

August 2023 Newsletter



Our Macmillan Information and Support Service manager, Helen Jones, is sadly leaving on 24th August after 4.5 years in post. Helen has recently been ordained as a curate in the Church of England so will be working part time for the church, but she also starts a new part time regional role in September as a Project Manager to support the development of the Thinking Ahead Programme across West Yorkshire and nationally.

Helen said:

'It has been an enormous privilege to manage this fantastic service for the last four and a half years alongside amazing, dedicated staff and volunteer colleagues, who all make a huge difference to people affected by cancer every day. I will miss the many patients and family members I have supported and wish them and my colleagues, all the very best for the future.'

Thinking Ahead Programme – for people living with incurable cancer and their relatives, family and carers next course date 12th September – 24th October 1.30pm – 3pm.

This free course runs over seven weeks on Microsoft Teams and includes important topics such as sorting financial affairs, advance care planning, managing uncertainty, diet and fatigue. The aim is to help you support yourself or your loved ones to live well with an incurable cancer and know about support services.

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



WE WANT TO HEAR YOUR VIEWS

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...

CANCER PATIENT FOCUS GROUP



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

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

Face to face relaunch on Monday 4th September

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

You can also book a place by scanning this QR code



The Bread and Butter Thing (TBBT) is one of the UK's leading community food organisations, working in partnership with Kirklees Council and Third Sector Leaders, an additional hub in Cowlersley Out of School Club, 156 Cowlersley Lane, Cowlersley, Huddersfield HD4 5UX. The Bread and Butter Thing hubs provide access to low cost, nutritious food in addition, access to wraparound services that offer advice and support on finances, employment and health.

Members of The Bread and Butter Thing can get shopping bags filled with a minimum of £35 worth of quality nutritious food for just £7.50.

Joining the Bread and Butter Thing is simple, there is no joining criteria. Anyone who would like to become a member to access the affordable food service can send an email or text.

Email at hello@breadandbutterthing.org or text 07860 063304.

Alternatively, there is an application form and more information at www.breadandbutterthing.org/contact.



Macmillan have created a new booklet and two new web pages to address the specific needs and questions LGBTQ+ people may have about cancer. Macmillan know that sometimes LGBTQ+ people may face extra challenges in getting the right help, and that the support and information they receive doesn't always meet their needs.

<https://www.macmillan.org.uk/support-for-lgbtq-affected-by-cancer>

Macmillan also have an LGBTQ+ cancer forum which you can join at this link.

If you would like us to email or post out a copy of this new booklet – please contact us on cancer.information@nhs.net or call us on 01484 343614/01422 222709.



Macmillan have easy read cancer information to tell you about cancer. They can be useful if you want information that is easier to understand.

What is easy read? It is simple use of language and pictures, they can be useful if you want information that is easier to understand. The booklets are about lots of different topics.

Macmillan has worked with an organisation called CHANGE to make these booklets. They are co-created with people with learning disabilities.

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

Walking Group - Macmillan Health Walks will take place on **Thursday 3rd August – 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.

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, Huddersfield Royal Infirmary

Kirkless Wellness Service – Carers Wellbeing sessions 8th August 6pm – 7.30pm Virtual, 16th August 1pm – 3pm Brian Jackson Centre Huddersfield. For further information or to book a place on a session contact Kirkless Wellness Service on 01484 234095 or book online www.kirklesswellnessservice.co.uk

Kirkwood Carers Drop In – for carers of people living in Kirklees with an incurable condition. When: 1st 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

Men's Cancer Support Group – is taking a break in August but will return to the Legends café at John Smith Stadium on Thursday 28th September at 2.15pm. All men affected by cancer either as patients or family members, are welcome.

Summer Drop ins in Calderdale - Every Wednesday 10am – 12pm Age Concern coffee morning at the central Methodist church in Todmorden.

1pm - 3pm Healthy Minds social drop-in at roomfield Baptist church in Todmorden

1:30 – 3:30 – knit or natter at Todmorden health centre

5pm – 7pm free hot meal with calder grub hub at hope Baptist church in Hebden bridge

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