROUPS) AND CONTACT DETAILS

USEFUL NUMBERS:
 Cancerbackup – freephone 0808 800 1234
 Macmillan Cancer Line – freephone 0808 808 2020
 CarersLine on 0808 808 7777
 NHS Direct - 0845 4647

USEFUL WEBSITES:
www.information4u.org.uk
www.cancerbackup.org.uk
www.macmillan.org.uk
www.carersuk.org
www.nhsdirect.nhs.uk
www.riprap.org.uk
www.carersfederation.co.uk

THIS INFORMATION IS FOR:

This Information Prescription is specifically for carers, providing information and support to help you care.



First Issued:		By:	
Updated on:		By:	
Updated on:		By:	

KEY WORKER
 Names

Hours available

Contact details

KEY WORKER
 Names

Hours available

Contact details

CONTACT DETAILS

GP SURGERY:

HOSPITAL SPECIALIST:

OUT OF HOURS:

DISTRICT NURSE/MACMILLAN NURSE:

IN AN EMERGENCY I SHOULD CONTACT:

I AM CARING FOR SOMEONE WHO HAS...
 (what is your understanding of what is wrong with the person you care for)

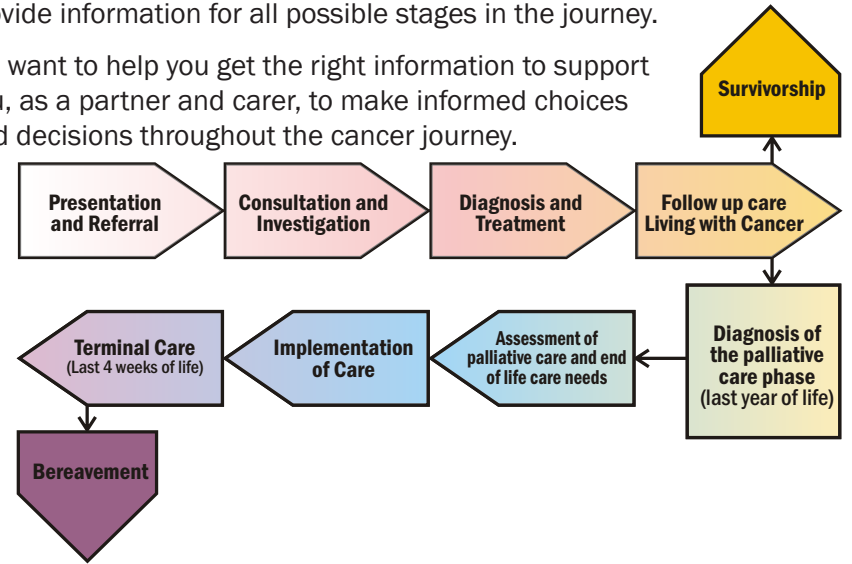
INVESTIGATIONS, TREATMENT AND CARE	
Date	What will happen

THE THINGS THAT WORRY ME MOST ARE...

This is an important document - it contains information to help you care

Below is a diagram of the whole cancer journey. Many people live their lives as cancer survivors. However some may not and therefore it is important to provide information for all possible stages in the journey.

We want to help you get the right information to support you, as a partner and carer, to make informed choices and decisions throughout the cancer journey.



The box below suggest some areas that you may want to get information about:

	given/discussed	Sign & Date
Living with cancer		
Day to day practical help with caring		
Financial Information		
Insurance		
Legal Issues		
My Quality of Life and My Lifestyle		
Emotional support		
Complementary therapies		
Looking after yourself		
Medications		
Impact on relationships		
Impact of cancer on other medical conditions		
Support groups		
How do I ask for help for me?		

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