

When you don't know where to turn for help a HNA can point you in the right direction. You might be surprised at what we can solve together.

We will work with you to understand your worries and what is really important to you. We will then work with you to develop a plan to help you feel more in control.

Your loved ones are welcome to be involved. If we can't help you in your appointment we will find someone who can and connect you to them. We are here to help and support you throughout your treatment and follow-up care.

A Holistic Needs Assessment (HNA) and Support Plan is an important part of your treatment.

Your Care Plan is likely to identify other more specific organisations, but here are some organisations that could help:

MACMILLAN
CANCER SUPPORT

www.macmillan.org.uk

0808 808 00 00

You can visit a Macmillan Information Centre in person at your local hospital



MAGGIE'S
Everyone's home of cancer care

You can also visit a Maggie's Centre in Manchester and Oldham

www.maggies.org

Manchester

0161 641 4848

Oldham

0161 989 0550



www.cancercaremap.org

You can also speak to your Clinical Nurse Specialist (CNS) or Cancer Care Coordinator (CCC)

This information can be made available in alternative formats, such as easy read or large print, and may be available in alternative languages, upon request. Please contact the team by email on:

gmcancer.comms@nhs.net

or by writing to

**The Greater Manchester Cancer Alliance (Comms),
c/o The Christie NHS Foundation Trust,
Wilmslow Road,
Manchester M20 4BX**



gmcancer.org.uk

Developed with patients and carers as part of the GM Cancer Alliance's Personalised Care Programme – "Promoting Person Centred Care for People Navigating Life with Cancer"

You can talk to your team about anything; it doesn't just need to be about your treatment

What should I be eating to help?

Is it true that I could be living with the effects of my treatment long term?

I'm worried my cancer will come back

Am I still able to be active?

Is there anyone who can help me to travel to appointments?

Why is this happening to me?

Why am I so angry and irritable and not sleeping?

What happens if I'm too unwell to work and cannot pay my bills?

Does my cancer put my children at risk of cancer?

Am I suitable for any clinical trials?

Who will look after my elderly parents whilst I'm too unwell to care for them?

Why am I so tired when I sleep all the time?

Who can I speak to about relationship or sexual difficulties?



Patients have told us that having a HNA has made them feel supported

I felt relief that finally I was able to talk about my worries after bottling them up for so long

I found out about local support groups to help me with my anxiety and realised I was not alone

It made me feel in control of my life

I always felt uplifted after having a chat and it helped me open up to my family

I was given information about where I could go to talk about my financial worries

