

Your Cancer Care Review

Your chance to talk about what matters to you



Within 3 months of being told you have cancer your GP practice will talk to you about what help is available.

Within 12 months of being told you have cancer your GP practice will invite you to a Cancer Care Review appointment.

What is a Cancer Care Review?

A Cancer Care Review is an appointment where your GP practice will talk to you about all your cancer support needs.



You can talk about:

- Any worries you may have.
- What support is available in your community.
- What you can do to look after yourself while you have cancer. This could be things like taking medication, eating well, exercise, and looking after your own mental health.

Your GP practice will help you with this.

How will a cancer care review help me?

A cancer care review will help you make a plan that is all about your personal needs. This is both your physical health and your mental health, which is about how you are feeling.



You can talk about how cancer is affecting the different parts of your life. We will help you think about what questions you might want to ask before the meeting.

What matters to me

Further support is also available to you from you GP surgery.

This may include:

- **Cancer Care Coordinators** will help you to manage your health appointments and access services that can help you.
- **Social Prescribers** will help connect you to groups in your community for practical or emotional support to help with your health and well-being. It might be a social group to help you feel less lonely, a local advice agency about debt, or a support group that will help you with your mental health and how you are feeling.



You can bring someone to support you to any appointments or meetings. Family, friends, or support staff can help you to understand things, and make sure you get all the help you need.