



April 2023 Newsletter

April is Cancer Awareness for Head and Neck, Bowel and Testicular Cancer



BOWEL CANCER UK

They are the leading bowel cancer charity in the UK. Visit their website <https://www.bowelcanceruk.org.uk/> or call 020 7940 1760 Monday – Friday 9am – 5pm or email admin@bowelcanceruk.org.uk

For information and materials
<https://www.bowelcanceruk.org.uk/about-bowel-cancer/our-publications/>



Head and Neck Cancer awareness charity is <https://hancuk.org/>. This charity is set up by set up by Head & Neck Cancer Specialists and Survivors.



TESTICULAR CANCER

Orchid is the UK's leading charity for those affected by male cancer. They offer a wide range of support services to males of all ages. Contact **ORCHID** on 0203 7457310 or visit their website <https://orchid-cancer.org.uk/testicular-cancer/>

For information and materials
<https://orchid-cancer.org.uk/awareness-education/information/>

Support from banks for Customers with Cancer

Virgin Money are currently in partnership with Macmillan and Customer facing staff have been trained up as Macmillan Guides.



The following banks have dedicated support teams



0800 088 2692



LLOYDS BANK
0800 015 0016



0800 011 3414



0800 917 2393

Walking Group



Macmillan Health Walks will take place on **Thursday 6th April and May 4th 10.30am** at Greenhead Park, Huddersfield – meeting at the conservatory.

We ask you not to attend if you have any Covid symptoms please.

If you haven't been before, please come ten minutes early to fill in a registration form.

Everyone welcome!

How does the budget affect you?

The government's Budget was recently announced which included a range of new tax, benefits and energy measures.

Alternative fuel for heating - If you use fuels like bottled gas, biomass, oil or liquid petroleum gas (LPG) as your main source of heating, you could get £200. Most eligible homes will get this 'Alternative Fuel Payment' automatically as a credit on their electricity bills. If you think you should get the payment but haven't received it, contact your electricity supplier.



Energy Price Guarantee extended – will be kept at £2500 for a typical household for an additional 3 months until the end of June. This is typical usage if you use more energy you'll pay more.



Pancreatic Cancer UK – For everyone affected by Pancreatic Cancer, they are a dedicated UK pancreatic cancer charity. **Freephone:0808 801 0707.**

<https://www.pancreaticcancer.org.uk/>

They organise various helpful webinars e.g., meet a dietician, so see the website for details of webinars and resources you can order.

Men's Cancer Support Group

It is not necessary to book a place, you can just turn up.

Thursday 27th April 2023 2.15pm – 4pm

Led by Clinton

Railway Modellers, Albert street, Huddersfield HD1 3PY

<https://www.youtube.com/watch?v=exOGEGil-oE>

Thursday 25th May 2023 2.15pm – 4pm

With Dr Hoffman

Legends Café at the John Smith Stadium Huddersfield



People in Research

Patients and/or Carers who may be interested in taking an advisory part in Research Projects, may be able to find relevant, suitable, and interesting possible opportunities on the website

<https://www.peopleinresearch.org.>

Participation is mainly held on-line, sometimes by phone, and therefore can be done from home, and very often no previous experience of similar activity is required. This does not usually involve taking part in clinical trials and time commitment can be low.

Information from Brains Trust

New leaflets are at Huddersfield Royal Infirmary including a good fatigue leaflet. For more information contact Mariel Compton-James Support Specialist for the North of England.

E: mariel@brainstrust.org.uk

T: (0)1983 213 573

W: www.brainstrust.org.uk



Calderdale and Kirklees Recovery and Wellbeing College

Calderdale and Kirklees Recovery and Wellbeing College have a variety of courses, if you are interested please visit

www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/

or call **07717 867911**

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

#CHFT Macmillan support



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