

## January – February 2026 Newsletter

### CHFT Macmillan Information and Support Service

Firstly, on behalf of the Cancer Information and Support Service we would like to send you our best wishes for 2026.



December was jam packed with social events for patients and carers. From our support groups, walking group, Look Good Feel Better and the Macmillan breakfast. It has been great to connect with so many service users within the community.

**Congratulations** go out to Phil Jones who was our highest scorer at our bowling social on the 10<sup>th</sup> December 2025. Shaz Bolton and Nicky Brown were winners of the 'best effort' award. The sisters worked together to get some great scores on the board. We hope to host another event in March, so please look out for details in our next newsletter.



Facing cancer can feel overwhelming, but you don't have to go through it alone. Peer support connects you with others who truly understand what you're experiencing—because they're on a similar journey. Whether you're a patient or supporting a loved one, talking

to people who "get it" can bring comfort, reassurance, and tips on how to reduce feelings of isolation.

For many, peer support is a valuable complement to professional counselling, offering a more informal and relatable space to share experiences. For others, it can be an alternative source of emotional support when counselling isn't the right fit or isn't available. Either way, it helps reduce feelings of isolation and fear, while providing emotional encouragement.

Dates of our support group meetings can be found on the last page of this newsletter.



#### KEEPING CARERS CARING

A new monthly coffee morning for carers has launched in Elland.

Home Instead and Calder & Ryburn Primary Care Network have come together to launch Together for Wellbeing – a new monthly coffee morning created especially for carers and families.

The group meets on the fourth Wednesday of every month, from 10.30am to 12.30pm at the Project Colt Café, Bridgefield Mills, Elland (HX5 0SQ).

As well as a warm, welcoming environment there will be practical advice, guidance, and emotional support.

#### SUPPORT FOR YOUNG CARERS

We recognise that there are many young carers (under the age of 18) who are providing support for a friend or family member who, due to illness or disability cannot cope without their support. Young people with caring responsibilities have all the challenges of being young, with all the responsibilities of being an adult, and they're often left to face these alone

The following are local agencies who can support young carers within Calderdale and Kirklees:

**Barnardo's: 01484 426100**

<https://www.barnardos.org.uk/get-support/services/kirklees-young-carers>



**Calderdale Young Cares Service: 01422 261208 or 07771765295**

<https://new.calderdale.gov.uk/health-and-social-care/young-people/young-carers>

## NEW FOR 2026!

### FACE TO FACE FINANCIAL SUPPORT

Cancer treatment can lead to significant financial burdens for patients and their families, including loss of income, increased travel costs, higher heating bills and the need for financial assistance.

We have many conversations with patients about applying for government benefits and local and national grant schemes. Some of which are means tested, some of which are not. For many of the patients and carers we have spoken to, they have told us they can feel overwhelmed by filling in what often feels like complicated application forms, and some felt they wouldn't be entitled to anything.

We have partnered up with **Noah's Ark Centre**, and we are pleased to say that from 15th January 2026 we will be offering a monthly face-to-face drop-in service to help patients and carers with any financial concerns they may have. Including:

- Completing forms for government benefits (including PIP)
- Full money / debt advice service (including advice in relation to bankruptcy)
- Debt Relief Orders and debt management plans
- Financial capability training
- Budgeting courses
- Employment support
- Temporary food support



A representative from Noah's Ark Centre will be available the third Thursday of the month at our Macmillan Centre on the lower ground floor of Calderdale Royal Hospital.

If you would rather access your support and information over the telephone you can speak to a **Macmillan Money Advisor**. They are available Monday-Friday (excluding bank holidays) from 8am to 6pm on **0808 808 00 00**

### NEW FOR 2026 MY MINDFULNESS SESSIONS

We know that a diagnosis of cancer can be very stressful, and many people continue to experience the emotional effects after active treatment has finished. We are working alongside the Cancer Psychology Service to offer Mindfulness Based Cognitive Therapy for patients who would like to learn skills to help respond to emotional challenges following cancer treatment. This 8-week programme has been developed for people with cancer to improve their

wellbeing and is based on interventions recommended by the National Institute for Health and Care Excellence (NICE).

Practicing mindfulness can help manage depression, stress, anxiety, persistent pain and can improve quality of life for those following a cancer diagnosis. These skills can help us learn how to respond differently to difficult situations, pain and uncertainty and to start living in the present moment.

Sessions will take place at Briar Court Hotel, and commence on 15<sup>th</sup> January 2026 from 10am until 12:30pm in a group of up to 12 participants

The course is for Calderdale and Huddersfield patients who have completed their active cancer treatment who would be able to complete about 30 minutes of daily practice using resources supplied. It may not be the right time if you don't have the time or energy to take part in the home practice and the two and a half hour long weekly sessions. This is quite a commitment, but most people who have completed the programme have seen significant improvements in their wellbeing and have found it very beneficial.

If you would like more information, please contact either of our hospital sites:

**CRH: 01422 222709** or **HRI: 01484 343614** you may wish to email us: [cancer.information@nhs.net](mailto:cancer.information@nhs.net)

## CALDERDALE LIVING WELL SERVICE – LOSE WEIGHT EAT WELL

Discover a healthier, happier you!

Calderdale Living Well Service recognise that there are many different ways to achieve a healthier lifestyle. You may qualify for 1 to 1 support with a trainer in certain, more complex circumstances. To find out their eligibility criteria for who can attend and how to get started, see below:

### Who can use the service?

- You must be a Calderdale resident;
- be aged 18 years or over;
- and have a BMI of 30 or over (27.5 for some ethnic groups).

### Get started today!

1. [Check your BMI](#) (NHS).
2. Sign up.
3. Have a chat about your needs with one of our trainers.



### For more details:

- Phone: [\(01422\) 230230](tel:01422230230) to speak to a trainer or book a face to face appointment.
- Email: [blt@calderdale.gov.uk](mailto:blt@calderdale.gov.uk).

Complete the webform: <https://new.calderdale.gov.uk/dio/join-better-living-service>

## TRY SOMETHING NEW FOR 2026:

Looking for a fun, social way to stay active? Our walking group is the perfect chance to stretch your legs, meet new people, and enjoy the fresh air. Whether you're a seasoned walker or just starting out, you'll find a warm welcome and a pace that suits you. Maybe you fancy stepping it up and giving a 5K a go, “**5K Your Way**” could be the place for you.



The benefits of keeping active are known to help people cope with cancer treatment. Movement through and beyond a cancer diagnosis can help to reduce treatment related fatigue, help preserve cardiorespiratory and muscular fitness, and may reduce the side effects of chemotherapy. Importantly, physical activity can help to improve psychological and emotional well-being and is a fun and great way to meet people.

Anyone affected by cancer is welcome. Participants include those living with or beyond cancer, family, friends, those that have lost a loved one to cancer and health care professionals.

### Free Walking Group Meets:

Our next walks will take place on: 5<sup>th</sup> February and 5<sup>th</sup> March 2026 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.



**5K Your Way Huddersfield:** Meeting at Greenhead Park. Meet on the grass by the top café, by the signed 'First Timers' briefing area.

You should arrive at 8.45am for a 9am start on the last Saturday of each month.

**5K Your Way Halifax:** Shroggs Park, Lee Mount Rd, Halifax, HX3 5BX Meet to the Left of the Monument. You should arrive at 8.45am for a 9am start and then on the last Saturday of each month.

# Drum for wellbeing

## FREE COURSES

January & February 2026



**HOLMFIRTH  
TECH**  
Wednesdays  
10-11.30am

**DENBY DALE  
METHODIST**  
Thursdays  
10-11.30am

**BOOK: [www.RhythmStick.co.uk](http://www.RhythmStick.co.uk) / 07736 049089**

The co-operative membership  
Central England Co-operative

### FREE COURSES:

Did you know that group drumming reduces stress, strengthens the immune system and boosts fitness?

These two hands-on courses teach participants the benefits of playing percussion together with new friends. Learn to play the different Samba percussion instruments as a group supported by members of Valley Beats Samba Band. This very friendly class is run by professional Community Percussionist Katie Mallard. Suitable for all adults, all ages, all abilities. Absolutely no experience needed.

**Free Drumming for Wellbeing 2 week courses, funded by Central England Co-operative.**

Holmfirth Tech - Wednesdays 10-11.30am, 14th & 21st January OR 25th February & 4th March

Denby Dale Methodist Church - Thursdays 10-11.30am, 15th & 22nd January OR 26th February & 5th March

To book your place:

Visit: [www.rhythmstick.co.uk/book-a-valley-beats-course](http://www.rhythmstick.co.uk/book-a-valley-beats-course) or contact Katie 07736 049089

**Men's Cancer Support Group:** is hosted at the Legends café at the Accu Stadium, Huddersfield. Drinks are provided from 2pm. All men affected by cancer either as patients, family members and carers are welcome. Our next meetings are on: January 29<sup>th</sup> and 26<sup>th</sup> February. Please note this is a **free** event. with free parking on site.

**Women's Support Group:** is hosted at the Legends café at the Accu 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: 28<sup>th</sup> January and 25<sup>th</sup> February. Please note this is a free event. With free parking on site.



Working with the charity **Look Good Feel Better**, we are pleased to offer step by step advice on skincare and makeup application to complete a natural, radiant look. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to help you look and feel like you again. Each participant will be provided with a complimentary range of products within this session. The next sessions will take place at Briar Court Hotel on 12<sup>th</sup> February and 12<sup>th</sup> March from 2:15-4.15pm. To secure your place please use the following link. <https://lookgoodfeelbetter.co.uk/workshop-register/?wsid=a0TP200000uJHUKMAO&venue=Virtual&date=2026-02-12>

**Coffee 'N' Chat Group** Is held at The Watermill Pub, Salterhebble, Halifax on the third Wednesday of the month, 10am – 12pm. The next dates are on: 21<sup>st</sup> January and 18<sup>th</sup> February 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 Cancer Information and Support Service please get in touch.**  
**You can telephone us on:**  
**01422 222709 or 01484 343614**  
**e-mail [cancer.information@nhs.net](mailto:cancer.information@nhs.net)**

