



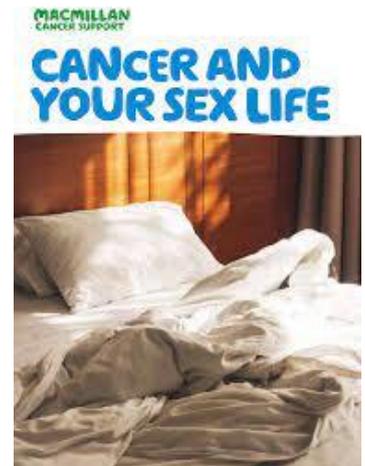
We are the Macmillan Information and Support Service based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Unit at Calderdale Royal Hospital. We're here to help everyone with cancer live life as fully as they can, providing practical, financial, and emotional support. So whatever cancer throws your way, we're 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.*

### NEW SUPPORT FOR 2022 – 'Body Matters'

Over recent months, patients have been talking to us about their often-hidden worries about the impact of cancer on sex and intimacy, as well as concerns about body image and menopause. Patients have said that they often don't like to mention these concerns to health professionals or know where to get support. As a result, we are starting a new online session every other month called 'Body Matters', where we will start a conversation about these issues. Our first session will be on Microsoft Teams on

**Monday 31<sup>st</sup> January, 2pm til 3/3.30pm** and is called **'Intimacy through life and after a cancer diagnosis - An introduction.'** We will have a guest psychosexual therapist speaker who will share some thoughts, with time for discussion and questions. We would encourage patients and their partners to book on together. **To Book** or for further information - please contact us (above).



### CERVICAL CANCER AWARENESS WEEK – 17<sup>th</sup> – 23<sup>rd</sup> January 2022

Join Jo's Cervical Cancer Trust to raise awareness of cervical screening. One in four people with a cervix don't attend cervical screening and 220,000 are told they have cervical cell changes after their screening, and many more given a HPV (Human Papillomavirus) diagnosis. This can mean more tests and treatments, and for some it can be an incredibly hard time. Cervical cancer prevention doesn't stop at screening. Jo's Cervical Cancer Trust

wants everyone to have the information and support they need, to share tips, facts, and most importantly help people know they aren't alone. There are information resources about every aspect of cervical cancer, cervical screening and HPV. You can download, share and display them to help others get the support and answers they need here:

<https://www.jostrust.org.uk/shop/information>



### HAVE YOU DOWNLOADED OUR CHFT Cancer Support APP?

Download for free via the App Store or Google Play. Get information, support your health and wellbeing, access your records, contact details and more!

## BOOKINGS ARE NOW OPEN FOR OUR COURSES IN 2022!

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 welcome.



### Have you or a family member been newly diagnosed with cancer? Then come along and join our VIRTUAL FIRST STEPS PROGRAMME

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 10<sup>th</sup> January, Monday 7<sup>th</sup> February and Monday 7<sup>th</sup> March at 10am til 11.30am.**



**Click on the QR code or book via our hospital website (link above).**

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## **VIRTUAL END OF TREATMENT EVENT**

Are you coming to the end of your cancer treatment and wondering how you will move forward? Then we would like to invite you to join us on **Thursday 10<sup>th</sup> February 10am until 2.30pm**. This event aims to support you to live a healthy lifestyle following cancer/cancer treatment. There will be various talks such as keeping active, managing your emotions, diet, sleep and fatigue and a session with your 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.

### **Our patients have said...**

"I enjoyed all the topics discussed and it made me realise that you're not alone, other people experience the same things as yourself and it's nice to chat and relate to others"



"It was a friendly, informal and supportive atmosphere with engaging professional input and the opportunity for patients to participate"

**Click on the QR code or book via our hospital website.**



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## VIRTUAL THINKING AHEAD PROGRAMME

Our Collaborative Thinking Ahead Programme is for patients living with incurable cancer as well as family members. It is a seven week programme running from **Tuesday 15<sup>th</sup> February til Tuesday 29<sup>th</sup> March 1:30 – 3pm**. We have lots of speakers who cover helpful topics such



as diet and appetite, keeping active, managing uncertainty, advance care planning and 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 so glad they did because they felt informed and supported. **Google 'CHFT Thinking Ahead'** to find some videos on You Tube of patients talking about the course benefits.

To book onto The Virtual Thinking Ahead Programme, the iHOPE Course and our Virtual Support groups, please contact us – [cancer.information@nhs.net](mailto:cancer.information@nhs.net), 01484 343614, 01422 222709.

## iHOPE COURSE – Macmillan’s online self-management programme



iHOPE stands for ‘Help Overcoming Problems Effectively.’ The course is for anyone who’s had a cancer diagnosis and empowers 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, support you to become more relaxed, improve confidence, set positive goals, learn stress and fatigue management skills and to 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 six weeks starting from **Thursday 17<sup>th</sup> February til Thursday 31<sup>st</sup> March 10:30 til 11:30/45am** 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.

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

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



### Virtual Macmillan Health Walk 2 til 3pm

(please note new start time of **2pm**)

Thursday 6<sup>th</sup> January  
 Thursday 3<sup>rd</sup> February  
 Thursday 3<sup>rd</sup> March



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

Wednesday 19<sup>th</sup> January  
 Wednesday 16<sup>th</sup> February  
 Wednesday 16<sup>th</sup> March

## HEADWRAPPERS– Free Virtual Hair Loss Service

‘HeadWrappers’ focuses on alternatives to wigs, helping with technical tips around scarf tying and scalp care. They aim to help people feel confident and ask questions as they undergo cancer treatments causing hair loss.



When you register, you get a free scarf to practice in the virtual session. Sessions run on the **2nd Tuesday of every month at 7pm** and **3rd Wednesday of every month at 11am**. To register email: [advice@headwrappers.org](mailto:advice@headwrappers.org) or visit the website [www.headwrappers.org](http://www.headwrappers.org)

You can also watch some video tutorials from Headwrappers here: <https://www.headwrappers.org/tutorials>



## Calderdale and Kirklees Recovery and Wellbeing College



The Recovery & Wellbeing College is led by South West Yorkshire Partnership Trust and supported by Calderdale and Kirklees Councils. They work in partnership with volunteers and other supporting organisations to develop and run a range of workshops and courses which promote wellbeing and good mental health. During the coronavirus pandemic the courses have changed so you can take part wherever you are, and whether you have access to the internet or not. The aim is to run as many **face-to-face courses** as they can but are still operating with some restrictions in place. Therefore, they have created a set of courses called **blended learning**. Every participant will receive a printed workbook to complete with other options on how to participate. Take a look at the course timetable at

<https://www.calderdalekirkleescr.nhs.uk/courses-and-enrolment/>

**Book** via the website or contact **07717 867911**



## HOPE SUPPORT SERVICES – helping young people when a loved one has a serious illness

Young people in a family health crisis can find the uncertainty of their family member's diagnosis particularly distressing. Worries can be hard to share with family or friends – fearing they will be a burden to them and even add to the problem. Young people can become isolated, marginalised, frightened, and angry, which can mean disengagement with education, family members and peers and, in some cases, unhealthy coping mechanisms.

HOPE offers early intervention mental health support for students and pupils with a family member with a serious illness, such as cancer. This helps young people to re-engage with their education, family and friends – even making new friends who genuinely understand. This can prevent long-term mental health issues which could otherwise last into adulthood. HOPE delivers this support to schools, colleges, and universities across the UK, as well as 1-1 remote support. To find out more or to make a referral click or copy this link:

<https://hopesupport.org.uk/> OR contact Hope on **01989 566317**.

## 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.

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