

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)



## 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 3<sup>rd</sup> September, 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 1<sup>st</sup> October and Friday 5<sup>th</sup> November 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.

**To book on to First Steps** please complete the consent form on our trust website by clicking 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/>

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### 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.





## WORLD'S BIGGEST COFFEE MORNING HOST A COFFEE MORNING



Whatever your reason for hosting a Coffee Morning on **Friday 24<sup>th</sup> 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/>

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### Cancer SMART Project Launches Podcast!

Join the no nonsense conversation as you hear all things cancer, dispel some myths and how to stay healthy.

**Available across Spotify, Apple Podcasts, Amazon music and Audioboom**

Scan the QR code and choose which listening platform you prefer or search for 'You Cancervive' in your preferred app



### MAGGIE'S FAMILY DAY

Join Maggie's for a family day on **Saturday 25<sup>th</sup> September 11am – 3pm.**

Family Days are for children who have a parent, carer or close family member who is having cancer treatment along with any family members.

Maggie's professional team will facilitate the day, aiming to normalise cancer treatment and provide an informal, fun environment and to answer any questions or issues that families might have. The day includes art and crafts with an Art Therapist, exercise sessions, cookery, and nail/face painting. For more information, call Maggie's on **0113 4578364** or email

**leeds@maggiescentres.org** or just drop in on the day at any time between **11am and 3pm** at **St James's University Hospital, LS9 7BE.**

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JOIN  
US FOR OUR FAMILY  
DAY  
SATURDAY, 25<sup>TH</sup> SEPTEMBER  
11AM - 3PM.

### YORKSHIRE SMOKE FREE SERVICE

Quitting can be hard but it's easier with NHS specialist support. You can get help in lots of different ways depending on your preference and what's available in your area. Yorkshire Smoke Free offer **FREE** telephone support, face to face sessions, and an online quit program. Their services are friendly and flexible and you will always have access to specialist advisors who have helped 1000s of people to go smoke-free. You can talk to an advisor on **0800 612 0011** (free from landlines) or **0330 6601 166.**

## VIRTUAL SUPPORT GROUPS IN SEPTEMBER, OCTOBER & NOVEMBER 2021

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

### Virtual Macmillan Health Walk

Thursday 2<sup>nd</sup> September 1 – 2pm

Thursday 7<sup>th</sup> October 1 – 2pm

Thursday 4<sup>th</sup> November 1 – 2pm

### Virtual Macmillan Coffee Support Group

Wednesday 15<sup>th</sup> September 2 - 3pm

Wednesday 20<sup>th</sup> October 2 – 3pm

Wednesday 17<sup>th</sup> November 2 – 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. We're still waiting to confirm dates for in person walks at the current time.



## OUR NEXT THINKING AHEAD PROGRAMME IN THE AUTUMN!

We are in the process of organising autumn dates for 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. Take a look on 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.



## AUTUMN'S iHOPE COURSE – Wednesday 6<sup>th</sup> October until Wednesday 17<sup>th</sup> November



The iHOPE Course has been a great success and we are super excited to announce that we now have a date for the autumn iHOPE Course! **Wednesday 6<sup>th</sup> October – Wednesday 17<sup>th</sup> November 10:30 – 12pm.** iHOPE is Macmillan's health and wellbeing programme for anyone affected by cancer and includes wellbeing topics such as managing stress, communication, keeping active, gratitude and goal setting. The course consists of online content to complete which you can do at your own pace during the week. We then invite you to an optional weekly meeting with our team.

One patient from the last course said: *"I was a little sceptical about taking part in the course to begin with, unsure why. However, I am so glad I made the decision to take part. It has given me lots of strategies and tools to use and a different way to look at certain situations. Everyone in the group has been so supportive of each other and the facilitators were fantastic!"*

**TO BOOK:** Please contact us for further details. Here you can watch a video of David, who attended a previous iHOPE course, talking about the course on our trust website: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/health-and-wellbeing-programme/ihope-help-overcoming-problems-effectively>

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## **MACMILLANS PARTNERSHIP WITH TOOLSTATION!**

We are delighted that colleagues from Toolstation have chosen to support Macmillan as their next charity of the year partner. Toolstation is one of Britain's fastest growing suppliers of tools, accessories and building supplies to the trade, home improvers and self-builders.



Over the next two years, through a variety of colleague and customer fundraisers, Toolstation are hoping to raise an incredible £250,000. This will help Macmillan to fund vital physical, financial, and emotional support to the millions of people living with or affected by cancer in the UK. To get involved or donate click or copy this link:

<https://www.justgiving.com/campaign/toolstation>

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## **SEPTEMBER IS BLOOD CANCER AWARENESS MONTH**

Blood cancer is a type of cancer that affects your blood cells. Over 40,000 people are diagnosed with a blood cancer each year in the UK, and over 250,000 people are currently living with blood cancer.

If you've recently been diagnosed with any type of blood cancer, you may also want to read this useful information on useful things to know at this difficult time

<https://bloodcancer.org.uk/understanding-blood-cancer/just-diagnosed/>

Lymphoma is one type of blood cancer. Lymphoma Action are determined to tell as many people as possible about lymphoma to highlight the fact it is the most common form of blood cancer and to make sure people know the symptoms and that we are there for them if they need information and support. For more information and support about lymphoma you can visit

<https://lymphoma-action.org.uk/support-you> or contact **0808 808 5555**

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