

August 2024 Newsletter

CHFT Macmillan Information and Support Service

Summer is upon us. This means that some of our support groups are on hold, so our volunteers can take a well-earned break. Please check the dates below before attending your next session.

**FIRST STEPS
CANCER PROGRAMME**

Our next information and support session for people who have been recently diagnosed with cancer 'First Steps' will be held on Monday 2nd September at Huddersfield Royal Infirmary. Refreshments will be available from 9:30am, with the session running from 10am until 12pm.

First Steps aims to **help you support yourself** during your cancer journey. The session includes information on important topics such as keeping active, managing your emotions, diet, sleep, managing fatigue and different services to support you. Please feel free to bring someone along with you.

If you would like to book a place call **01484 343490** or email heather.milner@cht.nhs.uk.

Google "CHFT First Steps" for more information or go to the following link

<https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>

The 3rd of September sees the launch of our next seven week **Thinking Ahead Programme**.

Our online wellbeing course is for people living with an incurable cancer as well as their family members and unpaid carers.

Delivered through MS Teams, the weekly 90-minute-long sessions cover topics such as benefits and financial affairs, advance care planning, managing fatigue, diet and appetite and much more. Even if you haven't used MS Teams before, we can help you get connected.



To book a place please contact: **01484 343614** or **01422 222709**. Email: cancer.information@nhs.net

The BIG bake Sale!

On the 27th September we will be working across our hospitals to raise much needed funds which will be shared equally between Macmillan and our very own Calderdale and Huddersfield NHS Charity, who supports our monthly cancer support groups within Calderdale and Kirklees.

We are looking for volunteers to help with either baking or donating pre-baked items and assisting on the day at either Calderdale Royal Hospital, Huddersfield Royal Infirmary or Acre Mill outpatient's site.

Even if you have not volunteered before, and would like to get involved, please reach out to us 😊

You can email Nicola.Greaves@cht.nhs.uk or call 01484 343614 to find out more information.



Music Group A suggestion from Richard, one of our Volunteers and Patient Representatives, has turned into a musical marvel. Richard was keen to use music to unite those affected by cancer. After some playing around with ideas, and seeing if the concept would work, we have held a couple of sessions now. The small, but perfectly formed group meet on a Wednesday from 5pm-6.30pm in the Chapel at Huddersfield Royal Infirmary.

5 songs have been selected to practice, with the aim of playing them at the BIG bake sale (mentioned above). If you would like to join in, even if it is to shake a maraca please do come along.

We are on a mission to find a singer... if this could be you, please get in touch. Please note, no scary X-Factor style auditions will be required, they are a friendly and welcoming bunch.

We are hosting our annual **Cancer Patient Experience Focus Group** between 10am-12pm on the 25th September 2024. During this session, which will be held at Acre Mill, Huddersfield. We have identified three key areas for discussion.

- **Did we deliver your diagnosis with dignity?**
- **Have you/ your carer been able to ask questions that matter to you the most?**
- **Did you feel you were given the right amount of information at the end of your treatment?**



If you would like to take part in the informal group session and share your experiences of cancer services provided by Calderdale and Huddersfield NHS Foundation Trust, please get in touch. We welcome patients and carers who have not previously attended our sessions. Email: cancer.information@nhs.net if you would like to take part.

Men's Cancer Support Group – is hosted at the Legends café at John Smith Stadium, Huddersfield. Drinks are provided from 2pm for a prompt 2.15pm start. All men affected by cancer either as patients, family members or carers are welcome. Upcoming dates for 2024 are: 26th Sept, 31st Oct, 28th Nov.

Walking Group - Macmillan Health Walks will take place on **1st August and 5th September** at Greenhead Park, Huddersfield. Walkers meet at the conservatory at 10:15am for a 10:30am start. Following a gentle walk, we head for a coffee and catch up. Everyone affected by cancer is welcome to join us, our volunteers will make you feel extremely welcomed.

Coffee 'N' Chat Group - Will be held at **The Watermill Pub, Salterhebble, Halifax** on the third Wednesday of the month, between 10am – 12pm.

Dates for this year include 18th Sept, 16th Oct, 20th Nov, 18th Dec. Please note there is plenty of free parking on site, and the venue is on the main 501 bus route for both Halifax and Huddersfield.

Women's Open Talk Holmfirth – 2nd and 4th Tuesday of the month 6.30pm – 8.30pm, held at Holmfirth Tech, 140 Huddersfield Road, Holmfirth, HD9 3AR. This is an open support group for women and nonbinary people from Holmfirth and the surrounding areas with an aim to bring together people to share in a non-judgemental, confidential and safe space. No pressure to talk and you can even bring a friend or family member if nervous about coming alone.

Bladder Cancer Support Group – 20th August from 10:30am at Briar Court. This is a great opportunity to meet with others and talk about the various aspects of being diagnosed with cancer, and the emotional impact this has on individuals and families. Please call Phil Kelly on 01422 847328 for further details.

Don't forget to ask your Clinical Nurse Specialist about a Holistic Needs Assessment if you haven't already had one or search #CHFT HNA for more information

MACMILLAN
CANCER SUPPORT

MY HOLISTIC NEEDS ASSESSMENT

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 by post instead – thank you.