

CHFT Macmillan Information and Support Service

July is Bone and Sarcoma Cancer awareness month

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> or <https://www.macmillan.org.uk/cancer-information-and-support/bone-cancer>



Primary bone cancer is a rare type of cancer that begins in the bones. Symptoms are a noticeable lump over a bone, a weak bone that fractures more easily than normal and problems moving around. If you're worried about these symptoms or have worsening bone pain, visit your GP. **For more information visit:** <https://www.macmillan.org.uk/cancer-information-and-support/bone-cancer>

FIRST STEPS
CANCER PROGRAMME

First Steps will be **July 1st** everyone welcome to join from 9:30am for refreshments the program starts at 10am until 12pm. *(Next date September 2nd)*
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 call **01484343490** 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 **Thinking Ahead Programme** is an online wellbeing course for people living with incurable cancer and their family members/carers. Helping you look after yourself, find out about support services and plan ahead. The next course date **Tuesday 3rd September 1.30pm – 3.30pm**. This **free** course runs over seven weeks and each session lasts for 90 minutes.
 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

Yorkshire Cancer
Community

Yorkshire Cancer Community's Directory of Local Support Groups - A new online directory of cancer support groups meeting both in person and virtually, has been published by Yorkshire Cancer Community and is available on their website at this link: <https://yorkshirecancercommunity.co.uk/cancer-support-groups/>

You can also find information about local support groups and other support via the Cancer Care Map website – just enter your postcode to find support in your area: <https://www.cancercaremap.org/>

Simply Wigs, Wig Bank - obtain a brand new/nearly new wig for a minimal donation of £5.00. The proceeds are then donated to charity. Simply call **01484 840100** and make an appointment.
 Spa Fields Industrial Estate, 2a-2e, New St, Slaithwaite, Huddersfield HD7 5BB

Head Wrappers is a free hair loss advisory service and charity for those suffering hair loss as a result of cancer treatment. They focus on alternatives to wigs and have free online sessions to learn how to tie head scarves and build up confidence after hair loss.
 Visit www.headwrappers.org for more information or email info@headwrappers.org or call 0203 6334713



Are you looking to travel abroad this summer? Are you new to the world of travel insurance? It can be difficult to get travel insurance if you have cancer, or if you've had cancer before. Travel insurance can be more expensive depending on where you are going and costs have unfortunately increased since the pandemic. We understand that finding travel insurance providers can be stressful we have a few tips below to help you with this.

- Contact us for our travel insurance providers list. This is a list of providers that our patients have used to before, and that are widely recommended. We're more than happy to email this to you or post it out.
- Visit **Macmillan's online travel insurance community** - this is a free online forum for people affected by cancer, where you can ask questions and find out which insurance providers people are recommending. You do not have to join to read what people are saying. Follow this link to have a look at the conversations about travel insurance:
- <https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/travel/buying-travel-insurance>

Man2Man is their telephone-based peer support service from a trained StrongMen volunteer with first-hand experience of losing a loved one. Men who contact StrongMen for support will be offered the opportunity to speak with one of their trained volunteers for a friendly chat and will receive up to six weeks of peer support from StrongMen. Their peer support is built on empathy based around shared experiences, focusing on your strengths, rather than weaknesses with the goal of achieving wellbeing and recovery. Peer support comes in different forms which includes listening, mentoring, education, tutoring and meditation Their volunteers have been trained in a variety of counselling skills including active listening, verbal and non-verbal communication, confidentiality and problem solving. For more information contact them at www.strongmen.org.uk/services/man2man/



The Ella Dawson Foundation

The Ella Dawson Foundation is a charity that helps young adults to live well with cancer. Ella lived in Huddersfield and the charity was established as a legacy to her and the life she lived well, and to continue the work she started in helping other young adults with a cancer diagnosis. The charity provides a safe, supportive and uplifting space where young adults (aged 18-30) with cancer and their families, can access tailored physical, psychological, emotional, nutritional and wellbeing support within a welcoming and like-minded community. See the website for further information:

<https://www.elladawsonfoundation.org.uk/about-us>



Men's Cancer Support Group – at the Legends café at John Smith Stadium. Drinks from 2pm for 2.15pm start. All men affected by cancer either as patients or family members, are welcome. Upcoming dates for 2024 24th July, 26th Sept, 31st Oct, 28th Nov. *** JULY 25TH CANCELLED***

Walking Group - Macmillan Health Walks will take place on **Thursday 4th July 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. Next walking group 1st August.

Coffee 'N' Chat Group - On the third Wednesday of the month, 10am – 12pm. Dates for this year include 17th July, 18th Sept, 16th Oct, 20th Nov, 18th Dec. Will be held at The Watermill Pub, Salterhebble, Halifax. Free parking please contact Macmillan Information Service for any additional information.

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 non-binary 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.

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.



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

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Please contact us if you no longer wish to receive our newsletter or wish to receive it by post instead – thank you.