



cancer support scotland

Cancer Support Scotland Day

24 November 2023

Cancer Support Scotland Day is an annual observance dedicated to raising awareness about the importance of providing support and assistance to individuals and families affected by cancer. It's a day to recognise the valuable work of organisations and individuals who offer emotional, practical, and financial support to those living with cancer and their loved ones.

How to support Cancer support Scotland Day?

Participating in Cancer Support Scotland Day is a meaningful way to show your support for individuals and families facing cancer. Here are some ways to get involved:

- **Volunteer:** Offer your time and skills as a volunteer to support cancer patients and their families. Many organisations welcome volunteers for various roles.
- **Raise Awareness:** Share information about Cancer Support Scotland Day on social media to raise awareness about the importance of support services for cancer patients. Consider hashtags #CancerSupportScotlandDay #CancerSupportNetwork #CaringForCancerPatients. By using these hashtags, you can connect with others who are passionate about providing support to cancer patients and their families and you and help spread the message of hope and assistance.
- **Offer a Listening Ear:** Sometimes, all someone needs is someone to talk to. Offer your support and a compassionate ear to friends or loved ones affected by cancer.
- **Participate in Fundraising Events:** Join or organise fundraising events, such as charity runs or walks, to raise funds for cancer support organizations.
- **Share Resources:** Share information about cancer support services and resources with those who may need them.

Supports for Cancer Patients and Families

[HelpEAP](#) is the council employee assistance programme that provide a telephone-based counselling helpline designed to support employees in identifying and resolving short-term personal/work issues including support for staff with a cancer diagnosis. As well as accessing the wealth of online materials, you can call the helpline number on 0800 0285 148 which is available 24/7

[Macmillan](#) is a charity with a base in West Lothian who are looking to improve the cancer journey for those diagnosed with cancer and their families. They offer appointments with their Improving Cancer Journey practitioner to allow period time to discuss their concerns and think about what matters to them and they can help access the rights support at each point of their cancer journey. This could include things such as money/housing worries, work, caring responsibilities, physical and emotional concerns. You can call them on 0131 537 1500 or email loth.icj@nhslothian.scot.nhs.uk

[Cancer Support Scotland](#) is a charity based in Gartnavel Campus, Glasgow who are wellbeing champions for all those affected by cancer including loved ones and carers. They deliver high-quality counselling, complementary therapy, befriending and stress management services to promote mental and physical wellbeing and to enable those affected by cancer to continue to live the most active life possible in their community. You can call them on 0800 652 4531 or email info@cancersupportscotland.org

[Macmillan at Work](#) is also part of that and offer a wealth of information and resources for employers including top tips for line managers in supporting an employee with a cancer diagnosis. In addition to their toolkits they offer full access to the support programme for employers which includes free resources and regular updates to support their staff affected by cancer. These resources are available online however if you are looking for more in-depth resources you can contact workandcancer@macmillian.org.uk