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| **Area** | **Type** | **How to access?** |
| Bury | Bury Cancer Support Centre offer a weekly zoom talk and support service on Mon between 1:30 - 3, supported by coaches and a counsellor. The service also offers appointment-only complimentary therapies, counselling and weekly health walks. Their only criteria is that the patient can get to the Centre. | The patient must be registered with the service. |
| National | Melanoma UK offer a weekly zoom support group on a Thursday evening at 8pm. | They can be contacted via Facebook at Melanoma UK or telephone 0808 171 2455. |
| Oldham | The Maggie’s centre at Royal Oldham Hospital offer weekly support and activities to patients, including yoga, exercise, look good – feel better (women), will writing, relaxation and expressive art. | To join the activities patients need to contact Maggie’s on 0161 989 0550 or [Oldham@maggies.org](mailto:Oldham@maggies.org) |
| National? | Bupa are in partnership with Macmillan. They offer 6 sessions of counselling which is one-to-one. | For anyone over the age of 18, you have to contact the Macmillan support line (on 0808 808 0000) to access it and then Bupa will contact the patient. They were trying to develop an online self-referral service but has not been approved yet. |
| Wythenshawe, Withington, Trafford | CNS team arranging a virtual Skin Health & Wellbeing event for patients/carers/families based at Wythenshawe, Withington and Trafford. This will be coordinated and supported by our Macmillan Cancer Care Co-Ordinators and the CNS’s. | Once this is all prepared then the invites will go out some time in the New Year. |
| Heywood, Middleton, Rochdale | 12-week exercise referral scheme ran by Link4Life.  They offer a variety of exercise activities. | Patient’s need to be referred into the scheme by a medical professional. |
| Salford | There is a ‘CAN move offer’ for Salford patients. This is specifically for cancer patients post treatment (they link with the prehab 4 cancer). |  |
| Stockport | Walking for health, MOVE against cancer, Stockport Life Leisure PARiS scheme | Patients can self-refer |
| Resources | <https://www.cancercaremap.org/care-provider/skin-support>  <https://skinsupport.org.uk/>  <https://www.britishskinfoundation.org.uk/>  <https://www.skcin.org/> |  |