

CHFT Macmillan Information and Support Service



World Cancer Day is observed worldwide on February 4th. The aim is to inform and encourage people on its prevention, early detection, and treatment.

Cancer Support UK have cancer coaches to offer support after treatment contact them for more information

<https://cancersupportuk.org/cancercoach/>



World Cancer Research Fund in conjunction with Cancer Prevention Action Week raises awareness about cancer prevention guidelines. Why not try their cancer health check tool click the icon for more information or the link below

<https://www.wcrf-uk.org/health-advice-and-support/health-checks/cancer-health-check/>



Kidney Cancer Awareness Week – February 5th – 9th raising awareness for over nine years is the UK's leading kidney cancer charity Kidney Cancer UK. Contact them for more information <https://www.kcuk.org.uk> or 01223 870008



Oesophageal Cancer awareness month is February. **Oesophageal Cancer** is also called cancer of the gullet. This is the tube which runs from the mouth to the stomach and is part of the digestive system.

This type of cancer can develop anywhere in the oesophagus. For more information please go to <https://opa.org.uk> or the charity <https://www.ochrecharity.org.uk/>



I'm Stephen. I am ex RAF, ex home improvement industry, but unfortunately not ex prostate cancer. Shortly after I was diagnosed in December 2021, I was a very sceptical attendee on a Macmillan First Steps program. I was so pleased with the knowledge I gained and the social interaction with others that very soon I was signing up for other programs and joining in other Macmillan support groups.

When nearing the end of my treatment, a routine blood test revealed serious blood issues. My treatment plan quickly fell apart, and it wasn't long before I followed on the same trajectory. Macmillan played the major role in getting me and my treatment plan back on course, and for that, I will be eternally grateful.

Why do I want to be a patient representative? Cancer is life changing and with everything I have learnt, lots of it through Macmillan, I have pretty much come to terms with that fact. So, if I can help one or hopefully more people to find their new life equilibrium, then I will feel that some of the debt I owe will have been repaid.



First Steps February 5th - welcome to join from 9:30am for refreshments the program starts at 10am until 12pm. FIRST STEPS is our information and support programme for anyone **recently diagnosed with cancer** and their families. First Steps aims to **help you support yourself** during your cancer journey.

The two-hour session includes information on important topics such as keeping active, managing your emotions, diet, sleep, managing fatigue and different services to support you.

If you would like to book a place on the programme contact Heather Milner on **01484 343490** or email heather.milner@nhs.net

You can also book a place by scanning this QR code



Odyssey project are a registered charity helping people living with and recovering from cancer regain their self confidence and enjoyment of life. Contact them on 0345 363 2207 or email enquiries@odyssey.org.uk. www.odyssey.org.uk



AbilityNet is a UK-based charity with a vision to make the digital world accessible to all. Free tech support and information for disabled and older people. To request help from tech volunteers just call them on 0300 180 0028 during UK office hours, or email enquiries@abilitynet.org.uk Website: <https://abilitynet.org.uk>



5K Your Way Move Against Cancer
cancer to live an active and fulfilling lifestyle. For more information
5kyourway.org

Breast Buddies - The group meet on the last Monday of the month at Lower Hopton WMC in Mirfield at 7:30pm. If you are interested in joining call **07741258812** for more information.



Calderdale and Kirklees Recovery and Wellbeing College

Calderdale and Kirklees Recovery and Wellbeing College have a variety of courses, if you are interested please visit www.calderdalekirkleesrc.nhs.uk/courses-and-enrolment/view-all/ or call **07717 867911**



ella dawson
FOUNDATION

The Ella Dawson Foundation is a registered charity helping young people live well with cancer. They have a team of experts and wellness practitioners to help you feel, move and eat well during your cancer diagnosis.

UPCOMING
EVENTS

Bladder Cancer Support Group - Meeting at Briar Court Hotel Huddersfield 10.30am -12.30pm on 20th February. An opportunity to meet with others and talk about serious aspects of being diagnosed with cancer and the emotional impact this has on individuals and families. Please call Phil Kelly on 01422 847328 for more info!

Men's Cancer Support Group – at the Legends café at John Smith Stadium. Drinks from 2pm for 2.15pm start. All men affected by cancer either as patients or family members, are welcome. Dates for 2024 Feb - 29th, March - 28th, April - 25th, May - 30th, June - 27th, July - 25th, Sept - 26th, Oct - 31st, Nov - 28th.

Walking Group - Macmillan Health Walks will take place on **Thursday 1st February 10.30am** at Greenhead Park for a gentle walk then coffee. Please meet at the conservatory at 10.15am to fill in a registration form if you haven't been before.

Coffee Support Group - On the third Wednesday of the month, 10am – 12pm Dates for this year include: 21st Feb, 20th March, 17th April, 15th May, 19th June, 17th July, 18th Sept, 16th Oct, 20th Nov, 18th Dec. Will be held at The Watermill Pub, Salterhebble, Halifax. Free parking please contact Macmillan Information Service for any additional information.

Warm Spaces – is where people can gather for free in a warm, safe and welcoming place. Anyone is welcome to go to their local library, get out of the cold and may have a cuppa! To find a registered place near you <https://new.calderdale.gov.uk/benefits/money/find-warm-space>

Kirklees Dementia Hub – Celebration of the Joy, singing event. A free music event on Tuesday 20th February at Huddersfield Town Hall Ramsden Street, Huddersfield, HD1 2TA from 2.30pm – 4.30pm. Refreshment and cake provided. Call Charlene Friedl on 07387019180 or kdh@commlinks.co.uk

CLEAR's Self-Care Workshop – Tuesday 13th February 1pm - 3pm. On the 5th floor Empire House, Wakefield Old Road, Dewsbury, WF12 8DJ. Carers workshop to have the opportunity to explore what self care looks like. Contact Carers Count to book a place; 0300 012 0231 info@carerscount.org.uk. www.carerscount.org.uk

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

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Please contact us if you no longer wish to receive our newsletter or wish to receive it by post instead – thank you.