

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 contact us to find out how we can help on: **01484 343614 (HRI) 01422 222709 (CRH)** or E-mail us at cancer.information@nhs.net

FACE TO FACE APPOINTMENTS!

We are now offering face to face appointments. You can contact us on the numbers above to pre book an appointment.



We can see you for your appointment at the Macmillan Pod at HRI main entrance or in the Jayne Garforth Macmillan Unit so that there is no need to come in to the main body of the hospital if you would prefer.



All precautionary measures are being taken by staff and visitors will be provided with a face mask and hand sanitizer on all entrances to the hospitals.

VIRTUAL FIRST STEPS!

We are delighted to be running our second information and support session for people recently diagnosed with cancer **on Friday 7th August at 10am**. The aim is to support your health and wellbeing as you start your cancer journey.

We have recorded various videos and put a lot of information on our Trust website to access either Google '**CHFT First Steps**' or follow the link <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps> Which can be watched and read at your own leisure. Then, join us on the **7th August at 10am** for a discussion group with professionals where you will have a chance to ask questions.

Both patients and family members are welcome to book on. Contact: Heather Milner on **01484 343490** or e-mail Heather.Milner@nhs.net

We are also planning to launch our first **Virtual Thinking Ahead Programme** during the month of September for people living with incurable cancer. Please contact us to express your interest and we will be in touch with you when details are confirmed.

CORONAVIRUS SUPPORT

Don't forget, we are here to help with any coronavirus related queries and needs you may have. If we don't know the answer to your question, we will do our best to find out and this includes requests which we will liaise with your clinical team about.



MINDFULNESS...

Focus on the present moment and try Mindfulness - a technique to manage thoughts and feelings. You can find short mindfulness videos by our Calderdale and Huddersfield NHS Foundation Trust Mindfulness Practitioner, Prasadu here:

<https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/managing-emotions/>

There are also apps that you can download on an android or apple device:

- Calm
- Headspace
- Breathe Sync
- 7s meditation



You can also find more mind-body therapies on the Macmillan website at:

<https://www.macmillan.org.uk/cancer-information-and-support/treatment/coping-with-treatment/complementary-therapies/mind-body-therapies>

VIRTUAL SUPPORT GROUPS IN AUGUST 2020

We have been running our generic support groups virtually for the past couple of months using Microsoft Teams enabling patients and family members to come together, support one another and share tips for managing their time in isolation. The dates for our various support groups are:

- **Virtual Macmillan Health Walk – Thursday 6th August at 1pm til 2pm**
- **Virtual Macmillan Coffee Support Group – Wednesday 12th August 2pm til 3pm**
- **Virtual Macmillan Singing Group – Wednesday 19th August, 2pm til 3pm.**



If you would like to join any of the above support groups, please contact us on **01484 343614** or **01422 222709** or email us at cancer.information@nhs.net and we will send you an invite to the meeting and instructions on how to download and use Microsoft Teams. You will need to have a device with a webcam and microphone, which are built into most laptops/tablets and smartphones. To our knowledge, most other local support groups are not running currently, except Firm Roots which meets via zoom – **Thursday 6th August at 7pm**. Contact us for details.

HAIR LOSS SERVICES

The hair loss services within the Trust are still operating virtually.

Cancer Hair Care - the UK's leading hair loss support charity are operational for help with hair loss at home. You are able to stay connected with them via telephone. They will be there to chat you through every stage of hair loss. Find them at: <https://www.cancerhaircare.co.uk/> OR contact: **01438 311 322**.

The Macmillan website also has some really useful information:

<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/hair->

[Sending our best wishes from the](#)

[Macmillan Cancer Information & Support Service](#)

[Calderdale and Huddersfield NHS Foundation Trust, Greenlea Unit, HRI and Jayne Garforth Information Centre, Macmillan Unit, CRH. Tel: HRI - 01484 343614; CRH - 01422 222709 Email:](#)

cancer.information@nhs.net