

We start our newsletter this month by welcoming **Jadene** to the CHFT Macmillan Cancer Information and Support Service. Jadene has worked in the Trust as a Patient Pathway Co-ordinator.

Jadene says "I am excited to have joined the Macmillan information service team. In my short time of working with them, I have been able to see and feel the impact the service has throughout a patient's journey.

I am looking forward to developing my role of Holistic Needs Assessments at the end of treatment and hopefully making a difference to patients"



September is Thyroid, Blood, Urology and Gynaecological cancer awareness month



Thyroid Cancer information can be found at <https://www.thyroidtrust.org/thyroid-cancer-awareness.html>



Urology Cancer information can be found at <https://www.theurologyfoundation.org/news/642-urology-awareness-month-2023>



Blood Cancer information can be found at <https://bloodcancer.org.uk/>



Gynaecological Cancer information can be found at <https://www.jostrust.org.uk/get-involved/campaign/gynaecological-cancer-awareness-month>

Face to face relaunch on Monday 4th September - welcome to join from 9:30am for refreshments and 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. The next First Steps is the October 2nd they are held on the first Monday of each month.

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



Macmillan's Thinking Ahead Programme – for people living with incurable cancer and their relatives, family and carers next course date Tuesday 12th September – 24th October 2pm – 3.30pm

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



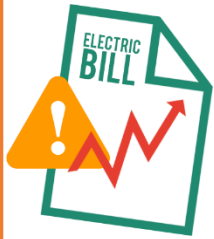
Marie Curie Companion (Befriending) service is a professional service provided by trained volunteers who offer one-to-one companionship and support to people aged 18 and over with a terminal illness and their families. The service is usually only offered for 12 months, typically for people in the last year of life.

You can contact Liz Hooley at Marie Curie Hospice, Bradford for further information on

01274 337000 or email:- westyorkshirehelper@mariecurie.org.uk

Please note that Helper volunteers do not assist with personal and clinical care, formal counselling or regular domestic tasks.





Marie Curie – Energy support

If you're living with a terminal illness or caring for someone who is and you're worried about energy bills, you can call Marie Curie's Support Line and ask to speak to one of our dedicated Energy Support Officers. They can give you expert information on things like supplier-specific support, grants, and energy efficiency updates. Tel: 0800 090 2309 or visit mariecurie.org.uk/energy for more information and opening times.



UPCOMING EVENTS

Walking Group - Macmillan Health Walks will take place on **Thursday 7th September – 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 5th October, 2nd November and 7th December.

Men's Cancer Support Group – at 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. Other dates of the support group are 26th October and 30th 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 other men and talk about serious aspects of being diagnosed with cancer and the emotional impact this has on individuals and families. There is also a WhatsApp group to stay connected in between meetings.

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
12th September, 10th October, 14th November and 12th December. To find out more call 01422 292424 or email calderdale@homeinstead.co.uk

Kirklees Wellness Service – Carers Wellbeing sessions 14th September 1pm – 3pm Dewsbury Customer Service Centre. For further information or to book a place on a session contact Kirklees Wellness Service on 01484 234095 or book online www.kirklesswellnessservice.co.uk

Calderdale Carers Wellbeing Service do a 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.

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