



We are the **CHFT Cancer Support Service in partnership with Macmillan**. 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

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

BODY MATTERS

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 second Body Matters session will run on Microsoft Teams on **Monday 28th March 2pm – 3/3:30pm**. Angela Khan, Urology CNS will host a question and answers session about Erectile Dysfunction following medical or surgical treatment. Julie Hoole, Rapid Diagnostics Programme Manager and psychosexual-therapist will look at the impact of this and female sexual dysfunction, and consider what can help.

MACMILLAN
CANCER SUPPORT
**CANCER AND
YOUR SEX LIFE**



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

<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlNpXfWPI81UMkFZSFFGNII0MkY3S045WjVRNUVBUk9GOC4u>

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 is there to support you in feeling less overwhelmed after a cancer diagnosis. Take a look at our hospital website...

<https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps> (or google CHFT First Steps) where you will find information and short videos on useful topics such as managing emotions and fatigue, sleep, diet, physical activity, smoking cessation 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 7th March, Monday 4th April and Monday 9th May at 10am until 11.30am.**



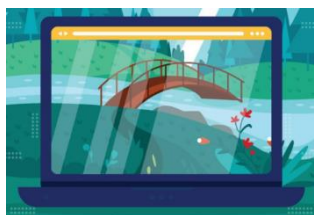
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VIRTUAL SUPPORT GROUPS IN MARCH, APRIL & MAY 2022

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

Virtual Macmillan Health Walk 2pm until 3pm



Thursday 3rd March
Thursday 7th April

We are pleased to let you know that we are currently planning the relaunch of our face-to-face walking group in Greenhead Park. We will keep you updated about this and are looking forward to hopefully seeing you all in person again soon!

Virtual Macmillan Coffee Support Group 2pm until 3pm

Wednesday 16th March
Wednesday 20th April
Wednesday 18th May



**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.*

BREAST BUDDIES – supporting those who are going through treatment or have finished treatment for breast cancer



Breast Buddies is a monthly support group whose aim is to support people who are going through treatment or who have finished treatment for breast cancer and are maybe feeling a little lost. You are welcome to take a friend along.

Meetings are held on the last Monday of the month except in December 2022 at **Lower Hopton Working Men's Club, 53 North Street, Mirfield, WF14 8PN.**

You can also contact Breast Buddies on **07741258812 / 07929797119** for more details.

COVID-19 SUPPORT - Community response

The Covid-19 Community Response is aimed at supporting those who are most vulnerable and in need of support, and who cannot currently get this help directly from friends, relatives or neighbours. Although we know that Covid rules and restrictions have changed, you can still register with the local council and ask for help with shopping/collecting prescriptions/dog walking etc. Below are the links or phone numbers you need:

- Up to date Covid guidance for people who are extremely vulnerable is here: <https://www.gov.uk/coronavirus-extremely-vulnerable>
- Also register with your local council:
For Calderdale residents – phone 01422 392890 or follow this link:



<https://calderdale.gov.uk/v2/coronavirus/community-support/request-support>

- For Kirklees residents - phone 01484 226919 or follow this link – <https://www.kirklees.gov.uk/beta/advice-support-and-sharing/covid-19-community-response.aspx>

The **Staying Well Project in Calderdale** are also offering support for vulnerable people during isolation – this may include shopping/collecting prescriptions and telephone befriending. You can contact them by phone – 01422 392767 or email stayingwellproject@calderdale.gov.uk

HEADWRAPPERS – Virtual Hair Loss Support

The Charity 'HeadWrappers' is a hair loss advisory service, focusing on alternatives to wigs, helping with scarf tying and teaching practical tips around scalp care. Virtual sessions aim to help people look good and feel more confident about themselves as they undergo cancer treatments which may cause hair loss. The session gives you the chance to ask any questions. When you register, the charity will also kindly send you a free scarf to practice tying in the virtual session.

The Headwrappers Hair Loss Support Sessions are on the second Tuesday evening and the third Wednesday morning of every month so upcoming dates are:

Tuesday, March 8th, 7:00 - 8:00 pm

Wednesday, March 16th, 11:00 am - 12:00 pm

Please contact the number below to book a place

The support session is run via Microsoft Teams.



Scarf tying techniques

Free Headscarf posted to your home

Practical tips for hair and scalp care

Talk through concerns over hair loss

Feel more confident coping with hair loss

Please also have a look at the charity's website to find out more information: www.headwrappers.org - 0203 633 4713

JENNIFER YOUNG – Beauty Despite Cancer and Hair loss support for Breast Cancer patients

Founded by Jennifer Young in 2013, Beauty Despite Cancer is the recognised expert in specialist skincare for those living with and beyond cancer. Not only do they sell a range of products to help with skincare and hair loss during cancer, but they also have a website that is full advice and tips to help those in need. While it's not often spoken about, the side effects of cancer treatment can be extremely distressing, at a time when people are already going through enough. Hair loss is often rated as one of the most common and feared aspects of chemotherapy. Jennifer's website has a range of different tips and advice on hair loss and scalp care, itchy skin, and fatigue, just to name a few. Please see the link below for more information and advice on hair loss:



<https://www.beautydespitecancer.com/blogs/hair-loss>

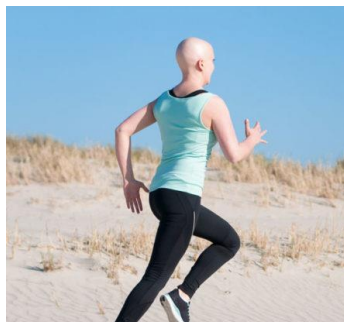
CANCER AND PHYSICAL ACTIVITY: CAN YOU HELP SOME STUDENTS AT THE UNIVERSITY OF HUDDERSFIELD?



University of
HUDDERSFIELD

Our service works closely with Dr Kevin Kipling, Senior Lecturer in Sport and Exercise Science at the University of Huddersfield.

You may have met Kevin at one of our courses as he often joins and gives talks on the importance of physical activity when you have a cancer diagnosis. Prior to the pandemic, Kevin ran some exercise classes at the university for people affected by cancer. He is planning the relaunch of these soon, so watch this space for further details.



Kevin has been in touch to ask for some help for two of his university students who are studying Sport, Exercise and Nutrition. They are looking at physical activity following a cancer diagnosis and want to know your views.

There are two questionnaires - one about the importance of physical activity when you are first diagnosed with cancer (prehabilitation).

Prehabilitation (prehab) means help getting ready for cancer treatment before it starts, by offering physical activity/exercise support, dietary advice and psychological support. The second is looking at the impact of the Covid pandemic on activity levels after a cancer diagnosis.

As well as the questionnaires, Kevin's students would also like to interview 6 patients to talk to them in more detail about physical activity. This will probably be over Microsoft teams and should take 15 – 20 minutes.

If you are able to complete one or both questionnaires and/or speak to Kevin's students for an interview, then please contact Kevin directly on the contact details below:

Email: kevin.kipling@hud.ac.uk

Tel: 07904 249496

Thank you so much for your help with this, which is much appreciated. We really want to support Kevin and his students in this project, as he has done a lot to support our patients over recent years.

ONLINE EXERCISE CLASSES VIA THE 'ACTIVE AGAINST CANCER' WEBSITE

Active Against Cancer is a Harrogate organisation which offers exercise support for people affected by cancer. Although our local patients can't access this 1:1 support, the organisation has shared the link to their online classes for people affected by cancer.

<https://www.activeagainstcancer.org.uk/online-classes/>

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.

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