

Counselling

We do not offer counselling at the MCISC, however, referrals can be made to a range of local counselling providers for anxiety, worry, stress, bereavement support and family and children's counselling services.

Parking

If you attend any appointments at The Christie at Salford you are entitled to free parking. Please ask the reception staff for more details.

Free prescriptions for cancer patients

Call in to the MCISC for more information and to pick up a form.

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

The Christie at Salford

Services available through the Macmillan cancer information and support centre (MCISC) at The Christie at Salford

At The Christie at Salford, you will find the MCISC on your right as you walk in, just before the reception desk. Please call in to ask any questions, to pick up information or just to have a chat. If there is no one available to talk to you, please take one of the staff business cards and give us a call. We will be able to arrange for you to come in and see us face to face if you wish or we can answer many queries over the telephone. The MCISC at The Christie at Salford can be contacted on **0161 918 7804**.

Drop-in and telephone support service

We offer free, confidential information and support to anyone affected by cancer. We offer time to listen, time to talk and time to make sense of it all. This includes information and advice about:

- Local tumour-specific support groups, walking groups and gardening groups.
- Look Good Feel Better – skin care and make up workshops.
- Headstrong – hair loss, scalp care and headwear advice.
- Finances and Macmillan grants.
- Coping with life after treatment, including taking part in the cancer health and wellbeing programme and events
- Travel insurance recommendations



Information is available from The Christie, Macmillan and a wide range of charities and organisations, to support you and your family through diagnosis, treatment and recovery. We also provide information about screening, prevention and awareness, and healthy living in a range of languages and formats including CDs and DVDs, easy read booklets and books suitable for children.

Complementary therapy

A range of complementary therapy is available for patients and carers attending for radiotherapy. Please contact either the reception staff or a member of the review team to make an appointment. This service is available weekly on Mondays.

Headstrong

Headstrong is a service offered to patients who have hair loss as a result of treatment. Our trained Headstrong volunteers offer support and practical information on hair loss, scalp care and headwear choices. Sessions take place here at The Christie at Salford. To book a session, please contact the MCISC on **0161 918 7804** or **0161 206 1455**.

Wig service

The staff in the MCISC are able to provide patients with prescriptions and information on where to obtain wigs for patients who have lost their hair as a result of their cancer treatment.

Physiotherapy (breast patients only)

All patients attending for radiotherapy following breast cancer surgery are given a routine physiotherapy appointment in a group setting. This is to provide education, advice and exercises with regards to the effects of radiotherapy and the benefits of exercise. Advice on management and how to reduce the risk of lymphoedema is also provided. Patients can also access physiotherapy in a one to one setting if required. Please speak to the reception staff if you would like a one to one session.

Look Good Feel Better

During these free sessions, trained beauty consultants volunteer their

time and expertise to help women with simple skin care and makeup skills. Sessions take place in The Hope building at Salford Royal Hospital on the second Monday of every month 10.30am - 12.30pm and 1.30pm - 3.30pm. To book a session please contact the MCISC on **0161 918 7804** or **0161 206 1455**. These sessions also take place weekly at Maggie's Centre Manchester, The Christie NHS Foundation Trust, 15 Kinnaird Road, Withington, Manchester, M20 4QL. You can visit www.lookgoodfeelbetter.co.uk for more information.

Local support groups and activities

We can provide information about local support groups who offer group meetings, information, peer support and social activities for anyone affected by cancer.

Health and wellbeing programmes

Health and Wellbeing programmes and events for people living with and beyond cancer are available in most areas. Please come into the MCISC or visit www.macmillan.org.uk for more details and to find your local Macmillan centre.

Benefits and financial advice

Appointments can be arranged with a benefits advisor - this may be within the MCISC or arranged closer to your home, dependent on where you live. The staff in the MCISC are able to provide advice on Macmillan grants – please call in to discuss this with them. In addition, the Macmillan Support Line has financial specialists who are available to help you manage your finances, providing guidance in areas such as mortgages, insurance, pensions, future planning and more. Call **0808 808 00 00** (9am - 8pm Mon to Fri) to speak with someone.

Employment support and legal matters

There is a range of information leaflets on work, pensions, will writing and legal matters available in the MCISC. For further information regarding employment you can contact Stephen Wallwork at Maggie's Centre Manchester on **0161 641 4848**.