Wrightington, Wigan and Leigh Teaching Hospitals
NHS Foundation Trust

Living with and Beyond Cancer: Upper Gastrointestinal Directory of Services

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Patient Information

Upper Gastrointestinal

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Introduction

We have created this comprehensive directory with you in mind, to provide you with an overview of some of the many services providing support to people who have been affected by cancer.

We hope that this directory will assist you with navigating the health and social care system, which can sometimes be overwhelming and confusing.

Please note this is not an exhaustive list of services that are available to you, but we have identified relevant services that may be useful to you throughout your cancer journey.

There is additional space for you to include others that you may hear about.

For your convenience, we have separated the contacts into categories, with a brief description of what each service offers.

Many of the services will accept a self-referral, but if you are unsure, please don’t hesitate to contact the Macmillan Upper Gastrointestinal (GI) Service and we will be happy to assist you with your query.

Medical Teams

Upper Gastrointestinal Clinical Nurse Specialist Team (Upper GI CNS Team)	01942 773459	Monday- Friday 07:30- 16:00 *Outside of these hours, please contact your GP, district nurse or, in an emergency, go to the Emergency Department or call 999.*
District Nurses	0300 707 7700	Monday- Friday 08:00-17:00
District Nurses Out of Hours	0300 707 1266	After 17:00 until 08:00
GP *(please use for your own GP contact details)*		

GP Out of Hours	01942 482848 / 111	08.00-20.00 daily to book an appointment if no appointments available with your own GP Call from 6.30pm until 10.00pm weekdays, and between 8.00am and 8.00pm on Saturday, Sundays & Bank Holidays.
Emergency	999	In case of a life-threatening emergency, please call 999.

Dietitian

Wigan Specialist Macmillan Community Dietitian Rebecca Halsall	01942 525566
Salford Royal Oesopgaho-gastric specialist Dietitians	0161 206 4255
Christie Dietitians	Contact via Christie switchboard: 0161 446 3000

Treatment Centre Contacts	
Upper GI CNS Team Salford Royal	0161 206 5062
Upper GI CNS Team Christie	0161 9561073/ 0161 918 7368

Oncology Secretaries- The Christie	Dr Radhakrishna's Secretary - Maria Moran 0161 446 8200 Dr Sheikh's Secretary- Caroline Clarke- 0161 446 3223 Dr Waddell's Secretary- Angela Wright- 0161 918 7217
Surgical Secretaries - Salford Royal	0161 206 5472

Useful contacts to help you live life as fully as you can with a cancer diagnosis.

Health and Wellbeing

Macmillan Allied Health Professional Team (AHP)	01942 525566 www.wlh.org.uk	The Macmillan AHP Team detailed specialist multidis assessment of an individu life. This may include que about mobility, washing a dressing, communication, or nutrition. The team is m physiotherapist, occupatio therapist, dietitians and S Language therapists.
BeWell	01942 488481 www.wigan.gov.uk/BeWell/Active-health/Long-term-conditions-scheme	The Long-Term Condition aims to support health an wellbeing. All activities last around 6 and prices start from £3.8 The specialist instructors support during the sessio in regular contact with you
Talking Therapies	0161 271 0190 https://www.gmmh.nhs.uk/wigan-talking-therapies	Wigan Talking Therapies? NHS therapy for people re with a Wigan GP?with co mental health problems lik or low mood,?to help you way you feel, by changing you think.
Healthy Routes	01942 836967 www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index.	Healthy Routes is your healthier lifestyle- it pro support and advice on ex weight management, qu smoking, reducing alcoho and health and wellbeing

Look Good Feel Better	0161 4468100 / 0161 4468107 www.lookgoodfeelbetter.co.uk	Maggie's Centre offers th Good, Feel Better and Co Beautiful services to prom esteem. These services a you cope with the impact to your body image, such due to treatment.
Maggie's- The Christie	0161 641 4848 https://www.christie.nhs.uk/patients-and-visitors/living-with-and-beyond-cancer/patient-support-services/maggies-centre	The Maggie's Centre prov practical, emotional and s support for people with ca their families and friends i Manchester area.
Macmillan Information Centre Wigan Infirmary	01942 822760	Support centre offering fre confidential information ar in a relaxed and comforta environment. Services inc counselling, benefits advi and practical support, cou workshops
The Hair Company	01257 472247 https://www.thehaircompanystandish.com/hair-loss-services	Offers hair loss services, \ and subsidised appointme clients growing back their following cancer treatmen

Financial & Welfare		
Macmillan Benefits Advisor	01942 822760	Provides advice and pra patients, their carers and on a range of issues suc entitlement, debt, housin travel costs etc., as well about other sources of fi available to people affec
Citizens Advice Bureau Wigan Borough	0808 2787 801 www.advice@cawb.org.uk	Provides free, confidenti and impartial advice to e rights and responsibilitie
Department of Work & Pensions	https://www.gov.uk/browse/benefits/disability	Offers help if you're livin condition or disability.
Wigan Council	01942 705221 www.wigan.gov.uk/Resident/Benefit-Grants/Welfare-Reform/Local-Welfare-Support.aspx	Wigan Local Welfare Su confidential advice and s of benefits. Provides help with comp and guidance and suppo appeals.

Travel		
Macmillan Information Centre	01942 822760	Up to date information about trave insurance for those living with a cancer diagnosis.
Patient Transport Service (PTS) North West Ambulance Service	General Enquiries- 03451120999 Make a booking- 0300 7070 737 (Mon-Fri: 08:00-16:00) www.nwas.nhs.uk/services/patient-transport-service-pts	The Patient Transport Service is a non-emergency service for people who may need special support getting to and from their healthcar appointments.
We are Driven	01942 409602 www.wearedriven.co.uk	Driven is a charitable door-to- doo transport scheme supporting vulnerable and isolated people in t Wigan Borough.

Service personnel		
SSSAFA	0800 260 6780 www.ssafa.org.uk	SSAFA helps the armed forces community, focusing on providing direct support to individuals in need of physical or emotional care.
Royal British Legion	0808 802 8080 www.britishlegion.org.uk	The Royal British Legion supports military personnel and their families, provides expert advice and guidance, from recovery and rehabilitation, through to transitioning to civilian life.
For more information, visit www.cancerresearchuk.org/about-cancer/coping/practically/financial-support/grants/ex-services-organisations		

Social Services		
Pensioners Link	01942 261753 www.pensionerslink.org.uk	Pensioners Link is a registered charity supporting over 50's wit finance, friendships, disabilities emotions, well-being, learning social activities. Also, it suppor people to live happy, sociable lives and reach their full potent
Community Link Workers	01942 836967 (option 2) Wigan.CLW@nhs.net www.wigan.gov.uk/Resident/Health-Social-Care/Adults/fit-and-well/Community-link-workers.aspx	A Community Link Worker is a mem of the GP Surgery Team; it provides advice and support on many social issues that may be affecting your he and wellbeing. They have a wide ra of knowledge on local services and community-based groups and activi
Age UK	01942 615880 www.ageuk.org.uk/wiganborough	Age UK has a local charity for peopl Wigan aged 50+ to improve the qua of their lives. The Service tackles current problems, such as financial worries, social isolation and loneline offering support to maintain independence.

Meals on Wheels service	0845 604 1125 Meals On Wheels In Wigan: Icare Cuisine	Hot and cold meals delivered to the door. Offers a wide range of meals includi special diets.

Carers Support		
Wigan & Leigh Carers Centre	01942 697885 www.wlcccarers.com	Wigan and Leigh Carers Centre represents carers, and raises awareness of caring, working with local communities, organisations and service providers, to build a 'carer-friendly' Wigan.
Carers UK	www.carersuk.org	Carers UK aims to make life better for carers. The Service provides information and advice on caring. It helps carers connect with each other, and campaigns with carers for lasting change.

Macmillan Information Centre	01942 822760	If you're affected by cancer, the Macmillan Information and Support Centre can offer you high quality information and support in a relaxed, comfortable environment. Carers support group available.

Spiritual/ Religious Support		
Hospital Chaplain Wigan & Leigh	01942 822324 Chaplaincy.SpiritualCare@wwl.nhs.uk	The Chaplaincy and Spiritual Car Department supports the pastoral emotional, spiritual and religious v being of all those whose lives brin them in contact with the Trust.
Maggie's Centre	0161 641 4848 www.maggies.org/cancer-support/managing-emotions/spirituality-and-cancer	Having cancer can make us think the bigger things in life, and this n include searching for meaning, questioning things or being angry Maggie's Centre provides help, information and support.

Black, Asian and Ethnic Minorities		
Black Women Rising The Leanne Pero Foundation	www.blackwomenrisinguk.org	Offers emotional support and information to women of colour diagnosed or living with cancer.
NHS BME Network	07941 698 248 www.nhsbmenetwork.org.uk	Independent network, giving a voice to Black and Minority Ethnic (BME) people, including NHS staff, patients, service users and carers, helping with access to better and more appropriate healthcare, as well as providing an opportunity to bring about change in the NHS.
Cancer Education UK	0203 811 8270 www.cancereducationuk.org	This charity is aimed at ethnic minorities living with cancer, including their loved ones and carers. It aims to drive positive change through education, so that everyone has equal access to the healthcare and support they need. Services include helplines, complementary therapies, educational resources and awareness events.

LGBTQ+

LGBTQI+ Cancer Support Group	www.maggies.org 020 3904 3448	Online support group in partnership with ‘Live Through This’ for anyone in the LGBTIQ+ community, including their loved ones and carers, who have been affected by cancer. The group gives people the opportunity to talk and to share experiences with others in a similar situation. It takes place on the first Thursday of each month, from 6pm to 7.30pm.
Macmillan Cancer Support Online Forum Macmillan Online Community: The LGBT Lounge	www.community.macmillan.org.uk 0808 808 0000	Online Forum for people who identify as LGBTQ+ or any other minority sexuality/gender identity who have been affected by cancer. It invites people to share their experiences in a safe space.

Other useful contacts

Wiltshire Farm Foods	0800 077 3100 www.wiltshirefarmfoods.com	Providers of award-winning Softer Foods range that includes meals across three different textures to enable those living with chewing or swallowing difficulties to eat with ease and confidence.
Wigan And Leigh Hospice	01942 525566 www.wlh.org.uk	Registered charity, providing skilled and specialist care to adults and carers affected by a life-limiting condition in the Wigan borough
GUTS UK	www.gutscharity.org.uk	Guts UK is the only UK charity funding research into the digestive system. Provides information and support to patients and carers
Oesophageal Patients Association	www.opa.org.uk	Organisation providing support to people with serious disorders of the oesophagus (mainly cancer)
Macmillan Cancer Support.	0808 808 0000 www.macmillan.org.uk	Offers services for people living with cancer at every stage of their cancer experience. Provides emotional, practical, physical, and financial support.

Upper GI Cancer Support Group	01942 773459 contact Macmillan Upper GI Team	Twice-monthly relaxed and friendly support group, offering peer support, guest speakers and health and wellbeing information & advice. Held at St Peters Pavilion, Hurst Street Hindley, WN2 3DN

Non- curative cancer support group	0161 922 5644 0161 276 6868	Support group for people with a non-curative cancer. Held the first Wednesday of eery month 2:30-4pm at The Monastry, Manchester, Gorton Lane, M12 5WF



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