



We start our newsletter this month by welcoming Nicola Greaves as the new Macmillan Cancer Information and Support Service Manager. Nicola started her career within the NHS 19 years ago at Yorkshire Ambulance Service, then joined the Trust nearly two years ago, as the Quality Improvement Manager for Patient Experience which involves identifying ways of improving the experience of care for patients, which includes family members and carers. Nicola is delighted to be appointed and says "I feel it is a huge privilege to join Mandy, Kate, Jadene and our fabulous volunteers in delivering information and support to patients and their loved ones through their cancer diagnosis, treatment and beyond. If you would like to contact me, please do not hesitate to do so: [Nicola.greaves@cht.nhs.uk](mailto:Nicola.greaves@cht.nhs.uk)"



1st October – 31st October 2023 is **Breast Cancer Awareness month** which is an annual event that aims to spread awareness, raise money and support for people affected by breast cancer. For more information visit <https://breastcancer.org>

**Face to face on Monday 2<sup>nd</sup> October**

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 on the programme contact Heather Milner on **01484 343490** or email [heather.milner@nhs.net](mailto:heather.milner@nhs.net)

You can also book a place by scanning this QR code



**Macmillan's iHOPE Programme – for anyone who has had a cancer diagnosis next course date 7<sup>th</sup> November – 19<sup>th</sup> December**



The course is designed for anyone who's had a cancer diagnosis, whether your cancer treatment finished some time ago, you are currently receiving it, or you have not received treatment.

This free course runs over six weeks and consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators. The course aims to help with the stress of cancer, support health and wellbeing and build up emotional resilience.

To find out more and to book a place please contact the **Macmillan Information & Support Service**



**ARE YOU STRUGGLING WITH**



**EATING AND DRINKING?**



**APPETITE CHANGES?**



**TASTE CHANGES?**

**NUTRITION SUPPORT**

**Drop-In sessions are now available for support from our Dietician Assistants**

**Commencing the First Week of October**

Calderdale Royal Hospital  
Macmillan Unit

**Monday afternoons (1pm-4pm) and Thursday mornings (9am-12pm)**

Huddersfield Royal Infirmary  
Greenlea Unit

**Tuesday afternoons (1pm-4pm) and Friday Mornings (9am-12pm)**

**No need to book.**

**Drop-In when you're next on the unit.**



**5K Your Way Move Against Cancer**

We are a supportive community that inspires and empowers people impacted by cancer to live an active and fulfilling lifestyle.

For more information [5kyourway.org](http://5kyourway.org)



## UPCOMING EVENTS

**Walking Group** - Macmillan Health Walks will take place on **Thursday 5<sup>th</sup> October – 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. Further dates of walking group 2<sup>nd</sup> November and 7<sup>th</sup> December.

**Men's Cancer Support Group** – at the Legends café at John Smith Stadium on Thursday 26<sup>th</sup> October at 2.15pm. All men affected by cancer either as patients or family members, are welcome. Other date of the support group is 30<sup>th</sup> November.

**Bladder Cancer Support Group** - Next meeting booked for 24th October at Briar Court Hotel Huddersfield 10.30am -12.30pm. This is an opportunity to meet with others and talk about serious aspects of being diagnosed with cancer and the emotional impact this has on individuals and families.

**Companionship Cafe's from 'home instead'** takes place on the 2nd Tuesday of every month from 10am to 11.30am in the Morrison's in-store cafe. The monthly Cafe events provide conversation and friendship to older people and welcome new visitors to join us. They provide free tea, coffee and biscuits courtesy of Morrison's Store too. Why not pop in and say hello and combine visiting them with your weekly shop upcoming dates 10<sup>th</sup> October, 14<sup>th</sup> November and 12<sup>th</sup> December. To find out more call 01422 292424 or email [calderdale@homeinstead.co.uk](mailto:calderdale@homeinstead.co.uk)

**FIT Delivery Group** - We are looking for a patient rep to join the FIT Delivery Group. FIT is a test that is being introduced before patients are sent on a fast-track colorectal cancer pathway. The group is currently meeting every 2 weeks on Teams 3pm to 4pm on a Wednesday. If you are interested in representing on the group please contact, Lucy Beckingham, [lucy.beckingham@cht.nhs.uk](mailto:lucy.beckingham@cht.nhs.uk), 07721 5777704.

**Calderdale Carers Wellbeing Service** do carers come dine with us activity. Enjoy being spoiled with a chance to sit, relax and enjoy a meal out with good company and conversation. Each Month will be at a different restaurant in Calderdale, held on the first Wednesday of every month. Please note you must book a place to attend these activities please ring our office on 01422 369 101  
Carers Wellbeing Service Calderdale provides carers 18 and over with an extensive range of resources and support, designed to give you more balance in life.

**Kirkwood Carers Drop In** – for carers of people living in Kirklees with an incurable condition. When: 1<sup>st</sup> Thursday of every month 2pm – 3pm. Where: The Kirkwood, Albany Road, Dalton, Support and Therapy Lounge. No booking required contact The Kirkwood on 01484 557910 Monday to Friday 8.30am – 4.30pm

**Overgate Hospice** is for those living with a progressive life-limiting illness. You can drop in to your local Overgate Hub with a carer, family member or friend, to gain support, advice, education, and signposting from their dedicated team. There is no referral needed to attend the sessions at any of the Hubs, simply **drop in** between 10am-3pm or call 01422 379151 for more information.

Visit <https://www.overgatehospice.org.uk/our-care/overgate-hubs/>

**Movement and Dance in chairs** – a new **FREE social class**. First Monday of every month 2pm – 4pm at The Legends Café Bar at the John Smith's Stadium, Huddersfield. Open to all to improve mobility.

## 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.*