

**CHFT Macmillan Information and Support Service**



Hello, my name is Nicola, for those of you who haven't already met me, I am the Macmillan Cancer Information and Support Service Manager here at Calderdale and Huddersfield NHS Foundation Trust. This has been my first month in post, and what a welcome I have had. From day one, I visited the Men's Group at the John Smith's Stadium, and I have continued to try and see as much of what we offer as is possible. This has included the Walking group at Greenhead Park, observing our Thinking Ahead course, visiting patients and their carers on our hospital wards, and speaking to patients before and after their treatment at both of our hospitals.



I even managed to get a road trip to Dewsbury District Hospital to see how they provide information and support at their Rosewood Centre. On strong recommendation from several of you, my next visit will be to Maggie's in Leeds.

One of the things that has really blown me away is the positive feedback the team, including our volunteers, has received. I feel extremely privileged to work with such 'angels' as one patient described them.

So, what now? Now we look to the year ahead. Mandy Davies, Assistant Manager – Macmillan Information and Support Service and I, along with Kate and Jadene are reviewing how we have supported patients and carers since January 2023. Our review helps us determine what we need to do to continue providing support and identifies areas where we may need to adapt. As we adapted to sustain a service during the Covid-19 pandemic, we now need to shape a future that sees us delivering more face-to-face opportunities for individuals to access our services, whilst continuing to provide our very popular online workshops and courses.



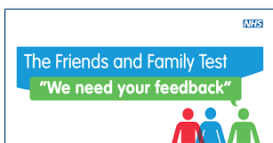
We have received feedback that suggests there is an appetite for us to provide some guitar lessons. It is a great way to learn a new skill, relieve stress and can help you connect with other people who share your passion for music. We are starting to explore what these might look like, but first it would be good to know how popular these sessions may be. If you are interested, please complete the following link, and we will be in touch with you. <https://forms.office.com/e/5GuYY9EyU4>

**Feedback Friends:** We are looking to establish a patient and carer group of individuals who are happy to provide feedback on some of our resources such as the newsletter, webpages and posters. This is something you can do from the comfort of your own home. We will simply send you the document or website link to the resources that need reviewing, along with a survey for you to complete. There will also be space for your individual comments.

The purpose of our Feedback Friends is to help the Trust ensure that what we produce is clear, easy to understand and relevant to those who are accessing it.



The first request for feedback relates to our webpages (google [Macmillan Information and Support](#)) If you would like to be involved, please email us on [cancer.information@nhs.uk](mailto:cancer.information@nhs.uk) and we will email you our survey.



**Friends and Family Test (FFT):** At the Macmillan Information and Support service we want to ensure you have the best possible experience. Starting in November, you may be contacted by one of our volunteers to share your feedback, which will be captured using the Friends and Family Test. Your feedback will help us to improve our services and celebrate our successes with those members of staff who have supported you. The Trust reports our FFT responses to NHS England each month.

**NOVEMBER CANCER AWARENESS**

**Pancreatic Cancer** is a cancer that starts in the pancreas. For more information please go to <https://www.pancreaticcancer.org.uk/>



**Lung Cancer** is one of the most common cancers in the UK. There is a lot of information available if you or loved ones are diagnosed. For more information, please go to <https://roycastle.org/>



**Gastric Cancer** is also called stomach cancer and is not a common cancer. For more information, please go to <https://gutscharity.org.uk/>



**Mouth Cancer** is one of the most common types of head and neck cancer. The Mouth Cancer Foundation can be contacted for more information, please go to <https://www.mouthcancerfoundation.org/>



**Face to face on 6<sup>th</sup> November** - 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](mailto:heather.milner@nhs.net)

You can also book a place by scanning this QR code



**MACMILLAN**  
CANCER SUPPORT



**NHS**

**Macmillan's iHOPE Programme – for anyone who has had a cancer diagnosis next course date 7<sup>th</sup> November – 19<sup>th</sup> December.**

The course is designed for anyone who's had a cancer diagnosis, whether your cancer treatment finished some time ago, you are currently receiving it, or you have not received treatment. 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**

**Men's Cancer Support Group** – at the Legends café at John Smith Stadium on Thursday 30<sup>th</sup> November Drinks from 2pm for 2.15pm start. All men affected by cancer either as patients or family members, are welcome. Speaker will be Trevor Simpson a world expert on Elvis Presley who has written five volumes on his life and records. His talk will feature excerpts from Elvis hits and tales of his visits to Gracelands.

**Walking Group** - Macmillan Health Walks will take place on **Thursday 2<sup>nd</sup> November 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. Further dates of walking group 7<sup>th</sup> December.

**Bladder Cancer Support Group** - Meeting at Briar Court Hotel Huddersfield 10.30am -12.30pm on December 12<sup>th</sup>. 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!

**Autumn Charity Euro Bal** - 18<sup>th</sup> November 7.30pm -10pm (door open 7pm) at the Holmfirth Lesser Civic. £5 on the door under 16's free. In aid of Macmillan Cancer Support where all proceeds will go. There will be a licensed bar, fresh crepes from Mobile Creperie, live music with LES HABITUES, French/English dancing with instruction. For more information <https://www.facebook.com/levendredidanse> or email [hvvband@gmail.com](mailto:hvvband@gmail.com)

**Living with and Beyond Lymphoma** – FREE live your life workshop online and interactive 14<sup>th</sup> November 10am – 3pm for people in and near Harrogate. To find out more and register: [www.lymphoma-action.org.uk/lyharrogate2023](http://www.lymphoma-action.org.uk/lyharrogate2023)

**Winter Markets at Sowood Community Centre** – November 18<sup>th</sup> and 19<sup>th</sup> 12pm – 4pm. Join for a early favour of Christmas cheer and get a head start on your Christmas shopping.

**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 made 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 from 16<sup>th</sup> November and every 3<sup>rd</sup> Thursday in the month from 2pm – 4pm. Activities include Boccia, board games and conversation. For more information contact Home Instead on 01422 292424.

## 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](mailto: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.