

Boots/Macmillan beauty advisors

Boots/Macmillan beauty advisors are available in a number of Boots stores to provide free consultations covering beauty and skin issues arising from your cancer diagnosis and treatment. Call **0161 918 7745** for more information or visit www.boots.com.

Wellbeing support

A range of information is available in the centre such as access to exercise referral services, smoking cessation support, dietary advice services and referrals to local walking and activity groups. Call in or phone **0161 918 7745** for more information.

Workshops

We run a variety of expert led, short workshops and courses, to give advice and support on a range of subjects. These include: Cancer related fatigue, life after cancer treatment, relaxation and skin and hair care during and after treatment. Please call **0161 918 7745** for information, availability and to book a place.

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 Oldham

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

The Macmillan cancer information and support centre is next to the café, at the side of reception in The Christie at Oldham. 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 or if you just want to leave a comment or ask a question - fill in a card and drop it in the white post box in the information centre. We will contact you to answer your questions.

Please ring 0161 918 7745 before making a special trip to the information centre as opening times vary.

Drop-in and telephone support service

Free confidential information and support is available to anyone affected by cancer. Offering time to listen, time to talk and time to make sense of it all. This includes information and advice about:

- Talking to children when an adult has cancer.
- Counselling and support groups.
- Community support.
- Coping with life after treatment, including information on exercise and walking groups.
- Travel insurance.

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, cancer awareness, and healthy living in a range of languages and formats including easy-read booklets and books for children.

Radiotherapy open evenings

We hold monthly open evenings for new patients and their families/carers, offering a tour of the department, a chance to meet some of the team and an opportunity to ask questions regarding the treatment process. Places can be booked in advance by calling **0161 918 7700**.

Wig service in the MCISC

If you are a Christie patient and your treatment causes you hair loss, you are entitled to a free wig. You can see a specialist wig fitter in the MCISC on alternate Mondays (by appointment). Contact the centre on **0161 918 7745** for your voucher for a free wig or further information. (Home visits are sometimes available for people living in the Oldham area). Scarves are available to buy whenever the centre is open.

Headscarves and hats in the MCISC

Headstart is a service offered to patients who have hair loss as a result of treatment. It is non-profit making and sells headwear at cost price. We can show you how to tie and wear scarves and other headwear in flattering ways. Contact the centre on **0161 918 7745**.

Free parking

If you attend any appointments for cancer services at a Pennine hospital you can take advantage of the Macmillan/Pennine free parking scheme. Call in to the information centre at The Christie at Oldham for more details, or contact The Macmillan information team at the Royal Oldham Hospital on **0161 656 1026** to register your vehicle.

Benefits advice

Our advisers offer a benefits check to ensure you are aware of all the benefits you are able to claim. They will also advise on blue badge applications and eligibility for Macmillan or other grants. Tuesdays 10.00am - 12.00pm and 12.30pm - 4.30pm on Thursdays.

Contact the centre on **0161 918 7745** for an appointment.

Free prescriptions for cancer patients

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

Employment advice and support

Available in the MCISC as required. Contact Stephen Wallwork on **0161 641 4849** for an appointment.

Employment law surgery

If you need employment advice contact the information centre on **0161 918 7745**. They can put you in touch with a solicitor who specialises in employment law.

Counselling

Referrals can be made from the information centre to a range of local counselling providers for anxiety, worry, stress, bereavement support and family and children's counselling services.

Support groups

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

Complementary therapy

Available in the complementary therapy rooms for patients and carers attending for **radiotherapy only**. Contact the support staff on **0161 918 7700** for an appointment. Non Christie patients can be referred for free treatment to local complementary therapy providers.

Handcare

Our fully qualified volunteers offer this free service in the MCISC at various times each week, to patients, family and friends attending The Christie at Oldham. Please call in to the centre or phone **0161 918 7745** for more information.