



We are the Macmillan Information and Support Service based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Unit at Calderdale Royal Hospital. We're here to help everyone with cancer live life as fully as they can, providing practical, financial, and emotional support. So whatever cancer throws your way, we're here to support you. Why not contact us to find out how we can help on: **01484 343614 (HRI) 01422 222709 (CRH)** or E-mail us at cancer.information@nhs.net

Walking Group

Why not kick off the new year by coming along to one of our Macmillan Health Walks which will take place on **Thursday 5th January and Thursday 2nd February – 10.30am** at Greenhead Park, Huddersfield – meeting at the conservatory. Come along and join our volunteers for a gentle walk round the park and an optional coffee afterwards. We ask you not to attend if you have any Covid symptoms please. If you haven't been before, please come ten minutes early to fill in a registration form. Everyone welcome!



Men's Cancer Support Group



In 2022 we established our men's group. We are pleased to say we will be continuing this group in 2023 with meetings once a month on the last Thursday of the month. The first meeting of the New Year will take place in the Legends Café at the John Smith Stadium Huddersfield on **Thursday 26th of January, 2:15 til 4pm**. The speaker will be Christopher

Button, lead cancer nurse, who will talk about recent developments in cancer. The group is open to all men affected by cancer and those who attend either have cancer themselves, have partners with cancer, or have lost loved ones to cancer.

At each meeting there will be a short input by a speaker of interest to the group members, time for informal discussion and support, a quiz and a five-minute session on 'my cancer, my music and me'. There is no charge to attend the group. We are grateful to the John Smith's stadium for providing the venue and also to our hospital trust charity for kindly funding drinks.

The following meeting will be on **Thursday 23rd February at 2.15pm**. It is not necessary to book a place, you can just turn up. However, if you would like to let us know you are coming or need further information, please contact the Macmillan Information Service.



Have you or a family member been newly diagnosed with cancer? Then come along and join our VIRTUAL FIRST STEPS PROGRAMME

Come along and join our First Steps programme to help you feel less overwhelmed after a cancer diagnosis. Please have a look at our hospital website which has lots of information and videos on useful topics such as managing emotions and fatigue, and how to help you support yourself as you go through cancer. Then join us for an online meeting where you can ask cancer staff any questions. The next dates for First Steps are **Monday 7th January and Monday 6th February, 10am til 11.30am, on Microsoft Teams.**



Google 'CHFT First Steps' to have a look at the videos then follow the link on that page to book onto a discussion group or scan the QR code to the right.

<https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>. If you are unable to access the website and virtual session, we can send you the First Steps content in a paper format and a DVD containing the videos from the website, in the post.

Cervical Cancer Prevention Week – 23rd – 29th January 2023



Cervical Cancer Prevention Week raises awareness of cervical cancer and aims to make cervical cancer a thing of the past. HPV vaccination, cervical screening, and treatment for cell changes can all help prevent it, but more awareness and uptake of screening is needed. Did you know just 1 in 3 women and people with a cervix take up their screening invite? This needs to change!

Jo's Cervical Trust are a charity campaigning for this and they want to see government commitments to elimination, with strategies to make sure that no-one is missed out or left behind. This means tackling inequalities in cervical cancer prevention, ensuring we have the technology and workforces we need, and researching better and more effective ways to prevent cancer.

Find out more about the campaign and charity at this link: [Cervical Cancer Prevention Week | Jo's Cervical Cancer Trust \(jostrust.org.uk\)](#). Or phone the helpline on: **0808 802 8000**

Free Specialist BUPA Counselling via Macmillan



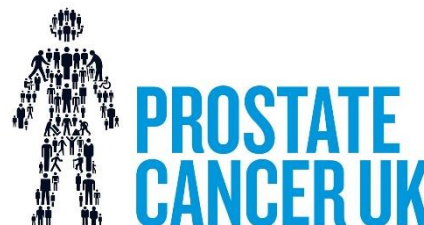
Through their partnership with Bupa, Macmillan are offering up to **6 free counselling sessions** for people struggling emotionally because they are living with or have had cancer. Led by a qualified Bupa therapist and delivered by phone or video call, these sessions can help people understand,

manage and overcome difficult feelings. Patients will have a phone assessment with Bupa and will be able to access support within days if they qualify to use the service.

People can then **book a wellbeing assessment** appointment directly with Bupa via the Macmillan website or call the Macmillan Support Line on 0808 808 00 00 and ask about the Bupa service.

Prostate Cancer Research Opportunity

Prostate Cancer UK Research Advisory Committee are looking for volunteers to be involved in their work as patient and public involvement representatives.



Prostate Cancer UK fights to help more men to survive prostate cancer and enjoy a better quality of life. They support men by raising awareness of the disease and providing vital information about the detection and treatment of prostate cancer. Crucially, they fund ground-breaking research into new and better ways to diagnose and treat prostate cancer. Research they fund covers areas including new treatments, risk levels for different populations and recurrence of prostate cancer.

Their research advisory Committee considers research proposals submitted to the charity for funding and makes recommendations to the Board of Trustees as to which applications should be funded by Prostate Cancer UK. The charity are looking for help in deciding if the research is attractive, patient-focused, clearly communicated and properly involves patients.

If you would like to find out more or volunteer to be involved, have a look at this information at this link <https://www.peopleinresearch.org/opportunity/prostate-cancer-uk-research-advisory-committee-patient-and-public-involvement-representative/?topic=&involvement=&location=&beginner=&home=#> or email research@prostatecanceruk.org. Applications are open until 6th February 2023.



Sickle Cell and Stem Cell Transplant Leaflet

The Anthony Nolan association have published a new leaflet 'Sickle Cell and Stem Cell Transplant.' The leaflet has been devised by the Anthony Nolan Foundation in partnership with Drs Potter, Carpenter, Chakravorty, Kesse-Adu and Denovan. Hard copies can be requested on the site: www.anthonynolan.org/booklets or electronic copies downloaded from <https://www.sicklecellsociety.org/resource/anthony-nolan-sickle-cell-and-stem-cell-transplant-information-leaflet/>

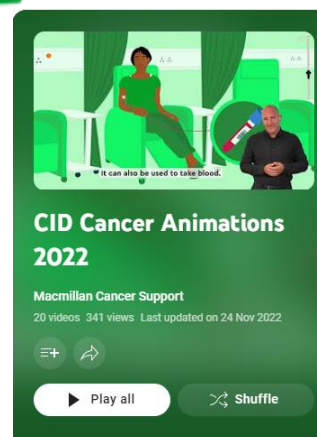
We can also post a copy out to you (contact us on 01484 343614 or 01422 222709). There is also further information on the website www.anthonynolan.org/sicklecell.

New Inclusive Animated Videos

People with cancer, their families and caregivers can now learn about how to deal with cancer with Macmillan's new range of easy to understand videos on the Macmillan [YouTube channel](#). The videos are available in different languages and with BSL signing, topics include:

What is cancer? (This film is also dubbed into 16 core languages including [Arabic](#), [Bengali](#), [Cantonese](#), [Dari](#), [Farsi](#), [Gujarati](#), [Pashto](#),

[Polish](#), [Portuguese](#), [Punjabi](#), [Romanian](#), [Russian](#), [Turkish](#), [Ukrainian](#), [Urdu](#), and [Welsh](#))



Having a PICC line put in and Having a central line put in.

All of the films can be found on the Macmillan You Tube Channel -

<https://www.youtube.com/playlist?list=PL4YhGgVzIQXg3xBrltEkVynkVSpmUsOcs>

Sign the PIP Petition



Kajal, our Macmillan Information Service Support Worker who left our service in November, has been involved in making some films with Macmillan, one of which is a film encouraging people to sign the petition to speed up the processing of the benefit PIP (Personal Independence Payment).

PIP is a disability benefit which many of our patients under 65 are able to claim, but this is taking up to 18 weeks to process, putting financial strain on patients and families. Macmillan are campaigning for this to be reduced to 12 weeks at the most.

You can find out more about the campaign, sign the petition and watch Kajal's video at this link: <https://www.macmillan.org.uk/advocacy/campaigns/pay-pip-now>

Macmillan Telephone Buddies

Macmillan Buddies is a **free service** where patients can be matched with a volunteer based on suitability and needs. The volunteer will offer up to 12 weeks of support by either giving them a weekly telephone call, video call or in some areas across the country, visiting their home.



The volunteer buddies can be a listening ear, and chat with someone about how they might be feeling and what support they might need during a difficult time. You can **find out more about this service** and register through the website (google Macmillan Buddies) or phone 0808 808 0000.

Useful Contact

Numbers:

The chemotherapy helpline number is for patients currently receiving chemotherapy who are unwell. You can contact your cancer nurse specialist with any clinical queries and our Macmillan Information and Support Service for any other concerns such as for worries about money, work, for practical and emotional support (contact numbers in the box below). The national Macmillan Support Line is also open 8am til 8pm, seven days a week on 0808 808 0000.



Sending our best wishes for 2023 to you all

The Macmillan Cancer Information & Support Service, Calderdale and Huddersfield NHS Foundation Trust, Greenlea Unit, HRI and Jayne Garforth Information Centre, Macmillan Unit, CRH.

Tel: HRI - 01484 343614; CRH - 01422 222709

Email: cancer.information@nhs.net