

March – April 2026 Newsletter

CHFT Macmillan Information and Support Service

Hello and welcome to the March-April newsletter for the Cancer Information and Support Service at Calderdale and Huddersfield NHS Foundation Trust.

March is Prostate and Ovarian Cancer Awareness Month

In the UK, about 48,600 men are diagnosed with prostate cancer each year. If you are a trans woman or are non-binary assigned male at birth, you also need to be aware of prostate cancer and its effects. Prostate cancer is a common cancer which starts in the cells of the prostate, a small gland which is just below the bladder and in front of the rectum. Prostate cancer symptoms can include needing to wee more often especially at night, have difficulty weeing or feeling as though the bladder is never completely emptied. It is important to see you GP if you experience any symptoms and they can make a specialist referral if needed. Support organisations/charities include:

PROSTATE CANCER UK: 0203 3107000 <https://prostatecanceruk.org/>



Huddersfield offers dedicated support for men affected by prostate cancer, with the **Huddersfield Prostate Cancer Support Group** providing one of the most active local networks. Meeting regularly at the Lawrence Batley Theatre in the town centre, the group welcomes anyone who has been newly diagnosed, is considering treatment options, is currently undergoing treatment, or is adjusting to life afterwards. They also deliver the **Huddersfield Prostate Cancer Support Partners Group**. They meet on the first Tuesday of the month 6:15-7:45pm at the same venue. Please telephone 07708283260 for more information about either group.

Within Halifax the **Meandering Bear** (HX1 1PR) host the **Prostate Cancer Support Group** on the first and third Tuesday of each month from 3pm. Partners are also welcome to attend. For more information, please contact: Geoffeagle46@gmail.com



Identifying ovarian cancer early can be challenging, as its symptoms are often subtle and easily mistaken for more common conditions. However, recognising the signs can make a real difference. Persistent bloating, pelvic or abdominal pain, feeling full quickly, and needing to urinate more often are key symptoms to look out for—especially if they occur frequently or don't go away. Other changes, such as unexplained tiredness, weight loss, or changes in bowel habits, may also be important. Anyone experiencing these symptoms regularly should speak with their GP, as early assessment and testing can lead to earlier diagnosis and better outcomes. Raising awareness in our community helps ensure more women feel confident seeking help when something doesn't feel right.

Ovacome – Ovarian Cancer provide a wealth of information and support online, including local and national resources. You can visit <https://www.ovacome.org.uk> for more information. If you are not online or your rather speak to someone for support, please ring: 0800 008 7054.

FOCUS GROUP

Usually, it is us sharing information but, on this occasion, we would also like to request that you share your thoughts with us. On **17th March 2026** we are hosting a Focus Group at Calderdale Royal Hospital from 2-4pm During the session we will share details of the service we provide for patients and carers. We would then like your feedback on what we deliver, how we deliver and where we deliver our support and information. There will also be an opportunity for you to share ideas of any areas you feel we may be able to develop in the future.



The session will be informal with light refreshments provided. This is a great opportunity for those who haven't previously engaged with us to have a say on what matters the most to you. If you require any additional information about the session, please contact the service on: 01484 343614 or 01422 222709 alternatively, complete the attached MS Form.: <https://forms.cloud.microsoft/e/3whrR24ve6>

SLEEP AND CANCER

Sleep plays a vital role for anyone facing cancer or recovering from treatment. During this time, the body works overtime to repair tissues, regulate inflammation, and support the immune system — all processes that depend heavily on good rest. Cancer treatments and the stress that comes with a diagnosis can make sleep difficult, yet prioritising it can improve energy levels, mood, and overall quality of life.

Establishing a consistent sleep routine, creating a calming nighttime environment, and using relaxation techniques can make a meaningful difference. If sleep problems persist, it's important to speak with your care team, as better rest can support both healing and day-to-day wellbeing

Big Health has partnered with MacMillan Cancer Support to provide complimentary access to the Sleepio and Daylight treatments for people in the UK that are living with, and beyond, cancer.



Once you are ready to sign-up for Sleepio, please visit <https://www.sleepio.com/macmillan> and verify that you are eligible; on the following screen you'll click 'Get Started' and then answer a short sleep survey before creating your account.

After you have created your Sleepio account you can also create a linked Daylight account. Visit <https://www.trydaylight.com/macmillan> and follow the same steps as before. When you get to the account creation screen, scroll down and click where it says "Already have a Sleepio

account? Log in here." -- you'll then enter the email and password you used when you created your Sleepio account

HOPE BY MACMILLAN

The online **HOPE** programme from Macmillan is a free, six-week self-management course designed to help people living with or after a cancer diagnosis build confidence, resilience, and practical coping skills.

Co-created with people affected by cancer and grounded in positive psychology, mindfulness, and cognitive behavioural therapy, it offers weekly modules that participants can complete at their own pace, usually requiring around two hours per week. The programme focuses on managing the emotional, physical, and practical challenges of life with cancer—supporting people to rediscover strengths, develop problem-solving strategies, and feel more in control of their wellbeing. To access the **HOPE** programme please use the following link: <https://www.smartsurvey.co.uk/s/MacHOPEOnline/>



Mindfulness



Goal
setting



Fatigue
management



Stress
management



Identify
personal
strengths



Gratitude
diaries



Dealing with
setbacks



Challenging
unhelpful beliefs



Healthy
eating



Physical
activity

ARE YOU STRUGGLING TO AFFORD NEW CLOTHES?

The Clothing Bank can make a meaningful difference for people affected by cancer by providing free, good-quality clothing at a time when many



face financial strain, physical changes, and emotional challenges. Cancer treatment can lead to weight loss or gain, increased sensitivity to cold, or the need for softer, more comfortable clothing, and replacing wardrobes during this period can be costly. By offering practical support without judgment, The Clothing Bank helps individuals maintain dignity, comfort, and confidence as they attend appointments, manage daily life, or return to work after treatment. The charity



also supports families, easing pressure on households already coping with the emotional and financial impact of cancer. Please speak to a member of our team either in person, through email or by telephone who will make a referral for you 😊

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, family members and carers are welcome. Our next meetings are on: 26th March and 30th April. Please note this is a **free** event with free parking on site.



Support groups

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, family members or carers are welcome. Our next meetings are on: 25th March and 29th April. 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 12th March and 9th April from 2:15-4.15pm. To secure your place please use the following link. <https://lookgoodfeelbetter.co.uk/workshop-register/?wsid=a0TP200000uJHUKMAO&venue=Virtual&date=2026-02-12>

Coffee 'N' Chat Group Is held at The Watermill Pub, Salterhebble, Halifax on the third Wednesday of the month, 10am – 12pm. The next dates are on: 19th March and 22nd March. 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.

FRIENDS AND FAMILY TEST

Throughout March we will be speaking to patients and carers about their experience of using the Cancer Information and Support Service. This may be by telephone or face to face if you are visiting our hospitals. This is a great way for you to share what we are doing well and identify areas you feel we can make improvements. As always, the feedback we receive helps us shape our plans for the future.



**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