



December 2023 Newsletter CHFT Macmillan Information and Support Service

Season's greetings from the Macmillan Cancer Information and Support Service here at Calderdale & Huddersfield NHS Foundation Trust. Please note we will not be open over the Christmas bank holiday. However, the national Macmillan Support Line remains open 365 days a year. The number for this service is **0808 808 00 00**. This is a free phone number from landlines and mobile phones.



It's been another busy month in which we welcome a new addition to the team.



Hello, my name is Meg, I have recently joined the service as the Office Administrator. I am enthusiastic about joining the Trust. Throughout my first week, the team have been super welcoming, and I look forward to working with everyone! My background is in mental health, and I hope that this knowledge will provide a compassionate approach to my role. I am an approachable person, and I hope that everyone feels comfortable asking any questions and I'll do my best to help.



You may recall in last month's newsletter we mentioned starting a guitar group. We have had such positive interest in this. It is not too late to sign up for our sessions, which will be starting in the new year. Please follow the link to sign-up or QR code if this is something you may be interested in.



Friends and Family Test Feedback



We have started to make Friends and Family Test calls to patients and carers who access our service. The feedback will help us to improve our services and celebrate our successes with those members of staff who looked after you. It is great to share that during November 100% of patients rated their experience of the service as good or very good.

A massive thank you needs to go out to Beth who for the last few months has been working within our centres to support our patients, staff and volunteers. Beth has been a real asset to the team. She always has a smile on her face and has a positive attitude to her work. She will be very much missed, and we wish her all the best for her future.



Staying warm this winter: Calderdale Council's Healthy Homes Service can help low-income households make their homes warmer, healthier and cheaper to heat. They have a range of schemes and advice to help keep your home warmer for longer. For more information go to <https://new.calderdale.gov.uk/benefits/money/energy>



Liver Cancer UK is part of the British Liver Trust and are the leading UK liver charity for adults as they lead the fight against liver disease and liver cancer. They deliver a range of free support for any individuals affected by a liver condition, which includes a nurse-led helpline and virtual peer support groups. More information can be accessed through their website <https://livercanceruk.org/>



The Kirkwood have a new programme of events starting in Denby Dale, including drop ins for carers, symptom management, advanced care planning as well as practical sessions for carers. These will be held at the community library and café and are open to anyone in Kirklees who has a life limiting illness or who is supporting someone who does. Details of all regular sessions can be found on their website:

<https://www.thekirkwood.org.uk/how-we-can-help/caring-for-patients/support-therapy-centre/wellbeing-sessions>

To book or for more information please contact The Kirkwood on 01484 557910.

Firm Roots is a small Christian organisation providing prayer and spiritual support to people affected by cancer, their families, friends, and carers. This is provided in the form of cancer prayer support groups and Christian retreat days. The group offers friendship, encouragement, reflections, music, and even cake! Firm Roots meet the first Thursday of every month from 6:30pm – 8:00pm at Kirkheaton Parish Centre, Church Lane, Kirkheaton, Huddersfield, HD5 0BH. Everyone is welcome, if you would like to know more, please visit their website www.firmroots.org.uk



UPCOMING
EVENTS

Christmas concert – this year is on **Tuesday 12th December**, there is a wonderful mix of spectacular musical performances and readings in the beautiful setting of Leeds Minster. This event is raising money to help provide cancer care services to patients and their families in West Yorkshire. This would not be possible without the generous support of local businesses and guests. The concert start time is 7pm with doors opening at 6.15pm. Tickets are £12 each.

All funds raised after costs will be used by Macmillan specifically in the West Yorkshire area.

To get in touch about this event, please contact Macmillanwestyorks@gmail.com

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 Jan - 25th, 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 7th December 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.

Bladder Cancer Support Group - Meeting at Briar Court Hotel Huddersfield 10.30am -12.30pm on December 12th. This is 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 84738 for more info!

Well Bean Hope In a Crisis Café - Situated at 3A Union Bank Yard, New Street, Open 7 days a week, 6pm to Midnight Support over Phone or Face-to Face Tel No. 0774 1900395

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>

Reengage – New activity and social group for the Over 75's at the Brighthouse Rest Centre, Park Row, Brighthouse, HD6 1AB every 3rd Thursday in the month from 2pm – 4pm. Activities include Boccia, board games and conversation. For more information contact Home Instead on 01422 292424.

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