

# Do you have questions about cancer?



Are you worried about yourself, a family member or friend?

Call **Tenovus Cancer Care** to speak to an experienced nurse for free!

**All you've got to do is call**  
**0808 808 1010**

**9am - 5pm Monday to Friday, and 10am - 1pm on weekends**

**Text HELPGIVEHOPE to 70085 to donate £5**

Texts cost £5 plus one standard rate message and you'll be opting in to hear more about our work and fundraising via telephone and SMS. If you'd like to give £5 but do not wish to receive marketing communications, text HELPGIVEHOPENOINFO to 70085.

**Give hope. Help cope.**  
[tenovuscancercare.org.uk](http://tenovuscancercare.org.uk)

Fundraising for Tenovus Cancer Care.  
Registered Charity Number 1054015

**tenovus**  
**cancer care**  
gofar cancer