

February 2023 Newsletter



We start our new style Newsletter by introducing **Kate Scott** who we are delighted to welcome to our CHFT Macmillan Information Service team. Kate is a support worker and previously worked in the lung team at CHFT and will be working at both hospital sites.

CANCER PREVENTION ACTION WEEK
20-26 FEBRUARY

World Cancer Research Fund in conjunction with Cancer Prevention Action Week raises awareness about cancer prevention guidelines. Why not try their cancer health check tool click the icon for more information or <https://www.wcrf-uk.org/health-advice-and-support/health-checks/cancer-health-check/>

THINKING AHEAD PROGRAMME DATES



Our next **Thinking Ahead Course** for patients with incurable cancer and family members, will run online on Microsoft Teams from **Tuesday 7th March to Tuesday 27th April 2023** 1.30pm until 3pm.

Lots of helpful talks with guest speakers to find out how to support yourself and plan ahead. For more information or to book click the image or contact us on either: **01484 343614 or 01422 222709**



World Cancer Day is observed worldwide on February 4. The aim is to inform and encourage people on its prevention, early detection, and treatment.

Men's Cancer Support Group

Thursday 23rd February - John Gledhill, former Sports Editor at Huddersfield Examiner

Where?

Legends Café at the John Smith Stadium Huddersfield

When?

Thursday 23rd February 2023

Thursday 30th March 2023

What time?

2:15pm - 4pm

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

Walking Group



Macmillan Health Walks which will take place on **Thursday 2nd February** and **Thursday 2nd March 10.30am** 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 form.

Everyone welcome!



Breast Buddies

The group meet on the last Monday of the month at Lower Hopton WMC in Mirfield at 7:30pm.

If you are interested in joining call **07741258812** for more information.

Calderdale and Kirklees Recovery and Wellbeing College

Calderdale and Kirklees Recovery and Wellbeing College have a variety of courses, if you are interested Calderdale and Kirklees Courses please click the **Calderdale and Kirklees Recovery and Wellbeing College** image visit

www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/
or call **07717 867911**

Kidney Cancer Awareness Week – February 6th – 10th

We ask all our friends and supporters to start conversations about kidney cancer. If together we make people aware of the symptoms (blood in urine, long term fatigue, pain in the side or tiredness) and inform on the ways to reduce the chances of getting kidney cancer through healthier living, they may avoid contracting a life changing disease.

Make as much noise, raise as many hot kidney cancer topics as you can and bring awareness of kidney cancer to the fore. We don't want the first-time people hear the words kidney cancer to be when their doctor tells them they have it.



RARECAN – Accelerating rare cancer research

Would you like to participate in rare cancer research opportunities in the future?



RareCan aims to accelerate rare cancer research and improve outcomes by bringing patients, researchers and drug developers together.

RareCan places patients and data at the heart of research, including the discovery of better ways to prevent, diagnose and treat rare cancer. RareCan is in the process of developing a platform through which people with rarer forms of cancer will be able to share their data with researchers to speed up discovery of new diagnostics and treatments.

If you are interested in supporting and have a cancer diagnosis or you are the parent of a child with a cancer diagnosis, please click the RareCan image or contact info@RareCan.com



Staying Well In Calderdale

The Staying Well team can work with any adult in Calderdale from 18 years and over to access social activities and health and wellbeing related services in the community.

It's easiest to make a referral over the phone by calling on **01422 392767** or complete an [application online here](#)

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