



June 2023 Newsletter



June is Pride Month. This Pride, we want to remind you that, no matter how you identify or who you love, we are here for you.

For further information and support <https://www.macmillan.org.uk/cancer-awareness/lgbtq-pride-month>



We are hugely grateful to our amazing team of volunteers who support our cancer patients and their families by running our support groups, meeting people in our centres and answering the phone, sharing their stories at various meetings and helping to run our education programmes. The whole team serve enthusiastically and with compassion and we are grateful for their dedication, time and hard work, thank you.



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges and recognise the contribution carers make to families and communities. Carers week also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support. More information can be found at <https://www.carersweek.org/>

carersweek.org

Locally there are other support groups and websites with information

- <https://carerscount.org.uk/>
- <https://www.trustwellbeing.org.uk/>
- <https://carers.org/getting-support-if-you-are-a-young-carer-or-young-adult-carer>
- <https://makingspace.co.uk/services/carers> (For Calderdale patients) you can self-refer by completing this form https://webforms.dizons.co.uk/making_space/referral

Macmillan's iHOPE Programme – for anyone who has had a cancer diagnosis next course date

6th June – 18th July. This free course runs over six weeks and consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators. The course aims to help with the stress of cancer, support health and wellbeing and build up emotional resilience.

To find out more and to book a place please contact the **Macmillan Information & Support Service**



19 - 24 June is Cervical Screening Awareness Week 2023

Macmillan have information and support if you're worried about cervical screening or your screening results. <https://www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week>



Macmillan Work Support Service

The work support team at Macmillan can help you to understand your rights at work. It is available to anyone affected by cancer who is employed or self employed. The work advisors are available 8am til 6pm Monday to Friday on 0808 808 0000. They can also offer guidance on how to talk to your employer and negotiate adjustments at work. If you need one-off legal advice they can refer you as well as provide information on sick pay and taking time off.

Penny Brohn online courses – <https://www.pennybrohn.org.uk/find-help/online-services/> consist of movement and exercise, nutrition, resilience, treatment support programme and wellbeing.

These free online Zoom sessions are available to anyone affected by cancer. Their client support team is available to offer a listening ear and help you with more information, guidance and bookings.

Email bookings@pennybrohn.org.uk or call [0303 3000 118](tel:03033000118) to speak confidentially to one of their friendly team.

Walking Group



Macmillan Health Walks will take place on **Thursday 1st June and 6th July** at Greenhead Park, Huddersfield – meeting at the conservatory.

We ask you not to attend if you have any Covid symptoms please.

If you haven't been before, please come ten minutes early to fill in a registration

Hair loss Support

Cancerhaircare.co.uk



The Charity offers a FREE hair loss advisory service led by trained Cancer Hair Care NHS Clinical Specialists

To speak with a Specialist or Advisor, ring 01438 311322

Their e-mail address; support@cancerhaircare.com
They provide hair loss dollies and other resources to explain hair loss to children.

Head Wrappers – also a free hair loss advisory service and charity

<https://www.headwrappers.org/>
Free online sessions to learn how to tie head scarves and build up confidence after hair loss.



simply wigs
for a personal and professional touch

Simply Wigs, Wig Bank - obtain a brand new/nearly new wig for a minimal donation of £5.00. The proceeds are then donated to charity.
Simply call 01484 840100 and make an appointment

Spa Fields Industrial Estate, 2a-2e, New St, Slaithwaite, Huddersfield HD7 5BB

They no longer accept donations unless the wigs are brand new.

If you are new to the world of wigs, then this is a fabulous opportunity to perhaps start wearing a wig in the comfort of your own home, to see if wearing a wig is the way forward for you.

There is no limit to how many wigs you wish to purchase

Men's Cancer Support Group

It is not necessary to book a place, you can just turn up.

Location: **Legends Café at the John Smith Stadium Huddersfield HD1 6NA**

Time: **2.15pm – 4pm**

Dates: **Thursday 29th June 2023**
- **Lee Mellors doing a talk on 'exercise & cancer'**

Thursday 27th July 2023 2.15pm – 4pm
- Tour of John Smith Stadium

Contact Us - CHFT Macmillan Information and Support Service



The Jayne Garforth Macmillan Information Centre, Calderdale Royal Hospital (CRH)
Greenlea Oncology Unit, Huddersfield Royal Infirmary (HRI)

01422 222709 (CRH)
01484 343614 (HRI)

cancer.information@nhs.net
#CHFT Macmillan support



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