



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 Email us at cancer.information@nhs.net

THINKING AHEAD COURSE – Starting 7th March 2023

Our next **Thinking Ahead Course** for patients with incurable cancer and family members begins on Microsoft Teams on **Tuesday 7th March** until **Tuesday 25th April**, 1.30pm til 3pm (with a break over Easter). This course is designed to help support people who may feel in limbo, not knowing how to look after themselves or what support is available. We encourage family members to attend, and family members are welcome even if the patient does not wish to join the course. There are lots of helpful talks with guest speakers to find out how to support yourself and plan ahead, such as diet, managing uncertainty and fatigue, advance care planning and sorting financial affairs. If you would like to join the course, we have places available, so please get in touch on the contact details in the box above. You will need to complete a consent/booking form. We can also help you get set up with the technology if you have never used Microsoft Teams before. We made a film of attendees talking about the Thinking Ahead course in 2021 which you can watch on You Tube – **Google 'CHFT Thinking Ahead.'**



Support for 18 – 30 year old cancer patients from the Ella Dawson Foundation

The Ella Dawson Foundation is offering funded counselling and clinical psychology support for young people with cancer (18 -30) and their families/carers/partners. This support can be accessed for up to 2 years post completion of active treatment. Appointments are usually available within a couple of weeks and they typically fund up to 6 sessions, but this is flexible dependant upon need. Counselling is based locally so can be in person or online and Psychology is generally online with one of their psychologists specialised in young person oncology. The Ella Dawson Foundation also has a team of wellbeing practitioners who promote exercise, healthy lifestyles, nutrition and physical and mental wellness.



ella dawson
FOUNDATION

helping young adults
live **well** with cancer

To find out more, contact 07966 9432403 or have a look at their website:

<https://www.elladawsonfoundation.org.uk/> or contact info@elladawsonfoundation.org.uk

Macmillan Walking Group



Our Macmillan Health Walks continue on the first Thursday of the month at Greenhead Park, Huddersfield – meeting at the conservatory, and it's great to see some new faces joining the group each month. The next dates are **Thursday 2nd March and Thursday 6th April at 10.30am** Come along and join our volunteers for a gentle walk round the park and an optional coffee afterwards. 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 form. Everyone welcome!

Prayer Support through Cancer

Firm Roots Cancer Support is a Christian charitable organisation which offers prayer support groups and Christian retreat days for people affected by cancer. There is a Firm Roots group in Huddersfield which meets at Kirkheaton Parish Centre, Church Lane, Kirkheaton HD5 0BH on the first Thursday of every month, 6.30pm til 8pm – the next meetings are on Thursday 2nd March and 6th April. This is a group offering friendship, encouragement and prayer support for people affected by cancer. Firm Roots was set up by our manager, Helen Jones, following her own cancer diagnosis on 2010. Helen helps to run the Huddersfield group and other groups now run around the country. Everyone is welcome whether you have a faith or not, and you can email Helen.Jones@firmroots.co.uk if you would like the group to pray for you/your family member. You can also contact Helen on 01484 343614 to find out more. www.firmroots.org.uk



Men's Cancer Support Group



Our men's cancer support group is also continuing to meet monthly on the last Thursday of the month, at Legend's café, John Smith's Stadium, Huddersfield, 2.15pm til 4pm. The group is for any men with a cancer diagnosis or partners supporting someone through cancer. Each meeting includes a speaker, quiz and time to chat. The next meeting dates are Thursday 30th March and Thursday 27th April. Please contact us for more information, or just turn up – no booking necessary.

March is Prostate and Ovarian Cancer Awareness Month

In the UK, about 48,600 men are diagnosed with **prostate cancer** each year. If you are a trans woman or are non-binary assigned male at birth, you also need to be aware of prostate cancer and its effects. Prostate cancer is a common cancer which starts in the cells of the prostate, a small gland which is just below the bladder and in front of the rectum. Prostate cancer symptoms can include needing to wee more often especially at night, have difficulty weeing or

feeling as though the bladder is never completely emptied. It is important to see you GP if you experience any symptoms and they can make a specialist referral if needed. Support organisations/charities include:

PROSTATE CANCER UK

0203 3107000 <https://prostatecanceruk.org/>

For information and materials

<https://prostatecanceruk.org/prostate-information/our-publications>



90% of women don't know the four main symptoms of **Ovarian cancer** which are Persistent stomach pain, persistent bloating, difficulty eating/feeling full more quickly and needing to wee more frequently.

These can also be symptoms of other, less serious, conditions such as irritable bowel syndrome, ovarian cysts and polycystic ovary syndrome.

you're experiencing these symptoms it doesn't necessarily mean you have ovarian cancer. Other Ovarian cancer symptoms might also include: indigestion, back pain, changes in bowel habits (going more often or a lot less), unexplained weight loss, post-menopausal vaginal bleeding, extreme tiredness. Again, see your GP with any concerns. Support organisations include:



If

TARGET OVARIAN CANCER

0207 9235470 <https://www.targetovariancancer.org.uk/>

For information and materials

<https://www.targetovariancancer.org.uk/ovarian-cancer-information-and-support>
<https://targetovariancancer.org.uk/ovarian-cancer-awareness-month>

OVACOM

0207 2996654 <https://www.ovacome.org.uk/>

For information and materials

<https://www.ovacome.org.uk/fact-sheets>



Ovarian.org <https://ovarian.org.uk/march-ovarian-cancer-awareness-month/>

Bereavement Support and Information

Various organisations exist to support people who are bereaved due to cancer – we can post out or email to you Macmillan's booklet about bereavement support which includes a list of organisations. A few useful organisations and contacts include:

West Yorkshire Grief and Loss Support Service - 0808 196 3833 - 7 days a week, 8am-8pm. <https://www.griefandlosswyh.co.uk/>

Cruse Bereavement Support Line - 0808 808 1677 - 7days, Monday to Thursday 9.30am-8pm, Friday 9.30am-5pm, Weekends between 10am -2pm. <https://www.cruse.org.uk/> Hope Again is the Cruse website for young people: www.hopeagain.org.uk



Hope Bereavement Support – offer bereavement counselling with trained, multilingual counsellors either face to face, by phone or through video calls -

<https://hopebereavementsupport.com/counselling/>

The Compassionate Friends – supporting bereaved parents and families -

<https://www.tcf.org.uk/> **0345 123 2304**

Monthly Bereavement Support Group via zoom with Full Circle Funerals – for information contact sarah@fullcirclefunerals.co.uk 01422 400 430

<https://fullcirclefunerals.co.uk/bereavement-support/bereavement-support-meeting/>

Bereavement Support Payment



Following a recent change to the law, bereaved spouses and common law partners under state pension age who have children and are claiming child benefit, may now claim the Bereavement Support Allowance. There are eligibility criteria which are – the remaining spouse/partner must be under state pension age and the patient must have paid national insurance contributions. This benefit is massively underclaimed

nationally, is not means tested and needs to be applied for within three months of a person's death. Payments consist of an initial sum and then up to 18 months of payments, depending on individual circumstances. **We would advise you to contact the Bereavement Service Helpline to check your eligibility**, find out more and apply: **0800 151 2012** or have a look at the government website <https://www.gov.uk/bereavement-support-payment/eligibility>

The **Tell us Once service** is a service that lets you report a death to most government organisations in once go <https://www.gov.uk/after-a-death/organisations-you-need-to-contact-and-tell-us-once>

Free Carer Wellness Sessions

Kirklees Wellness Service are offering group sessions to help with the worry of being a carer, building up resilience, understanding and managing emotions and being kind to yourself. Times and venues are:

- Wednesday 1st March, 10:30am-12:30pm, Brian Jackson Centre, Huddersfield
- Wednesday 15th March 2023, 10:30am-12:30pm, Dewsbury Customer Service Centre
- Wednesday 26th April, 6:00pm-7:30pm, Virtual
- Thursday 20th April, 1:00pm-3:00pm, Mirfield Library



For further information or to book your place on a session please contact Kirklees Wellness Service on 01484 234095 or book online at www.kirkleeswellnessservice.co.uk

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.

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Email: cancer.information@nhs.net