

July 2025 Newsletter

CHFT Macmillan Information and Support Service



Welcome to our July newsletter. For those who haven't been into our centres recently we would like to let you know that Kate Stott, Support Worker has now returned from maternity leave. Kate will continue to work across our centres at Calderdale Royal Hospital and Huddersfield Royal Infirmary, as well as visiting inpatients on our wards.

In June we were extremely busy, which is just the way we like it! Our First Steps workshop which was delivered by Nicola Greaves, Nicole Clark and David Blunt was extremely well attended, and we picked up a record number of referrals from the session, including appointments for Holistic Needs Assessments. These are a facilitated conversation about what matters the most to you.

Gracie Williams attended the Bladder Cancer Support Group (pictured) at Briar Court. It was great to be able to share key information about all the resources and support we can offer both patients and their carers. We heard such great feedback from the attendees of the group. One patient bravely said to another ***"You gave me the encouragement to fight for a better life"***.



Mandy Davies, Assistant Manager has been nominated for CHUFT Award in the Putting People First Category. Hearing about the nomination, Mandy said "To say I was a tad surprised is possibly the biggest understatement ever. I am very grateful and extremely touched that people took the time to nominate me. Speechless - and I tend to talk lot, so to be lost for words it is rare but it was a lovely surprise".

Your Voice Matters

West Yorkshire and Harrogate Cancer Alliance are working with local organisations to improve access to support services within the local community of Kirklees for anyone effected by cancer.

It is vital that support needs are understood and met, and that services are easily accessible at a time and place to suit patients and carers. If you are living in the Kirklees area, please take a few moments to answer this short survey about your experiences of advice, information and support services you or your family members have received following a cancer diagnosis at Calderdale and Huddersfield NHS Foundation Trust. This information will be used to ensure we are supporting those diagnosed with cancer well within the community and identify any current gaps in provision.

If you would like to join a focus group to discuss your experiences, please email cancer.information@nhs.net

Kirklees Cancer Patient Experience Survey



On the 1st August 2025 we are hosting a bake sale to help raise funds for our support groups. These include our Women's Group, Men's Group, Coffee & Chat Group, Walking Group and Music Group.

From 10am until our baked goodies are sold, we will be in the entrance of Huddersfield Royal Infirmary and Acre Mills.

If you would like to contribute with your time to help on the day or donate home baked or shop bought items to be sold, please let us know by calling 01422 222709 or 01484 343614.

Traveling with Cancer

Many people who have cancer can travel without a problem. For others, cancer or its treatment may make travelling more difficult. How cancer affects your travels depends on different things. These include the type of cancer you have and how it is treated.

It may be worth considering:

- Cancer and its treatment can cause symptoms or side effects. These can make it more difficult to travel or cause problems while you are away
- You may need to take medicines or medical equipment with you
- Travel insurance is usually more expensive for people living with cancer
- If you want to fly, you may need a fit-to-fly certificate from your doctor to meet an airlines requirement



Planning ahead can help you avoid problems. It may be worth contacting your specialist team or Clinical Nurse Specialist should you have any clinical concerns before you travel.

Andrea Stevenson recently visited our Greenlea office for details of travel insurance providers. We are pleased to say after having the great news that she is now cancer free, she is looking to book a holiday with her family.

LET'S BOWL (AGAIN)

Due to popular demand we have been asked to arrange another bowling social.

As part of the Macmillan Cancer Community Meet Ups. We are able to provide patients and a family member or friend the opportunity to meet with other people living with cancer from the local area in a relaxed and comfortable space.

On the 30th July 2025 we will be returning to Hollywood Bowl in Bradford. Please feel free to join us. The lanes are open from 11am, where two complimentary games of bowling are provided. Parking in the attached car park is also free of charge. Simply enter your car registration into the machine at the reception desk upon arrival. A member of the Macmillan Cancer Information and Support Service will be attendance.



Walking Group: Our next walks will take place on: 3rd July, 7th August and 4th September 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

