

CHFT Macmillan Information and Support Service



June is Pride Month. This Pride, we want to remind you that, no matter how you identify or who you love, we are here for you. Macmillan has useful further information and support <https://www.macmillan.org.uk/cancer-awareness/lgbtq-pride-month>



We are hugely grateful to our amazing team of volunteers who support our cancer patients and their families by running our support groups, meeting people in our centres and answering the phone, sharing their stories at various meetings and helping to run our education programmes. The whole team serve enthusiastically and with compassion and we are grateful for their dedication, time and hard work, thank you.



Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make. Carers Wellbeing Service Calderdale has more information which can be found <https://makingspace.co.uk/carers-wellbeing-service-calderdale>. More information can be found at <https://www.carersweek.org/>



17 - 23 June is Cervical Screening Awareness Week. Macmillan have information and support if you're worried about cervical screening or your screening results, for more information go to <https://www.macmillan.org.uk/cancer-awareness/cervical-screening-awareness-week>



First Steps will be **June 3rd** everyone welcome to join from 9:30am for refreshments 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. 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>



Look good feel better workshops are now available to book on. These workshops are approximately 2½ hours long but are very friendly and lead by experts. You must contact them directly for more information <https://lookgoodfeelbetter.co.uk/workshops/>



Boots is working with Macmillan to support people living or affected by cancer. They have also launched a palliative care service.

More information can be found at <https://www.boots.com/macmillan>



The Charity offers a **FREE** hair loss advisory service led by trained Cancer Hair Care NHS Clinical Specialists. To speak with a Specialist or Advisor, ring **01438 311322** or e-mail support@cancerhaircare.com. They provide hair loss dollies and other resources to explain hair loss to children. More information at Cancerhaircare.co.uk

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



CANCER AND YOUR SEX LIFE



Cancer and cancer treatment can affect many areas of sexual well-being. Your thoughts and feelings have a powerful effect on your sexual well-being. Being diagnosed with cancer can cause strong emotions. For further information on sex and cancer speak to your Clinical Nurse Specialist, Chemotherapy Nurse or any of the Macmillan information support team. If you do not feel comfortable speaking to them also try your GP or local sexual health clinic. Macmillan have further information on this which can be reached <https://www.macmillan.org.uk/lovehoney>



Settld. Is an organisation that offers **FREE** help in dealing with the private affairs when someone dies, it offers extended help than the government's Tell Us Once service. Settld. can contact all companies to inform them of a loved one's death, request account closure, transfer, or amendment and obtain date-of-death balances for probate. Contact them for more information at <https://www.settld.care/>



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/



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 - 27th June, 25th July, 26th Sept, 31st Oct, 28th Nov.

Walking Group - Macmillan Health Walks will take place on **Thursday 6th June 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.

Coffee 'N' Chat Group - On the third Wednesday of the month, 10am – 12pm. Dates for this year include 19th June, 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.

Bladder Cancer Support Group - Meeting at Briar Court Hotel Huddersfield 10.30am -12.30pm on 25th June. 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. Please call Phil Kelly on 01422 847328 for more info!

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.