

January 2024 Newsletter

CHFT Macmillan Information and Support Service

Cervical Cancer prevention week is January 22nd to 28th. Learn more about cervical cancer at <https://www.jostrust.org.uk/get-involved/campaign/cervical-cancer-prevention-week>



Automatic Number Plate Recognition (ANPR) technology is now in use in all our car parks at Huddersfield Royal Infirmary and Acre Mills Outpatients. There are no changes to the charging periods or the amount you'll need to pay. If you are exempt from paying for your parking, you should go to the front desk in the main entrance with your blue badge or parking exemption permit or to a member of staff on the Greenlea Ward for them to validate your stay for you.

The Thinking Ahead Programme is an online well-being course for people living with incurable cancer and their family member/carers. The next course date is Tuesday 30th January 2024 – 19th March 2024 1.30pm – 3pm. This free course runs over seven weeks and each session lasts for 90 minutes.. To find out more and to book a place please contact the **Macmillan Information & Support Service Tel: 01484 343614 or 01422 222709 Email: cancer.information@nhs.net**



Tod Support is run entirely by volunteers who have a wide range of backgrounds and experiences and are committed to helping people in the community. They distribute funds from Todmorden War Memorial Fund and Abraham Ormerod Fund to help people in Todmorden. They run an advice session at Todmorden Food Drop In on the third Saturday of each month from 9.30am to 12 and at the Vale Community Drink and Hub, Vale Baptist Church Cornholme on the first Tuesday of every month. There will be 2 volunteers from Tod Support in a separate room you can come along and talk privately about what you need. You will need to have proof of your financial circumstances. More information can be found at <https://todsupport.org.uk>

If you are a Calderdale resident, age 18+ with a BMI of 30+ and would like to lose weight, you may be eligible for a FREE 12 week referral with Slimming World For more information, please visit the Better Living Service <https://new.calderdale.gov.uk/health-and-social-care/better-living-service>



Classes are low impact and full body movement for adults. For more information please contact Rebecca on: **07510187211** or at hello@imtforever.co.uk www.imtforever.co.uk



SAFEENA is the first ever national Muslim Cancer Support Network in the UK to provide services specifically for Muslims affected by cancer. Although targeted at Muslims the services can be accessed by anyone, faith or no faith alike. They also provide a befriending service connecting you with someone who will listen and support you and your loved ones through cancer. To find out more www.safeena.org.uk

Macmillan has launched a new partnership with Big Health to give people newly diagnosed with cancer access to free digital mental health therapies. This new service has been developed to address the two top needs of people with cancer: anxiety and insomnia.

Daylight (anxiety): <https://onboarding.trydaylight.com/daylight/macmillan/>

Sleepio (insomnia): <https://onboarding.sleepio.com/sleepio/macmillan/>



First Steps February 5th - welcome to join from 9:30am for refreshments the program starts at 10am until 12pm. 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

You can also book a place by scanning this QR code





Grief is hard. Death can impact all of life.
7 sessions of films and discussion for anyone bereaved anytime.
9th January – 20th February 7pm – 9pm at the Holy Trinity Church,
Huddersfield. HD1 4DT. Book in at www.holytrinityhuddersfield.com
or call 01484 513213 or email office@holytrinityhuddersfield.com
To find out more visit thebereavementjourney.org

UPCOMING
EVENTS

Men's Cancer Support Group – at the Legends café at John Smith Stadium. Drinks from 2pm for 2.15pm start. All men affected by cancer either as patients or family members, are welcome. Dates for 2024 Jan - 25th, Feb - 29th, March - 28th, April - 25th, May - 30th, June - 27th, July - 25th, Sept - 26th, Oct - 31st, Nov - 28th.

Walking Group - Macmillan Health Walks will take place on **Thursday 1st February 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.

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 may 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 every 3rd Thursday in the month from 2pm – 4pm. Activities include Boccia, board games and conversation. For more information contact Home Instead on 01422 292424.

Long Covid: Recover Together Programme Physical Activity Support for people in Calderdale with Long Covid. The programme consists of 8 weekly sessions at The Shay Stadium in Halifax. The next course will start on Thursday 18th January 2024 at 5pm - 6:15pm. To register your interest, or find out more, please contact shanti.bradley@calderdale.gov.uk or call 07841 792177.

Don't forget to ask your Clinical Nurse Specialist about the Holistic Needs Assessment if you haven't already had one or search #CHFT HNA for more information.



MY HOLISTIC NEEDS ASSESSMENT

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 by post instead – thank you.