

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

MACMILLAN'S WORLD'S BIGGEST COFFEE MORNING!

Unfortunately, due to the coronavirus the Macmillan Information Service will not be hosting a coffee morning this year. However, you can still make a donation by going to the Macmillan website: <https://donation.macmillan.org.uk/wbcm/one-off>



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 above.

VIRTUAL THINKING AHEAD PROGRAMME!

We are delighted to launch our first Virtual Thinking Ahead Programme via Microsoft Teams, on **Tuesday 15th September at 10am, for patients and family members affected by incurable cancer.**

15th September to 13th October 2020, with two, one hour sessions per week over Microsoft Teams.



The aim of Virtual Thinking Ahead is to keep patients as well as possible for as long as possible and to encourage living life to the full, in a supported, self-managed way. The course offers support to family members, advice on local services and how to access them when needed; an opportunity to consider future planning and to meet key people who may be able to help in the future. It is a place that offers time for you to ask questions and discuss your concerns.

Please contact us for more information and to book onto this online course which you can join from the comfort of your own home - 01484 343614 or 01422 222709 or email cancer.information@nhs.net. We will send you an invite to join the course and we can also do a test call with you before the course, to check you are all set up with the technology.

END OF TREATMENT VIRTUAL HEALTH & WELLBEING EVENT



We will be holding a virtual **Health & Wellbeing Event online (via Microsoft Teams)**, on **Thursday 22nd October, 10am until 2.30pm**. The purpose of the event is to support you to live a healthy lifestyle following cancer/cancer treatment. The event 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, such as managing emotions, keeping active, diet, sleep, managing fatigue and services which can support you. Booking details are as for the Thinking Ahead Course above. As part of our support for people who have completed their cancer treatment, in November, we are also introducing...



THE HOPE COURSE HOPE ('Help Overcoming Problems Effectively') is Macmillan's self-management programme to help people face a number of challenges following primary treatment, and to move forward in living with and beyond cancer. HOPE is for people diagnosed with all types of cancer and recognises the frequent unmet psychological and emotional needs (fear of recurrence, reduced confidence), physical needs (fatigue and need for exercise) and social needs (such as social isolation). The HOPE Course will run in our Trust over 6 mornings in

November and December 2020 and could potentially be held face to face in the learning centre at HRI. If you are interested in coming along, please contact us on 01422 222709 / 01484 343614 or e-mail cancer.information@nhs.net.

VIRTUAL SUPPORT GROUPS IN SEPTEMBER 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 3rd September at 1pm til 2pm**

- **Virtual Macmillan Coffee Support Group – Wednesday 9th September 2pm til 3pm
And Wednesday 23rd September 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.

MAGGIE'S LEEDS SUPPORT GROUPS

- Virtual Look Good Feel Better Pampering Session - Monday's (Variable dates available)
- Virtual Men's Support Group 1.30pm-3pm every first Tuesday of the month
- Virtual Where Now? Support Following Completion of Cancer Treatment Group- Wednesday's 11am-12pm (4 week course)
- All Groups are via the Zoom app. Contact Maggie's Centre to book!
On 0113 4578364



[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