

# LIVING WITH CANCER IN THE BALLYMENA, ANTRIM BALLYMONEY, NORTH ANTRIM COAST AREAS?

WE CAN  
GIVE YOU  
A HELPING  
HAND

Do you know or are you someone aged 18 or over affected by cancer?

Cancer is the toughest fight most of us will ever face.

We know how hard it is to cope with the physical, practical and emotional effects of cancer. It can leave you feeling isolated and sometimes unable to perform essential tasks. Coping can be especially difficult if you don't have family or friends close by, or if you worry that you are asking for too much support from the same people over and over again.

The Macmillan team is here to help. We offer local services delivered by our trained local volunteers that can give you a helping hand.

**Your local service: Macmillan Community Helpers**

Macmillan Community Helpers is a volunteer-led service providing practical and emotional support to cancer patients and their carers. Volunteers can make a huge difference by providing help tailored to individual needs for up to six months. Support could include:

- light housework or gardening
- shopping or running errands
- walking the dog
- having a chat and a cup of tea
- support over the phone
- signposting to other relevant support services.

The service can be accessed Monday to Friday, 9am to 7.30pm.

**To find out more contact 028 9070 8610 or email [dvsni@macmillan.org.uk](mailto:dvsni@macmillan.org.uk)**