

# Gift Ideas for cancer patients

Functional & practical items, experiential gifts, and even actions that money can't buy will mean so much to someone going through one of their hardest battles

✳️ **A heartfelt note** - sometimes it is easier to be more vulnerable in a written format - a stack of envelopes with a series of titles such as 'for when you are having a bad day' would be so valued

✳️ **The gift of time together** - offer to simply sit with your loved one over tea & a chat, take them out for a walk or a drive to somewhere pretty, or offer to drive them to their appointments and check-ups - actions speak louder than words - send regular text messages & check in with phone calls to chat

✳️ **Pitch in with child care** - if the patient has school-going children insist that you want to help with things day-to-day things like transport to school and extra mural activities, lunchboxes, homework and preparing meals - offer to baby-sit or organise play dates - gather your circle of friends to draw up a rota to share the load

✳️ Put together your own **personalised handmade vouchers** - ideas such as 'grocery shopping', 'laundry' 'homemade spaghetti' and 'washing dishes'

✳️ **Fresh ready-made or frozen meals** from the shops or a caterer - shopping and cooking is often the last thing on the mind of a cancer patient

✳️ **Order takeaways** from their favourite restaurants or purchase a voucher

✳️ **A foodie hamper** with fresh & dried fruits, nuts, and snack bars - healthy treats to nourish the body and boost immunity

✳️ **Liquid love** - staying hydrated is very important during treatments - a new water bottle would make a great gift, as well as natural protein or meal replacement shake powders for when the appetite is lost. A delivery of freshly squeezed vegetable and fruit juices or smoothies would help to keep the patient healthy.

✳️ **A beautiful knitted or fleece blanket**, or a shawl or an oversized scarf - treatment side-effects can impact your body temperature, and hospitals can often be air-conditioned and cold - blankets are also a soothing tactile comfort

✳️ **Flowers and pot plants** - you can't go wrong with some beautiful blooms

✳️ **Head wear for those who will be losing their hair** - knitted or cotton beanies, or buffs and stylish bandanas or scarves - a wide-brimmed sun hat for outdoor days

✳️ **Magazines and books** - also consider a book voucher or a magazine subscription - some magazines also have an online subscription format

✳️ **Puzzles & games** - crosswords & sudoku - adult colouring books - sketching sets and gem art - the idea is to keep the mind active but also distracted

✳️ **Entertainment** - purchase apps like Netflix that can be viewed on phones and other devices for chemo visits, doctor's waiting rooms & hospital stays - don't forget the ear phones

✳️ **A health shop voucher** - either from your local store or an online business - healthcare products can ease side-effects & help with the healing journey

✳️ **A cleaning service, for home or garden** - home cleaning is an amazing gift for any post-surgery or treatment-active patient - for those that pride themselves on a neat garden and home space not being able to get to do their usual chores could be a great source of anxiety

✳️ **Body Products** - be conscious that a cancer patient could be sensitive to smells, so opt for fragrance-free items - their skin will also be sensitive and dry, choose organic and natural products specifically without Sodium Laurel Sulfates, petrochemicals, parabens and synthetic colourants. Pure soaps, dry shampoos, beeswax-based lip and body balms, and essential oil sprays are all good alternatives

✳️ **Motivational gifts & lucky charms** - a pack of daily positive mantras or a jar of inspirational sayings - angel charms, crystals and gemstones, or pocket-sized comfort like a soft toy

✳️ **A journal, notebook or diary** - handy for jotting down notes during doctor's appointments, keeping track of medicine times and drain-fluid amounts, or simply to pour out your emotions

✳️ **A hair salon gift certificate** - whether it is to cut the hair before chemo, for the first cut & style after hair has regrown, or for a pamper treatment for after surgery, a trip to the hairdressers would be a real treat - also consider a hairdresser who does house-calls

✳️ **A pamper session voucher** - massage, acupuncture and reflexology are some of the best & more appropriate body treatments for a cancer patient

✳️ **Custom-make a t-shirt** - personalise it with a motivational saying or signatures or messages from loved ones

✳️ **A beautiful necklace or bracelet** - a constant reminder of how much they are loved

✳️ **An eye mask** - an essential for hospital stays as well as for time at home - sleeping while recovering can be during the day - make sure it is light, breathable and adjustable

✳️ **Slippers** - an underrated necessity, offering great protection from cold hospital floors

✳️ **Sleepwear & loungewear** - keep in mind these need to be as comfortable as possible, and for post-surgery consider a button-up front

✳️ **A travel neck pillow** - a comfort during chemo sessions as well as post-surgery when patient is unable to lie down

✳️ **A mastectomy pillow** - available in different sizes and shapes, mastectomy pillows offer comfort and relief, designed to support the arms and breasts following a mastectomy and lymph node removal - also to act as a barrier against car seat belts

✳️ **A dressing gown, jersey or hoodie** for after surgery that has large pockets to hold drains - look for lightweight fabric and baggy arm space, with a zip or button-up front as arm movement could be restricted from surgery

