

December 2024 Newsletter

CHFT Macmillan Information and Support Service



THANK YOU

From all of the team at the Cancer Information Service, we would like to thank our loyal and dedicated volunteers. They have worked hard throughout the year to support patients and their loved ones in receiving the highest standard of care and support.



From running support groups, walking group, The Side Effects (music group), fundraising through to the delivery of workshops, training, and education sessions we are so lucky to be surrounded by such inspirational individuals.

This seems like the perfect opportunity to extend our gratitude to Barbara and John, who after several years are standing down from volunteering within the service. We are sorry to see them go but speak on behalf of everyone they have helped when we say you have truly made a difference and we will all miss you.



OUTpatients The UK's LGBTIQ+ Cancer Charity

OUTpatients is the UK's only LGBTIQ+ cancer charity. Which is proudly led by and for LGBTIQ+ people affected by cancer and work hard to support and advocate for their community where support comes in all shapes and sizes.

At OUTpatients, they love to work with the caring and creative LGBTIQ+ community to bring additional events whenever they can. From support sessions around particular topics to art workshops that allow you to learn a new skill and express yourself in a different way. For more information, please visit <https://outpatients.org.uk> for more information. They have a great website!

END OF TREATMENT REVIEW

Are you approaching the end of your treatment? Would you benefit from speaking to someone about what matters the most to you?

Jadene is our dedicated Support Worker who specialises in Holistic Needs Assessments. For anyone approaching/ recently reached the end of treatment who may benefit from additional support or information.

Your Holistic Needs Assessment can be completed over the phone, through Microsoft Teams or in person at either one of our centres at Calderdale Royal Hospital or Huddersfield Royal Infirmary.

If this sounds like something you would be interested in, please get in touch.

Email: cancer.information@nhs.net

Telephone: 01422 222709 or 01484 343614



MACMILLAN
CANCER SUPPORT **MY HOLISTIC NEEDS ASSESSMENT**



YOU DON'T HAVE TO BE ALONE THIS CHRISTMAS

Christmas Day is often thought of as a time to be spent with family and friends - however stressful that might sometimes be.

But for some, who aren't in such a lucky situation, Christmas can be an extremely difficult time of year. Anyone can find themselves lonely or unable to afford a Christmas dinner this year for any number of reasons. Thankfully, there are places that are here to help.

The Hart Bar, 23 Cloth Hall Street, HD1 2DZ, is offering homeless or isolated people a free Christmas lunch from midday to 2pm. Please call to secure a place on: 01484 432171

Holy Trinity and St Judes Church, Free School Lane, Halifax, is running a free Christmas lunch from 11.30am. It includes presents and free transport is available. To reserve a place email Samantha Jones spotterjones1@gmail.com or call 07760471652

Longcauseway Church, Princess of Wales Precinct, Dewsbury, will be holding a free Christmas meal and celebration from 3pm. Free transport can also be arranged. To book a place call 07591 582 848

The Jubilee Centre, Market Street, Paddock, is holding a Christmas dinner and celebration. Free transport to and from the venue is also available. To reserve a place call: 01484 55155

THINKING ABOUT RETURNING TO WORK OR A NEW CAREER?

We are always keen to work with patients, carers and professionals to design a service that meets your needs. Recently we have had a number of conversations around offering support to patients and carers who want to go back to work, but are unsure how they will manage in a work environment with issues such a fatigue, the side effects from treatment or a change in confidence.

In response to this we have worked with the CHFT Volunteer Service to access their volunteering opportunities. There are a number of roles available that offer a supportive and welcoming environment, during the hours that could fit around your own lifestyle. Our most recent recruit has joined the hospital appointment centre where they volunteer 3 hours a week completing administration duties.

There are many roles available. If you could like to find out more please visit:

<https://www.chftcharity.co.uk/volunteer> you can also email chftfundraising@cht.nhs.uk or telephone 01484 344344



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.**

Please note there will be no Walking Group in January!

Our next walks will take place on: **5th December 2024, 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.**

Coffee 'N' Chat Group – Is head at **The Watermill Pub, Salterhebble, Halifax** on the third Wednesday of the month, 10am – 12pm. Dates for this year include **18th December 2024, 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**



Please note our service will be closed on: 25th and 26th December, however the Macmillan helpline is open 365 days a year from 8am-8pm 0808 808 0000