

Counselling provision for people affected by cancer across MFT

- an overview



Manchester University
NHS Foundation Trust

MFT's Macmillan Counsellors & Psychological Support Coordinators:
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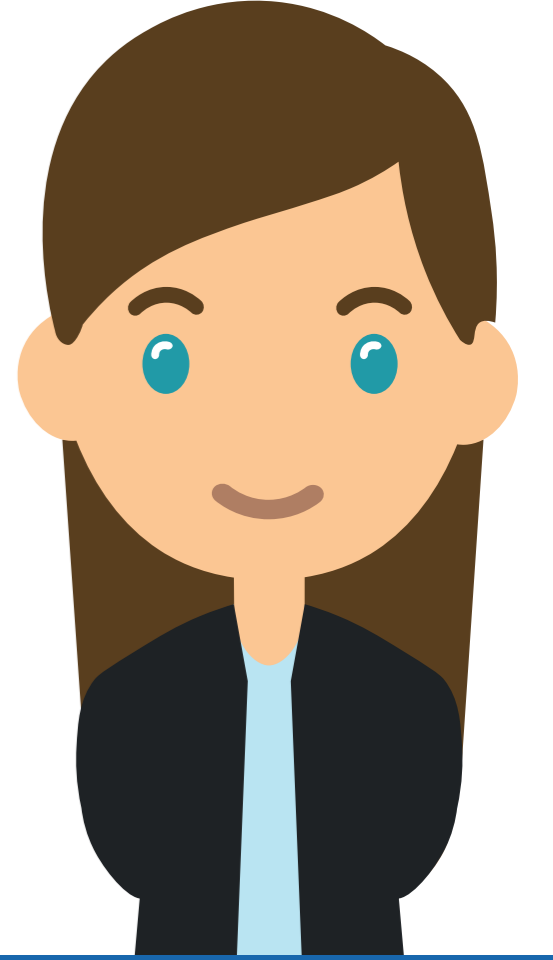
Email: counselling@mft.nhs.uk

Background and Aims:

Since 2017 Manchester University NHS Foundation Trust (MFT) has continuously invested in the equitable provision of counselling for People Affected by Cancer across Greater Manchester. In 2018 Wythenshawe Hospital (WTWA) began providing Level 3 (NICE Guidance 2004) person-centred counselling support to patients and their families in the Macmillan Information Centre. The success of the service encouraged MFT and Macmillan to invest in replication at both the Oxford Road Campus (ORC which includes MRI and St Mary's Hospital) and North Manchester General Hospital (NMGH). The services operate using a volunteer model, with both student and qualified counsellors providing counselling support to patients and family members. Each service is managed by its Macmillan Counsellor and Psychological Support Coordinator and is identical in terms of management, governance and operation. Our aim is to provide equitable access to counselling support across the MFT region, provided by counsellors who are specialists in this area.

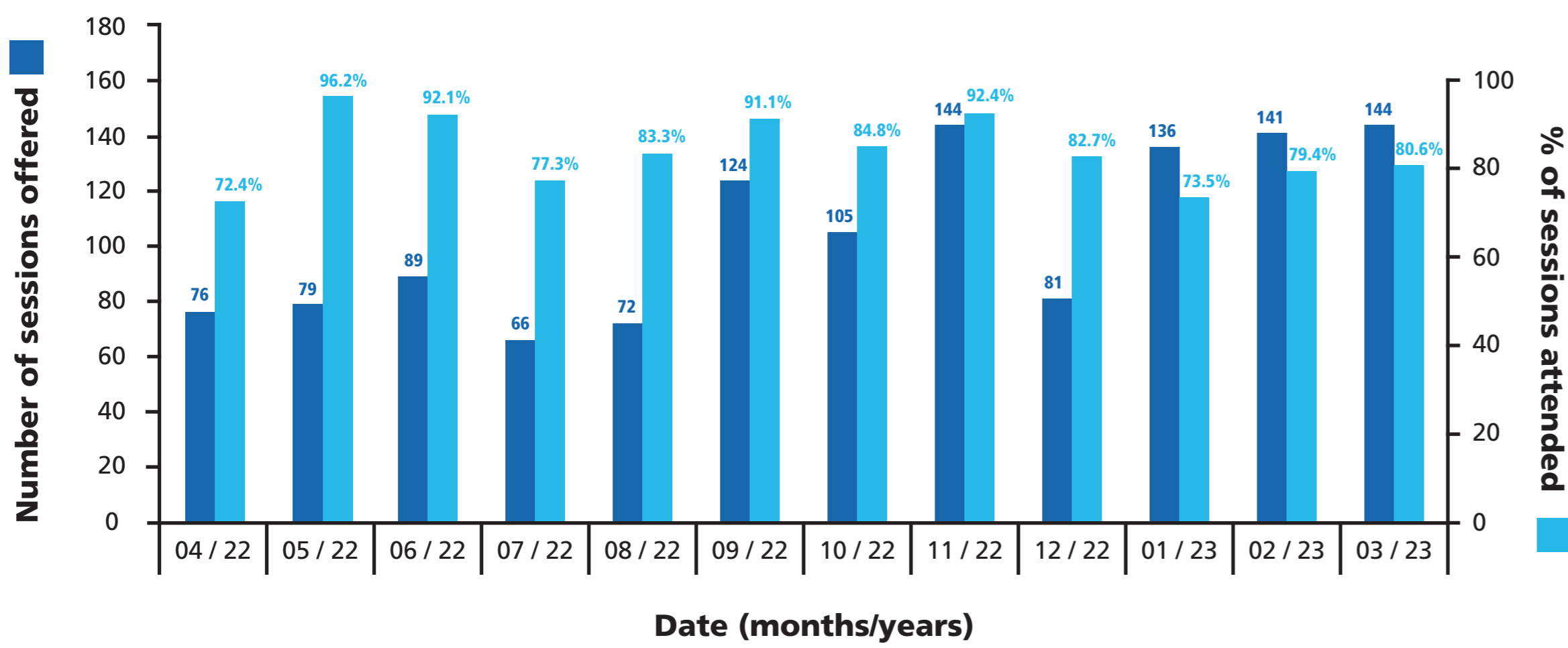
Methods:

Tumour group and sessional data has been collated from all three services across the MFT region for the time periods 2022-2023 and 2023-2024 to show how and by whom the services are being accessed across the MFT region.

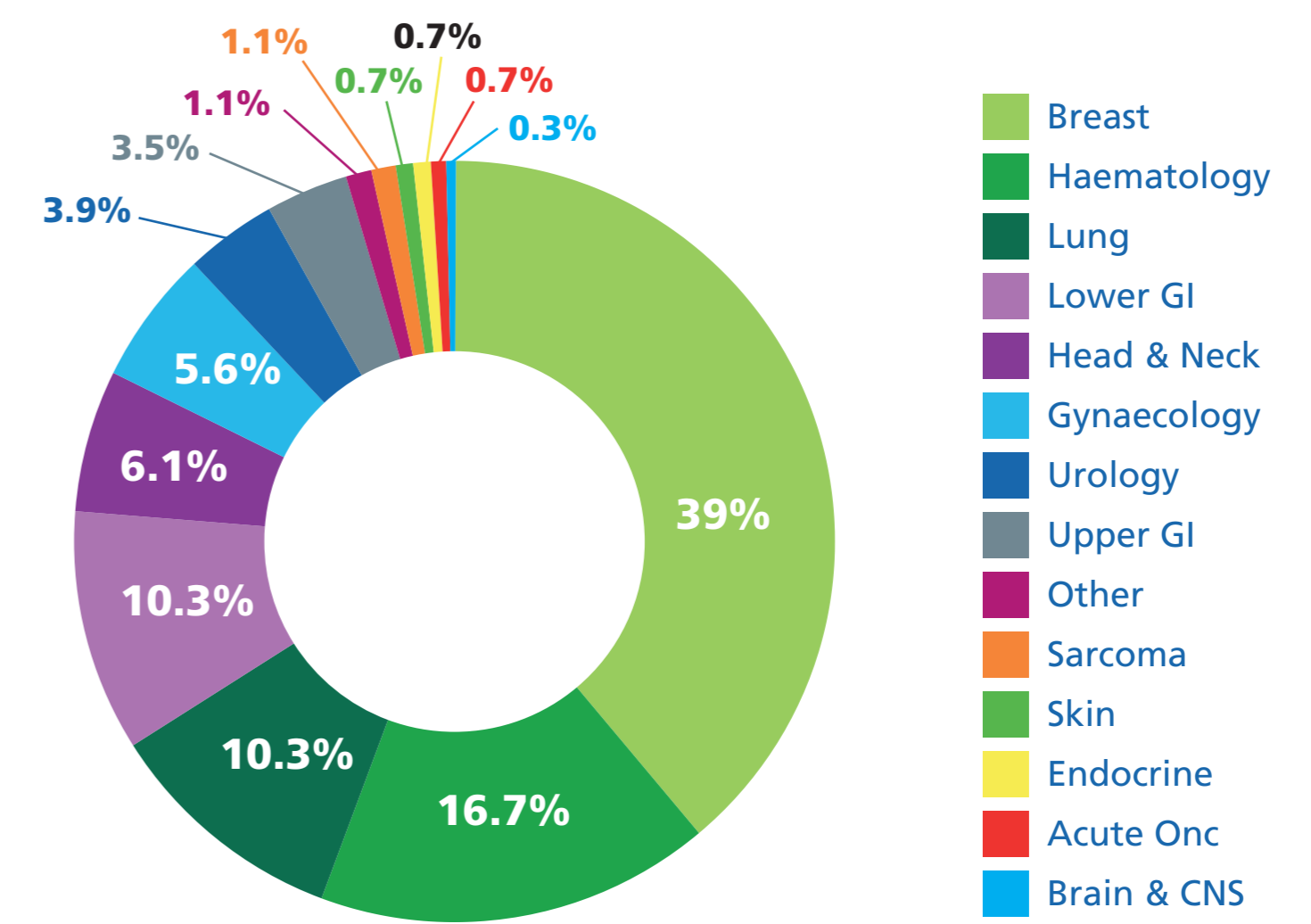


Results:

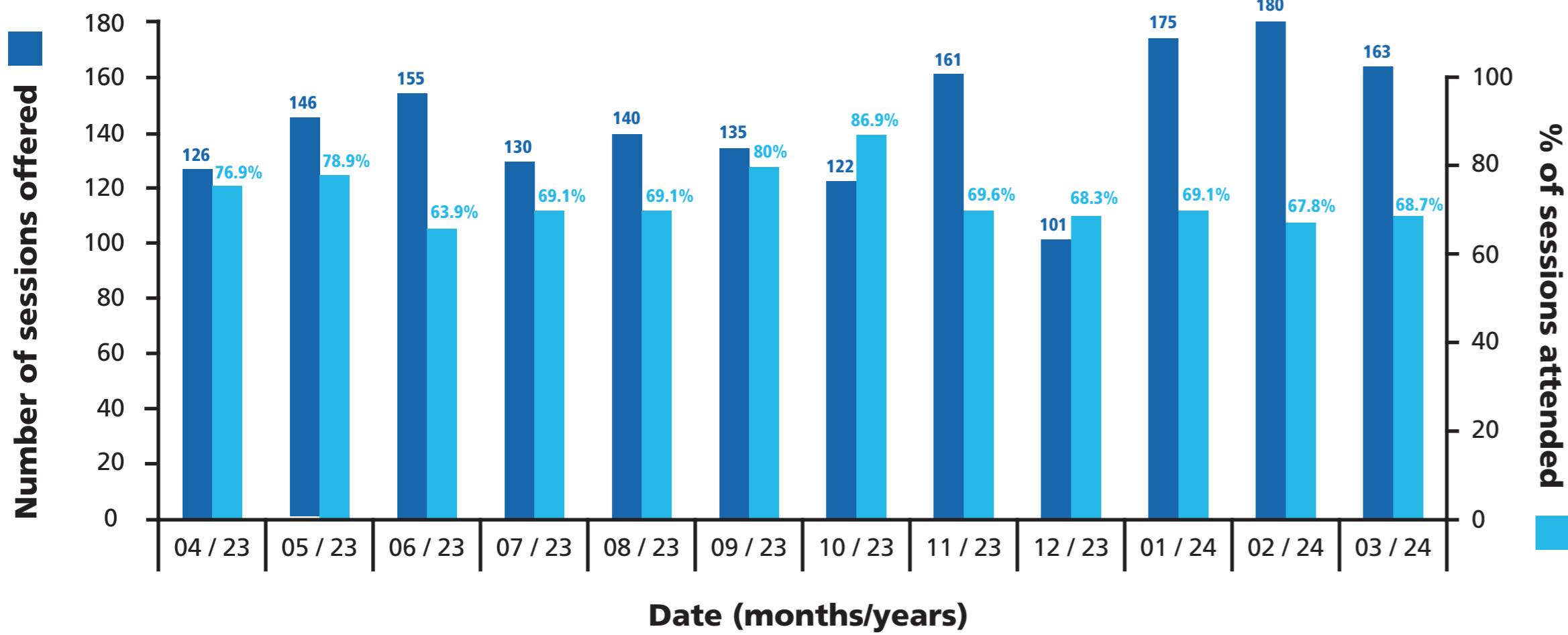
Sessional Data 2022-23



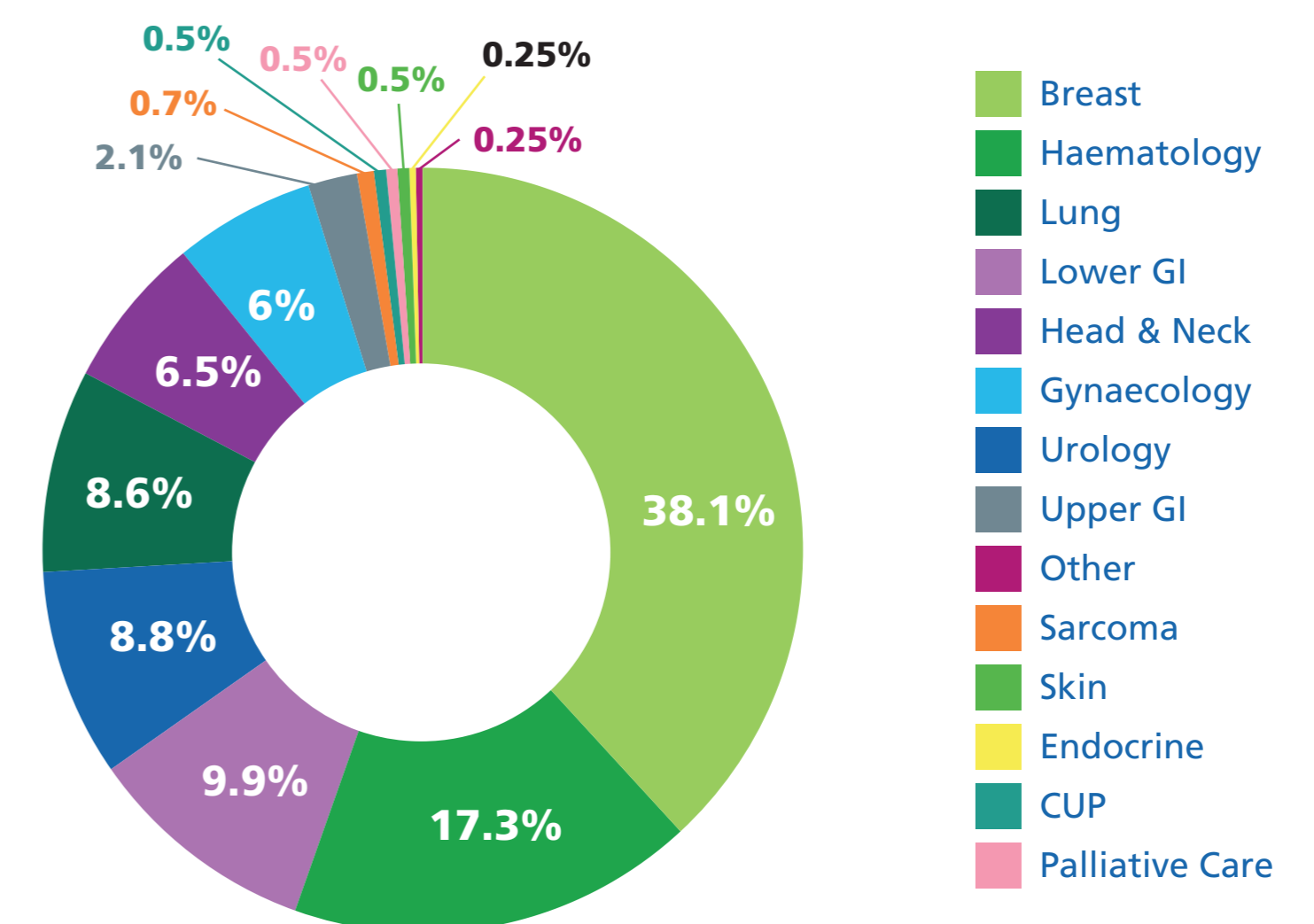
Tumour Group Supported 2022-23



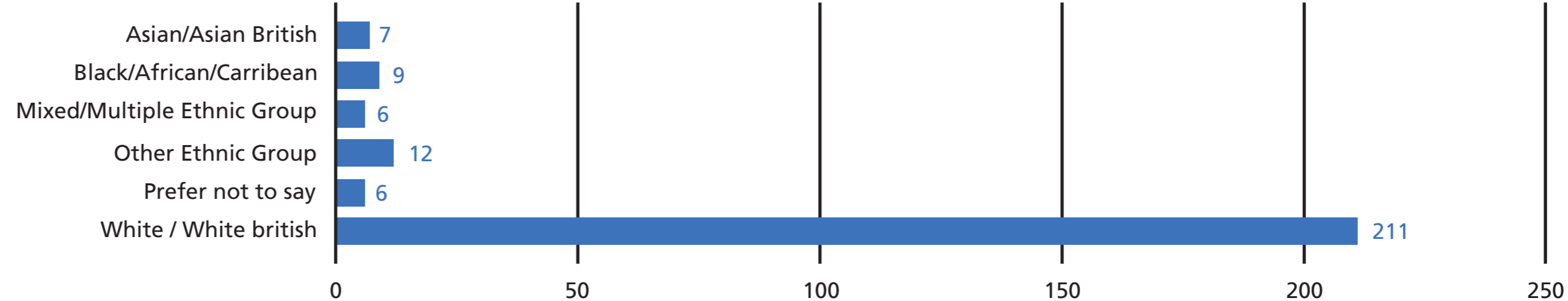
Sessional Data 2023-24



Tumour Group Supported 2023-24



Ethnicity 2023-2024



Conclusion:

The data shows the breadth of support offered across the region. Access and attendance at counselling sessions is consistently high demonstrating a high level of service user engagement. The development and provision of such high-quality counselling placements is helping to empower, create, support and sustain a cancer specialist workforce of L3 counsellors with a thorough understanding of both the NHS and Macmillan within MFT. These services provide consistently professional, accessible, person-centred counselling support to patients and families across the region. Looking forward, we will be focussing on increasing and improving provision of our counselling services for our ethnic minority groups across the Trust. We are passionate that this support should be available to all people affected by cancer, regardless of geography.

"My experience of working as a volunteer counsellor has challenged me as a trainee and qualified counsellor and provided me with some amazing experiences that has facilitated my learning and helped me grow and develop my practice."

"This counselling was a lifeline when I felt most hopeless. It helped me explore and crystallise my thoughts and leads me to embrace the future with hope - thank you!"

