

May 2023 Newsletter



May is Cancer awareness month for Bladder and Skin Cancer



Bladder Cancer

Is one of the ten most common cancers. Action Bladder Cancer UK have a lot of information - visit their website for information and materials <https://actionbladdercanceruk.org/>



Skin Cancer

As part of the awareness for skin cancer **#becauseIcheckedmyskin** will be the #hashtag which is used in the month of May to raise awareness. Additional information can be found at these websites <https://www.britishskinfoundation.org.uk/> or <https://www.melanomauk.org.uk/>

Macmillan's iHOPE Programme – for anyone who has had a cancer diagnosis next course date 6th June – 18th July. This free course runs over six weeks and consists of online materials to complete in your own time and weekly discussion groups via Microsoft Teams, with trained facilitators. The course aims to help with the stress of cancer, support health and wellbeing and build up emotional resilience.

To find out more and to book a place please contact the **Macmillan Information & Support Service**

Living Well - Calderdale Women's Cancer Support Network

They are a friendly supportive and positive group of women from Calderdale who offer different group therapies for women who have or had cancer. Therapies such as Meditation, Reiki, gentle seated Yoga, Motivation to Move, Singing, Dancing and craft activities are offered which all ease stress and anxiety and encourage positive thinking.



Location: Central Methodist church Todmorden OL14 5AW

Dates for 2023 - 27th May, 24th June, 29th July, 30th September, 28th October, 25th November

Time: 10am – 2pm

First time? Any Enquiries? Please call Elaine or leave message **07794 688 180**



Healthwatch Kirklees End of Life / bereavement project

Healthwatch Kirklees are working with The Kirklees Palliative Care Partnership to understand more about bereaved people's experiences of end-of-life care and bereavement support across the health and social care system.

By listening to people's experiences they can improve the care, support and information people receive. Feedback provided from bereaved people who can help them understand exactly what works and what doesn't, will be used to make changes to the Kirklees Care Charter which sets the standard for access to end-of-life care.

The more feedback they receive the more they can help to find out more at bit.ly/Dying-Matters-Kirklees



Cancer Research UK are currently looking for 19 new people to join a panel of patients and loved ones. The purpose of the panel is to make sure their experiences and voices are at the heart of decisions which the charity makes.

This would involve attending a monthly meeting online until June 2025. The closing date for Applications is May 4th 2023.

Further information at <https://bit.ly/JoinCRUKCIP>

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**



Overgate Hospice are making their care more accessible to the residents of Calderdale by providing 5 Overgate drop in Hubs, for those living with a progressive, life-limiting illness. Those affected are invited to attend with their carer to gain support, advice, education, and signposting from their dedicated team of experts.

Simply **drop in** between 10am-3pm (except at Valley Medical Centre) and see if they're for you! Please call 01422 379151 for more information.

Upper Valley Hubs

Valley Medical Centre Valley Road, Hebden Bridge, HX7 7BZ **1st Wednesday of every month** (please call to book your slot)

Lower Valley Hub

Old Brodleians Rugby Club Woodhead/Denholme Gate Road, Halifax, HX3 8HX **2nd Wednesday of every month**

Calder and Ryburn Valley

Ryburn Football Club 98 Halifax Road, Ripponden, Sowerby Bridge, HX6 4AG **3rd Wednesday of every month**

North Halifax Hub

OSCA Foundation Community Sports Hub
Cousin Lane, Halifax HX2 8AD
4th Wednesday of every month

Central Halifax Hub

The Kings Centre Park road, Halifax, HX1 2TS
1st Monday of every month

We ask for feedback about our service a couple of times per year, which helps us know what we are doing well and what we need to improve. We would be very grateful if you could spare five minutes to give us some feedback please, by completing the feedback form at this link. Thank you for your time!

<https://forms.office.com/e/E9zq7LXVZ9>

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 via post instead – thank you