

**CHFT Macmillan Information and Support Service**  
**May is the awareness month for Bladder and Skin Cancer**



**Bladder Cancer** - Is not a rare cancer and is one of the ten most common cancers Action Bladder Cancer UK have a lot of information visit their website for information and materials <https://actionbladdercanceruk.org/>



**Skin Cancer** – When diagnosed and treated early patients have a better outcome. With the weather showing some improvement it is important to cover up. Additional information can be found at these websites <https://www.britishskinfoundation.org.uk/> or <https://www.melanomauk.org.uk/>

**FIRST STEPS**  
**CANCER PROGRAMME**

**First Steps May 13<sup>th</sup> IS CANCELLED.** Next session will be **June 3<sup>rd</sup>** everyone welcome to join from 9:30am for refreshments the program starts at 10am until 12pm.

FIRST STEPS is our information and support programme for anyone **recently diagnosed with cancer** and their families. First Steps aims to **help you support yourself** during your cancer journey. The two-hour session includes information on important topics such as keeping active, managing your emotions, diet, sleep, managing fatigue and different services to support you. If you would like to book a place call **01484343490** or email **heather.milner@cht.nhs.uk**.

Google “CHFT First Steps” for more information or <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>

The **Thinking Ahead Programme** is an online wellbeing course for people living with incurable cancer and their family members/carers. Helping you look after yourself, find out about support services and plan ahead. The next course date **Tuesday 7th May – 25th June 1.30pm – 3.30pm.**

This **free** course runs over seven weeks and each session lasts for 90 minutes.

To find out more and to book a place please contact the

**Macmillan Information & Support Service Tel: 01484 343614 or 01422 222709**

**Email: [cancer.information@nhs.net](mailto:cancer.information@nhs.net)**



**Patient Rep Volunteer helps to lead conference workshop**

One of our patient representative volunteers, Richard, took part in two workshops at the Palliative and End of Life Conference for professionals, in Leeds on 18<sup>th</sup> March. Along with Helen Jones, our previous manager, Richard helped to raise awareness of the Thinking Ahead Programme, an online programme to support the quality of life of people living with incurable cancer. Richard bravely shared his cancer experience and then talked openly and confidently about how the Thinking Ahead Programme had benefitted him personally.

His words were an inspiration to the 60 professionals who listened to his story and many commented on his courage and integrity. Well done and thank you Richard! the next Thinking Ahead Programme starts on 7<sup>th</sup> May, so please contact us if you would like to book.

Firm Roots Retreat Day Booking  
Form 2024



**Firm Roots Christian Retreat Day** - Firm Roots is running a free Christian retreat day for anyone affected by cancer, either themselves or supporting someone through it, on Saturday 18<sup>th</sup> May 2024 at Hollins House, Leeds. The retreat day is an opportunity to spend some quiet space in God's presence with time for music, reflections, prayer and food. Find out more at the website [www.firmroots.co.uk](http://www.firmroots.co.uk) or book at: <https://forms.office.com/e/agazfskfSG>. You can also contact [Helen.Jones@firmroots.co.uk](mailto:Helen.Jones@firmroots.co.uk).



**Department  
for Work &  
Pensions**

Citizens Advice will continue to deliver Help to Claim support. This means that free confidential and impartial support will continue to be available to help people make a new Universal Credit claim, including those invited to move from legacy benefits (including tax credit) to Universal Credit, and manage their claim, up to receiving their first correct payment. The support will continue to be provided through telephony and digital channels.

For those individuals who are unable to access support via these channels, they will be able to go to their local jobcentre, where jobcentre staff will identify the right support to meet their needs.



Odyssey project are a registered charity helping people living with and recovering from cancer regain their self-confidence and enjoyment of life. They now have two courses available in Kent 3<sup>rd</sup> – 7<sup>th</sup> June and Wales 15<sup>th</sup> – 19<sup>th</sup> July. If you would be interested, please let the CHFT Macmillan Information and Support team know for anything else they can be contacted on 0345 363 2207 or email [enquiries@odyssey.org.uk](mailto:enquiries@odyssey.org.uk). [www.odyssey.org.uk](http://www.odyssey.org.uk)



**Carers week 10 – 16 June**

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make. Carers Wellbeing Service Calderdale has more information which can be found <https://makingspace.co.uk/carers-wellbeing-service-calderdale>



**NHS Volunteer Responders:** are offering their friendly support for anyone who needs it all across the country. Offering support which includes a Check in and Chat and also Community Response, this team of volunteers are here to bring support. For more information on what might be involved and how to gain access to this support, please see the attached leaflet or call 0808 196 3646.



**Men's Cancer Support Group** – at the Legends café at John Smith Stadium. Drinks from 2pm for 2.15pm start. All men affected by cancer either as patients or family members, are welcome. Dates for 2024 May - 30<sup>th</sup>, June - 27<sup>th</sup>, July - 25<sup>th</sup>, Sept - 26<sup>th</sup>, Oct - 31<sup>st</sup>, Nov - 28<sup>th</sup>.

**Walking Group** - Macmillan Health Walks will take place on **Thursday 2<sup>nd</sup> 10.30am** at Greenhead Park for a gentle walk then coffee. Please meet at the conservatory at 10.15am to fill in a registration form if you haven't been before. Upcoming dates June 6<sup>th</sup>.

**Coffee 'N' Chat Group** - On the third Wednesday of the month, 10am – 12pm Dates for this year include 15th May, 19th June, 17th July, 18th Sept, 16th Oct, 20th Nov, 18th Dec. Will be held at The Watermill Pub, Salterhebble, Halifax. Free parking please contact Macmillan Information Service for any additional information.

**Women's Open Talk Holmfirth** – 2<sup>nd</sup> and 4<sup>th</sup> Tuesday of the month 6.30pm – 8.30pm, held at Holmfirth Tech 140 Huddersfield Road, Holmfirth, HD9 3AR. This is an open support group for women and non-binary people from Holmfirth and the surrounding areas with an aim to bring together people to share in a non-judgemental, confidential and safe space. No pressure to talk and you can even bring a friend or family member if nervous about coming alone.

**Don't forget to ask your Clinical Nurse Specialist about a Holistic Needs Assessment if you haven't already had one or search #CHFT HNA for more information.**



## Contact Us - CHFT Macmillan Information and Support Service



The Jayne Garforth Macmillan Information Centre, Calderdale Royal Hospital (CRH).  
Greenlea Oncology Unit, Huddersfield Royal Infirmary (HRI)

01422 222709 (CRH)  
01484 343614 (HRI)  
[cancer.information@nhs.net](mailto:cancer.information@nhs.net)  
#CHFT Macmillan support



*Please contact us if you no longer wish to receive our newsletter or wish to receive it by post instead – thank you.*