

July – August 2026

CHFT Macmillan Information and Support Service



Hello and welcome to the Cancer Information Service newsletter for July and August 2026.

It's been wonderful to hear from staff, patients and carers who were able to enjoy complimentary tickets to Macmillan's fundraising event at York Racecourse in June. We have received some fantastic feedback and heard many great stories about what a memorable day for all was involved.

We have also received excellent feedback from female patients who attended our recent Look Good Feel Better workshop. Held once a month at Briar Court Hotel, these sessions provide a welcoming and supportive environment where participants can learn

practical skincare and make-up techniques to help manage the visible side effects of cancer treatment. Attendees also receive a complimentary make-up and skincare kit worth between £250 and £300.



LET'S BOWL! Back by popular demand – our next Bowling Social is here!

Join us on 8 July 2026 from 11:00am at Hollywood Bowl, Bradford (BD1 5LD).

These bowling sessions are for people living with or beyond cancer, along with their loved ones and friends.

It's a great opportunity to meet others with shared experiences while enjoying 2 free games of bowling.

☒ No need to pre-book – simply turn up on the day.

☒ Free parking available – just register your vehicle registration number on arrival.

We look forward to seeing you there!

World Lung Cancer Day – 1 August 2026

Lung cancer is the third most common type of cancer in the UK, with more than 49,000 people diagnosed each year. It can affect anyone – men and women, young and old, people who smoke, and people who have never smoked.

To mark World Lung Cancer Day, the Roy Castle Lung Cancer Foundation is hosting a patient information day, bringing together patients, families and lung cancer specialists to provide valuable information, guidance and peer support.



The nearest free event will take place on 4 September 2026, from 9.45am to 3.30pm, at the Marriott Victoria & Albert Hotel, Water Street, Manchester, M3 4JQ.

Attendees can look forward to:

- Expert talks from oncologists, thoracic surgeons, lung cancer nurses, physiotherapists and nutritionists.
- Patient stories and experiences from people living with lung cancer.
- Opportunities to connect with others facing similar challenges and share advice and support.
- Refreshments and Q&A sessions in a relaxed and welcoming environment.

Whether you have been recently diagnosed, are undergoing treatment, or are supporting a loved one, this event offers a valuable opportunity to learn more about lung cancer and connect with others who understand the challenges it can bring

SAVE THE DATE: MACMILLAN FUNDRAISER, WITH A TWIST

The 25th September 2026 marks the official date of The BIG Coffee Morning. The national fundraising event for Macmillan. We thought we would try something a bit different this year. Please hold the date, for our daytime disco. Further details to be provided in the next newsletter.

SHARING FEEDBACK

We want to make it easy for you to talk us about your care.

Our Patient Advice and Liaison Service (PALS) is here to listen and respond to your experiences, and help us improve your care and our services in the future.

You might want to contact PALS if you want more information or advice about your care, you wish to pay a compliment or give general views about your care, or you may wish to make us aware of your concerns or make a complaint.

PALS value your opinions and recognise the importance of your experiences. We appreciate that sometimes mistakes happen. Your feedback to us is very valuable and will help us to improve our services.

Raising concerns about treatment or care - the first step

If you have concerns or wish to complain about your treatment or treatment of a relative, in the first instance please raise this with a member of staff in the hospital who is providing care to the patient. This might be a nurse doctor or health worker. They should be able to resolve this directly with you or find someone to help you.

The Matron for a ward or department is also available for you to express any concerns to and there is always a Duty matron available out of hours. Matrons can be contacted via the main switch board number at either hospital site:

Calderdale Royal Hospital **01422 357171**
Huddersfield Royal Infirmary **01484 342000**

Raising your concerns or complaints

If you feel you need help with raising your concerns or complaints and wish to speak to someone please contact the PALS team.

They are open Monday to Friday 9.00am-5.00pm

Outside of these hours you can leave a telephone or email message for the team to respond to the next working day.

Telephone: 01484 343800

Email: patientadvice@cht.nhs.uk

You can also complete the online feedback form. <https://www.cht.nhs.uk/contact-us/feedback>



CANCER TREATMENT IN THE COMMUNITY?

We are looking at how we offer patients more choice in how they receive their cancer care.

Some cancer treatments, like medicines you swallow as tablets and injections that go into the skin, can be given safely outside of the home.

We would like to know what you think about having cancer treatment in a community clinic, or even at home in the future. Feedback is welcome from everyone.



Complete this short survey and help shape the future of cancer services.

<https://forms.cloud.microsoft/pages/responsepage.aspx?id=RHpGohvyU0eCQeA6PSagH46LjASo4p1LqKCQMx0zpM1UQk1FWk9DS1pDOUc3RkFCTUFBSTdKMk9UTS4u&route=shorturl>

COLNE VALLEY CYCLE THERAPY (CVCT)

Recommended by a friend of the service, we are delighted to share details of this fantastic cycling group.

Led by ride leader Jane Crookes and ride leader and National Standard Instructor Kate Wylie, CVCT offers a variety of short, enjoyable rides along mainly traffic-free routes through the beautiful Colne Valley in Huddersfield, West Yorkshire, and the surrounding Kirklees countryside.



Most rides start from Slaithwaite, where a fleet of bicycles is available to borrow, ensuring that everyone can take part, even if they do not own a bike.

Rides are also available in other locations. For these rides, participants will need to bring their own bicycle and helmet.

The group is made up of friendly, welcoming, and supportive riders, and all rides are taken at a gentle pace. Wherever possible, coffee stops are included along the way, making the experience as social as it is enjoyable.

About the Group Rides

- Typical ride distances range from 5 to 12 miles.
- Routes primarily follow traffic-free greenways and canal towpaths.
- Rides are designed to be accessible and enjoyable for a wide range of abilities.
- A relaxed pace allows riders to enjoy the scenery and social atmosphere.

Whether you're new to cycling or looking for a supportive group to ride with, CVCT offers a great opportunity to explore the local area, build confidence, and enjoy cycling in good company.

For more information contact Kate Wylie on: 07930 273990

A BIT OF A BREAK

Living with cancer can be physically and emotionally demanding, not only for patients but also for their loved ones. A Bit of a Break is a wonderful UK charity that provides free short holidays for people living with terminal or palliative illnesses, including cancer.

The charity partners with generous holiday property owners who donate accommodation, giving families the opportunity to spend valuable time together away from hospital appointments, treatments, and the challenges of everyday life. These breaks offer a chance to relax, create special memories, and enjoy much-needed respite in a supportive environment.

Referrals are typically made through healthcare professionals, hospices, palliative care teams, or cancer support services, ensuring that those who could benefit most are able to access this unique opportunity.

For many families, these short breaks provide not only a change of scenery but also precious moments of connection, comfort, and joy during difficult times.

Contact a member of our team to make a referral on your behalf.



SOMETHING TO LOOK FORWARD TO:

Something To Look Forward To connects people affected by cancer with a wide variety of donated experiences and treats. These include restaurant meals, hotel stays, beauty treatments and tickets to events that have been generously donated by companies and individuals.

To date, the charity has supported over 40,000 people and facilitated more than £2m worth of donations. It's open to anyone with a cancer diagnosis and their families.

Please have a look on their webpages for more information.

<https://somethingtolookforwardto.org.uk/>



OUR SUPPORT GROUPS

Men's Cancer Support Group: is hosted at the Legends café at the Accu Stadium, Huddersfield. Drinks are provided from 2-4pm. All men affected by cancer either as patients, male family members and male carers are welcome. Our next meetings are on: 30th July and 27th August. Please note this is a **free** event with free parking on site.

Women's Support Group: is hosted at the Legends café at the Accu Stadium, Huddersfield. Drinks are provided from 2-4pm. The group is open to women affected by cancer either as patients, female family members and female carers are welcome. Our next meetings are on: 29th July and 26th August. Please note this is a **free** event. With free parking on site.



Working with the charity **Look Good Feel Better**, we are pleased to offer step by step advice on skincare and makeup application to complete a natural, radiant look. Learn practical tips and techniques, including how to enhance sparse eyebrows or loss of eyelashes, to help you look and feel like you again. Each participant will be provided with a complimentary range of products within this session. The next sessions will take place at Briar Court Hotel on 9th July and 13th August from 2:00pm-4.15pm. To secure your place please use the following link:

https://lookgoodfeelbetter.co.uk/workshops/?type=facetoface&iam=Woman&k_1=1&postcode=HD3+3JL&morning=1&afternoon=1&evening=1&any=1&submit=View+Workshops

Coffee 'N' Chat Group Is held at The Watermill Pub, Salterhebble, Halifax on the third Wednesday of the month, 10am – 12pm. This is a patient lead group. Hosted by patients for patients, carers and friends. It is the perfect place for you to attend for informal peer support. The lovely hosts will help signpost you for local cancer information and support, should you feel this is something you need.

Walking Group 1st Thursday of each month at 10:30am:

The walking group at CHFT is a friendly and social space for anyone affected by cancer, including patients, their relatives or carers. The group meets on the 1st Thursday of each month at 10:30am at the Conservatory at the bottom of Greenhead Park, Trinity Street, Huddersfield, HD1 4DT. Participants can enjoy gentle walks suitable for all abilities, followed by a drink in the Conservatory. The group is open to all, whether currently undergoing treatment or living beyond cancer. Please note, it is card only payments in the café.

**If you would like to speak to a member of the
Cancer Information and Support Service, please get in touch.**

You can telephone us on:

01422 222709 or 01484 343614

e-mail cancer.information@nhs.net

Please allow up to three working days for us to respond to your enquiry