

July 2023 Newsletter



July is Cancer awareness month for Sarcoma. Sarcomas are uncommon cancers that can affect any part of your body. A key symptom of sarcoma is a lump that gets bigger quickly. There are many different types of sarcoma. All subtypes of sarcoma can be grouped into soft tissue sarcomas and bone sarcomas.

Sarcoma UK are the bone and tissue cancer charity. More information can be found at <https://sarcoma.org.uk>



World Head and Neck cancer Day is held on the 27th July annually and is used as an opportunity to raise awareness of the signs and symptoms to look out for as some of the cases each year are preventable.

Brainstrust provides personalised support and resources that help people with a brain tumour and their loved ones live the life they want after diagnosis. Services offered include one-to-one support, coaching, meetups to connect with others, webinars with relevant experts, peer support and online information. Brainstrust works with people in the clinical setting to secure the best possible care for people with a brain tumour and campaigns to solve real issues, because they understand the challenges people with a brain tumour face.

E: mariel@brainstrust.org.uk or hello@brainstrust.org.uk
T: (0)1983 213 573
W: www.brainstrust.org.uk



Macmillan's Thinking Ahead Programme – for people living with incurable cancer and their relatives, family and carers next course date 12th September – 24th October

This free course runs over seven weeks and each session lasts for 90 minutes. It consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators. 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



Community engagement sessions: non-surgical cancer care

We want your views about local non-surgical cancer care in order to improve the way services are delivered in the future.

Sessions across the area will be informative and relaxed.

Refreshments will be provided, and everyone is welcome.

SCAN ME



Kirklees

Birstall Community Centre, Market Street, Birstall WF17 9EN
Monday 31 July 2023 between 10.30 am and 12.30 pm

Book through Eventbrite or call 01924 787379

www.eventbrite.co.uk/e/community-engagement-session-non-surgical-oncology-cancer-care-tickets-634703875377

Leeds - Wakefield - Bradford - Kirklees - Harrogate - Calderdale - Airedale

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SCAN ME



Calderdale

Brighouse Library, Halifax Road, Brighouse HD6 2AF
Friday 18 August 2023 between 10.30 am and 12.30 pm

Book through Eventbrite or call 01924 787379

www.eventbrite.co.uk/e/community-engagement-session-non-surgical-oncology-cancer-care-tickets-634703153217

Leeds - Wakefield - Bradford - Kirklees - Harrogate - Calderdale - Airedale



Cost of living - Most households will no longer receive the Energy Price Guarantee discount from 1 July. Energy bills will instead return to being set by Ofgem's Price Cap, bringing typical household energy bills to £2,074 per year, down from £2,500 as it was under the Energy Price Guarantee.



We are looking to expand our team of volunteers within the Macmillan information and support service. If you would like to make an enquiry, please contact the Macmillan information service details are below.

Upcoming Events

Please contact the CHFT Macmillan Information & Support Service to book a place on the focus group, other events you can just drop in and attend

The Great Get Together - Held at Crow Park, Rochdale Road, Sowerby Bridge, HX2 7NP on 2nd July from 10am to 5pm. Inspired by Jo Cox MP, the Great Get Together brings together communities to celebrate what unites us, to bridge divides and to tackle loneliness. It's a really good day out!

Holmfirth Artweek 2nd July – 8th July - Main Exhibition Holmfirth Civic Hall featuring over 400 exhibitors and over 2,000 artworks, plus dozens of fringe venues across the local area with thousands more works of art and craft. <https://holmfirthartweek.org.uk/>

The Marigold Café - For anyone who is bereaved to come together in a caring and supportive environment. **Where:** The Hope Centre HRI **Date:** 5th July **Time:** 2pm until 3.30pm

Walking Group - Macmillan Health Walks will take place on **Thursday 6th July and 3rd August** at Greenhead Park, Huddersfield – meeting at the conservatory **10.30am**. 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.

Hebden Bridge Arts festival and creative workshops 13 - 16 July 2023 - Hebden Bridge's annual arts festival "Open Space 70" takes over the town. Join in by booking a creative workshops in the run-up to the festival.

Men's Cancer Support Group - Location: Legends Café at the John Smith Stadium Huddersfield HD1 6NA When: Thursday 27th July 2023 Time: 2.15pm – 4pm - Tour of John Smith Stadium

Cancer Patient Focus Group - We want to hear from your views if you Have you been affected by cancer either yourself as a patient or as a family member/friend supporting someone else?

Come and share your patient experience and help us improve our service.

Monday 7th August 2023 10am until 11.30am Boardroom, Sub Basement, HRI

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