

Directory of Psychological Services for People Affected by Cancer Bolton



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Clinical Health Psychology

Service Information	
Name of Service:	Clinical Health Psychology
Name of Provider:	Bolton NHS Foundation Trust
Postal Address:	Great Level Health Centre, Rupert Street, Bolton, BL3 6RN
Contact Details – Phone:	01205390045
Email:	Clinicalhealthpsychology@boltonft.nhs.uk
Website Address:	
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes (although services to gastroenterology, HF, cardiac, dermatology, respiratory medicine)
Age of client groups (Adults of children):	Adults
Key inclusion/Exclusion criteria:	Cancer Focus
PCTS served/ Catchment Area:	Bolton Residents or patients of Bolton Hospital Cancer MDTs
Name of Interventions (Individual or Group):	Individual work



Psychological approaches and models?	CBT, CFT, BT, ACT, SFBT, EMDR
Statutory of non-statutory?	Statutory
Composition of MDT Professionals:	Clinical Psychologists Counselling Psychologists
Service setting (e.g. Hospital or Community)	Community Health Centre Setting
Outcome Measures used?	HADs , Goal based outcomes, and FACT G PHQ9, GAD 7, FACT G and Goal based outcomes
How to refer?	Internal referral from CNS, Cancer consultant or Bolton Macmillan Cancer Information Centre, Hospice Referral

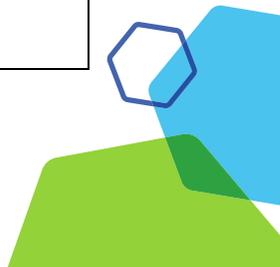


Primary Care Mental Health Service

Service Information	
Name of Service:	NHS Talking Therapies – Bolton
Name of Provider:	Greater Manchester Mental Health NHS Foundation Trust
Postal Address:	33 Victoria Square, Bolton, Greater Manchester BL1 1RJ
Contact Details – Phone:	0161 271 0190
Email:	LTC@gmmh.nhs.uk
Website Address:	https://www.gmmh.nhs.uk/bolton-talking-therapies
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No - NHS Talking Therapies accept referrals for those living with long term conditions (including cancer) who are struggling with common mental health difficulties e.g. anxiety/depression. NHS Talking Therapies can tailor and adapt the therapy to support people where their difficulties are



	<p>related to an experience of cancer, for example adjustment following diagnosis/treatment, or managing worries about the future.</p> <p>The service can support people who have, or have had a diagnosis themselves, and for their loved ones / relatives.</p>
<p>Age of client groups (Adults of children):</p>	<p>Adult (age 16 or 18 and above)</p>
<p>Key inclusion/Exclusion criteria:</p>	<p>Inclusion criteria:</p> <p>The individual must consent to a referral.</p> <p>Able and willing to attend weekly / fortnightly talking therapy sessions (in person, online, or telephone)</p> <p>Exclusion criteria:</p> <p>Requiring urgent input and support, for example around treatment adherence or acute psychological distress.</p> <p>Secondary care mental health services or specialist services (i.e. NMHTs) may be more suitable if</p>



	someone is struggling with severe and enduring mental illness, alcohol or drug misuse, or high levels of risk where this would need to be the primary focus of intervention.
PCTS served/ Catchment Area:	Bolton residents
Name of Interventions (Individual or Group):	Individual, Group support, Online guided self-help (Silver Cloud)
Psychological approaches and models?	Talking Therapies offers a Stepped Care model. supporting people ranging from mild, to moderate, to more severe and complex difficulties (Step 2, Step 3, Step 3+). Therapies may include Counselling, Cognitive Behaviour Therapy (CBT), EMDR (trauma-focused therapy), Acceptance and Commitment Therapy, Mindfulness-Based Cognitive Therapy, and much more.
Statutory of non-statutory?	Statutory
Composition of MDT Professionals:	Psychological Wellbeing Practitioners



	Counsellors High Intensity CBT Therapists Clinical Psychologists
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	Standard IAPT Measures PHQ9 GAD7
How to refer?	You can access our NHS Talking Therapies service by completing the online referral Self-refer online via https://www.iaptportal.co.uk/bolt.html Professional referrals accepted. Please visit: Bolton Talking Therapies Greater Manchester Mental Health NHS FT



Macmillan Cancer Information and Support Service

Service Information	
Name of Service:	Macmillan Cancer Information and Support Service
Name of Provider:	Macmillan Cancer Support
Postal Address:	Macmillan Cancer and Information Support - Royal Bolton Hospital Bolton Hospital Minerva Road, Farnworth Bolton, BL4 0JR
Contact Details – Phone:	01204 390625
Email:	boh-tr.boltoncancerinfo@nhs.net
Website Address:	
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	18+
Key inclusion/Exclusion criteria:	Emotional, practical & financial support to anyone affected by cancer including patients, family & friends.



	Benefits advice can only be given to patients with a Bolton postcode or who have a Bolton GP.
PCTS served/ Catchment Area:	Anyone living or being treated in Bolton.
Name of Interventions (Individual or Group):	One to One Drop and Telephone Support, Support Groups offering Peer Support
Psychological approaches and models?	
Statutory of non-statutory?	Non-Statutory
Composition of MDT Professionals:	
Service setting (e.g. Hospital or Community)	Information Support Centres; Royal Bolton Hospital & Giles House at Bolton Hospice
Outcome Measures used?	
How to refer?	Email/phone. Referral form available on request. boh-tr.boltoncancerinfo@nhs.net 01204 390625



Maggie's Centre – Withington

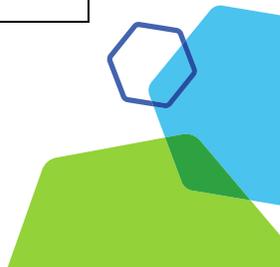
Service Information	
Name of Service:	Maggie's Centre (Withington)
Name of Provider:	Maggie's Centre
Postal Address:	The Robert Parfett Building The Christie Hospital NHS Foundation Trust 15 Kinnaird Road Manchester M20 4QL
Contact Details – Phone:	0161 641 4848
Email:	manchester@maggies.org
Website Address:	https://www.maggies.org/our-centres/maggies-manchester/
Psychological Intervention Details:	



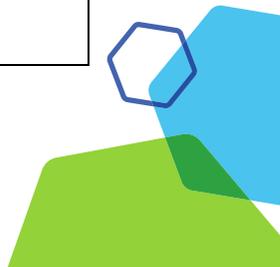
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adults but also for their family/carers
Key inclusion/Exclusion criteria:	No referral criteria "open door policy" --as long as they can get there.
PCTS served/ Catchment Area:	As long as they can get to the centre
Name of Interventions (Individual or Group):	<p>Individual support is available with cancer nurse specialists and can be accessed by dropping into the centre, no appointment is needed</p> <p>Individual support with a psychologist is available through referral through one of our cancer nurse specialists..</p> <p>Groups and course that are available</p> <p>Tumour specific support groups- Haematology, Prostate, Bowel, Lung, Gynae, Melanoma, HPB, Anal,</p>



	<p>Brain, Primary Breast, Secondary Breast, Triple Negative Breast, Sarcoma, Penile, Head & neck, Friends and Family Support Group</p> <p>Supporting Children- support for parents or other care givers of children who have a relative with a cancer diagnosis. Focus is on how to talk to children about cancer, supporting children with their emotions and managing the personal emotional impact.</p> <p>Workshops</p> <p>Headwrappers- Hair loss support workshop</p> <p>Look Good, Feel Better- support focussed on dealing with appearance changes due to cancer</p> <p>Getting Started with Treatment- a range of workshops focussed on preparing to have cancer treatment, including SACT, radiotherapy and surgery.</p>
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	<p>A weekly relaxation group</p> <p>Nutrition and cancer workshop- information on eating healthily and managing dietary challenges due to cancer and treatment.</p> <p>Exercise classes</p> <p>Tai Chi</p> <p>Yoga</p> <p>Rehabilitation through Movement</p> <p>Courses-</p> <p>Living with Ongoing Cancer (aimed at people in the last 18 months of life and covers the range of issues that can arise around this time</p> <p>Managing Stress- six week course on managing stress for anyone affected by cancer (patients, loved ones, people who are bereaved)</p>
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	<p>Bereavement Group- a six-week group for people who are bereaved</p> <p>Where Now- Seven week course for people who have finished curative treatment for cancer, focussing on recovery and managing post-treatment challenges.</p> <p>Individual and groups (for patients and carers, including bereavement work)</p> <p>Groups led by a clinical psychologist including: Friend and Family Support Group, Managing Stress, Friends & Family Course, and Where Now? Support beyond Treatment</p>
Psychological approaches and models?	Multiple models including Compassion Focus Therapy, Acceptance and Commitment Therapy, and Cognitive-Behavioural Therapy.



Statutory of non-statutory?	Non-statutory
Composition of MDT Professionals:	<p>Clinical Psychologists (2 Clinical Psychologist)</p> <p>Counselling Psychologists (1 counselling psychologist)</p> <p>4 Cancer Support Specialists (3 cancer nurse specialists & 1 Therapeutic radiographer)</p>
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	Yes, but the choice of measures varies
How to refer?	<p>Patient needs to make direct contact to Maggie's Centre and be triaged by the workers there (in relation to their psychological wellbeing). Following assessment, a decision will be made in regards to whether they will benefit from groups or 1:1 psychological assessment.</p>



Yaran – Greater Manchester

Service Information	
Name of Service:	Yaran Northwest
Name of Provider:	Yaran Northwest
Postal Address:	307 Dickenson Road, Longsight, M13 0WY
Contact Details – Phone:	07360162260
Email:	info@yarannorthwest.com
Website Address:	www.yarannorthwest.com
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No
Age of client groups (Adults of children):	18+
Key inclusion/Exclusion criteria:	Residents of Greater Manchester from Farsi, Dari, Arabic, Turkish, Kurdish or Urdu speaking communities
PCTS served/ Catchment Area:	Greater Manchester
Name of Interventions (Individual or Group):	Individual or Group
Psychological approaches and models?	Counselling, CBT, CB, EMDR, NEW, TA, Integrative



Statutory of non-statutory?	Both
Composition of MDT Professionals:	Counselling/Psychotherapists
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	PHQ9, GAD7, WEMWBS, PCL-5
How to refer?	www.yaranorthwest.com Please add referrer details. Professional and self referrals accepted.



Chai Cancer Care – South Manchester

Service Information	
Name of Service:	Chai Cancer Care
Name of Provider:	Chai Cancer Care
Postal Address:	Chai Cancer Care Heathlands Village Heathlands Drive Prestwich Manchester M25 9SB
Contact Details – Phone:	0161 772 4760
Email:	info@chaicancercare.org
Website Address:	Chai Cancer Care – Together we can cope



Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adult, children and older adults
Key inclusion/Exclusion criteria:	Patients or their family members need to have connection with the Jewish community
PCTS served/ Catchment Area:	Support for GM Residents and nationally. They can offer certain services remotely.
Name of Interventions (Individual or Group):	Individual counselling - Counselling – Chai Cancer Care Group—Various groups available - Group Activities – Chai Cancer Care Various groups depending on the area
Psychological approaches and models?	
Statutory of non-statutory?	Non Statutory



Composition of MDT Professionals:	Counsellors Child therapists Complementary Therapists Nutritionists Physiotherapists
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	MYCAW (Measure Yourself Concerns and Wellbeing)
How to refer?	Self-referral or professional referrals accepted – Telephone 0161 772 4760

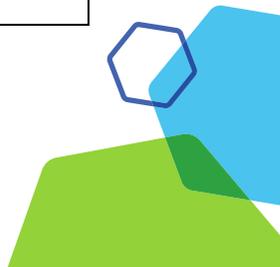


Can – Survive UK

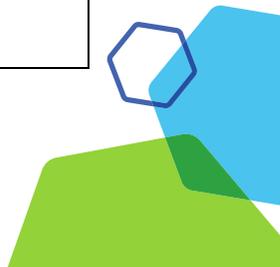
Service Information	
Name of Service:	Cancer Support & Community Engagement Service
Name of Provider:	Can-Survive UK
Postal Address:	Kath Locke Centre 123 Moss Lane East Manchester M15 5DD
Contact Details – Phone:	0161 232 1286
Email:	info@can-survive.org.uk
Website Address:	www.can-survive.org.uk
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes – for people affected by cancer (patients, survivors, and family members/carers)



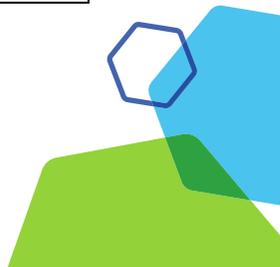
Age of client groups (Adults of children):	Adults (18+)
Key inclusion/Exclusion criteria:	Inclusion criteria: <ul style="list-style-type: none"> • Individuals diagnosed with cancer (any stage) • People living with and beyond cancer • Family members, carers, and close relatives affected by a cancer diagnosis • Individuals experiencing emotional, psychological, social, or practical challenges related to cancer • Priority focuses on underserved African-Caribbean and ethnically diverse communities
PCTS served/ Catchment Area:	<ul style="list-style-type: none"> • Greater Manchester • Open to referrals across Manchester ICB footprint • Community-based outreach with targeted engagement in underserved populations



Name of Interventions (Individual or Group):	Individual and group-based cancer support. For example: <ul style="list-style-type: none"> • One-to-one and group counselling and talking therapy • Family support and advocacy • Peer support and community wellbeing sessions • Culturally tailored group programmes • Signposting and supported referrals to health, social care, and voluntary services • Practical support (appointments, system navigation, benefits advice signposting)
Psychological approaches and models?	<ul style="list-style-type: none"> • Person-centred and strengths-based support • Trauma-informed and culturally responsive practice • Community-based and relational models of support
Statutory of non-statutory?	Non-statutory
Composition of MDT Professionals:	<ul style="list-style-type: none"> • CEO/Founder



	<ul style="list-style-type: none"> • Strategic Lead • Finance and Admin • Family Support & Community Engagement Worker • Cancer support workers • Monitoring, Evaluation & Research worker • Volunteers
<p>Service setting (e.g. Hospital or Community)</p>	<p>Community setting</p>
<p>Outcome Measures used?</p>	<ul style="list-style-type: none"> • Self-reported wellbeing measures (mental, emotional, physical wellbeing) • Service user feedback and reflective outcomes • Social connectedness and isolation indicators • Engagement and participation metrics • Qualitative feedback, testimonials, and case studies



	<ul style="list-style-type: none">• Service monitoring data aligned to funder requirements
How to refer?	<ul style="list-style-type: none">• Professional referral (e.g. NHS, GP, PCN, community organisations) <p>Self-referral via email- info@cansurvive.org.uk or familysupportworker@cansurvive.org.uk. Contact- 07950314676/0161 232 1286</p>

