

Senior adult oncology (SAO) service

The senior adult oncology (SAO) service at The Christie supports people at every stage of their cancer journey - before, during and after treatment.

Cancer can leave you facing many challenges which can feel harder if you have other health issues. Whether you want to improve your health, manage side effects or get extra support for your wellbeing, the SAO service is here to help you, your family, and your carers.

What happens at the SAO clinic?

Following a referral from your oncology team, we will start your assessment on the phone to gather some information about you. Please allow up to 1 hour for this.

After this, we will invite you to our clinic for a face-to-face assessment, please allow up to 2 hours for this. The SAO team can then give you personalised clinical advice, intervention and support. We focus on goals that are important to you. We can help you to:

- be as independent as possible
- improve your quality of life
- have the tools and support you need to manage your cancer treatment



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If you need information in a different format, such as easy read, large print, BSL, braille, email, SMS text or other communication support, please tell your ward or clinic nurse.

The Christie is committed to producing high quality, evidence based information for patients. Our patient information adheres to the principles and quality statements of the Information Standard. If you would like to have details about the sources used please contact **the-christie.patient.information@nhs.net**

For information and advice visit the cancer information centres at Withington, Oldham, Salford or Macclesfield. Opening times can vary, please check before making a special journey.

Contact The Christie Hotline for urgent support and specialist advice
The Christie Hotline: 0161 446 3658
Open 24 hours a day, 7 days a week

Our team includes the following:

- physiotherapist
- dietitian
- advanced clinical practitioner (ACP)
- geriatrician (specialist doctor who works with older people)
- occupational therapist
- pharmacist

On your visit you may see one or more of our team. This will depend on what you need.

How we can help

We can identify and treat a whole range of symptoms that you may experience as a result of your cancer or cancer treatment. This includes looking at your physical health and mental wellbeing.

We can help by:

- carrying out a full assessment of your needs, making sure you get the right support throughout your treatment and beyond
- working with you to manage other health conditions and side effects such as pain, nausea, breathlessness and constipation
- reviewing your medications and their side effects
- looking at how you are managing with your day-to-day activities
- providing support with mobility issues, such as weakness, balance or falls
- supporting your nutritional needs during treatment and recovery
- helping you access any further assistance or support when you need it
- providing emotional support to help you and your loved ones to handle the feelings that often come with a cancer diagnosis
- referring you to other appropriate services

How to contact the SAO service

Our secretary is part of the endocrine team. Please contact them on **0161 446 3479** (option 3, then option 5).

If they are not available when you call, please leave a message which will be passed onto our team.

If you prefer, you can contact us by email: **the-christie.saoteam@nhs.net**

If you need urgent medical advice relating to your cancer treatment, please contact The Christie Hotline on **0161 446 3658** (Open 24 hours a day, 7 days a week).

If you have other health concerns, please contact your GP or ring **111** or in a medical emergency please ring **999**.