



We are the **CHFT Macmillan Information & Support Service**. We're based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Centre in the Macmillan Unit at Calderdale Royal Hospital. We're here to support you by offering a listening ear, practical, financial, and emotional support, as well as running various courses and support groups for patients and family members. Why not contact us to find out how we can help support you on: **01484 343614 (HRI) 01422 222709 (CRH)** or email us at **cancer.information@nhs.net**

COST OF LIVING – SUPPORT FOR PEOPLE AFFECTED BY CANCER

The rising energy prices and cost of living is causing additional stress for people affected by cancer. **“When you get cancer, your wage goes away, but your bills and your rent don't go away. You don't save for cancer. I was completely unprepared.”**

If you are worried about money, there are people you can talk to:



Phone the **Macmillan Support Line – 0808 808 0000 (81m til 8pm seven days a week)** and



ask to speak to a **Financial Guide** to help you plan your budget, manage your money and help with mortgages, pensions and insurance. You can also phone and speak to an **Energy Advisor** can help you with things like access to energy schemes and grants and a **Welfare Rights Advisor** who can help you to find out what benefits you might be entitled to.

You can also chat online: <https://www.macmillan.org.uk/cancer-information-and-support/get-help/cost-of-living>

The Citizen's Advice Bureau – Energy Affordability Helpline: 0800 448 0721 (Monday –

Friday 9am – 5pm) have dedicated **Energy Advisors** working as part of a project with Newcastle Citizens Advice and Northern Powergrid to help clients in Leeds, Wakefield, Calderdale, Kirklees and the North East. The energy advisors can:

 • help with understanding bills • give debt advice; reduce fuel debts through negotiating with creditors and securing charitable or other assistance • access increased support through the Priority Services Register, Warm Homes Discount, tariff checks, charity applications • reduce future fuel costs by accessing support from Green Doctor and other appropriate services • Resolve disputes with Energy Suppliers; • Reduce future fuel costs by accessing support from Green Doctor and other appropriate services. You can also contact via web chat or an online form – have your fuel bills ready when you call. Self help guides/more information at <https://www.citizensadvice.org.uk/consumer/energy/energy-supply/>

CANCER PATIENT



Monday 9th May 2pm – 3.30pm
ONLINE via Microsoft Teams

We invite you to come along and join our next Virtual Cancer Patient Focus Group where you have the opportunity to share your patient experience, views, and suggestions. This is a great opportunity for patients and family members to give feedback about their experience and also to shape future developments and improvements in cancer care. Both patients and family members are welcome, and your voice is really important in helping us make changes and improvements that people want and need. To book a place, contact us on **01422 222709 / 01484 343614** or email us at **cancer.information@nhs.net**. Please also let us know if you would like us to discuss any particular topics at this meeting. Thank you.

VIRTUAL SUPPORT GROUPS IN APRIL, MAY, JUNE 2022

Patients and family members are very welcome to join our **online support groups via Microsoft Teams** for a chat, quiz and peer support – please contact us for an invite. We are hoping to resume our walking group in person at Greenhead Park in the next couple of months. **Meeting dates are:**

Virtual Macmillan Health Walk
2pm until 3pm
Thursday 7th April
Thursday 5th May
Thursday 9th June



Virtual Macmillan Coffee Support Group
2pm until 3pm
Wednesday 20th April
Wednesday 18th May
Wednesday 15th June

NEW MEN'S CANCER SUPPORT GROUP STARTING IN MAY!

We are excited to let you know that two of our fabulous volunteers, John and Geoff, are planning to start a **new men's cancer support group in May** – probably Thursday 26th

May – details are yet to be confirmed.

This will be a face-to-face group and

we are currently working out the logistics and finding a venue in the community. The men's support group will run once per month and will be a chance for men to come together and share concerns about cancer in a safe, confidential space. There will be guest speakers and the group will be able to decide how the sessions run and who they would like to invite as guest speakers. If you would like to book onto the first meeting or be informed when the details are finalised, please [get in touch](#) on our usual contact details.



DOWNLOAD OUR CANCER SUPPORT APP! Free on the app store or through goggle play, with lots of helpful information to support you through



The charity 'ABCDiagnosis' offer exercise retreat weekends for ladies with primary and secondary breast cancer. These are fully or partially funded and offer a range of exercise in a group setting to build up confidence, get active, relax and have fun together. A list of weekend dates for 2022 and further information is on the website:



<https://www.abcdiagnosis.co.uk/lifestyle/abcd-retreat/>



Gamers Beat Cancer

"Let's Have More Game On, Than Game Over"

THE GIFT OF GAMING!

'Gamers Beat Cancer' are a not-for-profit organisation established in 2020. They ensure that the cancer

community is given extra support to play, learn and heal with "The Gift of Gaming". They embrace the culture of gaming, technology, and community and work with charity partners to build a larger network of support for cancer patients, caregivers, and their families. **What Is 'The Gift Of Gaming'?** To put it quite simply 'Gamers Beat Cancer' provide gaming consoles,

games, handhelds and other types of technology that can help with living assistance of cancer patients, caregivers and their families. This improves experiences, creates communities, helps people stay connected and brings joy through the power of gaming. Have a look at the website, sign up to their newsletter and apply for the gift of gaming at this link:

<https://gamersbeatcancer.co.uk/the-gift-of-gaming/>

SUPPORTING YOUNG WOMEN THROUGH CANCER

The Victoria's Promise App is a private community app available to women aged between 18 and 50. '**Victoria's Purse**' is a community of young women discovering peace, connection and understanding as they are supported and empowered to flourish through cancer. National community support for patients and family members, aged between 18 and 50, is provided through the Victoria's Promise App where people can join weekly webinars and gain support from others. Find out more at this link:

<https://www.victoriaspromise.org/vp-community-app/>



Victoria's Promise

April is Bowel and Testicular Cancer Awareness Month

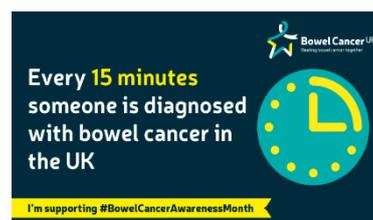
Knowing the signs of bowel and testicular cancer could save your life. See your GP if you have blood in your poo, have a persistent change in bowel habit, have bloating or abdominal pain.

Some helpful websites: **Bowel Cancer UK:** <https://www.bowelcanceruk.org.uk/> email:

nurse@bowelcanceruk.org.uk; **Macmillan Website:**

<https://www.macmillan.org.uk/cancer-information-and-support/bowel-cancer>; 40tude: curing bowel cancer:

<https://www.40tude.org.uk/>



It is important for men to check their

testicles regularly. See your GP if you notice any lumps or swelling, any differences between your testicles or anything unusual. Some helpful websites: Testicular cancer Charity:

<https://itsontheball.org>; email: info@itsontheball.com; The Odd Balls Foundation: <https://theoddballsfoundation.com/>;

Macmillan Cancer Support: <https://www.macmillan.org.uk/cancer-information-and-support/testicular-cancer>. For information on how to check your testicles:
<https://www.thesexualhealthhub.co.uk/health-wellbeing/checking-testicles/>

[Sending our best wishes to you all](#)

The CHFT Cancer 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