

Live Well with Cancer

Trafford Locality Report



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Executive Summary

In May 2021 Mayor Andy Burnham pledged in his manifesto to create a *holistic, specific* “Live Well with Cancer” programme in Greater Manchester. The premise of this pledge is that everyone who has received a cancer diagnosis deserves high quality care that addresses their wider health and wellbeing needs. However, there is no consistent way across Greater Manchester for someone newly diagnosed to find out about the support available to them, and for all their needs to be assessed.

In response to the manifesto commitment, Greater Manchester Cancer, Greater Manchester Integrated Care, Greater Manchester Combined Authority and Macmillan Cancer Support, have come together to create the *Greater Manchester Live Well with Cancer Programme*. This programme aims to join up the different forms of care and support already available, or in development, across Greater Manchester. This will be done using an iterative approach across each locality producing a report for each of these boroughs which will feed into a final finding and evaluation document covering the whole of Greater Manchester.

This report will explore the discoveries made when we worked with key stakeholders in Trafford to scope out what it would take to build a *Live Well with Cancer* offer. Through working together via 1:1 meetings, service provider visits and online steering group meetings between November 2024 and January 2025, we were able to build a picture of what is already in place for people affected by cancer.

Our time in this locality culminated in a stakeholder engagement event where key individuals came together to examine how it would be possible to build on this and what a great Live Well with Cancer (LWwC) offer in Trafford could be.

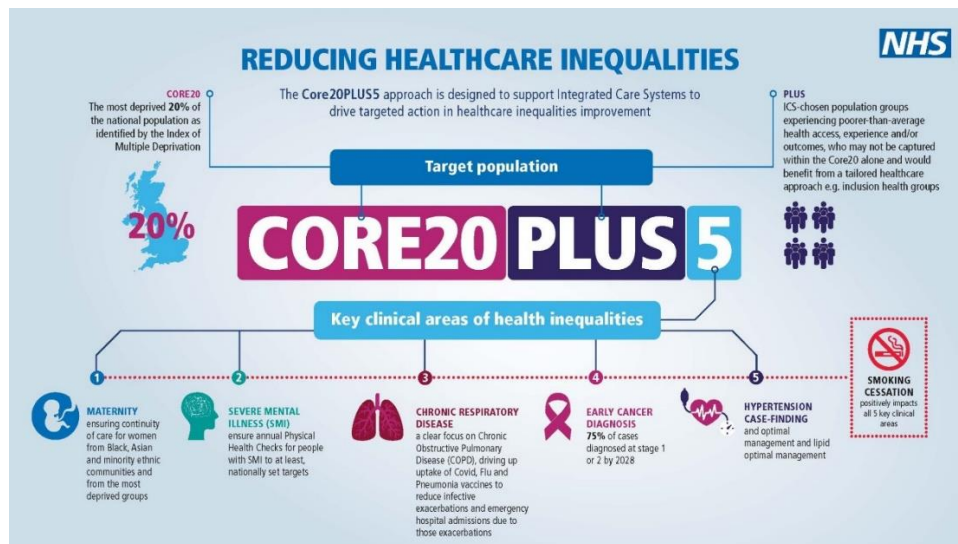


Introduction

Made up of 10 boroughs and two cities, **Greater Manchester** covers an area of 493 square miles. It is the second largest urban area in the United Kingdom, after Greater London¹.

The population of Greater Manchester, according to the 2021 Census, was 2,867,769. The population growth rate in Greater Manchester between 2011 and 2021 was 6.9% (185,241 more residents), higher than both England (6.6%) and the North West (5.2%).² Statistics also show that the population increases across virtually all ethnic minority groups have been a big factor in the growth of Greater Manchester's total population. In 2021, there were some 281,000 more residents from Asian, Black, Mixed and 'Other' populations in Greater Manchester than in 2011, an increase of 51.9%.

The Health and Care Act 2022 introduced a range of Integrated Care Board (ICB) with obligations in relation to health inequalities, which should underpin everything we do. To help guide action, NHS England has developed an approach – 'Core20PLUS5' – which focuses on reducing inequalities by targeting efforts at the most deprived 20% of the national population³.



Core20Plus5 Infographic, NHSE, 2021³

By working with our colleagues in the Greater Manchester Integrated Care Partnership we will ensure that we align with their proposed Equality Objectives and associated actions aligned to this approach⁴.

The boroughs of Greater Manchester are incredibly diverse with health and social care delivered by different providers. By employing a place-based approach to the scoping, mapping and engagement process that redefines services, and puts individuals, families and communities at its heart, we can understand the offer for people affected by cancer and any gaps that need to be addressed. By working with partners across the health and social care system including the VCSFE sector and user led/community organisations we can ensure the right care and support is offered to the population of Greater Manchester.

This programme aims to become a blueprint for extending and embedding systematic, proactive holistic support for other health conditions beyond cancer.

¹ [Manchester Population 2023 – UK Population Data](#)

² [230514_population_final.pdf \(greatermanchester-ca.gov.uk\)](#)

³ [NHS England » Core20PLUS5 \(adults\) – an approach to reducing healthcare inequalities](#)

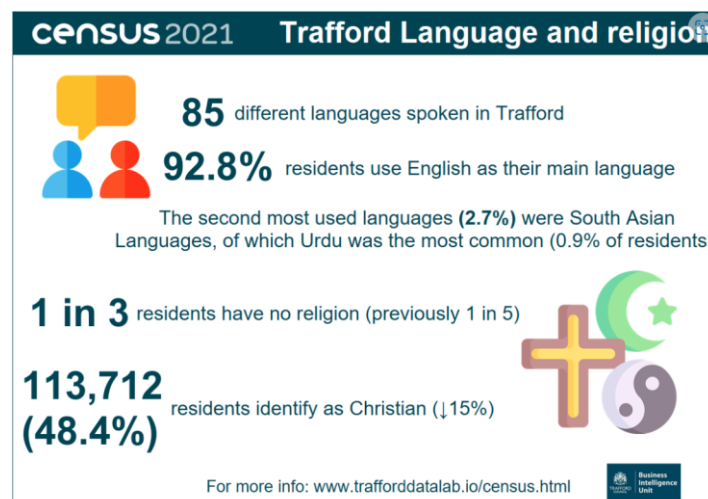
⁴ [item/equality-objectives-1.pdf \(gmintegratedcare.org.uk\)](#)



Trafford Locality

Trafford is a metropolitan borough of Greater Manchester, England, with an estimated population of 235,100 in 2021⁵. Located on Manchester’s immediate westward flank, the borough of Trafford stretches southwards into north Cheshire and includes the five main urban areas: Altrincham, Stretford, Urmston, Partington and Sale, residents may travel to surrounding areas of Salford, Manchester and Stockport to access health and wellbeing information and support (HWBIS) and vice versa. The BAME population in Trafford were found to have a younger age structure than the population as a whole. Among children and young people aged < 20 more than 1 in 5 (21.9%) belonged to a BAME group, compared with around 1 in 20 (4.8%) among those aged 65 years and over. Based on the 2019 Index of Multiple Deprivation (IMD) score, Trafford ranks 191 out of 317 local authority districts in England (1=most deprived).⁶ The infographic, containing statistics released on 09 November 2022 from the census taken on Sunday 21 March 2021, shows that there are 85 different languages spoken in Trafford. 92.8% of residents use English as their main language and the second most used languages (2.7%) were South Asian languages, of which Urdu was the most common (0.9% of residents). With regards to religion, 1 in 3 residents have no religious affiliation (previously this was 1 in 5). The number of residents identifying as Christian was 113,712, representing 48.4% of the population. This is a decrease of 15% from the previous census in 2011.⁷

Trafford language and religion:



- In 2020/21, there were 1,060 new cancer registrations in Trafford and the incidence rate (451 per 100,000) was statistically similar to the average for England (456 per 100,000) ([Cancer Services, 2021](#)).
- Data from 2020 suggests that 46.7% of cancers were in males (549 registrations) and 53.3% in females (626 registrations). Common cancers in Trafford males for 2019 were prostate (121 registrations or 22.0% of total), bowel (75 or 13.7%), and lung (67 or 12.2%). Common cancers in Trafford females were breast (187 registrations or 29.9% of total), lung (78 or 12.5%) and bowel (75 or 12.0%) ([CancerData, 2020](#)).⁸

⁵ [Trafford population change, Census 2021 – ONS](#)

⁶ [Summary of Key Demographics Aug 2022](#)

⁷ [Trafford Data Lab: Language and Religion in Trafford \(Census 2021\)](#)

⁸ [Cancer](#)



Live Well with Cancer – Trafford

Working with NHS, local authority and community organisations in Trafford, the aim is to deliver personalised cancer care, providing people with access to care and support that meets their varied and individual needs. Support should start from the moment of diagnosis to enable people to live full, healthy lives and to be as active as possible.

Building on Trafford services and systems already in place, the programme focuses on how we can knit those excellent services together around people affected by cancer. It will amplify the great offers already available, identifying where there may be gaps particularly for minority groups, and shaping this understanding into a clear offer for people living with cancer in the area. With 1 in 2 of us now being affected by cancer⁹ there has never been a more important time to explore what care and support is available.

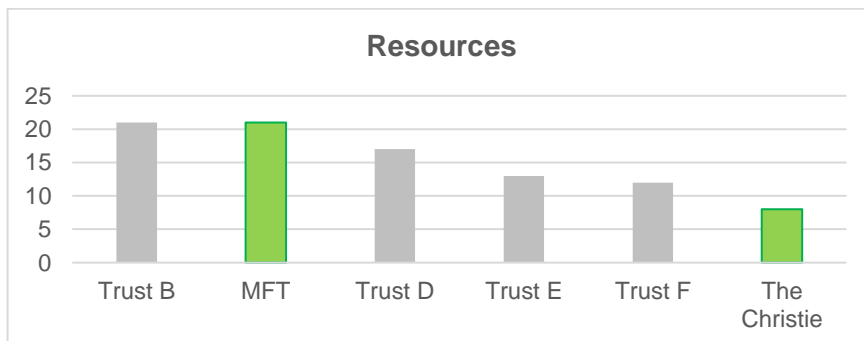
Results from HWBIS survey (highlights)

Between January and March 2023, cancer services across GM were asked to complete a survey of their Health and Wellbeing offer, including support offered ‘in house’ and details of where patients are referred for support with specific needs.

The survey is based on a self-assessment checklist which was co-produced by the NHS England National Cancer Team and Cancer Alliances, along with Alliance partners, patient and public voices representation and first circulated in GM in 2020/21.

Services were asked about the types of resource offered relating to the following areas:		
Pre-treatment	Psychological Impact	Finance
Health Promotion	Complementary	Work
Patient Activation	Therapies	
Recurrence	Late Effects	

It is difficult to understand the picture for Trafford as the survey results identified were for Manchester University NHS Foundation Trust (MFT) footprint which spans Manchester and Trafford localities we also received results from The Christie where many patients receive their cancer treatment. Responses were received from 9 clinical services, and 3 Macmillan Cancer Information and Support Services at MFT, and from 8 clinical services at The Christie.



Services at MFT identified on average 21 resources each which is above average for the GM footprint. At The Christie, services identified an average of 8 resources which is the lowest in GM.

Quality of Life & Carer Support

Services were asked about their offer for carers and family of people with cancer, and with respect to the 11 areas of focus in the Cancer Quality of Life Survey¹⁰:

Appetite problems	Late effects/treatment toxicity	Nutrition
Bowel problems	Sexual difficulties	Pain
Breathing difficulties	Musculoskeletal problems	Psychological impact
Fatigue/sleep difficulties	Nausea/vomiting	

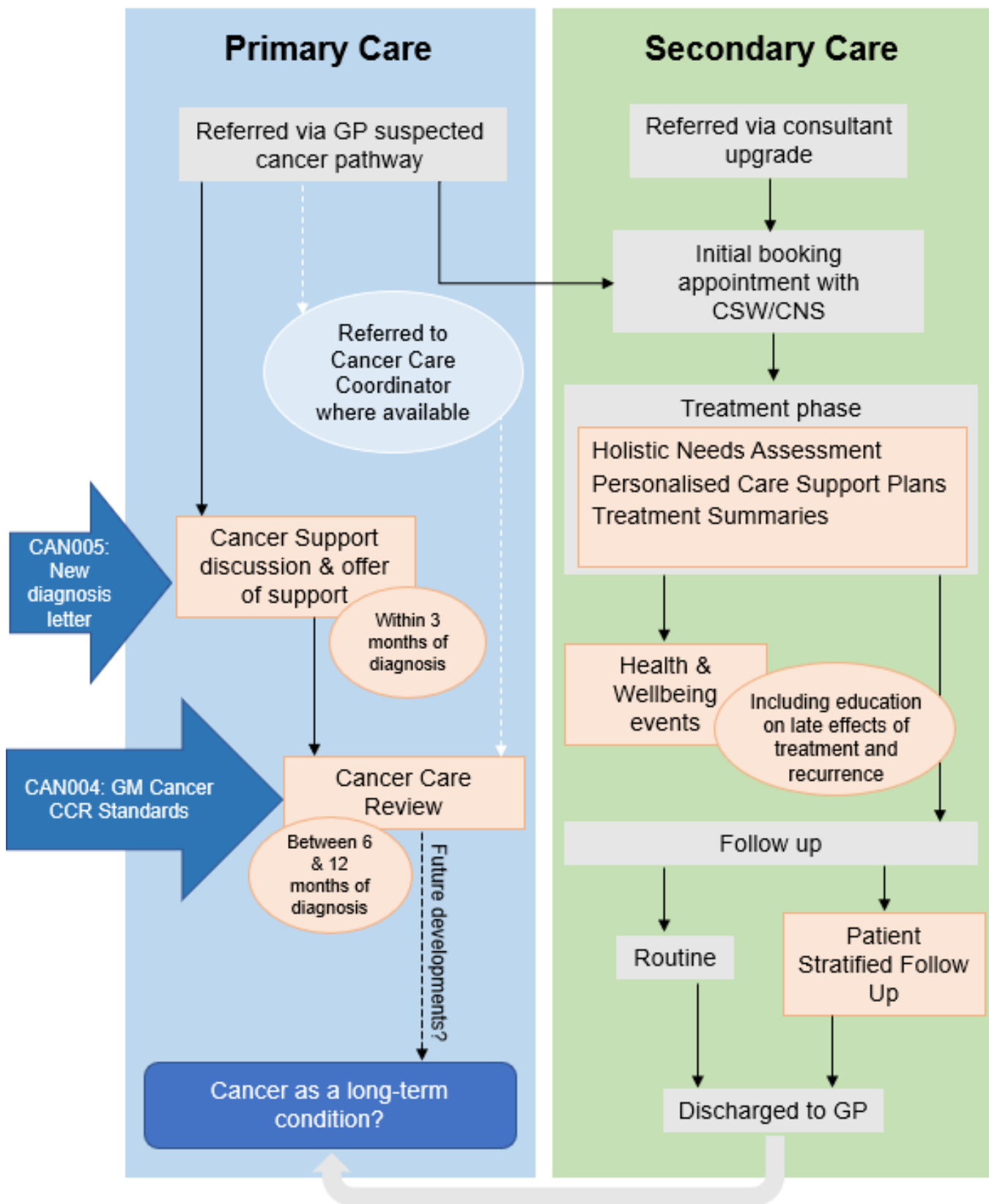
Both MFT and Christie services reported offering support within their own service for an average of 2 of these problems, and referring to other resources for an average of 5.

At both trusts, **43%** of services reported that they provide support to carers and family of people with cancer.

Conclusion

The data gathered from this exercise has supported the work of the Live Well with Cancer programme by identifying local resources in the Trafford area that work to support people affected by cancer. Whilst not all services responded to the survey and some responses were of limited value due to lack of completeness, the process has provided the LWwC workstream with a solid foundation to work from.

The Patient Pathway



Interventions & Resources

The steps below show what health and wellbeing information and support is offered in Manchester, mapped against the patient pathway. A summary of this information is available in an infographic format ([Appendix 1](#)).



Point of referral

The time between referral and a confirmed diagnosis can often be fraught with worry and uncertainty. There are multiple sources of support available prior to a cancer diagnosis including financial, work and career, peer, family & carer, homelessness, minority group support, children/teenage & young adults, older people, social isolation, and psychological support.

The Local Picture

The [Trafford Directory](#) webpage maintained by Trafford Council is an excellent place to start when looking for support at this time there is wide range of services and activities available in your local community. The Trafford **Macmillan Wellbeing Centre** is also a valuable resource to the community. They offer a confidential, free drop-in service for people who are affected by cancer, over the age of 18, and who live in Trafford or who are registered with a Trafford GP . They aim to ensure that everyone affected by cancer has access to relevant information and appropriate support offering a wide range of services to support people affected by cancer. You can find out more about them on their website [Macmillan Wellbeing Centre Trafford — Cancer Care, Support & Counselling](#) or you can telephone them on 0161 746 2080 they are open 9am - 5pm Monday to Thursday and 9am - 4.30pm on a Friday.

People from Trafford can also access the following, which whilst not based in Trafford can offer HWBIS:

Manchester **Maggies Centre** which offers help and support for anyone affected by cancer no matter what cancer type or stage of their journey [Maggie's, Manchester | Maggie's \(maggies.org\)](#) phone 0161 641 4848 or email manchester@maggies.org.

Cancer Care Diaspora [Cancer Care Diaspora - Official Site](#) phone 07885732781 or email info@cancercaresdiaspora.org. They work with black and minority ethnic communities (BME) across Greater Manchester to raise and awareness and support people affected by cancer and can also offer culturally sensitive information and support.

Can Survive UK [About us - Can-Survive UK](#) phone 0161 455 0211 or email info@can-survive.org.uk provides culturally sensitive support services and information for, however not exclusive to, Black African, Black Caribbean and other culturally diverse communities living with or affected by cancer, to enable people to build confidence, resilience and strength to overcome the challenges cancer brings.



This would also be a good time to link in with the local **Social Prescribing** offer which you can do via a referral from your **GP surgery**. Social Prescribers support people to access a range of non-medical services and activities in their local community to support their health and wellbeing. They listen to people to find out what matters to them, what changes they would like to make in their lives and help identify the best ways to achieve those changes. Their strengths-based approach helps reduce use of GP surgeries, calls to 111 and 999, visits to A&E and avoidable emergency hospital admissions, reducing crisis management of care support by connecting people to people, places and community groups and activities local to them.

Financial concerns can arise at this time and throughout the cancer experience. Advice about benefits and other financial support can be obtained via The Trafford Macmillan Wellbeing Centre or any of the cancer centers/organisations mentioned previously where specially trained welfare advisors provide welfare benefit advice and assistance to people affected by cancer. There is also an organisation specialising in support for people with asbestos related cancers in Greater Manchester [Home - Greater Manchester Asbestos Support Group \(gmavsg.org\)](#) including advice on benefits and compensation. You can also use the Trafford Directory to seek advice and support [Trafford Directory | Service Listings](#)

Booking appointment



Around this time patients should routinely be offered a holistic needs assessment (HNA). A HNA is an assessment and discussion that may be had with a patient with someone from their healthcare team, more information about these can be found here [Having a Holistic Needs Assessment | Macmillan Cancer Support](#).

The Greater Manchester Cancer Alliance Personalised Care Team are working with Manchester University NHS Foundation Trust to improve the uptake and quality of HNA's and personalised care support plans (PCSP) which are produced as a result of these assessments and include signposting information to useful resources. The timing of a HNA will be dependent on the pathway/tumour group as not all will be offered one early in the pathway. Ideas and actions from the PCSP are followed up with referrals where appropriate.

All patients with a cancer diagnosis are entitled to free prescriptions. Further information about this and the other financial benefits available can be provided by the Cancer Centre's and organisations mentioned in this document.

The Local Picture

Further support can be via cancer centres and organisations which provides support for a range of emotional, financial or practical matters relating to a cancer diagnosis and well as health and wellbeing advice and signposting to other services.

At this time it may be appropriate for patients to engage in interventions such as smoking cessation, alcohol management or dietary changes. These services can be accessed via the Trafford Directory or again via social prescribers. There is also further information here that could be helpful [How do I physically prepare for cancer treatment? | Cancer Research UK](#)



It may also be possible for a patient to be referred to [Prehab4Cancer](#) (appendix 2). This free programme is suitable for people diagnosed with upper GI, colorectal and lung cancer who are preparing for, or recovering from, cancer treatment or surgery. The programme is designed to help people take control, improve their quality of life and live well with, or beyond cancer. It involves exercise to improve fitness levels prior to, or after, treatment, nutritional advice, and general wellbeing support. Suitable patients will be referred to the team by their nurse or support worker at the hospital.

The Prehab4Cancer programme lasts for up to 6 months. Throughout the programme participants have regular contact with a Level 4 Cancer Rehabilitation Specialist. In Trafford exercise professionals will use local leisure centres and aim to be within a 5 mile radius of a patients address for ease of access. For those cancer types who are not eligible for this scheme they could still ask their GP for a referral to Trafford Physical Activity Referral Scheme which can also help with perioperative care.



Treatment

During the treatment phase patients and their family/loved ones are often focussed on attending appointments and receiving treatment. Their life is largely dictated to them by the patient pathway for their cancer type. In some tumour groups another HNA may be offered at this time and the support offered can change as a result of this. For example 50% of patients experience significant psychological distress during and after treatment. It is also not just cancer patients who suffer psychologically. 67% of carers experience anxiety and 42% experience depression. Of these over three quarters do not receive any support.¹¹

The patient should receive a letter or phone call from their GP practice to offer the opportunity for a discussion about the support available from primary care. This contact should occur within 3 months of diagnosis ([Patient Pathway](#) - CAN005).

The Local Picture

Patients may need to attend any of the hospitals across GM depending on the treatment they are receiving. With a view to enabling treatment closer to home radiotherapy is delivered at multiple sites across Greater Manchester with the main site in Withington being the closest for people living in Trafford [Radiotherapy \(christie.nhs.uk\)](#). Again, this is a good time to visit the cancer centres/organisations for help and support or speak to your healthcare professional. There are also many support groups that these centres/organisations can direct patients to so they can receive the support most relevant to their needs.

The psychological impact of cancer can be far reaching. If symptoms persist or worsen, patients can access **Talking Therapies Service** via their GP to access sessions across community venues and GP practices across Trafford you can also self-refer via this link [Self referral form | Trafford | Patient Portal](#). The **Macmillan and Maggie's Centres** also have professionals who can provide **psychological and emotional support** at this time.

If support is needed further afield than Manchester, perhaps closer to family or friends, [Cancer Care Map](#) is a simple, online resource that helps people find cancer support services in their local area wherever they are in the UK. Cancer Care Map is run by The Richard Dimbleby Cancer Fund charity.

¹¹ Cardy P. Worried Sick: The emotional impact of cancer. Macmillan Cancer Support. 2006.





End of Treatment

At the end of each episode of treatment (surgery, chemotherapy, radiotherapy etc) the patient should receive a treatment summary and then an end of treatment summary at the end of active treatment detailing all of the interventions and care given.

The treatment summary tells the patient, GP and other health professionals in the community what treatment has been given, what the patient needs might be, what ongoing support may be required including late effects of treatment, who to contact at the hospital if there are any questions or concerns. It also helps the patient understand their cancer and gives them the choice to share it with other professionals if necessary. Treatment summaries also help the GP to do a Cancer Care Review.

The Local Picture

Treatment Summaries

The tumour specific pathway boards in Greater Manchester have co-produced a number of treatment summaries to ensure that a standardised document is provided wherever they live and whichever Hospital they attend. A treatment summary is a document which is produced at the end of an episode of treatment such as surgery, radiotherapy or chemotherapy, providing a record of what has been done during that treatment.

End of Treatment Summary

At the end of their treatment patients will receive a written document, the End of Treatment Summary (EOTS), which is **written for patients** and contains personalised information about their care. A copy is also sent to the patient's GP.

The EOTS aims to prepare patients to enter onto a self-management pathway and includes information such as:

- diagnosis
- summary of all treatment to date
- key contact numbers
- actions for GP
- red flag symptoms requiring follow up/emergency attention
- symptoms of side effects and late effects of treatment
- follow up plans
- details of any referrals that have been made
- health and wellbeing advice

Further information about the contents and benefits of an EOTS can be found on the [GM Cancer Website](#) and our [GM Personalised Care Futures Pages](#) (login needed). This page also includes a library of existing approved EOTS's which will be added to as they are approved. The personalised care team will maintain a spreadsheet of signed off letters for all specialties with review dates.



Follow up

After cancer treatment, patients will have follow-up care from their healthcare team to make sure everything is going well and to provide an opportunity to discuss any concerns they may have. The method of follow up will vary depending on the cancer pathway that patients are on, their treating trust and their individual needs.



The Local Picture

The Greater Manchester Cancer Alliance Personalised Care team is working to embed personalised stratified follow up into the business-as-usual follow up process at all trusts in Greater Manchester in the breast, colorectal, gynaecological and prostate pathways.

Personalised Stratified Follow-up (PSFU)

Depending on the patient's individual circumstances, a decision about follow up will be made by their clinician and/or MDT team once active treatment has been completed. Stratification is based on clinical need. Follow up can take the form of either:

- consultant-led follow up in an outpatient clinic setting, or
- supported self-management with remote monitoring

Patients stratified to the remote monitoring option within PSFU will have an end of treatment appointment where all aspects of their treatment and care are discussed. These patients will still be followed up by the treating trust with tests (eg blood tests, x-rays and scans) as close to their home as possible but will not have to travel back to hospital for unnecessary appointments if the results show no cause for concern.

Stratified follow up improves patient experience and quality of life for people following treatment for cancer, as well as making services more efficient and cost-effective¹². Having a Personalised Stratified Follow Up (PSFU) pathway means patients know that when they complete primary treatment they will be offered:

- Rapid access back to their cancer team, including telephone advice and support, if they are worried about any symptoms, including possible side effects of treatment.
- Regular surveillance scans or tests (depending on cancer type), with quicker and easier access to results so that any anxiety is kept to a minimum.

It is important that any clinical concerns patients have between appointments are raised with the hospital team. Details of how to access the team will be included in the treatment summary.

Further information about PSFU and its benefits can be found on the [GM Cancer website](#).



Health & Wellbeing

Health and wellbeing information and support includes the provision of accessible information about emotional support, coping with side effects, financial advice, getting back to work and making healthy lifestyle choices.

This support will be available before, during and after cancer treatment although a patient's needs may change during this time.

¹² <https://www.england.nhs.uk/wp-content/uploads/2020/04/cancer-stratified-follow-up-handbook-v1-march-2020.pdf>

The Local Picture

Manchester University Hospitals Foundations Trust have a rolling programme of Health and Wellbeing offerings, some tumour specific and some generic. Your CNS or cancer care co-ordinator will inform you of suitable events or programmes for you towards the end of your treatment. Invitations to these events are normally provided by a clinical nurse specialist or cancer care support worker as patients near the end of their treatment.

Social Prescribers and the cancer centres/organisations are very useful resources at this stage, signposting to a variety of support services and special interest groups in the area to provide social support. Similarly, [Cancer Care Map](#) will point people in the direction of helpful resources, filtered by postcode.

Support to maintain a **healthy lifestyle or to improve physical health** should also be considered at this point and the local leisure service Trafford Leisure [Trafford Leisure - Fitness & Wellbeing in Trafford, Greater Manchester](#) are responsible for 7 leisure and sports facilities across Trafford offering many ways to help you move more and become healthier (see appendix 3 for more information). Social prescribers, care co-ordinators or cancer centres can help offer support or signpost to relevant local offers.



Discharge to primary care

After cancer treatment has finished patients will be discharged from the hospital back to care with the GP practice (primary care). They should receive an appointment with a member of the GP Practice for a cancer care review (diagram 1 - CAN004). The Cancer Care Review (CCR) is a conversation between a patient and their GP or Practice Nurse about their cancer journey. It is an opportunity for

patients to talk about their cancer experience and concerns, understand what support is available in their community and receive the information they need to begin supported self-management if appropriate.

Please access this link for more information about CCR's¹³ <https://youtu.be/QtRngmw-5tc?si=rYwsxGAVKYBYheMT>

The Local Picture

In Greater Manchester we are currently undertaking work to understand the quality of CCRs and develop a plan of education and support to improve this. More information about this project can be found [here](#).

¹³ [Cancer Care Review \(CCR\) - Northern Cancer Alliance Northern Cancer Alliance](#)



Late effects of cancer & its treatment

All cancer treatments are different and affect people in different ways. It is estimated around one in four (25%) people with cancer are living with the long-term consequences of cancer or its treatment¹⁴.

Most people have some side effects during treatment. But some people also have late effects of treatment. Late effects are side effects that:

- Begin during or shortly after treatment and do not go away within 6 months – they can become permanent and are sometimes called long-term effects.
- Do not affect you during treatment but begin months or even years after your treatment ends.

Clinical teams can tell patients whether they are likely to have any late effects from treatment and these will also be detailed in the treatment summary.

Psychological Late Effects of cancer can be difficult to navigate alone and patients can access their local Talking Therapies for support with these.



Non-curative cancer

Some people will have treatable but not curable cancer from the moment they are diagnosed, while others will progress to having treatable but not curable cancer if their cancer continues to spread or comes back. Research by Macmillan¹⁵ shows that people with treatable but not curable cancer often need a great deal of emotional, physical and financial support. Most will face a prolonged and complicated treatment pathway involving repeated tests, procedures, medications and hospital appointments. Many face uncertainty every day and have specific needs that can change over time.

The Local Picture

People with non-curative cancer can live for many years and even decades after their diagnosis. The resources mentioned under the Health and Wellbeing section would all also be appropriate to access at this stage.

Individuals with a life limiting diagnosis and their carers can access hospice care however, for Trafford this is provided by St Anne's Hospice [Home - St Ann's Hospice](#) where they can access counselling, complementary therapies, and support groups, physical interventions such as physiotherapy, breathlessness support and more. St Annes have two hospice sites Little Hulton and Heald Green, both provide 18 bed in-patient units offering symptom control, rehabilitative assessment or end of life care. They also have a 24h Medical Enquiry Advice Line for patients, carers and healthcare professionals. Criteria for referral is that the patient is in the last year of life and on the GSF register and is registered with a GP in Trafford and known to district nursing team. More information can be found in appendix 4.

They may also receive support from [Trafford Macmillan Supportive and Palliative Care Community Team - Trafford LCO](#). The role of this team is to meet the Specialist Palliative Care needs of patients living with a life limiting illness. They support the local population in Trafford at home, in their own environment and provide holistic support for them and those important to them. The service works in close partnership with GP's, District Nurse's, Acute and Community colleagues,

¹⁴ [PowerPoint Presentation \(macmillan.org.uk\)](#)

¹⁵ Internal insight based on in-depth interviews with people living with treatable but not curable cancer and healthcare professionals supporting those affected



Specialist services and Hospice colleagues. They focus on each person and the importance of managing their symptoms to an optimized level. The service also signposts and accesses any resources they may need to enable patients to die in their preferred place of care and death. They provide generalist emotional support to patients and those important to them, and signpost to bereavement services after death and also signpost to financial/benefits advice, and support submitting CHC funded care applications.

The service accepts referrals from a range of healthcare professionals i.e. General Practitioners, District Nurse's, Hospital Doctor or Nurse, Hospice colleagues and Specialist Nurse colleagues. Should you need to refer to the service, please download a form from the orange tab titled 'Referral information for GP'S and other professionals' on the internet page as below:

[Trafford Macmillan Supportive and Palliative Care Community Team - Trafford LCO](#)



Moving on

Many people affected by cancer feel they had lots of information and support during their illness, once treatment stopped, they entered a whole new world— one filled with new questions. It is important to remember that the sources of information and support available to them through the treatment phase are still able to help. It may be that they now feel more interested in accessing the social prescribing team mentioned in section 1 or continue the work they have undertaken with exercise professionals to look at positive changes to diet and exercise to keep them as healthy as possible for the future.

The Local Picture

Trafford has a bustling voluntary and community sector which provides opportunities to engage in social and activity groups. Thrive [Thrive Trafford - Volunteering, Third Sector Funding & Social Enterprise](#) provides support for VCFSE sector organisations looking to set up, develop, grow, deliver high quality services and become financially sustainable. They also provide communications and volunteering support. Thrive works in partnership with [Trafford Community Collective](#) (TCC), providing local engagement, voice and representation with statutory authorities. TCC works to support, promote and connect VCFSE groups in Trafford. To access groups in your area you can use [Cancer Care Map](#) to find cancer specific help and support.

Support to maintain a healthy lifestyle or to improve physical health should also be considered again at this point and the local leisure service Trafford Leisure [Trafford Leisure - Fitness & Wellbeing in Trafford, Greater Manchester](#). **Trafford Leisure also provide a Physical Activity Referral scheme** which makes physical activity easily accessible and provides all relevant referrals with 12 week support to physical activity for a one off payment of £30. Their fully qualified and experienced referral instructors understand what success means to every individual, taking a person-centered approach, they will design an initial 12-week programme bespoke to an individual's requirements. Incorporating gentle and targeted progression, will give confidence to those who want to take their first steps towards physical activity or start to be physically active again. They can be contacted via the contact button here [Physical Activity Referral - Trafford Leisure](#)



If advice is needed about **debt or money worries** you can use the [Trafford Directory | StepChange - Debt Advice](#) to help find appropriate support close to you.

If there are issues within the **workplace or seeking employment** The Growth Company may be able to help [The Growth Company | Economic Growth & Employment Support](#) (appendix 6). They offer support in 3 distinct groups:

1. Out of work participants who require assistance and support to move into competitive work.
2. In work participants who are struggling in the workplace due to their health condition, and those who are off sick and need support returning to work.
3. People who are not required to look for work (including retirees) and are further away from the labour market but need support in other areas to move on and eventually may begin to look for work.

Please note that the resources and organisations included in this report do not represent an exhaustive list of what is available in the Trafford locality. We aim to offer a flavour of the breadth of the local provision and provide links to organisations that have excellent knowledge of their local areas and neighbourhoods. These organisations can, in turn, can signpost people on to appropriate groups and support depending on a person's need, making the offer truly personalised.



Stakeholder event

As part of the Live Well with Cancer work we undertook in Trafford we held a Stakeholder Engagement Event on the 15th January 2025. Multiple stakeholders from across the health and social care system including patient and carer representatives attended the event.

On the day there were presentations from some of the service providers but more importantly table discussions about what would excellent care for people affected by cancer look like in Trafford, what could be achieved in the next few months and what are the challenges to delivering these changes. The results from these discussions are detailed in appendix 7.

More information and the presentations from the day are available here [Live Well with Cancer](#).

Outcomes

Since the event we have had further meetings and agreed the deliverables below:

- NHS email for other sectors such as Citizens Advice etc – although they can get one the process and timeline isn't clear. Andrea Webber to look into some guidance to share around this with the group and more widely by end Feb 2025
- Outreach/public engagement work for Macmillan Palliative Care Team to raise profile of service and referral routes. Michelle Leach will work with Kelly Foster to engage with all stakeholders re any opportunities where Kelly and her team may be able to present or have a stall etc
- Healthwatch Wellbeing Fayre – Can there be a joint one with Salford Healthwatch who already deliver them? Hannah Stirzaker (10GM) to help connect the 2 groups to take forward discussions
- Share information about Cancer Care Map – Michelle Leach will do this in the final report
- Education on Secondary/Metastatic Cancer – Andrea Webber already undertaking an improvement project around this subject and will be creating a video resource which she will ensure is communicated widely – likely to be available summer 2025

The personalised care team will continue to engage with the stakeholders and offer advice and support to aid continuous improvement to the lives of people affected by cancer in Trafford and beyond.



Appendices

1.



Trafford: Interventions & Resources

Key: input from clinical team input from GP
 refer/signpost online resource

Point of referral



- Macmillan Wellbeing Centre, Trafford General Hospital
 - drop in: 9am - 5pm Mon-Thu
 - 9am - 4.30 Fri
 - 0161 746 2080
 - mtf.macmillancentrettrafford@nhs.net
- Cancer Care Diaspora
 - 07885732781
 - info@cancercaresdiaspora.org
 - <https://www.cancercaresdiaspora.org/>
- www.trafforddirectory.co.uk
- macmillan.org.uk

Booking appointment



- Macmillan Wellbeing Centre
- Prehab4Cancer for curative patients in Colorectal, Lung & Upper GI
 - referral via CNS
- Maggie's
 - Manchester Centre, Withington
 - drop in Mon - Fri, 9am - 5pm
 - manchester@maggies.org
 - 0161 641 4848
 - www.maggies.org/our-centres/maggies-manchester

Treatment



- Holistic Needs Assessment
- Treatment Summary for each treatment type
- Trafford Talking Therapies
 - clinician or self referral via website
 - www.gmmh.nhs.uk/trafford-talking-therapies/
 - 0161 271 0190
- Cancer Care Discussion (CAN005)
- www.cancercaresmap.org

End of treatment



- End of treatment summary
- Appropriate follow up pathway
- Cancer Care Review (CAN004)
- Treatment Summaries: https://future.nhs.uk/GM_CancerAlliance_PC/View?objectID=43995216

Follow up

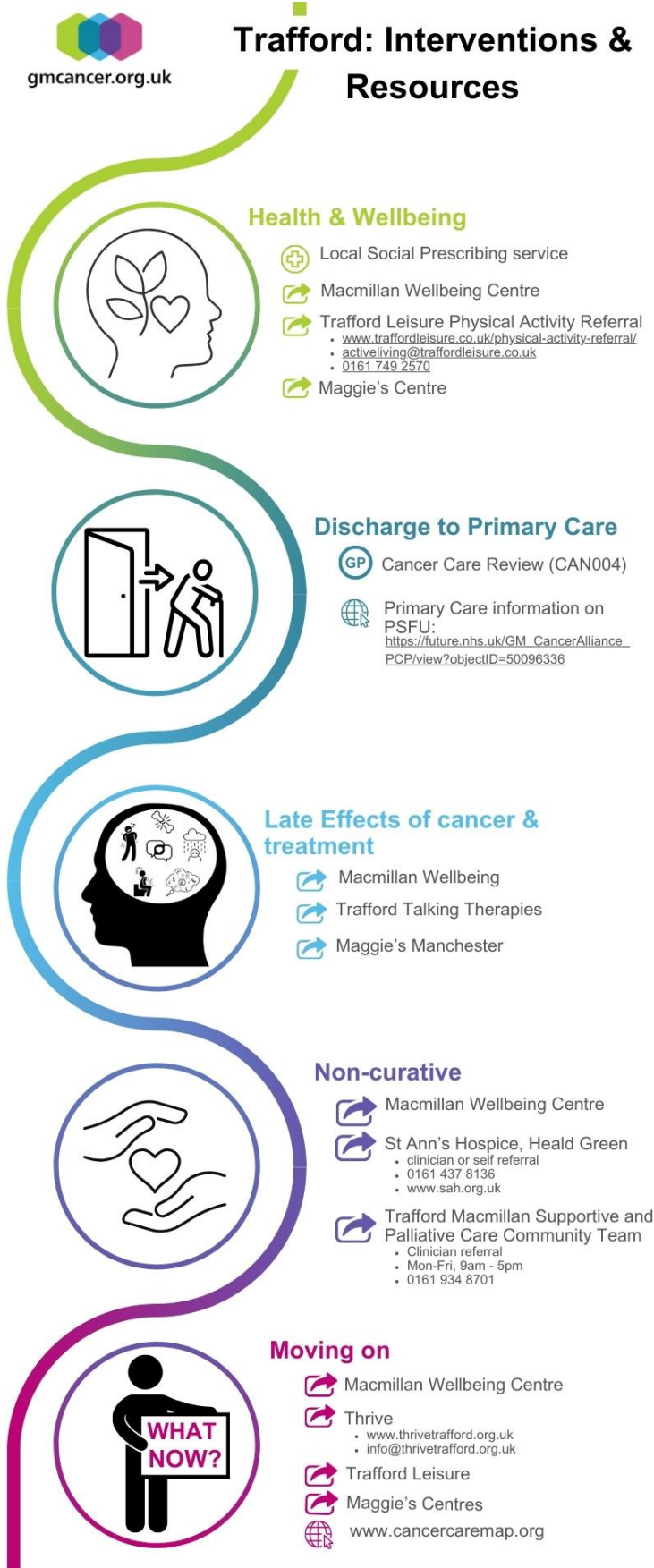


- Consultant-led Follow-up
- Or
- Personalised Stratified Follow-up
- PSFU Approved Protocols: https://future.nhs.uk/GM_CancerAlliance_PCP/View?objectID=44627888





Trafford: Interventions & Resources



Health & Wellbeing

- Local Social Prescribing service
- Macmillan Wellbeing Centre
- Trafford Leisure Physical Activity Referral
 - www.traffordleisure.co.uk/physical-activity-referral/
 - activeliving@traffordleisure.co.uk
 - 0161 749 2570
- Maggie's Centre

Discharge to Primary Care

- Cancer Care Review (CAN004)
- Primary Care information on PSFU:
 - https://future.nhs.uk/GM_CancerAlliance_PCP/view?objectID=50096336

Late Effects of cancer & treatment

- Macmillan Wellbeing
- Trafford Talking Therapies
- Maggie's Manchester

Non-curative

- Macmillan Wellbeing Centre
- St Ann's Hospice, Heald Green
 - clinician or self referral
 - 0161 437 8136
 - www.sah.org.uk
- Trafford Macmillan Supportive and Palliative Care Community Team
 - Clinician referral
 - Mon-Fri, 9am - 5pm
 - 0161 934 8701

Moving on

- Macmillan Wellbeing Centre
- Thrive
 - www.thrivetrafford.org.uk
 - info@thrivetrafford.org.uk
- Trafford Leisure
- Maggie's Centres
- www.cancercaremap.org



2. Prehab4Cancer Presentation



Benefits of
Prehabilitation and th

3. Trafford Leisure Presentation



Live Well with Cancer
Trafford Leisure.pdf

4. St Annes Hospice Presentation



St Annes - Trafford
Locality.pdf

5. Trafford Macmillan Community Palliative Care Presentation



Trafford Macmillan
Supportive and Palliat

6. The Growth Company Presentation



The Growth
Company - Employm

7. Manchester Stakeholder Event



LWWC Trafford
Stakeholder facilitat

