



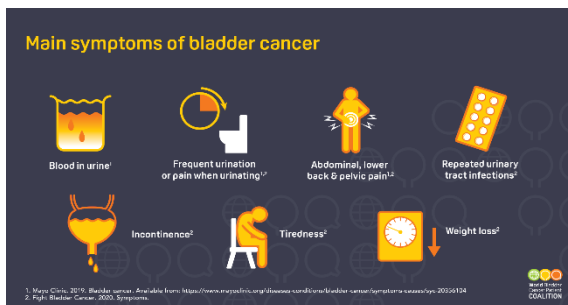
We are the **CHFT Macmillan Information & Support Service**. We're based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Centre in the Macmillan Unit at Calderdale Royal Hospital. We're here to support you by offering a listening ear, practical, financial, 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.

May is Skin and Bladder Cancer Awareness Month

Skin Cancer: The first sign you notice may be a change in how an area of skin looks. This may be on any area of skin but usually affects an area of skin that gets a lot of exposure to the sun. If you notice anything unusual on your skin, make an appointment to show it to your GP. For more information visit:

<https://www.macmillan.org.uk/cancer-information-and-support/skin-cancer>



Bladder Cancer: The most common Bladder Cancer symptom is blood in the pee. Blood in pee is also called haematuria. Most people with symptoms

will not have bladder cancer. But if you have any symptoms, it is important to get them checked by your GP. The earlier bladder cancer is diagnosed the more likely it is to be cured. For more information visit: <https://www.macmillan.org.uk/cancer-information-and-support/bladder-cancer>



Men's Cancer Support Group – introducing our new cancer support group for men affected by cancer

We are excited to let you know that two of our fabulous Macmillan Information & Support Service volunteers, John and Geoff, are starting our **NEW Men's Cancer Support Group this month**. This will be a face-to-face



group, held on the last Thursday of each month. The men's support group will be a chance for men to come together and share concerns about cancer in a safe, confidential space. There will be guest speakers and the group will be able to decide how and where the sessions run and who they would like to invite as guest speakers.

Everyone is welcome and there is no need to book, just come along!
Thursday 26th May 2022, 2pm until 3:30pm and Thursday 30th June
Third Floor - Acre Mill Outpatients, Acre Street, Huddersfield (across the road from Huddersfield Royal Infirmary).

Local Welfare Provision – help to wipe your fuel debt and more

The Local Welfare Provision Teams within Kirklees and Calderdale can:

- advise on welfare benefit entitlements, including rent and mortgage payments
- advise on council tax reduction help
- make appropriate referrals for food parcels
- issue a fuel voucher for pre-payment meters (excluding British Gas customers)



Contact Local Welfare Provision in Kirklees on **01484 414782** or LWP@kirklees.gov.uk

And in Calderdale on **01422 288001** or welfare.assistance@calderdale.gov.uk

We also have a list of food banks who can help with food provision and support, please contact us for more information (01484 343614/01422 222709 or cancer.information@nhs.net)

VIRTUAL END OF TREATMENT EVENT

Tuesday 10th May , 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.



CANCER PATIENT FOCUS GROUP

Monday 9th May 2pm – 3.30pm

ONLINE via Microsoft Teams

We invite you to come along and join our next Virtual Cancer Patient Focus Group where you have the opportunity to share your patient experience, views, and suggestions. This is a great opportunity for patients and family members to give feedback about their experience and also to shape future developments and improvements in cancer care. Both patients and family members are welcome, and your voice is really important in helping us make changes and improvements that people want and need. To book a place, contact us on **01422 222709 / 01484 343614** or email us at cancer.information@nhs.net. Please also let us know if you would like us to discuss any particular topics at this meeting. Thank you.



Cancer Care Map - find Community Cancer Support Services near you



Cancer Care Map is an online resource to help people living with cancer find care and support services in their local area, anywhere in the UK.

The website is run by cancer charity, The Richard Dimbleby Cancer Fund. Just type in your postcode to find support near you... <https://www.cancercaremap.org/>

ABCD – After Breast Cancer Diagnosis - Supporting primary and secondary breast cancer patients to make informed choices



ABCDiagnosis is an organisation and network offering peer to peer support for people with breast cancer. Aiming to reduce fear, anxiety and isolation, while supporting them to resume normal life, living both with and beyond cancer. ABCD are currently offering exercise retreats that consist of 2-day package:

bed and breakfast rooms, all meals except Friday and Saturday evening meals, jogging, Nordic walk on a flat route and also hill walking with nordic poles, Iyengar yoga, personal time, enjoyment with new friends, group conversations.

These retreats are based on giving people the opportunity to try physical activity, perhaps something they have done before or maybe completely different, in a safe, welcoming environment surrounded by like-minded people who understand what each other are going through. The upcoming dates are 6th-8th May 2022 and 24th-26th June 2022. You can find more information on the ABCD website: <https://www.abcdiagnosis.co.uk/lifestyle/abcd-retreat/> or please email jo@abcdiagnosis.co.uk if you are interested.

WomenCentre - Services for women & girls including domestic violence support, counselling and learning & skills

WomenCentre provides holistic, one-stop services at our centres in Huddersfield, Dewsbury and Halifax and in the community. Their wide-ranging services include emotional and practical support on issues such as debt, benefits, mental or physical health, domestic violence, counselling, training and development and much more. The WomenCentre enables women to improve health and well-being, increase training and employment opportunities for improved economic conditions, raise self-confidence, self-esteem and social interaction skills, and support the development of positive, safe and stable circumstances and relationships. For more information on what's on at the WomenCentre, please call their office on **01484 450866** or email at wmh@womencentre.org.uk



VIRTUAL THINKING AHEAD PROGRAMME – Tuesday 7th June to Tuesday 19th July, 1.30pm til 3pm on Microsoft Teams

Join our Collaborative Thinking Ahead Programme on Microsoft Teams for patients living with incurable cancer, as well as family members. This 7 week programme covers helpful topics such as:

- Diet and appetite and keeping active
- Managing uncertainty
- Advance Care Planning
- Sorting financial affairs

Patients and family members who have attended previously said that although it was difficult to decide to do the course, they are glad they did because they felt informed and well supported. **Google 'CHFT Thinking Ahead'** for videos on You Tube of patients talking about the course benefits.



Contact us TO BOOK – cancer.information@nhs.net, 01484 343614, 01422 222709

iHOPE COURSE: Wednesday 25th May to 6th July, 10.30am till 11.30am



iHOPE stands for 'Help Overcoming Problems Effectively.' This course is for anyone who's had a cancer diagnosis and aims to empower people living with cancer to manage their health and wellbeing and help with the stress of a cancer diagnosis. The aims are to:

- Gain knowledge, skills and confidence to cope with life's challenges, frustrations and fears
- Learn stress and fatigue management skills
- Support you to become more relaxed
- Improve confidence
- Set positive goals
- Build skills and character strengths to help deal with anger, depression, uncertainty and to live positively with fears for the future

The iHOPE Course runs over 6 weeks with online materials to work through and videos to watch, plus a weekly meeting with the iHOPE facilitators on Microsoft Teams to talk about the topics of the week. **Contact us TO BOOK – cancer.information@nhs.net, 01484 343614, 01422 222709**

VIRTUAL SUPPORT GROUPS IN MAY and JUNE 2022

Patients and family members are very welcome to join our **online support groups via Microsoft Teams** for a chat, quiz and peer support – please contact us for an invite. We are hoping to resume our walking group in person in the next couple of months. **Meeting dates:**

Virtual Macmillan Health Walk
2pm until 3pm
Thursday 5th May
Thursday 9th June



Virtual Macmillan Coffee Support Group
2pm until 3pm
Wednesday 18th May
Wednesday 15th June

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 and to support yourself through a cancer diagnosis and services that can support you. The next dates for First Steps are **Monday 9th May, Monday 6th June, Monday 4th July all 10am until 11.30am**. More information and booking on 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.

 **FIRST STEPS**



DOWNLOAD OUR 'CHFT CANCER SUPPORT' APP! 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