

Directory of Psychological Services for People Affected by Cancer

Macclesfield



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Primary Care Mental Health Service

Service Information	
Name of Service:	Talking Therapies, East Cheshire
Name of Provider:	The Big Life (IAPT Provider service)
Postal Address:	Oakfield House Springwood Way, Bollington, Macclesfield, SK10 2XA
Contact Details – Phone:	01625 469 950
Email:	
Website Address:	https://www.thebiglifegroup.com/service/talking-therapies-eastern-cheshire/
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No – it can offer psychological help to those affected by anxiety and depression, including service users/family members/carers affected by cancer.
Age of client groups (Adults of children):	Adult
Key inclusion/Exclusion criteria:	Over 18 only
PCTS served/ Catchment Area:	Those registered with an East Cheshire GP



Name of Interventions (Individual or Group):	Individual and Group
Psychological approaches and models?	Mainly CBT approaches to support those with low mood, anxiety, stress
Statutory of non-statutory?	Statutory
Composition of MDT Professionals:	Counsellors Psychological Wellbeing Practitioners High Intensity Therapists
Service setting (e.g. Hospital or Community)	Online, Community
Outcome Measures used?	IAPT measures (e.g GAD7, PHQ)
How to refer?	Self-referral or GP referral – ring number above



Macclesfield Cancer Help Centre

Service Information	
Name of Service:	Macclesfield Cancer Help Centre
Name of Provider:	Macclesfield Cancer Help Centre
Postal Address:	Prestbury Methodist Church Macclesfield Road SK10 4BN
Contact Details – Phone:	07981 899526
Email:	macchelp@googlemail.com
Website Address:	http://www.macclesfieldcancerhelp.com/index.html
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adult
Key inclusion/Exclusion criteria:	They only work with patients with cancer or their carers.
PCTS served/ Catchment Area:	Mainly in Prestbury area but they work with anyone as long as they can attend the centre.



Name of Interventions (Individual or Group):	
Psychological approaches and models?	
Statutory of non-statutory?	Non-Statutory
Composition of MDT Professionals:	Counsellors Complementary Therapists
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	
How to refer?	Patients can attend their venue on any Tuesday morning between 10.00am to 12.30pm to find out more about what they can offer. Alternative, you can ring 07981 899526 and discuss referral.

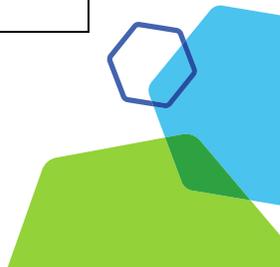


Macmillan Cancer Information and Support Service

Service Information	
Name of Service:	Macmillan Information and Support Service
Name of Provider:	Macmillan Cancer Support and East Cheshire NHS Trust
Postal Address:	East Cheshire Macmillan Cancer Information and Support Service The Christie at Macclesfield Macclesfield Hospital Victoria Road Macclesfield SK10 3BL 01625 663129
Contact Details – Phone:	01625 663129
Email:	01625663128
Website Address:	ecn-tr.macmillaninfosupport@nhs.net



	Our services can be found here: Macmillan Cancer Information and Support Service :: East Cheshire NHS Trust
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	18+ (patients or their family members affected by cancer)
Key inclusion/Exclusion criteria:	No
PCTS served/ Catchment Area:	East Cheshire primarily but if patient can come to their centre
Name of Interventions (Individual or Group):	1:1 (person-centre primarily) up to 6 weeks (6 sessions) then review and possibly offer more session (usually no more than 6 months)
Psychological approaches and models?	Person-centre mainly
Statutory of non-statutory?	Non-statutory
Composition of MDT Professionals:	Person Centered Counsellor Cancer Nurses



	Psychological Wellbeing Practitioners
Service setting (e.g. Hospital or Community)	Hospital
Outcome Measures used?	N/A
How to refer?	Contact the centre via email or phone. Patient can attend the centre and ask for help. GP referrals are accepted.



Maggie's Centre – Withington

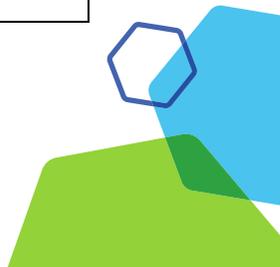
Service Information	
Name of Service:	Maggie's Centre (Withington)
Name of Provider:	Maggie's Centre
Postal Address:	The Robert Parfett Building The Christie Hospital NHS Foundation Trust 15 Kinnaird Road Manchester M20 4QL
Contact Details – Phone:	0161 641 4848
Email:	manchester@maggies.org
Website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



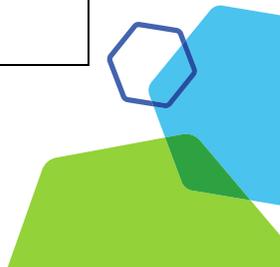
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adults but also for their family/carers
Key inclusion/Exclusion criteria:	No referral criteria "open door policy" --as long as they can get there.
PCTS served/ Catchment Area:	As long as they can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



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

