



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.

Goodbye and thank you to Holly!!

We're sad to let you know that our Macmillan Information Service Support Worker, Holly Smith, is leaving our team on Wednesday 7th September for pastures new. Holly has been part of the team since June 2020 and she has made a fantastic difference to patients, offering compassionate and dedicated support, striving for excellence in all she has done to provide the best possible care for patients and colleagues. Holly is thankfully staying within our trust but leaves us to take up a new role working as an Operating Department Practitioner in our operating theatres. If you would like to pop in and say goodbye to Holly, she will be at our Macmillan Information Centre at CRH on Monday 5th and at the Greenlea Unit HRI on Tuesday 6th September. Holly will be very much missed by us all and we thank her for her amazing contribution and wish her all the very best for her future.



David is a national volunteer judge on the panel for the Macmillan Excellence Awards!

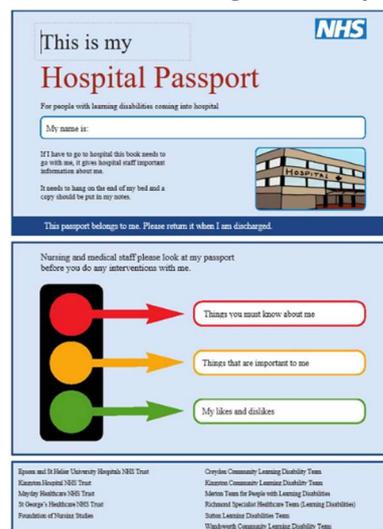


David Blunt, one of our fabulous patient representative volunteers has been selected as the Macmillan volunteer on the national panel for this year's Macmillan Excellence Awards! This means that David has taken part in the shortlisting of professional entries for the national awards, he will be interviewing and assessing presentations by the finalists and he will even get to announce some of the winners at the national Macmillan Conference Awards evening in London in November. This is an incredible achievement for David and we are super proud of him! Not only this, but David will also be presenting at a workshop at the Macmillan conference in London with our service manager, Helen, and in an online workshop with our assistant manager, Mandy, about how patients can volunteer as patient reps and use their own cancer experience to support others. Well done David! We'd better get some red carpet to roll out...

MENCAP – Treat me well

Simple adjustments make a big difference. 'Treat Me Well' is a campaign to transform how the NHS treats people with a learning disability in hospital. Mencap aim to make sure that all people with a learning disability get the same access to healthcare and treatment as everybody else.

A hospital passport provides important information about a patient with a learning disability, including personal details, the type of medication they are taking, and any pre-existing health conditions. The passport also includes information about how a person communicates and their likes and dislikes, which can be very important when they are first admitted to hospital. This can include any communication aids and how they can be used so health staff can communicate clearly. Hospital passports allow healthcare staff to understand the needs of the individual and help them make the necessary reasonable adjustments to the care and treatment they provide.

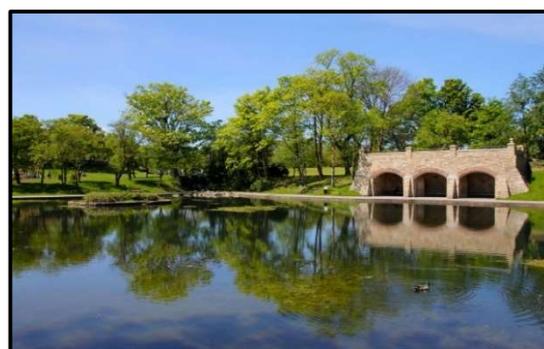


To create your own hospital passport, simply click on the hospital passport template (Word document), print it off and fill it in: <https://www.mencap.org.uk/advice-and-support/health-coronavirus/health-guides>

WALKING GROUP

Our walking group is back face to face! 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 21st September 2pm – 3pm**
- **Wednesday 19th October 2pm – 3pm**

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 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.

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

Following the launch of our new men's cancer support group earlier this year we are looking forward to our next meeting on **Thursday 29th**

September, 2.30pm til 3.30/4pm. We're excited to announce that our NEW location will be the Legends Café at John Smiths Stadium, Stadium Way, Huddersfield HD1 6NA! Please take note of the time change too. 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, John and Geoff. 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

EVENT



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.

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.

Sue Ryder Launches Grief Kind Podcast

Sue Ryder's Grief Kind campaign: a national movement of kindness that aims to help more people provide ongoing support for friends and family experiencing a bereavement.

Available on all podcast streaming services from Monday 11th October, the three-part Grief Kind podcast series will hear host Clover and celebrity guests sharing their personal experience of bereavement and the things that those close to them did that really helped them during the toughest times of their lives. The new series, made up of three 30-40 minute podcast episodes, will provide listeners with advice on how to talk to and best support people experiencing a bereavement. TV presenter and founder of Make Motherhood Diverse Candice Brathwaite, BAFTA-winning actress and television presenter Lisa Riley and fashion and textile designer Pearl Lowe, each delve into their own unique experiences of grief and share personal stories about their life and relationships in their episode with Clover.



The Sue Ryder Charity says: 'We hope that the Grief Kind podcasts provide the right help and inspire the confidence to support loved ones through their grief'. Find the Grief Kind podcast episodes by following this link: <https://www.sueryder.org/news/sue-ryder-launches-grief-kind-podcast>

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. The three most common types of blood cancer are, Leukaemia, Lymphoma and Myeloma. Common signs and symptoms are fatigue, bruising and bleeding more easily, repeated infections and high temperatures (fever), and unexplained weight loss. If you notice anything unusual, make an appointment to show it to your GP. For more information visit: <https://www.macmillan.org.uk/cancer-information-and-support/blood-cancer>



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