

CHFT Macmillan Information and Support Service

March is Prostate and Ovarian Cancer Awareness



During this awareness month charities such as Prostate Cancer UK have information and materials which you can use to raise awareness or they can be contacted for support.

PROSTATE CANCER UK
0203 3107000
<https://prostatecanceruk.org/>



Support organisations can provide support and information.

TARGET OVARIAN CANCER
0207 9235470
<https://www.targetovariancancer.org.uk/>

OVACOME
0207 2996654
<https://www.ovacome.org.uk/>

Ovarian.org
<https://ovarian.org.uk>



World Kidney Day is **March 14th**.
It's not a disease that affects only a handful of people: it's the 10th biggest killer worldwide.

For support or more information please contact **Kidney Cancer UK**.
Support line: 0800 002 9002
General enquires: 01223 870 008

<https://www.kcuk.org.uk/>



First Steps April 8th - welcome to join from 9:30am for refreshments the program starts at 10am until 12pm. **FIRST STEPS** is our information and support programme for anyone **recently diagnosed with cancer** and their families. First Steps aims to **help you support yourself** during your cancer journey.

The two-hour session includes information on important topics such as keeping active, managing your emotions, diet, sleep, managing fatigue and different services to support you.

If you would like to book a place on the programme contact Heather Milner on **01484 343490** or email heather.milner@nhs.net

You can also book a place by scanning this QR code



Macmillan's iHOPE Programme – for anyone who has had a cancer diagnosis next course date 10th April – 22nd May.

The course is designed for anyone who's had a cancer diagnosis, whether your cancer treatment course runs over six weeks and consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators. The course aims to help with the stress of cancer, support health and wellbeing and build up emotional resilience.

To find out more and to book a place please contact the **Macmillan Information & Support Service**



Odyssey project are a registered charity helping people living with and recovering from cancer regain their self-confidence and enjoyment of life. They now have two courses available in Kent 3rd – 7th June and Wales 15th – 19th July. If you would be interested, please let the CHFT Macmillan Information and Support team know for anything else they can be contacted on 0345 363 2207 or email enquiries@odyssey.org.uk. www.odyssey.org.uk



Firm Roots Cancer Support is a Christian charitable organisation which offers prayer support groups and Christian retreat days for people affected by cancer. There is a Firm Roots group in Huddersfield meets at Kirkheaton Parish Centre, Church Lane, Kirkheaton HD5 0BH on the first Thursday of every month, 6.30pm til 8pm – This is a group offering friendship, encouragement and prayer support for people affected by cancer. Firm Roots was set up by Helen Jones, following her own cancer diagnosis on 2010. Helen helps to run the Huddersfield group and other groups now run around the country. Everyone is welcome whether you have a faith or not, and you can email Helen.Jones@firmroots.co.uk if you would like the group to pray for you/your family member. To find out more. www.firmroots.org.uk



Did you know we have a Facebook page?
Google "Facebook CHFT Macmillan"



Breast Buddies - The group meet on the last Monday of the month at Lower Hopton WMC in Mirfield at 7:30pm. If you are interested in joining call **07741258812** for more information.

Calderdale and Kirklees Recovery and Wellbeing College

Calderdale and Kirklees Recovery and Wellbeing College have a variety of courses, if you are interested please visit www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/ or call **07717 867911**



If you're struggling financially and are a Kirklees patient please get in touch with our Local Welfare Provision service. They have emergency support for those that need it, the Local Welfare Provision (LWP) scheme helps people in short-term crisis with food and essential items. <https://www.kirklees.gov.uk/beta/benefits/local-welfare-provision.aspx>

UPCOMING EVENTS

Men's Cancer Support Group – at the Legends café at John Smith Stadium. Drinks from 2pm for 2.15pm start. All men affected by cancer either as patients or family members, are welcome. Dates for 2024 March - 28th, April - 25th, May - 30th, June - 27th, July - 25th, Sept - 26th, Oct - 31st, Nov - 28th.

Walking Group - Macmillan Health Walks will take place on **Thursday 7th March 10.30am** at Greenhead Park for a gentle walk then coffee. Please meet at the conservatory at 10.15am to fill in a registration form if you haven't been before.

Bladder Cancer Support Group - Meeting at Briar Court Hotel Huddersfield 10.30am -12.30pm on 23rd April. An opportunity to meet with others and talk about serious aspects of being diagnosed with cancer and the emotional impact this has on individuals and families. Please call Phil Kelly on 01422 847328 for more info!

Coffee 'N' Chat Group - On the third Wednesday of the month, 10am – 12pm Dates for this year include: 20th March, 17th April, 15th May, 19th June, 17th July, 18th Sept, 16th Oct, 20th Nov, 18th Dec. Will be held at The Watermill Pub, Salterhebble, Halifax. Free parking please contact Macmillan Information Service for any additional information.

Warm Spaces – is where people can gather for free in a warm, safe and welcoming place. Anyone is welcome to go to their local library, get out of the cold and may have a cuppa! To find a registered place near you <https://new.calderdale.gov.uk/benefits/money/find-warm-space>

Ruddi's Cafe: 19/21 Station, Slaithwaite has joined The Chatty Cafe Scheme - reducing loneliness to get people chatting!
Look out for the 'Chatter & Natter table' every Thursday between 10am and 12pm at Ruddi's, Slaithwaite, Run by Karina Sykes and Jill Brewer. A Chatter & Natter table brings people together and everyone is invited!

Don't forget to ask your Clinical Nurse Specialist about a Holistic Needs Assessment if you haven't already had one or search #CHFT HNA for more information.

**MACMILLAN
CANCER SUPPORT**

MY HOLISTIC NEEDS ASSESSMENT

Contact Us - CHFT Macmillan Information and Support Service



The Jayne Garforth Macmillan Information Centre, Calderdale Royal Hospital (CRH).
Greenlea Oncology Unit, Huddersfield Royal Infirmary (HRI)

01422 222709 (CRH)

01484 343614 (HRI)

cancer.information@nhs.net

#CHFT Macmillan support



Please contact us if you no longer wish to receive our newsletter or wish to receive it by post instead – thank you.