



Living With & Beyond Cancer Activities In the City of Manchester & surrounding areas SUMMER 2017

*Compiled by the Macmillan Information & Support Service,
Manchester City Council*

While this is the most comprehensive list available, not all activities are included, especially the further away they are from the City of Manchester.

To find out more about local services,
contact the nearest cancer information and support centre on the list below.

Details can quickly change,
so please contact services in advance to avoid disappointment.

If you have any amendments or additions, please contact Ali Davenport,
Macmillan Community Outreach Officer,
a.davenport1@manchester.gov.uk, 07767 663 099

The service also produces a list of **Cancer Support Groups**

- **Cancer information & support centres**
- **Courses**
- **Creative**
- **Gardening**
- **General**
- **Hair & beauty**
- **Holistic – including counselling & complementary therapies**
- **Mindfulness & meditation**
- **Physical activity**
- **Volunteering**
- **Walking**
- **Web-based support**
- **Work**
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Cancer information & support centres

The information and support services provide information and face-to-face support to people living with and beyond cancer. Centres are usually open Monday to Friday but please ring to check opening hours before making a journey specially to visit.

Macmillan Information and Support Service in Manchester City Council

This friendly and confidential service is for anyone affected by cancer in the City of Manchester, from the person themselves to family, carers, work colleagues and friends.

Talk to staff over the phone or make an appointment in a library or other community venue.

0161 227 3727, macmillan@manchester.gov.uk

Macmillan Information and Support Service, Beechwood Cancer Care Centre,
Beechwood Cancer Care Centre,
Chelford Grove, Stockport, SK3 8LS,
0161 476 0384 / 0161 477 8351

Bolton Macmillan Cancer Information and Support Service, Royal Bolton Hospital,
BL4 0JR, 01204 390624 / Bolton One, Moor Lane, BL3 5BN, 01204 462442 / Giles House, 43 Chorley New Rd, BL1 4QR, 01204 663059, boltoncancerinfo@nhs.net

Macmillan Cancer Information and Support Centre (Central Manchester)
Main Out-patients Department, Manchester Royal Infirmary, Oxford Road, M13 9WL, 0161 276 6868, cancer.information@cmft.nhs.uk

The Christie Cancer Information Centre, The Christie NHS Foundation Trust,
Wilmslow Road, Withington, M20 4BX, 0161 446 8100

The Christie at Oldham, Macmillan Cancer Information and Support,
The Royal Oldham Hospital, Rochdale Rd, OL1 2JH, 0161 918 7745

The Christie at Salford, Cancer Information Centre, Salford Royal Hospital,
Stott Lane, M6 8HD, 0161 918 7804

Macmillan Cancer Information and Support Service (Crewe),
Macmillan Cancer Unit, Mid-Cheshire Hospitals NHS Foundation Trust, Leighton Hospital, CW1 4QJ, 01270 273603

Macmillan Cancer Resource Centre (Macclesfield), East Cheshire NHS Trust,
Victoria Road, SK10 3BL, 01625 663128/9

Macmillan Cancer Information and Support Service (Pennine – Bury, North Manchester, Oldham, Heywood, Middleton & Rochdale), North Manchester General Hospital, Delaunays Rd, Crumpsall, M8 5RB, 0161 604 5244, macmillan.infocentre@pat.nhs.uk

Macmillan Cancer Information and Support Centre (Salford),
Salford Royal Hospital, Stott Lane, M6 8HD 0161 206 1455/0161 918 7804

Macmillan Cancer Information and Support Service (South Manchester),
Wythenshawe Hospital, Southmoor Road, M23 9LT, 0161 291 4876 / 4875

Tameside & Glossop Macmillan Cancer Information and Support Centre,
Tameside Macmillan Unit, Ladysmith House, Tameside Hospital, Fountain St, Ashton Under Lyne, OL6 9RW, 0161 922 5644, macmillan.info@tgh.nhs.uk

Trafford Macmillan Cancer Information and Support Service (Trafford),
Macmillan Wellbeing Centre, Moorside Road, Davyhulme, M41 5SN, 0161 746 2081

Wigan Macmillan Cancer Information and Support Service (Wigan),
The Christie at Wigan, Royal Albert Edward Infirmary, Wigan Lane, WN1 2NN, 01942 822760, Macmillan Information and Support Centre, Thomas Linacre Centre, Parsons Walk, WN1 1RU, 01942 774620

Courses

Back on Track (Manchester)

Activity: Education, guidance and mentoring for adults who have been going through a period of resettlement in their lives.

Contact: 0161 834 1661

Email: info@backontrackmanchester.org.uk

Date / time: Various

Meet at: Swan Buildings 20 Swan Street, M4 5JW

Who for: Adults who have had problems in the past with drugs or alcohol, mental ill-health, homelessness or offending behaviour. Referral through a professional or self-referral.

Back to the Future Programme (Oldham)

Activity: Run by Oldham Cancer Support Centre, helping people find their 'new normal'. The programme consists of twenty sessions, delivered by professionals, including dealing with fatigue, mental wellbeing, diet and nutrition, meditation and relaxation, pampering, safe exercise and gardening as therapy.

Contact: 0161 770 8751

Email: oldhamcancersupportcentre@hotmail.co.uk or the Secretary, pam.a.w@sky.com

Date / time: Twice a year, two full weeks - Monday to Friday, 10am-3.30pm

Meet at: Oldham location, venue varies

Who for: Anyone living with cancer, including family and carers. Also for people bereaved by cancer. www.oldhamcancersupportcentre.com

Beechwood Cancer Care programmes (Stockport)

Activity: Offers bespoke programmes, following an assessment, including counselling, complementary therapies, discussion groups and relaxation techniques.

Contact: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Date / time: Day time, one day a week over eight weeks

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Who for: For any patients. The centre can be contacted directly or a referral made through a GP or other medical professional.

Boost (Manchester)

Activity: Boost is a six week course of two-hour sessions to improve mental health and wellbeing, providing strategies that enable people to respond to challenging situations positively and building resilience and confidence.

Contact: Lynne Harrison 0161 882 2565 or Buzz 0161 248 1767

Email: lynne.harrison@gmmh.nhs.uk

Date / time: Various

Meet at: Local venues across the city

Who for: For anyone over 18 years old living within the City of Manchester, not just those affected by cancer. Run by Buzz, Greater Manchester Mental Health NHS Foundation Trust.

www.buzzmanchester.co.uk

Building a healthy future for people with long-term conditions (Manchester)

Activity: A free six week course aiming to help people with long-term conditions improve their emotional health and build skills to manage life's challenges.

Contact: Ruth Rosselson 07527 127 786

Email: bahf@manchestermind.org

Date / time: Various

Meet at: Various

Who for: Anyone with a Manchester postcode with a long-term physical condition. This course is not appropriate for someone with severe depression or anxiety or who needs one-to-one support.

Cancer Health & Wellbeing Programme (Salford)

Activity: A four week programme supporting people to recovery, giving them the skills and knowledge to manage their condition and the emotional, physical and financial impact of cancer on their lives.

Contact: Jennifer Bagchi, Cancer Health & Wellbeing Coordinator, 0161 206 0931

Email: jennifer.bagchi@srft.nhs.uk

Date / time: Six times a year, for four weeks, day time, 10am-2pm

Meet at: Seminar Room B, Hope Building, Salford Royal NHS Foundation Trust, Stott Lane, M6 8HD

Who for: Salford residents who have completed or coming to the end of their treatment. Carers welcome to support.

Expert Patient Programme (Manchester)

Other areas of Greater Manchester also run the Expert Patient Programme

Activity: An NHS evidence-based programme to support people living with long-term health conditions or caring for people with any long-term conditions. The programme addresses the physical and emotional impact when managing health and well-being.

Contact: The referral team 0161 371 2105

Email: smu-tr.epp@nhs.net

Date / time: Various, 6 weekly sessions lasting 2.5 hours with refreshment break

Meet at: Local venues across Manchester

Who for: Manchester residents who live with any long term health condition, including cancer. The course also supports carers.

Heads Up (Manchester)

Activity: A free 5 week course helping people to improve their wellbeing and look at ways to manage feelings such as low mood, stress, anxiety or problems with sleep. Students learn ways to lift their mood and boost their confidence in a relaxed and friendly environment. Groups are small and one to one support is also available.

Contact: Rachel Garratt 0161 8341661

Email: headsup@man-adulted.org.uk

Date/Time: Various

Meet at: Local venues across Manchester

Who for: For adults aged 19+ who may be feeling low, stressed, anxious or worried, who may have gone through a difficult life change and be finding it hard to cope. Run by Manchester Adult Education Service and Back on Track.

Living With Less Stress (South Manchester)

Activity: The course teaches people what stress is, how people tend to respond to cancer, the role stress may play in the experience of cancer and strategies for managing stress.

Contact: To find out more about this course, please drop in to Maggie's Manchester, Monday to Friday, 9am-5pm. See main entry under 'Holistic' for contact details.

Date / time: Tuesdays, 10am-12 noon, for six weeks

Meet at: Maggie's Manchester, The Robert Parfett Building, The Christie Hospital, 15 Kinnaird Road, Withington, M20 4QL

Who for: For anyone who has or has had cancer, and their families and friends.

Moving Forward – Breast Cancer Care (South Manchester, Stockport, Tameside)

Activity: A four-session programme providing information, support and professional guidance on how to cope with and adjust to life after treatment. Topics covered may include exercise, managing menopausal symptoms, lymphoedema, and intimacy and relationships. See www.breastcancercare.org.uk

Contact: Breast Cancer Care 0345 077 1895

Email: movingforward@breastcancercare.org.uk

Date / time: Day time

Meet at: Wythenshawe, Stockport, Tameside

Who for: The course is open to people who have had a breast cancer diagnosis within the last two years and who can attend all four sessions.

The HOPE Course (Cheshire East, Trafford, South Manchester)

HOPE (Help Overcoming Problems Effectively) is a six week self-management course for people who are undergoing or have completed cancer treatment and trying to get back to normal or a 'new normal'. Covering topics like loss of confidence, dealing with fatigue and fear of re-occurrence, it can help people reclaim their lives. Please telephone the individual sites to find out more and register.

Bolton contact: Sue Summerfield, Macmillan Cancer Information and Support, 01204 663059

Email: boltoncancerinfo@nhs.net

Date / time: Three times a year - January / February, June / July and September / October

Who for: Open to all patients who would benefit from the course.

Cheshire East contact: Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603.

Email: julie.pieczarka@nhs.net

Date / time: Three times a year, February / March, April / May and September / October

Who for: Open to all patients who would benefit from the course.

Trafford contact: Judy or Glynnis, Macmillan Wellbeing Centre Trafford, 0161 746 2080

Email: judy.thompson6@nhs.net

Who for: Patients who live in Trafford or are registered with a Trafford GP.

South Manchester contact: Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875.

Email: debbie.smith2@uhsm.nhs.uk

Date / time: Three times a year: January / February, April / May and September / October

Meet at: Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, M23 9LT

Who for: Patients who have attended Wythenshawe or Withington hospitals at any time.

The Wellbeing Group, St Ann's Health & Wellbeing Hub (Salford)

Activity: A six week programme, teaching self-management techniques for a wide range of symptoms. Keyworker assessment before and after the programme. Activities include managing energy levels, relaxation and healthy eating.

Contact: 0161 702 5482/5416

Email: daytherapyh@sah.org.uk

Date / time: Wednesdays, 1.30 – 3pm

Meet at: St Ann's Hospice, Meadowsweet Lane, off Peel Lane, Little Hulton, Worsley, M28 0FE

Who for: Anyone with a life-limiting illness.

Where Now? (South Manchester)

Activity: 'Where Now?' aims to develop skills in managing what is often an emotionally turbulent time. Many areas are covered during this seven-week course, including diet and nutrition, physical activity, emotional well-being and many other post-treatment challenges. Groups are limited to twelve people and give people the opportunity to meet people in a similar situation who can understand one another's experiences.

Contact: To find out more about this course, please drop in to Maggie's Manchester, Monday to Friday, 9am-5pm. See main entry under 'Holistic' for contact details.

Date / time: Fridays, 10.15am-1.15pm, for seven weeks

Meet at: Maggie's Manchester, The Robert Parfett Building, The Christie Hospital, 15 Kinnaird Road, Withington, M20 4QL

Who for: People who have finished their treatment for cancer (those continuing long-term treatments, like Tamoxifen, are welcome) and are considering life beyond cancer.

Younger Women Together – Breast Cancer Care (North of England)

Activity: Two-day events providing support and information for women aged under 45. Sessions relate to the needs of younger women, recognising issues that are important to them, including fertility, the menopause, sexuality and relationships. See www.breastcancercare.org.uk

Contact: Breast Cancer Care 0345 077 1893

Email: uk-wideservices@breastcancercare.org.uk

Date / time: Two days, usually Friday & Saturday, with a hotel stay

Meet at: Various locations, including Manchester

Who for: Women under 45 who have been diagnosed with primary breast cancer in the past three years. Events also offered for younger women with secondaries.

Creative

Beechwood Cancer Care – Card-making Group & Art Group (Stockport)

Contact: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Date / time: Both groups meet at the same time, fortnightly on Thursday afternoons

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Who for: For anyone who has been affected by cancer, including family members and carers. Beginners and experienced all welcome. Contact the Centre directly for details.

Beechwood Choir (Stockport)

Activity: Enjoy singing along with others. Everyone welcome, whatever voice they have.

Contact: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Date / time: Every Tuesday evening, 5.30-6.30pm & 6.30-7.30pm

Who for: For those who have been affected by cancer in one way or another.

Bolton Cancer Voices (Bolton)

Activity: Bolton Cancer Voices is an inspirational, welcoming choir. It provides a positive, motivational and diversionary environment where members have fun, enjoy the challenges and exhilaration of performing, and have a focus aside from their illness. There is no requirement to read music or to audition.

Contact: Karen Elliott 01204 595562/ 07773164235

Email: boltoncancervoices@yahoo.com

Date / time: Mondays, 7.30pm-9pm

Meet at: The Friends Meeting House, Silverwell Street, BL1 1PP

Who for: Open to anyone who has received a cancer diagnosis of any type at any time.

Macmillan Connections – Craft group (South Manchester)

Activity: Craft and chat, table top crafts, eg. card making, jewellery, needlepoint, sewing. For absolute beginners to more experienced crafters.

Contact: Debbie Smith, Helen Adamson at the Macmillan Cancer Information & Support Centre, 0161 291 4876

Email: macmillan.info@uhsm.nhs.uk

Date/time: Monday mornings, 10am-12 noon

Meet at: Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, Southmoor Road, M23 9LT

Who for: All welcome. For anyone affected by cancer, including patients, families and carers.

Manchester Libraries – Art & craft groups (Manchester)

Libraries in other areas of Greater Manchester also offer art and craft activities

Activity: Some of Manchester's libraries hold art and craft groups, offering a range of activity including art, crafts and knitting.

Contact: Individual local libraries

Date / time: Various

Meet at: Various

Who for: Everyone welcome.

Recording Memories (Manchester)

Activity: An opportunity for people to record their life story or memories as a permanent record to be kept and enjoyed. Interviews usually last an hour or two but can be shorter or longer. A Macmillan Solutions project.

Contact: Val Harrington, project volunteer, via Northmoor Community Centre reception, 0161 248 6823

Email: macmillan@northmoorcommunity.org

Date / time: Individual

Meet at: Home or community venue, wherever people prefer.

Who: Anyone affected by cancer who would like to make a digital recording of their memories or record a message for loved ones.

The Rhythm of Life – Christie’s Cancer Choir (South Manchester)

Activity: Carol Donaldson, composer and musical director, leads the Christie choir, bringing voices together with love and passion. The choir sings songs from all over the world in acapella harmony.

Contact: Rosalyn Fox, Macmillan Specialist Breast Care Nurse, The Christie NHS Foundation Trust, 0161 446 3996

Email: rosalyn.fox@christie.nhs.uk

Date / time: Mondays, alternating 7.30-9pm (The Christie) and 1pm-2.30pm (The Maggie’s Centre)

Meet at: The conservatory at The Christie, Wilmslow Road, Withington, M20 4BX and The Maggie’s Centre, 15 Kinnaird Rd, Withington, M20 4QL

Who for: Anyone affected by cancer. No experience necessary.

Gardening

Macmillan Community Allotment (Salford)

Activity: A great opportunity to get some fresh air and grow your own fruit and vegetables. No experience necessary.

Contact: The Salford Cancer Information and Support Service 0161 206 1455 or 0161 918 7804

Email: joanne.shaw@srft.nhs.uk

Date / time: Every Thursday from 1-3pm

Meet at: Tindall Street Allotments, Peel Green, M30 7DF

Who for: For anybody at all affected by cancer. No experience necessary.

General

Being There (Manchester)

Activity: Being There (formerly CALLplus) has a network of trained volunteers who give home-based emotional support and practical help. Services are tailored to each individual or family, but can include listening and befriending, practical help and driving to appointments. Being There has offices in North and South Manchester, Salford, Tameside and Trafford. www.beingthere.org.uk

Contact: 0845 123 23 29

Email: info@beingthere.org.uk (also northmancs@beingthere.org.uk, southmancs@beingthere.org.uk, salford@beingthere.org.uk, tameside@beingthere.org.uk, trafford@beingthere.org.uk)

Date / time: Individual

Meet at: Home setting or other convenient place.

Who for: People of Greater Manchester living with or affected by cancer and other life-limiting illness such as strokes, heart and respiratory diseases.

Can-Survive UK – CSUK (Manchester)

Activity: Provides culturally sensitive support and information for people with cancer, their families and carers.

Contact: Marcella, 0161 445 0211, 07496 089310

Email: info@can-survive.org.uk

Meet at: Zion Community Resource Centre at 339 Stretford Road, Hulme, M15 4ZY

Who for: CSUK is targeted at but not exclusive to Black and Minority Ethnic (BME) and marginalised people affected by cancer, and their family and carers.

Coffee Mornings @ Bolton One (Bolton)

Contact: 01204 362442

Email: boltoncancerinfo@nhs.net

Date / time: First Wednesday of the month, 10.30am-12noon

Meet at: Macmillan Information & Support Service at Bolton One, Moor Lane, BL2 5BN

Who for: Anyone affected by cancer, whether patient, family member or friend.

Coffee mornings – Beechwood Cancer Care (Stockport)

Contact: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Date / time: Alternate Thursday mornings, 10am-12 noon

Who for: All welcome.

CRAFT - Cancer Recovery & Friends Together (Trafford)

Activity: A self-help group for those who are seeking support to get back to normal following a cancer diagnosis and subsequent treatment.

Contact: Macmillan Wellbeing Centre 0161 746 2080

Date / time: 2nd and 4th Friday of each month between 1pm-3pm

Meet at: Macmillan Wellbeing Centre, Moorside Road, Davyhulme, M41 5SN

Who for: Trafford patients and carers.

Health & Well-being Events (Bolton)

Activity: An opportunity to find out what support, information, advice and facilities are available to people who have undergone or are completing a course of treatment to help them adjust to a life with or beyond cancer.

Contact: 01204 390624

Email: boltoncancerinfo@nhs.net

Date / time: Two or three times a year, usually 1pm-3.30pm, ring to check dates

Meet at: Holiday Inn, Upper Bridge Street, BL1 2EW

Who For: Open to anyone living with or beyond cancer.

Living With & Beyond Cancer Group (North Manchester)

Activity: Each meeting there is an informal conversation around a different theme, facilitated by a Macmillan Professional, such as fatigue and the emotional effects of cancer. The group are encouraged to share experiences and learn from each other.

Contact: Ali Davenport, Macmillan Community Outreach Officer, Macmillan Information & Support Service, Manchester City Council, 227 3727 or 07767 663 099

Email: a.davenport1@manchester.gov.uk

Date / time: Every two months, Thursday mornings 10am-12 noon

Meet at: Post-graduate Medical Centre, North Manchester General Hospital, Crumpsall, M8 5RB

Who for: Open to anyone living with and beyond cancer from the Greater Manchester area.

Macmillan Connections (South Manchester)

Activity: Macmillan Connections links people up so they can do activities together. There are a growing number of Macmillan Friendly locations in Wythenshawe, including leisure clubs, gyms, dance groups and choirs, and shared activities set up by people themselves, such as theatre trips and afternoon tea.

Contact: Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: macmillan.info@uhsm.nhs.uk, debbie.smith2@uhsm.nhs.uk

Date / time: Various

Meet at: Various

Who for: For anyone affected by cancer, including friends & family.

Macmillan Oldham 1-to-1 Service (Oldham)

Activity: A clinician-lead support service offering a community-based holistic model of care within the community of Oldham. Provided by Oldham CCG.

Contact: 0161 621 7684

Email: oldham.macmillansupport@nhs.net

Date / time: Various

Meet at: Various

Who for: Any adult living in Oldham or registered with an Oldham GP who has been affected by cancer.

People can self-refer or be referred by any professional involved in their care. The team accept referral from diagnosis onwards.

Macmillan Solutions (Manchester)

Activity: Macmillan Solutions provides practical, emotional and financial support for people affected by cancer. It is a way that people can get extra support from trained volunteers to help them enjoy the things that matter most to them.

Contact: Hayley Williams, Volunteer Support Worker via !Audacious Church reception 0161 830 7000

Email: macmillansolutions@audaciouschurch.com

Date / time: Individual

Meet at: Home setting or other convenient place.

Who for: Manchester residents affected by cancer, including those living with and beyond cancer, who would welcome the support of a trained volunteer. www.macmillansolutions.org.uk, www.facebook.com/MacmillanMcr

Self Help Services (Greater Manchester)

Activity: A user-led mental health charity based in the North West of England. Provides a range of support, including groups, peer support, eTherapy and talking therapies. Part of The Big Life Group.

Contact: 0161 226 3871

Email: pws.manchester@selfhelpservices.org.uk

Date / time: Various

Meet at: Various

Who for: For people in the North West living with mental health problems such as anxiety, depression, phobias and panic attacks. Referral by health professional or self-referral by phoning or downloading form. www.selfhelpservices.org.uk

Welfare & Benefits Advice (Manchester)

Activity: Free and confidential advice services over the phone and face to face, covering benefits, debts and housing and employment issues.

Contact: The cancer information and support centres. (See the top of the list.)

Meet at: Various

Date / time: Various

Who for: Some services are based within a hospital and can usually only help those that are being treated there. Others are based in the community and can help any cancer patient, relative or carer who lives in that local area.

Wellbeing Advisors (Manchester)

Other areas also have similar services

Activity: One to one support, usually for six to ten sessions, to help people feel healthier and happier. Tailored to individual goals, whether it is to eat more healthily, become more active, manage stress, become smoke free or meet others. Part of Buzz, Greater Manchester Mental Health NHS Foundation Trust.

Contact: Manchester Office 0161 882 2583, Central & South Office 0161 248 1765

Email: manchwadvisors@nhs.net

Date / time: Various, flexible

Meet at: Various community locations, near to where people live

Who for: Anyone who lives in Manchester, not just those affected by cancer. Referral by professional, self-referral or online at www.buzzmanchester.co.uk

YouFirst – Wellbeing Coaches (South Manchester)

Activity: YouFirst works with people who have been identified as having, or at risk of developing, long term health conditions and want to make changes to their lifestyle. The service works by motivationally training people to rethink how they can make their own positive changes to their lives. The project is delivered by The Big Life group, commissioned by South Manchester Clinical Commissioning Group

Contact: John Wigley, 0161 226 9383 | 07976465877

Email: PCOT.BigLife@nhs.net

Date / time: Various

Meet at: Range of locations in South Manchester

Who for: For people over 18, registered with a South Manchester GP. Referral can be from many different services. In referrals that are made other than from health professionals, eligibility for the service will be obtained from GP surgeries with the permission of the client. (This pilot project will be in place until end March 2018 but may continue after this date.)

Hair & beauty

Be Confident at Beechwood Cancer Care (Stockport)

Activity: Practical information about hair loss, scalp care and headwear choices, as well as emotional support and access to a beauty therapist.

Contact: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Date / time: Phone to make an appointment

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Who for: For people preparing for hair loss due to cancer treatment.

Boots Macmillan Beauty Advisors (Greater Manchester)

Activity: Boots Macmillan Beauty Advisors are No.7 Advisors who have volunteered to be specially trained by Macmillan to help people manage the visible side-effects of cancer. They are available in some Boots UK stores to support people and give free, face-to-face advice about caring for skin, hair and nails. Advice is given using Boots No 7 products or other products in store but there is no obligation to buy.

Contact: Individual Boots stores. Advisors currently in the Trafford Centre, Stockport Merseyway, Ashton-under-Lyne, Altrincham, Denton, Macclesfield and Oldham. See Store Locator, then Store Details/In-store services under individual entries, www.boots.com

Date / time: Opening hours

Meet at: Various

Who for: People with visible side-effects of cancer.

Colour Me Beautiful & Make Up Sessions (South Manchester)

Activity: Make up sessions with specially trained beauticians.

Contact: Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: debbie.smith2@uhsm.nhs.uk

Date / time: Usually two or three times a year

Meet at: Macmillan Cancer Information and Support Service, Wythenshawe Hospital, M23 9LT

Who for: Anyone who has attended Wythenshawe or Withington hospital at anytime in their cancer pathway.

Headstrong at Salford Royal (Salford)

Activity: Trained volunteers who give support and practical information about hair loss, scalp care and headwear choices.

Contact: The Salford Cancer Information and Support Service on 0161 206 1455 or 0161 918 7804

Email: joanne.shaw@srft.nhs.uk

Date/time: Every alternate Tuesday morning between 11am-2pm. Please ring for an appointment.

Meet at: The Christie at Salford, Salford Royal Hospital, Stott Lane, M6 8HD

Who for: For anyone who is likely to or has lost their hair through cancer treatment.

Look Good Feel Better (Bolton, Bury, Cheshire East, Oldham, Salford, South Manchester, Wigan)

Activity: Free two hour skin and makeup sessions. The Workshop is a one-off experience with a free gift bag. People bring their own cosmetics for the Masterclass but can attend more than once. Patients are advised to attend a workshop when it is of most help with the visible side effects of treatment, either in the middle or just after treatment. www.lookgoodfeelbetter.co.uk

Workshop

Salford contact: For further information please contact Gill Armstrong, Macmillan Cancer Information and Centre on 0161 206 1455 or 0161 918 7804

Date / time: 2nd Monday each month, two sessions in the day at 10.30am and 1.30pm

Meet at: Salford Royal Hospital, M6 8HD

South Manchester contact: Maggie's Manchester, 0161 641 4848.

Email: manchester@maggiescentres.org

Date / time: Tuesdays, 1.30-3.30pm

Meet at: Maggie's Manchester, The Robert Parfett Building, The Christie Hospital, 15 Kinnaird Road, Withington, M20 4QL

Who for: Any cancer patient.

Masterclass

Bolton contact: 01204 390624

Email: boltoncancerinfo@nhs.net

Date / Time: Held monthly, 10am-12.30pm

Meet at: Giles House 43 Chorley New Rd, BL1 4QR

Activity: Offered alternately with Boots No.7 team workshops.

Who for: Anyone affected by cancer.

Bury contact: For further information please contact The Macmillan Information and Support Centres at The Christie at Oldham, 0161 918 7745, or North Manchester General Hospital, 0161 604 5244

Email: helen.murphy@christie.nhs.uk, macmillan.infocentre@pat.nhs.uk

Date / time: Several times a year

Meet at: Bury Cancer Support Centre, 406 Bolton Road, BL8 2DA

Who for: For anyone with cancer.

Cheshire East contact: Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603

Email: julie.pieczarka@nhs.net

Date / time: One event every quarter, 5.30-8pm in the evening

Meet at: Macmillan Cancer Unit, Mid-Cheshire Hospitals NHS Foundation Trust, Leighton Hospital, CW1 4QJ

Who for: Open to all patients who would benefit from the session.

Oldham contact: For further information please contact The Macmillan Information and Support Centre at The Christie at Oldham on 0161 918 7745

Email: helen.murphy@christie.nhs.uk

Date / time: Several times a year

Meet at: The Christie at Oldham, The Royal Oldham Hospital, Rochdale Road, OL1 2JH

Who for: For anyone with cancer.

Wigan contact: The Macmillan Information and Support Service, Cancer Care Centre, 01942 822760

Email: lynne.shaw@wwl.nhs.uk

Date/Time: Bi-monthly

Meet at: Cancer Care Centre, Royal Albert Edward Infirmary, Wigan Lane, WN1 2NN

Who for: Anyone with cancer.

The Christie at Oldham (Oldham)

Activity: Various activities including Wig and Headscarf Service, Personal Stylist and Hand Care.

Contact: The Macmillan Cancer Information and Support Centre on 0161 918 7745

Email: helen.murphy@christie.nhs.uk

Date / time: Various, daytime

Meet at: The Macmillan Cancer Information and Support Centre, Royal Oldham Hospital OL1 2JH

Who for: For anyone, not just Christie patients.

Holistic – including counselling & complementary therapies

Beechwood Cancer Care (Stockport)

Activity: Offers supportive programmes and activities which include counselling, complementary therapies and group sessions (also see Courses).

Contact: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Date / time: Monday-Friday office hours, open till 8pm on Tuesdays

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Who for: For anyone who has been affected by the diagnosis and treatment of cancer, including family members and carers. The centre can be contacted directly or a referral made through a GP or other medical professional.

Bury Cancer Support Centre (Bury)

Activity: The centre offers friendship and support, including a café, information, counselling, hypnotherapy, relaxation, Qi Gong and complementary therapies on an informal, drop-in basis.

Contact: 0161 764 6609. (Phone available Monday, Tuesday and Wednesday and Thursdays. Please leave a message at other times.)

Email: infobcsc@gmail.com

Date / time: Mondays, Tuesdays & Wednesdays, 10.30am-4pm and Thursdays 3-8pm

Meet at: 406 Bolton Road, BL8 2DA

Who for: Anyone in the North West whose life has been touched by cancer with no limit to the number of sessions and no need for appointment or referral. (NB. The centre is in temporary premises at the Methodist church across the road, with reduced hours, until Summer 17. Please use this number in the meantime, 07851 232624.)

Cancer Warriors (Tameside, Oldham)

Activity: Cancer support coffee and cake mornings. An opportunity to talk to local professional services for guidance and advice, peer to peer support, arts & crafts, photography, reiki and more. Online support via facebook page 'Cancerwarriorsuk' and Twitter '@warriorscancer'.

Contact: Derrick, 07533915061

Email: cancerwarriors@mail.com

Date / time: Stalybridge, every 2nd Friday of the month, 10am to 1pm / Uppermill, every 3rd Tuesday of the month 10am to 12 noon

Meet at: The Highfield Pavilion, Stamford Park, Astley Road, Stalybridge SK15 1NJ / Scona, Reclamation Room, Lee Street, OL3 6AE

Who for: Open to people from all areas affected by cancer and their families.

Cancer Aid Network (Oldham)

Activity: Various activities, including counselling and relaxation.

Contact: Vera Dolan 01457 874927 or Alan Heywood 07855 053575

Email: alan.heywood2010@gmail.com

Date / time: The 1st and 3rd Tuesday of each month, between 4pm and 6.15pm

Meet at: South Chadderton Methodist Church, Thompson Lane, OL9 8LX

Who for: For anyone living with cancer. Open to people from outside Oldham.

Chai Cancer Care (Bury and across Manchester)

Activity: Support for members of the Jewish community affected by cancer, including counselling, complementary therapies and group activities. www.chaicancercare.org

Contact: 0161 772 4760, freephone helpline 0808 808 4567

Date / time: Various

Meet at: Heathlands Village, Heathlands Drive, Prestwich, M25 9SB

Who for: Any member of the Jewish community affected by cancer, including patients, family and friends. Clients unable to go to the Prestwich site can receive one to one services in their own homes, providing they live within geographical reach.

Complementary Therapy (Wigan)

Activity: Reiki, massage, reflexology and relaxation.

Contact: The Macmillan Information and Support Service, Cancer Care Centre 01942 822760

Email: angela.hamer@wwl.nhs.uk

Date/Time: Monday & Wednesday, by appointment

Meet at: Cancer Care Centre, Royal Albert Edward Infirmary, Wigan Lane, WN1 2NN

Who for: Anyone with cancer or affected by cancer in the Wigan Area.

Dr Kershaw's Hospice (Oldham)

Activity: Sunfields at Dr Kershaw's Hospice helps to meet the needs of people and their families living with cancer. Tailored support and advice, including emotional support, physiotherapy, complementary therapies and relaxation.

Contact: Reception 0161 624 2727 / 24 hour advice line 0161 785 5635

Email: info@drkershawshospice.org.uk

Meet at: Turf Lane, Royton, OL2 6EU

Who for: People and their families living with life-limiting conditions in Oldham and surrounding areas.

Health & Wellbeing Hub, St Ann's Hospice (Salford)

Activity: A drop-in for information or to access services. A registered nurse is available and can provide advice, support or referrals to a doctor, physiotherapist, OT, counsellor, social worker, dietician, nurse or complementary therapist for any issue related to a life limiting illness. People are also welcome to see how St Ann's is set up or to meet the staff.

Contact: 0161 702 5482/5416

Email: daytherapylh@sah.org.uk

Date / time: Every Wednesday between 12pm and 5pm

Meet at: St Ann's Hospice, Meadowsweet Lane, off Peel Lane, Little Hulton, Worsley, M28 0FE

Who for: For anybody affected by a life limiting illness at whatever stage of the journey. Anybody is welcome, including patients, carers, and healthcare professionals.

Macclesfield Cancer Help Centre (East Cheshire)

Activity: An independent charity offering complementary therapies, counselling and guest speakers in a welcoming and relaxed environment.

Contact: Cancer Help Centre 07981 899526, www.macclesfieldcancerhelp.com, or Janet Parkinson or Julia Berry at the Macmillan Cancer Resource Centre on 01625 663128/9 for general information

Email: macchelp@googlemail.com

Date / time: Open Tuesdays 10am-2pm

Meet at: Prestbury Methodist Church, SK10 4BN

Who for: For anyone living with or beyond cancer.

Macmillan Drop-in Centre (Tameside)

Activity: Social Activities, group relaxation (10.30am, first Tuesday of month), Head Start, Welfare Rights (11am-12 noon, third Tuesday of month).

Contact: Sue Robinson or Lindsey Butler 0161 922 6685

Email: Sue.robison@tgh.nhs.uk

Date / time: First and third Tuesday of the month, 10am-12 noon.

Meet at: Ground floor Ladysmith Building, Day Service, Fountain Street, Tameside Hospital, OL6 9RW

Who for: For people living with cancer and their family and friends from all areas.

Macmillan Information and support service (East Cheshire)

Activity: Drop-in facility for emotional/psychological support. Appointment system in place for counselling, complementary therapies and hypnotherapy. Also offers living with and beyond cancer support groups.

Contact: Janet Parkinson or Julia Berry 01625 663128/9, Macmillan Cancer Resource Centre, Macclesfield.

Email: janet.parkinson3@nhs.net, julia.berry1@nhs.net

Date / time: Open 8.30am-5pm Monday to Thursday and 8.30am-4pm Friday

Meet at: The Centre is located on the ground floor near the rear car park at Macclesfield District General Hospital, SK10 3BL

Who for: Available to East Cheshire NHS Trust patients post-treatment.

Macmillan Wellbeing Centre (Trafford)

Activity: Provides psychological and emotional support, including therapeutic groups, to help people build confidence, manage fatigue, promote relaxation, and practice gentle exercise and yoga. Complementary therapies and counselling are also offered.

Contact: 0161 746 2080

Email: macmillancentretrafford@nhs.net

Date / time: Monday to Thursday 9am-5pm, Friday 9am-4.30pm

Meet at: Macmillan Wellbeing Centre, in the grounds of Trafford General Hospital, Moorside Road, Davyhulme, M41 5SN

Who for: For patients and family members affected by diagnosis, illness or treatment. The service is open to anyone over the age of 18 who lives in Trafford or has a Trafford GP.

Maggie's Manchester (South Manchester)

Activity: Maggie's Manchester provides free practical, emotional and social support, including courses and groups. Built in the grounds of The Christie Hospital, the Centre is a warm and welcoming place, with professional staff on hand to offer the support people need to find their way through cancer. As well as the daily drop-in, the Centre offers a range of workshops and support groups, including yoga, Tai Chi, mosaic therapy, creative writing, mindfulness and relaxation, clinical trials support group, bereavement support course, and friends and family course for people caring for someone with cancer. There is also an online centre where people can log in for support. See 'Courses' for Living Better with Stress and Where Now?

Contact: 0161 641 4848

Email: manchester@maggiescentres.org

Date / time: Monday to Friday from 9am-5pm, drop-in, no referral required

Meet at: Maggie's Manchester, The Robert Parfett Building, The Christie Hospital, 15 Kinnaird Road, Withington, M20 4QL

Who for: For people with cancer and their family and friends. People can drop in at any time – everyone is always welcome.

Maggie's Oldham (Oldham)

Activity: The new centre offers psychological support, benefits advice, nutrition workshops, relaxation and stress management, art therapy and yoga.

Contact: 0161 989 0550

Email: oldham@maggiescentres.org

Date / time: Monday to Friday from 9am-5pm, drop-in, no referral required

Meet at: Maggie's Oldham, The Royal Oldham Hospital OL1 2JH

Who for: For people with cancer and their family and friends. People can drop in at any time – everyone is always welcome.

Mid-Cheshire Macmillan Information & Support Service (Cheshire East)

Activity: Counselling (six sessions of one hour each) and complementary therapy (4 sessions of one hour each).

Contact: Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603

Email: julie.pieczarka@nhs.net

Date / time: Counselling offered on Monday and Thursday; complementary therapy on a Monday and Wednesday

Meet at: Macmillan Cancer Unit, Mid-Cheshire Hospitals NHS Foundation Trust, Leighton Hospital, CW1 4QJ

Who for: For Mid-Cheshire patients and their carers and families.

Neil Cliffe Centre (South Manchester)

Activity: Offers a range of services co-ordinated by a keyworker, including complementary therapies, counselling, occupational therapy, fatigue management and dietary advice.

Contact: 0161 291 2912

Email: enquiries@sah.org.uk

Date / time: Monday to Friday, daytime

Meet at: The Neil Cliffe Centre, Wythenshawe Hospital, Southmoor Road, M23 9LT

Who for: Provides outpatient services to people at any stage of their illness, including living with and beyond cancer. Support services also available for family and carers. The centre can be contacted directly or a referral made through a GP or other health professional. Part of St Ann's Hospice.

Noah's ART – Animal Rescue Therapy (Tameside)

Activity: Set up by a mental health nurse, this is a friendly and relaxed environment where participants can get to know the animals. The range of activities include Coffee, Cake, and Critter mornings, animal inspired art & craft projects, exercise, relaxation and mindfulness sessions. Please note: There is a charge for all activities. www.noahs-art.co.uk

Contact: Sharon, 0797 345 3942

Email: sharon@noahs-art.co.uk

Date / time: Every Thursday, activity times vary

Meet at: Loxley House, 85 Birch Lane, Dukinfield, SK16 5AU

Who for: Open to all, including anyone affected by cancer.

Oldham Cancer Support Centre (Oldham)

Activity: Emotional and practical support, including counselling and complementary therapies. See 'Courses' for the Back to the Future Programme.

Contact: 0161 770 8751

Email: oldhamcancersupportcentre@hotmail.co.uk or the Secretary, pam.a.w@sky.com

Date / time: Monday to Friday 9.30am-3.30pm (Thursday till 5pm)

Meet at: Ena Hughes Centre, Ellesmere Street, Failsworth, M35 9AD

Who for: Anyone living with cancer, including family and carers. Also for people bereaved by cancer. www.oldhamcancersupportcentre.com

Talk Listen Change – TLC (Salford, Stockport, Trafford)

Activity: TLC is a new charity that developed out of Relate. They offer support to children and young people, individuals, couples, families and friends helping them to improve their relationships and deal effectively with any challenges they face. Free counselling offered at various sites. TLC is a member of the LGBT Cancer Support Alliance. www.talklistenchange.org.uk

Contact: 0161 872 1100

Email: enquiries@talklistenchange.org.uk

Date / time: Various, during the week

Meet at: Head Office, 346 Chester Road M16 9EZ - and other locations at Eccles, Salford, Stockport, Swinton and Trafford

Who for: For anyone, including those affected by cancer.

The Christie at Oldham (Oldham)

Activity: Complementary therapy.

Contact: Support staff on 0161 918 7700

Date / time: 10am-4pm on Wednesday, Thursday and Friday

Meet at: The Complementary Therapy Room at the Macmillan Cancer Information and Support Centre, Royal Oldham Hospital, OL1 2JH

Who for: For Christie patients and carers attending for radiotherapy only.

Wellbeing Wednesdays, Macmillan Wellbeing Centre (Trafford)

Activity: Monthly Wellbeing sessions with discussion around a helpful topic in a safe and relaxing environment. Topics include five ways to well-being, coping with fatigue, being active, healthy eating, sleeping better and managing stress. This is followed by tea/coffee and an opportunity to socialise with others.

Contact: Macmillan Wellbeing Centre Trafford 0161 746 2080

Date/Time: Third Wednesday of each month, 1.30-3.30pm

Meet at: Macmillan Wellbeing Centre, in the grounds of Trafford General Hospital, Moorside Road, Davyhulme, M41 5SN

Who for: Open to centre clients and local people who are affected by cancer, including patients, family and carers.

Wythenshawe Cancer Information and Support Centre (South Manchester)

Activity: Offers hand, shoulder or foot massage and also a counselling service, including general, bereavement and specialist psychosexual counselling.

Contact: Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: debbie.smith2@uhsm.nhs.uk

Date / time: Massage on Wednesdays 2-4pm; the counselling service is usually Mondays and Thursdays

Meet at: Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, M23 9LT

Who for: For Wythenshawe or Withington hospital outpatients affected by cancer, their families and carers.

Mindfulness & meditation

Macmillan Connections – Yoga & Mindfulness (South Manchester)

Activity: Yoga sessions alternating each week with mindfulness sessions, exploring different techniques, including body awareness, breathing mindfulness and compassion practices. (There may be a small charge for some of the sessions.)

Contact: Debbie or Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: debbie.smith2@uhsm.nhs.uk

Date / time: Various, please contact the Centre

Meet at: Macmillan Cancer Information and Support Centre, Wythenshawe Hospital, M23 9LT

Who for: Anyone affected by cancer and other long term conditions.

Mindfulness for stress (Manchester)

Activity: Eight week mindfulness course.

Contact: Mary Patel, 0161 769 5732

Email: mary.patel@manchestermind.org

Date / time: Two hours per week over eight weeks

Meet at: Various

Who for: Anyone who wants to learn how to incorporate meditation and mindfulness techniques into their every day life to help them manage stress and other challenges.

Mindfulness Meditation – Beechwood Cancer Care (Stockport)

Activity: A course to discover and practice mindfulness meditation techniques, focusing on the senses, body, breath and being kind to the self.

Contact: Liz, 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Date / time: Daytime, one afternoon a week for five weeks

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Who for: Open to all Beechwood clients past and present. The Centre can be contacted directly or a referral made through a GP or other medical professional.

Physical activity

CAN-Move: Physical activity and exercise rehabilitation (Salford)

Activity: A free 12 week supported activity and exercise programme for those living with and beyond cancer. Activities include weekly classes, supervised gym sessions, health walks, Tai Chi and more. Sessions are delivered by specialist instructors and can cater for all abilities. Individual gym sessions are also available on request.

Contact: Kirsty Rowlinson-Groves 0161 7780540

Email: Kirsty.rowlinson@scll.co.uk

Date / time: Sessions take place Monday to Friday

Meet at: Throughout the eight Salford Community Leisure Centres

Who for: All Salford residents who are currently receiving treatment or have completed their treatment.

F.A.C.T. - Fit After Cancer Treatment (Manchester)

Activity: Six week health and fitness pilot aimed at residents of North Manchester who have experienced cancer. Free access to the Health Suite, swimming pool or the gym (induction to be completed to access the gym). Places limited to 20 participants. Funded through Big Lottery in partnership with GLL. F.A.C.T. is looking to offer further activity. Please contact for an update.

Contact: 07842961816

Email: fact.welcome@gmail.com

Date / time: 22nd June to 27th July 2017, 10am-1pm

Meet at: North City Family Fitness Centre, Upper Conran Street, Harpurhey, M9 4DA

Who for: City of Manchester residents living with and beyond cancer. Referral by a professional, self-referral or family/friends.

Inspiring healthy Lifestyles (Wigan)

Activity: Exercise rehabilitation, including specialist classes, supervised gym, Tai Chi and water based classes.

Contact: 01942 488481

Date/Time: Various

Meet at: Various

Who for: People at any stage of their cancer treatment or recovery to increase their activity levels. Referral from GP practice nurse or specialist nurse required.

Macmillan Active Manchester (Manchester, Stockport, Trafford)

Activity: A physical activity behaviour change service for people living with and beyond cancer. Programmes built around individual's needs and delivered by team of activity coaches specially trained in working with cancer patients. A partnership activity between Manchester Giants and Macmillan Cancer Support, funded through Sport England. www.macmillanactivemanchester.com

Contact: 07745 259 419

Email: macmillancancer@manchestergiants.com

Date / time: Various

Meet at: Various

Who for: For City of Manchester, Stockport and Trafford residents living with and beyond cancer. Referral by a professional or self-referral.

'Move more' exercise referrals (Mid and East Cheshire)

Activity: Supported return to exercise provided by level 4 exercise instructors experienced in cancer rehabilitation. Bespoke exercise programme and supported sessions, £3.60 per session. Referral from appropriate Health Care Professional required.

Contact: Mid Cheshire – Julie Pieczarka, Macmillan Cancer Information and Support Manager, Mid-Cheshire NHS Foundation Trust, 01270 273603 / East Cheshire – Janet Parkinson, Macmillan Cancer Support & Information Manager, East Cheshire NHS Trust, 01625 663129

Email: julie.pieczarka@nhs.net / janet.parkinson3@nhs.net

Date / time: Various

Meet at: 'Move more' is provided by Everybody Health and Leisure at Crewe, Nantwich, Congleton, Wilmslow and Macclesfield Leisure Centres.

Who for: For Mid and East Cheshire patients.

Paddlers for Life – Manchester Dragoneers (East Manchester)

Activity: Dragon Boating Paddlers for Life is a UK charity for cancer survivors, particularly breast cancer, and supporters. It promotes exercise through dragon boat paddling. The physical activity and team support foster the wellbeing of those with experience of cancer. £5 per session. Free one hour taster.

Contact: Ann Johnson 07976 529708.

Email: ann.johnson57@btinternet.com

Date / time: Saturday mornings from 10am, April to October

Meet at: Debdale Outdoor Centre, Hyde Road, M18 7LJ

Who for: For people who have been treated for breast cancer or other cancers and also their family members and friends who wish to support them.

Tai Chi – Beechwood Cancer Care (Stockport)

Activity: Gentle exercise and stress relief adapted for people with health problems.

Contact: 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Date / time: Every Wednesday, 2-3pm

Who for: For those who have been affected by cancer in one way or another.

The Physical Activity Referral Scheme – PARS (Manchester)

Other areas of Greater Manchester offer similar schemes

Activity: PARS helps people living with long term health conditions, including cancer, to increase their levels of physical activity in a safe and structured environment. The service provides health screening and advice as well as access to exercise sessions led by highly qualified exercise professionals. The sessions are run across Manchester in local leisure and community centres. There is a small charge for each activity.

Contact: The Physical Activity Referral Scheme (PARS), Greater Manchester Mental Health and Social Care Trust, 0161 882 2591

Email: physicalactivityteam@nhs.net

Date / time: Various

Meet at: Various

Who for: People in the city of Manchester with long term health conditions, including cancer. Referral through GP or health professional.

Yoga – Beechwood Cancer Care (Stockport)

Activity: A dedicated practice designed to rebuild an awareness of the body and peace of mind including Yoga Nidra (a deep relaxation practice).

Contact: Colette Kelly 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Date / time: Friday, 10-11am, 6 week course

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Who for: For those who have been affected by cancer in one way or another.

Volunteering

Many of the services on this list rely on volunteer support. Contact them directly to see what opportunities are currently available.

Volunteer Centre Manchester (Manchester)

Activity: The Centre provides web-based information, support and training to Manchester residents who would like to volunteer.

Contact: 0161 830 4770 or through an online message, see www.manchestercommunitycentral.org

Who for: Manchester residents over 18 yrs.

Walking

Let's Walk & Talk Cancer Walking Group (Salford)

Activity: A warm and welcoming group in which people can walk as little or as often as they would like to.

Contact: The Salford Cancer Information and Support Service on 0161 206 1455 or 0161 918 7804

Email: janet.atherton@srft.nhs.uk

Date / time: Monthly on a Wednesday at 1pm, plus monthly evening walks in the summer, usually Tuesday

Meet at: Walks take place in and around the green spaces of Salford, including parks, beauty spots and local heritage.

Who for: Open to anyone who is living with cancer or is caring for someone with cancer.

Macmillan Connections Walk – Bramhall Park (Cheshire)

Activity: Short, gentle walks in a supportive and friendly atmosphere, followed by coffee.

Contact: Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: helen.adamson@uhsm.nhs.uk

Date / time: 10.30am, the 2nd and 4th Saturday of the month

Meet at: Meet in Ladybrook pub car park, Fir Road, SK7 2NP

Who for: For people recovering from cancer and their friends and family.

Macmillan Connections Walk – Dunham Massey (Cheshire)

Activity: A weekly walk, a little longer than the one at Styal Mill but with the same supportive friendly atmosphere.

Contact: Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: helen.adamson@uhsm.nhs.uk

Date / time: 10.30am every Friday

Meet at: Dunham Massey, Altrincham, WA14 4SJ

Who for: For people recovering from cancer and their friends and family.

Macmillan Connections Walk – Quarry Bank Mill (Cheshire)

Activity: A very welcoming, supportive established walking group. A gentle 45 minute walk followed by a coffee and chat.

Contact: Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: helen.adamson@uhsm.nhs.uk

Date / time: 10.30am every Wednesday

Meet at: Quarry Bank Mill, National Trust car park, Wilmslow, SK9 4LA

Who for: For people recovering from cancer and their friends and family.

Macmillan Connections Walk – Tatton Park (Cheshire)

Activity: A four mile strenuous walk in a supportive and friendly atmosphere, followed by coffee.

Contact: Helen, Macmillan Cancer Information and Support Service, Wythenshawe Hospital, 0161 291 4876 / 4875

Email: helen.adamson@uhsm.nhs.uk

Date / time: First Saturday of the month, meet at 9.30am

Meet at: The Knutsford gate entrance to Tatton Park

Who for: For people recovering from cancer and their friends and family.

Macmillan Walking Group (Bolton)

Contact: Jodie, 01204 663059/462442/390624

Date / time: First Friday of every month at 1pm

Meet at: Different venues

Who for: For people affected by cancer.

Walk & Talk Support Group (Wigan)

Activity: Gentle walk, around 45 minutes long, followed by coffee.

Contact: Mariasha Underwood, Macmillan Information and Support Service, Wigan, 01942 822760

Email: Mariasha.underwood@wwl.nhs.uk

Date/Time: Alternate Thursdays, 1pm-3pm

Meet: Menses Park, Menses Park Terrace, Wigan WN1 1TU

Who for: Anyone affected by cancer, including patients, families, carers, and friends.

Walking For Health – Walking group (East Cheshire)

Activity: Monthly walks planned in East Cheshire by Walking for Health trained leaders. Walks usually last one hour. Refreshments organised at the end of each walk.

Contact: Janet Parkinson or Julia Berry 01625 663128/9, Macmillan Cancer Resource Centre, Macclesfield

Email: janet.parkinson3@nhs.net, julia.berry1@nhs.net

Date / time: Dates and times vary

Who for: Open to anyone affected by cancer, including family and friends.

Walking group (North Manchester / Bury)

Activity: A walking group set up by Bury's 'I Will If You Will' initiative in conjunction with the Macmillan Information and Support Centre at North Manchester General Hospital.

Contact: Macmillan Information and Support Centre at North Manchester General Hospital, 0161 604 5244

Email: macmillan.infocentre@pat.nhs.uk

Date / time: Tuesday mornings, 11am

Meet at: Contact the Centre for locations

Who for: People who have been affected by cancer, including family and friends.

Web-based support

Living With & Beyond Cancer – A Guide For Patients: The Christie

Activity: A range of on-line resources that patients may find useful during and after treatment, including patient testimonials, the Life Ahead Plan, and podcasts on various themes such as dealing with fatigue and getting back to work.

Website address: <http://www.christie.nhs.uk/patients-and-visitors/living-with-and-beyond-cancer/>

Who for: Anyone affected by cancer.

Macmillan Online Community

Activity: A range of online groups, covering different cancer types and experiences. The Community has simple guidelines to follow and the content is moderated regularly.

Website address: <https://community.macmillan.org.uk/>

Date / time: Open 24 hours a day, 7 days a week

Who for: Anyone over 16 years affected by cancer in any way.

Work

Back to Work Programme – Beechwood Cancer Care (Stockport)

Activity: A course offering informal support and ideas to boost confidence following cancer treatment and helping prepare for the return to work.

Contact: Eileen or Sue on 0161 476 0384

Email: enquiries@beechwoodcancercare.co.uk

Date / time: Daytime, one afternoon a week for five weeks

Meet at: Beechwood Cancer Care Centre, Chelford Grove, SK3 8LS

Who for: For any cancer patients. The Centre can be contacted directly or a referral made through a GP or other medical professional.

Vocational Rehabilitation Case Manager (South Manchester)

Activity: Expert advice and personal support to empower and motivate individuals to self-manage the physical, mental and practical challenges associated with work. Telephone advice and face to face meetings. www.maggiescentres.org

Contact: Stephen Wallwork, Vocational Rehabilitation Case Manager, at the Centre on 0161 641 4848.

Email: stephen.wallwork@maggiescentres.org or manchester@maggiescentres.org

Date / time: Monday to Friday, 9am-5pm

Meet at: Maggie's Manchester, The Robert Parfett Building, The Christie Hospital, 15 Kinnaird Road, Withington, M20 4QL

Who for: For people with cancer and their families and friends.

Young people

Climbing Out (Lake District, North Wales)

Activity: Climbing Out is a national charity that runs 5 day outdoor activity programmes aimed at rebuilding confidence and self-esteem in young people facing life changing injury, illness or trauma. The programmes are fully funded and available to young people aged 16-30yrs. All the activities are adapted to suit the needs and capabilities of each individual, making the week achievable for everyone. Social activities are also held each evening. www.climbingout.org.uk

Contact: Kelda Wood 07977 574785

Email: keldawood@climbingout.org.uk

Date / time: April-October

Meet at: The Lake District, Dartmoor, North Wales

Who for: The programmes are available to young people aged 16-30 years who have been through a life changing injury, illness or trauma.

Shine Manchester (Greater Manchester)

Activity: This is a small but very friendly group whose meet ups range from tea and toast in the morning, to afternoon walks in the park, and evening drinks in the pub. Most of all they do what the group members would like to do throughout Manchester. Shine is the only UK charity for adults in their 20s, 30s and 40s who have experienced a cancer diagnosis. They also run two Facebook groups – one for young adults with cancer (Shine Young Adult Cancer Support) and another for the partners, family and close friends of young adults with cancer (Shine Cancer Support Plus Ones). <http://shinecancersupport.org/>

Email: manchester@shinecancersupport.org

Meet at: Various

Date / time: Various

Who for: Open to anyone in their 20s, 30s, and 40s from Greater Manchester and Cheshire who has had a cancer diagnosis.

Teen To Twenties (South Manchester & City Centre)

Activity: This social group run by the Teenage Cancer Trust goes out for meals, bowling, crazy golf and other activities, funded by the Trust. It is an ideal place to meet others who have had treatment. People are encouraged to bring a friend to the first two or three meetings until they get to know people.

Contact: 0161 446 8247, 07884313171

Email: lorraine.wright@christie.nhs.uk or caroline.giddins@christie.nhs.uk

Meet at: Various but usually around South Manchester or the city centre

Date / time: Every month (usually the last Thursday)

Who for: For any young person aged 16-25 who has had a cancer diagnosis.

The Way Forward Survivorship Programme (Manchester)

Activity: This two day funded programme is run by the Teenage Cancer Trust and focuses on life after treatment. It includes workshops and information on finances, relationships, sexual health, education and employment and physical activity.

Contact: 0161 446 8247, 07884313171

Email: Lorraine.wright@christie.nhs.uk or Kerrie.Waterhouse2@christie.nhs.uk

Date / time: Every 12 months

Meet at: Manchester location to be agreed

Who for: For young people across the North West aged between 13-25 who have been treated for cancer.