



Wirral University Teaching Hospital Macmillan Cancer Information & Support Service

Winter 2025 Newsletter





Meet the team!



Anne Torkington Centre Manager



Rosemary Roberts Information and support advisor



Linda Kendrick Information and support assistant

Please feel free to call in from Monday to Friday

(We are closed on bank holidays).

You can find us on the ground floor of Arrowe Park Hospital

Wirral University Teaching Hospital NHS Foundation Trust,



Arrowe Park Hospital, Arrowe Park Road, Upton, Wirral, CH49 5PE

We can be contacted by phone



0151 552 1860 (Internal extension 2880)

Email: wihtr.macmillansupport@nhs.net



X: @macmillaninfo

Education

GP Wirral Cancer learning event

This October approximately 200 Wirral GPs gathered to learn about the latest developments in cancer screening and pathway guidance to ensure a smoother referral process for patients. MCISS showcased their offer with a marketplace stall.

Menopause and cancer education

MCISS Advisor Rose joined with WICS (Wirral integrated cancer service) to work on a focus group which is looking at ways in which Menopause support for local people affected by cancer could be improved.

Soroptimist breast screening education.

Our Breast CNS team and Linda our MCISS Info Assistant recently promoted breast cancer awareness information at the Heswall Soroptimist club. Specifically, around breast cancer research development, and education about breast screening appointments for the over 70s.



"Dear Macmillan team, we are writing to send a huge thank you for all the support and advice your team gave our family during a very difficult time."



Patient feedback



"We felt
overwhelmed at
first, but your
kindness and clear
guidance made
everything so much
easier to handle"

Health inequalities

We attended two recent events at Wirral Change, and Wirral Multicultural Organisation to promote wellbeing within our minority communities. We collaborated with One Wirral CIC to spread awareness of cancer information available in 16 languages.





Cancer information in 16 languages

Scan the Qr code or call the Macmillan support line on 0808 808 00 00

Collaborative learning

Stronger Together Partnership by Citizens **Advice Wirral**

MCISS attended the event celebrating the strength of partnership working and exploring how collaboration continues to tackle health inequalities and improve outcomes for local people. Wirral residents' experiences and stories were heard highlighting the positive effect of social prescribing and advice on health and wellbeing.

Cancer prevention

What are the signs and symptoms of lung cancer?





A cough that that lasts for 3 weeks or more



An ache or pain when breathing or coughing



A long-standing cough that gets worse



Persistent breathlessness



Chest infections that keep coming back



Persistent tiredness or lack of energy



Coughing up blood



Loss of appetite or unexplained weight loss



Quit smoking with ABL (A better life) Wirral



ABL run a 12-week quit programme are run by expert advisors which provides a range of proven methods to help you quit. They also supply 12 weeks of free nicotine replacement.

Call 0151 541 5656, or free text ABL to 60777



Aged between 55 to 74? Current or former smoker?

You or someone you know may be eligible for a lung cancer screening. Chances are everything is ok but if it is cancer catching it early can make all the difference.

For more information contact us on

0151 254 3032

Or visit

Ihch.nhs.uk/lung-health-check



Sending love to...





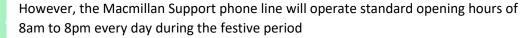






Wishing everyone a merry Christmas!

MCISS will be closed on Christmas day, boxing day and New Year's Day.



The support line Welfare Rights team will be open: 8am - 6pm weekdays, and closed Christmas Day and boxing day, and New Year's Day.

This Christmas call our support line on 0808 808 00 00



