

# Directory of Psychological Services for People Affected by Cancer

## Stockport



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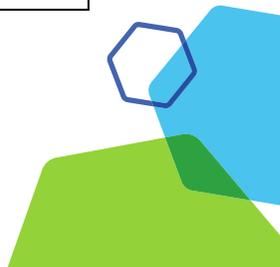


## Psychological Medicine Service

Service Information	
Name of Service:	Stockport Psychological Medicine service
Name of Provider:	Pennine Care NHS Foundation Trust
Postal Address:	Stockport Psychological Medicine service c/o 1st Floor, Forest House, The Royal Oldham Hospital, Rochdale Road, Oldham OL1 2JH
Contact Details – Phone: Email: Website Address:	<a href="#">Stockport psychological medicine in primary care :: Pennine Care NHS Foundation Trust</a>
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No. Our service remit is to work with people who exhibit atypical health care utilisation in relation to medically unexplained symptoms and/or difficulties managing/adjusting to a long-term physical health conditions (including cancer).



Age of client groups (Adults of children):	Aged 16 years+
Key inclusion/Exclusion criteria:	Our service remit is to work with people who exhibit atypical health care utilisation in relation to medically unexplained symptoms and/or difficulties managing/adjusting to a long-term physical health conditions (including cancer)
PCTS served/ Catchment Area:	Patients who have a Stockport GP
Name of Interventions (Individual or Group):	Individual, offer group sessions (e.g. Green group)
Psychological approaches and models?	Psychologically informed Case management of up to 18 months with a liaison practitioner incorporating range of integrative psychological modalities We also provide a limited amount of direct therapy utilising CBT, CAT, PIT, psychodynamic psychotherapy and EMDR
Statutory of non-statutory?	Statutory
Composition of MDT Professionals:	Psychologists, Psychiatrists, nurse, social worker, Ots, GP trainees and FY5/6



Service setting (e.g. Hospital or Community)	Community based in GP surgeries and some home visits
Outcome Measures used?	PHQ9 GAD7, WSAS but under review
How to refer?	Referral form from GP or Health/Social Care Professional, by phone, email.

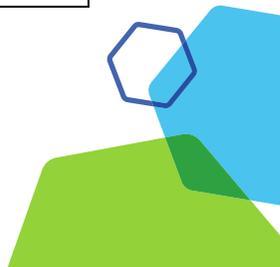


## Primary Care Mental Health Service - NHS Talking Therapies

Service Information	
Name of Service:	Stockport Talking Therapies
Name of Provider:	Pennine Care NHS Foundation Trust
Postal Address:	Oasis Building Stepping Hill Hospital Stockport SK2 7JE
Contact Details – Phone:	<a href="tel:01617165640">0161 716 5640</a>
Email:	
Website Address:	<a href="https://www.penninecare.nhs.uk/stockporttalk">https://www.penninecare.nhs.uk/stockporttalk</a>
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	No. It is setup for patients suffering from mild to moderate common mental health difficulties. They also help with long term conditions which includes cancer.
Age of client groups (Adults of children):	16 years old and over



Key inclusion/Exclusion criteria:	They don't accept people who are actively suicidal and high risk. Patient must have a Stockport GP
PCTS served/ Catchment Area:	Stockport
Name of Interventions (Individual or Group):	Individual and group workshops
Psychological approaches and models?	Computerised cognitive behavioural therapy (CBT) (Silvercloud – Supported or unsupported) Guided self help (Workshops, 1-1) Cognitive behavioural therapy (CBT) Eye Movement Desensitization & Re-processing (PTSD presentation only) Counselling for depression (CFD) Interpersonal Therapy (IPT) Couples counselling for depression Psychosexual therapy
Statutory of non-statutory?	Statutory



<p>Composition of MDT          Professionals:</p>	<p>Employment Support Workers          Psychological Wellbeing Practitioners          High Intensity CBT Therapists (*a small number dual trained in EMDR)          Counsellors          Highly Specialised Psychotherapists</p>
<p>Service setting (e.g.          Hospital or Community)</p>	<p>Community Service – Service based at Stepping Hill Hospital</p>
<p>Outcome Measures          used?</p>	<p>Standard IAPT Measures</p>
<p>How to refer?</p>	<p>Self referral or from GP/other health professional.</p> <p>Self-referral can be made          on: <a href="https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=93e4e841-476d-4d9b-a647-63e906a76bd9">https://www.iaptportal.co.uk/ServiceUser/SelfReferralForm.aspx?sd=93e4e841-476d-4d9b-a647-63e906a76bd9</a></p>

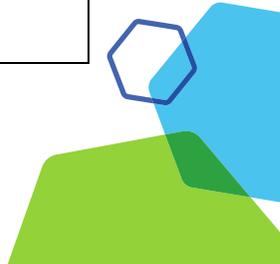


## Beechwood Cancer Care

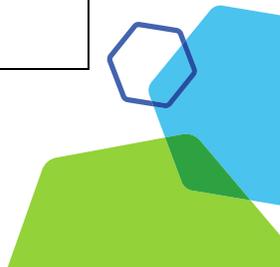
<b>Service Information</b>	
Name of Service:	Beechwood Cancer Care
Name of Provider:	Beechwood Cancer Care
Postal Address:	Beechwood Cancer Care Centre Chelford Grove Stockport Cheshire SK3 8LS
Contact Details – Phone:	0161 476 0384
Email:	<a href="mailto:enquiries@beechwoodcancercare.co.uk">enquiries@beechwoodcancercare.co.uk</a>
Website Address:	<a href="http://www.beechwoodcancercare.org.uk/">http://www.beechwoodcancercare.org.uk/</a>
<b>Psychological Intervention Details:</b>	
Is the service primarily set up for patients with cancer?	Yes. The Service is for patients with a cancer diagnosis, their Carers, and those bereaved (by cancer).
Age of client groups (Adults of children):	Adults and children (5 years plus)



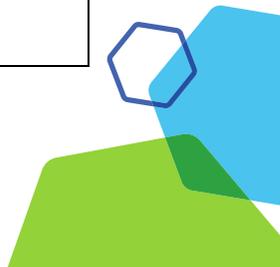
<p>Key inclusion/Exclusion criteria:</p>	<p><b>Referral/Inclusion Criteria</b></p> <p><u>Adults</u></p> <p>18 years +</p> <p>Impacted by cancer i.e., patient with a diagnosis, Carer or bereaved</p> <p>Must have a good level of independence</p> <p>Must have Capacity</p> <p>Must have the cognition to fully engage in psychological support</p> <p><u>Children &amp; Young People</u></p> <p>Ages 5 – 17 years</p> <p>Emotional maturity (relative to the age range) to engage in either play therapy or talking therapy</p> <p>Support and consent provided by parent(s) or legal guardian</p> <p><b>Exclusion criteria (all ages):</b></p> <p>Non-cancer related</p> <p>Unable to self-care</p>
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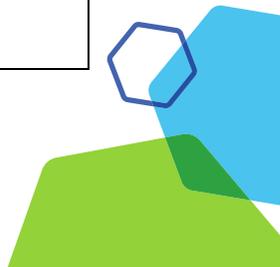
	<p>Unable to abstain from substance use</p> <p>Those without Capacity</p> <p>Those who are unable to speak, communicate and understand English</p>
PCTS served/ Catchment Area:	Northwest Region
Name of Interventions (Individual or Group):	<p><b>Individual One-to-One Psychological Support &amp; Counselling</b></p> <p>Applying a range of modalities (see next section) relative to clients' needs and presenting issues</p> <p><b>Groups:</b></p> <p><i>Note – the groups are all practitioner led and structured (i.e., not self-leading peer support groups). See examples below:</i></p> <p>Diagnosed Group – for all ages and genders with a cancer diagnosis</p> <p>Breast Cancer Group</p>



	<p>Prostate &amp; Testicular Cancer Group</p> <p>Bereavement Group</p> <p>Bereavement Cafe</p> <p>Art Therapy</p> <p>Mindfulness in Action</p> <p>Yoga</p> <p>Sound Bathing</p> <p>Parents &amp; Carers Café</p> <p>Therapeutic Woodland Adventures (for Children &amp; Young People)</p> <p>Other groups are available across any given year, and the Charity is constantly reviewing and developing its range of group support.</p> <p><b>Complementary Therapies:</b> <i>A range of treatments are available to those referred for psychological/counselling support.</i></p>
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	<p>Note: these are not available as a 'stand-alone' option</p> <p><u>Examples of treatments:</u></p> <p>Oncology Massage, Lymphatic Drainage, Scar Therapy, Indian Head Massage, Reflexology, Reiki, general massage therapy, facials etc.</p>
<p>Psychological approaches and models?</p>	<p>PCT (Person Centred Counselling), Transactional Analysis, Integrative Counselling, CBT (Cognitive Behavioural Therapy), EMDR (Eye Movement Desensitising &amp; Reprocessing), CFT (Compassion-Focused Therapy), ACT (Acceptance and Commitment Therapy), Play Therapy, strengths-focused interventions and techniques, Mindfulness, Breathwork</p>
<p>Statutory of non-statutory?</p>	<p>Non-statutory</p> <p>Beechwood Cancer Care Centre is an independent registered Charity (No.1006015)</p>



Composition of MDT Professionals:	<p>Counsellors &amp; Counselling Psychotherapists (for adults)</p> <p>Children, Young People and Family Counsellors</p> <p>Health &amp; Wellbeing Practitioners</p> <p>Play Therapist</p> <p>Art Therapist</p>
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	GAD, CORE-10, YP-CORE, PHQ9
How to refer?	<p>To make a referral or request a referral form:</p> <p><a href="mailto:clinical@beechwoodcancercare.co.uk">clinical@beechwoodcancercare.co.uk</a></p> <p>General enquiries:</p> <p><a href="mailto:enquiries@beechwoodcancercare.co.uk">enquiries@beechwoodcancercare.co.uk</a></p>



## Maggie's Centre – Withington

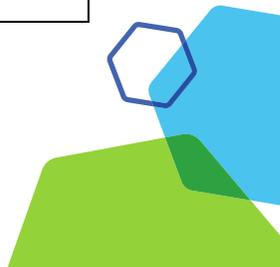
<b>Service Information</b>	
Name of Service:	Maggie's Centre (Withington)
Name of Provider:	Maggie's Centre
Postal Address:	The Robert Parfett Building The Christie Hospital NHS Foundation Trust 15 Kinnaird Road Manchester M20 4QL
Contact Details – Phone:	0161 641 4848
Email:	<a href="mailto:manchester@maggies.org">manchester@maggies.org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



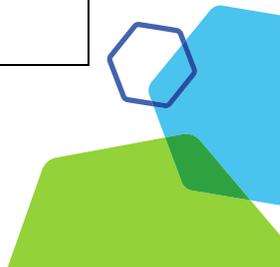
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adults but also for their family/carers
Key inclusion/Exclusion criteria:	No referral criteria "open door policy" --as long as they can get there.
PCTS served/ Catchment Area:	As long as they can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



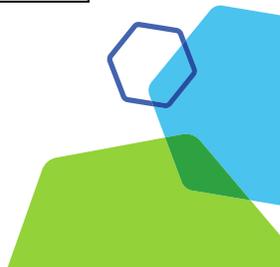
	<p>Brain, Primary Breast, Secondary Breast, Triple Negative Breast, Sarcoma, Penile, Head &amp; neck, Friends and Family Support Group</p> <p>Supporting Children- support for parents or other care givers of children who have a relative with a cancer diagnosis. Focus is on how to talk to children about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

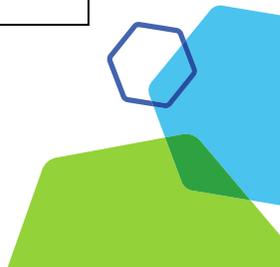


## Can – Survive UK

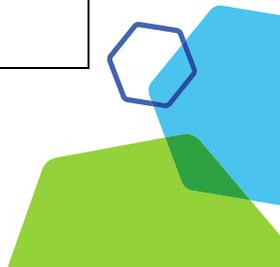
<b>Service Information</b>	
Name of Service:	Cancer Support & Community Engagement Service
Name of Provider:	Can-Survive UK
Postal Address:	Kath Locke Centre 123 Moss Lane East Manchester M15 5DD
Contact Details – Phone:	0161 232 1286
Email:	<a href="mailto:info@can-survive.org.uk">info@can-survive.org.uk</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>
<p>Service setting (e.g. Hospital or Community)</p>	<p>Community setting</p>
<p>Outcome Measures used?</p>	<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>

