

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)

## CANCER PATIENT FOCUS GROUP

**Friday 30<sup>th</sup> July 2021, 1.00pm til  
2.30pm online via Microsoft Teams.**

This is a great opportunity to come and share your patient experience, views and suggestions with senior members of the Trust – Helen Barker, Chief Operating Officer and Dr Jo Dent, Medical Oncology Consultant. Patients and family members are welcome, and your voice is really important in helping us make changes and improvements that people want and need. Contact us to book a place [cancer.information@nhs.net](mailto: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 2<sup>nd</sup> July, 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 6<sup>th</sup> August** and **Friday 3<sup>rd</sup> September at 10am**. Patients have told us that attending First Steps helps them to feel supported and less overwhelmed by their diagnosis.

## HUGE THANKS FOR YOUR HELP WITH OUR QUALITY ASSESSMENT

Many thanks to everyone who kindly completed our environment survey recently and gave us feedback by email about the service we provide, for our recent external audit assessment called 'MQEM' – Macmillan's Quality Environment Mark. We are delighted to let you know that

we not only passed the assessment but were rated as *outstanding* as a Macmillan Cancer Information Centre! We achieved a level five, where the national target is a level four, so thank you again for contributing to this process! The assessor has also asked if she could speak to a couple of patients who have visited our Macmillan Centre at Calderdale Royal Hospital, to talk about their view of the environment. If you would like to volunteer to speak to Aileen – then please get in touch! Thank you.



Scarf tying techniques

Free Headscarf posted to your home

Practical tips for hair and scalp care

Talk through concerns over hair loss

Feel more confident coping with hair loss

## HEADWRAPPERS – Virtual Hair Loss Support

Our next two Virtual Headwrappers Hair Loss Support Sessions are on **Wednesday 28th July and Wednesday 25th August, 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](http://www.headwrappers.org)



## 'Appy Days!

Our Trust has just launched its new mobile application (App) called **'CHFT Cancer Support'** which is available for free on the app store or google play. The app has key links to information to support you during your cancer diagnosis, as well as you being able to sign up to access your clinic letters via the **'Your EPR Patient Portal.'** Please download the app and take a look – we would be interested in your feedback.



## **NEED TO TALK ABOUT CANCER?**

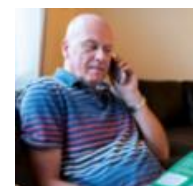
### MACMILLAN TELEPHONE BUDDIES



Going through cancer can be an isolating experience at any time, and especially when social distancing. Macmillan's free Telephone Buddy service is here for you. You will be matched with someone who understands what you're going through, and they'll give you a weekly call.

#### **How it works:**

- You sign up to register your interest: <https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies>



- Macmillan will get in touch to find out what support you need
- You will be found a Telephone Buddy who suits your needs
- You'll get a weekly call from your Telephone Buddy

You'll receive up to 8 weeks or more of support, or whatever works best for you. Your volunteer buddy will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our services, and all the ways Macmillan can help, to ensure you don't face cancer alone.

## SAFESIT EXERCISE SUPPORT



SafeFit is a research trial designed to support anyone in the UK with suspicion of, or confirmed diagnosis of cancer. SafeFit's cancer exercise specialists will offer you free, remote advice, support, and resources to maintain and improve physical and emotional wellbeing.



This includes information about preparing for and going through cancer treatment during the coronavirus (COVID-19) crisis; providing you with exercise advice based on your needs that you can do safely at home; helping you find different and new ways to keep active and eat healthily, and improve your overall well-being

You can refer yourself to SafeFit or we can do this for you with your consent here: <https://www.smartsurvey.co.uk/s/TUCEDJ/>. Once SafeFit receive your completed self-referral form, you will receive a call-back to discuss your needs. You should expect a call-back within one week. You will then be allocated a cancer exercise specialist to you as soon as possible who are trained in supporting people with cancer through exercise, emotional support and healthy eating.

## VIRTUAL SUPPORT GROUPS IN JULY, AUGUST & SEPTEMBER 2021

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

### Virtual Macmillan Health Walk

Thursday 1<sup>st</sup> July 1pm – 2pm  
 Thursday 5<sup>th</sup> August 1pm – 2pm  
 Thursday 2<sup>nd</sup> September 1pm – 2pm

### Virtual Macmillan Coffee Support Group

Wednesday 21<sup>st</sup> July 2pm – 3pm  
 Wednesday 18<sup>th</sup> August 2pm – 3pm  
 Wednesday 15<sup>th</sup> September 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.



## BOOTS MACMILLAN BEAUTY ADVISORS – 'Feel More Like You'



Boots No7 and Macmillan have had a long term partnership and trained Boots Macmillan Beauty Advisors are offering virtual appointments/consultations for people affected by cancer. Have a look at this link for some beauty and make up tips and you can book an online

appointment/consultation at the link too: <https://www.boots.com/health-pharmacy-advice/macmillan/feelmorelikeyou>

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## NEXT THINKING AHEAD AND iHOPE COURSES IN THE AUTUMN

We are in the process of organising Autumn dates for our iHOPE Course - Macmillan's health and wellbeing course which helps to manage the stress of cancer, and our Thinking Ahead Programme – for patients and family members affected by incurable cancer. Please get in touch to express your interest and we will let you know when the dates are confirmed. We have also worked with the company Deadline Digital to produce a five minute film and three short films about the benefits of our Thinking Ahead Programme. Please go onto You Tube and search for '**CHFT Thinking Ahead**' to watch the short films. We hope that the films encourage more people to access this valuable support.



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## FIRM ROOTS ONLINE RETREAT DAY



Firm Roots are running an online Christian Retreat Day on Saturday 31<sup>st</sup> July, 10am til 4.30pm (four sessions spread throughout the day), for anyone affected by cancer either as a patient or someone supporting. There will be music, prayers, reflections, meditations and chance to share with others. Everyone is welcome and there is no charge for the retreat.

Please contact us for further details or email

[Helen.Jones@firmroots.co.uk](mailto:Helen.Jones@firmroots.co.uk). You can also book via the 'Upcoming

Retreats' page on their website [www.firmroots.org.uk](http://www.firmroots.org.uk)

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## SARCOMA AWARENESS MONTH

Sarcoma Awareness Month runs for the whole of July. Sarcomas are rare cancers that develop in the muscle, bone, nerves, cartilage, tendons, blood vessels and the fatty and fibrous tissues. They can affect almost any part of the body, on the inside or the outside.



Sarcomas commonly affect the arms, legs and trunk. They also appear in the stomach and intestines as well as behind the abdomen (retroperitoneal sarcomas) and the female reproductive system (gynaecological sarcomas). To find our more information and access support, have a look at the website <https://sarcoma.org.uk/>

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