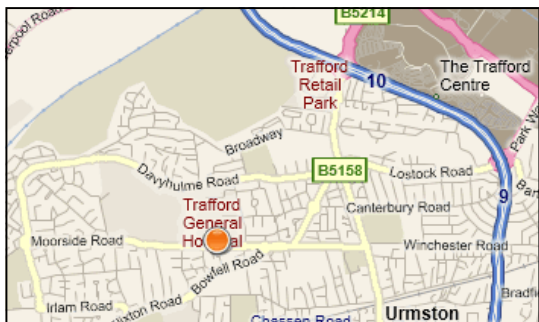


## If I have not already been referred, how can I ask for support from the Macmillan Wellbeing Centre?

Contact us or ask somebody involved in your care to make a referral on your behalf.

- ◆ Call in to the centre
- ◆ telephone (answer phone outside opening hours)
- ◆ e-mail the Centre



The Macmillan Wellbeing Centre is in the grounds of Trafford General Hospital  
Moorside Road  
Davyhulme  
Manchester  
M41 5SN

### Opening hours

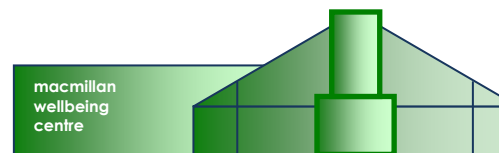
If you would like to drop in to the Centre we are open between 10am and 4pm Monday to Friday.

The Centre's office hours are:-  
Monday to Thurs : 9am - 5pm  
Friday : 9am - 4.30pm

**Telephone : 0161 746 2080**

**email: [macmillancentretrafford@nhs.net](mailto:macmillancentretrafford@nhs.net)**

If you require this leaflet in another format please contact the Trafford Patient Advice and Liaison Service on 0161 975 4753



Pennine Care   
NHS Foundation Trust  
Community Services Trafford

# MACMILLAN WELLBEING CENTRE

**Macmillan Wellbeing Centre  
Moorside Road  
Davyhulme  
Manchester M41 5SN**

**[www.macmillancentretrafford.org](http://www.macmillancentretrafford.org)**



## Introduction

Cancer does not just affect the body; it has a huge emotional and social impact too. It affects the person with the diagnosis, and it affects those who care.

The Macmillan Wellbeing Centre has a warm, welcoming environment and we have a relaxed and informal approach. We work with you to identify your particular concerns and challenges, and plan how we can help you with these.

We also have a *'Drop-In Service'* for anybody with concerns that need to be addressed immediately:  
Mon - Fri, 10am -4pm, no appointment necessary

## Who is the service for?

- ◆ People affected by cancer.
- ◆ Family members or carers, who are currently supporting them.

Our clients must be over 18 and live in Trafford or have a Trafford GP.

## What will happen once I have been referred?

- ◆ An appointment will be made with a Supportive Care Co-ordinator. Here you can discuss your concerns, choose the Centre services you feel will be of most benefit to you, and agree future appointments.
- ◆ Your Supportive Care Co-ordinator will be your personal contact and will refer you to the agreed therapies or service.

## We can offer you:

- ◆ A personal contact who will guide and support you during your time as a Centre client
- ◆ Information to meet your needs
- ◆ Therapeutic groups (for example relaxation and fatigue management)
- ◆ Referral on to other services that could help you
- ◆ Supportive Counselling
- ◆ Complementary therapies to help relieve stress and anxiety (for example reiki and reflexology)

## Other Centre Services that could be available:

- ◆ Bereavement Counselling.

Various fundraising events are arranged throughout the year - everyone is welcome. The funds raised enable us to continue the work we do.

If you want to find out more before deciding whether to use the Centre, phone us or call in and speak to us.

**All the contact details are on the back of this leaflet**