

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)

## WE ARE NOW OPEN FOR FACE TO FACE SUPPORT AT BOTH UNITS!



Due to coronavirus restrictions easing we are now able to offer face to face support by a booked appointment.



We can see you in either of our Macmillan Centres at CRH (easily accessed from the car park), on the Greenlea unit at HRI or on our Macmillan Information Pod at HRI Main Entrance. There is no need to come into the main body of the hospital if you do not want to.

Visitors will be provided with a face mask and hand sanitizer on entrance to the hospitals.

## VIRTUAL FIRST STEPS!

This is our information and support session for people recently diagnosed with cancer. We are delighted to be running our first virtual First Steps session on **Friday the 10<sup>th</sup> July at 10am**. A separate session will follow on Friday 7<sup>th</sup> August also at 10am. We asked patients how we should run this and the outcome of this was to run it as a 'book club' approach.

We have therefore recorded various videos and put lots of information on our Trust website, the link to which is here: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/>

The above dates are for discussion groups with professionals where you can ask any questions about the content of First Steps. Both patients and family members are welcome to book on and to do this you will need to contact Heather Milner on **01484 343490** or e-mail [Heather.Milner@nhs.net](mailto:Heather.Milner@nhs.net)

We are also planning to launch our first **Virtual Thinking Ahead Programme** at the end of July/August for people living with incurable cancer. Please contact us to express your interest and we will be in touch with you when details are confirmed.

## CORONAVIRUS SUPPORT



Don't forget, we are here to help with any coronavirus related queries and needs you may have, such as providing isolation letters and registering you for shopping help with the government or local council. If we don't know the answer to your question, we will do our best to find out and this includes requests which we will liaise with your clinical team about, such as queries relating to children returning to school in the house of a person undergoing chemotherapy.



**VIRTUAL MACMILLAN HEALTH WALK!** After the success of our first Macmillan Health Walk our volunteers and health walk leaders have worked hard to produce a second Virtual Health Walk which will be held on **Thursday 2<sup>nd</sup> July at 1pm**. Our last virtual walk was enjoyed by people who were missing walking due to being in isolation or shielding. The walk is via Microsoft Teams so please contact us for an invite and we will send you a link.

## VIRTUAL SUPPORT GROUPS IN JULY 2020

In April, May and June we ran our generic Coffee Support Group, Singing Groups and in June we introduced our Health Walk online, via Microsoft Teams enabling patients and family members to come together, support one another and share tips for managing their time in isolation. The dates for our various support groups are:

- **Virtual Macmillan Health Walk – Thursday 2nd July at 1pm til 2pm**
- **Virtual Macmillan Coffee Support Group – Wednesday 8<sup>th</sup> July and Wednesday 22nd July, 2pm til 3pm**
- **Virtual Macmillan Singing Group – Wednesday 15<sup>th</sup> July, 2pm til 3pm.**



If you would like to join any of the above support groups, please contact us on **01484 343614** or **01422 222709** or email us at [cancer.information@nhs.net](mailto:cancer.information@nhs.net) and we will send you an invite to the meeting and instructions on how to download and use Microsoft Teams. You will need to have a webcam and microphone, which are built into most laptops and tablets. To our knowledge, most other local support groups are not running currently, except Firm Roots which meets via zoom – **Thursday 2<sup>nd</sup> July and Thursday 6<sup>th</sup> August at 7pm**. Contact us for details.

## VOLUNTEER TELEPHONE SUPPORT & VIDEO CALLS

**YOU DON'T  
HAVE TO FACE  
CANCER ALONE  
WE CAN  
GIVE YOU A  
HELPING HAND**

If you do not want to come into the hospitals we can arrange an appointment for a video or telephone call. Our fabulous team of volunteers are still offering telephone support to people at this difficult time and are phoning patients for a chat and to see how they are coping in isolation. There is also the National Macmillan telephone buddy scheme sign up here:

<https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies> or contact

us to do this for you.

**[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)**