


## You can visit us at:

The Tameside Macmillan Unit  
Ladysmith Building  
Tameside Hospital  
Fountain Street  
Ashton Under Lyne  
OL6 9RW

 [Macmillan.info@tgh.nhs.uk](mailto:Macmillan.info@tgh.nhs.uk)

 0161 922 5644

 [tamesidemacmillan.co.uk](http://tamesidemacmillan.co.uk)

 We are open Monday to Friday, 9am to 4pm (except Bank Holidays)

We offer a drop-in service, no appointment needed. However please contact us first if you are making a special journey, to ensure we are here for you when you visit.

We're here to help you find your best way through from the moment of diagnosis, so you're able to live life as fully as you can. For information, support or just someone to talk to, call 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk)

 [Macmillan.org.uk](http://Macmillan.org.uk)

Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland

**MACMILLAN**  
CANCER SUPPORT



## Tameside & Glossop Macmillan Information and Support Service

In partnership with

**NHS**

Tameside and Glossop  
Integrated Care  
NHS Foundation Trust

## If you or someone you know is living with cancer, we are here to help.

We can provide practical and emotional support to anyone living with cancer. If you have any questions, or if you would like to discuss the wide variety of services we offer, then please get in touch.

Phone **0161 922 5644**, email **macmillan.info@tgh.nhs.uk** or call into the Tameside Macmillan Unit.

### Who we are

Macmillan Cancer Support, Tameside and Glossop Integrated Care NHS Foundation Trust and the local community have worked together to develop the Macmillan Cancer Information and Support Service at Tameside Hospital.

The centre, which has been awarded Macmillan's prestigious quality standard, offers a free, confidential drop-in service for anyone affected by cancer.



### How we can help

When you're living with cancer having the right kind of information and support at the right time is essential.

Staffed by Macmillan Cancer Information and Support Specialists and trained volunteers, we are able to provide:

- advice on managing side effects
- Macmillan welfare rights, benefits and financial advice
- counselling and talking therapies
- specialist exercise guidance and walking groups
- complementary therapies
- support at home
- support and advice for carers
- links to local and national support services
- the opportunity for a listening ear
- a private room to speak in confidence.