



WAYS TO SHOW LOVE TO A PERSON WITH CANCER



01

Grab a few extra groceries the next time you're at the shop, or ask if they need anything in particular. If you do drop items off, check first if they would like a visit or if they would prefer you to just drop and go.

02

Make plans. If you know of an outing that they would love, invite them! Don't get upset if they don't want to go, they may not be feeling up to it, but will still value the gesture.

NO MATTER WHERE THEY ARE IN THEIR JOURNEY WITH CANCER, YOUR FRIEND OR LOVED ONE NEEDS YOUR SUPPORT. HERE ARE A FEW WAYS YOU CAN BE THERE:

03

Laugh together. See a funny image online? Send it to them. Watch a funny movie or series together.

04

Check in. Whether it's on a daily basis or a weekly one. Find out how they are doing and if there is any way that you can help.

05

Learn about their diagnosis and treatment. Your friend or loved one may not want to talk about the details.