



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](mailto:cancer.information@nhs.net)

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

## VIRTUAL THINKING AHEAD PROGRAMME – Tuesday 7<sup>th</sup> June to Tuesday 19<sup>th</sup> July 1.30pm til 3pm via Microsoft Teams

We still have places available on our Collaborative Thinking Ahead Programme for patients living with incurable cancer, as well as family members. This programme is to help manage the uncertainty of an incurable cancer diagnosis by helping you to look after yourself and know where to access support. It is suitable for people on active cancer treatment, or where treatment has finished. The 7-week programme runs online on Microsoft Teams and 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, and that all topics were covered in a sensitive way. **Google 'CHFT Thinking Ahead'** for videos on You Tube of patients talking about the course benefits. **TO BOOK – please contact us on 01484 343614 / 01422 222709 or email [cancer.information@nhs.net](mailto:cancer.information@nhs.net)**

## BODY MATTERS – Let's Talk about the Menopause (New Date)

Patients have spoken to us about often hidden worries about the impact that cancer has on sex and intimacy, body image and the menopause, and them not knowing where to go for support. Our next session is **Monday 13<sup>th</sup> June, 2pm til 3pm/3.30pm** for a session with Clinical Nurse Specialist Susan Booker, about managing the menopause after cancer or cancer treatment. Why not come along and join us?



**To Book-** copy the link below or scan the QR code with your phone camera

**<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlInSpXFwPI81UMkFZSFFGNII0MkY3S045WjVRNUVBuK9GOC4u>**

## **MEN'S CANCER SUPPORT GROUP – for men affected by cancer**

Following the launch of our new men's cancer support group in May, we are looking forward to our second meeting on **Thursday 30<sup>th</sup> June, 2pm til 3/3.30pm, Third Floor - Acre Mill Outpatients**, Acre Street, Huddersfield (across the road from Huddersfield Royal Infirmary). This is a face-to-face group for men to come together and share concerns about cancer in a safe, confidential space. The group is being run by two of our Macmillan Information Service volunteers, John and Geoff and there will also be guest speakers. Everyone is welcome to come along and help to shape the group – deciding where to meet in the future etc. Please contact us to book a place at this meeting, so that we can manage numbers – 01422 222709, 01484 343614 or email us on [cancer.information@nhs.net](mailto:cancer.information@nhs.net). Please don't attend if you have any Covid symptoms – thank you.



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

Come along to support yourself through a cancer diagnosis and find out about services that can support you. The next dates for First Steps are **Monday 6<sup>th</sup> June and Monday 4<sup>th</sup> July, 10am until 11.30am on Microsoft Teams**. Please have a



look at the videos and information about First Steps on our hospital website or via the CHFT Cancer Support App. You can also book a place via our hospital website:



[https://www.cht.nhs.uk/services/clinical-](https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps)

[services/oncology/information-support/first-steps](https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps) (or google 'CHFT First Steps') or scan the QR code. We are hoping to offer face to face First Steps sessions in the next few months – please watch this space for further details.



## **DUST OFF THOSE WALKING BOOTS! Our walking group is hopefully coming back face to face! Provisional date: Thursday 30<sup>th</sup> June, 10.30am at Greenhead Park – please contact us to check this is going ahead!**

Due to the pandemic, we had no choice but to offer our walking group online. The preparations for the return of the face to face walking group are almost complete, so we are provisionally organising our first walking group date as **Thursday 30<sup>th</sup> June, 10.30am**, meeting at the conservatory at Greenhead Park. Trinity St, Huddersfield HD1 4DT. In the past our walking group was a great chance to meet other people affected by cancer, get some gentle exercise and then have a coffee and cake in the café if people wanted to. As this is not 100% confirmed at the time of printing – we ask you to please phone us nearer the time to check that the walk is going ahead. Or you can contact us sooner, give us your details and we will ring you the week before to let you know it is definitely happening. Apologies for the uncertainty, but we have to ensure all the insurance and other requirements are finalised. We would also ask you not to attend if you have any Covid symptoms. Everyone will need to complete a registration form on arrival, so please feel free to arrive 10 minutes earlier to do this. We are really looking forward to seeing you all again face to face at our walking group – fingers crossed this will be 30<sup>th</sup> June!



## VIRTUAL COFFEE SUPPORT GROUP

Come along to our virtual coffee support group. Patients and family members are very welcome to join via **Microsoft Teams** for a chat, quiz, and peer support – please contact us for an invite.

### Meeting dates:

- **Wednesday 15<sup>th</sup> June 2pm – 3pm**
- **Wednesday 20<sup>th</sup> July 2pm – 3pm**
- **Wednesday 17<sup>th</sup> August 2pm – 3pm**



## NATIONAL MENS HEALTH WEEK – 13<sup>th</sup> June – 19<sup>th</sup> June 2022



Men's Health Week raises awareness of the health issues that affect men disproportionately and focuses on getting men to become more aware of health problems they may have or could develop and gain the courage to do something about it. **We've been through a lot these past couple of years. We need to be at the top of our game, physically and mentally.** So, for this year's Men's Health Week, it's time for you, us, and men everywhere, to give ourselves an MOT.

Macmillan have found that around 50,000 of us have missed a cancer diagnosis during the pandemic. Prostate cancer diagnoses, for example, were down 29% between 2019 and 2020. That's not because prostate cancer is getting rarer (it isn't), but because men weren't seeing their GPs to begin to get diagnosed. It's a simple one: it's time for your MOT.

- Take notice of what's going on in your body and mind.
- Take a look at the DIY Man MOT - <https://www.menshealthforum.org.uk/diy-man-mot>
- Get an NHS Health Check
- Go and see your GP if you're concerned about any symptoms

## VOLUNTEERS WEEK – 1<sup>st</sup> – 7<sup>th</sup> June 2022

We would like to say a huge THANK YOU to all our amazing volunteers for the time you give to help people with cancer live life as fully as they can. We are delighted to welcome all our lovely volunteers, patient reps and soon our Headstrong volunteers back into our centres. You are all amazing and we are so grateful for all you do to support our patients and family members – thank you!



## CARERS WEEK – 6<sup>th</sup> – 12<sup>th</sup> June 2022

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution carers make to families and communities throughout the UK. You can find out about local support groups and carers support services available in your area by contacting the organisations below. They can tell you what rights you have and arrange a carer's assessment - looking at your needs, support, emotional assistance and practical help such as care workers in the home. Contact:



- **Carers Count Kirklees** – 0300 012 0231, <https://carerscount.org.uk/>;
- **Making Space Calderdale Well-being Service** – 01422 369101, <https://makingspace.co.uk/carers-wellbeing-service-calderdale>

- **Carers Trust** (national charity) <https://carers.org/> have a network of local services providing support to carers, as well as a grants programme for one off support.

## KOOTH: Online free, safe and anonymous support for children and young people, aged 10 – 25 in Calderdale and 11 – 25 in Kirklees



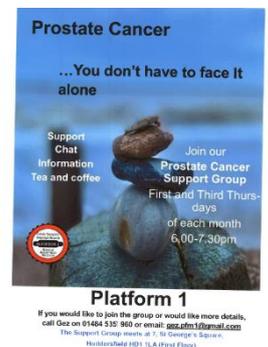
Trying to protect children from difficult news, worry and distress is natural. You may have concerns that delay or stop you explaining what is happening. You may feel it will bring home the reality of the situation when you are still struggling to come to terms with it yourself. But not explaining what is happening may make young people feel more vulnerable. Children often know when something serious is affecting the family and people

they are close to. It is important to give them the chance to talk openly about their fears and worries. Kooth is a free online mental well-being community where your children can access safe and anonymous support. Find out more here: <https://www.kooth.com>

## PROSTATE PLATFORM1 CANCER SUPPORT GROUP

A new prostate cancer support group has started at Platform 1 in Huddersfield, (7, St George's Square, HD1 1LA) meeting for a chat, information, tea and coffee on the first and third Thursdays of each month, 6.00pm til 7.30pm. If you would like to join the group, please contact Gez on 01484 535 960 or email [gez.pfm1@gmail.com](mailto:gez.pfm1@gmail.com).

We're currently compiling a list of other local support groups which are returning after the pandemic, which we will share with you shortly.



## APPEAL FOR CANCER CHAMPIONS – help tackle cancer



Have you or a loved one been affected by cancer? Help others to spot the first signs of cancer and reduce their risk. Our patient representative, David Blunt, is involved as a trustee for Yorkshire Cancer Community, a local information and support network for patients,

carers, and healthcare professionals. The charity runs a cancer awareness project in partnership with West Yorkshire & Harrogate Cancer Alliance to empower and inform. As a Cancer Champion, David helps to share key messages around healthy lifestyles and cancer prevention at events and talks, promoting the benefits of early diagnosis. The charity want people with lived experience of cancer, or of caring for someone with cancer, to join to ensure more people in Yorkshire are diagnosed earlier and have the information to reduce their risk. By becoming a Cancer Champion you will help people to feel more aware of any unusual body changes, so they feel more confident to visit their GP and discuss concerns. Being a Cancer Champion is voluntary and people do not need to have any medical knowledge - training and support is provided. To find out more, please contact Jill Long on 07715 217845 or email [jill@yorkshirecancercommunity.co.uk](mailto:jill@yorkshirecancercommunity.co.uk). [www.yorkshirecancercommunity.co.uk/cancersmart/](http://www.yorkshirecancercommunity.co.uk/cancersmart/)

### Sending our best wishes to you all

The CHFT Macmillan 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)