

January 2025 Newsletter

CHFT Macmillan Information and Support Service



Happy New Year from the Cancer Information and Support Service at Calderdale & Huddersfield NHS Foundation Trust.

During 2024 we listened and responded to feedback from our service users. We increased our support groups, which included the creation of our Coffee 'N' Chat Group, our band "The Side Effects" was formed, and we will shortly be launching our Women's Support Group.

If you have an idea about how we can enhance our service, please do not hesitate to get in touch with us. You can telephone us at 01422 222709 or 01484 343614 or email cancer.information@nhs.net



Facebook is a great way to keep updated with what is going across the service. If you are not following us yet, you can find us at **Macmillan Information & support Service at Calderdale & Huddersfield.**



The 28th Of January 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.

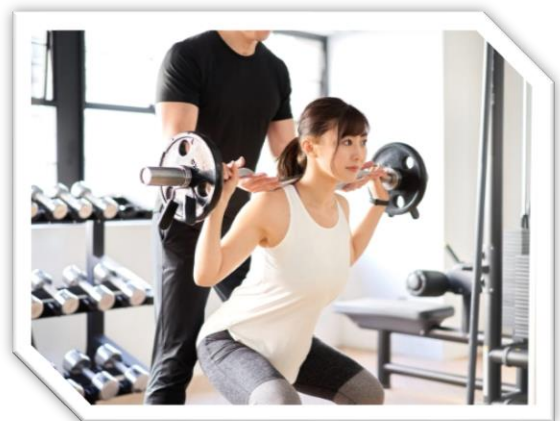
Delivered through MS Teams, the weekly 90-minute-long sessions cover topics such as benefits and financial affairs, advance care planning, managing fatigue, diet and appetite and much more. Even if you haven't used MS Teams before, we can help you get connected.

Active My Way: Cancer Rehab

Have you undergone treatment for, or been diagnosed with, cancer and would like a specialist exercise class to support your return to fitness? Cancer Rehab sessions are led by fully qualified and experienced instructors who will tailor exercises to meet your needs. Sessions will be held from 6pm – 7pm at The Shay Stadium every Thursday.

Sessions are FREE for leisure centre members as part of the membership package, £6.50 Pay As You Go or £4.95 with a Passport to Leisure.

To book your place, call Calderdale Leisure Centres on 01422 288068 (Brighouse Pool) or 01422 288078 (Sowerby Bridge Pool).



For others wanting to start or continue their exercise journey, please consider the following;

- <https://kal.org.uk/> - for exercise in Kirklees
- <https://www.moveagaincancer.org/5k-your-way/> - In both Huddersfield & Halifax
- <https://new.calderdale.gov.uk/sports> - for exercise in Halifax



Free specialist Bupa counselling

Through our partnership with Bupa, we're offering up to 4 free counselling sessions for people struggling emotionally because they are living with or have had cancer. Led by a qualified Bupa therapist and delivered by phone or video call, these sessions can help people understand, manage and overcome difficult feelings.

Patients will have a phone assessment with Bupa and will be able to access support within days if they qualify to use the service.

They can then book a wellbeing assessment appointment directly with Bupa via the Macmillan website or call the **Macmillan Support Line on 0808 808 00 00** and ask about the Bupa service.

Safeena MCSN is a free service, led by Muslims, for Muslims. Cancer is indiscriminate, affecting people regardless of background, race or age. Despite the common occurrence of cancer, there is no targeted support for Muslims to address our specific cultural and religious needs. They provide practical, educational, emotional support, and in particular, 'Islamic guidance' for Muslims affected by cancer. visit www.safeena.org.uk for more information & support.



Safeena
Muslim Cancer Support Network



Please note there will be no Walking Group in January!

Our next walks will take place on: 6th February 2025, 6th March 2025 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. The guided walk is free, however those attending will be required to pay for their own drinks if they wish to have one.

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 2025 are: 30th January, 27th February and 27th March. Please note this is a free event. With free parking on site.

Coffee 'N' Chat Group – Is held at The Watermill Pub, Salterhebble, Halifax on the third Wednesday of the month, 10am – 12pm. The next dates will be 15th January 2025, 19th February 2025. 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. This is a free event, with drinks provided by Calderdale and Huddersfield NHS Charity

Bladder Cancer Support Group – Tuesday 21st January 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.