

# Virtual 'Thinking Ahead' Programme

For People with Incurable Cancer  
And Their Families and Carers

Tuesday 27<sup>th</sup> September until Tuesday 8<sup>th</sup> November 2022  
WEEKLY SESSIONS – 1.30pm UNTIL 3.00pm  
OVER A 7 WEEK PERIOD on Microsoft Teams

MANAGING  
UNCERTAINTY

KEEPING  
ACTIVE

ESTATES  
PLANNING

BENEFITS  
& TRAVEL



MINDFULNESS

DIET &  
APPETITE

FAITH &  
SPIRITUALITY

MANAGING  
FATIGUE

SERVICES TO  
SUPPORT YOU

ADVANCE  
CARE  
PLANNING

## A Collaborative Course

Hosted by Calderdale and Huddersfield NHS  
with Harrogate and Leeds NHS Trusts

**MACMILLAN**  
CANCER SUPPORT

**NHS**

The Leeds  
Teaching Hospitals  
NHS Trust

### Patients who live in Leeds

Queries/referral for initial  
assessment contact the  
Enhanced Supportive  
Care Service  
CNS Lydia Skertchly on  
email:  
[leedsth-  
tr.esc@nhs.net](mailto:leedsth-tr.esc@nhs.net)

**NHS**

Calderdale and Huddersfield  
NHS Foundation Trust

### Patients who live in Calderdale /Huddersfield

Contact the Macmillan  
Information & Support  
Service  
01484 343614 or 01422  
222709 or email:  
[cancer.information@  
nhs.net](mailto:cancer.information@nhs.net)

**NHS**

Harrogate and District  
NHS Foundation Trust

### Patients who live in Harrogate

Contact the patient's  
Macmillan Specialist  
Nurse or Palliative & End  
of Life Administration  
Team 01423 553464 /  
email:  
[palliativecareteam  
@nhs.net](mailto:palliativecareteam@nhs.net)