



To order a Cancer Kit,  
sign up for Cancer Coach  
or support our work visit  
[www.cancersupportuk.org](http://www.cancersupportuk.org)  
or call 020 3983 7616

Cancer Coach and Cancer Kits  
are available across the UK



“ I’d recommend Cancer Coach to anybody who is feeling a bit isolated with their situation and wants to talk about it. I wouldn’t hesitate to do it again because it’s made such a difference. – **Lucy** ”



“ “I think that sometimes it’s the little things that make all the difference and the Chemo Kit has definitely done that. Things like the mouthwash and toothpaste in the Chemo Kit, had an immediate impact. I can’t thank Cancer Support UK enough.” – **John** ”

Cancer Support UK relies solely on generous donations from the public to provide its services.  
To support our work please visit:

[www.cancersupportuk.org](http://www.cancersupportuk.org)



Please note, in some instances stock images have been used to protect the identity of the people we work with.  
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# For as long as it takes



[www.cancersupportuk.org](http://www.cancersupportuk.org)

# Cancer Support UK provides practical and emotional support to people living with cancer, both during and after treatment.

We support adults and children with all types of cancer across the UK. Our services are designed and delivered by people who have experienced cancer themselves – to improve the experience of others.

Our services are offered free of charge to people both during and after their treatment



## Cancer Kits

We offer free Cancer Kits, Chemo Kits, Comfort Kits and Kids Kits. The kits include practical items for adults and children receiving cancer treatment.

**Our Chemo Kits** are designed specifically to help people undergoing chemotherapy. They contain practical items to offset some of the unpleasant side effects of treatment, like cosy socks to help with cold feet, ginger tea to relieve nausea, and sensitive toothpaste for sensitive teeth.

**Our general Cancer Kits** are for adults who are not receiving chemotherapy but another form of cancer treatment. They contain items like puzzle books to relieve boredom, relaxing pillow spray and sleep mask to aid sleep, and lip balm for dry lips.

**Our Comfort Kits** are designed for older cancer patients (aged 65+). The Kit contains items that provide warmth and comfort, such as a microwavable hot water bottle, heat pads to ease aches that may come as a result of treatment, and a travel pillow to make spells in hospital that bit easier.

**Our Kids Kits** are designed to brighten the days of children living with cancer and distract from treatment. They contain small toys and colouring sets to help pass the time in hospital and practical items like cosy socks and a heatable bunny for warmth.

[www.cancersupportuk.org/cancer-kits](http://www.cancersupportuk.org/cancer-kits)



## Cancer Coach

At Cancer Support UK we know that cancer takes its toll not just physically, but emotionally too.

Many people who have experienced cancer continue to struggle with anxiety, low mood or isolation – sometimes even for months or years after the physical treatment has ended.

Cancer Coach is there to help people through the next important stage after treatment – resuming life after cancer.

Cancer Coach is a series of six-weekly peer support group sessions held via video call/telephone and is designed to help those having a tough time emotionally as a result of cancer.

### Cancer Coach gives participants an opportunity to:

- Connect and share with others who have been through similar experiences with cancer
- Begin to reduce feelings of isolation and low mood.
- Better understand and manage their own challenging emotions.
- Build self-esteem and re-establish a sense of who they are
- Take back control of their lives and look positively towards the future
- Talk in complete confidence from the comfort and privacy of their own home

[www.cancersupportuk.org/cancercoach](http://www.cancersupportuk.org/cancercoach)