



We are the **CHFT Macmillan Information & Support Service**. We're based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Centre in the Macmillan Unit at Calderdale Royal Hospital. We're here to support you by offering a listening ear, practical, financial, and emotional support, as well as running various courses and support groups for patients and family members. Why not contact us to find out how we can help support you on: **01484 343614 (HRI) 01422 222709 (CRH)** or email us at **cancer.information@nhs.net**

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

FIRST STEPS PROGRAMME – For patients and family members recently diagnosed with cancer – runs on the first

Monday of the month, 10am until 11:30am. Come along to support yourself through a cancer diagnosis and find out about services that can support you. The next dates for First Steps are **Monday 4th July, and Monday 1st August 10am until 11.30am on Microsoft Teams.** Please have



a look at the videos and information about First Steps on our hospital website or via the CHFT Cancer Support App. You can also book a place via our hospital website:

[https://www.cht.nhs.uk/services/clinical-](https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps)

[services/oncology/information-support/first-steps](https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps) (or google 'CHFT First Steps') or scan the QR code. We are hoping to offer face to face First Steps sessions in the next few months – please watch this space for further details.



WALKING GROUP

Our walking group is back face to face! Thursday 28th July, 10.30am at Greenhead Park, Trinity St, Huddersfield HD1 4DT - meeting at the conservatory.

Our walking group is a great chance to meet other people affected by cancer, get some gentle exercise and then have a coffee and cake in the café if you want to. We would also ask you not to attend if you have any Covid symptoms please. Everyone will need

to complete a registration form on arrival, so please feel free to arrive 10 minutes earlier to do this. We are really looking forward to seeing you all again face to face at our walking group.

Please contact us if you need further information – 01422 222709, 01484 343614 or email us on cancer.information@nhs.net



Yorkshire Cancer Community's Directory of Local Support Groups

A new online directory of cancer support groups meeting both in person and virtually, has been published by Yorkshire Cancer Community and is available on their website at this link:

<https://yorkshirecancercommunity.co.uk/cancer-support-groups/>



You can also find information about local support groups and other support via the Cancer Care Map website – just enter your postcode to find support in your area: <https://www.cancercaremap.org/>



MEN'S CANCER SUPPORT GROUP – for men affected by any cancer

Following the launch of our new men's cancer support group in May, we are looking forward to our third meeting on Thursday 28th July, 2pm til 3/3.30pm, Third Floor - Acre Mill Outpatients, Acre Street, Huddersfield (across the road from Huddersfield Royal Infirmary). This is a face-to-face group for men to come together and share concerns about cancer in a safe, confidential space. The group is being run by two of our Macmillan Information Service volunteers, John and Geoff, and this month Nicky Hill will be joining the group to talk about managing fatigue when you are affected by cancer. Everyone is welcome to come along and help to shape the group – deciding where to meet in the future etc. **Please contact us to book a place at this meeting, so that we can manage numbers – 01422 22709, 01484 343614 or email us on cancer.information@nhs.net.** Please don't attend if you have any Covid symptoms – thank you.



VIRTUAL COFFEE SUPPORT GROUP



Come along to our virtual coffee support group. Patients and family members are very welcome to join via **Microsoft Teams** for a chat, quiz, and peer support – please contact us for an invite.

Meeting dates:

- **Wednesday 20th July 2pm – 3pm**
- **Wednesday 17th August 2pm – 3pm**
- **Wednesday 21st September 2pm – 3pm**

The Ella Dawson Foundation

The Ella Dawson Foundation is a charity that helps young adults to live well with cancer. Ella lived in Huddersfield and the charity was established as a legacy to her and the life she lived well, and to continue the work she started in helping other young adults with a cancer diagnosis. The charity provides a safe, supportive and uplifting space where young adults (aged 18-30) with cancer and their families, can access tailored physical, psychological, emotional, nutritional and wellbeing support within a welcoming and like-minded community. See the website for further information:

<https://www.elladawsonfoundation.org.uk/about-us>



The Ella Dawson Foundation are offering some amazing events for young people affected by cancer between the ages of 18 and 30, this summer:

- Treehouse Tea for Two – afternoon tea for two at the Coach House Wellbeing Centre on Saturday 23rd July 1pm-3pm

- Family day out on the water – taster session in canoeing or paddleboarding at the Huddersfield Canal, on Sunday 24th July
- Online super gentle yoga – Tuesday 5th July at 10.15am
- Life notes journal – free mindfulness and productivity journal for all young people diagnosed with cancer

For more information or to book an event - contact hello@elladawsonfoundation.org.uk

The CoachELLA AUGUST EVENT!

The Ella Dawson Foundation has just launched one of its major local fundraisers for the year... **CoachELLA** which is a music, arts and wellbeing festival held in sunny Slaithwaite on August 13th, 2pm til 11pm. There will be:

- Arts and crafts, poetry, wellbeing stalls (reflexology, head massages and aromatherapy etc)
- Bar, refreshments, food and MORE!

Tickets will be released on The Ella Dawson Foundation social media or contact them for more information on

hello@elladawsonfoundation.org.uk



July is Bone Cancer Awareness Month



Primary bone cancer is a rare type of cancer that begins in the bones. Around 550 new cases are diagnosed each year in the UK. Secondary bone cancer is often a result of metastasis, which is when a cancer from another part of the body has spread to the bone.

Symptoms are a noticeable lump over a bone, a weak bone that fractures more easily than normal and problems moving around – for example, walking with a limp. While it's highly unlikely to be the result of bone cancer, these symptoms do require further investigation. If you're worried about these symptoms or have worsening bone pain, visit your GP.

For more information visit:

<https://www.macmillan.org.uk/cancer-information-and-support/bone-cancer>



Are you looking to travel abroad this summer?

Are you new to the world of travel insurance?

It can be difficult to get travel insurance if you have cancer, or if you've had cancer before. So it's best to look for travel insurance as early as possible. Ideally, you should start looking before booking your holiday. Travel insurance can be more expensive depending on where you are going and costs have unfortunately increased since the pandemic. We understand that finding travel insurance providers can be stressful. Fear not as we have a few tips below to help you with this:



- Contact us for our travel insurance providers list. This is a list of providers that our patients have used to before, and that are widely recommended. We're more than happy to email this to you or post it out.
- Visit **Macmillan's online travel insurance community** - this is a free online forum for people affected by cancer, where you can ask questions and find out which insurance providers people are recommending. You do not have to join to read what people are saying. Follow this link to have a look at the conversations about travel insurance:

MACMILLAN
CANCER SUPPORT
**TRAVEL AND
CANCER**



https://community.macmillan.org.uk/cancer_experiences/travel-insurance-forum

- Read the Macmillan 'Travel and Cancer' booklet. This booklet is a great starting point for looking into the world of insurance. It not only gives you information on why you need insurance, but also has a travel checklist which goes through everything needed before you travel. Link for the 'Travel and Cancer' booklet to read online:
https://cdn.macmillan.org.uk/dfsmedia/1a6f23537f7f4519bb0cf14c45b2a629/805-10061/mac11667-travel-and-cancer-e07?_ga=2.18180281.1804581958.1655852388-940457856.1653982327

If you would prefer this booklet by email or to read as a hard copy, please contact us and we'd be more than happy to send one out to you. Happy travelling!

Living Well with Cancer – support through video to help you manage pain, fatigue, stress and more

The London North West University Healthcare NHS Trust have launched some videos to help support patients going through cancer or cancer treatment. The videos provide useful information and tips on how to live as well as possible during your cancer treatment, and cover a variety of topics as listed below:

- Fatigue management
- Living with and beyond cancer
- Managing pain during cancer treatment
- Coping with stress, managing anxiety, and building resilience
- Cancer treatment self-care and aftercare

If you would like to view any of the videos, please follow this link:

https://www.lnwh.nhs.uk/wellbeing-cancer-treatment?utm_source=Twitter&utm_medium=Socials&utm_campaign=Wellbeing%20and%20cancer%20treatment&s=09

Please talk to your GP, Clinical Nurse Specialist (CNS) or someone from our team if you have any questions or concerns about your wellbeing, self-care, or mental health during your cancer journey.

DOWNLOAD OUR 'CHFT CANCER SUPPORT' APP! Our hospital cancer support app is available for free on the app store or through goggle play, with lots of helpful information to support you through your diagnosis.



Sending our best wishes to you all

The CHFT Macmillan 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