



**Wrightington, Wigan and  
Leigh Teaching Hospitals**  
NHS Foundation Trust

# **Living with and Beyond Cancer: Upper Gastrointestinal Directory of Services**

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# Living with and Beyond Cancer: Upper Gastrointestinal Directory of Services

## 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

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

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

Dietitian

Wigan Specialist Macmillan Community Dietitian Rebecca Halsall	01942 525566
Salford Royal Oesophago- 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

<p>Macmillan Allied Health Professional Team (AHP)</p>	<p>01942 525566  <a href="http://www.wlh.org.uk">www.wlh.org.uk</a></p>	<p>The Macmillan AHP Team provides a detailed specialist multidisciplinary assessment of an individual's quality of life. This may include questions about mobility, washing and dressing, communication, and nutrition. The team is made up of a physiotherapist, occupational therapist, dietitians and Speech and Language therapists.</p>
<p>BeWell</p>	<p>01942 488481  <a href="http://www.wigan.gov.uk/BeWell/Active-health/Long-term-conditions-scheme">www.wigan.gov.uk/BeWell/Active-health/Long-term-conditions-scheme</a></p>	<p>The Long-Term Conditions Scheme aims to support health and wellbeing.</p> <p>All activities last around 60 minutes and prices start from £3.80.</p> <p>The specialist instructors provide support during the sessions and are in regular contact with you.</p>
<p>Talking Therapies</p>	<p>0161 271 0190  <a href="https://www.gmmh.nhs.uk/wigan-talking-therapies">https://www.gmmh.nhs.uk/wigan-talking-therapies</a></p>	<p>Wigan Talking Therapies? is an NHS therapy for people referred to with a Wigan GP?with common mental health problems like anxiety or low mood,?to help you improve the way you feel, by changing the way you think.</p>
<p>Healthy Routes</p>	<p>01942 836967  <a href="http://www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index">www.wigan.gov.uk/Resident/Health-Social-Care/Healthy-Routes/index</a></p>	<p>Healthy Routes is your gateway to a healthier lifestyle- it provides support and advice on exercise, weight management, quitting smoking, reducing alcohol consumption and health and wellbeing.</p>

<p>Look Good Feel Better</p>	<p>0161 4468100 / 0161 4468107  <a href="http://www.lookgoodfeelbetter.co.uk">www.lookgoodfeelbetter.co.uk</a></p>	<p>Maggie's Centre offers the Look Good, Feel Better and Co Beautiful services to promote self-esteem. These services are designed to help you cope with the impact of cancer on your body image, such as hair loss due to treatment.</p>
<p>Maggie's- The Christie</p>	<p>0161 641 4848  <a href="https://www.christie.nhs.uk/patients-and-visitors/living-with-and-beyond-cancer/patient-support-services/maggies-centre">https://www.christie.nhs.uk/patients-and-visitors/living-with-and-beyond-cancer/patient-support-services/maggies-centre</a></p>	<p>The Maggie's Centre provides practical, emotional and social support for people with cancer and their families and friends in the Manchester area.</p>
<p>Macmillan Information Centre Wigan Infirmary</p>	<p>01942 822760</p>	<p>Support centre offering free confidential information and advice in a relaxed and comfortable environment. Services include counselling, benefits advice and practical support, cooking workshops</p>
<p>The Hair Company</p>	<p><a href="tel:01257472247">01257 472247</a>  <a href="https://www.thehaircompanystandish.com/hair-loss-services">https://www.thehaircompanystandish.com/hair-loss-services</a></p>	<p>Offers hair loss services, wigs and subsidised appointments for clients growing back their hair following cancer treatment</p>

## Financial & Welfare

<p>Macmillan Benefits Advisor</p>	<p>01942 822760</p>	<p>Provides advice and practical support to cancer patients, their carers and families on a range of issues such as entitlement, debt, housing, travel costs etc., as well as information about other sources of financial help available to people affected by cancer.</p>
<p>Citizens Advice Bureau Wigan Borough</p>	<p>0808 2787 801 <a href="mailto:www.advice@cawb.org.uk">www.advice@cawb.org.uk</a></p>	<p>Provides free, confidential and impartial advice to everyone on their rights and responsibilities.</p>
<p>Department of Work &amp; Pensions</p>	<p><a href="https://www.gov.uk/browse/benefits/disability">https://www.gov.uk/browse/benefits/disability</a></p>	<p>Offers help if you're living with a health condition or disability.</p>
<p>Wigan Council</p>	<p>01942 705221 <a href="http://www.wigan.gov.uk/Resident/Benefit-Grants/Welfare-Reform/Local-Welfare-Support.aspx">www.wigan.gov.uk/Resident/Benefit-Grants/Welfare-Reform/Local-Welfare-Support.aspx</a></p>	<p>Wigan Local Welfare Support provides confidential advice and support on a range of benefits.</p> <p>Provides help with completing forms and guidance and support with appeals.</p>

## Travel

Macmillan Information Centre	01942 822760	Up to date information about travel 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)  <a href="http://www.nwas.nhs.uk/services/patient-transport-service-pts">www.nwas.nhs.uk/services/patient-transport-service-pts</a>	The Patient Transport Service is a non-emergency service for people who may need special support getting to and from their healthcare appointments.
We are Driven	01942 409602  <a href="http://www.wearedriven.co.uk">www.wearedriven.co.uk</a>	Driven is a charitable door-to-door transport scheme supporting vulnerable and isolated people in the Wigan Borough.

## Service personnel

SSSAFA	0800 260 6780 <a href="http://www.ssafa.org.uk">www.ssafa.org.uk</a>	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 <a href="http://www.britishlegion.org.uk">www.britishlegion.org.uk</a>	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](http://www.cancerresearchuk.org/about-cancer/coping/practically/financial-support/grants/ex-services-organisations)

## Social Services

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

<p>Meals on Wheels service</p>	<p>0845 604 1125</p> <p><a href="#">Meals On Wheels In Wigan: Icare Cuisine</a></p>	<p>Hot and cold meals delivered to the door.</p> <p>Offers a wide range of meals including special diets.</p>
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<p>Carers Support</p>		
<p>Wigan &amp; Leigh Carers Centre</p>	<p>01942 697885</p> <p><a href="http://www.wlcccarers.com">www.wlcccarers.com</a></p>	<p>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.</p>
<p>Carers UK</p>	<p><a href="http://www.carersuk.org">www.carersuk.org</a></p>	<p>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.</p>

<p>Macmillan Information Centre</p>	<p>01942 822760</p>	<p>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.</p> <p>Carers support group available.</p>
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## Spiritual/ Religious Support

<p>Hospital Chaplain Wigan &amp; Leigh</p>	<p>01942 822324</p> <p><a href="mailto:Chaplaincy.SpiritualCare@wwl.nhs.uk">Chaplaincy.SpiritualCare@wwl.nhs.uk</a></p>	<p>The Chaplaincy and Spiritual Care Department supports the pastoral, emotional, spiritual and religious wellbeing of all those whose lives bring them in contact with the Trust.</p>
<p>Maggie's Centre</p>	<p>0161 641 4848</p> <p><a href="http://www.maggies.org/cancer-support/managing-emotions/spirituality-and-cancer">www.maggies.org/cancer-support/managing-emotions/spirituality-and-cancer</a></p>	<p>Having cancer can make us think about the bigger things in life, and this may include searching for meaning, questioning things or being angry. Maggie's Centre provides help, information and support.</p>

## Black, Asian and Ethnic Minorities

<p>Black Women Rising</p> <p>The Leanne Pero Foundation</p>	<p><a href="http://www.blackwomenrisinguk.org">www.blackwomenrisinguk.org</a></p>	<p>Offers emotional support and information to women of colour diagnosed or living with cancer.</p>
<p>NHS BME Network</p>	<p>07941 698 248</p> <p><a href="http://www.nhsbmenetwork.org.uk">www.nhsbmenetwork.org.uk</a></p>	<p>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.</p>
<p>Cancer Education UK</p>	<p>0203 811 8270</p> <p><a href="http://www.cancereducationuk.org">www.cancereducationuk.org</a></p>	<p>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.</p>

## LGBTQ+

<p>LGBTQI+ Cancer Support Group</p>	<p><a href="http://www.maggies.org">www.maggies.org</a></p> <p>020 3904 3448</p>	<p>Online support group in partnership with 'Live Through This' for anyone in the LGBTQI+ 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.</p>
<p>Macmillan Cancer Support Online Forum</p> <p>Macmillan Online Community: The LGBT Lounge</p>	<p><a href="http://www.community.macmillan.org.uk">www.community.macmillan.org.uk</a></p> <p>0808 808 0000</p>	<p>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.</p>

Other useful contacts

Wiltshire Farm Foods	0800 077 3100 <a href="http://www.wiltshirefarmfoods.com">www.wiltshirefarmfoods.com</a>	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 <a href="http://www.wlh.org.uk">www.wlh.org.uk</a>	Registered charity, providing skilled and specialist care to adults and carers affected by a life-limiting condition in the Wigan borough
GUTS UK	<a href="http://www.gutscharity.org.uk">www.gutscharity.org.uk</a>	Guts UK is the only UK charity funding research into the digestive system.  Provides information and support to patients and carers
Oesophageal Patients Association	<a href="http://www.opa.org.uk">www.opa.org.uk</a>	Organisation providing support to people with serious disorders of the oesophagus (mainly cancer)
Macmillan Cancer Support.	0808 808 0000 <a href="http://www.macmillan.org.uk">www.macmillan.org.uk</a>	Offers services for people living with cancer at every stage of their cancer experience. Provides emotional, practical, physical, and financial support.

<p>Upper GI Cancer Support Group</p>	<p>01942 773459 contact Macmillan Upper GI Team</p>	<p>Twice-monthly relaxed and friendly support group, offering peer support, guest speakers and health and wellbeing information &amp; advice.</p> <p>Held at St Peters Pavilion, Hurst Street Hindley, WN2 3DN</p>
<p>Non- curative cancer support group</p>	<p>0161 922 5644 0161 276 6868</p>	<p>Support group for people with a non-curative cancer. Held the first Wednesday of every month 2:30-4pm at The Monastery, Manchester, Gorton Lane, M12 5WF</p>



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