

WE'RE HERE FOR YOU

If you or a family member are living with or are recovering from cancer, or you are caring for someone with cancer, and would like to meet a counsellor you can ring Relate Birmingham directly and ask for the Macmillan service. You can also ask your cancer nurse, doctor or your GP for more information before you call Relate. All sessions are free.

The service covers Birmingham, Solihull, Wolverhampton, Sandwell, Dudley, Wallsall and South Staffordshire, with appointments currently available in Birmingham and Wolverhampton. If attending a centre is difficult, telephone counselling is also available.

To find out more or to book an appointment:

Birmingham Relate Centre
111 Bishopsgate Street
Birmingham
West Midlands
B15 1ET

 0121 643 1638

 macmillan@relatebirmingham.co.uk

 relatebirmingham.co.uk

We are open

Monday-Thursday 9:30am - 9pm
Friday 9am - 4:15pm
Saturday 9:30am - 1:30pm

Macmillan Support Line
Monday-Friday, 9am-8pm
0808 808 00 00
macmillan.org.uk


relate
the relationship people

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Photographs have been posed by models, but the quotes used are real quotes from people who have received help from a Macmillan Cancer Information and Support Centre.

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LET'S TALK
ABOUT
RELATIONSHIPS
WE ARE
MACMILLAN.
CANCER SUPPORT

**Relate Macmillan Counselling Service
in Birmingham and the Black Country**

**Help for individuals, couples or families living
with or affected by cancer**

Cancer and its treatment can have a big impact on your relationships with your partner, family, and on your sexual relationship too.

Even if changes and problems are temporary, you and those who matter to you may need help to understand what is happening.

Macmillan Cancer Support is working with Relate Birmingham to offer free counselling sessions to people with cancer, their family or carers. Whether you've just been diagnosed or you finished treatment some time ago, we can help.

Understanding experts, who have had extra training in cancer awareness, can meet with you on your own, with your partner, or with other family members including children, parents or siblings to help you talk through:

- changes and problems with relationships because one of you has cancer
- difficulties talking to and supporting each other
- problems talking to children, or parents and other relatives about cancer
- challenges in getting 'back to normal', as a couple or family, when cancer treatment is finished
- the impact on intimacy and sex life resulting from surgery, treatment, altered body image, tiredness or anxiety.

Relate offers confidential counselling and we will not normally give your name or any information about you to anyone outside the organisation unless we have reason to believe that someone, especially a child, is at risk of harm.

'Cancer made me have a feeling of urgency to deal with our issues. Talking to a stranger is easier than a friend or relative, it helped bring clarity to my thoughts.'

