

# Directory of Psychological Services for People Affected by Cancer

**Heywood, Middleton and Rochdale**



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## Psychology Service

Service Information	
Name of Service:	Psychological Therapies in Physical Health
Name of Provider:	Pennine Care NHS Foundation Trust
Postal Address:	Psychology Department, Birch Hill Hospital, Birch Road, Rochdale, OL12 9QB
Contact Details – Phone:	01706 676080
Email:	
Website Address:	<a href="http://www.penninecare.nhs.uk/psychologicaltherapies">www.penninecare.nhs.uk/psychologicaltherapies</a>
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No. Our service works with those who are experiencing psychological distress relating to any long-term physical health condition (including cancer). We do work closely with the breast care teams and the Macmillan/Palliative care teams.
Age of client groups (Adults of children):	Aged 16 years+
Key inclusion/Exclusion criteria:	Age 16+



	Referral by medical consultant only with agreed funding
PCTS served/ Catchment Area:	Patients who have medical consultant at Rochdale Infirmary, Fairfield General Hospital, Royal Oldham Hospital or North Manchester General Hospital
Name of Interventions (Individual or Group):	Individual Therapy
Psychological approaches and models?	Cognitive Behavioural Therapy (CBT), Eye Movement Desensitisation and Reprocessing (EMDR), Acceptance and Commitment Therapy (ACT), Compassion Focused Therapy (CFT), Mindfulness, Cognitive Analytic Informed Therapy (CAT informed), Narrative Therapy.
Statutory of non-statutory?	Statutory
Composition of MDT Professionals:	Clinical Psychologist, Health Psychologist, Cognitive Behavioural Therapists, Trainee Psychologists.
Service setting (e.g. Hospital or Community)	Outpatient at a hospital setting



Outcome Measures used?	We use the CORE-10 as our standard measure but will use additional measures as indicated by clinical need.
How to refer?	Referral by consultant only with agreement from directorate manager to fund the referral. Referral can be made by post or e-mail. Referrers can contact our administration team on 01706 676080 to request a referral form or our e-mail address.



## Primary Care Mental Health Service – NHS Talking Therapies

Service Information	
Name of Service:	Heywood, Middleton and Rochdale Talking Therapies
Name of Provider:	Pennine Care NHS Foundation Trust
Postal Address:	Lock50 Business Centre, Oldham Road, Rochdale, OL16 5RD
Contact Details – Phone:	<a href="tel:01706619020">01706 619 020</a>
Email:	<a href="https://www.penninecare.nhs.uk/services/thinking-ahead-heywood-middleton-and-rochdale">https://www.penninecare.nhs.uk/services/thinking-ahead-heywood-middleton-and-rochdale</a>
Website Address:	heywood-middleton-and-rochdale
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No, but 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 Heywood/Middleton/Rochdale GP



PCTS served/ Catchment Area:	Heywood/Middleton/Rochdale
Name of Interventions (Individual or Group):	Individual-- Anxiety and depression resulting from LTC
Psychological approaches and models?	CBT
Statutory of non-statutory?	NHS
Composition of MDT Professionals:	Psychological Wellbeing Practitioners High Intensity Therapists
Service setting (e.g. Hospital or Community)	Primary care (community service)
Outcome Measures used?	Standard IAPT
How to refer?	Self-referral – Must go through Big Life Group <a href="https://www.thebiglifegroup.com/service/hmrtalkingtherapies/">https://www.thebiglifegroup.com/service/hmrtalkingtherapies/</a>

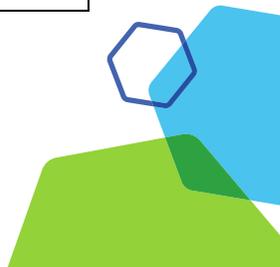


## NHS Talking Therapies – Mindfulness Based Cognitive Therapy Course

<b>Service Information</b>	
Name of Service:	Heywood, Middleton and Rochdale NHS Talking Therapies Service
Name of Provider:	Pennine Care NHS Foundation Trust
Postal Address:	N/A
Contact Details – Phone:	01706 619020
Email:	<a href="mailto:heywood.middleton.rochdale@penninecare.nhs.uk">NHS Heywood, Middleton and Rochdale Talking Therapies - The Big Life Group</a>
Website Address:	<a href="http://www.penninecare.nhs.uk/heywood-middleton-rochdale-talking-therapies">NHS Heywood, Middleton and Rochdale Talking Therapies - The Big Life Group</a>
<b>Psychological Intervention Details:</b>	
Is the service primarily set up for patients with cancer?	Mindfulness Based Cognitive Therapy for cancer 8 week programme
Age of client groups (Adults of children):	Adult
Key inclusion/Exclusion criteria:	The course is best suited to those who have completed intensive cancer treatment and is not designed for those who are newly diagnosed



PCTS served/ Catchment Area:	Heywood, Middleton and Rochdale (address or with registered GP in the area)
Name of Interventions (Individual or Group):	Group
Psychological approaches and models?	MBCT
Statutory or non-statutory?	NHS
Composition of MDT Professionals:	
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	PHQ9 GAD7
How to refer?	If you are interested in attending the 8-week MBCT Ca course, you can self-refer online at <a href="https://iaptportal.co.uk/roch.html">https://iaptportal.co.uk/roch.html</a> and put MBCT for Cancer under the reason for self-referral from the drop down list "What <b>type of support</b> do you feel you can commit to right now?". Or you can telephone HMR NHS Talking Therapies Service on 01706 619020 and request the mindfulness for cancer programme. Each applicant for MBCT Ca will have an assessment and



	orientation with a course teacher, to learn more about the course and to help decide whether it is for them at this time.
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## Macmillan Cancer Information and Support Service

<b>Service Information</b>	
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:	
<b>Psychological Intervention Details:</b>	
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?	
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

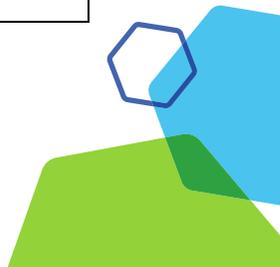
Service Information	
Name of Service:	Maggie's Centre (Withington)
Name of Provider:	Maggie's Centre
Postal Address:	The Robert Parfett Building The Christie Hospital NHS Foundation Trust 15 Kinnaird Road Manchester M20 4QL
Contact Details – Phone:	0161 641 4848
Email:	<a href="mailto:manchester@maggies.org">manchester@maggies.org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



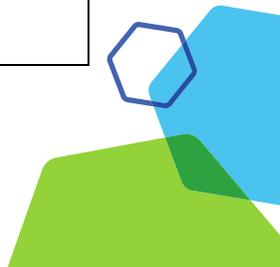
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adults but also for their family/carers
Key inclusion/Exclusion criteria:	No referral criteria "open door policy" --as long as they can get there.
PCTS served/ Catchment Area:	As long as they can 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>



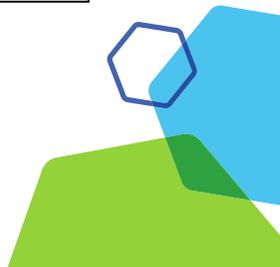
	<p>Brain, Primary Breast, Secondary Breast, Triple Negative Breast, Sarcoma, Penile, Head &amp; neck, Friends and Family Support Group</p> <p>Supporting Children- support for parents or other care givers of children who have a relative with a cancer diagnosis. Focus is on how to talk to children about 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 &amp; 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 &amp; 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

<b>Service Information</b>	
Name of Service:	Yaran Northwest
Name of Provider:	Yaran Northwest
Postal Address:	307 Dickenson Road, Longsight, M13 0WY
Contact Details – Phone:	07360162260
Email:	<a href="mailto:info@yarannorthwest.com">info@yarannorthwest.com</a>
Website Address:	<a href="http://www.yarannorthwest.com">www.yarannorthwest.com</a>
<b>Psychological Intervention Details:</b>	
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?	<a href="http://www.yaranorthwest.com">www.yaranorthwest.com</a> 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:	<a href="mailto:info@chaicancercare.org">info@chaicancercare.org</a>
Website Address:	<a href="#">Chai Cancer Care – Together we can cope</a>



<b>Psychological Intervention Details:</b>	
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 - <a href="#">Counselling – Chai Cancer Care</a>  Group—Various groups available - <a href="#">Group Activities – Chai Cancer Care</a>  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

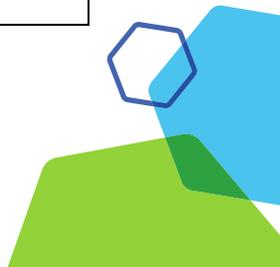


## Can – Survive UK

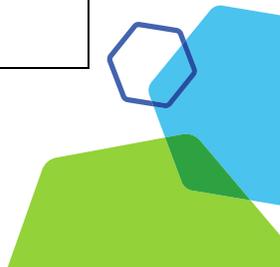
<b>Service Information</b>	
Name of Service:	Cancer Support & Community Engagement Service
Name of Provider:	Can-Survive UK
Postal Address:	Kath Locke Centre 123 Moss Lane East Manchester M15 5DD
Contact Details – Phone:	0161 232 1286
Email:	<a href="mailto:info@can-survive.org.uk">info@can-survive.org.uk</a>
Website Address:	<a href="http://www.can-survive.org.uk">www.can-survive.org.uk</a>
<b>Psychological Intervention Details:</b>	
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"> <li>• Individuals diagnosed with cancer (any stage)</li> <li>• People living with and beyond cancer</li> <li>• Family members, carers, and close relatives affected by a cancer diagnosis</li> <li>• Individuals experiencing emotional, psychological, social, or practical challenges related to cancer</li> <li>• Priority focuses on underserved African-Caribbean and ethnically diverse communities</li> </ul>
PCTS served/ Catchment Area:	<ul style="list-style-type: none"> <li>• Greater Manchester</li> <li>• Open to referrals across Manchester ICB footprint</li> <li>• Community-based outreach with targeted engagement in underserved populations</li> </ul>



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



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



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

