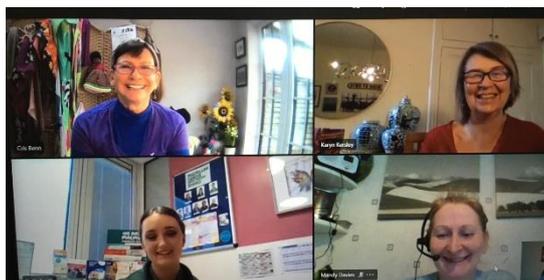


We are the Macmillan Information and Support Service based on the Greenlea Oncology Unit at Huddersfield Royal Infirmary and at the Jayne Garforth Macmillan Unit at Calderdale Royal Hospital. We're here to help everyone with cancer live life as fully as they can, providing practical, financial and emotional support. So whatever cancer throws your way, we're right there with 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](mailto:cancer.information@nhs.net)

## INTRODUCING HEADWRAPPERS – New Virtual Hair Loss Support



We are excited to be partnering with the Charity 'HeadWrappers' which is a hair loss advisory service, focusing on alternatives to wigs, helping with scarf tying and teaching practical tips around scalp care. Virtual sessions aim to help people look good and feel more confident about themselves as

they undergo cancer treatments which may cause hair loss. The Headwrappers team will now be running a virtual session for patients in our area, every month on the fourth Wednesday of the month at 11am. This will be through Microsoft Teams and will be a one hour session, giving you the chance to ask any questions. When you register, the charity will also kindly send you a free scarf to practice tying in the virtual session. The first session will be on **Wednesday 24<sup>th</sup> February at 11am**. Please contact us on the above numbers to book a place and we will send you a registration link. Please also have a look at the charity's website to find out more information: [www.headwrappers.org](http://www.headwrappers.org)



## MACMILLAN iHOPE PROGRAMME

After the success of our first iHOPE course in November 2020, we are really looking forward to running our next virtual course. This is Macmillan's health and wellbeing programme for anyone affected by cancer and includes wellbeing topics such as managing stress, communication, keeping active, gratitude and goal setting. The course consists of some online work to do in the week and then an optional weekly meeting with our team. We invite you to join us for the iHOPE programme from **Friday 12<sup>th</sup> February until Friday 26<sup>th</sup> March, 1.30 – 2.45pm**. One patient from the last course said: *"I was a little sceptical about taking part in the course to begin with, unsure why. However, I am so glad I made the decision to take part. It has given me lots of strategies and tools to use and a different way to look at certain situations. Everyone in the group has been so supportive of each other and the facilitators were fantastic!"* Please contact us for further details and to book on. Have a look at [www.h4c.org.uk](http://www.h4c.org.uk) for more information.



## VIRTUAL FIRST STEPS PROGRAMME



Our information and support session for people recently diagnosed with cancer continues online. The aim is to help you support yourself and know who can support you, as you start your cancer journey. We have recorded various videos and put information on our Trust website which can be read and watched at your own leisure. Please either **Google 'CHFT First Steps'** or follow the link <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps>. Then, we invite you to join us on **Friday 5<sup>th</sup> February at 10am** for an online discussion group with professionals, where you will have a chance to ask any questions. The next session will be on **Friday 5<sup>th</sup> March at 10am**.

**To book onto First Steps** please complete the consent form on our trust website at this link, which will generate a booking email: <https://www.cht.nhs.uk/services/clinical-services/oncology/information-support/first-steps/book-on-first-steps-discussion-group/>

## VIRTUAL THINKING AHEAD PROGRAMME - with Harrogate and Leeds Hospital Trusts

We are excited to be launching our first virtual Thinking Ahead Course in partnership with Leeds and Harrogate Hospital Trusts, in March 2021. This is a course specifically for people affected by incurable cancer and their families, and includes information on advance care planning, managing uncertainty, fatigue, managing symptoms, diet, estates planning, hospice services and more. The programme will be run by presenters from across the three hospital Trusts and patients from Calderdale and Huddersfield, Leeds and Harrogate, will all be welcome to book onto the course. The course will run weekly on Microsoft Teams, starting on **Tuesday 2<sup>nd</sup> March until Tuesday 20<sup>th</sup> April, 10am til 11.30am**. Please contact us on 01484 343614, 01422 222709 or email [cancer.information@nhs.net](mailto:cancer.information@nhs.net), to book a place for you and a family member.



If you have any difficulties booking onto the above courses, or if you do not have the technology and would like some information to be sent in the post, please contact our Macmillan Information Team on the above numbers or Heather Milner, Cancer Team secretary on **01484 343490** or e-mail [Heather.Milner@nhs.net](mailto:Heather.Milner@nhs.net).



## QUESTION TIME... ASK THE CONSULTANT!

Calderdale and Huddersfield NHS Trust are looking at new ways to enhance patient experience. One idea is to organise a monthly, virtual 'ask the consultant' group session on Microsoft Teams, where patients would be welcome to join and speak to a Consultant from cancer services, to ask general questions. Do you think this would be a good idea?

Please could you let us know whether this is something that would benefit you? You can tell us if this would be helpful by completing the quick and easy questionnaire in the link below or scan the QR code with your mobile phone camera. We will look forward to hearing your views.



<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlnSpXFwPI81UMUhFNUdUNKhUNDE0WjIMRDRXVv4yM01ZSi4u>

## VIRTUAL SUPPORT GROUPS IN FEBRUARY, MARCH & APRIL 2021

The dates for our online support groups, via Microsoft Teams are:

### Virtual Macmillan Health Walk



Thursday 4<sup>th</sup> February 1pm - 2pm  
Thursday 4<sup>th</sup> March 1pm – 2pm  
Thursday 1<sup>st</sup> April 1pm – 2pm

### Virtual Macmillan Coffee Support Group



Wednesday 17<sup>th</sup> February 2pm – 3pm  
Wednesday 17<sup>th</sup> March 2pm – 3pm  
Wednesday 21<sup>st</sup> April 2pm – 3pm

Please contact us to book a place. You will need to have a device with a webcam and microphone, which are built into most laptops/tablets and smartphones.

## TURN2US

Turn2us is a national charity providing practical help to people who are struggling financially. Anyone can be a missed pay-cheque, illness or bereavement away from a real financial crisis, which is why Turn2Us can help you find the support you need to get back on track. The **Benefits Calculator** takes less than 10 minutes to complete and will tell you which means-tested benefits you may be entitled to, including tax credits

<https://benefits-calculator.turn2us.org.uk/AboutYou>

**TURN2US**  
FIGHTING UK POVERTY

The **Grants Search** can help you look for funds that might be able to give you a grant or other types of help <https://grants-search.turn2us.org.uk/>



## ADVICE FOR THOSE IN FINANCIAL DIFFICULTY AS A RESULT OF THE CORONAVIRUS (COVID-19)

For those worried about paying utility bills or repaying credit cards, loans or mortgages due to the impact of coronavirus, the link below has guidance which sets out the steps you can take to get the support you need. This includes energy, water, telecoms, mortgages, loans, credit cards, motor finances, renting, insurance, council tax and more.

<https://www.gov.uk/government/news/advice-for-people-who-are-struggling-to-pay-essential-bills-because-of-coronavirus>

## IMPROVEMENT PROJECT – Could you get involved?

Our hospital trust is currently working with NHS England on an improvement project to find out what further support is needed for Black, Asian and Minority Ethnic groups (BAME), to access cancer services, especially early on in the cancer journey. If you have any thoughts, suggestions or ideas to share, we would love to hear from you! You can help by completing the questionnaire at the link below, (which is for patients, family members and anyone who would like to give a community perspective) or we can post one out to you. We would also like to recruit a BAME patient group to meet a couple of times on Microsoft Teams to ask what you think about any improvement suggestions. Please contact us at the Macmillan Information Service if you would like to get involved – thank you. Questionnaire link:

<https://forms.office.com/Pages/ResponsePage.aspx?id=RHpGohvyU0eCQeA6PSagH5jDmURU8ZhBlNpXfwPI81UOExBNE5BSFJCSFFSQkNQNVcyNFA1UEIMRC4u>

## FIRM ROOTS PRAYER GROUP



Firm Roots is a national Christian organisation offering prayer support to people affected by cancer. The Huddersfield Group meets monthly on zoom for prayers, friendship and encouragement. Next meetings are Thursday 4<sup>th</sup> February and Thursday 4<sup>th</sup> February, 6.30pm til 8pm. Please email [Helen.Jones@firmroots.co.uk](mailto:Helen.Jones@firmroots.co.uk) for an invite or phone us in the Macmillan information service. The group are happy to pray for you, so you can also send any prayer requests via the same email address.

**And finally.... (It's a long newsletter this month!)**

### TELL US WHAT YOU THINK OF OUR SERVICE!



As a service we want to provide the best support we can for our patients and family members. We also want to collect comments from patients, staff and family members we have supported in the last year, to demonstrate the value of our service, in order to keep our third member of staff. Please could you give us any feedback about our support in 2020, by sending an email to [cancer.information@nhs.net](mailto:cancer.information@nhs.net) or give us a ring on one of our contact numbers. Thank you.

---

### Sending our best wishes 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](mailto:cancer.information@nhs.net)**