

April 2025 Newsletter

CHFT Macmillan Information and Support Service



Hello, and happy April. Last month we had a couple of firsts for the service. We attended our first free bowling session at **Hollywood Bowl**, Vicar Lane, Bradford. If you would like to take advantage of this please get in touch. Not only is the bowling free, you also get free parking if you park in the Bradford Leisure Exchange car park. Simply validate your parking ticket at the Hollywood Bowl reception desk before you leave. Warm drinks are also complimentary. Patients can bring someone with them who will also be admitted free of charge.

We also held our first **Women's Group**. Which was simply lovely. We had a great group turn out for our first session. The group is for any woman who has been affected by cancer. There is no need to pre-book, just simply turn up on the day. For further dates of all our supports groups please see the 'Dates for the diary' section.



We had Steve from **Men Walking and Talking (Huddersfield)** pop into our Men's Group session. Steve hosts a free men's only walking group which meets outside Huddersfield Train Station at the Harold Wilson statue. every Monday at 6.30pm. Getting out of the house, going for a walk, doing some exercise, having a natter and feeling part of a community can do wonders for your mental health.



We have another first this month, which is our sing-along session with our very own band, The Side Effects. On the 30th April 2025 we will be opening the doors of the Hope Centre at Huddersfield Royal Infirmary from 5pm for a 5:30pm start (drinks will be provided)

The band have selected 6 of their favourite songs to play for you.

Sweet Home Alabama
Pretty Woman
Valerie

Stuck in the middle with you
Twist and shout
Country Roads

You are invited to come along and join in singing as loud and as proud as you wish. You do not need to be a professional singer by any means. Just bring along some passion and enthusiasm and we are sure you will have an enjoyable time.

Your Feedback Matters



Thank you to all the patients, carers and professionals that have taken the time to share their feedback about the Cancer Information and Support Service at Calderdale and Huddersfield NHS Foundation Trust. It has been extremely valuable to hear about what you value the most about the service and where we can improve.

You still have time to share your feedback, should you wish to do so. You can either follow the brief survey following the link <https://forms.office.com/e/xnKr8M7Tsk> Alternatively, you can contact our offices, and any member of the team will be happy to receive your feedback over the phone or in person.

Shine Cancer Support

We know that it can sometimes feel good to connect with people from a similar ethnic or cultural background. Shine Diversity chats are a place for people from Black, Asian and minoritised ethnic communities to come together and share experiences.

Within our community there is a great amount of diversity. But it can be difficult to open up to others who can not relate to your situation. Shine Diversity chats are a great way of meeting others, sharing stories and giving support.

Diversity chats happen once a quarter and you can join below.

You can found out more from the shine website at:

<https://shinecancersupport.org/diversity-group/>

You can also telephone Shine Cancer Support on: 0780447941





Walking Group: Our next walks will take place on 3rd April, 1st May, and 5th June 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. Upcoming dates for 2025 are: 24th April 29th May, 26th June. Please note this is a free event. With free parking on site.

Women's Group – is hosted at the Legends café at John Smith Stadium, Huddersfield. Drinks are provided from 2pm. The group is for all women affected by cancer either as patients, family members or carers are welcome. Upcoming dates for 2025 are: 23rd April, 28th May, 25th June. 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: 16th April, 21st May, and 18th June. 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

Breast Buddies: Support for people who are going through treatment or have finished treatment for breast cancer and are maybe feeling a bit lost. You are welcome to bring along a friend. The group meet the last Monday of the month (except December) at 7:30pm. Lower Hopton WMC, 53 North Street Mirfield, WF14 8PN. Phone – 07741 258812 or 07929 797119

Calderdale Women's Cancer Support Living Well Network: The group is for women from all surrounding areas who have had a cancer diagnosis. Friendly group offering free complementary therapies, activities, and a healthy lunch. Small donation welcomed for lunch. Last Saturday of the month. Not August and December, 10am – 2pm. The Central Methodist Church, Bramsche Square, Todmorden OL14 5AW. Telephone: 07794688180

The National Prostate Cancer Partner Support Group is currently available for all partners of those living with prostate cancer. The group meets quarterly online via zoom and offers space for partners to give and receive support at any stage of their journey. There is opportunity for group support and individual support, all partners are welcome. Email – Janet Daykin janetldaykin@gmail.com / Caroline Prance carolineOPCSG@gmail.com

Your Holistic Needs Assessment

If you are unsure about your health and wellbeing support needs, why not speak to us about a Holistic Needs Assessment. This is a great way to identify what matters the most to you and your loved ones.



Contact Us - CHFT Macmillan Information and Support Service



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

