

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](mailto:cancer.information@nhs.net)



## FIRST STEPS

## VIRTUAL FIRST STEPS PROGRAMME

Our information and support session for people recently diagnosed with cancer continues online and we are now offering a morning and early evening session. 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, we invite you to join us on **Friday 8<sup>th</sup> January at 10am** or **Tuesday 19<sup>th</sup> January 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 5<sup>th</sup> February at 10am**.



## VIRTUAL END OF TREATMENT HEALTH & WELLBEING EVENT

This online event aims to support you to live a healthy lifestyle following cancer/cancer treatment. There will be various talks such as keeping active, managing your emotions, diet, sleep and fatigue and a session with your clinical team. The event is on **Tuesday 26<sup>th</sup> January 2021, 10am until 2.30pm via Microsoft Teams** and involves various aspects of living with and beyond cancer that may be important in ensuring that you move forward and enjoy a healthy lifestyle. If you have not used Microsoft Teams before, we will ask you to join us for a test video call before the event.

**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/>

Please note booking will close 48 hours before the event, so we encourage you to book in plenty of time. 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 our Macmillan Information Team on the above numbers or Heather Milner, Cancer Team secretary on **01484 343490** or e-mail [Heather.Milner@nhs.net](mailto:Heather.Milner@nhs.net).

## VIRTUAL SUPPORT GROUPS IN JANUARY & FEBRUARY 2021

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

### Virtual Macmillan Health Walk



Thursday 7<sup>th</sup> January 1pm - 2pm  
Thursday 4<sup>th</sup> February 1pm - 2pm

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.

### Virtual Macmillan Coffee Support Group



Wednesday 20<sup>th</sup> January 2pm – 3pm  
Wednesday 17<sup>th</sup> February 2pm – 3pm

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## FEBRUARY COURSES – Virtual Thinking Ahead and iHOPE Programmes

In February we will be running a virtual Thinking Ahead Course in partnership with Leeds and Harrogate Hospital Trusts. This is a course specifically for people affected by incurable cancer and their families and includes information on advance care planning, managing uncertainty, fatigue etc and is due to start **on Tuesday 2<sup>nd</sup> February at 10am**, via Microsoft Teams. We are also hoping to run another iHOPE programme, which is Macmillan's health and wellbeing programme for anyone affected by cancer, hopefully starting mid February. The iHOPE course includes wellbeing topics such as managing stress, communication, keeping active, gratitude and goal setting. Please contact us for further details and to book onto either of these courses.



**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. We have a questionnaire we can send you – thank you.

## ONLINE SUPPORT

Maggies in Leeds and Cancer Support Yorkshire (based in Bradford) offer virtual classes and support for cancer patients – please see their websites for details along with the Macmillan Online Community, where you can be in touch with other patients. Locally, Firm Roots is running online via zoom. Their next meeting is Thursday 7<sup>th</sup> January 6.30pm – 8pm. Contact [Helen.Jones@firmroots.co.uk](mailto:Helen.Jones@firmroots.co.uk) or phone the information service for booking details.

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## TELL US WHAT YOU THINK!

As a service we want to provide the best support we can for our patients and family members. Please give us any feedback about our support in 2020, by sending an email to [cancer.information@nhs.net](mailto:cancer.information@nhs.net) or give us a ring on one of our contact numbers.



**Sending our best wishes for 2021 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](mailto:cancer.information@nhs.net)**