

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.



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 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, Wolverhampton, Solihull, Oldbury and Dudley. 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

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland



LET'S TALK ABOUT RELATIONSHIPS

Relate Macmillan Counselling Service in Birmingham, Solihull and The Black Country

Help for individuals, couples or families living with cancer

In partnership with

