

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](mailto: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.*

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## **BRITISH GAS ENERGY TRUST OFFERING FUEL POVERTY GRANTS**

The British Gas Energy Trust is providing funding for individuals and families who are in or facing Fuel Poverty to clear domestic gas and electricity debts.



Two separate funds mean grants are available to customers and non-customers of British Gas. Applicants to either fund must have received support from a money advice organisation and are required to provide the details of the group in question. Proof of income is also required to determine whether a household is in or at risk of fuel poverty.

The funds will cover debt arrears of up to £1,500. The Trust does not award cash payments and will instead credit the householder account. For more information please visit their website: <https://britishgasenergytrust.org.uk/grants-available/>

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## **iHOPE PROGRAMME December 2022 – January 2023**



Our next **iHOPE Programme** to help manage the stress of a cancer diagnosis will now take place on **Tuesday afternoons from 6<sup>th</sup>**

**December** – 20<sup>th</sup> December, with a two week break over Christmas and recommencing on Tuesday 10<sup>th</sup> January until Tuesday 31<sup>st</sup> January. All sessions will be online via Microsoft Teams, from 2pm until 3pm.

The iHOPE course is Macmillan's national health and wellbeing course for anyone who has had a cancer diagnosis. This is a positive psychology course which aims to build emotional resilience, empower people living with cancer to manage their health and wellbeing and develop knowledge, skills and confidence to cope with life's challenges, frustrations and fears. The course helps people to live with uncertainty, manage fatigue and improve confidence. It includes some online material to work through in the week, with a weekly teams meeting to talk about the content. Some patients who attended previous iHOPE Courses said "*I have so much more understanding of my thought process now, and a load of strategies to use.*" "*Sharing experiences and feelings with others made me feel as if I was not alone.*"

If you would like to book a place on this iHOPE course, please get in touch on the above contact details and we will send you a consent form to complete. Thank you.

## **MEN'S CANCER SUPPORT GROUP**



We are very grateful to John Smith's Stadium for kindly offering us a free venue for our men's cancer support group, as well as our hospital charity who are funding refreshments for the group.

The next meeting will take place on **Thursday 24<sup>th</sup> November, 2.30pm until 4.00pm** at the **Legends Café at John Smiths Stadium, Stadium Way, Huddersfield HD1 6NA**. There will be a talk by Kevin Kipling from the University of Huddersfield about exercise and the importance of physical activity when you have cancer. This is a face-to-face group for men affected by cancer 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. There won't be a meeting in December and we will confirm dates for 2023 in our next newsletter. **Please contact us for further information or just turn up.** Please don't attend if you have any Covid symptoms – thank you.

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**WALKING GROUP** Our walking group is growing! Why not come along and join us? **Thursday 3<sup>rd</sup> November and Thursday 1<sup>st</sup> December - 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. Everyone welcome! **Please contact us if you need further information – 01422 222709, 01484 343614 or email us on cancer.information@nhs.net**

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## **FIRST STEPS PROGRAMME**

First Steps is our online information and support session for **patients and family members recently diagnosed with cancer** – which runs on the first Monday of the month, 10am until

11:30am. Come along to find out how to support yourself through a cancer diagnosis and about services that can support you. The next dates for First Steps are **Monday 7<sup>th</sup> November, and Monday 5<sup>th</sup> December, 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.chft.nhs.uk/services/clinical-services/oncology/information-support/first-steps> (or google 'CHFT First Steps') or scan the QR code. We are planning to launch face to face First Steps sessions in 2023 – please watch this space for further details.

## VIRTUAL COFFEE SUPPORT GROUP



Come along to our virtual coffee support group on **Wednesday 16<sup>th</sup> November, 2pm til 3pm on Microsoft Teams**. Patients and family members are very welcome to join for a chat, quiz, and peer support – please contact us for an invite. Our Christmas Coffee Group/Sing-a-long will be on **Wednesday 14<sup>th</sup> December, 2pm til 3pm**.

## MACMILLAN DEAF CANCER SUPPORT PROJECT

The Macmillan Deaf Cancer Support Project provides cancer information, virtual emotional and practical support to Deaf people living with cancer across the UK. It also supports their carers, including Deaf people who are supporting a hearing person living with cancer. Trained Deaf volunteers will provide one on one virtual support in British Sign Language (BSL). They will:

- Help people cope emotionally with living with or after cancer
- Provide practical support and signpost to other local services
- Conduct an electronic Holistic Needs Assessment (eHNA) to ensure personalised care
- Provide advice on welfare rights, work and employment and energy advice
- Signposting to free counselling, financial support, as well as providing some advocacy..

Deaf people affected by cancer can also connect through virtual peer support groups.

Contact [DeafCancer@selfhelp.org.uk](mailto:DeafCancer@selfhelp.org.uk) for info. Healthcare professionals can also refer.



**self help uk**



Calderdale  
Dementia  
Hub

## CALDERDALE DEMENTIA HUB

Calderdale Dementia Hub (CDH) opened on April 1st 2022, providing information, advice and support to find the most suitable services for people living with dementia, their carers or family. The new service is a partnership between Community Links and Age UK Calderdale & Kirklees. A diagnosis of dementia is life changing and the aim of the new service is to make sure nobody faces dementia alone.

The team behind the hub were previously the Calderdale Alzheimer's Society team and have many years' experience supporting people to live well with dementia. The team are based in offices above the Age UK shop in Woolshops Halifax, but work across the district. The Hub is currently looking for volunteers; to find a role description and specification please head to the volunteer section of the website for more details.

Referrals may come from a professional or you can easily refer yourself or a loved one through the website [www.calderdaledementia.com](http://www.calderdaledementia.com). To access the Hub call **01422 399833, Monday – Friday 9-5pm or email [CDH@commlinks.co.uk](mailto:CDH@commlinks.co.uk)**



## VIRTUAL END OF TREATMENT EVENT – Tuesday 6<sup>th</sup> December, 10am – 2.30pm

Come along and join this online event for people coming to the end of cancer treatment or a block of treatment. 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.



## **NOVEMBER IS LUNG CANCER AWARENESS MONTH**

Lung cancer is the third most common cancer in the UK. About 46,400 people are diagnosed with it each year.

Smoking tobacco is the cause of most lung cancers and the biggest risk factor. This includes smoking cigarettes, cigars and pipes. People who do not smoke can still develop lung cancer, but their risk is much lower. Symptoms of lung cancer include a cough, repeated chest infections, breathlessness, unexplained pain, weight loss or tiredness.

If you are worried about signs of lung cancer, we have more information about the signs and symptoms. **If you have any lung cancer symptoms or notice anything that is unusual for you, see your GP straightaway or Call the Macmillan Support Line on 0808 808 00 00.**



November is Lung Cancer Awareness Month

Whatever question you want to ask, the Macmillan team is here to help – pop along to our information centre, call our free Macmillan Support Line on 0808 808 00 00 or visit [macmillan.org.uk](http://macmillan.org.uk)

## **MACMILLAN-ENABLED DIGITAL MENTAL HEALTH SUPPORT FOR NEWLY DIAGNOSED PATIENTS – DAYLIGHT AND SLEEPIO**



**Daylight** provides patients with instant access to clinically-evidenced digital CBT for anxiety & worry. Daylight is a digital programme that helps you understand where anxiety comes from, what makes it worse, and how to reduce it for good. In just 10 minutes per day, Daylight teaches you effective techniques to help take back control from feelings of worry and anxiety — all from the privacy of your own phone, at no cost.



**Sleepio** gives patients instant access to digital CBT for insomnia. Sleepio is a digital programme that helps you understand why sleepless nights happen, what makes them worse, and how to reduce them for good. Through six weekly 20-minute sessions, Sleepio teaches you effective techniques to get better sleep and have better days — all from the privacy of your own phone, at no cost.

Try now at: [trydaylight.com/macmillan](http://trydaylight.com/macmillan) or [sleepio.com/macmillan](http://sleepio.com/macmillan)

## **THE NON-SITE SPECIFIC PATHWAY (NSS)**

GPs may have a ‘gut instinct’ or suspicion that a patient may have an underlying cancer, but their symptoms do not fit into a specific 2 week wait pathway. If so, patients can now be referred to the non-site-specific pathway.

Cancer diagnosis numbers have been rising in recent years, with an expected increase of 29% by 2028. The NSS pathway is an NHS England driven pathway aimed at diagnosing cancer earlier amongst patients presenting with vague symptoms. The pathway aims to reduce the number of emergency admissions as well as multiple primary care consultations in patients with non-specific symptoms. They work against a 28 day faster diagnosis target. Referrals can be made via choose and book under general medicine OR contact Ursula Johnson for more details on 07917126046

**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](mailto:cancer.information@nhs.net)