

SUPPORTING YOU THROUGH CANCER

Ways we can help



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WAYS WE CAN HELP

We may be able to offer support with the financial, wellbeing and caring implications of a cancer diagnosis for you or someone who is your dependent.

Every situation is personal so we assess your application and talk with you about the most appropriate ways we could help. The best thing to do is to complete an application for help and **request a Wellbeing Conversation with one of our Advisers** who will listen to your situation and then talk you through the range of support options that we could offer you tailored to your situation.

If you want to get an idea of how we might be able to help you: **read about someone else we've helped.**

If you prefer you can also self-direct and access a range of support online that we have fully-funded so that it's free for you and your dependents. These sit under the headings of **Financial Assistance, Money Worries, Caring for Others** and **Health and Wellbeing.**

OTHER SOURCES OF SUPPORT

Other sources of support might include your employer, networks and specialist cancer support charities. We've collated a few of ideas of where to start in this section. There are a huge range of supportive organisations out there, so this is not an exhaustive list but we hope that it provides the reassurance that there is a lot of support available depending on your needs. If you feel overwhelmed and not sure where to start we'd encourage you to speak with someone you trust to help you take that first step to accessing support.

RESOURCES IF YOU'RE CURRENTLY EMPLOYED IN THE CIVIL SERVICE

Your Line Manager, HR / Wellbeing Team

Your first port of call could be to look into the support available through your department. Your Line Manager, HR or Wellbeing Team should be able to signpost you to the policies, resources and support that your department offers to people working through cancer or supporting someone with cancer. They are a good place to start to understand how your employer may be able to support you. Ask your HR department, speak with your Line Manager or navigate to the Wellbeing section of your Intranet for more information.

Workplace Networks

It's worth finding out about the support available through networks in your department. You can find these by approaching your HR / Wellbeing Team. There are many good Working Through Cancer Networks in departments that bring together people working through cancer or supporting someone with cancer. You're not alone and networks are a good way to meet people who are able to identify with your situation, and share their own experiences. There is also the **Cross-Government Working Through Cancer Network** who you can approach if your department doesn't currently have a cancer network.

RESOURCES FOR ALL CURRENT, FORMER OR RETIRED CIVIL SERVANTS

It may be helpful to make contact with a cancer support organisation who are able to offer support that is more tailored to a specific diagnosis. Marie Curie curate and update a very detailed list of **organisations that are able to provide cancer support and specialise in understanding specific types of cancer.**

Some organisations specialise in supporting the friends and family of someone with cancer. If you are the person with cancer you may find it helps to know that your loved ones are being supported, and if you are supporting someone with cancer these organisations are there to help you to be the best support possible by ensuring that you have the right information and advice. They can also be there for you if you are finding the emotional side of things really hard:

- **RipRap** provide information and support for young people who have a parent with cancer
- **MacMillan** give emotional support and information to help family and friends
- **Cancer Research** has tips from people with cancer about talking to someone with cancer

There are organisations who can help with the impacts of some cancer treatment side-effects on body-image. These organisations specialise in understanding the physical and emotional impacts of cancer treatments and providing tailored support and advice to anyone with a cancer diagnosis. They are not gender-specific and welcome people of all genders who want to explore ways to feel good about their body image.

- **Cancer Hair Care** offer advice and support on all aspects of hair loss, hair loss prevention and hair care, before, during and after cancer treatments
- **Look Good Feel Better** run free workshops to support women, men and young adults, providing practical advice about changes to skin, eyebrows, eyelashes, hair, nails and body confidence