

NEED TO TALK ABOUT CANCER?



Lizzy, Macmillan volunteer

Macmillan Telephone Buddies

Going through cancer can be an isolating experience, especially if you're social distancing. Our free Telephone Buddies service is here to support you. It offers a weekly call from a volunteer buddy who is trained to understand what you're going through. They'll be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time.

Supported locally by cancer services in Norfolk and Waveney.

MACMILLAN
CANCER SUPPORT

How a Telephone Buddy helps

Going through cancer can be an isolating experience at any time, and especially when social distancing. Our free Telephone Buddy service is here for you. We'll match you with someone who understands what you're going through, and they'll give you a weekly call.

Your volunteer buddy will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our other services, and all the ways Macmillan can help, so you don't have to face cancer alone.

How it works

1. Sign up online or by phone to register your interest
2. We'll get in touch to find out what support you need
3. We'll find a Telephone Buddy who suits your needs
4. You'll get a weekly call from your Telephone Buddy

Typically your volunteer will offer up to 8 weeks of support, but this can be adjusted to suit your needs.

- This has offered me company and emotional support that wasn't available to me previously. •

Person with cancer supported by a Telephone Buddy in 2020

Find out more and sign up at
macmillan.org.uk/telephonebuddies
Or call our Support Line on **0808 808 00 00**
(7 days a week, 8am-8pm)



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