



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.

Macmillan Energy Advice Team

Did you know that Macmillan have an energy advice team who you can contact to ask for help with the energy crisis? People living with cancer often find that they are spending more money to keep warm, perhaps because they are spending more time at home or feeling colder because of treatment. If you have difficulty paying your energy bills, whether they are gas, electricity or water bills, Macmillan's energy advisors are there to support you. They can help you get access to schemes, tell you about possible charity grants, advise you on boiler schemes and help you deal with water companies. The energy advisors are available through the national Macmillan Support Line - **0808 808 0000**, seven days a week, 8am til 8pm. Why not contact them for advice and support, or chat to them via the Macmillan website? We can also post out or email the Macmillan booklet – 'Managing your Energy Costs' – just get in touch if you would like a copy.



iHOPE PROGRAMME POSTPONED

Our next **iHOPE Programme** to help manage the stress of a cancer diagnosis was due to begin on Wednesday 5th October. We are really sorry to let you know that we need to **POSTPONE the course until December - January, due to service pressures and staff shortages. We are sorry for any inconvenience caused and will confirm the dates in our next newsletter.**



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.

If you would like to reserve a place on our next iHOPE course, which will run on Microsoft Teams for seven weeks, please get in touch on the above contact details. Thank you.

October is Breast Cancer Awareness Month

Each year, about 55,000 women are diagnosed with breast cancer in the UK. It is more common in women who are aged 50 and over. Possible signs and symptoms of breast cancer can include:

- a lump in the breast
- thickening of the skin or tissue of the breast, or dimpling of the skin of the breast
- a lump or swelling in either armpit



A breast lump is the most common symptom of breast cancer. Most breast lumps are not Cancer but it is always important to get checked by your doctor.

If you have any symptoms or do a self-exam and notice anything that is unusual for you see your GP straightaway.

**BREAST CANCER
AWARENESS MONTH**

MACMILLAN
CANCER SUPPORT

WALKING GROUP

Our walking group is back face to face! Thursday 6th October and Thursday 3rd November - 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**



Cancer Care Parcels - help to support your loved ones

Cancer Care Parcel is a not-for-profit organisation which sells care parcels for people affected by cancer. The organisation has created meaningful gifts

to bring support, comfort, pampering to anyone with a cancer diagnosis. All products and care packages are designed by experts and any profit goes towards supporting the cancer community. Gift packages in this collection cover patients who are just diagnosed, undergoing treatment, living with cancer and end of life.



For any further information on the Cancer Care Parcels, please visit their website: <https://cancercareparcel.com/> or call them on 020 8720 7418.



Something to Look Forward To Charity

Offers free gifts and some holidays for people affected by cancer. Have a look at the website to apply: <https://somethingtolookforwardto.org.uk/>

VIRTUAL COFFEE SUPPORT GROUP

Patients and family members are very welcome to join our virtual coffee support group on Microsoft Teams on **Wednesday 19th October, 2pm til 3pm** for a chat, quiz, and peer support – please contact us for an invite.



MEN'S CANCER SUPPORT GROUP– NEW LOCATION

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. Meetings will take place on the **last Thursday of the month, 2.30pm until 3.30/4pm** at the **Legends Café at John Smiths Stadium, Stadium Way, Huddersfield HD1 6NA**. This is



Thursday 29th September - Trevor's Cancer story, musical history and experience as a referee at John Smith's Stadium

Thursday 27th October - Emotional support during cancer through Counselling & Psychology

Thursday 25th November - The importance of exercise and keeping physically active

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.

Please contact us for further information or just turn up. Please don't attend if you have any Covid symptoms – thank you.

FIRST STEPS PROGRAMME

First Steps is our information and support session for **patients and family members recently diagnosed with cancer – 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 3rd October and Monday 7th November, 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-](https://www.chft.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 launch face to face First Steps sessions in December – please watch this space for further details.



THINKING AHEAD COURSE

Our **Thinking Ahead Course** for patients with incurable cancer and family members began on Microsoft Teams, on **Tuesday 27th September** and will run until **Tuesday 8th November**, 1.30pm til 3pm. There are lots of helpful talks with guest speakers to find out how to support yourself and plan ahead, such as diet, managing uncertainty and fatigue, advance care



planning and sorting financial affairs. If you would like to join the course, we are still taking bookings, so please get in touch.

The Kirkwood Chorus – if you like the sound of music, then come and join

The Kirkwood Chorus is a light-hearted singing group that aims to make you smile. You don't have to be able to sing – just come along, say hello and have a good time in the company of like-minded, friendly people from across Kirklees. The group is about bringing people together for an afternoon of fun in a welcoming environment. There's no pressure to get involved straight away! If you're living with any life limiting condition, such as COPD, heart failure, dementia or cancer, or supporting someone living with one of these conditions, or you're just passionate about spreading the message that The Kirkwood supports people to live well, they would love you to join and be part of The Kirkwood Chorus.



Sessions will take place most Fridays from 2pm, at Brian Jackson House, 2 New North Parade, Huddersfield HD1 5JP. The upcoming confirmed dates are: October 7th, October 14th and October 21st.

To take part or find out more, please contact The Kirkwood on 01484 557 900, or visit their website for more information: <https://www.thekirkwood.org.uk/how-we-can-help/caring-for-patients/support-therapy-centre/the-kirkwood-chorus>

S2R Support to Recovery
PROMOTING POSITIVE MENTAL HEALTH

S2R CREATE SPACE

S2R Support to Recovery is an

independent mental

health and wellbeing charity, working across Kirklees, offering a range of wellbeing, creative and outdoor workshops. Their mission is to promote positive mental health and wellbeing to people in our community. We believe that appropriate support and information will lead to progress towards personal resilience and meaningful life outcomes for those who experience mental health difficulties, their families and their carers. S2R offers many different opportunities for people to get creative, learn new skills, improve their wellbeing and discover the great outdoors. Their workshops and courses include art, textiles, heritage and contemporary crafts, wellbeing walks, woodland crafts, sculpture, illustration, jewellery making and much more. You will need to complete the application form on the website to join any sessions <https://www.s2r.org.uk/> or phone 07933 353 487. You can also sign up to the S2R monthly newsletter and follow them on Facebook.

DOWNLOAD OUR 'CHFT CANCER SUPPORT' APP! Our hospital cancer support app is available for free on the app store or through google 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.

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