

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

ARE YOU HELPING SOMEONE THROUGH CANCER?

Are you a relative, partner or friend helping someone through cancer?

Would you like to talk to someone about support and information available for you?

Call us now to speak to a Macmillan professional in your area.



‘AT THE START, I WOULDN'T HAVE SEEN MYSELF AS A CARER -

a lot of the support I give my mum is out of love. But being a carer is much more common than people think. ’

What is a carer?



Tel: 0300 7 70 80 90 Mon – Fri 9am - 4.30pm or visit www.affc.org.uk to make a referral or find out more about carer support in Essex.