

March 2025 Newsletter

CHFT Macmillan Information and Support Service

Hello my name is...

Gracie Williams, I am delighted to inform you that I have temporarily joined the Macmillan Information Service as a Support Worker. I have worked in Oncology for over 3 years, initially starting as a Clinical Apprentice. I then qualified as a Healthcare Assistant on the Greenlea and Macmillan Unit, so you may have already seen me around the hospital.

To have the opportunity to be able to support and talk to patients more in a non-clinical environment is something I am passionate about, and I am excited to develop my skills in this area.

I feel so privileged to be joining such an amazing team, Nicola, Mandy, Jadene and Kate and all the lovely Volunteers who go above and beyond in supporting patients and their loved ones throughout and beyond their cancer journey.



FREE Bowling Social



**11am at Hollywood Bowl, Unit 5, 5 Vicar Lane, Bradford BD1 4DY
12th and 26th March 2025**

Macmillan Cancer Support and Hollywood Bowl Group have created a space for people with cancer to come together and connect.

During a Cancer Community Meet Up you can expect: A comfortable space to chat and listen; The opportunity to meet others who are going through similar experiences; An informal environment. Join us at Hollywood Bowl, Bradford to meet other people affected by cancer - a friendly face and a warm welcome awaits you.

Please note you can bring someone with you.

Money Matters:

Worries about money are very common for people affected by cancer, and we understand that it is a topic that many people don't feel comfortable talking about.

We know it can feel overwhelming applying for benefits. There is a lot of paperwork, complicated language and it can be difficult to find time for the various phone calls and appointments with a variety of organisations.

Even if you are not sure you are eligible, it's important to apply as soon as you feel able. This is because many benefits can't be backdated or can only be backdated for a short period.

If you're worried about money or need advice about what financial support you could be entitled to, we can help.



You can either call into one of our centres at Calderdale Royal Hospital or Huddersfield Royal Infirmary, telephone us on: 01422 222709 or 01484 343614. Alternatively drop us an email at: cancer.information@nhs.net

What has worked for you?



Our support groups are a great place for attendees to share details about services and resources that have worked well for them, but we appreciate not everyone is able to attend.

If you have accessed a group, support or information and would like to shout out about it to other service users, please let us know. We will gladly share details on your behalf.

Men Walking and Talking

Men Walking and Talking run mental health walks, with the aim of bringing men together in a safe space to end the stigma around men's mental health by supporting each other.

Initially started in 2021 by Dan Reid in Telford, and having only one attendee on the first walk, it has now grown to 30 walks across 16 counties. In 2022, the group became members of the National Counselling and Psychotherapy Society (NCPS).

The Huddersfield Group meeting point:

Harold Wilson Statue in front of Huddersfield train station
Each Monday at 6.30pm. For more information, please visit <https://www.menwalkingandtalking.co.uk/>



Our next walk will take place on: 6th March 2025 at Greenhead Park, Huddersfield. Walkers meet at the conservatory at 10:15am for a 10:30am start. Following a gentle walk, we head for a coffee and catch up. Everyone affected by cancer is welcome to join us, our volunteers will make you feel extremely welcomed. The guided walk is free, however those attending will be required to pay for their own drinks if they wish to have one.

Men's Cancer Support Group: is hosted at the Legends café at John Smith Stadium, Huddersfield. Drinks are provided from 2pm for a prompt 2.15pm start. All men affected by cancer either as patients, family members or carers are welcome. Our next meeting is on the 27th March 2025.. Please note this is a free event. With free parking on site.

Women's Support Group: is hosted at the Legends café at John Smith Stadium, Huddersfield. Drinks are provided from 2pm. The group is open to women affected by cancer either as patients, family members or carers are welcome. Our next meeting is on the 26th March 2025. Please note this is a free event. With free parking on site.

Coffee 'N' Chat Group – Is head at The Watermill Pub, Salterhebble, Halifax on the third Wednesday of the month, 10am – 12pm. The next date is on: 19th March 2025. Please note there is plenty of free parking on site, and the venue is on the main 501 bus route for both Halifax and Huddersfield. This is a free event, with drinks provided by Calderdale and Huddersfield NHS Charity.

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

MACMILLAN
CANCER SUPPORT

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.