

MACMILLAN INFORMATION  
& SUPPORT CENTRE  
**NEWSLETTER**



We are here to provide help, advice and support to anyone affected by cancer.

We know how important it is to offer accurate and up to date information about cancer and its treatment

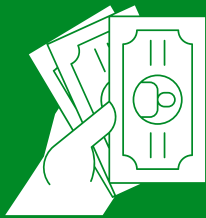
**NOVEMBER 2022**  
**WHATS IN THIS ISSUE?**

- **Service Update**
- **Support Groups**
- **ABC group**
- **Health & Wellbeing**
- **Special Rules for End of Life**

# Services Update

**We can offer support and advice to anyone affected by cancer : patient, carer, family and friends**

- Access to emotional support
- Health and social care professionals can make a referral for support
- Confidential 1 - 1 support in person, via telephone or email
- Access to aftercare and activity programmes in Derbyshire



- Financial advice
- Referrals for Welfare and Benefits advice
- Help with costs
- Access to grants

- Holistic Needs Assessments
- Help with wig prescription
- Free piece of headwear for those affected by cancer treatment
- Referral to Look Good Feel Better workshops

- Advice for carers, family and friends.
- Advice on talking to children
- Adult social care information
- Signposting to national and local services

**Call or email us for more information about our services**

[crhft.macmillaninfo@nhs.net](mailto:crhft.macmillaninfo@nhs.net)



01246 516406

# SUPPORT GROUPS

## Next meeting Dates

### YOU'RE INVITED

Haematology Support Group

Meetings take place on the  
last Friday of the Month at 2pm - 4pm.  
Meet at Calow Community Centre,  
S44 5AT

For more information contact the Macmillan Information  
and Support Centre

 01246 516406


 [crhft.macmillaninfo@nhs.net](mailto:crhft.macmillaninfo@nhs.net)



**FRIENDS AND  
FAMILY ARE  
WELCOME TO  
COME ALONG TO  
ANY OF THE  
GROUPS**

## Prostate support Group

11th November 12 -2pm  
Calow Community Centre

 01246 512644

*for anyone affected by cancer*



FRIDAY 21 JANUARY	FRIDAY 18 FEBRUARY	FRIDAY 25 MARCH	FRIDAY 22 APRIL	FRIDAY 13 MAY	FRIDAY 17 JUNE
FRIDAY 22 JULY	FRIDAY 19 AUGUST	FRIDAY 23 SEPTEMBER	FRIDAY 14 OCTOBER	FRIDAY 18 NOVEMBER	FRIDAY 16 DECEMBER

**10AM-12PM**

KEVIN RANDALL SUITE, THE HUB, TECHNIQUE STADIUM

# ABC Support Group

## Affected By Cancer

Macmillan Information and Support Lead Nurse Dawn Warrington attends the ABC support group at Chesterfield Football club. Tony Lormor (retired professional footballer) runs the sessions and as he has been affected by having a cancer diagnosis, he truly understands how people may be feeling.

The support group is for anyone affected by a cancer diagnosis.

**ABC Support Group Affected by Cancer**

**CANCER SUPPORT GROUP**

with unlimited tea, coffee and sticky buns

**FRIDAYS | 10AM - 12PM**

HOSTED BY **TONY LORMOR**

WITH DAWN WARRINGTON  
MACMILLAN INFORMATION AND SUPPORT CENTRE LEAD

FRIDAY 19 AUGUST

FRIDAY 23 SEPTEMBER

FRIDAY 14 OCTOBER

FRIDAY 18 NOVEMBER

FRIDAY 16 DECEMBER

MEET AT THE CLUB, TECHNIQUE STADIUM

The Friday sessions usually have a speaker and lots of time for a supportive discussion and chat. The group is friendly and supportive with no pressure to say anything if you don't feel you want to, you can just sit and listen and enjoy the free tea, coffee and cakes.



Tony has also set up additional dates for informal chat and support and runs the weekly walking group on a Thursday, meeting at the hub at Chesterfield Football club at 2:30pm. The walk takes place around the ability of the people that attend on the day so some weeks it may be a couple of laps around the football pitch or may be a gentle walk along the canal path.

**CANCER SUPPORT GROUP**  
 with unlimited tea, coffee and sticky buns  
**MONDAYS | 3:30PM - 5:30PM**

MONDAY <b>05</b> SEPTEMBER	MONDAY <b>03</b> OCTOBER	MONDAY <b>07</b> NOVEMBER	MONDAY <b>05</b> DECEMBER
MONDAY <b>09</b> JANUARY 23	MONDAY <b>06</b> FEBRUARY	MONDAY <b>06</b> MARCH	MONDAY <b>03</b> APRIL

HOSTED BY **TONY LORMOR**  
 Meet in the Ernie Moss Room at the HUB, Technique Stadium

**CANCER SUPPORT GROUP**  
 with unlimited tea, coffee and sticky buns  
**THURSDAYS | 5:30PM - 7:30PM**


THURSDAY <b>14</b> SEPTEMBER	THURSDAY <b>20</b> OCTOBER	THURSDAY <b>24</b> NOVEMBER	THURSDAY <b>29</b> DECEMBER
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HOSTED BY **TONY LORMOR**  
 Meet in the Ernie Moss Room at the HUB, Technique Stadium

# **INSPIRE HEALTH & WELLBEING SESSIONS**

The Macmillan Information and Support Centre offer a monthly Health and Wellbeing session called Inspire for anyone recently diagnosed with cancer and their carer/family member or friends. It is facilitated by AHP Macmillan Project Lead Dave Archer and Macmillan Information and Support Lead Nurse Dawn Warrington. The topics covered include eating well and keeping active, emotional health, benefits and financial support, services and support available from the Macmillan Information and Support Centre, fatigue and bone health with lots of signposting to services and support available in the local area.

Feedback from the sessions have also shown an increase in motivation and confidence to attend exercise sessions and local support groups.



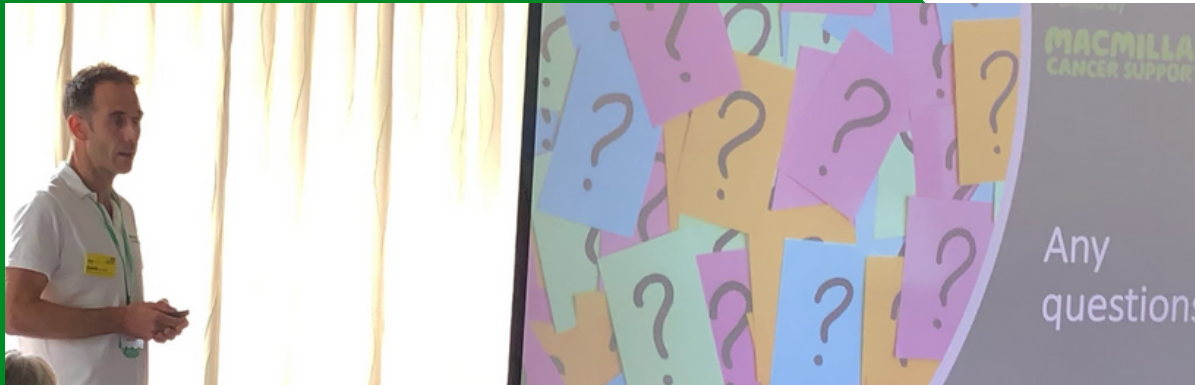
**"Better  
understanding  
of what fatigue  
is and how to  
cope with it"**



**"Extremely  
helpful"**

**CALL 01246 516406 TO BOOK ON THE NEXT SESSION;  
22ND NOVEMBER @ 1PM**

# CASA Health & Wellbeing Event



**Centre staff recently attended a Health and Wellbeing event held at The Casa Hotel on the 21st September.**

**The event consisted of information stands and speakers covering topics such as living with uncertainty, fatigue, sleep problems, exercise and wellbeing activities available locally, support and services available at The Macmillan Information and Support Centre including the welfare rights service. The group also participated in a mindfulness exercise.**

**Positive feedback was received from the 50 people that attended.**

**We are hoping that more sessions will be offered next year.**

**If you are interested in having a presence at these events, please contact Dawn Warrington 01246 516183**

# Headwrappers

Coming soon practical scarf tying  
Macmillan Information and Support Associate  
Claire Warburton is bringing Headwrappers to  
the Centre.

This is a hair loss advisory service, focusing on  
alternatives to wigs and offering practical tips to  
help manage treatment related hair loss.

The aim is to help people look good and feel  
more confident about themselves.

[www.headwrappers.org](http://www.headwrappers.org)





# Did you know?

## There is a new Special Rules for End of life Form SR1

The Social Security (Special Rules for End of Life) Bill completed its passage through Parliament recently after passing its final stages in the House of Commons. The Bill's provisions amend the rules in respect of PIP, DLA and AA so that they apply to people who have 12 months or less to live.

The SR1 form can be completed if you feel the patient does not qualify for a DS1500 and you feel they have a prognosis of 12 months or less.

## Get in touch



[crhft.macmillaninfo@nhs.net](mailto:crhft.macmillaninfo@nhs.net)



Macmillan information and support centre Chesterfield



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