



“ I’m so busy with cancer 24/7 the last thing I want to do is to think about it ”

Chatterbox is an informal get-together group of cancer patients for cancer patients. We talk, share experiences and information, have a whinge, a moan and a giggle together, make new friends and have fun in a safe place.

Anybody with cancer is welcome.

Dont hesitate to contact us:
chatterboxcancergroup.co.uk
07505 904565

A few practical tips from our experiences

- If possible, take somebody with you to consultations to help focus on all the information given. It can also be useful to take notes during the consultation or record the consultation - ask for permission first.
- Write down any questions for your oncologist. Don't be afraid to ask questions even if you are not sure that they are relevant.
- You are entitled to your medical notes which includes the letters of your consultations.
- As a cancer patient you should be a priority at your GP practice so if you need anything make an appointment and talk to your GP.
- Get the direct contact details of your oncologist's secretary or manager for appointments and clarification with a quick response.
- Keep a diary of your symptoms/reactions to drugs and treatment. Chemo brain is real and may affect you in ways you would never expect.
- Start a cancer file including consultation letters, appointment letters, blood results, information etc.
- You are entitled to a free prescription card.
- Cancer patients are officially classed as disabled - this will be relevant for your employer. We recommend seeking advice to find out what your rights are before speaking to your employer.
- Speak to Macmillan or other cancer charities for info and support regarding finances/benefits, disability entitlements but also regarding complimentary treatments, they also have a lot of knowledge about treatments and side effects etc.
- Eat well, stay hydrated, rest as much as you can but also exercise regularly if you feel you can.