

# GOING BACK TO WORK AFTER **YOUR STEM CELL TRANSPLANT**



**ANTHONY  
NOLAN**

saving the lives  
of people with  
blood cancer



## Disclaimer

At Anthony Nolan we take great care to provide up-to-date and accurate facts about stem cell transplants. We hope the information here will help you to look after yourself.

Each transplant centre will do things differently, so this booklet is just a general guide and isn't intended to replace advice from your doctor or transplant team. Please speak to your transplant team for more details on your own situation as they will be able to give you personalised specific advice.

This information is not a substitute for legal advice. If you need legal advice, please contact a solicitor. While we do everything we can to provide the highest quality information, Anthony Nolan will not accept any liability for the use, or inability to use any information provided in this booklet.

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# GOING BACK TO WORK AFTER YOUR STEM CELL TRANSPLANT



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**ANTHONY NOLAN**  
PATIENT SERVICES



# WHAT'S IN THIS BOOKLET?

Returning to work after a stem cell transplant can be an important milestone on the road to recovery.

For many people, work can help them get back into their everyday life and give them different focus away from the medical world of a transplant. But returning to work isn't always straightforward.

After a transplant, you'll be recovering physically and emotionally from major treatment. You may need to make adjustments to the way you work, and take things gradually. For some people, going back to work isn't always possible.

We've put together this booklet to help you prepare for and manage work after a transplant. It might also be useful if you're a carer, family member or supporter.

You can use this booklet alongside our *Work and Stem Cell Transplant: Information for Employers* booklet, which you can give to your line manager, employer or HR department.

If you have any questions, or need more support, please get in touch with us at [patientinfo@anthonymolan.org](mailto:patientinfo@anthonymolan.org) or call **0303 303 0303**.



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# KEY FACTS



A transplant is a major treatment, and you will need a substantial period off work – sometimes six months to a year, and maybe longer.



Most employers are supportive. It's illegal for your employer to discriminate against you or treat you unfairly because of your health.



Your employer has a legal responsibility to make reasonable adjustments to help you go back to work.



After a transplant, most people experience side effects that they need to manage at work, both in the short or long term. Your employer has a legal responsibility to make reasonable adjustments to help you do this.



Self-employed people don't have the same legal rights, and may face different challenges in going back to work – however, help and advice is available.



You may be eligible for benefits or financial support. Plan ahead, get professional advice and leave plenty of time to apply. You can also get practical help to apply – see the list of organisations at the back of the booklet.



Recovery is different for everyone – you may get back to work quickly or it may take a long time. You may need to go back gradually and do different duties for a while.



Some people are never able to return to work in the same way as they did before. You may need to make a change to your work, or stop working, to suit your life now.

# YOUR EMPLOYMENT RIGHTS



Under equality law in the UK, your employer has legal responsibilities to support you at work and cannot discriminate against you or treat you unfairly.

## **WHAT ARE MY LEGAL RIGHTS?**

Under the Equality Act 2010 (England, Scotland and Wales) and the Disability Discrimination Act 1995 (Northern Ireland), you're classed as having a disability if you have a blood disorder or cancer.

This includes if you had a transplant in the past – even as a child – or experience long-term side effects, such as chronic graft versus host disease (GvHD) or fatigue.

## **BECAUSE OF THIS, YOUR EMPLOYER IS LEGALLY REQUIRED:**

- to support you to return to work after your transplant
- to make reasonable adjustments to your role
- to provide an alternative role if your role can't be adapted
- not to discriminate against you, or treat you unfairly, because of your health.

## REASONABLE ADJUSTMENTS

Reasonable adjustments are adaptations to your job that make it possible for you to work while managing a disability.

### These could be:

- time off for hospital stays and appointments
- doing lighter or different duties
- working part-time or flexible hours
- working from home
- a phased return (slowly building up your hours and responsibilities as you recover)
- practical changes to your workspace, like a more comfortable chair or a workspace away from bright lights.

## MORE REGULAR BREAKS

The type of reasonable adjustments available to you will depend on what you do and where you work. You can find out more in Macmillan Cancer Support's *Guide to Reasonable Adjustments*.

## DISCRIMINATION AND UNFAIR TREATMENT

If you feel like you've been discriminated against or treated unfairly, there are steps you can take:

- Discuss the problem with your manager or HR department.
- Consider starting an official 'grievance' process.
- Make a disability discrimination claim against your employer.
- It's completely up to you at what point you want to take these steps. Make sure you get expert advice and support.
- An independent mediator may also help (see Acas), or a trade union rep if you are a member.

## WHAT IF I'M SELF-EMPLOYED?

You may not have the same legal rights if you're self-employed. If you have a contract, you might have some legal protection against discrimination.

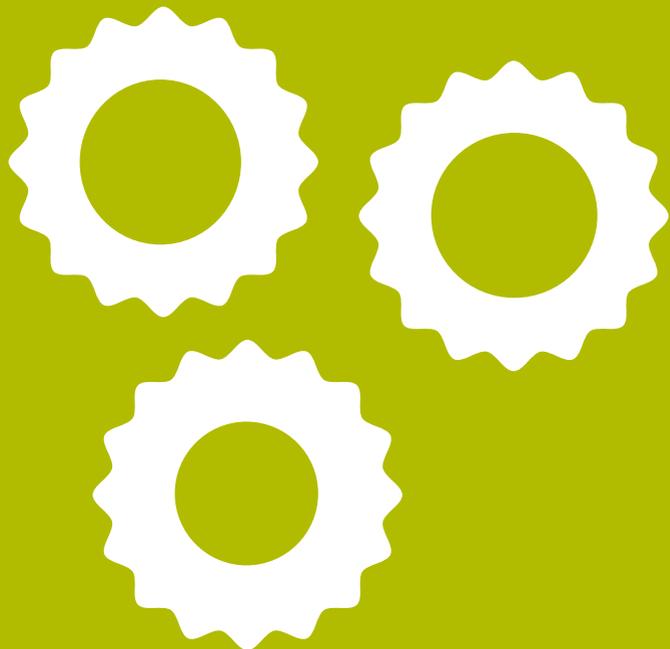
However, if you run your own business, you might not be protected if a customer or client discriminates against you or treats you unfairly.

## INFORMATION AND ADVICE

For more information and advice, see the Equality and Human Rights Commission, Equality Advisory and Support Service or Acas. You can also call Macmillan's Work Support Service via their helpline (see p48).



# BEFORE YOUR TRANSPLANT



Before your transplant, you'll need to make practical arrangements with your employer and start looking into financial support.

## **TELLING YOUR EMPLOYER**

Most employers try to be helpful. Telling your employer about your transplant early will help them work out how to support you, before and after your transplant.

Once you've told your employer, they have a legal responsibility to support you. However, there are no rules about when and how you tell your employer about your transplant and ultimately, it's up to you.

If you're worried about telling them, you can ask someone to come with you, like a family member, work colleague or trade union representative.

It's a good idea to take notes at your meetings and ask for a copy of any notes your manager makes. You can get more information on the Macmillan Cancer Support website. You might also find it helpful to give them our *Work and Stem Cell Transplant: Information for Employers* booklet.

*'I was fully open with my employer from the start – I was immediately on the phone to my line manager when I was diagnosed with leukaemia. They were amazingly supportive.'*

**Crispin**, who had a transplant in 2013

### **TELLING CLIENTS IF YOU'RE SELF-EMPLOYED**

If you're self-employed, you only have to tell your clients if it's written in a contract. But, out of courtesy, you may want to tell them that you won't be working for a while.

### **PLANNING FOR TIME OFF WORK**

Recovering from a transplant can mean taking a significant period off work – often six months to a year, but sometimes more. Some people are never able to return to work in the same way as before.

Before your transplant, you should have a meeting with your employer to discuss how much time you'll need off. If this doesn't happen, you can ask your manager or HR department to arrange one.

Your transplant team will be able to give you information about how long you might need off. This may change as your recovery progresses.

For more information, read our leaflets *Essential Facts for Transplant Patients* and *Essential Facts for Transplant Recovery*.

### **FINANCIAL PLANNING**

Taking a long period off work can raise questions about money and how you will support yourself and any dependents financially.

It might be helpful to think about these questions:

- Am I entitled to sick pay?
- How long will my sick pay last?
- How much is sick pay compared to my usual wage (e.g. full / half pay)?
- What benefits will I be entitled to if my sick pay runs out?
- Do I have any insurance I could claim?
- What will I do if I can't return to my current role or hours?
- What financial support can I claim if I can't return to work?
- Am I eligible for a pension or early retirement if I want to stop work?
- How much financial support will I get if I can't work, and what impact will that have?
- How will I manage my work or business if I'm self-employed?

For more information, see our Benefits and Financial Support section on p20.

## KEEPING IN TOUCH

Work out with your employer how you'll keep in touch while you're off. You may want to introduce them to a family member so they can keep in touch on your behalf.

Your employer may have rules about when and how you need to contact them while you're away. You may need to follow these to be eligible for sick pay.

## PRACTICAL SUPPORT

If you're finding the process of making practical arrangements overwhelming, ask a family member or friend to help. You may also be able to get support from a professional, like a welfare advisor, social worker, cancer support worker or trade union representative. Contact Acas or Citizens Advice to find out more (see p47).

## IF YOU'RE CARING FOR SOMEONE

If you're caring for someone going through a transplant, you may be entitled to compassionate or unpaid leave. You also have the right to request flexible working and may be eligible for Carer's Allowance (see p23).

Find out more in Macmillan Cancer Support's booklet *Working While Caring for Someone with Cancer* or contact Carers UK.

## TOP TIPS: BEFORE YOUR TRANSPLANT

- Talk to your employer. It might be helpful to give them our *Work and Stem Cell Transplant: Information for Employers* booklet.
- Talk to your transplant team about how much time you'll need off and arrange a planning meeting with your employer.
- Think about how you'll be affected financially and look into options for support.
- Decide how you'll keep in touch with your employer. There may be rules you need to follow to be eligible for sick pay.
- See if a family member, friend or professional can help with talking to your employer or getting advice if this seems overwhelming.
- If you're a carer, find out if you're entitled to leave or financial support.

# BENEFITS AND FINANCIAL SUPPORT



Financial support is available if you're off work, are working on a low income or can no longer work because of your health. What you're eligible for will depend on your circumstances – make sure you get advice.

**These organisations can give you personalised information, advice and practical support to help you apply:**

- Citizens Advice
- Macmillan Cancer Support
- Maggie's
- Money Advice Service
- Turn2us
- Gov.uk

Their contact details are in Other Useful Contacts on p47.

## **SICK PAY**

### **Statutory Sick Pay (SSP)**

If you're an employee and earn over £120 a week on average, you're eligible for Statutory Sick Pay (SSP). This includes agency, casual and part-time workers, but not the self-employed.

You can get Statutory Sick Pay for up to 28 weeks (7 months). If you're off work longer than this, or you're not eligible for SSP, you may be able to claim benefits.

## Company sick pay

Some employers provide company (or contractual) sick pay. Your contract or staff handbook should say how much pay you're eligible for and for how long, or you can ask your employer.

## Holiday pay

You're still eligible for holiday pay while you're off sick. Some employers allow you to use your holiday pay if your sick pay runs out or is reduced.

## BENEFITS

### Employment and Support Allowance (ESA)

You can apply for Employment and Support Allowance (ESA) if you have a health condition that affects how much you can work. You can apply if you're working, self-employed or currently out of work.

The application process can take up to three months, so make sure you leave plenty of time, particularly if you need your ESA to cover you after your Statutory Sick Pay runs out.

## Universal Credit

You can apply for Universal Credit if you're working on a low income, or out of work. You can also apply if you're self-employed.

In some cases, you can claim Universal Credit alongside ESA. It usually takes 5 weeks or more from applying to receive your first payment.

## Other benefits

Depending on your situation, you may also be able to apply for:

- Personal Independence Payment (PIP)
- Disability Living Allowance (DLA)
- Attendance Allowance
- Disability Premiums.

## Carer's allowance

If you care for someone for 35 hours a week or more, and they get benefits relating to their disability, you could be eligible for Carer's Allowance.

Carer's Allowance can affect other benefits you get, as well as the benefits of the person you're caring for, so check this before you claim.

*'I think it's useful to apply for benefits as early as possible. I was helped by a Macmillan financial advisor, which made it all a lot easier.'*

**George**, who had a stem cell transplant in 2014



## OTHER TYPES OF FINANCIAL SUPPORT

- **Access to Work grant** – If you need practical support to stay in work, you may be eligible for an Access to Work grant. Find out more at [gov.uk/access-to-work/overview](https://www.gov.uk/access-to-work/overview).
- **Antony Nolan grants** – We offer grants to people affected by transplant who have limited savings. Visit [anthonynolan/grants](https://www.anthonynolan.org/grants).
- **Other grants** – Macmillan Cancer Support and other organisations also offer grants. Go to the Macmillan or Turn2Us websites.
- **Free prescriptions** – You can get free prescriptions if you're undergoing treatment for cancer. Ask your doctor for a medical exemption form.
- **Council Tax Reduction** – If you're on a low income, you may be able to apply for a Council Tax Reduction in England, Wales or Scotland, or Housing Benefit and Rate Relief, or Rate Rebate in Northern Ireland.
- **Mortgage breaks and insurance** – Your mortgage company may be able to reduce your payments or give you a mortgage break. If you have mortgage payment protection insurance (MPPI), you can use this to cover your payments.
- **Private insurance** – If you have house insurance, health insurance or life assurance, you may be able to claim. Your workplace may also offer income protection insurance or critical illness insurance as part of their employee benefits. Check with your employer or insurance provider.
- **Pension** – If you have a pension, you may be able to claim it if you have to stop working.

## APPEALING A DECISION

If you're unhappy with a decision about your benefits, you can challenge it. You will need to follow the correct process. For more information, contact Citizens Advice, Money Advice Service, Gov.uk or Turn2Us (see p47).

*'I had my transplant at 62 and my pension provider agreed to pay me my full pension as if I had worked until 65. I didn't think I stood the slightest chance of it being approved and nearly didn't bother to ask. If I hadn't it would have cost me a reduction in my pension.'*

**Martin**, who had a stem cell transplant in 2014

## TOP TIPS: BENEFITS AND FINANCIAL SUPPORT

- Get advice from a qualified advisor, so you know what you're entitled to.
- Plan ahead. The application process can take time and it can take a while for benefits to come through. Allow three months to apply for ESA.
- Get help applying. You may have a welfare adviser or social worker, or contact one of the organisations on p47.
- You can appeal against a decision about your benefits if you feel it's not right.

# WHILE YOU'RE OFF WORK

It can be difficult to take such a long period off work. Try to look after yourself and stay in touch with your employer.

## **YOUR RECOVERY**

Some people find their recovery is relatively straightforward, but for others it can be mentally and physically difficult.

It's common to have setbacks and need to return to hospital, and you may experience side effects like graft versus host disease (GvHD) or fatigue. For more information, read our leaflet *Essential Facts for Transplant Recovery* or our handbook *The Seven Steps: The Next Steps*.

It's important to allow yourself to recover at your own pace, and not to put pressure on yourself to get back to work before you're ready.

You should have regular check-ups with your transplant team. This should help you understand when and how you'll be able to go back to work.



## STAYING IN TOUCH WITH COLLEAGUES

Lots of people find it helpful to keep in touch with colleagues while they're off. This helps you stay in the loop and feel like you're returning to your old routine.

You could ask for internal newsletters or email updates. Or pop into work, dial into team meetings, send emails, talk on the phone or meet up with colleagues face-to-face. It's up to you to decide what's helpful.

If you're self-employed, you could keep in touch with industry friends, colleagues, clients or professional organisations to stay updated.

## FIT NOTES (SICK NOTES)

Your medical team will give you fit notes (sick notes) to give to your employer for the time you're off work.



### What is a fit note?

A fit note (or Statement of Fitness for Work) is a form your GP, hospital doctor or nurse can give you if your health affects your ability to work.

They are also called medical notes, sick notes or doctor's notes. You will need to show the fit note to your employer to get your sick pay.

The fit note will also include information on your ability to work. This helps your employer understand when and how you might be able to return to work, and how they can support you.

## YOUR PHYSICAL HEALTH

While you're recovering, it's important to look after your physical health by taking care of your diet and gently building up physical activity. This will help you build up the strength and stamina you need to return to work. See our *Essential Guide to Diet and Physical Activity* booklet for more information.

## EMOTIONAL WELLBEING

Being off work for a long period can be challenging. It's completely normal to have ups and downs, and to find things tough. Read our booklet *Your Mental Health and Stem Cell Transplant* or have a look at the Recovery: Mind section of our website [anthonyolan.org/mind](https://anthonyolan.org/mind).



## TOP TIPS: WHILE YOU'RE OFF WORK

- Take the time you need to recover before getting back to work.
- Talk to your transplant team about your recovery, and when and how they advise you to return to work.
- Keep in touch with your employer, colleagues or clients.
- Get fit notes to give to your employer to get your sick pay.
- Take care of your physical health and build up your physical strength.
- Look after your emotional wellbeing and get help if you need it.

*'My advice is to return to work only when you feel both physically and emotionally ready.'*

**Simon**, who had a stem cell transplant in 2012

# GOING BACK TO WORK



Once your transplant team think you're ready, you can start thinking about going back to work. This can feel exciting, but daunting, especially if you've been away a long time.

## **MAKE A RETURN TO WORK PLAN**

Before you go back, arrange a meeting with your employer to set out a Return to Work Plan.

### **Your Return to Work plan should include:**

- the date you'll be returning to work
- the role you'll be returning to
- your hours – you may need to return part-time to start with
- your duties – these may be different than what you did before
- any reasonable adjustments you think would help (see p12)
- any concerns you have about returning to work – such as people's expectations of what you'll be able to manage
- how your pay will be affected by any changes.

Your transplant team should be able to advise you on what to ask for. You may need to get advice from an occupational health specialist. Working To Wellbeing and Fit for Work can also provide advice (see p47).

Once you've agreed on a plan, make sure both you and your employer have a copy in writing, and that the plan is reviewed regularly.

If you're self-employed, you can create your own Return to Work plan. Contact Working To Wellbeing for a template and advice.

*'I was lucky in that I was able to go back to work gradually, building up from an hour a day to full time within 9 months.'*

**Mel**, who had a stem cell transplant in 2017

### TELLING YOUR COLLEAGUES

Lots of people find it helpful to tell their colleagues about their transplant. This can help them understand how they can support you. You could also show them our webpage [anthonymolan.org/friend](http://anthonymolan.org/friend).

You don't have to tell your colleagues, or clients, about your transplant if you don't want to. Your employer is legally required to keep your information confidential if you ask them to.

*'At times I was ecstatic that I was being treated "normally" - and at other times I was affronted that they seemed to have forgotten everything I had been through! But it's important to remember that some people have had little experience of cancer and don't know how to react.'*

**Ariane**, who had a stem cell transplant in 2011

### CATCH UP MEETINGS

It can be helpful to arrange official catch up meeting with colleagues or clients, before you return or shortly after. This can help you settle back into your role and makes sure you're up-to-date on any changes.

### TRAINING

If you've been off work for a while, you may be feeling low in confidence. Ask your employer if there's any training you can do, or look into available courses if you're self-employed.

### SELF-EMPLOYMENT

If you're self-employed, you might be able to be flexible with your hours and working patterns, to gradually ease yourself back into work.

However, you may be under more financial pressure to return to work and have to go back before you're ready. For more information for self-employed people see the Macmillan Cancer Support website.

### FINANCIAL SUPPORT

If you've returned to work on a reduced income, you might be eligible for financial support or benefits while you're working - see p20.

### TOP TIPS: GOING BACK TO WORK

- Make a Return to Work Plan, and make sure it's reviewed regularly.
- You may need to work fewer hours or do things differently for a while.
- Ask for reasonable adjustments.
- Think about how you'd like to explain things to your colleagues.
- Arrange official catch up meetings with colleagues or clients.
- See if there's any training you can do to boost your confidence.
- Look into financial support - you might be eligible for benefits while you're working.

# MANAGING SIDE EFFECTS



After a stem cell transplant, most people will have to manage some side effects as they return to work, or in the longer term.

## **Telling your employer**

Tell your employer about any side effects you have and how they affect you at work. Be clear that your side effects are because of your transplant (i.e. related to your disability).

If you do this, your employer is legally required to make reasonable adjustments to help you manage your side effects at work (see p12).

## **INFECTIONS**

Your immune system will be recovering for a year to 18 months after your transplant. During this time, you will be more prone to picking up coughs, colds and other illnesses, and may take longer to recover than usual.

This risk lasts longer if you're taking medication to suppress your immune system because of chronic graft versus host disease (GvHD).

You may need to think about how to reduce the amount of contact you have with people at work, particularly if you work in a public-facing role. This could mean working from home or avoiding commutes on busy public transport.

In addition to this, your employer is required to follow government guidance on making your workplace safe in the event of an epidemic, such as coronavirus (COVID-19).

Read our *Essential Guide to Dealing with Infections* booklet for more information.

## FATIGUE

Fatigue is a common problem after a stem cell transplant. For some people it's a short-term consequence of treatment but for others, it can last for years.

Managing fatigue at work can be challenging, but there are techniques that can help. You may be able to go back on part-time hours to start with, take more breaks or change your work hours so you can work when you have most energy.

Read our booklet *Managing Fatigue after a Stem Cell Transplant* for more ideas.

*'I put breaks in my day - like not having lunch at my desk - it's up to me, but it makes an enormous difference.'*

**Jason**, who had a stem cell transplant in 2011

## MEMORY AND CONCENTRATION

Some people have problems with their memory and concentration after a transplant. Often these problems get better after a year or so, but some people find they last for longer.

For practical tips to help you manage memory and concentration problems, see our booklet *Cognition: How Stem Cell Transplant Can Affect Your Memory and Concentration*.

*'It's a bit like brain fog. I often can't think of the right words.'*

**Ceinwen**, who had a stem cell transplant in 2012

## EMOTIONAL WELLBEING

Most people experience feelings of worry, uncertainty and low mood at some point during a transplant. You may find this affects your motivation and ability to work.

For help with managing this, talk to your GP or transplant team, call our helpline on **0303 303 0303** or email us at **patientinfo@anthohnolan.org**.

You can also read our booklet *Your Mental Health and Stem Cell Transplant*.

## GRAFT VERSUS HOST DISEASE (GVHD)

When you have a stem cell transplant, your growing immune system may harm some of the cells in your own body because it sees them as 'different'. This is called graft versus host disease (GvHD).

Generally GvHD is mild, but for some people it can be more serious and can cause symptoms that can affect your work. To find out more, read our *Essential Guide to GvHD* booklet.

## OTHER SIDE EFFECTS

Your skin, joints, muscles, bones and eyesight can also be affected after your transplant. This might mean you need to make changes to how you work, for example doing less physical tasks for a while.



## TOP TIPS: MANAGING SIDE EFFECTS

- Make sure your employer understands your side effects and how they affect you. You may find it helpful to give them some of our booklets.
- If you tell your employer about your side effects, they are legally required to help you manage them at work (see p10).
- Ask your employer for any reasonable adjustments that would help you manage your side effects at work (see p12).
- Your GP or transplant team may be able to refer you to an occupational therapist to help you.
- You can find more detailed information and practical tips about how to manage side effects in our booklets and on our website at **[anthonyolan.org](http://anthonyolan.org)**

# MAKING A CHANGE



After a transplant, some people make changes to how they work or decide to do something new. This can be a big decision, so consider your options and take your time.

## WORKING DIFFERENTLY

A transplant can make you take stock and reassess your priorities. Many people decide to look for a different type of work that allows them to manage their health and is a better fit with their life now.

For example, you may decide to look for a new job that is less physically demanding, or that allows part-time or flexible working. For more information about changing careers, see the National Careers Service website.

*'I'd never want to go back to working full-time! This job is rewarding, but after being ill I see that there is more to life. Family is more important to me now, plus going out and trying new things.'*

**Jemma**, who had a stem cell transplant in 2012

## APPLYING FOR A JOB WITH A DISABILITY

When you're applying for a job, you don't have to tell an employer about your transplant. However if you do, your employer is legally required to support you during the recruitment process and in your new job (see p10).

Look out for the disability confident symbol **disabilityconfident.campaign.gov.uk** in job adverts. This means the employer takes a positive approach to hiring people with disabilities.

For more information about applying for jobs with a health condition, see Macmillan Cancer Support and the Equality and Human Rights Commission.

## STUDYING AND RETRAINING

Some people decide to study to gain new skills or retrain for a different career. Studying can also be an enjoyable and productive way to use your time if you are unable to work. For free online courses, see the Future Learn ([futurelearn.com](http://futurelearn.com)) and OpenLearn ([open.edu/openlearn](http://open.edu/openlearn)) websites.

## GIVING UP WORK

Some people stop working after a transplant. This is a big step, and has big implications, financially and emotionally. You may be eligible for financial support (see p20).

Think through your plans carefully and get independent advice. See the Macmillan Cancer Support website for more information.

*'I took the difficult decision to leave the job that I had so looked forward to returning to. Things had changed, I had changed and my previous perfect job just wasn't for me anymore. I wanted to do something for myself.'*

**Nilush**, who had a stem cell transplant in 2013

## IF YOU'RE MADE TO LEAVE

If you're made to leave your job because of your health, this could be illegal discrimination. For more information, contact Acas or Equality Advisory and Support Services (EASS).

## VOLUNTEERING

Some people decide to volunteer if they can no longer work after a transplant. This can give you a sense of purpose, help you stay active and build your social network. It can also provide a helpful structure for your time.

Do-it.org has a database of volunteering opportunities across the UK. If you'd like to volunteer for Anthony Nolan, have a look on our website or contact [volunteering@anthonymolan.org](mailto:volunteering@anthonymolan.org).

## COPING WITH A CHANGE

Not being able to work in the way you did before transplant can feel like a big loss. You may struggle to find focus and mourn for your old life. Our booklet *Your Mental Health and Stem Cell Transplant* and the Recovery: Mind section of our website [anthonymolan.org/mind](http://anthonymolan.org/mind) may help.

## TOP TIPS: MAKING A CHANGE

- Some people choose to rethink their priorities after a transplant and look for a different type of work that's a better fit with their life now.
- If you're applying for new jobs, prospective employers are legally required to support you if you tell them about your transplant.
- Studying or retraining can help you gain new skills and be an enjoyable way to spend your time.
- Some people give up work after a transplant. This is a big step, and you may be eligible for financial support (see p22).
- It's illegal for your employer to make you leave your job because of your health.
- Volunteering can be a fulfilling way to spend time if you can no longer work.
- Big life changes can have an emotional impact. Look after yourself and ask for help if you need it.

# ANTHONY NOLAN CONTACT DETAILS

## ANTHONY NOLAN PATIENT SERVICES

If you or someone you know is affected by a stem cell transplant, there are many ways we can support you:

### Need to talk?

The Patient Services team at Anthony Nolan is here for you. Call us on **0303 303 0303** or email:

**patientinfo@anthohnolan.org**

### Get connected

Find support from other patients and their families by joining our **Patient and Families Forum** at: **anthohnolan.org/forum**

### Find information

Our website has lots of helpful information about what it's like to go through a transplant. Download or order our booklets for free, and find links to other places where you can get support at: **anthohnolan.org/patientinfo**

# OTHER USEFUL CONTACTS

## ACAS

**acas.org.uk**  
**0300 123 1100**

Impartial advice on workplace rights, rules and best practice for employers and employees. They also offer training and help to resolve disputes.

## CARERS UK

**carersuk.org**  
**0808 808 7777**

Advice, information and support for people looking after their loved ones.

## CITIZENS ADVICE

**citizensadvice.org.uk**  
**03444 111 444**

Advice about benefits, work and money, online, by phone and in local centres.

## GOV.UK

**gov.uk**

Government information on benefits and disability for the UK.

## DO-IT

**do-it.org**

The UK's national volunteering database.

### **EQUALITY ADVISORY & SUPPORT SERVICE (EASS)**

**equalityadvisoryservice.com**

**0808 800 0082**

Advises and assists on issues relating to equality and human rights, across England, Scotland and Wales.

### **EQUALITY AND HUMAN RIGHTS COMMISSION**

**equalityhumanrights.com**

**0808 800 0082**

Advice and guidance for employers and employees about equality and employment rights.

### **LABOUR RELATIONS AGENCY (LRA)**

**lra.org.uk**

**03300 555 300**

Provides information for employees and employers on information matters in Northern Ireland.

### **MACMILLAN CANCER SUPPORT**

**macmillan.org.uk**

**0808 808 00 00**

Physical, emotional and financial support for people with cancer, and their family and friends. Provides a Work Support Service via their helpline.

### **MAGGIE'S**

**maggies.org**

**0300 123 1801**

Provides cancer support and information in centres across the UK and online.

### **THE MONEY ADVICE SERVICE**

**moneyadvice.service.org.uk**

**0800 138 7777**

Free and impartial money advice, set up by the UK government.

### **NATIONAL CAREERS SERVICE**

**nationalcareers.service.gov.uk**

**0800 100 900**

Provides information, advice and guidance to help you make decisions on learning, training and work.

### **OPENLEARN**

**open.edu/openlearn**

Free online courses from the Open University.

### **SCOPE**

**scope.org.uk**

Provide practical information and emotional support for people with disabilities, including about work and equality law.

### **TURN2US**

**turn2us.org.uk**

Helps people in financial hardship gain access to welfare benefits, charitable grants and support services.

### **WORKING TO WELLBEING**

**working2wellbeing.com**

**0330 0552903**

Helps people return to work following transplant or other medical treatment, and provides information and training for employers.



‘RETURNING TO  
WORK WAS NOT  
EASY AND I VASTLY  
UNDERESTIMATED  
HOW TOUGH,  
EMOTIONALLY, IT  
WOULD BE. BUT  
I FELT SO MUCH  
BETTER FOR  
RETURNING.’

**Simon**, who had a stem cell  
transplant in 2012

[anthohnolan.org/patientinfo](http://anthohnolan.org/patientinfo)  
[facebook.com/anthohnolanpatients](https://facebook.com/anthohnolanpatients)

[patientinfo@anthohnolan.org](mailto:patientinfo@anthohnolan.org)  
**0303 303 0303**

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saving the lives  
of people with  
blood cancer