

Directory of Psychological Services for People Affected by Cancer

Trafford



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Primary Care Mental Health Service – NHS Talking Therapies

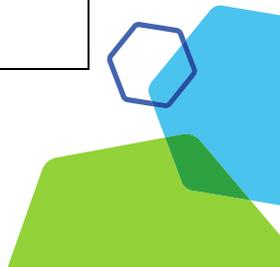
Service Information	
Name of Service:	NHS Talking Therapies Trafford
Name of Provider:	Greater Manchester Mental Health NHS Foundation Trust
Postal Address:	Trafford Talking Therapies



	Second Floor Altrincham Health and Well being Centre 33 Market Street Altrincham WA14 1PF
Contact Details – Phone:	0161 271 0190
Email:	LTC@gmmh.nhs.uk
Website Address:	https://www.gmmh.nhs.uk/trafford-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 related to an experience of cancer, for example



	<p>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 someone is struggling with severe and enduring</p>



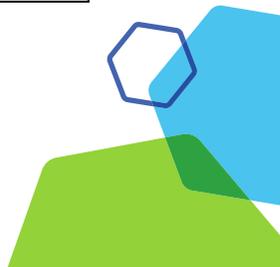
	mental illness, alcohol or drug misuse, or high levels of risk where this would need to be the primary focus of intervention.
PCTS served/ Catchment Area:	Trafford Residents
Name of Interventions (Individual or Group):	Individual, Group support, Online guided self-help (Silver Cloud)
Psychological approaches 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



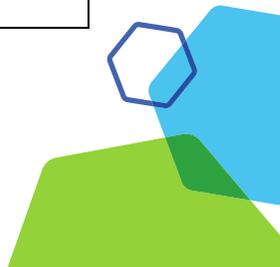
	High Intensity CBT Therapists Clinical Psychologists
Service setting (e.g. Hospital or Community)	Community
Outcome Measures used?	Standard IAPT Measures PHQ-9 GAD-7
How to refer?	You can access our NHS Talking Therapies service by completing the online referral Self-refer online via Referral form Trafford Patient Portal Professional referrals accepted. Please visit: Professional Referral form Trafford Patient Portal

Macmillan Cancer Information and Support Service

Service Information	
Name of Service:	Macmillan Wellbeing Centre
Name of Provider:	Macmillan



Postal Address:	Macmillan Wellbeing Centre, In the Grounds of Trafford General Hospital, Moorside Road Davyhulme, Manchester M41 5SN
Contact Details – Phone:	0161 746 2080
Email:	mft.macmillancentretrafford@nhs.net
Website Address:	www.macmillancentretrafford.org
Psychological Intervention Details:	
Is the service primarily set up for patients with cancer?	Yes
Age of client groups (Adults of children):	Adults
Key inclusion/Exclusion criteria:	If you or a family member (aged 18 or over) are struggling with the effects of diagnosis, illness or treatment - please call us or drop in – we are here to help. Our wellbeing and counselling services are open to anyone over the age of 18 who lives in Trafford or who has a Trafford GP . A member of our friendly team is always available to welcome and support you.
PCTS served/ Catchment Area:	Trafford



Name of Interventions (Individual or Group):	Individual 1:1 (Counselling) Individual 1:1 and groups (wellbeing support)
Psychological approaches and models?	Wellbeing support and person centred counselling
Statutory of non-statutory?	Statutory
Composition of MDT Professionals:	N/A
Service setting (e.g. Hospital or Community)	Hospital Grounds (Separate to main hospital)
Outcome Measures used?	
How to refer?	Telephone 0161 746 2080- self referral or professional referral

Maggie's Centre – Withington

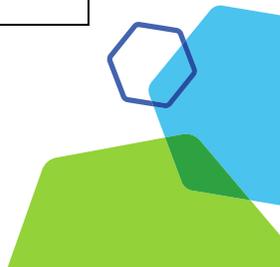
Service Information	
Name of Service:	Maggie's Centre (Withington)



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, Brain, Primary Breast, Secondary Breast, Triple Negative Breast, Sarcoma, Penile, Head & neck,</p> <p>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> <p>A weekly relaxation group</p>
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	<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.

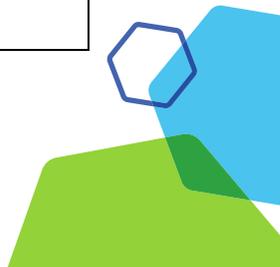


Chai Cancer Care – South Manchester

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

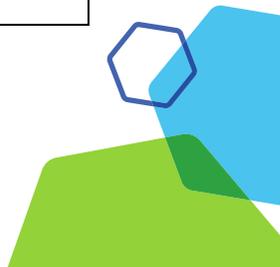


Can – Survive UK

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:	<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>

