

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

VIRTUAL FIRST STEPS PROGRAMME for newly diagnosed patients and family members



Our information and support session for people recently diagnosed with cancer continues 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 **use the QR code or follow the link** <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>.



Once you have looked at the information on the website, we invite you to join us for an online discussion group with professionals, on **Friday 7th May, 10am til 11.30am**, where you will have a chance to ask any questions. Dates of the next couple of First Steps sessions are on **Friday 4th June** and **Friday 2nd July at 10am**. Patients have told us that attending First Steps helps them to feel supported and less overwhelmed by their diagnosis.

MACMILLAN iHOPE PROGRAMME – 10th June til 22nd July

After the success and positive feedback from our last two iHOPE courses, we are really looking forward to running our next virtual course on **Thursday 10th June - 22nd July, 10:30am – 12pm**. This is Macmillan's health and wellbeing programme for anyone affected by cancer and includes wellbeing topics such as managing stress, communication, keeping active, gratitude and goal setting. The course consists of online content to complete which you can do at your own pace during the week. We then invite you to an optional weekly meeting with our team.



One patient from the last course said: *"I was a little sceptical about taking part in the course to begin with, unsure why. However, I am so glad I made the decision to take part. It has given me lots of strategies and tools to use and a different way to look at certain situations. Everyone in the group has been so supportive of each other and the facilitators were fantastic!"*

Please contact us for further details and to book on. Have a look at www.h4c.org.uk for more information. You can also watch a video of David, who attended a previous iHOPE course, talking about the course on our trust website: <https://www.cht.nhs.uk/services/clinical->

[services/oncology/information-support/health-and-wellbeing-programme/ihope-help-overcoming-problems-effectively](https://www.nhs.uk/services/oncology/information-support/health-and-wellbeing-programme/ihope-help-overcoming-problems-effectively)

VIRTUAL THINKING AHEAD PROGRAMME

A Collaborative Course with Harrogate and Leeds - 8th June – 20th July

We are excited to be running our second collaborative Thinking Ahead programme, in partnership with Harrogate and Leeds hospital trusts. This course is specifically for people affected by incurable cancer and their families, and includes information on managing uncertainty, advance care planning, fatigue, managing symptoms, diet, estates planning, finance, keeping active, hospice services and more. The course runs over seven weeks, on Microsoft Teams and is being hosted by our team. The programme will be run by presenters from across the three hospital Trusts and patients from Calderdale and Huddersfield, Leeds and Harrogate are all welcome to book onto the course.



Patients and family members from our previous course said they were nervous about booking onto Thinking Ahead due to the content of the course, but they benefitted from the knowledge shared and sensitive support received, as well as feeling the course gave them peace of mind by helping them to plan ahead and get things in order. We are in the process of making a film with some patients who have attended a previous course, which we will share when this is available.

The course will run weekly on Microsoft Teams, starting on **Tuesday 8th June until Tuesday 20th July 2021, 1:30pm until 3pm.** Please contact us on **01484 343614, 01422 222709 or email cancer.information@nhs.net**, to book a place for you and/or a family member.

HEADWRAPPERS – Virtual Hair Loss Support



Our next two Virtual Headwrappers Hair Loss Support Sessions are on **Wednesday 26th May and Wednesday 23rd June, both at 11am.** The support session is run via Microsoft Teams.

The Charity 'HeadWrappers' is a hair loss advisory service, focusing on alternatives to wigs, helping with scarf tying and teaching practical tips around scalp care. Virtual sessions aim to help people look good and feel more confident about themselves as they undergo cancer treatments which may cause hair loss. The session gives you the chance to ask any questions. When you register, the charity will also kindly send you a free scarf to practice tying in the virtual session. Please contact us on the above numbers to book a place and we will send you a registration link. Please also have a look at the charity's website to find out more information: www.headwrappers.org



West Yorkshire & Harrogate Cancer Alliance - PATIENT PANEL RECRUITMENT

Do you have a passion to help improve cancer services and patient care?
Could you spare some time to attend online meetings which support local cancer projects?

Participate in a variety of cancer project work:



- ❖ Help the Alliance to design services in order to better support cancer patients



- ❖ Support the Cancer Alliance as we seek to put patients and carers at the very heart of decision making



- ❖ Share your expertise and participate in cancer discussions and project work



- ❖ We use digital conferencing to support a variety of cancer projects

Become a member of the cancer alliance community panel and use your experience to improve cancer care services for all across West Yorkshire and Harrogate

Cancer alliances bring together clinicians and managers from hospital trusts and other health and cancer organisations to transform diagnosis, treatment and care for cancer patients

To request an application form or for more information please contact Fraser Corry:

Email –
fraser.corry@healthwatchwakefield.co.uk

Telephone - 07597801623

CANCER REGISTRY

WHAT IS THE CANCER REGISTRY?

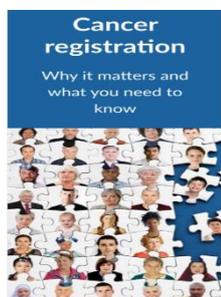
When you are diagnosed with cancer in the UK, some information about you, your cancer diagnosis and your treatment is collected in a cancer registry.

This is used to plan and improve health and care services. Your hospital will usually give this information to the registry automatically. There are strict rules to make sure the information is kept safely and securely. It will only be used for your direct care or for health and social care planning and research

WHAT IS THE INFORMATION USED FOR?

This information is used to help understand cancer better and ensure that people living with cancer are receiving the best possible care and support. It is used to:

- provide national cancer statistics
- plan and monitor NHS cancer services
- find where new cancer services or improvements are needed
- check if someone having tests or treatment for cancer has a family history of the disease
- contact people if there is new information about long-term side effects of a treatment they have had in the past
- help with cancer research.



For more information about the cancer registry, follow this link:
<https://www.macmillan.org.uk/cancer-information-and-support/diagnosis/cancer-registry>



COULD YOU HELP US MAKE SOME VIDEOS FOR CANCER PATIENTS?

The West Yorkshire and Harrogate Cancer Alliance is kindly funding some videos to support patients at the end of cancer treatment. We want to ask patients across the region, what key messages should be included in the videos and we would also like to film some patients sharing their views. If you would like to be involved in any way, please join us for an online meeting over Microsoft Teams on: **Wednesday 19th May 2pm – 3pm.**

This meeting is hosted by CHFT but is open to all patients across the West Yorkshire & Harrogate Cancer Alliance. Please contact Helen, Mandy or Holly in the Macmillan Information Service at Calderdale & Huddersfield NHS Trust, **to book a place - 01484 343614 or 01422 222709 or email cancer.information@nhs.net**. We will send you a consent form to complete and an invite to the meeting. We can also do a test call with you before the meeting to check you are all set up with the technology.

WE WANT TO HEAR YOUR VIEWS

VIRTUAL SUPPORT GROUPS IN MAY, JUNE & JULY 2021

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

Virtual Macmillan Health Walk

Thursday 6th May 1pm – 2pm
Thursday 3rd June 1pm – 2pm
Thursday 1st July 1pm – 2pm

Virtual Macmillan Coffee Support Group

Wednesday 19th May 2pm – 3pm
Wednesday 16th June 2pm – 3pm
Wednesday 21st July 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.



BLADDER CANCER AWARENESS MONTH

There are over 200 different types of cancer - and bladder cancer is one of the 10 most common in the UK (men and women). Bladder cancer is not a rare cancer.

Despite this, there is very limited public awareness of the disease and it is a relatively low priority on the public health agenda. Action Bladder Cancer UK is dedicated to changing this and to helping



people understand more about bladder cancer. Patient outcomes can be considerably improved by early diagnosis - up to 80% survival rate if caught early enough - so one of the key aims is to raise awareness both amongst the public and GPs of the symptoms and the need to take action much earlier. Bladder cancer is not only a disease of older people - younger people can also be affected.

It is very important that you visit your GP as soon as you notice anything unusual - the earlier that bladder cancer is diagnosed, the more quickly it can be treated and the better the outcome.

The most **common symptoms** are:

- Blood in the urine (even just once)
- Recurrent urinary infections
- Frequency or urgency or pain on passing urine when no infection found on urine tests by the doctor

Adjusting to life with and beyond bladder cancer can sometimes be difficult. It can be something of an emotional rollercoaster, and there can also be some purely practical issues that you could do with some help in handling.

Action Bladder Cancer UK have a range of materials for those living with bladder cancer. Click or copy this link for further support and information <http://actionbladdercanceruk.org/>

SKIN CANCER AWARENESS MONTH

May is skin cancer awareness month, and with summer fast approaching it is becoming increasingly important to keep our skin safe in the sun and be aware of the risks of skin cancer.



Sun Cream

An obvious aid in the prevention of skin cancer, sun cream plays an essential role in keeping skin safe in the sun. SPF 30 is generally recommended for most skin types, with SPF 50 on any exposed scars. Make sure all exposed areas are covered and rub it in evenly. Always ensure you've applied enough and reapply every few hours and immediately after contact with water, following the advice on the bottle.

Cover Up

Arguably the simplest way of keeping skin safe in the sun is to cover up with loose-fitting clothing and wear a hat, allowing minimal skin to be exposed to sunlight. Staying in the shade when possible is also a good idea – particularly between the hours of 11am and 3pm when the sun's rays are at their strongest.

While the most common type of skin cancer is a result of direct sun exposure and/or sunbed damage to skin cells, it can also be genetic. In fact, there are over 22 recognised types of skin cancer. If you notice anything unusual on your skin that does not go away after 4 weeks, show it to your doctor. It might help to take a photograph of anything unusual so you can check for any changes. It can be more difficult to notice changes if you have darker skin. This is because signs of skin cancer can be less obvious than those for people with paler skin. If you notice any changes, or develop a sore that does not heal, speak to your doctor.

WEB PAGES

Our hospital web pages have been updated – you can find out more about site specific information here: <https://www.cht.nhs.uk/services/clinical-services/oncology>

Chemotherapy information here: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/chemotherapy-service>

Our service and First Steps here: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/services-available-to-support-you>

Carers information here: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/carers-family-and-friends-information-hub>

Why not have a look at some of the new videos on the web pages too?

CANCER INFORMATION IN YOUR LANGUAGE

Do you need cancer information in other languages? We can help

Punjabi - ਕੀ ਤੁਹਾਨੂੰ ਦੂਜੀ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਕੈਂਸਰ ਦੀ ਜਾਣਕਾਰੀ ਦੀ ਜ਼ਰੂਰਤ ਹੈ? ਅਸੀਂ ਮਦਦ ਕਰ ਸਕਦੇ ਹਾਂ

Urdu - کیا آپ کو دوسری زبانوں میں کینسر سے متعلق معلومات کی ضرورت ہے؟ ہم مدد کر سکتے ہیں

Gujarati - શું તમને બીજી ભાષાઓમાં કેન્સરની માહિતીની જરૂર છે? અમે મદદ કરી શકીએ છીએ

Polish - Czy potrzebujesz informacji na temat raka w innych językach? Możemy pomóc

We can also help you find easy read booklets, audio formats and information in other languages – please contact us for further information. The Macmillan Support Line (0808 808 0000) also operates an interpreter service – simply say in English, which language you would like to use.



Sending our best wishes to you all

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