



# Living With & Beyond Cancer Activities

## In the City of Manchester & surrounding areas

*Compiled by the Macmillan Information & Support Service,  
Manchester City Council* →

This list is aimed at health and social professionals to assist with signposting.  
Due to the nature of this information, details can change quickly.  
Services should be contacted in advance to avoid disappointment.

If you have any amendments or additions, please contact Ali Davenport,  
Macmillan Community Outreach Officer,  
a.davenport1@manchester.gov.uk, 07767 663 099

The service also produces a **Cancer Support Groups list**.

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# Cancer information & support centres

The information and support services provide information and face-to-face support to people living with and beyond cancer. Centres are usually open Monday to Friday but please ring to check opening hours before making a journey specially to visit.

## Macmillan Information and Support Service in Manchester City Council

This friendly and confidential service is for anyone affected by cancer in the City of Manchester, from the person themselves to family, carers, work colleagues and friends.

Talk to staff over the phone or make an appointment in a library or other community venue.

**0161 227 3727, [macmillan@manchester.gov.uk](mailto:macmillan@manchester.gov.uk)**

**Macmillan Information and Support Service, Beechwood Cancer Care Centre,**  
Beechwood Cancer Care Centre,  
Chelford Grove, Stockport, SK3 8LS  
0161 476 0384 / 0161 477 8351

**Bolton Macmillan Cancer Information and Support Service,** Giles House, 43 Chorley New Rd, BL1 4QR, 01204 663059 or 462442  
[boltoncancerinfo@nhs.net](mailto:boltoncancerinfo@nhs.net)

**Macmillan Cancer Information and Support Centre (Central Manchester)**  
Main Out-patients Department, Manchester Royal Infirmary, Oxford Road, M13 9WL,  
0161 276 6868,  
[cancer.information@cmft.nhs.uk](mailto:cancer.information@cmft.nhs.uk)

**The Christie Cancer Information Centre,**  
The Christie NHS Foundation Trust,  
Wilmslow Road, Withington, M20 4BX  
0161 446 8100

**The Christie at Oldham, Macmillan Cancer Information and Support,**  
The Royal Oldham Hospital, Rochdale Rd,  
OL1 2JH, 0161 918 7745

**The Christie at Salford, Cancer Information Centre,** Salford Royal Hospital,  
Stott Lane, M6 8HD, 0161 918 7804

**Macmillan Cancer Information and Support Service (Crewe),**  
Macmillan Cancer Unit, Mid-Cheshire Hospitals NHS Foundation Trust, Leighton Hospital, CW1 4QJ, 01270 273603

**Macmillan Cancer Resource Centre (Macclesfield),** East Cheshire NHS Trust,  
Victoria Road,  
SK10 3BL, 01625 663128/9

**Macmillan Cancer Information and Support Service (Pennine - Bury, North Manchester, Oldham, Rochdale),**  
North Manchester General Hospital,  
Delaunays Rd, Crumpsall, M8 5RB,  
0161 604 5244  
[macmillan.infocentre@pat.nhs.uk](mailto:macmillan.infocentre@pat.nhs.uk)

**Macmillan Cancer Information and Support Centre (Salford),**  
Salford Royal Hospital, Stott Lane, M6 8HD  
0161 206 1455/0161 918 7804

**Macmillan Cancer Information and Support Service (South Manchester),**  
Wythenshawe Hospital, Southmoor Road,  
M23 9LT, 0161 291 4876 / 4875

**Trafford Macmillan Cancer Information and Support Service (Trafford),**  
Macmillan Wellbeing Centre, Moorside Road,  
Davyhulme, M41 5SN, 0161 746 2081

**Wigan Macmillan Cancer Information and Support Service (Wigan),**  
The Christie at Wigan, Royal Albert Edward Infirmary, Wigan Lane, WN1 2NN,  
01942 822760  
Macmillan Information and Support Centre,  
Thomas Linacre Centre, Parsons Walk,  
WN1 1RU, 01942 774620

## Courses

### Boost (Manchester)

**Activity:** Boost is a six week course to improve mental health and wellbeing, providing strategies that enable people to respond to challenging situations positively and building resilience and confidence.

**Contact:** Nicola Wood, 0161 882 2578.

**Email:** nicola.wood@mhsc.nhs.uk

**Date / time:** Various.

**Meet at:** Local venues across the city.

**Who for:** For anyone over 18 years old living within the City of Manchester, not just those affected by cancer. Run by Buzz, Manchester Health & Wellbeing service, Manchester Mental Health & Social Care Trust.

### Cancer Health & Wellbeing Programme (Salford)

**Activity:** A four week programme supporting people to recovery, giving them the skills and knowledge to manage their condition and the emotional, physical and financial impact of cancer on their lives.

**Contact:** Jennifer Bagchi, Cancer Health & Wellbeing Coordinator, 0161 206 0931.

**Email:** jennifer.bagchi@srft.nhs.uk

**Date / time:** Five times a year, day time.

**Meet at:** Seminar Room B, Hope Building, Salford Royal NHS Foundation Trust, Stott Lane, M6 8HD.

**Who for:** Salford residents who have completed or coming to the end of their treatment. Carers welcome to support.

### Expert Patient Programme (Manchester)

**Other areas of Greater Manchester also run the Expert Patient Programme**

**Activity:** An NHS evidence-based programme to support people living with long term health conditions. The programme addresses the physical and emotional impact when managing health and well-being.

**Contact:** The referral team, 0161 371 2105.

**Email:** smu-tr.epp@nhs.net

**Date / time:** Various, 6 weekly sessions lasting 2½ hours with refreshment break.

**Meet at:** Local venues across Manchester.

**Who for:** Manchester residents who have experienced any long term health condition, including cancer. The course also supports carers.

### Heads Up (Manchester)

**Activity:** A free 6 week course helping people improve their wellbeing and make positive life choices. Attendees learn ways to lift mood and boost confidence in a relaxed and friendly environment. Groups are small and one to one support is available.

**Contact:** Jo Kirtley on 07717 760414.

**Email:** headsup@man-adulted.org.uk

**Date / time:** Various.

**Meet at:** Local venues across Manchester.

**Who for:** For adults living within the City of Manchester, aged 19+ with mild to moderate anxiety, depression or other mental health issues. Run by Manchester Adult Education, Mind and Back on Track.

### Lunch & Learn (Wythenshawe)

**Activity:** Informal learning events open to people affected by cancer, whether under treatment or completed. Topics have included diet and breast cancer, bowel cancer signs and symptoms, and treatments.

**Contact:** Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** debbie.smith2@uhsm.nhs.uk

**Date / time:** Usually bi-monthly, over lunch time. Contact the Centre for forthcoming dates.

**Meet at:** Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, M23 9LT.

**Who for:** All patients, staff and Manchester cancer volunteers.

### **Moving Forward – Breast Cancer Care (Salford, Wythenshawe)**

**Activity:** A four-session programme providing information, support and professional guidance on how to cope with and adjust to life after treatment. Topics covered may include exercise, managing menopausal symptoms, lymphoedema, and intimacy and relationships. See [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Contact:** Breast Cancer Care, 0345 077 1893 or 0345 077 1895.

**Email:** [movingforward@breastcancercare.org.uk](mailto:movingforward@breastcancercare.org.uk)

**Date / time:** Day time.

**Meet at:** Salford, Wythenshawe.

**Who for:** The course is open to people who have had a breast cancer diagnosis within the last two years.

### **Moving On – Beechwood Cancer Care (Stockport)**

**Activity:** Supports patients in looking to the future and getting their life back to normal, using counselling and talking sessions, complementary therapies, discussion groups and relaxation techniques.

**Contact:** 0161 476 0384

**Email:** [enquiries@beechwoodcancercare.co.uk](mailto:enquiries@beechwoodcancercare.co.uk)

**Date / time:** Day time, one day a week over eight weeks.

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Who for:** For any patients post-treatment. The centre can be contacted directly or a referral made through a GP or other medical professional.

### **The HOPE Course (Crewe, Wythenshawe)**

HOPE (Help Overcoming Problems Effectively) is a six week self-management course for people who are undergoing or have completed cancer treatment and trying to get back to normal or a 'new normal'. Covering topics like loss of confidence, dealing with fatigue and fear of re-occurrence, it can help people reclaim their lives. Please telephone the individual sites to find out more and register.

**Crewe contact:** Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603.

**Email:** [julie.pieczarka@nhs.net](mailto:julie.pieczarka@nhs.net)

**Date / time:** Three times a year, February / March, May / June and September / October.

**Who for:** Open to all patients who would benefit from the course.

**Wythenshawe contact:** Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** [debbie.smith2@uhsm.nhs.uk](mailto:debbie.smith2@uhsm.nhs.uk)

**Date / time:** Three times a year: January / February, April / May and September / October.

**Meet at:** Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, M23 9LT.

**Who for:** Patients who have attended Wythenshawe or Withington hospitals at any time.

### **What Now? Life After Treatment (Withington)**

**Activity:** Six weekly sessions at The Christie, aimed at people finding it difficult to re-adjust back to their previous life, offering practical and psychological support in a group setting. The content reflects the needs of the group members but the sort of topics covered include anxiety management, fear of cancer returning and coping with altered body image.

**Contact:** The Psycho-oncology Department, The Christie on 0161 446 3682 / 3688. Please ask to speak to Richard or Anne.

**Email:** [richard.pattison@christie.nhs.uk](mailto:richard.pattison@christie.nhs.uk)

**Date / time:** Monday 1.30 – 3.30pm, over six weeks, several times a year.

**Meet at:** Withington Fire Station, 505-507 Wilmslow Road, M20 4AW.

**Who for:** Anyone who has completed treatment in the last year and has been a patient at The Christie.

### **Younger Women Together – Breast Cancer Care (North of England)**

**Activity:** Two-day events providing support and information for women aged 20-45. Sessions relate to the needs of younger women and recognise issues that are important to them, including fertility, the menopause, sexuality and relationships. See [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk)

**Contact:** Breast Cancer Care 0345 077 1893.

**Email:** [youngerwomen@breastcancercare.org.uk](mailto:youngerwomen@breastcancercare.org.uk)

**Date / time:** Two days, usually Friday & Saturday, with a hotel stay.

**Meet at:** Various locations.

**Who for:** Women aged 20-45 who have been diagnosed with primary breast cancer in the past three years. Events also offered for younger women with secondaries.

## Creative

### **Beechwood Cancer Care – Card-making Group & Art Group (Stockport)**

**Contact:** 0161 476 0384

**Email:** enquiries@beechwoodcancercare.co.uk

**Date / time:** Both groups meet at the same time, fortnightly on Thursday afternoons.

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Who for:** For anyone who has been affected by cancer, including family members and carers. Beginners and experienced all welcome. Contact the Centre directly for details.

### **Beechwood Choir (Stockport)**

**Activity:** Enjoy singing along with others. Everyone welcome, whatever voice they have.

**Contact:** 0161 476 0384

**Email:** enquiries@beechwoodcancercare.co.uk

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Date / time:** Every Tuesday evening, 5-7pm.

**Who for:** For those who have been affected by cancer in one way or another.

### **Macmillan Connections – Craft group (Wythenshawe)**

**Activity:** Craft and chat, table top crafts, eg. card making, jewellery, needlepoint, sewing. For absolute beginners to more experienced crafters.

**Contact:** Debbie Smith, Helen Adamson at the Macmillan Cancer Information & Support Centre, 0161 291 4876.

**Email:** macmillan.info@uhsm.nhs.uk

**Date/time:** Monday mornings, 10am – 12 noon.

**Meet at:** Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, Southmoor Road, M23 9LT.

**Who for:** All welcome. For anyone affected by cancer, including patients, families and carers.

### **Making Memories (Manchester)**

**Activity:** An opportunity for people to record their life story as a permanent record of their memories to be kept and enjoyed. A Macmillan Solutions project.

**Contact:** Val Harrington, project volunteer, via Northmoor Community Centre reception, 0161 248 6823.

**Email:** macmillan@northmoorcommunity.org

**Date / time:** Individual.

**Meet at:** Home or community venue.

**Who:** Anyone affected by cancer who would like to make a digital recording of their memories or record a message for loved ones.

### **Manchester Libraries – Art & craft groups (Manchester)**

**Libraries in other areas of Greater Manchester also offer art and craft activities**

**Activity:** Some of Manchester's libraries hold art and craft groups, offering a range of activity including art, crafts and knitting. For example, Gorton Library has a popular craft group on Tuesday afternoons, 2 – 4pm.

**Contact:** Individual local libraries.

**Date / time:** Various.

**Meet at:** Various.

**Who for:** Everyone welcome.

### **The Rhythm of Life – Christie's Cancer Choir (Withington)**

**Activity:** Carol Donaldson, composer and musical director, leads the Christie choir, bringing voices together with love and passion. The choir sings songs from all over the world in acapella harmony.

**Contact:** Rosalyn Fox, Macmillan Specialist Breast Care Nurse, The Christie NHS Foundation Trust, 0161 446 3996

**Email:** rosalyn.fox@christie.nhs.uk

**Date / time:** Alternate Mondays, 7.30-9pm.

**Meet at:** The conservatory at The Christie, Wilmslow Road, Withington, M20 4BX.

**Who for:** Past and present Christie patients and carers. No experience necessary.

## Gardening

### Macmillan Connections – Allotment (Wythenshawe)

**Activity:** A specially set up Macmillan allotment based in the local neighbourhood. An opportunity to grow fresh vegetables, have a chat, a cuppa and a laugh.

**Contact:** Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** debbie.smith2@uhsm.nhs.uk

**Date / time:** Every Thursday, 10am – 2pm.

**Meet at:** Haveley Circle, Benchill, Wythenshawe (on site parking available).

**Who for:** Open to anyone affected by cancer or who would like to support the allotment. (Please note: There may be changes to this activity from September 2016.)

### Shed Club – Beechwood Cancer Care (Stockport)

**Activity:** Gardening club. Once people are up and running they may wish to drop in and garden other days.

**Contact:** 0161 476 0384

**Email:** enquiries@beechwoodcancercare.co.uk

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Date / time:** Last Tuesday of each month, 10.30am.

**Who for:** For those who have been affected by cancer in one way or another.

### The Gardening Group (Eccles)

**Activity:** For people who would like to get out and meet new people living with cancer. No experience necessary.

**Contact:** Joanne Shaw on 0161 206 1455 or 0161 918 7804.

**Date / time:** Every Thursday from 1 – 3pm.

**Meet at:** Tindall Street Allotments, Peel Green, Eccles M30 7DF.

**Who for:** Anyone who has been affected by cancer, whether patient, family member or friend.

## General

### Being There (Manchester)

**Activity:** Being There (formerly CALLplus) has a network of trained volunteers who give home-based emotional support and practical help. Services are tailored to each individual or family, but can include listening and befriending, practical help and driving to appointments. Being There has offices in North and South Manchester, Salford, Tameside and Trafford. [www.beingthere.org.uk](http://www.beingthere.org.uk)

**Contact:** 0845 123 23 29

**Email:** [info@beingthere.org.uk](mailto:info@beingthere.org.uk) (also [northmancs@beingthere.org.uk](mailto:northmancs@beingthere.org.uk), [southmancs@beingthere.org.uk](mailto:southmancs@beingthere.org.uk), [salford@beingthere.org.uk](mailto:salford@beingthere.org.uk), [tameside@beingthere.org.uk](mailto:tameside@beingthere.org.uk), [trafford@beingthere.org.uk](mailto:trafford@beingthere.org.uk))

**Date / time:** Individual.

**Meet at:** Home setting or other convenient place.

**Who for:** People of Greater Manchester living with or affected by cancer and other life-limiting illness such as strokes, heart and respiratory diseases.

### Can-Survive UK – CSUK (Manchester)

**Activity:** A newly established organisation providing culturally sensitive support and information for people with cancer, their families and carers.

**Contact:** Marcella, 0161 226 5412, 07496 089310

**Email:** [info@can-survive.org.uk](mailto:info@can-survive.org.uk)

**Meet at:** Zion Community Resource Centre at 339 Stretford Road, Hulme, M15 4ZY.

**Who for:** CSUK is targeted at but not exclusive to people from Black and other ethnic groups.

### Coffee mornings – Beechwood Cancer Care (Stockport)

**Contact:** 0161 476 0384.

**Email:** enquiries@beechwoodcancercare.co.uk

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Date / time:** Alternate Thursday mornings, 10am-12 noon.

**Who for:** All welcome.

### **CRAFT - Cancer Recovery & Friends Together (Trafford)**

**Activity:** A self-help group for those who are seeking support to get back to normal following a cancer diagnosis and subsequent treatment.

**Contact:** Macmillan Wellbeing Centre 0161 746 2080.

**Date / time:** 2nd and 4th Friday of each month between 1pm-3pm.

**Meet at:** Macmillan Wellbeing Centre, Moorside Road, Davyhulme, M41 5SN.

**Who for:** Trafford patients and carers.

### **Health and Wellbeing Clinics (Nantwich, Northwich)**

**Activity:** To help people live well with cancer. No appointment needed, just drop in for informal advice from professionals and other community services to support you and your family.

**Contact:** Laurie Harrison, Macmillan Professional, 01606 544513 or Julie Pieczarka, Macmillan Information and Support Manager, 01270 273603.

**Email:** laurie.harrison@nhs.net or julie.pieczarka@nhs.net

**Date / time:** Every other month at alternating venues from 10am-12pm.

**Meet at:** The Olive Grove, London Road, Nantwich CW5 6LW and Brio Leisure, Northwich Memorial Court, Chester Way, Northwich CW9 5QJ.

**Who for:** Patients, carers or anyone with a question about cancer and living with and beyond cancer.

### **Living With & Beyond Cancer Group (Central Manchester)**

**Activity:** A new group. Each meeting there is an informal conversation around a different theme, facilitated by a Macmillan Professional, for example fatigue, the emotional effects of cancer and healthy eating. The group are encouraged to share experiences and learn from each other.

**Contact:** Lisa Evans, Macmillan Cancer Information and Support Centre, Manchester Royal Infirmary, 0161 276 6868.

**Email:** cancer.information@cmft.nhs.uk

**Date / time:** Every month (except June), Friday mornings 10.30am – 12.30pm.

**Meet at:** On site at the MRI but at present the group does not have a permanent venue so ring to check where it will be held.

**Who for:** Open to anyone living with and beyond cancer from the Greater Manchester area.

### **Living With & Beyond Cancer Group (North Manchester)**

**Activity:** Each meeting there is an informal conversation around a different theme, facilitated by a Macmillan Professional, for example fatigue, the emotional effects of cancer and healthy eating. The group are encouraged to share experiences and learn from each other.

**Contact:** Ali Davenport, Macmillan Community Outreach Officer, Macmillan Information & Support Service, Manchester City Council, 227 3727 or 07767 663 099.

**Email:** a.davenport1@manchester.gov.uk

**Date / time:** Every two months, Thursday mornings 10am – 12 noon.

**Meet at:** Post-graduate Medical Centre, North Manchester General Hospital, Crumpsall, M8 5RB.

**Who for:** Open to anyone living with and beyond cancer from the Greater Manchester area.

### **Macmillan Connections (Wythenshawe)**

**Activity:** Macmillan Connections links people up so they can do activities together. There are a growing number of Macmillan Friendly locations in Wythenshawe, including leisure clubs, gyms, dance groups and choirs, and shared activities set up by people themselves, such as theatre trips and afternoon tea.

**Contact:** Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** macmillan.info@uhsm.nhs.uk, debbie.smith2@uhsm.nhs.uk

**Date / time:** Various.

**Meet at:** Various.

**Who for:** For anyone affected by cancer, including friends & family.

### **Macmillan Oldham 1-to-1 Service (Oldham)**

**Activity:** A nursing and support team offering a community-based holistic model of care within the community of Oldham. Provided by Oldham CCG.

**Contact:** 0161 621 7684

**Email:** oldham.macmillansupport@nhs.net

**Date / time:** Various.

**Meet at:** Various.

**Who for:** Any adult living in Oldham or registered with an Oldham GP who has been affected by cancer. People can self-refer or be referred by any professional involved in their care. The team accept referral from diagnosis onwards.

### **Macmillan Solutions (Manchester)**

**Activity:** Macmillan Solutions provides practical, emotional and financial support for people affected by cancer. A way that people can get extra support from trained volunteers to help them enjoy the things that matter most to them.

**Contact:** Hayley Williams, Volunteer Support Worker via !Audacious Church reception 0161 830 7000.

**Email:** macmillansolutions@audaciouschurch.com

**Date / time:** Individual.

**Meet at:** Home setting or other convenient place.

**Who for:** Manchester residents affected by cancer, including those living with and beyond cancer, who would welcome the support of a trained volunteer.

### **Self Help Services (Greater Manchester)**

**Activity:** A user-led mental health charity based in the North West of England. Provides a range of support, including groups, peer support, eTherapy and talking therapies. Part of The Big Life Group.

**Contact:** Head office, 226 6775

**Email:** admin@selfhelpservices.org.uk

**Date / time:** Various.

**Meet at:** Various.

**Who for:** For people in the North West living with mental health problems such as anxiety, depression, phobias and panic attacks. <https://www.selfhelpservices.org.uk/>

### **Welfare & Benefits Advice (Manchester)**

**Activity:** Free and confidential advice services covering benefits, debts and housing and employment issues, over the phone and face to face.

**Contact:** The cancer information and support centres. (See entry.)

**Meet at:** Various.

**Date / time:** Various.

**Who for:** Some services are based within a hospital and can usually only help those that are being treated there. Others are based in the community and can help any cancer patient, relative or carer who lives in that local area.

### **Wellbeing Advisors (Manchester)**

**Other areas also have similar services**

**Activity:** One to one support for up to six sessions to help people feel healthier and happier (12 sessions available for clients with more complex needs). Tailored to individual goals, whether it is to eat more healthily, become more active, manage stress, become smoke free or meet others. Part of Buzz, Manchester Health and Wellbeing Service, Manchester Mental Health and Social Care Trust.

**Contact:** 0161 861 2548

**Email:** manchwadvisors@nhs.net

**Date / time:** Various, flexible.

**Meet at:** Various community locations, near to where people live.

**Who for:** Anyone who lives in Manchester, not just those affected by cancer. Referral by professional, self-referral or online at [www.buzzmanchester.co.uk](http://www.buzzmanchester.co.uk)



## Hair & beauty

### **Boots Macmillan Beauty Advisors (Greater Manchester)**

**Activity:** Boots Macmillan Beauty Advisors are No.7 Advisors who have volunteered to be specially trained by Macmillan to help people manage the visible side-effects of cancer. They are available in some Boots UK stores to support people and give free, face-to-face advice about caring for skin, hair and nails.

**Contact:** Individual Boots stores. Advisors currently in Market Street in the City Centre, the Trafford Centre, Stockport Merseyway, Ashton-under-Lyne, Altrincham, Denton, Macclesfield and Oldham. See Store Locator [www.boots.com](http://www.boots.com)

**Date / time:** Opening hours.

**Meet at:** Various.

**Who for:** People with visible side-effects of cancer.

### **Colour Me Beautiful & 'Feel more like you' No 7 sessions (Wythenshawe)**

**Activity:** Regular make up events. 'Feel more like you' delivered by Boots No 7 specially trained beauticians and visiting Boots pharmacist. Very personalised session with opportunity to talk through medicine issues at the same time.

**Contact:** Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** [debbie.smith2@uhsm.nhs.uk](mailto:debbie.smith2@uhsm.nhs.uk)

**Date / time:** Usually 2/3 times a year.

**Meet at:** Macmillan Cancer Information and Support Service, Wythenshawe Hospital, M23 9LT.

**Who for:** Anyone who has attended Wythenshawe or Withington hospital at anytime in their cancer pathway.

### **Headstrong (Salford, Stockport)**

**Activity:** This is an information and support service about hair loss caused by cancer treatment. A chance to learn some scarf tying ideas (plus a free scarf), try on hats and fringes, and talk through concerns about hair loss. For anyone who is likely to or has lost their hair through cancer treatment. Phone to make appointments.

**Salford contact:** For more information or to book an appointment contact Joanne Shaw on 0161 918 7804 or 0161 206 1455.

**Meet at:** The Christie at Salford, Salford Royal Hospital, M6 8HD.

**Stockport contact:** 0161 476 0384

**Email:** [enquiries@beechwoodcancercare.co.uk](mailto:enquiries@beechwoodcancercare.co.uk)

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS. (In collaboration with Breast Cancer Care.)

### **Look Good Feel Better (Salford, Withington, Crewe, Oldham, Bury)**

**Activity:** Free two hour skin and makeup sessions. The Workshop is a one-off experience with a free gift bag. People bring their own cosmetics for the Masterclass but can attend more than once. Patients are advised to attend a workshop when it is of most help with the visible side effects of treatment, either in the middle or just after treatment. [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk)

#### **Workshop**

**Salford contact:** For further information please contact Gill Armstrong, Macmillan Cancer Information and Centre on 0161 206 1455 or 0161 918 7804.

**Date / time:** 2<sup>nd</sup> Monday each month, two sessions in the day at 10.30am and 1.30pm.

**Meet at:** Salford Royal Hospital, M6 8HD.

**Withington contact:** For further information please contact the Cancer Information Centre at The Christie on 0161 446 8100 or 0161 446 8107.

**Date / time:** Weekly.

**Meet at:** Maggie's Manchester, The Christie Hospital, 15 Kinnaird Road, M20 4QL.

**Who for:** Christie patients.

## Masterclass

**Bury contact:** For further information please contact The Macmillan Information and Support Centres at The Christie at Oldham, 0161 918 7745, or North Manchester General Hospital, 0161 604 5244.

**Email:** helen.murphy@christie.nhs.uk, macmillan.infocentre@pat.nhs.uk

**Date / time:** Several times a year.

**Meet at:** Bury Cancer Support Centre, 406 Bolton Road, BL8 2DA.

**Who for:** For anyone with cancer.

**Crewe contact:** Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603

**Email:** julie.pieczarka@nhs.net

**Date / time:** One event every quarter, 6-8pm in the evening.

**Meet at:** Macmillan Cancer Unit, Mid-Cheshire Hospitals NHS Foundation Trust, Leighton Hospital, CW1 4QJ.

**Who for:** Open to all patients who would benefit from the session.

**Oldham contact:** For further information please contact The Macmillan Information and Support Centre at The Christie at Oldham on 0161 918 7745.

**Email:** helen.murphy@christie.nhs.uk

**Date / time:** Several times a year.

**Meet at:** The Christie at Oldham, The Royal Oldham Hospital, Rochdale Road, OL1 2JH.

**Who for:** For anyone with cancer.

## The Christie At Oldham (Oldham)

**Activity:** Various activities including Wig and Headscarf Service, Personal Stylist and Hand Care and Boots Beauty Workshops.

**Contact:** The Macmillan Cancer Information and Support Centre on 0161 918 7745.

**Email:** helen.murphy@christie.nhs.uk

**Date / time:** Various, daytime.

**Meet at:** The Macmillan Cancer Information and Support Centre, Royal Oldham Hospital OL1 2JH.

**Who for:** For anyone, not just Christie patients.

## Holistic – including counselling & complementary therapies

### Beechwood Cancer Care (Stockport)

**Activity:** Offers programmes of support which include counselling, complementary therapies and group sessions. (See Courses for 'Moving On'.)

**Contact:** 0161 476 0384

**Email:** enquiries@beechwoodcancercare.co.uk

**Date / time:** Monday – Friday, 8.30am to 4.30pm.

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Who for:** For anyone who has been affected by the diagnosis and treatment of cancer, including family members and carers. The centre can be contacted directly or a referral made through a GP or other medical professional.

### Bury Cancer Support Centre (Bury)

**Activity:** The centre offers friendship and support, including a café, information, counselling, hypnotherapy, relaxation, Qi Gong and complementary therapies on an informal, drop in basis.

**Contact:** 0161 764 6609. (Phone available Monday, Tuesday and Wednesday. Please leave a message at other times.)

**Email:** infobcsc@gmail.com

**Date / time:** Mondays, Tuesdays & Wednesdays, 10.30am – 4pm.

**Meet at:** 406 Bolton Road, BL8 2DA.

**Who for:** Anyone in the North West whose life has been touched by cancer with no limit to the number of sessions and no need for appointment or referral.

### **Cancer Aid Network (Oldham)**

**Activity:** Various activities, including counselling and relaxation.

**Contact:** Vera Dolan 01457 874927 or Alan Heywood 07855 053575.

**Email:** alan.heywood2010@gmail.com

**Date / time:** The 1<sup>st</sup> and 3<sup>rd</sup> Tuesday of each month, between 4pm and 6.15pm.

**Meet at:** South Chadderton Methodist Church, Thompson Lane, OL9 8LX.

**Who for:** For anyone living with cancer. Open to people from outside Oldham.

### **Chai Cancer Care (Bury and across Manchester)**

**Activity:** Support for members of the Jewish community affected by cancer, including counselling, complementary therapies and home support. [www.chaicancercare.org](http://www.chaicancercare.org)

**Contact:** 0161 772 4760 , freephone helpline 0808 808 4567.

**Date / time:** Various.

**Meet at:** Heathlands Village, Heathlands Drive, Prestwich, M25 9SB.

**Who for:** Any member of the Jewish community affected by cancer, including patients, family and friends.

Clients unable to go to the Prestwich site can receive one to one services in their own homes, providing they live within geographical reach.

### **Dr Kershaw's Hospice (Oldham)**

**Activity:** Sunfields at Dr Kershaw's Hospice helps to meet the needs of people and their families living with cancer. Tailored support and advice, including emotional support, physiotherapy, complementary therapies and relaxation.

**Contact:** Reception 0161 624 2727 / 24 hour advice line 0161 785 5635.

**Email:** [info@drkershawshospice.org.uk](mailto:info@drkershawshospice.org.uk)

**Meet at:** Turf Lane, Royton, OL2 6EU.

**Who for:** People and their families living with cancer in Oldham and surrounding areas.

### **Macclesfield Cancer Help Centre (East Cheshire)**

**Activity:** An independent charity offering complementary therapies, counselling and guest speakers in a welcoming and relaxed environment.

**Contact:** Cancer Help Centre 07981 899526, [www.macclesfieldcancerhelp.com](http://www.macclesfieldcancerhelp.com), or Janet Parkinson or Julia Berry at the Macmillan Cancer Resource Centre on 01625 663128/9 for general information.

**Email:** [macchelp@googlemail.com](mailto:macchelp@googlemail.com)

**Date / time:** Open Tuesdays 10am – 2pm.

**Meet at:** Prestbury Methodist Church, SK10 4BN.

**Who for:** For anyone living with or beyond cancer.

### **Macmillan Drop-in Centre (Tameside)**

**Activity:** Information, support and advice, including group relaxation and 'Headstart', scarf tying for ladies with hair loss due to treatment.

**Contact:** Sue Robinson or Lindsey Butler, Macmillan Cancer Nursing Service Co-ordinator 0161 922 6685.

**Email:** [sue.robinson@tgh.nhs.uk](mailto:sue.robinson@tgh.nhs.uk)

**Date / time:** First and third Tuesday of the month, 10am – 12.00 noon.

**Meet at:** Ground floor Ladysmith Building, Day Service, Fountain Street, Tameside Hospital OL6 9RW.

**Who for:** For people living with cancer and their family and friends from all areas.

### **Macmillan Information and support service (East Cheshire)**

**Activity:** Drop in facility for emotional/psychological support. Appointment system in place for counselling, complementary therapies and hypnotherapy. Also offers living with and beyond cancer support groups.

**Contact:** Janet Parkinson or Julia Berry 01625 663128/9, Macmillan Cancer Resource Centre, Macclesfield.

**Email:** [janet.parkinson3@nhs.net](mailto:janet.parkinson3@nhs.net), [julia.berry1@nhs.net](mailto:julia.berry1@nhs.net)

**Date / time:** Open 8.30am-5pm Monday to Thursday and 8.30am-4pm Friday.

**Meet at:** The Centre is located on the ground floor near the rear car park at Macclesfield District General Hospital, SK10 3BL.

**Who for:** Available to East Cheshire NHS Trust patients post treatment.

### **Macmillan Wellbeing Centre (Trafford)**

**Activity:** Provides psychological and emotional support, including therapeutic groups to help people build confidence, manage fatigue, promote relaxation, and practice gentle exercise and yoga. Complementary therapies and counselling are also offered.

**Contact:** 0161 746 2080

**Email:** cancerinformation-trafford@nhs.net

**Date / time:** Monday to Thursday 9am – 5pm, Friday 9am – 4.30pm.

**Meet at:** Macmillan Wellbeing Centre, in the grounds of Trafford General Hospital, Moorside Road, Davyhulme, M41 5SN.

**Who for:** For patients and family members affected by diagnosis, illness or treatment. The service is open to anyone over the age of 18 who lives in Trafford or has a Trafford GP.

### **Maggie's Manchester (Central Manchester)**

**Activity:** Maggie's Manchester provides free practical, emotional and social support, including courses and groups. Built in the grounds of The Christie Hospital, the Centre is a warm and welcoming place, with professional staff on hand to offer the support people need to find their way through cancer.

[www.maggiescentres.org/manchester](http://www.maggiescentres.org/manchester)

**Contact:** 0161 641 4848

**Email:** manchester@maggiescentres.org

**Date / time:** Monday to Friday from 9am – 5pm. Drop in, no referral required.

**Meet at:** Maggie's Manchester, The Christie Hospital, 15 Kinnaird Road, M20 4QL.

**Who for:** For people with cancer and their family and friends. People can drop-in at any time – everyone is always welcome.

### **Mid-Cheshire Macmillan Information & Support Service (Crewe)**

**Activity:** Counselling (six sessions of one hour each) and complementary therapy (4 sessions of one hour each).

**Contact:** Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603

**Email:** julie.pieczarka@nhs.net

**Date / time:** Counselling offered on Monday, Thursday and Friday; complementary therapy on a Monday and Wednesday.

**Meet at:** Macmillan Cancer Unit, Mid-Cheshire Hospitals NHS Foundation Trust, Leighton Hospital, Cheshire, CW1 4QJ.

**Who for:** For Mid-Cheshire patients and their carers and families.

### **Neil Cliffe Centre (Wythenshawe)**

**Activity:** Offers a range of services co-ordinated by a keyworker, including complementary therapies, counselling, occupational therapy, fatigue management, dietary advice and craft group.

**Contact:** 0161 291 2912

**Email:** enquiries@sah.org.uk

**Date / time:** Monday to Friday, 9am – 5pm.

**Meet at:** The Neil Cliffe Centre, Wythenshawe Hospital, Southmoor Road, M23 9LT.

**Who for:** Provides outpatient services to people at any stage of their illness, including living with and beyond cancer. Support services also available for family and carers. The centre can be contacted directly or a referral made through a GP or other health professional. Part of the St Ann's Hospice organisation.

### **Oldham Cancer Support Centre (Oldham)**

**Activity:** Emotional and practical support, including counselling and complementary therapies.

**Contact:** 0161 770 8751

**Email:** oldhamcancersupportcentre@hotmail.co.uk

**Date / time:** Monday to Thursday 9.30am-3.30pm, Thursday 12.30-6pm

**Meet at:** Ena Hughes Centre, Ellesmere Street, Failsworth M35 9AD.

**Who for:** Anyone living with cancer, including family and carers. [www.oldhamcancersupportcentre.com](http://www.oldhamcancersupportcentre.com)

## **The Christie At Oldham (Oldham)**

**Activity:** Complementary therapy.

**Contact:** Support Staff on 0161 918 7700.

**Date / time:** 10am-4pm on Wednesday, Thursday and Friday.

**Meet at:** The Complementary Therapy Room at the Macmillan Cancer Information and Support Centre, Royal Oldham Hospital, OL1 2JH.

**Who for:** For Christie patients and carers attending for radiotherapy only.

## **Wythenshawe Cancer Information and Support Centre (Wythenshawe)**

**Activity:** Offers hand, shoulder or foot massage and also a counselling service, including general, bereavement and specialist psychosexual counselling.

**Contact:** Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** debbie.smith2@uhsm.nhs.uk

**Date / time:** Massage on Wednesdays 2-4pm; the counselling service is usually Mondays and Thursdays.

**Meet at:** Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, M23 9LT.

**Who for:** For Wythenshawe or Withington hospital outpatients affected by cancer, their families and carers.

## **Mindfulness & meditation**

### **Macmillan Connections - Yoga & Mindfulness (Wythenshawe)**

**Activity:** Yoga sessions alternating each week with mindfulness sessions, exploring different techniques, including body awareness, breathing mindfulness and compassion practices. First session free, then £2.50 each time to cover cost of room hire.

**Contact:** Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** debbie.smith2@uhsm.nhs.uk

**Date / time:** Every Thursday, 7.15 – 8.30pm.

**Meet at:** Benchill Community Centre, Benchill Road, M22 8EJ.

**Who for:** Anyone affected by cancer and other long term conditions. Please contact in advance of attending.

### **Mindfulness Meditation - Beechwood Cancer Care (Stockport)**

**Activity:** A course to discover and practice mindfulness meditation techniques, focusing on senses, body, breath and being kind to the self.

**Contact:** Liz on 0161 476 0384.

**Email:** enquiries@beechwoodcancercare.co.uk

**Date / time:** Daytime, one afternoon a week for five weeks.

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Who for:** Open to all Beechwood clients past and present. The Centre can be contacted directly or a referral made through a GP or other medical professional.

## **Physical activity**

### **F.A.C.T. - Fit After Cancer Treatment (Manchester)**

**Activity:** Mini grants scheme up to the value of £100 for individuals after their cancer treatment. The grant must be used by the individual towards well-being activity. Funded through Greater Sport, Greater Manchester Sports Partnership.

**Contact:** 07498 693 143

**Email:** fact.welcome@gmail.com

**Date / time:** Various.

**Meet at:** Various.

**Who for:** Currently for City of Manchester residents living with and beyond cancer. Referral by a professional, self-referral or family/friends of the individual living with and beyond cancer.

### **Macmillan Active Manchester (Manchester, Stockport, Trafford)**

**Activity:** A physical activity behaviour change service for people living with and beyond cancer. Programmes built around individual's needs and delivered by team of activity coaches specially trained in working with cancer patients. A partnership activity between Manchester Giants and Macmillan Cancer Support, funded through Sport England. [www.macmillanactivemanchester.com](http://www.macmillanactivemanchester.com)

**Contact:** 07745 259 419 / 0845 257 8845.

**Email:** [macmillancancer@manchestergiants.com](mailto:macmillancancer@manchestergiants.com)

**Date / time:** Various.

**Meet at:** Various.

**Who for:** Currently for City of Manchester, Stockport and Trafford residents living with and beyond cancer. Referral by a professional or self-referral.

### **'Move more' exercise referrals (South and East Cheshire)**

**Activity:** Supported return to exercise provided by level 4 exercise instructors experienced in cancer rehabilitation. Bespoke exercise programme and supported sessions. £3.60 per session.

**Contact:** Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603.

**Email:** [julie.pieczarka@nhs.net](mailto:julie.pieczarka@nhs.net)

**Date / time:** Various.

**Meet at:** 'Move more' is provided by Everybody Health and Leisure at Crewe, Nantwich, Congleton, Wilmslow and Macclesfield Leisure Centres.

**Who for:** For Mid-Cheshire patients.

### **Paddlers for Life (Gorton)**

**Activity:** Paddlers for Life is a UK charity for cancer survivors, particularly breast cancer, and supporters. It promotes exercise through dragon boat paddling. The physical activity and team support foster the wellbeing of those with experience of cancer.

**Contact:** Ann Johnson, 07976 529708.

**Email:** [ann.johnson57@btinternet.com](mailto:ann.johnson57@btinternet.com)

**Date / time:** Saturday mornings from 10am, April to October.

**Meet at:** Debdale Outdoor Centre, Hyde Road, M18 7LJ.

**Who for:** For people who have been treated for breast cancer or other cancers and also their family members and friends who wish to support them.

### **Tai Chi – Beechwood Cancer Care (Stockport)**

**Activity:** Gentle exercise and stress relief adapted for people with health problems.

**Contact:** 0161 476 0384.

**Email:** [enquiries@beechwoodcancercare.co.uk](mailto:enquiries@beechwoodcancercare.co.uk)

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Date / time:** Every Wednesday 2 – 3pm.

**Who for:** For those who have been affected by cancer in one way or another.

### **The Physical Activity Referral Scheme – PARS (Manchester)**

**Other areas of Greater Manchester offer similar schemes**

**Activity:** PARS helps people living with long term health conditions to increase their levels of physical activity in a safe and structured environment. The service provides health screening and advice as well as access to exercise sessions led by highly qualified exercise professionals. The sessions are run across Manchester in local leisure and community centres. There is a small charge for each activity.

**Contact:** The Physical Activity Referral Scheme (PARS), Manchester Mental Health and Social Care Trust, 0161 230 1857.

**Date / time:** Various.

**Meet at:** Various.

**Who for:** People in Manchester with long term health conditions, including cancer. Referral through GP or health professional.

## Volunteering

Many of the services on this list rely on volunteer support. Contact them directly to see what opportunities are currently available.

### Volunteer Centre Manchester (Manchester)

**Activity:** The Centre provides web-based information, support and training to Manchester residents who would like to volunteer. This includes an online directory of volunteer opportunities.

**Contact:** 0161 830 4770 or through an online message, see [www.manchestercommunitycentral.org](http://www.manchestercommunitycentral.org)

**Who for:** Manchester residents over 18 yrs.

## Walking

### Green Giants Health Walks (Manchester)

**Activity:** Gentle health walks in Manchester's parks in small, friendly groups. Run through Macmillan Active Manchester. [www.macmillanactivemanchester.com](http://www.macmillanactivemanchester.com)

**Contact:** 07745 259 419 / 0845 257 8845.

**Email:** [d.johnson@manchestergiants.com](mailto:d.johnson@manchestergiants.com), [macmillancancer@manchestergiants.com](mailto:macmillancancer@manchestergiants.com)

**Date / time:** Various.

**Meet at:** Various.

**Who for:** Currently for City of Manchester, Stockport and Trafford residents living with and beyond cancer. Referral by a professional or self-referral.

### Let's Walk & Talk Cancer Walking Group (Salford)

**Activity:** A warm and welcoming group in which people can walk as little or as often as they would like to.

**Contact:** The Salford Cancer Information and Support Service on 0161 206 1455 or 0161 918 7804.

**Email:** [janet.atherton@srft.nhs.uk](mailto:janet.atherton@srft.nhs.uk)

**Date / time:** Monthly on a Wednesday at 1pm, plus monthly evening walks in the summer, usually Tuesday.

**Meet at:** Walks take place in and around the green spaces of Salford, including parks, beauty spots and local heritage.

**Who for:** Open to anyone who is living with cancer or is caring for someone with cancer.

### Macmillan Connections Walk – Bramhall Park (Cheshire)

**Activity:** Short, gentle walks in a supportive and friendly atmosphere, followed by coffee.

**Contact:** Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** [helen.adamson@uhsm.nhs.uk](mailto:helen.adamson@uhsm.nhs.uk)

**Date / time:** The 1<sup>st</sup> and 3<sup>rd</sup> Friday and 2<sup>nd</sup> and 4<sup>th</sup> Saturday of the month.

**Meet at:** Meet in Ladybrook pub car park, Fir Road, SK7 2NP.

**Who for:** For people recovering from cancer and their friends and family.

### Macmillan Connections Walk – Dunham Massey (Cheshire)

**Activity:** A weekly walk, a little longer than the one at Styal Mill but with the same supportive friendly atmosphere.

**Contact:** Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** [helen.adamson@uhsm.nhs.uk](mailto:helen.adamson@uhsm.nhs.uk)

**Date / time:** 10.30am every Friday.

**Meet at:** Dunham Massey, Altrincham, WA14 4SJ.

**Who for:** For people recovering from cancer and their friends and family.

### Macmillan Connections Walk – Styal Mill (Cheshire)

**Activity:** A very welcoming, supportive established walking group. A gentle 45 minute walk followed by a coffee and chat.

**Contact:** Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** [helen.adamson@uhsm.nhs.uk](mailto:helen.adamson@uhsm.nhs.uk)

**Date / time:** 10.30am every Wednesday.

**Meet at:** Styal Mill, National Trust car park, Wilmslow, SK9 4LA.

**Who for:** For people recovering from cancer and their friends and family.

### **Macmillan Connections Walk – Tatton Park (Cheshire)**

**Activity:** A four mile strenuous walk in a supportive and friendly atmosphere, followed by coffee.

**Contact:** Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

**Email:** helen.adamson@uhsm.nhs.uk

**Date / time:** First Saturday of the month, meet at 9.30am.

**Meet at:** The Knutsford gate entrance to Tatton Park.

**Who for:** For people recovering from cancer and their friends and family.

### **Manchester Health Walks (Manchester)**

**Other areas of Greater Manchester offer health walks. See individual Council sites and [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)**

**Activity:** A range of health walks – Gentle, Moderate, Indoor and Nordic – in locations across Manchester, including parks and the National Cycle Centre.

**Contact:** The Physical Activity Referral Scheme (PARS), Manchester Mental Health and Social Care Trust, 0161 230 1857.

**Date / time, meet at:** Various

**Who for:** Open to all, not just those affected by cancer. See [www.walkingforhealth.org.uk](http://www.walkingforhealth.org.uk)

### **Walking For Health – Walking group (East Cheshire)**

**Activity:** Monthly walks planned in East Cheshire by Walking for Health trained leaders. Walks usually last one hour. Refreshments organised at the end of each walk.

**Contact:** Janet Parkinson or Julia Berry 01625 663128/9, Macmillan Cancer Resource Centre, Macclesfield.

**Email:** janet.parkinson3@nhs.net, julia.berry1@nhs.net

**Date / time:** Dates and times vary.

**Who for:** Open to anyone affected by cancer, including family and friends.

### **Walking group (North Manchester / Bury)**

**Activity:** A walking group set up by Bury's 'I Will If You Will' initiative in conjunction with the Macmillan Information and Support Centre at North Manchester General Hospital.

**Contact:** Macmillan Information and Support Centre at North Manchester General Hospital, 0161 604 5244

**Email:** macmillan.infocentre@pat.nhs.uk

**Date / time:** Tuesday mornings, 11am.

**Meet at:** Contact the Centre for locations.

**Who for:** People who have been affected by cancer, including family and friends.

## **Web-based support**

### **Living With & Beyond Cancer – A Guide For Patients: The Christie**

**Activity:** A range of on-line resources that patients may find useful after they finish treatment, including patient testimonials, the Life Ahead Plan, and podcasts on various themes such as dealing with fatigue and getting back to work.

**Website address:** <http://www.christie.nhs.uk/patients-and-visitors/living-with-and-beyond-cancer/>

**Who for:** Anyone affected by cancer.

### **Macmillan Online Community**

**Activity:** A range of online groups, covering different cancer types and experiences. The Community has simple guidelines to follow and the content is moderated regularly.

**Website address:** <http://community.macmillan.org.uk/>

**Date / time:** Open 24 hours a day, 7 days a week.

**Who for:** Anyone over 16 years affected by cancer in any way.



## Work

### **Back to Work Programme - Beechwood Cancer Care (Stockport)**

**Activity:** A course offering informal support and ideas to boost confidence following cancer treatment and helping prepare for the return to work.

**Contact:** Eileen or Sue on 0161 476 0384

**Email:** enquiries@beechwoodcancercare.co.uk

**Date / time:** Daytime, one afternoon a week for five weeks.

**Meet at:** Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS.

**Who for:** For any cancer patients. The Centre can be contacted directly or a referral made through a GP or other medical professional.

### **Vocational Rehabilitation (Withington)**

**Activity:** Expert advice and personal support to help people with cancer cope with the physical, mental and practical challenges of staying in work or finding work. Telephone advice and face to face meetings.

www.maggiescentres.org

**Contact:** Stephen Wallwork, Vocational Rehabilitation Case Manager, 0161 446 8498 / 07980 921 215

**Email:** stephen.wallwork@maggiescentres.org

**Date / time:** Monday to Friday, daytime.

**Meet at:** Maggie's Manchester, The Christie Hospital, 15 Kinnaird Road, M20 4QL.

**Who for:** For people affected by cancer.

## Young people

### **Climbing Out (Lake District)**

**Activity:** Climbing Out fully funds 5 day outdoor activity programmes aimed at rebuilding confidence and self esteem in young people facing life changing injury or illness. All the activities are adapted to suit the needs and capabilities of each individual, making the week achievable for everyone. Social activities are also held each evening. www.climbingout.org.uk

**Contact:** Kelda Wood, 07977 574785

**Email:** info@keldawood.co.uk

**Date / time:** During the year.

**Meet at:** The Lake District.

**Who for:** The programmes are available to any young person aged 16 years and over who has been through a life changing injury or illness.

### **Survivorship programme (Manchester)**

**Activity:** This 2 day patient conference is provided by The Christie and Teenage Cancer Trust. The programme focuses on life after treatment and includes workshops and information on finances, relationships, sexual health, education and employment and physical activity.

**Contact:** 0161 446 8247, 07884313171

**Email:** david.wright@christie.nhs.uk

**Date / time:** Every 6 months.

**Meet at:** Chancellors Hotel, Fallowfield, M14 6ZT.

**Who for:** For young people across the North West aged between 13-25 who have been treated for cancer.

### **Teen To Twenties (South Manchester & City Centre)**

**Activity:** This social group run by the Teenage Cancer Trust goes out for meals, bowling, crazy golf and other activities, funded by the Trust. It is an ideal place to meet others who have had treatment. People are encouraged to bring a friend to the first two or three meetings until they get to know people.

**Contact:** 0161 446 8247, 07884313171

**Email:** david.wright@christie.nhs.uk

**Meet at:** Various but usually around South Manchester or the city centre.

**Date / time:** Every month (usually the last Thursday).

**Who for:** For any young person aged 16 – 25 who has had a cancer diagnosis.