When you’re close to a man with prostate cancer
A guide for partners and family
About this booklet

When you’re close to a man with prostate cancer, the diagnosis can affect you just as much as him. As well as affecting how you feel, it may also change your relationship with him as your plans and priorities change.

This booklet looks at ways you can support a man with prostate cancer, where to get more information and how to look after yourself.

This booklet is for anyone who is close to a man with prostate cancer, whether you are a partner, family member or friend. You can also speak to our Specialist Nurses, in confidence, on 0800 074 8383, or chat to them online.

These symbols appear in this booklet to guide you to more information:

- Speak to our Specialist Nurses
- Read our publications

The photos in this booklet are of people personally affected by prostate cancer. The quotes with the photos are not the words of the people who appear.
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When you're close to a man with prostate cancer
Getting information about prostate cancer

Many partners, family and friends of men with prostate cancer find that learning more about prostate cancer and its treatment is helpful. It can help you support your loved one when they need to make decisions about treatment. Knowing about treatments can also help you both prepare for the time it might take to recover, and for any side effects.

This booklet gives some basic facts about the prostate, prostate cancer and treatment. You can find out more in our Tool Kit fact sheets and booklets. These are free and available to order or download online (see page 37). Or you can call our Specialist Nurses.

“I’ve tried to learn as much as I possibly can so that I know what he’s going through and so I can try to help.”

A personal experience
What is the prostate?

Only men have a prostate. The prostate is usually the size and shape of a walnut and grows bigger with age. It sits underneath the bladder and surrounds the urethra, which is the tube men urinate (pee) and ejaculate through.

The prostate is a gland. Its main job is to help make semen – the fluid that carries sperm.

What is prostate cancer and how is it treated?

Normally the growth of all cells is carefully controlled in the body. As cells die, they are replaced in an orderly fashion. Cancer can develop when cells start to grow in an uncontrolled way. If this happens in the prostate, you get prostate cancer.

Prostate cancer is the most common cancer in men in the UK.
How cancer develops

Prostate cancer often grows slowly to start with and may never cause any problems in a man’s lifetime. But some men will have prostate cancer that is more likely to spread. This needs treatment to stop it spreading outside the prostate. Some men are diagnosed with prostate cancer that has already spread outside the prostate, and sometimes this needs more urgent treatment.

There are several treatments available for prostate cancer. Some treatments aim to get rid of the cancer completely, others to control the cancer. The stage of the cancer (how far it has spread), how quickly it might be growing and a man’s personal preference will affect which treatments he has. If a man has slow growing cancer he might be able to delay or avoid treatment altogether.
For more information on how prostate cancer is diagnosed and treatment options read our booklet, *Prostate cancer: A guide for men who’ve just been diagnosed*.

**Why is getting information useful?**

Many partners, family and friends find it helps to learn more about prostate cancer.

**Making a decision**

Often men with prostate cancer will have a choice about what treatment to have. This is because there is not always an overall best treatment, and each treatment has its own pros and cons. For example, treatment for prostate cancer can have side effects. Men may also have a choice of whether or not to have treatment, which can be a difficult decision to make. Finding out more about treatments and side effects can help.

Some men find having support from their partner, family and friends helps in making this decision. For example, you could talk through the advantages and disadvantages of each treatment together and think about what’s right for him.

Read our [Tool Kit](#) fact sheets for more on each treatment.

**Knowing what to expect**

Knowing more about prostate cancer diagnosis and treatment helps you to prepare for what will happen and the possible side effects of treatment. All treatments for prostate cancer have a risk of side effects such as:

- difficulty getting or keeping erections
- urinary problems
- bowel problems
- tiredness (fatigue).
A treatment called hormone therapy can also cause other side effects such as hot flushes, loss of sex drive, breast swelling, weight gain, muscle loss, forgetfulness, and mood changes such as feeling more irritable or emotional. Read more in our booklet, Living with hormone therapy: A guide for men with prostate cancer.

Side effects of treatment can have an impact on a man’s everyday life and the lives of those close to him. Dealing with them as well as the cancer can make men feel worried and sometimes depressed. But there are ways to manage side effects.

Read more in our booklet, Living with and after prostate cancer: A guide to physical, emotional and practical issues.

**Talking to health professionals**
Some men find it helps to have someone with them at their appointments. It’s hard to take everything in, ask questions and make notes all at the same time. Having someone else to remember and to ask questions can be useful.

Health professionals involved in supporting your loved one may not be able to discuss his diagnosis, treatment or care with you, unless he gives them permission. If he is happy for you to know about these things then he needs to let his doctor or nurse know. He can request this for anyone – whether that’s a partner, family member or friend.

Some people don’t feel confident talking to health professionals. Knowing more about prostate cancer might help you feel more confident. And if you have any questions, ask. Sometimes health professionals will invite you to ask questions. But if they don’t, it could be because they assume you would ask if you had any. You also have the right to information and support for yourself.
If you don’t feel that you can talk to the doctors or nurses treating your loved one, make an appointment with your GP to discuss where you can get support for yourself.

**What else can help?**
Our **Tool Kit** fact sheets include a list of questions to ask a doctor or nurse. Take the questions to the appointment with you to use as a starting point. You might also find them a useful way to bring up sensitive issues, such as side effects like leaking urine or erection problems.

**Raising concerns**
If you’re concerned about anything to do with the treatment your loved one is getting, talk to their doctor or nurse.

If you are raising any concerns without your loved one’s knowledge, the doctors and nurses can listen to your concerns, but they might need to tell him about the conversation if it affects their care and treatment of him.

You can also raise any concerns with your local Healthwatch or Patient Advice and Liaison Service (PALS) in England; your local NHS board in Scotland; your local Community Health Council in Wales; or the Health and Social Care Board in Northern Ireland.
How can I find out more?

There are lots of ways to get more information.

- Read our publications, visit our website and talk to our Specialist Nurses. We are here for you.

- Talk to the health professionals who are supporting your loved one (see page 17).

- Talk to people with similar experiences. You can meet people through local support groups, our online community or our one-to-one support service (see page 26).

- Contact other charities and organisations for information and support (see page 38).

- You, your partner or family could go on a course or training day about living with and after cancer. Macmillan Cancer Support, Self Management UK, Penny Brohn UK, Maggie’s Centres, Carers Trust and Carers UK all run courses.
When you're close to a man with prostate cancer...
Supporting someone with prostate cancer

If you’re close to a man with prostate cancer you’re likely to want to support him and be there for him. Research suggests that family and friends who offer emotional and practical support may help men deal better with the daily challenges of having prostate cancer.

Doing something to help might also ease your own feelings of distress and help you feel more in control. But be aware of your limits and recognise that you don’t have to do everything. Could other friends or family help out with some things? Social services and voluntary organisations can also be good sources of support.

It is not unusual for men with prostate cancer to feel worried or low. Dealing with a diagnosis of cancer, having treatment and managing side effects can be challenging. Men with prostate cancer and their partners have a higher risk of depression and anxiety. And men on hormone therapy may feel more emotional than usual.

If you notice that your loved one is feeling very down, worried or is finding it hard to cope, encourage him to speak to his doctor or nurse. There are treatments and support available. He can also call our Specialist Nurses or ring the Samaritans.

Read more about the feelings men might go through in our booklet, Living with and after prostate cancer: A guide to physical, emotional and practical issues and see page 21 for information on dealing with your own feelings.
What can I do to help?

All men with prostate cancer are different and what helps one may not be right for another.

Talking about it

Many men with prostate cancer value being able to talk to those close to them about how they are feeling. It can help get things out in the open and lift their spirits. There is no right or wrong thing to say – sometimes you might just need to listen. Macmillan Cancer Support has information about how to talk to someone with cancer.

You and your loved one might not always want to or feel able to talk. Some people find they need some support to open up and express how they are feeling. Talking to someone else, such as a friend, health professional or counsellor might be helpful, either together or separately.

And remember, you will be dealing with your own feelings and also need time to talk about them.

Dad was very angry about his cancer. He felt intense frustration which affected his mood. He didn’t want to talk to anyone or join a support group. We had to let him cope in his own way.

A personal experience
What if he doesn’t want to talk?
Some men prefer to cope on their own, and don’t want to talk about things, or want any outside help.

You might find this frustrating or upsetting. But try to remember that he might not see things the same way as you. Even if you think that he needs some practical help or should be talking about his emotions, he might feel that he’s coping fine.

Try to help him think about what he wants, rather than telling him what he should do. You can do this by asking questions or saying what you think and asking for his response.

Some men may be going through the process of accepting they have prostate cancer. Their initial response could be disbelief, denial and shock. They might find it hard to take in information about their cancer or accept help.

You could let him know that you are there for him if he needs anything. Be specific about the kind of support you can offer – practical as well as emotional. You might need to give him space to come to terms with things in his own time or deal with things in his own way.

Make sure you find ways to get support for yourself as well (see pages 21 to 31).

Just being there
For some men just having family and friends around is enough. You don’t have to talk about prostate cancer. Just chatting about normal things and doing some everyday activities together might help. Encourage your loved one to see family and friends and to keep up with social activities and hobbies if he feels up to it.
Practical support

Supporting lifestyle changes
When someone you’re close to is unwell, it is natural to try to protect them and make their life as easy as possible. But a lot of men will want to keep doing things for themselves and to stay active. Many men with prostate cancer say they want to keep things as normal as possible. They may want to manage any side effects, or changes they might be experiencing, themselves. This is called self-management. It means being actively involved in looking after your own health and wellbeing. For example, changing your diet, getting more active or learning other ways to look after yourself. It also involves being aware of any changes to your health and letting your doctor or nurse know about them.

Some people find that supporting their loved one to make lifestyle changes makes them feel they are doing something to help. But not all men will want, or be able, to make these changes.

Read our booklet, Living with and after prostate cancer: A guide to physical, emotional and practical issues for tips on self-management.
Going to appointments
You might be able to go along to appointments with your loved one.

Before you go, talk about any questions you have. You could write them down, or use the questions listed in our Tool Kit fact sheets. At the start of the appointment ask the doctor or nurse if you could have some time to ask questions.

Some men find it helps if someone talks to the health professional for them. But only do this if he asks you to. Some people find it helps to take notes or to ask the doctor if they can record the conversation. This can help you to keep track of important details.

If you’re going to be waiting a long time between appointments or treatments, take some things to do. For example, travel games or cards, magazines, books and crosswords. Or you could listen to music or watch films if you have a smart phone, laptop or tablet.

“When we go to the doctor I make notes and think of the best questions to ask. I know he doesn’t always take in all of what’s said to him.”
A personal experience
My husband went to chemo sessions with a friend. They would buy the daily papers and some doughnuts and sit putting the world to rights during the lengthy appointments. Apparently I fussed too much.

A personal experience

Getting help with travelling costs
You might be able to get help with the cost of travel to and from hospital, and hospital parking. This varies depending on where you live. To find out more, contact Macmillan Cancer Support, or ask your GP, hospital or local council.

Helping at home
Some men with prostate cancer have difficulty carrying out their usual activities. This could be because of side effects, symptoms such as pain, or because they find it harder to move about than they used to.

You might find you take over some of their usual activities, but try not to take on too much. This will help make sure that you don’t tire yourself out and will help your loved one maintain his independence.
If you think you could do with some extra help in the home, speak to your GP or contact your local council and ask about social services.

You can ask social services to assess your loved one’s needs – and your needs if you are providing him with care. This could include:
• equipment or adaptations to your home
• help at home, for example with getting dressed, cooking, housework or shopping
• breaks away from home for you or the man you are caring for.

It’s important to have breaks if you are caring for someone. Respite care is temporary care to give carers a break. Carers Trust and Crossroads Caring Scotland have professional carers who can provide respite care in your home.

Applying for support sometimes means filling in forms. For help with this, contact your local Citizens Advice Bureau or Macmillan Cancer Support.
When you’re close to a man with prostate cancer

Being a carer
A carer is someone who provides unpaid support to a family member or friend who could not manage without this help. Caring can include helping with day-to-day tasks such as housework, providing transport and emotional support.

Some people close to men with prostate cancer also help provide medical and personal care. For example, help with using a catheter after surgery, organising medicines, ordering incontinence pads or help with washing or dressing.

If you are providing this type of care, make sure you’re getting all the help you are entitled to. Community, district and Macmillan nurses can offer medical care at home and give you and your loved one advice about ways to look after yourself. You might also be able to arrange to have other care staff visit you at home. You can arrange this through your GP or other health professionals.

The levels of care that a man with prostate cancer needs may change. You might not have needed help or assistance to support him in the past, but if you find you are having a bad week or caring is becoming too much, get advice and support from health professionals, call our Specialist Nurses, or contact one of the other organisations listed in this booklet.

Caring can be tiring and sometimes stressful so remember to look after yourself.
Looking after yourself

The diagnosis of a loved one can have a big impact on your life, so make sure you look after yourself. This is important for your sake and so that you can support your loved one.

Common feelings

Each person’s response to being close to a man with prostate cancer will be different. But you may be dealing with some of the feelings below.

- shock
- powerlessness
- loss
- sadness
- frustration
- uncertainty
- worry
- fear
- anger
- stress

You may find these feelings fade over time. Or you might continue to have these feelings even if the prostate cancer has been successfully treated.

Some people close to a man with prostate cancer go on to develop anxiety or depression. If you are feeling very down, worried or are finding it hard to cope, there are treatments and support available. Speak to your GP, call our Specialist Nurses or contact Carers UK. If you need to speak to someone immediately, ring the Samaritans.
Uncertainty about the future
It’s natural to find it difficult and upsetting to think about the future – particularly if your loved one has advanced prostate cancer. Many men with prostate cancer will have successful treatment and live with cancer for many years, although the outlook for other men won’t be as good.

You might find that making plans helps you feel more prepared for what the future may hold, and reassured about the future for your family.

If your loved one has advanced prostate cancer, you can read more about planning ahead and the support available in our booklet, Advanced prostate cancer: Managing symptoms and getting support.

What can help?
Be kind to yourself
Try to go easy on yourself, and don’t expect to have all the answers. There’s no right or wrong way to deal with your emotions. Everyone has their own way of coping.

Some people struggle to deal with things on their own and to be strong for their loved one or their family. It might be difficult to talk to the man you are supporting about how you are feeling – especially if he is dealing with his own emotions. You could get some separate support for yourself, especially if you have different needs and concerns. This could be in the form of talking to a friend or going to a support group (see page 25).
**Getting information**
Getting information

Finding out more about prostate cancer diagnosis, treatment and side effects can help reduce feelings of uncertainty and anxiety. For example, if you know what side effects your loved one might get, you can prepare for the impact these might have. It could also help you know what to expect from treatment, how successful it might be and how long recovery might take.

“

It’s not easy to be the main supporter. You’re often consoling other relatives and you feel very isolated. Staying well and being kind to yourself is important.

A personal experience

**Getting support**

**Health professionals**

You could talk to your own GP or practice nurse about how you’re feeling. As a partner or family member of a man with prostate cancer you are entitled to discuss your own needs and concerns with the health professionals treating or supporting him, such as the specialist nurse or doctor. You can also call our Specialist Nurses.
Friends and family
Your friends and family can provide a good support network. This might be practical support or having someone to talk to about how you feel. Not all of your friends or family will understand what you are going through, but you might just want to chat about other things.

Don’t feel that you have to cope with everything on your own. Try to accept help from others where it is offered. People often want to help. Think of friends or family who might be able to help with certain tasks. For example, driving to appointments, collecting prescriptions, doing some shopping or cleaning, or looking after the children for a few hours.

Talking to my friends helped. One of them really understood what I was going through as her dad had prostate cancer at the same time as mine.

A personal experience
Support groups
At local support groups people get together to share their experiences of living with prostate cancer – you can ask questions, share worries and know that someone understands what you’re going through. Some groups have been set up by local health professionals, others by people with experience of prostate cancer. Many groups welcome partners, friends and relatives.

Support groups can be a good way to meet people with similar experiences. They can also help you get information and feel reassured, hopeful and connected to others.

To find your nearest support group visit our website at prostatecanceruk.org/get-support, ask your nurse or call our Specialist Nurses.

"I think it was a very shared illness. I went to every meeting with the oncologist and joined the support group as well."

A personal experience
**Our online community**
Our online community is a place to talk about whatever's on your mind – your questions, your ups and downs. Anyone can ask a question or share an experience. It’s a place to deal with prostate cancer together. Sign up on our website at prostatecanceruk.org/online-community

**Our one-to-one support service**
Our one-to-one support service is a chance to speak to someone who’s been there and understands what you’re going through. They can share their experiences and listen to yours. You can talk about whatever’s important to you.

Our Specialist Nurses will try to match you with a trained volunteer with similar experiences. Our volunteers include both men and women whose lives have been affected by prostate cancer as a partner or family member.

**Counselling**
Counsellors are trained to listen and can help you to find your own ways to deal with things. Many hospitals have counsellors or psychologists who specialise in helping people with cancer and their partners. Ask your doctor or nurse at the hospital if this is available.

Counselling for families or couples could help you talk and help strengthen your relationships. This might reduce any distress you are feeling.

Your GP may be able to refer you to a counsellor, or you can see a private counsellor. To find our more contact the British Association for Counselling & Psychotherapy. Other organisations such as Relate can also help.
**Spiritual support**
You may find that your beliefs offer you great comfort or support. You might never have held strong religious beliefs but when someone close to you is diagnosed with cancer you may start to question things.

It’s important to get spiritual support if you need it. This could be from your friends or family. Or it could be from your religious leader or faith community. They can talk to you about your concerns, whatever your religion, or even if you are not religious.

“It’s the most enormous shock when someone close to you is diagnosed with cancer. You feel your first duty is to support them but you need to look after yourself as well.”

A personal experience
What else can help?
Do something nice for yourself at least once a week. You could have lunch with a friend, visit the library or go to the shops. It doesn’t matter what it is, as long as you focus on yourself for a short time.

You could try writing down how you are feeling, for example in a diary. Write about something that is worrying you or think about the emotions you are going through. Try this for 15-20 minutes for three days in a row. You might find this helps you understand your feelings better.

Doing some gentle exercise, such as walking, swimming or gardening can improve your mood and help you cope with any stress.

Draw on your own strengths. Think about a time or situation in the past that was difficult, but that you got through. Think about what worked then and how you might be able to use these strengths now.

I find keeping a diary is useful for me and my partner. When bad times happen, that is all you can focus on. When times are better you can look back and say – we got over that bit.

A personal experience
Your health

People close to those with cancer can sometimes find that their own health gets worse. This might be because of stress, because they have become a full-time carer, or because they don’t have the time to look after themselves properly.

Make sure you look after your own health. If you are feeling unwell, tired or down, talk to your GP.

Tiredness

If you’re close to someone with cancer you might get particularly tired, especially if you are caring for them. Get support for any anxiety you are feeling as this can be linked to increased tiredness. For example, you might have problems sleeping because you’re worrying a lot.

There are simple changes you can make to your lifestyle to boost your energy levels.

• Eat regular meals and healthy snacks to keep up your energy levels throughout the day.

• Regular exercise will make you feel less tired and give you more energy.

• Try to get a good night’s sleep – having a regular routine and avoiding naps during the day will help with this.

• Stress uses up a lot of energy so try to reduce your stress by taking time to relax each day.
What can help?
Get support and information about managing the side effects of prostate cancer treatment. They might have an impact on your life as well as his. For example, if you are a partner of a man with prostate cancer and he gets up a lot at night to go to the toilet, you might be woken each time. For more information about managing side effects read our booklet, *Living with and after prostate cancer: A guide to physical, emotional and practical issues*.

If you’re providing care for a man with prostate cancer, make sure you are not taking on too much. This could leave you feeling exhausted. Try getting help from family and friends (see page 24).

Learn some ways to relax or manage stress. This might help if you are feeling down or finding it difficult to sleep. Some people find yoga or meditation helpful. Look for classes at your local GP surgery, adult education centre or through charities such as Macmillan Cancer Support, Carers UK or Carers Trust.

I grudgingly agreed to letting a friend do the supermarket shop. They got everything right. And put it all away. I used to drift around in a trance and come back with strange purchases, so this was a big help.

A personal experience
Practical issues

Your loved one might decide to reduce his working hours, or stop working completely if the side effects of treatment are making it difficult to work.

If you are caring for a man with prostate cancer, you may be entitled to time off work or flexible working. Think about telling your manager that someone you are close to has prostate cancer. Your manager should be sensitive to the fact that you’re coping with cancer.

If you or your partner reduce your working hours this could impact on your financial situation. You may be entitled to certain benefits and grants. It can help to get some financial advice to make sure you’re getting all the help you need. Read our booklet, Living with and after prostate cancer: A guide to physical, emotional and practical issues for information and sources of support.

The following organisations offer more information.

- Macmillan Cancer Support provides financial information and advice to people affected by cancer.

- Your local Citizens Advice Bureau offer independent and confidential advice, including help with benefits forms.

- An independent financial adviser can advise you about your options.

- A benefits adviser at your local social services department or hospital can advise you on sources of financial support.

- Carers UK and Carers Trust provide information about financial help for carers.
When you're close to a man with prostate cancer
Relationships and family life

Prostate cancer can change the normal pattern of your life and affect relationships, friendships and roles within the family. It can bring challenges, but can also bring some couples and families closer together.

You might find that your plans get interrupted or your priorities change after a diagnosis of prostate cancer. If a man with prostate cancer has side effects, like tiredness, his normal family role might change – for example, others may have to take on more tasks at home.

People find that they go through stages of adjusting and develop new ways of thinking about life and relationships. You might find some of these ideas can make life easier:

- learning more about prostate cancer together
- talking about things
- making sure you get all the support you need as a family.

Try to make sure that you make time for family activities, such as holidays and enjoying time together. Your loved one may not feel up to some activities that you have done together in the past but it could be an opportunity to try something new. Read our Tool Kit fact sheet, **Travel and prostate cancer**, for information about planning travel.
Talking to children

It can be difficult and upsetting to talk to children or grandchildren about cancer. It usually helps to be honest with them. Children can often sense that something is wrong even if they don’t understand it. Keeping things from them might only make them worry more. What they’ll need to know and how they will react will depend on their age. Drawings or books may help younger children understand, while you may need to encourage teenagers to ask questions.

Macmillan Cancer Support has more information about talking to children about cancer. You could also ask your GP or specialist nurse for advice. The charity Winston’s Wish has information about talking to children about serious illness.
If you are a partner

Prostate cancer and its treatments can affect a man’s sex life. If you are a partner of a man with prostate cancer, you might need particular support for relationship and sexual issues.

Sex and relationships

Some partners feel very distressed and may become anxious and depressed. This can affect how you feel about sex. You may go through:

• changes to how you feel about yourself – if your partner has a low sex drive this might make you feel less desirable or attractive
• feeling frustrated or unsatisfied if your sex drive is higher than your partner’s or you are having less sexual contact
• anger or sadness at the loss of how things used to be
• guilt for still having sexual feelings.

Your own desire for sex may change after your partner’s diagnosis and during treatment. For example, if you are feeling anxious, you may have less interest in sex. Changes in your relationship, such as changed roles, may also affect how you feel about sex. You may be dealing with your own health problems or sexual problems.

Many partners don’t talk about their own feelings because they want to protect their loved one. But it is also important to get some support for yourself, perhaps without your partner. Talking to other partners who are experiencing the same thing or getting some counselling may improve things.
Some men may distance themselves from close relationships because they feel uncomfortable with changes to their bodies and the impact of treatment on their sex life. But this doesn’t mean that they no longer care for you.

Read more about dealing with the impact on sexual relationships in our booklet, Prostate cancer and your sex life. It comes with a DVD of men talking about their own experiences. The information and films are also available at prostatecanceruk.org

Gay and bisexual men
Prostate cancer affects gay and bisexual men in many of the same ways as heterosexual men and their partners but there can be some other issues too. Read more in our booklet, Prostate facts for gay and bisexual men.

We’ve just got a really honest, open relationship where we can talk to each other about absolutely anything; it’s made us appreciate each other a little bit more as well.

A personal experience
More information from us

The Tool Kit
The Tool Kit information pack contains fact sheets that explain how prostate cancer is diagnosed, how it’s treated and how it may affect your lifestyle. Each treatment fact sheet also includes a list of suggested questions to ask your doctor. Call our Specialist Nurses for a personally tailored copy.

Leaflets and booklets
We have a range of other leaflets and booklets about prostate cancer and other prostate problems.

To order publications:
All our publications are free and available to order or download online. To order them:
• call us on 0800 074 8383
• visit our website at prostatecanceruk.org/publications

Call our Specialist Nurses
If you want to talk about prostate cancer or other prostate problems, call our Specialist Nurses or text NURSE to 70004. You can also email or chat online with our nurses on our website. Visit prostatecanceruk.org/get-support

* Calls are recorded for training purposes only. Confidentiality is maintained between callers and Prostate Cancer UK.
Other useful organisations

**ACAS**
www.acas.org.uk
Information and advice on workplace and employment law and flexible working.

**British Association for Counselling & Psychotherapy**
www.itsgoodtotalk.org.uk
Telephone: 01455 88 33 00
Information about counselling and details of therapists in your area.

**Carers Trust**
www.carers.org
Telephone: 0844 800 4361
Information and support for carers.

**Carers UK**
www.carersuk.org
Telephone: 0808 808 7777
Information and advice for carers, and details of local support groups.

**Citizens Advice**
www.citizensadvice.org.uk
Advice on a wide range of issues including financial and legal matters. Find your nearest Citizens Advice Bureau in the phonebook or online.

**Crossroads Caring Scotland**
www.crossroads-scotland.co.uk
Telephone: 0141 226 3793
Provides short breaks for carers in their own homes.
Healthwatch England
www.healthwatch.co.uk
Telephone: 03000 68 3000
Provides support to ensure your needs, experiences and concerns about health and social care services are raised. They can speak on your behalf.

Macmillan Cancer Support
www.macmillan.org.uk
Telephone: 0808 808 00 00
Practical, financial and emotional support for people with cancer, their family and friends.

Maggie’s Centres
www.maggiescentres.org
Telephone: 0300 123 1801
Drop-in centres for cancer information and support. Includes an online support group.

Mind
www.mind.org.uk
Telephone: 0300 123 3393
Information and support for mental health issues such as depression or anxiety.

Penny Brohn UK
www.pennybrohn.org.uk
Telephone: 0303 3000 118
Runs courses and offers physical, emotional and spiritual support for people with cancer and those close to them.
When you’re close to a man with prostate cancer

Relate
www.relate.org.uk
Telephone: 0300 100 1234
Information, advice and relationship counselling and sex therapy. In Scotland, contact Relationships Scotland instead.

Relationships Scotland
www.relationships-scotland.org.uk
Telephone: 0845 119 2020
Information, advice and relationship counselling and sex therapy in Scotland.

Samaritans
www.samaritans.org
Telephone: 116 123
Confidential, non-judgemental emotional support, 24 hours a day, by telephone, email, letter or face to face.

Self Management UK
www.selfmanagementuk.org
Telephone: 03333 445 840
Free self-management courses in England (and online in parts of Wales) to help you take control and manage your condition.

Winston’s Wish
www.winstonswish.org.uk
Telephone: 08452 03 04 05
Practical support and guidance for bereaved children and their families. Information about helping children when a relative is ill.
About Prostate Cancer UK

Prostate Cancer UK has a simple ambition: to stop men dying from prostate cancer – by driving improvements in prevention, diagnosis, treatment and support.

At Prostate Cancer UK, we take great care to provide up-to-date, unbiased and accurate facts about prostate diseases. We hope these will add to the medical advice you have had and help you to make decisions. Our services are not intended to replace advice from your doctor.

References to sources of information used in the production of this booklet are available at prostatecanceruk.org

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• Our Specialist Nurses
• Our Volunteers.

Tell us what you think
If you have any comments about our publications, you can email: literature@prostatecanceruk.org
When you're close to a man with prostate cancer

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Donate today – help others like you

Did you find this information useful? Would you like to help others in your situation access the facts they need? Every year, 40,000 men face a prostate cancer diagnosis. Thanks to our generous supporters, we offer information free to all who need it. If you would like to help us continue this service, please consider making a donation. Your gift could fund the following services:

- £10 could buy a Tool Kit – a set of fact sheets, tailored to the needs of each man with vital information on diagnosis, treatment and lifestyle.

- £25 could give a man diagnosed with prostate cancer unlimited time to talk over treatment options with one of our specialist nurses.

To make a donation of any amount, please call us on 0800 082 1616, visit prostatecanceruk.org/donate or text PROSTATE to 70004†. There are many other ways to support us. For more details please visit prostatecanceruk.org/get-involved

† You can donate up to £10 via SMS and we will receive 100% of your donation. Texts are charged at your standard rate. For full terms and conditions and more information, please visit prostatecanceruk.org/terms
Speak to our Specialist Nurses

0800 074 8383*
prostatecanceruk.org

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Follow us on Twitter: @ProstateUK

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Call our Specialist Nurses from Monday to Friday 9am - 6pm,
Wednesday 10am - 8pm
* Calls are recorded for training purposes only.
Confidentiality is maintained between callers and Prostate Cancer UK.

Prostate Cancer UK is a registered charity in England and Wales (1005541) and in Scotland (SC039332). Registered company number 02653887.