

FIRST STEPS  
**CANCER PROGRAMME**

Huddersfield Royal Infirmary  
Acre Street  
Huddersfield  
HD3 3EA

June 2020

Dear .....

Following your recent cancer diagnosis, we would like to offer you an appointment to attend our **First Steps Cancer Programme**. This is an information and education session to support your health and wellbeing as you start your cancer journey, and is for patients and family members. First Steps was developed in response to patient feedback within our Calderdale and Huddersfield NHS Trust, with patients telling us they wanted information at the start of the cancer journey, not just at the end of treatment.

The aim of the First Steps Cancer Programme is to share useful information to help you to manage your condition and support yourself as you go through cancer. This will include information on physical activity, diet and managing your emotions. A key part of the session is to make you aware of services and organisations which can support you throughout your cancer journey.

Due to the Coronavirus pandemic, we are not currently offering the First Steps session as a face to face meeting, but instead are running the course online. We have asked patients how to run this course virtually and as a result we are offering a **series of videos from our staff** on the topics above, with the chance for you to watch the videos and **send in any questions** you may have about the different topics. You will then be invited to join us for an **online discussion group/meeting, with other patients and family members** who have recently been diagnosed with cancer. This meeting will be run via Microsoft Teams to answer your questions about the different First Steps topics and to discuss any areas in further detail.

You may already have used Microsoft Teams for a video consultation with members of your clinical team here at Calderdale and Huddersfield NHS Trust. You will be sent an invitation by email, with instructions on how to join. You will need to use a computer/laptop with a webcam and microphone, or a tablet or smartphone which has access to the internet.

We realise that not all of our patients will want to access this online First Steps programme. If this is the case, please contact us and we will post some information to you from First Steps and let you know when a face to face meeting may be available in the future, for you to attend in person. Please also contact us if you need the information from First Steps in a different language or format.

We will be running First Steps discussion groups at various points every month. Please phone **Heather Milner on 01484 343490** to book a place for you and a family member/friend, to attend our virtual First Steps Programme. It would be helpful if you have your hospital number and email address when you phone to book. We will then contact you with further details about accessing the programme.

We look forward to meeting you on our First Steps Cancer Programme and supporting you at this time.

Kind Regards

*Helen Jones, Mandy Davies & Holly Smith*

**Macmillan Information & Support Service**

Calderdale and Huddersfield NHS Foundation Trust