

August 2025 Newsletter

CHFT Macmillan Information and Support Service



WINNER

We are proud to share with you that Macmillan Cancer Information Assistant Manager, Mandy Davies was the winner of our Putting People First Award at the Calderdale and Huddersfield NHS Foundation Trust CHUFT Awards.

On stage Mandy said: "I meet some amazing people at their most vulnerable of times. They share the most intimate details of their lives and it's a privilege to be there at that time."

Within her nomination it said "Her unwavering support and abundance of advice helps elevate the distress and uncertainties that our cancer patients face following their diagnosis, and throughout their treatment. She works with us to achieve the appropriate help and support for patients often at short notice, helping take tremendous pressure off our team."

"There are so many examples of Mandy going above and beyond for patients and co-workers. One example of her kindness and compassion was when she cared for and helped one of our volunteers who very sadly became unwell. He lived alone and didn't have any family or social support in place to help care for him or to help put things in place for his death. He trusted Mandy and she truly went above and beyond to support him, helping him in her own time and did her absolute best to comfort him. Every patient that has had the benefit from her advice and support is always so thankful and patients cannot speak highly enough of her. I truly don't believe she is aware of how grateful we are for the help and support she offers our service users and us."

Mandy is not one for the limelight, so this is even more special.

YOUR VOICE MATTERS

At Calderdale and Huddersfield Foundation NHS Trust, we are committed to supporting people in improving their health and wellbeing throughout their cancer journey. Research shows that working towards good mental wellbeing, regular exercise, and a healthy diet before, during, and after cancer treatment can benefit people in many ways, including:

- Tolerating cancer treatment better
- Experiencing fewer complications from surgery
- Feeling less tired and having a better mood
- Being more independent in daily activities
- Spending fewer days in hospital
- Reducing the risk of cancer returning

Given this, we are expanding on our current service and working in partnership with Yorkshire Cancer Research to develop a programme to support people diagnosed with cancer with physical activity, nutrition, and wellbeing before, during, and after their treatment, and we would value your input.

This survey is for people who have or have had cancer, family members, friends and carers, healthcare professionals and anyone within the Calderdale and Kirklees community who would like to share their views.

We hope you can spare the time to share your views by completing the online survey using the QR code. Alternatively, you can complete the survey in paper form at either of our Information centres.

Help us shape our new cancer programme



MACMILLAN FUNDRAISING

Following on from our hugely successful bake sale on 1st August 2025, we are running a raffle throughout August to raise much needed funds for Macmillan.

We have very kindly been donated some fabulous raffle prizes which included:

A celebration cake voucher up to the sum of £50 from Halo, a voucher towards a meal at LaLa's, full body aromatherapy massage at Estetica, afternoon tea at Lindley Café, and more. Tickets are available at our centres for £1 a strip.

The draw will take place on 29th August 2025.

MACMILLAN
CANCER SUPPORT



Through feedback within our support groups we were asked to arrange a social for patients, carers and loved ones. Caledonian Travel have very kindly agreed to run a discounted trip to Whitby which will set off from Huddersfield Bus Station (stands A-C) on 16th September 2025 at 8am. Return travel will be provided at the cost of £12.00 per person. The coach will return from Whitby at 4.45pm. You will have the freedom to explore Whitby at your own leisure.



Whitby Abbey is a fantastic attraction that is wheelchair friendly and accessible. The ruins of Whitby Abbey are a must-see. Despite the ruins being situated on headlands, people with disabilities can access them, including wheelchair users

If you would like to attend the trip, please contact our Huddersfield office on 01484 34361. Places are limited, and allocated on a first come, first serve basis.



Living with a life limiting illness such as cancer, is always challenging both for the individuals concerned and those that support them. Life limiting illnesses can leave people facing uncertainty and challenges they never planned for. SBS is a social enterprise dedicated to providing support, counselling and information to people who are affected by life limiting illnesses.

SBS offer confidential support by phone or in person:

- Provide information and support you in accessing services that could benefit you
- Financial counselling to unlock money and benefits available to you and your family
- Access to tax-free pension funds under terms available to people with life limiting illnesses
- Expert help with releasing money from life insurance and critical illness plans
- Assistance with lasting powers of attorney, will writing, estate planning and minimising long-term care cost

They can be contacted on: **0800 7720723**, you can also find them online at: **s-b-s.org.uk**



Walking Group: Our next walks will take place on: 7th August and 4th September and 2nd October at Greenhead Park, Huddersfield. Walkers meet at the conservatory at 10:15am for a 10:30am start. Following a gentle walk, we head for a coffee and catch up. Everyone affected by cancer is welcome to join us, our volunteers will make you feel extremely welcomed. The guided walk is free, however those attending will be required to pay for their own drinks if they wish to have one.

Men's Cancer Support Group: is hosted at the Legends café at John Smith Stadium, Huddersfield. Drinks are provided from 2pm. All men affected by cancer either as patients, family members or carers are welcome. Our next meetings are on: 24th July, 28th August and 25th September Please note this is a free event. With free parking on site.

Women's Support Group: is hosted at the Legends café at John Smith Stadium, Huddersfield. Drinks are provided from 2pm. The group is open to women affected by cancer either as patients, family members or carers are welcome. Our next meetings are on: 23rd July, 27th August and 24th September. Please note this is a free event. With free parking on site.

Coffee 'N' Chat Group – Is head at The Watermill Pub, Salterhebble, Halifax on the third Wednesday of the month, 10am – 12pm. The next date is on: 16th July, 20th August, 17th September Please note there is plenty of free parking on site, and the venue is on the main 501 bus route for both Halifax and Huddersfield. This is a free event, with drinks provided by Calderdale and Huddersfield NHS Charity.

If you would like to speak to a member of the **Macmillan Cancer Information and Support Service** please get in touch.

You can telephone us on:

01422 222709 or 01484 34361 e-mail cancer.information@nhs.net

