

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 right there with 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

VIRTUAL THINKING AHEAD PROGRAMME - with Harrogate and Leeds Hospital Trusts

We still have places available on our first virtual Thinking Ahead Course in partnership with Leeds and Harrogate Hospital Trusts. This is a course specifically for people affected by incurable cancer and their families, and includes information



on advance care planning, managing uncertainty, fatigue, managing symptoms, diet, estates planning, hospice services and more. The programme will be run by presenters from across the three hospital Trusts and patients from Calderdale and Huddersfield, Leeds and Harrogate are welcome to book onto the course. The course will run weekly on Microsoft Teams,

starting on **Tuesday 2nd March until Tuesday 20th April, 10am til 11.30am**. Please contact us on 01484 343614, 01422 222709 or email cancer.information@nhs.net, to book a place for you and a family member.

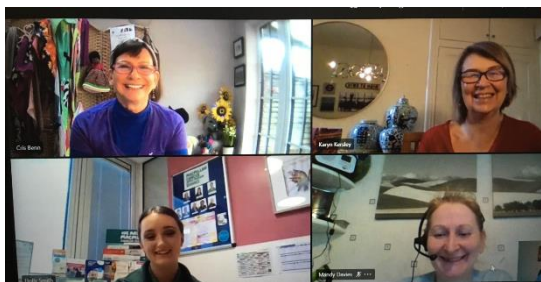
WE WANT TO HEAR YOUR VIEWS CANCER PATIENT FOCUS GROUP

Have you been affected by cancer either yourself as a patient or as a family member/friend supporting someone else? Then we would like to invite you to join our next **Virtual Cancer Patient Focus Group** via Microsoft Teams. We want to ask about people's experience of receiving a cancer diagnosis and support at the start of the cancer journey.



Come along to share your experiences, views, make suggestions and ask any questions on **Thursday 25th March at 4pm until 5:30pm**. Please contact Helen, Mandy or Holly in the Macmillan Information Service to let us know if you would like to attend - 01484 343614 or 01422 222709 or email cancer.information@nhs.net

HEADWRAPPERS – New Virtual Hair Loss Support



Our first virtual Headwrappers Hair Loss Support Session went really well in February and we are looking forward to our next session on **Wednesday 24th March at 11am** on Microsoft Teams. The Charity 'HeadWrappers' is a hair loss advisory service, focusing on alternatives to wigs, helping with scarf tying and teaching practical tips around scalp care. Virtual

sessions aim to help people look good and feel more confident about themselves as they undergo cancer treatments which may cause hair loss. The Headwrappers team will now be running a virtual session for patients in our area, every month on the fourth Wednesday of the month at 11am. This will be through Microsoft Teams and will be a one hour session, giving you the chance to ask any questions. When you register, the charity will also kindly send you a free scarf to practice tying in the virtual session. Please contact us on the above numbers to book a place and we will send you a registration link. Please also have a look at the charity's website to find out more information: www.headwrappers.org



VIRTUAL FIRST STEPS PROGRAMME



FIRST STEPS

Our information and support session for people recently diagnosed with cancer continues online. 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 **Google 'CHFT First Steps'** or follow the link <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>. Then, we invite you to join us on **Friday 5th March at 10am** for an online discussion group with professionals, where you will have a chance to ask any questions. The next session will be on **Friday 9th April at 10am**.

To book onto First Steps please complete the consent form on our trust website at this link, which will generate a booking email: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/book-on-first-steps-discussion-group/>

If you have any difficulties booking onto the above courses, or if you do not have the technology and would like some information to be sent in the post, please contact our Macmillan Information Team on the above numbers or Heather Milner, Cancer Team secretary on **01484 343490** or e-mail Heather.Milner@nhs.net.



QUESTION TIME... ASK THE CONSULTANT!

Calderdale and Huddersfield NHS Trust are looking at new ways to enhance patient experience. One idea is to organise a monthly, virtual 'ask the consultant' group session on Microsoft Teams, where patients would be welcome to join and speak to a Consultant from cancer services, to ask general questions. Do you think this would be a good idea?



Please could you let us know whether this is something that would benefit you? You can tell us if this would be helpful by completing the quick and easy questionnaire in the link below or scan the QR code with your mobile phone camera. We will look forward to hearing your views.



<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlnSpXFwPI81UMUhFNUdUNkhUNDE0WjIMRDRXV4yM01ZSi4u>

VIRTUAL SUPPORT GROUPS IN MARCH, APRIL & MAY 2021

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

Virtual Macmillan Health Walk

Thursday 4th March 1pm – 2pm

Thursday 1st April 1pm – 2pm

Thursday 6th May 1pm – 2pm

Virtual Macmillan Coffee Support Group

Wednesday 17th March 2pm – 3pm

Wednesday 21st April 2pm – 3pm

Wednesday 19th May 2pm – 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.



ADVICE FOR THOSE IN FINANCIAL DIFFICULTY AS A RESULT OF THE CORONAVIRUS (COVID-19)

For those worried about paying utility bills or repaying credit cards, loans or mortgages due to the impact of coronavirus, the link below has guidance which sets out the steps you can take to get the support you need. This includes energy, water, telecoms, mortgages, loans, credit cards, motor finances, renting, insurance, council tax and more.

<https://www.gov.uk/government/news/advice-for-people-who-are-struggling-to-pay-essential-bills-because-of-coronavirus>



LASTING POWER OF ATTORNEY

A new online service will help you to create a lasting power of attorney (LPA) for England and Wales via the gov.uk website at this link:

https://www.lastingpowerofattorney.service.gov.uk/home?_ga=2.91290969.251184759.1613063469-956035090.1609591394

It has step-by-step [guidance to making an LPA](#), which will help you answer each question as you go through the service. Your answers are used to create an LPA that you can save and print, sign and send to the Office of the Public Guardian for registration.

IMPROVEMENT PROJECT – Could you get involved?

Our hospital trust is currently working with NHS England on an improvement project to find out what further support is needed for Black, Asian and Minority Ethnic groups (BAME), to access cancer services, especially early on in the cancer journey. If you have any thoughts, suggestions or ideas to share, we would love to hear from you! You can help by completing the questionnaire at the link below, (which is for patients, family members and anyone who would like to give a community perspective) or we can post one out to you. We would also like to recruit a BAME patient group to meet a couple of times on Microsoft Teams to ask what you think about any improvement suggestions. Please contact us at the Macmillan Information

Service if you would like to get involved – thank you. Questionnaire link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlnSpXFwPI81UOExBNE5BSFJCSFFSQkNQNVcyNFA1UEIMRC4u>

MARCH THE MONTH – HIT 11,000 STEPS A DAY THIS MARCH AND HELP BEAT PROSTATE CANCER!



March the Month is a virtual walking challenge everyone can get involved with. Walk 11,000 steps a day throughout March to represent more than 11,000 dads, partners, grandads, sons, brothers, uncles and mates who die from prostate cancer every year. **Take on the challenge** alone or in a team. Track and share your progress using JustGiving's fitness tracker, and watch your steps stack up and donations rush in. Whether you're a rookie rambler or a seasoned stroller, **March the Month** and help save men's lives.

Link to the website here - <https://prostatecanceruk.org/get-involved/march-for-men/march-the-month>

OVARIAN CANCER AWARENESS MONTH



In the UK nearly 7,500 women are diagnosed with ovarian cancer every year and it is the sixth most common cancer in women in the UK. Ovarian cancer research is underfunded and its symptoms little-known about. Ovarian cancer can affect women of all ages.

One in four women mistakenly think their smear test will detect the disease. Symptoms are often mistaken for less serious conditions like IBS. We want you to Make Change Happen this Ovarian Cancer Awareness Month (OCAM) by challenging yourself to either take

something on or give something up to raise funds for research, awareness and the Ask Eve information line, and ultimately save lives.

MACMILLAN YORKSHIRE APPEAL

In February, Macmillan launched a Yorkshire appeal to raise funds for vital services for the 179,000 people affected by cancer in our county. You may even see a video from one of our team on the Macmillan in Yorkshire Facebook page! If you would like to find out more or make a donation – please have a look at the information on Macmillan's website:

<https://www.macmillan.org.uk/donate/macmillan-projects/yorkshire.html>

FIRM ROOTS EASTER REFLECTIONS The Huddersfield Firm Roots Cancer Prayer



Support Group next meets on zoom for prayers, friendship and encouragement on **Thursday 4th March, 6.30pm til 8pm**. They are also holding an online Easter Service for reflections, prayers and music on **Wednesday 31st March, 6.30pm til 8pm**. Please email Helen.Jones@firmroots.co.uk for an invite or phone us in the Macmillan information service for more information.

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.**

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