

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
on:
**0151 552 1860 (Internal
extension 2880)**



Email: [wih-
tr.macmillansupport@nhs.net](mailto:wih-tr.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.



Patient feedback

"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."



"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 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

See a GP if you're experiencing any of these symptoms

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

lhc.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.

However, the Macmillan Support phone line will operate standard opening hours of 8am to 8pm every day during the festive period

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