

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 Macmillan Health Walk

Three of our fantastic Macmillan volunteers have trained as Health Walk Leaders with Kirklees council and will now be running a gentle walk around Greenhead Park, with time for a coffee afterwards, on the first Thursday on the month. Times and dates are on the reverse of this newsletter. Walks in Calderdale are planned for 2020. Why not come along to get a little exercise and join others affected by cancer?



Upcoming Events

We have a busy time ahead with new developments and programmes for you to get involved in. Please contact us for more information about any of these.

Health & Wellbeing Event for people at the end of cancer treatment **Tuesday 3rd December, 10am til 2.30pm** at the **new location** of 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. Booking is via clinical teams.

First Steps Cancer Programme. A new 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 December – 9.30am til 12pm** – The Boardroom, Sub Basement, HRI and **Friday 10th January 2020 – 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.

Thinking Ahead Programme A new course over three sessions for people living with incurable cancer and their families. Topics will include diet, finances, advanced care planning, support services, keeping active and more. Session dates for our first course will be Thursdays - 7th & 21st November, 5th December - all 9.30am til 12.30pm at Acre Mill. Please phone **Heather Milner on 01484 343490** to book a place for you and a family member/friend. We will also be launching a **monthly Thinking Ahead information and support session** from January, to be run in Halifax and Huddersfield. Please contact us on 01484 343614 if you would like further information. Booking is not required for the monthly sessions.

Coffee Morning thank you!

Thank you to everyone who came along and supported our Macmillan Coffee Morning on 29th September at HRI – we raised £433 for Macmillan and are grateful for all the donations of cakes and raffle prizes – thank you!

Local support groups running in November and December

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 other month on the third Thursday of the month, 1 – 3pm at Watermill Pub, Salterhebble, Halifax HX3 0QT. Next meeting is a Christmas meal – **19th December** Contact Michelle Speight – 01484 355062.

Bladder Cancer Support Group – Meets at Briar Court Hotel, Halifax Road, Huddersfield HD2 3NT. Contact no 01484 355269 for details. Next meeting **26th November, 10.30am– 12.30pm**

Blood Cancer Support Group - First Monday of alternate months. 1.30 – 3pm at St Josephs' Parish Hall, The Presbytery, Martin St, Brighouse HD6 1DA. A support group for people affected by myeloma, lymphoma, leukaemia and any other blood cancers. **Monday 2nd Dec.** Karen Bonnell – 07710 39389.

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 date **30th November**.

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 **14th November and 12th December**.

Firm Roots Cancer Prayer Support Group - First Thursday of the month, 6.30 – 8pm. **7th November** at Kirkheaton Community Centre, Fields Rise, Kirkheaton HD5 0LZ. **5th December** at The Parish Centre, Kirkheaton Church HD5 0BH for a Christmas social – come along for carols and mince pies and to put prayers on the Christmas prayer tree. Contact Helen Jones 01484 343614.

'Larry All Stars' Laryngectomy Support group – next meets **Wednesday 11th December** 10.30 – 12.30, Room 4, Top Floor, Acre Mill, Acre Street HD3 3EB. Contact Anne Marie Smith 01484 347072.

Lung Support Group - **November 27th** and **December 23rd**, 1.30 til 3.30pm at Acre Mill, Huddersfield. Also – **November 18th** and **December 9th** 1.30 til 3.30pm at the Learning Centre, Calderdale Royal Infirmary. Contact the lung nurses on 01484 355778 or 07766775512.

Macmillan Coffee Time - monthly generic support group for anyone affected by cancer and family/friends second Wednesday of the month 2pm til 3.30pm. **13th November** - Lindley Library, Lidget St, Lindley, Huddersfield HD3. **11th December** – Christmas social - Watermill Pub, Salterhebble, Halifax HX3 0QT.

Macmillan Singing Group – the Chapel, HRI, 4pm – 6pm on the second and fourth Thursdays of the month - **14th and 28th November**. Join us for a Christmas sing-a-long with mince pies – **12th December**.

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 7th November** and **Thursday 5th December**. 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. **1st November and 2nd December**.

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

Upper GI Cancer Support Group – Next meetings **Tuesday 12th November & 10th December**, 10 – 12pm at The Watermill Pub, Salterhebble, Halifax HX3 0QT UGI team on 01484 355064.

 **Sending our best wishes for Christmas and 2020** 

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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