



L-R **Margaret Archer** Macmillan Centre Volunteer **Gaynor Byrne** Macmillan Support and Information Assistant **Koren Bailey** Macmillan Support and Information Manager

We also offer

- HOPE (Help Overcoming Problems Effectively) courses - for those who have recently completed treatment and feel they would benefit from additional support.
- Access to Health and Wellbeing Events.
- Look Good Feel Better – a skin care and make up session for ladies to boost confidence and address the appearance related effects of treatment.
- Headstrong – providing advice and support for people experiencing hair loss as a result of cancer treatment.

We welcome feedback about the service, in the first instance please speak to the Macmillan Support and Information Manager, details above. If you are not satisfied with the response please write to: Patient Experience Lead, Countess of Chester Hospital NHS Foundation Trust, Countess of Chester Health Park, Liverpool Road, Chester, CH2 1UL

How to find us

The Macmillan Support and Information Centre at the Countess of Chester Hospital is found close to the main reception, along the corridor at G8.

 **Monday to Friday, 9.30am-4.30pm.**
(excluding Bank Holidays)

Drop in or make an appointment to meet with the staff and share your concerns. Before making a special journey, please phone to ensure someone will be available to speak with you. If you are housebound, contact the service by phone to find out how we can help.

Contact

Macmillan Support and Information Centre, Chester

 **01244 364948**

 **cancer.support@nhs.net**

 **COCHMacmillan**

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. For information, support or just someone to talk to, call 0808 808 00 00 or visit macmillan.org.uk

 **Macmillan.org.uk**

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MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU



Macmillan Support and Information Centre
Chester

In partnership with


Countess of Chester Hospital
NHS Foundation Trust

Who we are

The Macmillan Support and Information Centre at the Countess of Chester Hospital provides a confidential drop-in service for anyone affected by cancer.

This includes people who:

- Require information about cancer.
- Have a cancer diagnosis.
- Are living with the consequences of a cancer diagnosis.
- Are receiving treatment for cancer.
- Are living beyond cancer.
- Are looking to reduce the risks of cancer.
- Are a carer, relative, or friend of someone with cancer.
- Are bereaved and would like support and information on bereavement services.
- Are healthcare professionals.

When you're affected by cancer, having the right kind of support and information, at the right time, is essential.



Clint with Koren, Macmillan Support and Information Manager

I used the Macmillan Support and Information Centre during my treatment for support and advice.

I attended the HOPE course, which gave me the opportunity to meet with other cancer patients. The course helped me set goals as I look to the future and my recovery

Clint, diagnosed with oesophagus cancer in 2017

How we can help

Staffed by an experienced cancer nurse, a centre assistant and trained volunteers, we can offer:

- A private, comfortable quiet room where you can talk to someone in confidence.
- Literature and information on all aspects of living with cancer, in a variety of formats.
- Internet access to guide people to appropriate resources.
- An opportunity to discuss treatment, side effects and other cancer related issues.
- Support for family members and carers.
- Links to the clinical teams treating your cancer.
- Advice about Macmillan grants.
- Referral to other available services such as complementary therapy, Macmillan volunteers and other local services such as benefits and financial advice.
- Information on groups and activities that can improve physical and psychological wellbeing.
- Signposting and information on other services and organisations who can offer support.