

Cancer Focus Northern Ireland
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The new name for the
Ulster Cancer Foundation
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Visit us on Facebook, Twitter
or the HealthUnlocked forum
www.healthunlocked.com/cancerfocusni



**Information
and Support
Helpline**

We believe it helps to talk

Especially when it comes to concerns about cancer. We are the only local cancer charity to provide a free helpline to patients, their family members or friends, as well as members of the public - in fact anyone who may have concerns, questions or issues about any aspect of cancer.

We're here to help you when you need:

- Information about your type of cancer
- Help to understand, or make sense of information you have been given about your specific cancer
- Help to talk to your children about your cancer
- Support when your partner, mum, dad or close family member has cancer
- Information about services that can offer you support
- Information about practical issues, such as who will take care of you or how to deal with financial concerns
- Advice or worries about health changes or symptoms in yourself or a family member
- General information about cancer and how to reduce your risk of developing it.

When you phone us your call will be answered by a nurse who has the expertise to deal with your concerns about cancer. We will provide information and support in a friendly and easily understood way.

Our helpline number is free from a landline

0800 783 3339

Calls are taken Monday - Friday between 9.00am and 1.00pm.

You can email our nurses directly at **helpline@cancerfocusni.org**

Web / Online Message Forum

You might like to join our free online community forum with HealthUnlocked for people diagnosed with cancer, their family members or friends, where you can share your experience of coping with or living with cancer. It is very easy to join and get involved. All you need to do is register at: www.healthunlocked.com/cancerfocusni

After you have registered, you can blog, post questions and suggest polls to both share the experience of your cancer journey and receive insights from people in the same situation as you.

Resource Centre

If you prefer you can call in to see us and speak to one of our nurses. You are also welcome to browse through our resource library.

