

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

FIRST STEPS

VIRTUAL FIRST STEPS PROGRAMME for newly diagnosed patients and family members

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 **use the QR code or follow the link**

<https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>.



Once you have looked at the information on the website, we invite you to join us for an online discussion group with professionals, on **Friday 6th August, 10am til 11.30am**, where you will have a chance to ask any questions. Dates of the next couple of First Steps sessions are on **Friday 3rd September at 10am and Friday 1st October at 10am**. Patients have told us that attending First Steps helps them to feel supported and less overwhelmed by their diagnosis.

If you are unable to access the website and virtual session, we can send you some paper information and a DVD containing the videos from the website.

VIRTUAL END OF TREATMENT HEALTH & WELLBEING 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 at our virtual end of treatment health and wellbeing event. 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. The event will be held **ONLINE on Thursday 9th September 10am until 2.30pm 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 Health and Wellbeing 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.

Discover Our New Cancer Support App!

Our Trust has just launched its new mobile application (App) called '**CHFT Cancer Support**' which is available for free on the app store or google play. The app has key links to information to support you during your cancer diagnosis, as well as you being able to sign up to access your clinic letters via the '**Your EPR Patient Portal**.' Please download the app and take a look – we would be interested in your feedback.



**MACMILLAN'S
TELEPHONE BUDDY SERVICE
SERVICE IS HERE FOR YOU**



MACMILLAN TELEPHONE BUDDIES

Going through cancer can be an isolating experience at any time, and especially when social distancing. Macmillan's free Telephone Buddy service is here for you. You will be matched with someone who understands what you're going through, and they'll give you a weekly call.

How it works:

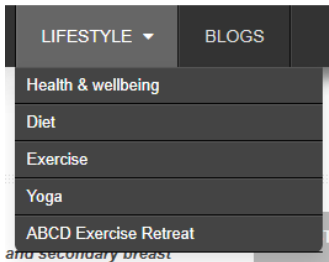
- You sign up to register your interest: <https://www.macmillan.org.uk/get-involved/campaigns/telephone-buddies>
- Macmillan will get in touch to find out what support you need
- You will be found a Telephone Buddy who suits your needs
- You'll get a weekly call from your Telephone Buddy

You'll receive up to 8 weeks or more of support, or whatever works best for you. Your volunteer buddy will be a listening ear, ready to talk about how you're feeling and your support needs during this difficult time. They can also let you know about our services, and all the ways Macmillan can help, to ensure you don't face cancer alone.

AFTER BREAST CARE DIAGNOSIS & EXERCISE RETREATS

'Abcdiagnosis' is an organisation and network offering peer to peer support for people with breast cancer. The aim is to reduce fear, anxiety and isolation, while supporting people to resume normal life, living both with and beyond breast cancer.





Following her own breast cancer diagnosis on 2007, Jo Taylor set up the abcdiagnosis website in 2013, making more information available to primary and secondary breast patients regarding surgery options, exercise and the latest cancer developments. Exercise became a key part of Jo's approach to her own diagnosis in order to support her mental health and well-being and she started to offer exercise retreats. These have just resumed following Covid with dates on the website <https://www.abcdiagnosis.co.uk/lifestyle/abcd-retreat/> . You can also contact jo@abcdiagnosis.co.uk for more information about exercise retreats.

METUPOK – #dyingforacure

METUPOK is a Metastatic Breast Cancer (MBC) patient advocacy group. They are working to improve outcomes for those living with MBC. They want people with MBC to gain access to the very best medicines to help them live longer and improve their quality of life. Take a look at their website for more information, aims and objective, research and trials. <https://metupuk.org.uk/about-us/who-are-we/>



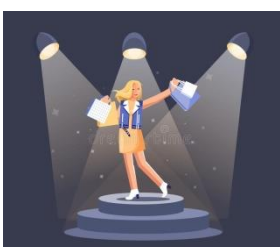
Whatever your reason for hosting a Coffee Morning on 24 September, it's a great one. Sign up to help Macmillan Cancer Support do whatever it takes for people living with cancer.

Whip up some Coffee Morning Creativity

1. Coffee and cake-away. Set up a stall for friends, neighbours or desk buddies to pop by and donate.
2. Create your own games. Make a target on the table for guests to throw coffee beans into or guess the number of chocolate chips in a mega large cookie.
3. Mix in a quiz. Host a quiz for your virtual office and people can donate to take part.
4. Bake 'n' make. Share your favourite bake and auction off the recipe. You could bake it together virtually too.
5. Share your fundraising page and QR codes for people to donate online. You may find guests that can't make the day, would like to donate too.

To sign up to host your event, copy this link: <https://coffee.macmillan.org.uk/>

WOULD YOU LIKE TO SHARE YOUR STORY TO PROMOTE MACMILLAN'S WORK?



As part of the Macmillan coffee morning campaign, our local Macmillan engagement team are looking for some patients to share their story about how Macmillan has helped to support them through cancer. Would you like to take part? If you would be happy to share your story and that be used in potential publicity to help promote Macmillan, please get in touch – our engagement team would be very grateful for your time and help!

VIRTUAL SUPPORT GROUPS IN AUGUST, SEPTEMBER & OCTOBER 2021

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

Virtual Macmillan Health Walk

Thursday 5th August 1pm – 2pm
Thursday 2nd September 1pm – 2pm
Thursday 7th October 1pm – 2pm



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. We're still waiting to confirm dates for in person walks at the current time.

Virtual Macmillan Coffee Support Group

Wednesday 18th August 2pm – 3pm
Wednesday 15th September 2pm – 3pm
Wednesday 20th October 2pm – 3pm



NEXT THINKING AHEAD AND iHOPE COURSES IN THE AUTUMN!

We are in the process of organising Autumn dates for our iHOPE Course - Macmillan's health and wellbeing course which helps to manage the stress of cancer, and our Thinking Ahead Programme – for patients and family members affected by incurable cancer. Please get in touch to express your interest and we will let you know when the dates are confirmed. We have also worked with the company Deadline Digital to produce a five minute film and three short films about the benefits of our Thinking Ahead Programme. Please go onto You Tube and search for 'CHFT Thinking Ahead' to watch the short films. We hope that the films encourage more people to access this valuable support.



MAGGIE'S LEEDS SUPPORT TIMETABLE FOR AUGUST

Find out what cancer support is available this coming month and how to join. Book a time to visit Maggie's Leeds or if you are already visiting the hospital, just pop in. Support groups are also available **ONLINE**. Click this link to take a look at their timetable

<https://www.maggies.org/our-centres/maggies-leeds/timetable/>



The timetable includes:

- Help with money worries
- Look Good Feel Better
- Managing stress
- PANPALS (pancreatic cancer support group)
- Men's support group
- Where now? Support beyond treatment
- Will writing
- Move, dance, feel

You can contact Maggie's Leeds on: **0113 4578364** or email: leeds@maggies.org Monday to Friday 9am until 5pm

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