

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

UPCOMING EVENTS

Health & Wellbeing Event for people at the end of cancer treatment **Monday 30th March, 10am til 3.00pm** at the Southwood Club Ltd, Birdcage Lane, Halifax HX3 0JQ. The purpose of the event is to support you to live a healthy lifestyle and manage treatment side effects following cancer/cancer treatment. Please contact your clinical team to book a place.

Cancer Patient Focus Group – come and have your say!

Meeting on **Thursday 2nd April, 2.30pm til 4pm**, The Learning & Development Centre, HRI. We specifically want to ask patients about their **diagnosis experience** and **communication** in the Trust and to listen to patient recommendations. Come along to share your views and ask any questions – patients and family members are very welcome. Please phone Helen Jones on 01484 343614 to let us know you are coming or email cancer.information@nhs.net

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 6th March, Friday 3rd April, Friday 6th May, all 9.30am til 12.30pm** – 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.

Thinking Ahead Programme As well as our monthly information and support sessions for people living with incurable cancer and their families (see overleaf for dates), we are also running the full Thinking Ahead course over three afternoons on **Wednesday 4th, 11th & 18th March** at Acre Mill and then **on Monday 8th, 15th & 22nd June** at CRH. Topics will include diet, finances, advanced care planning, support services and more. Please call **Heather Milner on 01484 343490** to book.

Macmillan Health Walk Our new health walks are growing in popularity so why not come along and join the group for a little exercise and a cuppa afterwards? Meet at the conservatory, Greenhead Park, Huddersfield at 12.45pm on **Thursday 5th March and Thursday 2nd April**. All welcome!



Local support groups running in March and April 2020

Please 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 meetings **21st April and 7th July 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 6th April**. 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 **28th March and 25th April**.

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 **13th March and 10th April**.

Firm Roots Cancer Prayer Support Group - First Thursday of the month, 6.30 – 8pm at Kirkheaton Community Centre, Fields Rise, Kirkheaton HD5 0LZ. Next meetings **Thursday 5th March and 2nd April**. Contact Helen Jones 01484 343614. You can email prayer requests to Helen.Jones@firmroots.co.uk

'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 - **Monday 23rd March and Wednesday 22nd April**, 1.30 til 3.30pm at Acre Mill, Huddersfield. **Monday 2nd March and Monday 20th April**, 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 **Wednesday 11th March** - Lindley Library, Lidget St, Lindley, Huddersfield HD3 3JP. **Wednesday 8th April** - Watermill Pub, Salterhebble, Halifax HX3 0QT.

Macmillan Singing Group – Meets on the second and fourth Thursday in the Chapel, HRI, 4pm – 6pm. (4pm tea and coffee; 4.30 singing). Next dates: **Thursday 12th and 26th March; 9th & 23rd April**.

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 5th March and Thursday 2nd April**. 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. Next dates: **2nd March and 6th April**.

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

Thinking Ahead Monthly Information & Support Session for people with incurable cancer – 2pm til 3.30pm **Wednesday 25th March**, the Boardroom HRI & **Wednesday 22nd April** at Lindley Library.

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
Mobile Numbers: 07795 497663 (Helen Jones at HRI) and 07554415564 (Mandy
Davies at CRH) Email: cancer.information@nhs.net

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