

# NEED TO TALK ABOUT CANCER?



Lizzy, Macmillan volunteer

## Macmillan Telephone Buddies

If you need to talk about your cancer, we're here to listen. With a weekly call from one of our Telephone Buddies, you don't have to face cancer alone.

### 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.

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

A Telephone Buddies service user – May 2020

### 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 12 weeks of support, but this can be adjusted to suit your needs.

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

