

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 right there with 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

VIRTUAL FIRST STEPS PROGRAMME



Our information and support session for people recently diagnosed with cancer continues online. The aim is to help you support yourself and know who can support you, as you start your cancer journey. We have recorded various videos and put information on our Trust website which can be read and watched at your own leisure. Please either **Google 'CHFT First Steps'** or follow the link <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>. Then, we invite you to join us on **Friday 9th April at 10am** for an online discussion group with professionals, where you will have a chance to ask any questions. The May session is on **Friday 7th May** at 10am.

VIRTUAL END OF TREATMENT HEALTH & WELLBEING EVENT



This online 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. The event is on **Wednesday 5th May 2021, 10am until 2.45pm via Microsoft Teams** and involves various aspects of living with and beyond cancer that may be important in ensuring that you move forward and enjoy a healthy lifestyle. If you have not used Microsoft Teams before, we can arrange a test video call before the event.

Both patients and family members are welcome to join all virtual events.

To book on to First Steps and/or the Health and Wellbeing Event please complete the consent form on our trust website at this link, which will generate a booking email: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/book-on-first-steps-discussion-group/>

Please note booking will close 48 hours before the event, so we encourage you to book in plenty of time. If you have any difficulties booking, or if you do not have the technology and would like some information to be sent in the post, please contact our Macmillan Information Team on the above numbers or Heather Milner, Cancer Team secretary on **01484 343490** or e-mail Heather.Milner@nhs.net.

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PREHABILITATION

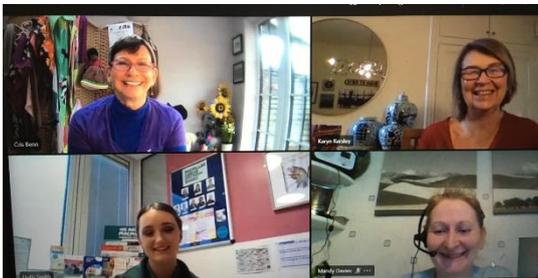
The Macmillan Prehabilitation project continues and Macmillan are funding a third year into 2022. Prehabilitation is a new approach to cancer care which is being used here at Calderdale and Huddersfield and is reporting huge benefits for people diagnosed with cancer.

Prehabilitation is a set of personalised health and well-being interventions to support patients before, during and after cancer treatment. The main focus is on positive behaviour change including increasing physical activity, nutritional support and psychological well-being, including help to stop smoking and reducing alcohol consumption. Kath, from Halifax took part in an individualised prehabilitation programme last year after her diagnosis of lung cancer. Read her story below.

“When I was first diagnosed with cancer in July last year, I cried every day, I felt my body was not my own. I was contacted by the Macmillan Lung Cancer Nurse and she put me in touch with the prehabilitation programme. It was just the boost I needed, encouraging me to stay active, as well as supporting me with healthy eating. Afterwards, I felt physically stronger as I was much more active than before. It had a massive effect on my quality of life.”

Support continues to be offered through our Virtual First Steps cancer programme and more one to one support from our Prehabilitation Lead Nicky Hill.

HEADWRAPPERS – Virtual Hair Loss Support



Our next Virtual Headwrappers Hair Loss Support Session is on **Wednesday 28th April at 11am**. The support session is run via Microsoft Teams. 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. Please contact us on the above numbers to book a place and we will send you a registration link. Please also have a look at the charity’s website to find out more information: www.headwrappers.org



VIRTUAL SUPPORT GROUPS IN APRIL, MAY & JUNE 2021

The dates for our online support groups, via Microsoft Teams are:
[Virtual Macmillan Health Walk](#) [Virtual Macmillan Coffee Support Group](#)

Thursday 1st April 1pm – 2pm

Wednesday 21st April 2pm – 3pm

Thursday 6th May 1pm – 2pm

Wednesday 19th May 2pm – 3pm

Thursday 3rd June 1pm – 2pm

Wednesday 16th June 2pm – 3pm

Please contact us to book a place. You will need to have a device with a webcam and microphone, which are built into most laptops/tablets and smartphones.



BOWEL CANCER AWARENESS MONTH

Bowel cancer is also called colorectal cancer. It affects the large bowel, which is made up of the colon and rectum. Bowel cancer is the fourth most common cancer in the UK. Over 42,000 people are diagnosed with bowel cancer every year in the UK.

In England, Wales and Northern Ireland people over the age of 60 are invited to take part in bowel cancer screening. From April 2021, the NHS in England will start rolling out bowel screening to people over the age of 50. In Scotland, screening starts from age 50. You'll be invited to take part in screening every two years until you reach the age of 75.

Each of the screening programmes in the UK use home tests, which look for hidden blood in poo. If you're registered with a GP and within the eligible screening age range, a test will be automatically posted to you, so you can complete it in the privacy of your own home.

[Further information](#) about the test and how to use it is available to download in 10 different languages including Polish, Urdu, Arabic and Chinese (simplified and traditional).

<https://www.gov.uk/government/publications/bowel-cancer-screening-benefits-and-risks>

NUTRITION AND CANCER

The food you eat during and after cancer treatment can play an important role in your recovery. But cancer and its treatment can sometimes change how and what you're able to eat. A diet that is healthy for one person may not work for someone else. Follow this useful link to search for recipes via symptom and diet types <https://www.mskcc.org/experience/patient-support/nutrition-cancer>



WHAT IS PANCREATIC CANCER?

Everyone has a pancreas, unless it has been removed. The pancreas is a large gland behind your stomach; at the back of the tummy (abdomen). Pancreatic cancer develops when cells in the pancreas grow out of control, forming a lump. You might hear this called a tumour or mass. There are different types of pancreatic cancer. Pancreatic cancer affects men and women in the same way. Someone with pancreatic cancer may not have all the symptoms listed below, as the symptoms can vary for each person. The signs and symptoms of pancreatic cancer can include pain in your tummy or back, losing weight without meaning to, indigestion, jaundice, and changes to your bowel habits. These symptoms can be caused by lots of things, and are unlikely to be pancreatic cancer. If you are not feeling well and you have any of these symptoms, speak to your GP to check if there is anything wrong.

Dealing with the emotional impact of pancreatic cancer

If you have been recently diagnosed or are living with and beyond pancreatic cancer there is some useful information on the pancreatic cancer website:

<https://www.pancreaticcancer.org.uk/information/dealing-with-pancreatic-cancer/dealing-with-the-emotional-impact-of-pancreatic-cancer/>

**Pancreatic
Cancer
UK**

MESOTHELIOMA (MESSY) SUPPORT YORKSHIRE



Mesothelioma Support Yorkshire (MESSY) aims to provide information, support and practical advice to people affected by this rare, asbestos related cancer (mesothelioma). MESSY welcomes people affected by mesothelioma to a virtual meeting via **Zoom!** every 2 weeks to share experiences, support one another and learn more about mesothelioma. The meetings are facilitated by Simon Bolton, the Mesothelioma UK Nurse Specialist for the region. All meetings are **FREE** of charge.

Dates:

Friday 16th April

Friday 14th May

Friday 11th June

Friday 9th July

Friday 30th April

Friday 28th May

Friday 25th June

Time:

All dates 2-4pm

If you would like to know more about the group, or would like a Zoom! invite to the meetings, please contact **Simon Bolton on 07717693177 or email simon.bolton1@nhs.net**

WEB PAGES

Our hospital web pages have been updated – you can find out more about site specific information here: <https://www.cht.nhs.uk/services/clinical-services/oncology>;

Chemotherapy information here: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/chemotherapy-service>;

Our service and First Steps here: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/services-available-to-support-you>;

Carers information here: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/carers-family-and-friends-information-hub>. Why not have a look at some of the new videos there too?

CANCER INFORMATION IN YOUR LANGUAGE

Do you need cancer information in other languages? We can help

Punjabi - ਕੀ ਤੁਹਾਨੂੰ ਦੂਜੀ ਭਾਸ਼ਾਵਾਂ ਵਿੱਚ ਕੈਂਸਰ ਦੀ ਜਾਣਕਾਰੀ ਦੀ ਜ਼ਰੂਰਤ ਹੈ? ਅਸੀਂ ਮਦਦ ਕਰ ਸਕਦੇ ਹਾਂ

Urdu - کیا آپ کو دوسری زبانوں میں کینسر سے متعلق معلومات کی ضرورت ہے؟ ہم مدد کر سکتے ہیں

Gujarati - શું તમને બીજી ભાષાઓમાં કેન્સરની માહિતીની જરૂર છે? અમે મદદ કરી શકીએ છીએ

Polish - Czy potrzebujesz informacji na temat raka w innych językach? Możemy pomóc

We can also help you find easy read booklets, audio formats and information in other languages – please contact us for further information. The Macmillan Support Line (0808 808 0000) also operates an interpreter service – simply say in English, which language you would like to use.

Sending our best wishes 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