

We are the Macmillan Information and Support Service normally 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.

Due to the coronavirus situation we are currently working from home, but want you to know that we are still very much here to support you by phone and email.

YOU CAN STILL TALK TO US

Our contact details are: **Helen Jones - 07795 497663 or 01484 343614**

Mandy Davies - 07554 415564 or 01422 222709

Or email us at cancer.information@nhs.net

Sadly, **all of our events, courses and support groups are currently cancelled** due to the coronavirus but do please feel free to give us a ring for a chat and any support at this difficult time, or send us an email.

CORONAVIRUS INFORMATION

We know how worried and unsettled everyone is facing cancer and the coronavirus, and many of our readers will be in isolation currently, minimising social contact and may face changes to treatment.

The website <https://www.nhs.uk/conditions/coronavirus-covid-19/> is a good source of up-to-date general advice about coronavirus and how to stay as safe as possible, as well as up to date information on the Government website:

<https://www.gov.uk/coronavirus>

Our Trust website has a page about cancer and coronavirus - with information about attending appointments and contact phone numbers for any queries: <https://www.cht.nhs.uk/services/clinical-services/oncology/cancer-and-coronavirus-covid-19/>.

Macmillan also has a page on their website about cancer and the coronavirus: <https://www.macmillan.org.uk/cancer-information-and-support/get-help/physical-help/cancer-and-coronavirus>

If you become less well and **have had any cancer treatment within the last 8 weeks**, it's very important that you ring the Oncology Helpline, not NHS 111, even if you think your symptoms are most likely to be coronavirus infection. Our **Oncology Helpline** is still available 24 hours every day: **01422 222999**

If you have **NOT** had any cancer treatment for more than 8 weeks, and think your symptoms are coronavirus, it is ok for you to contact NHS 111 online instead.

We are also currently setting up a new **Cancer Support Line** for other generic queries – **01422 222709 and 01484 343614** which will come through to Mandy and Helen on the numbers above. This will be available Monday to Friday 9am til 4pm.

We are aware that much of the information in this newsletter has links to websites, which requires internet access. If you need help accessing any of this information – please do contact us and we will see what we can do to help.

COMMUNITY SUPPORT DURING CORONAVIRUS

If you have cancer and are in isolation, you can be classed as extremely vulnerable and request help from both the government and from our local councils who are organising community volunteer support. This might be somebody doing some shopping/getting food delivered or collecting prescriptions for you. To register yourself as needing this support:



- Register directly with the government for support and complete this online form <https://www.gov.uk/coronavirus-extremely-vulnerable>
- Also register with your local council:
For Calderdale residents - follow this link - <https://calderdale.gov.uk/v2/coronavirus/community-support/request-support>

For Kirklees residents - <https://docs.google.com/forms/d/e/1FAIpQLSd3EQI47AbxXd7cv-vcLgkabjr7yhSfPzb2ofX3110dGhRydg/viewform> or phone 01484 226919

If you do not have access to the internet, please phone Mandy or Helen on 01484 343614 or 01422 222709 and we will do this registration for you.

The **Staying Well Project in Calderdale** are also offering support for vulnerable people during isolation – this may include shopping/collecting prescriptions and telephone befriending. You can contact them by phone – 01422 392767 or email stayingwellproject@calderdale.gov.uk

Support Groups

All of our face to face support groups and those we usually advertise on our newsletter, will be cancelled for the time being, but we will let you know when they resume. There will soon be a page on our Trust website about the Macmillan Information Service, so you can also watch for support group updates and other information there.

Supporting Your Wellbeing in Isolation

1. KEEP CONNECTED

We are planning to try a **virtual coffee support group** chat on **Wednesday 15th April at 2pm, via Zoom or Microsoft Teams**. As this is all new to us, please bear with us as we get used to the technology! Please email us on cancer.information@nhs.net and we will send you a link to join this virtual meeting and some instructions of how to do this too. Everyone is very welcome to join us, regardless of whether you have been to one of our support groups before, so grab yourselves a coffee and come along.



A great way to connect with other patients is via **Macmillan's Online Community** which you access via the Macmillan

website: https://community.macmillan.org.uk/?_ga=2.252831244.462372609.1584349399-1619585442.1582284853. This is a chance to be in touch with other patients and family members, share tips, thoughts and suggestions and ask questions.

Mandy and Helen are also able to talk to you via **Microsoft Teams** (or zoom) if you would prefer a chat over the internet (where you can see us) rather than just by phone. Do please get in touch if you would like us to set this up. We will look forward to seeing you!



Macmillan have also launched their free online self management course for people affected by cancer – called **iHOPE – which stands for Help Overcoming Problems Effectively**. Online courses are starting in April, May and June and take two hours per week for six weeks. The courses include topics like managing stress, goal setting, eating well, coping with fatigue. To register and for more information, follow this [link](#)



Another way to connect with others and sing (while our singing group is on hold) is to try Gareth Malone's online Great British Home Chorus. There is a live session every week day on You Tube, 5.30pm til 6pm. Click here to register:

<https://decca.com/greatbritishhomechorus/> Here's the first rehearsal:

<https://www.youtube.com/watch?v=rFgYqP2wUQU&list=PLaLGHvdHfRMfkl2yQNMomp4eJCHxBAI6m&index=3&t=0s>

2. KEEP ACTIVE



Physical activity remains very important for people affected by cancer. Why not go out for a walk everyday and enjoy some fresh air or try some gentle exercise in your home? The following are a few useful tips and links for you to support your physical activity:

- Both **Kirklees Wellness Service** and the **Better Living Service** in Calderdale are offering telephone advice about healthy lifestyles including physical activity, managing weight, smoking cessation, improving mental health etc. Please contact:

Kirklees Wellness Service - 01484 234095 or email Wellness.service@kirklees.gov.uk. Have a look at the link for further information: <https://www.kirklees.gov.uk/beta/health-and-well-being/wellness.aspx>

Better Living in Calderdale – 01422 230230; email blt@calderdale.gov.uk or follow this link to register online <https://www.calderdale.gov.uk/v2/residents/health-and-social-care/bls>

You could also try:

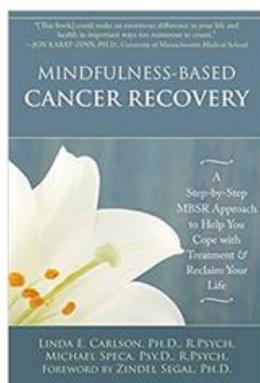
- Physical Activity Resources on the Macmillan website: <https://www.macmillan.org.uk/about-us/health-professionals/programmes-and-services/physical-activity/resources.html?returnUrl=https://www.macmillan.org.uk/about-us/health-professionals/programmes-and-services/physical-activity/resources.html>
- Joe Wicks PE sessions on You Tube – a half hour of exercise, Monday to Friday, live at 9am (not just for children!) <https://www.youtube.com/watch?v=QPXQcCyRFt0>
- Mr Motivator and Angela Ripon are doing fitness sessions – every weekday at 10am on BBC1 HealthCheck UK Live. You can also access further sessions on You Tube: <https://www.youtube.com/watch?v=0UEarCoGLkq> and <https://www.youtube.com/watch?v=lebeE5gZlKM>

3. KEEP CALM – MENTAL WELLBEING

We know how stressful a cancer diagnosis is, but coupled with the coronavirus, people are likely to be feeling extremely anxious at the moment. Below are some websites and apps that may be able to help you manage your emotions and stress levels at this difficult time:



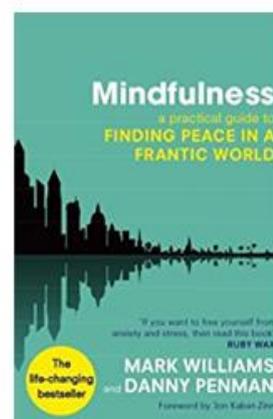
- Resources and tips to manage your emotions on the **Macmillan website**: <https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/cancer-and-your-emotions>
- Top Tips to improve your mental wellbeing from '**NHS Every Mind Matters**' <https://www.nhs.uk/oneyou/every-mind-matters/top-tips-to-improve-your-mental-wellbeing/> This also includes information about sleep, stress, anxiety and low mood. Sign up to receive your own mental wellbeing plan: https://www.nhs.uk/oneyou/every-mind-matters/your-mind-plan-quiz/?WT.tsrc=Search&WT.mc_id=MentalHealthGeneric&gclid=EA1aIQobChMI2POMrITU6AIVyUPTCh0yDQB2EAAYAiAAEgJw3PD_BwE
- The **website MIND** has lots of useful information about coping with staying at home and looking after your mental health during the coronavirus: <https://www.mind.org.uk/information-support/coronavirus/>
- You can try some **relaxation and breathing exercises** such as these from the Kirklees Wellness Service <https://www.kirklees.gov.uk/beta/health-and-well-being/cd-tracks-paul-degnan/relax-take-control-paul-degnan.zip> or NHS Scotland: <https://www.nhsinform.scot/search?q=relaxation+exercises&locpt=&ds=&tab=inform>
- Try some **mindfulness and meditations** - focusing on being in the present moment. Here are some free mindfulness courses and meditations: <https://mindfulnessexercises.com/free-online-mindfulness-courses/>
- You can also download some **apps** and read **books** which help with relaxation, breathing, meditation etc. Some of these are free and some have a cost:



- <http://franticworld.com/>
- <https://www.headspace.com/>
- <http://www.mindfulnessinfo.com/>

Apps

Calm 7s meditation Breathe sync Headspace



Sending our best wishes from the 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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CRH) Email: cancer.information@nhs.net

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