

Living with pancreatic cancer: practical support and financial planning

Nicci Murphy & Michael David
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Welcome and introductions

Nicci Murphy

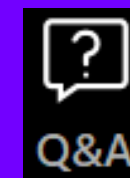
Clinical Lead and Nurse Specialist, Pancreatic Cancer UK

Michael David

Benefits Advisor, Maggie's

Before we begin...

- **Follow up:** the recording from this session will be shared with you in the next couple of days via email, along with links to useful resources.
- **Q&A:** please send your questions in via the Q&A box at the bottom of your screen
- **Captions:** select 'show captions' in the bottom of your screen for live captions.
- **Feedback:** at the end of the event, we'll share a link to a 3-minute feedback form. We'd really appreciate any feedback you can give to help us improve future sessions.



Getting to know you...

What comes to mind when thinking about the practical and financial impact of pancreatic cancer?

Thinking about the financial impact of pancreatic cancer

You may experience...

- Confusion
- Overwhelm
- Distress

You may be concerned about...

- Loss of income
- Increase in costs
- Costs associated with becoming a carer

Have you accessed any practical or financial support so far?

- Yes, I have
- No, I haven't

Has anything stopped you from accessing support yet?

- Yes
- No

**Are you in touch with
anyone else going through
something similar?**

- Yes
- No

When thinking about practical support, what should you consider?

When thinking about day-to-day practical support, what should you consider?

Pancreatic cancer and cancer treatment can affect your day-to-day life in many ways. And there are different types of support available.

What do we mean by practical support?

- Help around the home e.g. housework, running errands, collecting prescriptions, food shopping
- You may need assistance with travel to appointments or equipment around the home to keep you safe e.g. grab rails, chair raisers

Who can help you?

- Community/district nurses via the GP
- Palliative care team/local hospice
- Social services should be able to discuss a package of care (should you need it).
- Local support centres/Macmillan information centre/Social services

Where can I find out more?

- Pancreatic Cancer UK
- Carers UK
- Maggie's
- Macmillan cancer support
- Local support centres in your area

When thinking about practical support with your finances, what should you consider?

Pancreatic cancer and cancer treatment can affect your financial situation in many ways. And there are different types of support available.

Has your diagnosis impacted your income or ability to work?

- Do you know your employer's sick pay policy?
- Do you have any income protection or insurance? And if so, are you familiar with the terms and conditions?

Have you thought about your wishes or putting together a Will?

- Do you have a Will in place?
- Would you consider appointing a Power of Attorney?

Have you talked about the benefits that you may be entitled to?

- Are there areas of your life you and your loved ones have talked about needing support with?
- Has your healthcare team discussed benefits with you?

What benefits could you and your loved ones be entitled to?

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Personal Independence Payment (PIP)

Tax-free, non-means tested benefit to support with the costs associated with long-term health conditions. In Scotland, this is Adult Disability Payment.

Attendance Allowance (AA)

Support for those over state pension age, to help with extra costs if you need someone else to help look after you.

Employment and Support Allowance (ESA)

Support following six months off, or if you are self-employed.

Universal Credit (UC)

Payment designed to help those on low income or out of work and can be used to 'top up' other support.

Means tested

SRI form (BASRiS form in Scotland)

What is an SRI form?

- A form used for claiming benefits when you have been diagnosed with a terminal illness.
- In Scotland the form is called a BASRiS form, which stands for 'Benefits Assessment for Special Rules in Scotland'

Why is it important?

- It allows you to be apply for benefits under 'special rules' and makes the application process quicker and easier.

Who completes it?

- A health professional involved in your care e.g. your GP, hospital consultant or specialist nurse.

What can it be used to apply for?

- Personal Independence Payment (PIP)
- Employment and Support Allowance (ESA)
- Attendance Allowance
- Universal Credit.
- Blue badge

Additional support you and your loved ones could be entitled to and how to access it

Support in paying bills

- Housing benefit
- Council tax support
- Discretionary Housing Payment
- Talk to your bill providers

Grants

- There are organisations to support you in finding if you are eligible for grants through your employment, energy supplier or other areas:
- **Turn2us, Charis & Cancer Research UK**

Carers allowance

If you are caring for someone for at least 35 hours per week, you could be eligible for financial support.

Support with transport costs

- Some hospitals offer free or discounted parking for people having cancer treatment
- **The Healthcare Travel Costs Scheme** can support with travel costs
- Apply for a Blue Badge (criteria applies, SRI form can be used to apply)

Where should you start and who could you talk to for support?

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- Think about what is most important to you, so you can prioritise the type of support you need most
- Gather your policy documents and personal information in one place
- Write a list of questions to ask your health professional, including what support is available locally
- **Allow your loved ones to support you.** This could include taking loved ones to appointments, asking them to make calls on your behalf. If you have a Power of Attorney, think about how they can support you in accessing support and benefits.

Where should you start and who could you talk to for support?

Different things work for everyone, and there are lots of different people and organisations available to talk to and support you

- Health professional team. This could be in a hospital, hospice or in the community
- Workplace / employer
- Citizen's Advice
- Maggie's
- Talk to your loved ones
- Peer to peer support

Pancreatic Cancer UK

Specialist Nurse Support Line

Monday – Friday, 9am-4pm
(10am-4pm on Wednesdays)

- Call 0808 801 0707
- Email nurse@pancreaticcancer.org.uk
- WhatsApp 07418 304789

Find and download **free information**
on our website:

www.pancreaticcancer.org.uk



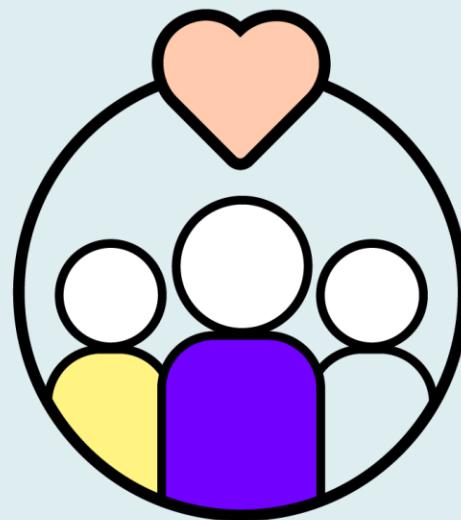
Support from Maggie's

- **Main helpline:** Call 0300 123 1801 (Mon-Fri, 9am-5pm) for general support and to arrange callbacks.
- **Email support:** enquiries@maggies.org.
- **Online resources:** Find information on cancer types, treatment, mental health, and bereavement through their website.
- **Benefits advice:** Request a call from a Benefits Adviser via their website or local centres.
- **Centre locator:** Find your nearest centre for more local, in-person or virtual support



**What questions do you have
for us?**

Talking to others and finding community

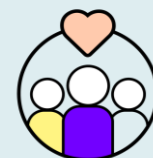


CIRCLES



What is Circles?

Circles are peer to peer support groups, for people like you to connect with others sharing similar experiences.



Are the groups online?

Yes, there are groups hosted on WhatsApp and Facebook. You can choose which group you would like to join, for example, Moments of Joy, The 3am Club, Cookery, Nutrition and Recipe sharing



Who is in the group with me?

This will be people living with pancreatic cancer or supporting their loved one, so you can connect with others and share your experiences.

**Want to
chat to
others who
'just get it'?**



*“I was scared when I was diagnosed but **Circles helped me find support from people who are experiencing similar emotions.**”*

“It is just so good to know there are people there for you”