



We are the Macmillan Information and Support Service based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Centre in the 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 here to support 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)

*Please contact us if you no longer wish to receive our newsletter or you wish to receive it via email instead – thank you.*

## VIRTUAL END OF TREATMENT EVENT

Thursday 10<sup>th</sup> February 10am until 2.30pm



Are you are coming to the end of your cancer treatment and wondering how you will move forward? Then we invite you to join us at this virtual event to support you to live a healthy lifestyle following cancer/cancer treatment. Get involved in talks such as keeping active, managing your emotions, diet, sleep and fatigue, plus a session with a clinical team. It involves various aspects of living with and beyond cancer that may be important in ensuring that you move forward and enjoy a healthy lifestyle.



**TO BOOK, click the link below or scan the QR code**

<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlInSpXFwPI81URjBBMTU0UzUxWEs4M1lyRk5RRkkyU04zUy4u>

## VIRTUAL THINKING AHEAD PROGRAMME – Tuesday 15<sup>th</sup> February until Tuesday 29<sup>th</sup> March 1:30pm – 3pm

Join our Collaborative Thinking Ahead Programme on Microsoft Teams for patients living with incurable cancer, as well as family members. This 7 week programme covers helpful topics such as:

- Diet and appetite
- Keeping active
- Managing uncertainty
- Advance Care Planning
- Sorting financial affairs



Patients and family members who have attended previously said that although it was difficult to decide to do the course, they are glad they did because they felt informed and well supported. Google 'CHFT Thinking Ahead' for videos on You Tube of patients talking about the course benefits.

**Contact us TO BOOK – [cancer.information@nhs.net](mailto:cancer.information@nhs.net), 01484 343614, 01422 222709**

**iHOPE COURSE – Macmillan’s online self-management programme - Thursday 17<sup>th</sup> February until Thursday 31<sup>st</sup> March 10:30am - 11:30/45am**



iHOPE stands for ‘Help Overcoming Problems Effectively.’ This course is for anyone who’s had a cancer diagnosis and aims to empower people living with cancer to manage their health and wellbeing and help with the stress of a cancer diagnosis. The aims are to:

- Gain knowledge, skills and confidence to cope with life’s challenges, frustrations and fears
- Learn stress and fatigue management skills
- Support you to become more relaxed
- Improve confidence
- Set positive goals
- Build skills and character strengths to help deal with anger, depression, uncertainty and to live positively with fears for the future

The iHOPE Course runs over 6 weeks with online materials to work through and videos to watch, plus a weekly meeting with the iHOPE facilitators on Microsoft Teams to talk about the topics of the week.

**TO BOOK, please contact us – [cancer.information@nhs.net](mailto:cancer.information@nhs.net), 01484 343614, 01422 222709**

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**FIRST STEPS PROGRAMME – For patients and family members recently diagnosed with cancer – Runs on the first Monday of the month 10am until 11:30am**



The First Steps Programme helps you to feel less overwhelmed after a cancer diagnosis. Please have a look at our hospital website... <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps> which has lots of information and videos on useful topics such as managing emotions and fatigue, and how to help you support yourself as you go through cancer. Then join us for an online discussion group where you can ask cancer staff any questions. The next dates for First Steps are **Monday 7<sup>th</sup> February, Monday 7<sup>th</sup> March and Monday 4<sup>th</sup> April at 10am until 11.30am.**



**TO BOOK, click the link below or scan the QR code**

**<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlInSpXFwPI81UQkhEODk0M1gzRU02S0VUTzEzSDdDTkxYTC4u>**

***\*All of our courses are currently running online via Microsoft Teams. If you are unable to access the internet, we can send you the content in alternative formats. If you require technical support, please do not hesitate to contact us for support as we can arrange a test call before the event. Family members/friends are also welcome.***

## VIRTUAL SUPPORT GROUPS IN FEBRUARY, MARCH & APRIL 2022

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



### Virtual Macmillan Health Walk 2pm until 3pm (Please note new start time of 2pm)

Thursday 3<sup>rd</sup> February  
Thursday 3<sup>rd</sup> March  
Thursday 7<sup>th</sup> April



### Virtual Macmillan Coffee Support Group 2pm until 3pm

Wednesday 16<sup>th</sup> February  
Wednesday 16<sup>th</sup> March  
Wednesday 20<sup>th</sup> April

## How to Help Someone with Cancer: What you need to Know

So you have found out that a friend, colleague or loved one has cancer. What do you do now? The easiest thing is to not deal with it, just ignore the person with cancer, and there are many people who do just that, simply because they do not feel that they know how to react or possibly because they don't want to face it. But this is the worst thing you can do for someone who might need you right now. You may want to help someone diagnosed with cancer, but don't know how. Take a look at this article to support you support the one you love <https://cancercareparcel.com/how-to-help-someone-with-cancer/>



## KIDNEY CANCER AWARENESS WEEK – February 7<sup>th</sup> – 11<sup>th</sup>

Monday 7th to Friday 11th February is Kidney Cancer Awareness Week. We ask all our friends and supporters to start conversations about kidney cancer. Make as much noise, raise as many hot kidney cancer topics as you can and bring awareness of kidney cancer to the fore. We don't want the first-time people hear the words kidney cancer to be when their doctor tells them they have it.



If together we make people aware of the symptoms (blood in urine, long term fatigue, pain in the side or tiredness) and inform on the ways to reduce the chances of getting kidney cancer through healthier living, they may avoid contracting a life changing disease.

## Kirklees Community Plus – Luba's Story

Luba is an 87-year-old lady who has cancer and lives alone as her family live all over the world. She was referred to Kirklees Community Plus for help with mobility issues, loneliness and depression due to Covid. She was assigned a Community Co-ordinator, Laura, who arranged transport for Luba's hospital appointments, referred her for support with transitioning,

using the stairs and being in the bathroom as Luba has mobility issues. The support worker also help Luba keep track of appointments and mail. Laura also facilitated a call to Luba's son and his family in Australia for a chat on Christmas Eve. Luba is still living independently at home and looks forward to her support worker's visits.



If you would like help from Kirklees Community Plus or know someone who does please visit [www.kirklees.gov.uk/communityplus](http://www.kirklees.gov.uk/communityplus)

## STAYING WELL IN CALDERDALE

The Staying Well team can work with any adult in Calderdale from 18 years and over to access social activities and health and wellbeing related services in the community. There are lots of community groups and all kinds of things to do all across Calderdale from Art to Zumba!



**It's easiest to make a referral over the phone by calling on 01422 392767 OR complete an application online here: <https://stayingwellhub.com/refer/>**

\*For both Calderdale and Kirklees, you can also get in touch with your GP and ask to be referred to your local Social Prescribing Service who can support you. Social Prescribing Link Workers can give you time, focusing on what matters to you and taking a holistic approach towards your health and wellbeing. They can connect you with local community groups and services.

## RARECAN – Accelerating rare cancer research

Would you like to participate in rare cancer research opportunities in the future? RareCan aims to accelerate rare cancer research and improve outcomes by bringing patients, researchers and drug developers together.



RareCan places patients and data at the heart of research, including the discovery of better ways to prevent, diagnose and treat rare cancer. RareCan is in the process of developing a platform through which people with rarer forms of cancer will be able to share their data with researchers to speed up discovery of new diagnostics and treatments.

If you are interested in supporting and have a cancer diagnosis or you are the parent of a child with a cancer diagnosis, please start here <https://rarecan.com/i-have-a-cancer-diagnosis-2/>

### Sending our best wishes for 2022 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)