

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

TELL US WHAT YOU THINK!



Welcome to our final newsletter of 2020! It has been a privilege to support you all during this very challenging year and we hope you found our support useful. If you would like to give us any feedback about our support in 2020, please send an email to cancer.information@nhs.net or give us a ring on one of the above numbers.



FIRST STEPS

VIRTUAL FIRST STEPS PROGRAMME

Our information and support session for people recently diagnosed with cancer continues monthly, online. The aim is to help you support yourself and know who can support you, as you start your cancer journey. We have recorded various videos and put information on our Trust website which can be read and watched at your own leisure. Please either **Google 'CHFT First Steps'** or follow the link <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>. Then, join us on **Friday 4th December at 10am** or **Tuesday 15th December at 6pm** for an online discussion group with professionals, where you will have a chance to ask any questions. The next session will be on **Friday 8th January at 10am**.

END OF TREATMENT VIRTUAL HEALTH & WELLBEING EVENT



This event aims to support you to live a healthy lifestyle following cancer/cancer treatment. The event is on **Tuesday 26th January 2021, 10am until 2.30pm via Microsoft Teams**. It will involve discussing various aspects of living with and beyond cancer that may be important in ensuring that you move forward and enjoy a healthy lifestyle.

Both patients and family members are welcome to join the above events.

To book onto First Steps or the Health and Wellbeing Event please complete the consent form on our trust website at this link, which will generate a booking email: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/book-on-first-steps-discussion-group/>. If you have any difficulties booking, or if you do not have the technology and would like some information to be sent in the post, please contact Heather Milner on **01484 343490** or e-mail Heather.Milner@nhs.net.

VIRTUAL CHRISTMAS SING-ALONG!:

Wednesday 16th December 2pm-3pm Join us for some carols and a Christmas Quiz on Microsoft Teams. (Christmas hats optional!) Everyone welcome!



VIRTUAL SUPPORT GROUPS IN DECEMBER 2020 & JANUARY 2021

The dates for our online support groups, via Microsoft Teams are:

Virtual Macmillan Health Walk

Thursday 3rd December 1pm-2pm
Thursday 7th January 1pm – 2pm



Virtual Macmillan Coffee Support Group

Wednesday 9th December 2pm-3pm
Wednesday 20th January 2pm – 3pm

Please contact us to book a place. You will need to have a device with a webcam and microphone, which are built into most laptops/tablets and smartphones.

BAME PROJECT We are currently involved in a Quality Improvement



Project with NHS England, to work more closely with Black, Asian and other Minority Ethnic Groups. This is particularly focused on support at the time of a person's cancer diagnosis and access to our First Steps Cancer Programme. If you are part of the BAME community, we would love to hear your views about what support is needed and how this should be delivered. Do contact us to find out more or get involved– thank you.



FIRM ROOTS CHRISTMAS CELEBRATION

Firm Roots is a national Christian cancer support organisation, with a monthly support group in Huddersfield. They are holding a Firm Roots Christmas Celebration on zoom on Thursday 10th December, 6.30pm til 8pm. Everyone is welcome to join for carols, reflections and prayers for people affected by cancer. Contact Helen.Jones@firmroots.co.uk or phone us at the information service for booking details.



DEBT ADVICE

If you are struggling financially, there are a number of organisations who provide free debt advice and debt counselling. You can speak to a debt advisor on the Macmillan Support Line - 0808 808 0000. Other organisations offer debt support such as CAP (Christians Against Poverty) – 0800 3280006, Step Change – 0800 1381111 and CAB (Citizens Advice Bureau) – 0800 1448848.

CHRISTMAS AVAILABILITY

Our service will be slightly reduced over Christmas and we will be closed on bank holidays. Please leave a message if you need us and we will return your call as soon as possible. You can also contact the Macmillan Support Line on 0808 808 0000.



Sending our best wishes for Christmas and the New Year to you all

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