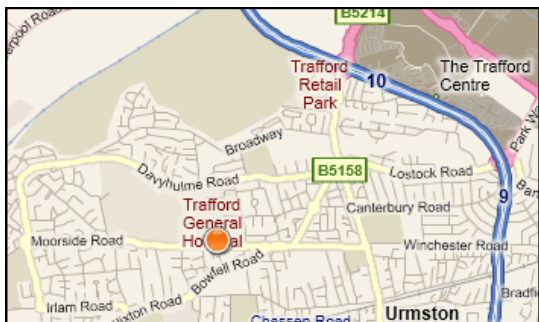


If I have not already been referred, how can I ask for support from the Macmillan Wellbeing Centre?

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)
- ◆ fax
- ◆ e-mail the Centre



The Macmillan Wellbeing Centre is in the grounds of Trafford General Hospital

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

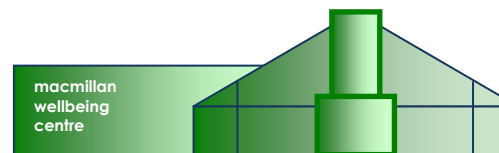
Telephone : 0161 746 2080

Fax : 0161 746 2082

email: macmillancentretrafford@nhs.net

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

Author : Judy Thompson
May 2015



Pennine Care 
NHS Foundation Trust
Community Services Trafford

MACMILLAN WELLBEING CENTRE

**Helping people to cope with cancer
or other life limiting illnesses.**

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

www.macmillancentretrafford.org



Introduction

Cancer, or any other life limiting illness does not just affect the body; it has an huge emotional and social impact too. It affects the person with the diagnosis, and it affects those who care. This service is available to both patients and carers.

Macmillan Wellbeing Centre is a welcoming environment and there is a relaxed and informal approach. We work with you as you identify your particular concerns and challenges, and help you plan how you might address 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 over the age of 18 who live in Trafford, or who are registered with 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.

What support will I be offered?

- ◆ A personal contact who will guide and support you during your time as a Centre client
- ◆ Information about life limiting illness and support available
- ◆ Therapeutic groups (for example yoga and fatigue management)
- ◆ Information and referrals to other services that can help you
- ◆ Counselling for people affected by illness
- ◆ Bereavement Counselling
- ◆ Complementary therapies to help relieve stress and anxiety (for example reiki and reflexology)

Other Centre activities

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