

CHFT Macmillan Cancer Information & Support Service

We support anyone affected by cancer including patients, family, friends

A listening ear and emotional support
for patients and family members

Work, education and housing support

Onward referrals to other
organisations that can help

Support groups and courses



Financial help: benefits and grants

Information on many aspects of cancer

Practical support such as Blue
Badges and home adaptations

You can phone us for support, come in and see us in person (drop in or make an appointment), or meet with us over Microsoft Teams. We are open 9am until 4pm, Monday to Friday.



The Jayne Garforth Macmillan Information Centre, Calderdale Royal Hospital (CRH).
Greenlea Oncology Unit, Huddersfield Royal Infirmary (HRI)

01422 222709 (CRH)
01484 343614 (HRI)
cancer.information@nhs.net
#CHFT Macmillan support



The national Macmillan Support Line is also available seven days a week, 8am until 8pm, on 0808 808 0000

FIRST STEPS CANCER PROGRAMME

First Steps is our information and support session for people who are **recently diagnosed with cancer** as well as family members. Join us to learn how to support yourself, feel less overwhelmed and know about services that can support you. Sessions are every month. **Google – ‘CHFT First Steps’ for more information.**

Attending First Steps has helped me feel a bit safer and a bit less bewildered by the whole process so far.”
“Just to know the help is out there and available is a comfort.”



“I have so much more understanding of my thought process now, and a load of strategies to use.”
“Sharing experiences and feelings with others made me feel as if I was not alone.”

It’s so helpful to have the support from lots of knowledgeable staff and to have conversations with other people in a similar situation.”

Contact us to book any course
cancer.information@nhs.net
01484 343614 or 01422 222709



The Thinking Ahead Programme

A health and wellbeing course for **patients living with incurable cancer** as well as their family members. A seven-week course run online on Microsoft Teams with lots of speakers talking about benefits and financial affairs, advance care planning, managing fatigue, diet & appetite and more. **Google ‘CHFT Thinking Ahead’** to see a film of patients talking about the course.



“The course was so relevant and inspiring, giving you a bit of positivity when you feel there’s no light at end of the tunnel or are struggling with side effects.”

Macmillan’s iHOPE Programme

Macmillan’s online self-management programme for **anyone who’s had a cancer diagnosis**, which empowers people living with cancer to manage their health and wellbeing and help with the stress of a cancer diagnosis. A seven-week online course run three times per year. **Google ‘CHFT iHOPE Programme’.**

End of Treatment Events

These whole day events aim to help people live a healthy lifestyle **following cancer/cancer treatment**. There are talks on keeping physically active, diet, sleep, managing your emotions, fatigue, and a clinical session on signs to look out for in the future and how to manage the consequences of treatment. Events are times per year.