

Beating Bowel Cancer is a leading UK charity providing clear information, support and guidance for anyone affected by bowel cancer. Our Support and Information team includes specialist nurse advisors and staff dedicated to patient and relative support. We offer a free, friendly service by phone and email, and through our online forum at community.beatingbowelcancer.org

The impact of a bowel cancer diagnosis is likely to have a far reaching effect for both you and your family. Your ability to maintain a regular income can be affected by the need for significant time away from work for treatment and recovery. Additional expenses are common, e.g. travel and parking costs for hospital appointments, prescription costs, and often just from the additional household bills for heating and food while you are feeling unwell.

There is legislation in place to support cancer patients who wish to return to work. The Equality Act 2010 and the Disability Discrimination Act 1995 protect you from discrimination at work and employers must not treat you less favourably for any reasons relating to your cancer. This includes recruitment, promotion, training, pay and benefits.

Your employer must make 'reasonable' arrangements to help you return to your job. 'Reasonable' depends on the type of work you do and will take into account cost, practicality and how much any arrangement will be effective in helping you perform your role.

If adjustments are needed at your workplace, the Access to Work scheme might be able to provide grants for equipment and can sometimes help with the cost of taxis to work.

Visit gov.uk/access-to-work

Your human resources manager or occupational health team should be able to support you in gradually getting back to your full hours. They can also advise you about what will happen if your changed personal circumstances have affected your ability to continue in the role you had previously.

If you are the main carer for another adult, it is likely that you will need extra help and possibly financial support during and after your treatment. You should discuss these concerns with your GP or your keyworker (social worker, district nurse) as soon as possible, so that applications for funding or additional help can be made in good time, allowing you to concentrate on your own health and wellbeing.

We list overleaf a number of organisations that can provide specialist financial information and / or support.



Beating Bowel Cancer

Harlequin House | 7 High Street | Teddington | Middlesex | TW11 8EE

T 08450 719300 Nurse helpline 020 8973 0011

patients@beatingbowelcancer.org www.beatingbowelcancer.org

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ACAS

T: 0300 123 1100

W: www.acas.org.uk

ACAS provides information, advice, training, conciliation and other services for employers and employees to help prevent or resolve workplace problems.

Benefits

W: www.direct.gov.uk

Government information on carers' and disability benefits, bereavement and funeral payments, heating, housing and low income benefits, income tax and national insurance.

Carers UK

T: 0808 808 7777

W: www.carersuk.org

Carers UK provides expert advice, information and support.

Citizens Advice

T: England 08444 11 444

T: Wales 03444 77 20 20

(See your local phone book for offices)

W: www.citizensadvice.org.uk

Free, confidential and impartial advice for legal, money, benefit, housing or employment problems.

Income Tax and National Insurance

W: www.hmrc.gov.uk

HMRC provides up to date information on current rates and allowances on all taxation matters, including tax credit and national insurance questions.

Job Centre Plus

T: 0800 055 6688 (new claims)

W: www.gov.uk/contact-jobcentre-plus

Supports people looking for work and gives people of working age the help and support they are entitled to if they cannot work.

Legal Advice

W: www.advicenow.org.uk

Signposting to help with benefits, employment, legal, family and other issues.

Shelter

T: 0808 800 4444

W: www.shelter.org.uk

Shelter cannot house you, but their advisers can explain your rights and tell you what emergency housing is available in your area.

Tax Credits

T: 0845 300 3900 (Helpline)

W: www.direct.gov.uk

Advice on whether you are entitled to tax credits. If you have young children, any loss of income should be notified to the Tax Credits helpline, as you may be entitled to claim more money.

Tax Aid

T: 0345 120 3779

W: www.TaxAid.org.uk

The charity Tax Aid advises only those people on low incomes whose problems cannot be resolved with HMRC.

Macmillan Cancer Support

T: 0808 808 0000

E: financialguidance@macmillan.org.uk

W: www.macmillan.org.uk

Macmillan offer small, one-off grants to people on low income to help cover the costs of living with cancer.

Free Prescriptions

Cancer patients can apply for a 5-year medical exemption certificate, which entitles you to all NHS prescriptions free of charge, not just those relating to your cancer. The certificate can be renewed and will not have to be returned if your condition changes. (There is currently no charge for prescriptions in Scotland, Wales and N. Ireland).

Armed Forces

You may also be able to receive practical and financial support if you have served in the armed forces.

SSAFA www.ssafa.org.uk

RAF Benevolent Fund www.rafbf.org.uk

Royal Navy Officers www.arno.org.uk



If you have any questions or comments about this publication, or would like information on the evidence used to produce it, please write to us or email info@beatingbowelcancer.org.



This organisation has been certified as a producer of reliable health and social care information.

www.theinformationstandard.org

Certified member