

Who we are

No one should face cancer alone. Having the right kind of information and support, at the right time, is essential. **The Macmillan Cancer Information Centre at Living Well Centre** provides a free, 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 living with and beyond cancer
- are looking to reduce the risks of cancer
- are a carer, relative or friend of someone with cancer
- are health and social care professionals.

How we can help

Staffed by Macmillan information and support staff and trained volunteers, we are able to provide:

- Literature and Internet access on all aspects of living with cancer, including work and travel issues.
- The opportunity to talk to someone in a friendly environment, and advice on how to access emotional support.
- Help with accessing financial advice and grants.



- Information about practical help that is available.
- Information on living well, activity, relaxation and healthy eating.
- Support groups and a team of volunteers.
- Links with health and social care professionals.

How to access the service

Your GP, cancer nurse specialist or other health care professional can refer you to the Centre. Alternatively you can contact us yourself, we will be delighted to help in any way we can.

We also offer

- Access to Wellness and Activity Co-ordinators.
- HOPE (Help Overcoming Problems Effectively) courses to help rediscover your strengths.
- Health and Wellbeing events – information and support days for people living with cancer and their families.
- Emotional support.
- Boots No7 Pamper Sessions.

Sometimes talking to someone outside your family and friends can really help. We have welcoming support groups including:

- Singers – no audition needed
- In Stitches craft group
- Walking group – all abilities
- Gardening

'We are exceptionally lucky to have such an amazing place in Southport. The staff were a tremendous support at a very difficult time and helped us beyond words'

Louise, Centre Visitor

Please contact us to find out more about our groups, courses and events.

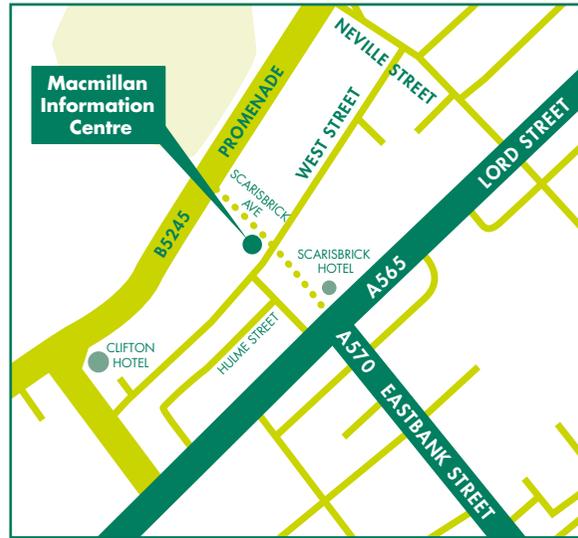
Macmillan Cancer Support

When you have cancer, you don't just worry about what will happen to your body, you worry about what will happen to your life. At Macmillan, we know how a cancer diagnosis can affect everything and we're here to support you through. From help with money worries and advice about work, to someone who'll listen if you just want to talk, we'll be there. We'll help you make the choices you need to take back control, so you can start to feel like yourself again.

If you need to speak to someone and we're not available, call the Macmillan Support Line free on **0808 808 00 00**, Mon-Fri, 9am-8pm
www.macmillan.org.uk.

Macmillan Cancer Support, registered charity number 261017. Isle of Man charity number 604. © Macmillan Cancer Support, August 2015 (vers 3). EMNE 59. Photograph has been posed by models but the comment is a real quote from someone who has received help from Macmillan Cancer Support.

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How to find us

The Centre is based at Living Well Centre,
23-35 Scarisbrick Avenue (off Lord Street),
Southport PR8 1NW

Opening times

We are open Monday to Friday
10am to 4pm (except bank holidays)
No appointment necessary.

Contact

Tel **0151 288 6893/6897**
Fax **01704 510877**
Mobile **07976 167188**
Email sfccg.macmillancic@nhs.net
Facebook [southportmacmillancentre](https://www.facebook.com/southportmacmillancentre)
Twitter [@SouthportMacC](https://twitter.com/SouthportMacC)
Website southportmacmillancentre.org.uk

No question or concern is too big or too small

NHS

Southport and Formby
Clinical Commissioning Group

**AFFECTED BY
CANCER?
WE CAN
HELP**

WE ARE
MACMILLAN.
CANCER SUPPORT

The Southport Macmillan
Cancer Information
and Support Centre
at Living Well Centre