

We are the Macmillan Information and Support Service based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Unit at Calderdale Royal Hospital.

We're here to help everyone with cancer live life as fully as they can, providing practical, financial and emotional support. So whatever cancer throws your way, we're right there with you. Why not come in to see us, give us a ring or send an email to find out how we can help? HRI – 01484 343614 CRH – 01422 222709 cancer.information@nhs.net

NEW MONTHLY THINKING AHEAD SESSIONS

As part of our health and wellbeing support for patients living with incurable cancer and their families, we are launching a new information and support session on the fourth Wednesday of the month, 2pm til 3.30pm. Each month there will be a talk on various topics, followed by a support group and chance for a coffee and chat. There's no need to book onto the monthly sessions – please just come along.

- **22nd January** – Topic: Mindfulness. Venue: Medium Training Room, The Learning Centre, Calderdale Royal Hospital
- **26th February** – Topic: Estates Planning – wills, power of attorney etc. Venue: Discussion Room 2, Learning Centre, Huddersfield Royal Infirmary
- **25th March** – Topic: Overgate Hospice Services & Day Therapy Sessions. Venue - The Boardroom, Sub Basement, Huddersfield Royal Infirmary
- **22nd April** – Topic: Keeping Physically Active. Venue: Lindley Library, Lidget Street, Lindley, Huddersfield HD3 3JP

We will also be running a full **Thinking Ahead Course** for patients with incurable cancer and their families, over three afternoons on **Wednesday 4th March, Wednesday 11th March, Wednesday 18th March** – all **1.30pm til 4.30pm** in the Group Therapy Room, Top Floor of Acre Mill Outpatients, Acre Street, Huddersfield HD3 3EB. Please phone **Heather Milner on 01484 343490** to book a place/s. Patients and family members who attended our previous course found it very useful.

First Steps Cancer Programme. An information and support session for **anyone recently diagnosed** with cancer which will help you support yourself through treatment and learn about services which can help you. Family members are also welcome and encouraged to attend. **Friday 10th January, Friday 7th February, Friday 6th March 9.30am til 12pm** – Discussion Room 1, Learning and Development Building, HRI. Please phone **Heather Milner on 01484 343490** to book a place for you and a family member/friend on one of the above dates.

Macmillan Health Walk

After the successful launch of our Macmillan Health Walk in November, our Macmillan volunteers and Health Walk Leaders will now be running further walks around Greenhead Park, with time for a coffee afterwards, on **Thursday 9th January and Thursday 6th February**. Further details are on the reverse of this newsletter. Walks in Calderdale are planned for some time in 2020. Why not come along to get a little exercise and join others affected by cancer?

Local support groups running in January & February

We recommend that you phone the named contact before attending a support group to check the meeting is going ahead.

Asian Women's Cancer Support Group – usually meets on the first Monday or Tuesday morning in the month at a flexible location in Halifax. Contact Hanif Mohammed on moha20@hotmail.co.uk for dates and venues.



Bowel Cancer Support Group – Every third month on the third Thursday of the month, 1 – 3pm at Watermill Pub, Salterhebble, Halifax HX3 0QT. Next meeting **19th March** Contact 01484 355062.

Bladder Cancer Support Group – Meets at Briar Court Hotel, Halifax Road, Huddersfield HD2 3NT. Contact no 01484 355269 for details. Next meeting **28th January, 10.30am– 12.30pm**

Blood Cancer Support Group - First Monday of alternate months for people affected by myeloma, lymphoma, leukaemia and any other blood cancers . 1.30 – 3pm at St Josephs' Parish Hall, The Presbytery, Martin St, Brighouse HD6 1DA **Monday 3rd February**. Karen Bonnell – 07710 393891.

Calderdale Women's Cancer Support Living Well Network – last Saturday of the month (not August and Dec) 9.45am – 2pm at Central Methodist Church, Bramsche Square, Todmorden OL14 5AW. Contact 07794 688180. Next dates **25th January and 29th February**

Daylight Gynaecology Support Group – Second Thursday of the month 12pm – 2pm at Watermill Pub, Salterhebble, Halifax HX3 0QT. Please contact Melanie Matthews before attending for the first time on 01422 222720. Next meetings **9th January and 13th February**.

Firm Roots Cancer Prayer Support Group - First Thursday of the month, 6.30 – 8pm – no meeting in January. Next meeting date **6th February** at Kirkheaton Community Centre, Fields Rise, Kirkheaton HD5 0LZ.. Contact Helen Jones 01484 343614.

'Larry All Stars' Laryngectomy Support group – Meets **1st April** 10.30 – 12.30, Room 4, Top Floor, Acre Mill, Acre Street HD3 3EB. Contact Anne Marie Smith 01484 347072 or further information.

Lung Support Group - **Wednesday 8th January and Monday 10th February**, 1.30 til 3.30pm at Acre Mill, Huddersfield. **Monday 6th January and 3rd February**, 1.30 til 3.30pm at the Learning Centre, Calderdale Royal Infirmary. Contact the lung nurses on 01484 355778 or 07766 775512.

Macmillan Coffee Time - monthly generic support group for anyone affected by cancer and family/friends second Wednesday of the month 2pm til 3.30pm. **8th January** - Lindley Library, Lidget St, Lindley, Huddersfield HD3 3JP. **12th February** Watermill Pub, Salterhebble, Halifax HX3 0QT.

Macmillan Singing Group – is on a break for the month of January and will meet again on **Thursday 13th February and 27th February** at the Chapel, HRI, 4pm – 6pm. (4pm tea and coffee; 4.30 singing).

Macmillan Health Walk – A gentle walk around Greenhead Park, Huddersfield with a coffee afterwards. Meet at 12.45pm at the Conservatory at the bottom of the Park on **Thursday 9th January** (note not 2nd Jan) and **Thursday 6th February**. Contact Helen Jones or Mandy Davies on 01484 343614 or 01422 222709 or cancer.information@nhs.net for more details of these three Macmillan support groups.

Marsden Cancer Support Group – first Monday of the month, 11am – 12pm at The Month of Sundaes, 9 Peel street, Marsden HD7 6BR. Contact Nigel Haigh 07881 930657. **6th January and 3rd February**.

Pontefract Breast Cancer Support Group and Pinderfields Breast Cancer Support Group – contact us for details 01484 343614 or 01422 222709.

Thinking Ahead Monthly Session for people with incurable cancer – see overleaf. **22nd January & 26th February**.

Upper GI Cancer Support Group – Meetings 10 – 12pm at The Watermill Pub, Salterhebble, Halifax HX3 0QT Please contact the UGI team on 01484 355064 for meeting dates.

Macmillan Cancer Information & Support Service

Calderdale and Huddersfield NHS Foundation Trust, Greenlea Unit, HRI and Jayne Garforth Unit, CRH. Tel: HRI - 01484 343614; CRH - 01422 222709

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