



We are the **CHFT Macmillan Information & Support Service**. We're based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Centre in the Macmillan Unit at Calderdale Royal Hospital. We're here to support you by offering a listening ear, practical, financial, and emotional support, as well as running various courses and support groups for patients and family members. Why not contact us to find out how we can help support you on: **01484 343614 (HRI) 01422 222709 (CRH)** or email us at **cancer.information@nhs.net**

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

WALKING GROUP

Our walking group is back face to face! Thursday 1st September and Thursday 6th October, 10.30am at Greenhead Park, Trinity St, Huddersfield HD1 4DT - meeting at the conservatory. Our walking group is a great chance to meet other people affected by cancer, get some gentle exercise, and then have a coffee and cake in the café if you want to. We ask you not to attend if you have any Covid symptoms please.

Everyone will need to complete a registration form on arrival, so please feel free to arrive 10 minutes earlier to do this. We are really looking forward to seeing you all again face to face at our walking group. **Please contact us if you need further information – 01422 222709, 01484 343614 or email us on cancer.information@nhs.net**



VIRTUAL COFFEE SUPPORT GROUP

Come along to our virtual coffee support group. Patients and family members are very welcome to join via **Microsoft Teams** for a chat, quiz, and peer support – please contact us for an invite.



Meeting dates:

- **Wednesday 17th August 2pm – 3pm**
- **Wednesday 21st September 2pm – 3pm**
- **Wednesday 19th October 2pm – 3pm**



FIRST STEPS

FIRST STEPS PROGRAMME – For patients and family members recently diagnosed with cancer – runs on the first

Monday of the month, 10am until 11:30am. Come along to support yourself through a cancer diagnosis and find out about services that can support you. The next dates for First Steps are **Monday 1st August, Monday 5th September, Monday 3rd October 10am until 11.30am on Microsoft Teams.**



Please have a look at the videos and information about First Steps on our hospital website or via the CHFT Cancer Support App. You can also book a place via our hospital website:

[https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-](https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps)



steps (or google 'CHFT First Steps') or scan the QR code. We are hoping to offer face to face First Steps sessions in the next few months – please watch this space for further details.

MACMILLAN BOOKLETS – AUDIO FORMATS AND OTHER LANGUAGES

Macmillan have worked to cater for all their patients, by ensuring their information is accessible in all formats and common languages.



The following audio titles are now available on Soundcloud:

- Having tests for prostate cancer
- The cancer guide
- Understanding advanced (metastatic) prostate cancer
- Understanding cancer of the ovary, fallopian tube/peritoneum
- Understanding early (localised) prostate cancer
- Understanding locally advanced prostate cancer
- Understanding pelvic radiotherapy



Find the audiobooks here: <https://soundcloud.com/macmillancancer>

To reach ever-growing numbers of people from diverse communities living with cancer in Britain, Macmillan have started to add the following languages to their core translation offer: Dari, Farsi, Pashto, Turkish and Ukrainian.

Macmillan already translates more and more content into these new languages daily, so it makes sense to provide easy access to the most frequently requested content. You can find other languages here: [be.macmillan - Other languages](https://www.macmillan.org.uk/other-languages). **If you need any of our booklets from our information centre in a different language, please let us know and we will do our best to accommodate you.**

MEN'S CANCER SUPPORT GROUP – for men affected by any cancer

Following the launch of our new men's cancer support group in May, we are looking forward to our fourth meeting on **Thursday 25th August, 2pm til 3/3.30pm**, Third Floor - Acre Mill Outpatients, Acre Street, Huddersfield (across the road from Huddersfield Royal Infirmary). This is a face-to-face group for men to come together and share concerns about cancer in a safe, confidential space. The group



is being run by our Macmillan Information Service volunteers, and this month's group will be run by David. Everyone is welcome to come along and help to shape the group – deciding where to meet in the future and on topics the group would like to discuss. **Please contact us to book a place at this meeting, so that we can manage numbers – 01422 222709, 01484**

343614 or email us on cancer.information@nhs.net. Please don't attend if you have any Covid symptoms – thank you.

VIRTUAL END OF TREATMENT EVENT



Thursday 15th September, 10am til 2.30pm

Come along and join this online event for people coming to the end of cancer treatment or a block of treatment. This event aims to support you to live a healthy lifestyle moving forwards and there will be various talks on helpful topics such as keeping active, managing your emotions, diet, sleep, fatigue and a clinical question and answer session. Contact us to book, or fill in the booking form at this link: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/health-and-wellbeing-programme/spare-1>. You can also book via the QR code.



The CoachELLA AUGUST EVENT!

The Ella Dawson Foundation has just launched one of its major local fundraisers for the year... **CoachELLA** which is a music, arts and wellbeing festival held in sunny Slaithwaite on **August 13th, 2pm til 11pm**. There will be:

- Arts and crafts, poetry, wellbeing stalls (reflexology, head massages and aromatherapy etc)
- Bar, refreshments, food and MORE!

Tickets will be released on The Ella Dawson Foundation social media or contact them for more information on hello@elladawsonfoundation.org.uk



COST OF LIVING SUPPORT FOR YOU

You may be able to get a payment to help with the cost of living if you're getting certain benefits or tax credits. Over eight million households on means-tested benefits will automatically get the first Cost of Living payment instalment of £326 from July 2022. This means that, combined with other support, millions of low-income households across the UK will receive at least £1,200 from the Government to ease Cost of Living pressures.



- £326 – the first of two cost of living payments – will automatically hit seven million bank accounts between 14 and 31 July 2022. Those on Tax Credit and no other benefits will receive their first payment by autumn.
- Second instalment of £324 will follow from the autumn, with separate payments for pensioners and disabled people also coming later this year

Also, you may have seen in the media that there has been a significant increase in scammers attempting to obtain personal information from customers by sending out texts suggesting that customers are eligible for Cost of Living payments. Just to remind you, you do not have to do

anything. If you are eligible you will not need to apply for the payment, you will not need to call and the payment to you is automatic. For more information on the cost of living payment, please follow this link and have a read: <https://www.gov.uk/guidance/cost-of-living-payment>

AUTUMN THINKING AHEAD AND IHOPE PROGRAMME DATES

Our next **Thinking Ahead Course** for patients with incurable cancer and family members, will run online on Microsoft Teams from **Tuesday 27th September to Tuesday 8th November**, 1.30pm til 3pm. Lots of helpful talks with guest speakers to find out how to support yourself and plan ahead.



Our next **iHOPE Programme** to help manage the stress of a cancer diagnosis, will run online from **Wednesday 5th October to 16th November, 10.30am to 11.45am**. This is Macmillan's positive psychology and health and wellbeing course, to build resilience through cancer. Everyone welcome.

Please contact us to book a place on either course.

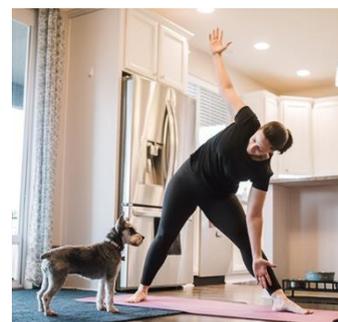
WE ARE UNDEFEATABLE

'We Are Undefeatable' is a movement supporting people with a range of long term health conditions, developed by 16 leading health and social care charities and backed by expertise, insight and significant National Lottery funding from Sport England. The purpose is to support and encourage finding ways to be active that work with each person's conditions, not against them. The campaign brings together partners who reach people living with: Arthritis, Alzheimer's, Asthma, Back pain, Cancer, Chronic Obstructive Pulmonary Disease, Dementia, Heart Disease, Stroke along with others.

WE ARE UNDEFEATABLE

The campaign can support you to move more with information on finding activities you enjoy, starting slowly and building up, making the most of your good days, and making every movement count. They also have a fantastic range of starting exercises that you can do in the comfort of your own home.

For more resources and ideas about ways you can start moving more, visit [WeAreUndefeatable.co.uk](https://weareundefeatable.co.uk) - <https://weareundefeatable.co.uk/>



DOWNLOAD OUR 'CHFT CANCER SUPPORT' APP! Our hospital cancer support app is available for free on the app store or through goggle play, with lots of helpful information to support you through your diagnosis.



Sending our best wishes to you all

The CHFT Macmillan 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