

Virtual 'Thinking Ahead' Programme

For People with Incurable Cancer
And Their Families and Carers

Tuesday 7th March until Tuesday 25th April 2023 and
Tuesday 12th September until Tuesday 24th October
WEEKLY SESSIONS – 1.30pm UNTIL 3.00pm
OVER A 7 WEEK PERIOD on Microsoft Teams

MANAGING
UNCERTAINTY

KEEPING
ACTIVE

ESTATES
PLANNING

BENEFITS
& TRAVEL



MINDFULNESS

DIET &
APPETITE

FAITH &
SPIRITUALITY

MANAGING
FATIGUE

SERVICES TO
SUPPORT YOU

ADVANCE
CARE
PLANNING

A Collaborative Course

Hosted by Calderdale and Huddersfield NHS
with Harrogate and Leeds NHS Trusts

**MACMILLAN
CANCER SUPPORT**



The Leeds
Teaching Hospitals
NHS Trust



Calderdale and Huddersfield
NHS Foundation Trust



Harrogate and District
NHS Foundation Trust

Patients who live in Leeds

Contact Leeds
Community Cancer
Support Service

0113 843 3735

[community.cancer
support@nhs.net](mailto:community.cancer.support@nhs.net)

Patients who live in Calderdale /Huddersfield

Contact the Macmillan
Information & Support
Service

01484 343614 or 01422
222709 or email:

[cancer.information@
nhs.net](mailto:cancer.information@nhs.net)

Patients who live in Harrogate

Contact the patient's
Macmillan Specialist
Nurse or Palliative & End
of Life Administration
Team 01423 553464 /
email:

[palliativecareteam
@nhs.net](mailto:palliativecareteam@nhs.net)