

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)

## VIRTUAL FIRST STEPS PROGRAMME



This is our information and support session for people recently diagnosed with cancer. 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. To access, 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 the **6<sup>th</sup> November or 4<sup>th</sup> December at 10am**, for an online discussion group with professionals, where you will have a chance to ask any questions.

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

## MACMILLAN'S iHOPE PROGRAMME:

iHOPE is Macmillan's online self-management programme ('Help Overcoming Problems Effectively') for **anyone who's had a cancer diagnosis**, which empowers people living with cancer to manage their health and wellbeing.

This positive psychology course helps people manage the stress, challenge and uncertainty of cancer, build character strengths, teach relaxation and mindfulness techniques and introduces goal setting. The course

consists of online programmes to complete in your own time and a weekly discussion group via Microsoft Teams.

### Dates:

**Tuesday 3<sup>rd</sup> November 1.30-3pm**

**Monday 9<sup>th</sup> November 1.30-3pm**

**Monday 16<sup>th</sup> November 1.30-3pm**

**Tuesday 24<sup>th</sup> November 1.30-3pm**

**Tuesday 1<sup>st</sup> December 1.30-3pm**

**Tuesday 8<sup>th</sup> December 1.30-3pm**

**Optional closing session- Tuesday 15<sup>th</sup> December 1.30-3pm.**

Please contact us to find out more information or to book a place - **01422 222709 / 01484 343614** or e-mail [cancer.information@nhs.net](mailto:cancer.information@nhs.net)

## VIRTUAL SUPPORT GROUPS IN NOVEMBER/DECEMBER 2020

We have been running our generic support groups virtually for the past few months

using Microsoft Teams, enabling patients and family members to come together, support one another and share tips. The dates for our support groups are:



**Virtual Macmillan Health Walk**  
Thursday 5<sup>th</sup> November 1pm-2pm  
Thursday 3<sup>rd</sup> December 1pm-2pm



**Virtual Macmillan Coffee Support Group**  
Wednesday 18<sup>th</sup> November 2pm-3pm  
Wednesday 9<sup>th</sup> December 2pm-3pm



**Virtual Macmillan Christmas Sing-a-long** Wednesday 16<sup>th</sup> December 2pm-3pm (Christmas hats optional!)

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.

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**ESSENTIALS PROJECT** The charity Something to Look Forward To are responding to the COVID-19 pandemic by delivering a COVID-19 Essentials Project to people affected by cancer poverty across the UK with essential items including clothes, shoes, food vouchers, toiletries, towels and bedding to offset the financial impact of their diagnosis. Please contact us in the Macmillan Information Service if you would like us to apply for this help for you. If you can donate any of these items please contact: [\*\*amy@somethingtolookforwardto.org.uk\*\*](mailto:amy@somethingtolookforwardto.org.uk)



**MACMILLAN'S EMERGENCY APPEAL** Macmillan, like many other charities, have been hit by the pandemic and have a significantly reduced income. Macmillan are appealing for any donations to keep funding vital services and if you would like to contribute, you can donate at <https://www.macmillan.org.uk/donate> or phone 0300 1000 200. Thank you.

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## **WEST YORKSHIRE AND HARROGATE CANCER ALLIANCE- QUALITY OF LIFE SURVEY LAUNCHED!**



A nationwide survey has been launched to measure the quality of life of cancer patients 18 months after their diagnosis, to understand the impact of cancer and how well people are living with the disease. This will enable the right support to be provided to the growing number of people living with and beyond cancer. To take the survey and to find out more information about the quality of life survey follow the link here:

[\*\*https://canceralliance.wyhppartnership.co.uk/our-work/living-with-and-beyond-cancer/quality-life-survey\*\*](https://canceralliance.wyhppartnership.co.uk/our-work/living-with-and-beyond-cancer/quality-life-survey)

## **CORONAVIRUS SUPPORT**

Don't forget, we are here to support with any coronavirus related queries and needs you may have. Just give us a call or e-mail on the contact details below.

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