

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 **9<sup>th</sup> October, 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)

## END OF TREATMENT VIRTUAL HEALTH & WELLBEING EVENT

The purpose of the event is to support you to live a healthy lifestyle following cancer/cancer treatment. The event is on **Thursday 22<sup>nd</sup> October 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. It includes topics on:

- **Keeping physically active**
- **Diet, sleep and fatigue**
- **Managing your emotions**
- **A session with you clinical team**



To book a place, please contact the Macmillan Information and Support Service on **01484 343614** or **01422 222709** or email [cancer.information@nhs.net](mailto:cancer.information@nhs.net). We will then email you a link to book onto the event and complete a consent form.

If you are unable to join First Steps or the virtual Health and Wellbeing Event, we can still send you some information in the post and support you over the phone. We can also help you with technology and do a test video call with you prior to the session, so please get in touch if you would like us to set this up.

## Introducing Macmillan's iHOPE Programme: Tuesday 3<sup>rd</sup> November – 8<sup>th</sup> December

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 on Tuesday afternoons 1.30pm til 2.30pm from 3<sup>rd</sup> November until 8<sup>th</sup> December. 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).

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## VIRTUAL SUPPORT GROUPS IN OCTOBER 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 1<sup>st</sup> October at 1pm til 2pm**

- **Virtual Macmillan Coffee Support Group – Wednesday 14<sup>th</sup> October 2pm til 3pm  
And Wednesday 28<sup>th</sup> October 2pm til 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.

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## HAVE YOU BEEN EXPOSED TO ASBESTOS?

**SARAG**  
Yorkshire & Humberside Asbestos Support Group

SARAG are here for anyone affected by asbestos related diseases – patients, husbands, wives, sons, daughters, aunts and uncles. Asbestos related diagnosis is felt by everyone. SARAG provide FREE confidential help, advice and support. Their aim is to be there when you need them.

**Leeds- 01134 720 031 Hull- 01482 932 131 York- 01904 808 120 Rotherham- 01709 360672**

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## 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)**