



Belfast Health and
Social Care Trust

caring supporting improving together



Support and Information for people affected by Cancer

Macmillan Support and Information Centre
Belfast City Hospital

In the Belfast Health and Social Care Trust (BHSCT) we are committed to providing psychological and social support to those affected by cancer. We work in partnership with Cancer Charities to deliver high quality support and information at the Macmillan Support and Information Centre at Belfast City Hospital.

The Macmillan Support and Information Centre offer:

- Cancer information
- Support
- Counselling/clinical psychology
- Complementary therapy
- Benefits advice
- Beauty workshops (Look Good Feel Better)
- Wig fitting service
- Group relaxation and exercise classes
- Self management programmes
- Work Support Conversations

About our Service

The service is for anyone who is affected by cancer. To find out how we can help you ring or drop in to the centre. We are open Monday to Friday, 9am to 4pm (closed public holidays).

Drop in service (no appointment required).

Coffee Bar

We offer a range of teas, coffees and cold drinks free of charge. These are funded by Friends of the Cancer Centre who also provide newspapers and magazines for the Centre.

Information Zone

The Information Manager, staff and trained volunteers are available to help guide you through our range of information and services. All our booklets, leaflets and audio-visual resources are free. If you don't see what you are looking for on display, please ask. We have many more resources available which include information about:

- Specific cancers
- Treatments
- Living with cancer
- Benefits
- Caring for someone with cancer

Art Therapy

(provided by Cancer Focus NI)

Art therapy provides a way of expressing yourself when you may find it difficult to talk about your feelings. It can also help you relax and promote peace of mind. No artistic ability or previous experience is required. A group session is held once a week and there is no need to book. Please check Centre timetable for times. Individual and in-patients appointments can also be arranged.

Meditation and visualisation

(one hour session)

Learn a combination of techniques to relax and reduce stress. A one hour session is held once a week and there is no need to book. Please check Centre Timetable for times.



Services by appointment

Complementary Therapy Service

(funded by Friends of the Cancer Centre,
Haematology Charitable Fund, BHSCT)

Our complementary therapists have additional training to treat people who have had a cancer diagnosis. Following an assessment appointment a treatment plan will be devised that best suits your needs. We offer aromatherapy, massage and reflexology. Please see the Centre Complementary Therapy leaflet for more details. We offer an out-patient and in patient service.



Counselling and Psychology

(provided by Cancer Focus NI and Clinical Psychology Department)

Professionally trained counsellors and clinical psychologists offer individual emotional support. You can self refer to the counselling service or ask a healthcare professional involved in your care to refer you. The Clinical Psychology department requires a referral by a healthcare professional.

Macmillan Benefits Service

Macmillan Benefits Service provides advice on social security benefits to people with cancer. Appointments for this service can be arranged by telephoning 0300 1233 233

Wig Fitting Service

Experienced hairdressers offer confidential consultations and a wide range of high quality wigs in different styles for patients who have hair loss (alopecia) as a result of their treatment. This service is free to patients receiving their treatment in the Belfast Health and Social Care Trust. Referral from your healthcare professional is required for this service. Patients can call in or ring to make an appointment.

Group Programme

We offer a number of weekly and monthly group sessions. Please contact the Centre for dates, times and to book a place.

Look Good Feel Better

(provided by the Cosmetic, Toiletry and Perfumery Foundation)

This is a beauty workshop for patients. Each participant will be assisted in applying makeup during the session. You will receive a gift of skincare and makeup products.

Relaxation and Exercise Classes

(funded by Friends of the Cancer Centre)

We offer a range of relaxation and exercise classes. (Please check Centre timetable for times and if booking is required.)

- Gentle yoga
- Meditation and Visualisation Day
- Pilates
- Tai Chi



Self Management Programmes

Cancer Related Fatigue Workshop

Four week course (2.15 hours per week)

To help you manage fatigue, which is a common side effect of cancer. The workshops are delivered by the Hospital multi-professional team and complementary therapy service.

A number of self management courses which are aimed at helping people living with or after cancer are held in the centre during the year. Please see centre timetable or ask at reception for details of upcoming courses.



Contact details

Macmillan Support and Information Centre

Belfast City Hospital
77-81 Lisburn Road
Belfast
BT9 7AB

Tel: (028) 9063 8980

Email: cancer.info@belfasttrust.hscni.net

Web site: <http://www.belfasttrust.hscni.net>

Useful Contacts

Macmillan Information Service
Level 2, Royal Victoria Hospital
Grosvenor Road
Belfast, BT12 6BA

Tel: (028) 9063 0022

Email: cancerinfo.royal@belfasttrust.hscni.net

Cancer Focus NI Free phone Helpline
0800 783 3339

Macmillan Support Line
0808 808 0000

Useful Web sites

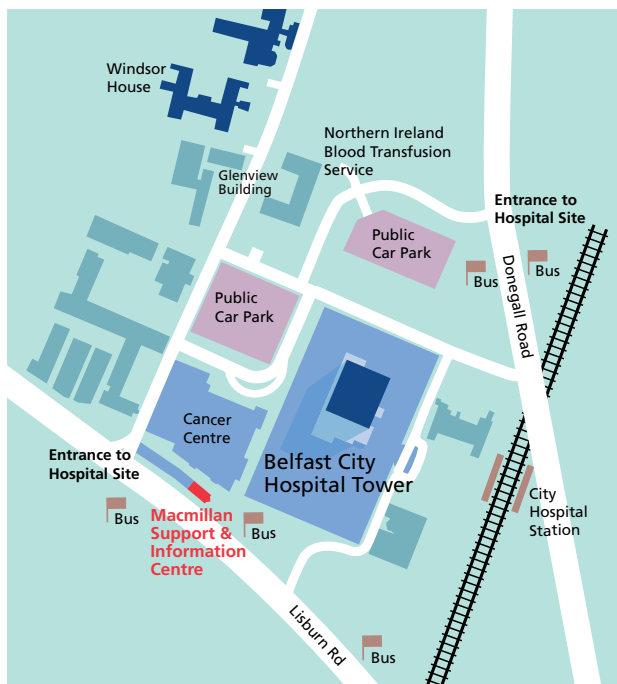
www.belfasttrust.hscni.net

www.survivorship.cancer.net

Supporting our work

If you would like to support the work of the Centre by making a donation please speak to a member of staff. Cheques should be made payable to BHSCT CTF. You can also make a donation directly to any of our partner organisations listed on back page.

How to find us



Transport

By Bus

Buses from Belfast City Centre stop right outside the Centre and Belfast City Hospital. Metro bus runs a regular service on routes 9a and 9b. Ulsterbus routes stop near the main entrance.

By Rail

NI Railways has a halt beside Belfast City Hospital, which is a short walk to the Centre. Contact Translink on 028 9066 6630 for timetable information.

By Car

Car parking is available at Belfast City Hospital (car parking charges may apply).

The Macmillan Support and Information Centre is run in partnership with:



**This leaflet is available in large print.
Please ask a member of staff.**