

We are the Macmillan Information and Support Service based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Unit at Calderdale Royal Hospital. We're here to help everyone with cancer live life as fully as they can, providing practical, financial, and emotional support. So whatever cancer throws your way, we're here to support you. Why not contact us to find out how we can help on: **01484 343614 (HRI) 01422 222709 (CRH)** or E-mail us at [cancer.information@nhs.net](mailto:cancer.information@nhs.net)

## Virtual THINKING AHEAD PROGRAMME – Tuesday 2<sup>nd</sup> November til Tuesday 14<sup>th</sup> December 1:30 – 3pm (Weekly on Microsoft Teams)



We still have places available on our Collaborative Thinking Ahead Programme for patients living with incurable cancer as well as family members. We have lots of speakers who cover helpful topics such as diet and appetite, keeping active, managing uncertainty, advance care planning and 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 so glad they did because they felt informed and supported. You can **Google 'CHFT Thinking Ahead'** to find some videos on YouTube of patients talking about the course benefits. Please contact **01484 343614, 01422 222709** or email [cancer.information@nhs.net](mailto:cancer.information@nhs.net) if you would like to book a place or places. We can also help you get set up with the technology if you have never used Microsoft Teams before.

## Have you downloaded our CHFT Cancer Support App?



It's quick, easy, and FREE to download on the app store or google play. You will be able to access key links to information to support you during your cancer diagnosis, as well as you being able to sign up to access your clinic letters via the **'Your EPR Patient Portal.'** Please download the app and take a look – we would be interested in your feedback.



## VIRTUAL FIRST STEPS PROGRAMME for newly diagnosed patients and family members



*"Attending First Steps helped me to feel supported and less overwhelmed by my diagnosis"*

We are continuing our First Steps Programme online for people recently diagnosed with cancer. The aim is to help you support yourself and know who can support you, as you start your cancer journey. We have recorded various videos and put information on our Trust website which can be read and watched at your



own leisure. Please either **scan the QR code with your camera or follow this link** <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>. Once you have looked at the information on the website, we invite you to join us for an online discussion group with professionals, on **Friday 5<sup>th</sup> November, 10am til 11.30am**, or **Friday 3<sup>rd</sup> December at 10am** where you have the chance to ask any questions.

**If you are unable to access the website and virtual session, we can send you the First Steps content and a DVD containing the videos from the website in the post.**

**To book on to First Steps** please see the above link to our First Steps page on the trust website or google 'CHFT First Steps.'

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## VIRTUAL SUPPORT GROUPS IN NOVEMBER, DECEMBER & JANUARY 2021/2022

The dates for our online support groups, via Microsoft Teams are:

### Virtual Macmillan Health Walk

Thursday 4<sup>th</sup> November October 1 – 2pm  
Thursday 2<sup>nd</sup> December 1 – 2pm  
Thursday 6<sup>th</sup> January 1 – 2pm

### Virtual Macmillan Coffee Support Group

Wednesday 17<sup>th</sup> November 2 - 3pm  
Wednesday 8<sup>th</sup> December 2 – 3pm  
Wednesday 19<sup>th</sup> January 2 – 3pm



**Please contact us to book a place.** You will need to have a device with a webcam and microphone, which are built into most laptops/tablets and smartphones. As a Trust we're still waiting to confirm dates for in person walks at this current time.



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## **CANCER PATIENT FOCUS GROUP**

**Monday 22<sup>nd</sup> November 2pm – 3.30pm**  
**ONLINE via Microsoft Teams**



We invite you 

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 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](mailto:cancer.information@nhs.net)**. Please also let us know if you would like us to discuss any particular topics at this meeting., Thank you.

## RAMBLERS - Dust those walking boots off!



The UK government roadmap for lifting lockdown in England is now at step 4, which means Ramblers can take groups of any size – but check with your local group to find out if you need to book.

Ramblers support people who are not currently walking, but who are considering improving their health and well-being through physical activity,

Ramblers is an essential helper.

Ramblers gives you a variety of walking options to choose from. Find your local group here:

<https://www.ramblers.org.uk/go-walking.aspx>



## MACMILLAN BOOTS BEAUTY ADVISORS – back in-store and online to help you feel more like you again



You may find some of the side effects of your cancer treatment are having an impact on how you feel about yourself. If so, Boots Macmillan Beauty Advisors are available to support you and give you free face-to-face beauty advice.

No7 Boots Macmillan Beauty Advisors are offering free in-store beauty consultations to provide make-up and skincare advice. From defining brows and lashes, to caring

for nails that are suddenly more brittle, with their specialist advice you can start to feel more like you again.

You can also get support and advice from the comfort of your own home with a free telephone or video appointment with a No7 Boots Macmillan Beauty Advisor to help you manage the visible side effects of cancer treatment. Book here:

<https://www.boots.com/webapp/wcs/stores/servlet/QnomyAppointsView?apptCategory=N&apptType=VB3&langId=-1&categoryId=&productId=&catalogId=28501&storeId=11352>

## We Are Undefeatable

When you're living with cancer, getting physically active can be a positive change to your life. A cancer diagnosis can make things feel very uncertain. Doing something for yourself, like becoming more active, can help you feel more in control. Taking part in physical activity before, during and after treatment can improve



your quality of life. Even light exercise can reduce tiredness, anxiety, and depression, and help strengthen your muscles, joints, and bones.

However you get moving, it all makes a difference. Discover free information and support to help you fit movement into your everyday routine here: [https://www.macmillan.org.uk/we-are-undefeatable.html?utm\\_source=Macmillan%20Cancer%20Support&utm\\_medium=email&utm\\_campaign=3019363\\_Mac%20Mail%20October%202012.10.21&utm\\_content=WAU%20link%201](https://www.macmillan.org.uk/we-are-undefeatable.html?utm_source=Macmillan%20Cancer%20Support&utm_medium=email&utm_campaign=3019363_Mac%20Mail%20October%202012.10.21&utm_content=WAU%20link%201)

If you haven't been active before or if you feel nervous about starting, here are some tips to get you started: <https://weareundefeatable.co.uk/getting-started>. You can also talk to your doctor, physiotherapist, clinical nurse specialist or an occupational therapist.

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## LIFE CHANGES – Women's support group

Life Changes Women's Support are a group of certified therapists, counsellors and holistic practitioners who have come together to support women in a safe group environment. Not just for mental health, they provide activities to promote emotional and physical health too including Reiki, meditation, befriending, art therapy and reflexology. Or simply enjoy a chat with other women over a cup of tea and homemade cakes. The service is free and available for as little or as long as you need and runs **every Wednesday**, 6.30pm - 9pm at St. George's House, Lilac Street, Lee Mount, HX3 5BT. 01422 392767



Scarf tying techniques

Free Headscarf posted to your home

Practical tips for hair and scalp care

Talk through concerns over hair loss

Feel more confident

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## HEADWRAPPERS– Free Virtual Hair Loss Service

'HeadWrappers' is a hair loss service, focusing on alternatives to wigs, helping with scarf tying and teaching practical tips around scalp care. Sessions aim to help people look good and feel confident about themselves as they undergo cancer treatments which may cause hair loss. Sessions give you the chance to ask any questions. When you register, the charity will send you a free scarf to practice tying in the virtual session.

The charity are now running two online hairloss support sessions per month which patients can book onto. These are on the **2nd Tuesday of every month at 7pm** and **3rd Wednesday of every month at 11am**.

To register for a place please email: [advice@headwrappers.org](mailto:advice@headwrappers.org) or visit our website [www.headwrappers.org](http://www.headwrappers.org)



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## FREE BOILERS 4 U – check if you qualify for a free boiler or central heating

Boilers 4 U Ltd work alongside industry leading installers to obtain funding under the government's ECO Scheme to help fund your free Boiler Upgrade to an A rated high efficiency boiler or free first time central heating to those satisfying certain requirements. Under the Affordable Warmth Obligation, energy suppliers have agreed with the government to install

free replacement boilers for households that cannot afford to purchase a new gas boiler. Britain's leading boiler manufacturers including Baxi and Gloworm have been working on innovative designs to produce more energy efficient boilers. Find out if you qualify!

<https://freeboilers4u.co.uk/apply-online/> or call **01274 401350**



### FEEDBACK – tell us what you think!

Here at the Macmillan Information and Support Service we value your feedback and we would be grateful if you could kindly let us know about how our service may have helped you or someone you know. Your comments and suggestions are very much appreciated and help us improve all that we do. Please provide feedback via this link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagHxIEyJ6rguxLiZqUCz5tZj9UQUdUNFg1SExTRjc4WUZxOFdPRkxJNRkFIUy4u> Thank you for your time!

### Help us go paperless!

We now send out our newsletter to over 250 people by post each month. If you receive our newsletter by post but have an email address – please contact us so we can start sending this to you by email instead. As we try to reduce our paper usage, we would appreciate your help with this. If you do not have an email address – don't worry, we will continue to send the newsletter to you by post unless you tell us you no longer wish to receive it. Thank you.

### USEFUL CONTACT NUMBERS



**CANCER SUPPORT LINE**  
Calderdale Royal Hospital      Huddersfield Royal Infirmary  
**01422 222709      01484 343614**  
Available weekdays from 9am until 4pm



**Chemotherapy Helpline**  
**01422 222999**  
Emergency 24-Hour Helpline  
Please only call this number if you are unwell after receiving chemotherapy treatment.



The chemotherapy helpline number above is for patients currently receiving chemotherapy who are unwell. If you have any other queries relating to cancer, please contact us on the Cancer Support Line.



### Sending our best wishes to you all

**The Macmillan Cancer 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)**

*Please contact us if you no longer wish to receive our newsletter and wish to be removed from our contact list – thank you.*

# November Cancer Awareness Month



Anyone can develop lung cancer, but around 85% of cases occur in people who smoke or who used to smoke. Your risk of getting lung cancer increases with the number of cigarettes you've smoked and the number of years you've been a smoker. If you stop smoking, the risk gets lower over time – after 10 years, your risk of lung cancer falls to half that of a smoker.

Ask your health care professional or pharmacist for help to stop smoking. You're around 3 times as likely to quit with help from support services and medication.

## Signs of Lung Cancer:

- lots of chest infections
- feeling out of breath either at rest or when doing day to day tasks
- chest pain
- feeling tired
- appetite loss
- weight loss
- a hoarse voice
- blood in your mucus or phlegm

If you are concerned about any of the above signs/symptoms, contact your GP.

For further support visit: <https://www.bf.org.uk/support-for-you/lung-cancer/support>



Most men with early prostate cancer don't have any signs or symptoms. But there are some things that may mean you're more likely to get prostate cancer. These are called risk factors. Speak to your GP about prostate cancer if:

- you are aged 50 or over
- your father or brother has had prostate cancer
- you are black

If you notice changes in the way you urinate, this is more likely to be a sign of a very common non-cancerous problem called an enlarged prostate, or another health problem. But it's still a good idea to get it checked out. Possible changes include:

- difficulty starting to urinate or emptying your bladder
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- dribbling urine after you finish urinating
- needing to urinate more often than usual, especially at night
- a sudden need to urinate – you may sometimes leak urine before you get to the toilet.

If you are concerned about any of the above signs/symptoms, contact your GP.

For further support visit: <https://prostatecanceruk.org/>



The pancreas is a large gland behind your stomach. It makes enzymes. Enzymes help to break down food so your body can absorb it. This is part of digestion. It makes hormones, including insulin, which control sugar levels in the blood. Pancreatic cancer can affect how well the pancreas works. This may mean you have problems digesting your food and controlling sugar levels in your blood. Pancreatic cancer develops when cells in the pancreas grow out of control, forming a lump. You might hear this called a tumour or mass.

## Symptoms can include:

- Stomach or back pain
- Weight loss
- Indigestion
- Changes in bowel habits
- Loss of appetite
- Jaundice (yellow skin or eyes)

If you are concerned about any of the above signs/symptoms, contact your GP.

For further support visit: <https://www.pancreaticcancer.org.uk/>



Mouth cancer, also known as oral cancer, describes one of the areas where head and neck cancers can occur and includes various kinds of tumours affecting the lips, salivary glands, tongue, gums, palate and inside of the cheeks.

## Symptoms include:

- Ulcers that do not heal within 3 weeks
- Bleeding from the mouth or throat
- Changes in texture, hardness, roughness
- Red or white patches in the mouth
- Sudden weight loss

The mouth is prone to all sorts of damage from biting ourselves, burns from hot food and drink or spicy foods. Many people are also prone to mouth ulcers (never lasting for more than 3 weeks)

If you have noticed any of the signs and symptoms described or have any other reason to believe you may have mouth or other head and neck cancer you should contact your dentist or doctor without delay

For further support visit: <https://www.mouthcancerfoundation.org/>