

CHFT Macmillan Information and Support Service

April is the awareness month for Head and Neck, Bowel and Testicular Cancer

Bowel Cancer UK



They are the leading bowel cancer charity in the UK. Visit their website <https://www.bowelcanceruk.org.uk/> or call 020 7940 1760 Monday – Friday 9am – 5pm or email admin@bowelcanceruk.org.uk

For information and materials <https://www.bowelcanceruk.org.uk/about-bowel-cancer/our-publications/>

Macmillan also have information this can be accessed <https://www.macmillan.org.uk/bowel-cancer-awareness-month>



Head and Neck Cancer every 50 minutes someone is diagnosed with this cancer. There are a few awareness charities such as <https://hancuk.org/>. This charity is set up by set up by Head & Neck Cancer Specialists and Survivors.

Another charity Head and Neck Cancer Foundation <https://hncf.org.uk/charity> is devoted to driving awareness for the adoption of groundbreaking head and neck cancer treatment.

Testicular Cancer - Orchid is the UK's leading charity for those affected by male cancer. They offer a wide range of support services to males of all ages.

Contact **ORCHID** on 0203 7457310 or visit their website <https://orchid-cancer.org.uk/testicular-cancer/>

For information and materials <https://orchid-cancer.org.uk/awareness-education/information/>



First Steps April 8th - welcome to join from 9:30am for refreshments the program starts at 10am until 12pm and will run on the first Monday of each month. **FIRST STEPS** is our information and support programme for anyone **recently diagnosed with cancer** and their families. First Steps aims to **help you support yourself** during your cancer journey.

The two-hour session includes information on important topics such as keeping active, managing your emotions, diet, sleep, managing fatigue and different services to support you.

Google "CHFT First Steps" for more information or <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>

If you would like to book a place on the programme contact Heather Milner on **01484 343490** or email heather.milner@nhs.net

You can also book a place by scanning this QR code



Macmillan's iHOPE Programme – for anyone who has had a cancer diagnosis next course date 10th April – 22nd May.

The course is designed for anyone who's had a cancer diagnosis, whether your cancer treatment course runs over six weeks and consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators.

The course aims to help with the stress of cancer, support health and wellbeing and build up emotional resilience.

To find out more and to book a place please contact the **Macmillan Information & Support Service**



Cost of living - support for people with cancer

If you are worried about money, there are people you can talk to: Financial Guides are here to give you personalised support to help you plan your budget, manage your money and understand your personal finance options, such as mortgages, pensions and insurance.

Welfare Rights Advisors can help you to find out what benefits you might be entitled to. Energy Advisors can help you with things like access to energy schemes and grants.

If you would like to talk to speak to someone in the financial guidance team, you can call the Macmillan Support Line on 0808 808 00 00 chat to a specialist online. The rising energy prices and cost of living increase are a huge concern for everyone especially those affected by cancer. <https://www.macmillan.org.uk/cancer-information-and-support/get-help/cost-of-living>.



Local councils may help and have welfare provision service if you are struggling financially for Calderdale patients contact: <https://new.calderdale.gov.uk/benefits/local-welfare-assistance>

For Kirklees patients: <https://www.kirklees.gov.uk/beta/benefits/local-welfare-provision.aspx>



The Citizen's Advice Bureau - have dedicated Energy advisers working as part of a project with Newcastle Citizens Advice and Northern Powergrid to help clients in Leeds, Wakefield, Calderdale, Kirklees and the North East. They can help you to understand your bill or tariff, maximise your income through benefits and debt advice, reduce your fuel debts through negotiating with creditors and securing charitable or other assistance, reduce future fuel costs by accessing support from Green Doctor and other appropriate services.

Call their dedicated Energy Affordability line on 0800 448 0721 telephone services are open Monday – Friday 9am – 5pm. Please have as much information available as you can when you get in touch – for example recent fuel bills or letters from your energy provider.



Active My Way: Cancer Rehab - Physical activity support for those who have/had cancer. Our Cancer Rehab sessions are led by fully qualified and experienced instructors who will tailor exercises to meet your needs. Sessions are held at The Shay Stadium in Halifax every Thursday 6-7pm, starting Thursday 11th April. To book your place, go online to calderdale.gov.uk/sports and search 'Active My Way Cancer Rehab' or phone Calderdale leisure centres on 01422 288068 (Brighthouse Pool) or 01422 288078 (Sowerby Bridge Pool). Sessions are FREE for leisure centre members as part of the membership package / £6.50 Pay As You Go / £4.95 with a **Passport to Leisure**



Passport to Leisure (PTL) - This is a discount scheme that Calderdale Council has which is free to apply. If you qualify you can have discounts on sport, recreation, leisure and cultural facilities. For further information see <https://new.calderdale.gov.uk/leisure/leisure-pass/passport-leisure-ptl#who>

UPCOMING
EVENTS

Men's Cancer Support Group – at the Legends café at John Smith Stadium. Drinks from 2pm for 2.15pm start. All men affected by cancer either as patients or family members, are welcome. Dates for 2024 April - 25th, May - 30th, June - 27th, July - 25th, Sept - 26th, Oct - 31st, Nov - 28th.

Walking Group - Macmillan Health Walks will take place on **Thursday 4th April 10.30am** at Greenhead Park for a gentle walk then coffee. Please meet at the conservatory at 10.15am to fill in a registration form if you haven't been before. Upcoming dates May 2nd and June 6th.

Bladder Cancer Support Group - Meeting at Briar Court Hotel Huddersfield 10.30am -12.30pm on 23rd April. An opportunity to meet with others and talk about serious aspects of being diagnosed with cancer and the emotional impact this has on individuals and families. Please call Phil Kelly on 01422 847328 for more info!

Coffee 'N' Chat Group - On the third Wednesday of the month, 10am – 12pm Dates for this year include 17th April, 15th May, 19th June, 17th July, 18th Sept, 16th Oct, 20th Nov, 18th Dec. Will be held at The Watermill Pub, Salterhebble, Halifax. Free parking please contact Macmillan Information Service for any additional information.

Living well Calderdale's women cancer support group – Are hosting an open day with a guitarist and singers for women, their families and carers that are affected by cancer. On April 27th at The Central Methodist Church, Bramsche Square, Todmorden, OL14 5AW. For more information please call or text Elaine Hobson on 07794688180 <https://www.livingwell-cancer-support.org.uk/>

Don't forget to ask your Clinical Nurse Specialist about a Holistic Needs Assessment if you haven't already had one or search #CHFT HNA for more information.



Contact Us - CHFT Macmillan Information and Support Service



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



Please contact us if you no longer wish to receive our newsletter or wish to receive it by post instead – thank you.