

August 2020

Invitation to join the Virtual Thinking Ahead Programme For People Living with Incurable Cancer and their Families

Thinking Ahead is our Trust's Health and Wellbeing Programme for cancer patients living with incurable cancer, who may or may not be receiving treatment, as well as their families.

The programme is led by different professionals, including dieticians, a psychologist, Macmillan Information Team, exercise professional, palliative nurse, an estates planner, mindfulness practitioner, chaplain and staff from Kirkwood and Overgate Hospices. Sessions include information on managing uncertainty, financial matters and estates planning, diet, physical activity, faith and spirituality, advance care planning, support services such as local hospices and managing symptoms such as fatigue.

The aims of the Thinking Ahead Programme are:

- To help keep patients as well as possible for as long as possible.
- To encourage living life to the full in a supported, self-managed way.
- To offer support to family members.
- To give advice on local services and how to access them when needed.
- To allow an opportunity to consider future planning towards the end of life.
- To give an opportunity to meet key people who may be able to help in the future.
- To offer time for questions and concerns.

In view of the Coronavirus pandemic, we are not currently running face to face sessions, but instead we are running Thinking Ahead as a virtual course through Microsoft Teams (like zoom). You may have already used Microsoft Teams for a video consultation with members of your clinical team here at Calderdale and Huddersfield NHS Trust. You will need to use a computer/laptop with a webcam and microphone, or a tablet or smartphone which has access to the internet. We can support you with the technology before the Thinking Ahead programme and do a Microsoft Teams test call with you before you join the programme.

The virtual Thinking Ahead programme will run over four weeks between 15th September and 13th October 2020. There will be two, one hour sessions per week, usually on Tuesday and Thursday mornings at 10am. Whilst we would encourage you to join all of the sessions, we realise that this may not be possible due to hospital appointments and other commitments. We will send you a timetable in advance so you will know which topics are being covered on which date. Members of the Macmillan information team will be present

to support you and answer questions throughout the course, where we will be joined by different speakers as mentioned above.

Please contact the Macmillan Information & Support Service on 01484 343614, 01422 222709 or email cancer.information@nhs.net to book a place on this course. We will then send you further information about joining and a timetable for the course.

If you do not have the technology to join our virtual/online course, please still contact us on the numbers below and we can arrange to send some information in the post, speak to you over the phone and support you however we can. We will also let you know when the next face to face Thinking Ahead course will take place.

We understand it may be difficult to sign up to join this course but please be assured that our aim is to support and help you. You can watch a short video on You Tube, where patients and staff from Harrogate Hospital (where the Thinking Ahead Course was devised) talk about the benefits they found in attending:

<https://www.youtube.com/watch?v=98SkKe5tC9o>.

Please contact us if you would like any further information.

Sending our best wishes

Helen Jones, Mandy Davies & Holly Smith

Macmillan Information & Support Service
Calderdale and Huddersfield NHS Foundation Trust

HRI - 01484 343614. CRH - 01422 222709. Email - Cancer.Information@nhs.net