

Directory of Psychological Services for People Affected by Cancer

Bury



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Primary Care Mental Health Service – NHS Talking Therapies

Service Information	
Name of Service:	Bury Talking Therapies
Name of Provider:	Pennine Care NHS Foundation Trust
Postal Address:	Humphrey house Angouleme Way Bury BL9 0EC
Contact Details – Phone:	0161 253 5258
Email:	https://www.penninecare.nhs.uk/your-services/service-directory/bury/mental-health/adults/bury-healthy-minds/
Website Address:	https://www.penninecare.nhs.uk/your-services/service-directory/bury/mental-health/adults/bury-healthy-minds/
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No, it accepts patients with long term conditions (LTC) with mild to moderate mental health difficulties, which includes cancer.
Age of client groups (Adults of children):	16 years old and over



Key inclusion/Exclusion criteria:	Do not accept people who are actively suicidal and high risk. Patient must have Bury GP
PCTS served/ Catchment Area:	Bury
Name of Interventions (Individual or Group):	Guided self- help, individual 1-2-1 and groups (including groups for pain and an ACT based group in the context of Long-Term Health conditions) Counselling for Depression, Couples Therapy for Depression (not Couples Counselling - multidisciplinary approach for depression in the context of the relationship with both parties
Psychological approaches and models?	Low Intensity CBT, High Intensity CBT, Trauma Focussed CBT, ACT, EMDR, Counselling for Depression, Couples Therapy for Depression, Mindfulness (Mindfulness for Health), and Compassion Focussed Therapy.
Statutory of non-statutory?	NHS
Composition of MDT Professionals:	High Intensity therapists (CBT)



	<p>EMDR Therapists</p> <p>Mindfulness Teacher</p> <p>Psychological Wellbeing Practitioners</p> <p>Counsellors</p> <p>Counselling Psychologist</p> <p>Primary care Mental Health Nurse.</p>
Service setting (e.g. Hospital or Community)	Primary care (community service)
Outcome Measures used?	Standard IAPT
How to refer?	<p>Self-referral - Online self-referral form: Self referral form Talking Therapies Bury Patient Portal</p> <p>Professional referral portal to process professional referrals (e.g. CMHTs, EIP, 3rd Sector etc)</p> <p>GP referral letter or fax (in some cases) via agreed electronic methods</p>



Macmillan Cance Information and Support Service

Service Information	
Name of Service:	Macmillan Cancer Information & Support Service (Bury, Rochdale, Oldham)
Name of Provider:	Northern Care Alliance
Postal Address:	Macmillan Information & Support Centre, Royal Oldham Hospital, Rochdale Road, Oldham, OL1 2JH
Contact Details – Phone:	0161 656 1026
Email:	Macmillan.infocentre@nca.nhs.uk
Website Address:	
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	All
Key inclusion/Exclusion criteria:	People affected by Cancer
PCTS served/ Catchment Area:	Anyone affected by Cancer in Bury, Rochdale, Oldham localities
Name of Interventions (Individual or Group):	1:1



Psychological approaches and models?	Level 2
Statutory of non-statutory?	Non-Statutory
Composition of MDT Professionals:	
Service setting (e.g. Hospital or Community)	Hospital
Outcome Measures used?	Core-10
How to refer?	Self referral HCA referral



Maggie's Centre – Withington

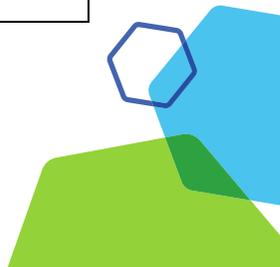
Service Information	
Name of Service:	Maggie's Centre (Withington)
Name of Provider:	Maggie's Centre
Postal Address:	The Robert Parfett Building The Christie Hospital NHS Foundation Trust 15 Kinnaird Road Manchester M20 4QL
Contact Details – Phone:	0161 641 4848
Email:	manchester@maggies.org
Website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



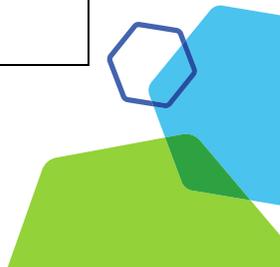
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adults but also for their family/carers
Key inclusion/Exclusion criteria:	No referral criteria “open door policy” --as long as they can get there.
PCTS served/ Catchment Area:	As long as they can 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:	Clinical Psychologists (2 Clinical Psychologist) Counselling Psychologists (1 counselling psychologist) 4 Cancer Support Specialists (3 cancer nurse specialists & 1 Therapeutic radiographer)
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	Yes, but the choice of measures varies
How to refer?	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.



Bury Cancer Support Group

Service Information	
Name of Service:	Bury Cancer Support Group
Name of Provider:	Bury Cancer Support Centre
Postal Address:	406 Bolton Rd, Bury BL8 2DA
Contact Details – Phone:	0161-7646609
Email:	enquiries@burycancersupportcentre.com
Website Address:	http://www.burycancersupportcentre.com/
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	They see children as part of the family but do not offer any direct children interventions
Key inclusion/Exclusion criteria:	Anyone affected by cancer, including, patients, family or carers or bereaved family members
PCTS served/ Catchment Area:	Anywhere, no limits, as long as they can get to their centre



<p>Name of Interventions (Individual or Group):</p>	<p>Individual---people can always come back anytime, no restrictions in terms of sessions offered.</p> <p>Group: Wellness toolkit (2 hours in each session over 6 weeks); helping people to adjust and improve their coping strategies. This group runs in partnership with The Creative Living Centre (counsellor who runs it)</p>
<p>Psychological approaches and models?</p>	<p>Integrative way, person-centred trained (but has elements of mindfulness and compassion)</p>
<p>Statutory of non-statutory?</p>	<p>Self-funded Charity</p>
<p>Composition of MDT Professionals:</p>	<p>Counsellors (2 counsellors, both experienced nurses-- one of them is hypnotherapist)</p>
<p>Service setting (e.g. Hospital or Community)</p>	<p>Community</p>
<p>Outcome Measures used?</p>	<p>CORE-10 for initial assessment. They have developed their own outcome measures for hypnotherapy and counselling service.</p>

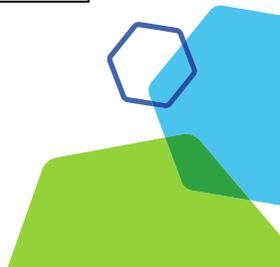


How to refer?	No appointment or referral is needed. Patients can attend drop-in between Monday and Wednesday 10:30 to 4pm, and on Thursday 3pm to 8pm.
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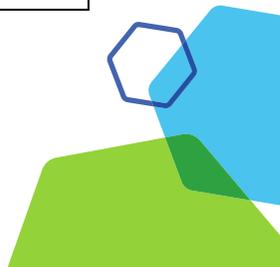


Chai Cancer Care – South Manchester

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



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.

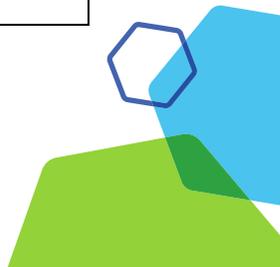


Can – Survive UK

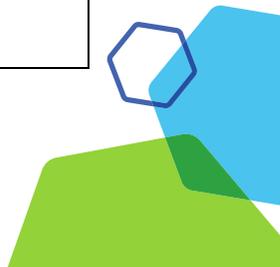
Service Information	
Name of Service:	Cancer Support & Community Engagement Service
Name of Provider:	Can-Survive UK
Postal Address:	Kath Locke Centre 123 Moss Lane East Manchester M15 5DD
Contact Details – Phone:	0161 232 1286
Email:	info@can-survive.org.uk
Website Address:	www.can-survive.org.uk
Psychological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



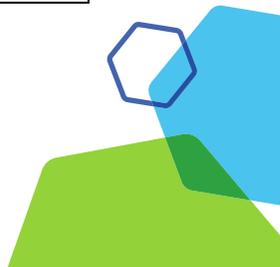
Age of client groups (Adults of children):	Adults (18+)
Key inclusion/Exclusion criteria:	<p>Inclusion criteria:</p> <ul style="list-style-type: none"> • Individuals diagnosed with cancer (any stage) • People living with and beyond cancer • Family members, carers, and close relatives affected by a cancer 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>

