



We start our newsletter this month by welcoming Nicola Greaves as the new Macmillan Cancer Information and Support Service Manager. Nicola started her career within the NHS 19 years ago at Yorkshire Ambulance Service, then joined the Trust nearly two years ago, as the Quality Improvement Manager for Patient Experience which involves identifying ways of improving the experience of care for patients, which includes family members and carers. Nicola is delighted to be appointed and says "I feel it is a huge privilege to join Mandy, Kate, Jadene and our fabulous volunteers in delivering information and support to patients and their loved ones through their cancer diagnosis, treatment and beyond. If you would like to contact me, please do not hesitate to do so: Nicola.greaves@cht.nhs.uk"



1st October – 31st October 2023 is **Breast Cancer Awareness month** which is an annual event that aims to spread awareness, raise money and support for people affected by breast cancer. For more information visit <u>https://breastcancernow.org</u>

Face to face on Monday 2nd October

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.

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



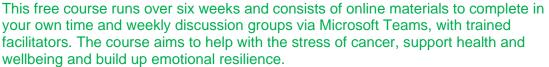
MACMILLAN CANCER SUPPORT

Macmillan's iHOPE Programme – for anyone who has had a cancer diagnosis next course date 7th November – 19th December



NHS

The course is designed for anyone who's had a cancer diagnosis, whether your cancer treatment finished some time ago, you are currently receiving it, or you have not received treatment.



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

ARE YOU STRUGGLING WITH



EATING AND DRINKING?



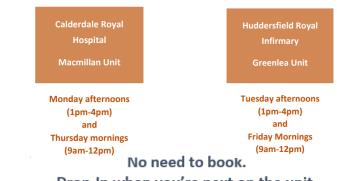
APPETITE CHANGES?

IGES? CHANGES?

TASTE

NUTRITION SUPPORT Drop-In sessions are now available for support from our Dietician Assistants

Commencing the First Week of October







5K Your Way Move Against Cancer

We are a supportive community that inspires and empowers people impacted by cancer to live an active and fulfilling lifestyle.

For more information 5kyourway.org



Walking Group - Macmillan Health Walks will take place on **Thursday 5th October – 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. Further dates of walking group 2nd November and 7th December.

Men's Cancer Support Group – at the Legends café at John Smith Stadium on Thursday 26th October at 2.15pm. All men affected by cancer either as patients or family members, are welcome. Other date of the support group is 30th November.

Bladder Cancer Support Group - Next meeting booked for 24th October at Briar Court Hotel Huddersfield 10.30am -12.30pm. This is 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.

Companionship Cafe's from 'home instead' takes place on the 2nd Tuesday of every month from 10am to 11.30am in the Morrison's in-store cafe. The monthly Cafe events provide conversation and friendship to older people and welcome new visitors to join us. They provide free tea, coffee and biscuits courtesy of Morrison's Store too. Why not pop in and say hello and combine visiting them with your weekly shop upcoming dates 10th October, 14th November and 12th December. To find out more call 01422 292424 or email <u>calderdale@homeinstead.co.uk</u>

FIT Delivery Group - We are looking for a patient rep to join the FIT Delivery Group. FIT is a test that is being introduced before patients are sent on a fast-track colorectal cancer pathway. The group is currently meeting every 2 weeks on Teams 3pm to 4pm on a Wednesday. If you are interested in representing on the group please contact, Lucy Beckingham, <u>lucy.beckingham@cht.nhs.uk</u>, 07721 5777704.

Calderdale Carers Wellbeing Service do carers come dine with us activity. Enjoy being spoiled with a chance to sit, relax and enjoy a meal out with good company and conversation. Each Month will be at a different restaurant in Calderdale, held on the first Wednesday of every month. Please note you must book a place to attend these activities please ring our office on 01422 369 101 Carers Wellbeing Service Calderdale provides carers 18 and over with an extensive range of resources and support, designed to give you more balance in life.

<u>Kirkwood Carers Drop In</u> – for carers of people living in Kirklees with an incurable condition. When: 1st Thursday of every month 2pm – 3pm. Where: The Kirkwood, Albany Road, Dalton, Support and Therapy

Lounge. No booking required contact The Kirkwood on 01484 557910 Monday to Friday 8.30am – 4.30pm

Overgate Hospice is for those living with a progressive life-limiting illness. You can drop in to your local Overgate Hub with a carer, family member or friend, to gain support, advice, education, and signposting from their dedicated team. There is no referral needed to attend the sessions at any of the Hubs, simply **drop** in between 10am-3pm or call 01422 379151 for more information. Visit https://www.overgatehospice.org.uk/our-care/overgate-hubs/

Movement and Dance in chairs – a new FREE social class. First Monday of every month 2pm – 4pm at The Legends Café Bar at the John Smith's Stadium, Huddersfield. Open to all to improve mobility.

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)



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