This roadmap was designed by patients, for patients to assist you with details and information of services that you can access where you want and how you want. It can be used to empower you with the tools to choose your next steps.

This doesn't need to flow in the order displayed as you could require various support at different stages.

Looking for a good place to start? Macmillan provides umbrella support services and can help you navigate guickly to specialised support.

Cancer Research UK

**Cancer Support UK** 

**Macmillan Cancer** Support

Wirral Macmillan **Information Centre** (Arrowe Park)

**General Cancer** Services

Ask Us Wirral

Charis Grants

Wirral CAB (Citizens Advice Bureau)

Macmillan Cancer Support

Turn2us

**Financial Services** and Grants

Cancer Support UK

**Cruse Bereavement** Support

Macmillan Free Online Counselling Support

Maggie's Wirral

**Talking Together** Wirral

Maggie's Wirral

Me Again

**NHS Wig Voucher** 

Complementary **Therapies** 

**Breast Cancer UK** 

**Eve Appeal** 

Maggie's Wirral

Ovacome

Tomorrow's Women

Wirral Women and Children's Aid

Women's Aid

Women's Support

Macmillan Cancer Support

Shine

**Teenage Cancer** 

Trust

Youth Cancer Trust

Young People's Support

Cancer 52

Cancer research UK

**Macmillan Cancer** Support

Maggie's Wirral

**Rare Cancer Support** 

JourneyMEN Wirral

Men Against Cancer (MAC)

Men in Sheds

**Orchid Cancer** 

**Prostate Cancer UK** 

Men's Support

300 One Wirral CIC

ACT NOW (After Cancer Treatment)

#### General Concer Services

#### Cancer Research UK

www.cancerresearchuk.org 0300 123 1022 supporter.services@cancer.org.uk

#### **Cancer Support UK**

www.cancersupportuk.org 020 3983 7616 hello@cancersupportuk.org

### **Macmillan Cancer Support**

www.macmillan.org.uk 0800 808 00 00

### Wirral Macmillan Information Centre (Arrowe Park)

0151 552 1860 wih-tr.macmillansupport@nhs.net

# Financial Services and Grants

#### Ask Us Wirral

www.askuswirral.org.uk 0808 278 7848

#### **Charis Grants**

www.charisgrants.com

#### Citizen's Advice Bureau

www.citizensadvice.org.uk 0800 144 8848

# **Macmillan Cancer Support**

www.macmillan.org.uk 0800 808 00 00

#### Turn2us

www.turn2us.org.uk

# Emotional Suppor

# **Cancer Support UK**

www.cancersupportuk.org 020 3983 7616 hello@cancersupportuk.org

### **Cruse Bereavement Support**

www.cruse.org.uk 0808 808 1677

### Maggie's Wirral

www.maggies.org 0151 334 4301 liverpool@maggies.org

### **Talking Together Wirral**

www.insightiapt.org 0151 649 1859 info@talkingtogetherwirral.org

# Complementary Therapies

### Maggie's Wirral

www.maggies.org 0151 334 4301 liverpool@maggies.org

### Me Again

www.meagain.org.uk

# **NHS Wig Voucher**

0300 123 0849

# Women's Support

#### **Breast Cancer**

www.breastcanceruk.org.uk

### **Gynaecological Cancers**

www.eveappeal.org.uk www.ovacome.org.uk

### Maggie's Wirral

www.maggies.org 0151 334 4301 liverpool@maggies.org

#### Tomorrow's Women

www.tomorrowswomen.org.uk

# Wirral Women and Children's Aid

www.wwaca.org

#### Women's Aid

www.womensaid.org.uk

# Men's Suppor

# JourneyMEN Wirral

www.journeymencic.com

#### Men Against Cancer (MAC)

www.macprostatecancersupport.ie

#### Men in Sheds (Cheshire based)

www.menssheds.org.uk

#### **Orchid Cancer**

www.orchid-cancer.org.uk

#### **Prostate Cancer**

www.prostatecanceruk.org

# Rare Cancer Suppor

#### Cancer 52

www.cancer52.org.uk

#### Cancer Research UK

www.cancerresearchuk.org 0300 123 1022 supporter.services@cancer.org.uk

### **Macmillan Cancer Support**

www.macmillan.org.uk 0800 808 00 00

#### Maggie's Wirral

www.maggies.org 0151 334 4301 liverpool@maggies.org

# Young People's Support

# Macmillan Cancer Support

www.macmillan.org.uk 0800 808 00 00

#### Shine

www.shinecancersupport.org

### **Teenage Cancer Trust**

www.teenagecancertrust.org

### **Youth Cancer Trust**

www.youthcancertrust.org