

October 2024 Newsletter

CHFT Macmillan Information and Support Service

Our award winning **iHOPE** course has been a great success and we are excited to announce that we now have a date for our next course. Our first session will commence on Tuesday 5th November, finishing on 17th December. The weekly sessions run from 2pm until 3pm, online via Microsoft Teams. You therefore have the flexibility to access the course from home or on the move.



iHOPE is Macmillan's health and wellbeing programme for anyone affected by cancer. We cover topics such as wellbeing, managing stress, communication, keeping active, gratitude and goal setting.

The course consists of online content to complete which you can do at your own pace during the week. We then invite you to an optional weekly meeting with our team made up of professionals and volunteers with lived experience of cancer. **iHOPE** aims to teach you how to become more relaxed, improve your confidence in setting positive goals, learn stress and fatigue management skills and explore any worries you experience when dealing with cancer.

Don't just take our word for it, one attendee said **"Dad (and me) found the iHope course very beneficial and got a lot out of it. He now has a more positive outlook on life because of it."**

Please contact the team on 01484 343614 or 01422 222709 to book a place.

WHAT WOMEN WANT

We are constantly listening, learning, and adapting to the needs of our service users. This year alone we have increased our support group network and established a music group following feedback.

One issue that we have heard about, loud and clear, is the need for a Women's Support Group, for anyone who has been affected by cancer.

So we can understand how this might look as we make plans for 2025, we would like to hear your thoughts and suggestions.

If you can, please join us over a hot drink at 11am on 24th October 2024, at **Lindley Tap, 56 Lidget St, Lindley, Huddersfield HD3 3JR**.

Please note carers are also welcome to attend.



MEN IN SHEDS – Calderdale



Men's Sheds are kitted out community spaces where men can enjoy practical hobbies. They're about making friends, learning and sharing skills. Many guys come just for the tea and banter, everyone's welcome.

Ryburn Men in Sheds – if you like to repair, make things, learn new skills, share skills and have training on a wide range of equipment, or just have a natter, drink coffee, make good friends and have a laugh, then **Ryburn Men in Sheds is for you!**

For more information contact John – **07912346007** or Michael – **07946414805**
Or you can simply pop in at: Unit 9 SDH Holdings Asquith Mills HX6 3BS

ANDY'S MAN CLUB

Talking groups for men over the age of 18 who have either been through a storm, are currently going through a storm or have a storm brewing in life. Open every Monday from 7pm excluding bank holidays.

To find a group near you visit: <https://andysmanclub.co.uk/find-your-nearest-group/>



BREAST CANCER NOW

The research
& care charity

Every October, people all over the world show their support for people affected by breast cancer. The work of the charity **Breast Cancer Now** is always important, but October is when they get to really shout about it. Whether you want to speak to nurses, join a support group or connect with volunteers who have faced what you are facing now, they can help you feel more in control.

For more information and to access their online services please visit: <https://breastcancernow.org>

Their services include living with secondary breast cancer, younger women together online, someone like me and more.

If you do not have access to the internet, please contact the service by telephone on **0808 800 6000** and they will send information out to you in the post.

Dates for
the Diary:

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: 31st October, 28th November. **Please note this is a free event. With free parking on site.**

Walking Group - Macmillan Health Walks will take place on: **3rd October, 7th November, 5th December** 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 - Will be held at **The Watermill Pub, Salterhebble, Halifax** on the third Wednesday of the month, 10am – 12pm. Dates for this year include: 16th October, 20th November and 18th December. 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**

Don't forget to ask your Clinical Nurse Specialist about **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.