

Macmillan Information & Support  
Northamptonshire

# HEALTH & WELLBEING EVENTS

JANUARY TO JUNE 2024

**MACMILLAN**  
CANCER SUPPORT

**NHS**  
University Hospitals  
of Northamptonshire  
NHS Group

# Contact us

## Visit or call our centres

Macmillan Information & Support Centre  
Area D,  
Kettering General Hospital  
Telephone 01536 493888  
Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)

Macmillan Information & Support Centre  
Area N,  
Northampton General Hospital  
Telephone 01604 544211  
Email  
[ngh-tr.macmillaninformationandsupportngh@nhs.net](mailto:ngh-tr.macmillaninformationandsupportngh@nhs.net)



@northantscancerinfohub

## Join our mailing list

Sign up for email updates on all our upcoming events. Contact your local centre or scan the QR code.



## Follow us on social media



@MacInfo\_Kett



Macmillan Cancer Support Centre - Kettering



@WendySmithNN



The Northants Cancer Information Hub - West

# Treatment Summaries

For people receiving cancer treatment at Kettering or Northampton General Hospitals a treatment summary will be completed by their surgeon or oncologist after each episode of treatment.

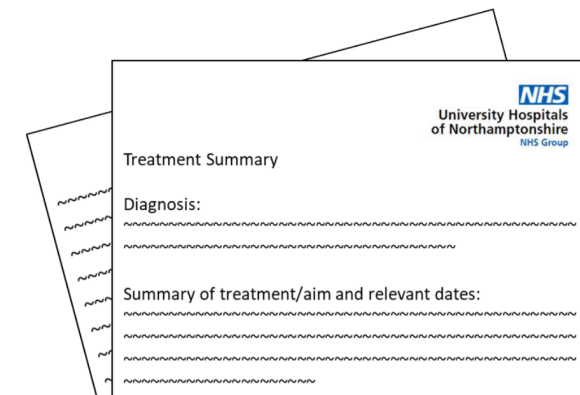
A treatment summary is in the form of a clinic letter to the GP & copied to the patient and is generated by a clinician, clinical nurse specialist or allied health professional. It will provide information about the treatments received, the possible late effects (health problems that may occur months or years after cancer treatment has ended), alert symptoms to act upon and details about who to contact.

The aim of the treatment summary is to support people in managing their health in the future. It can improve understanding about both the treatment received and any late effects which may help to alleviate concerns. It can also be used as a prompt to help people act upon any concerns they may have.

GPs will refer to the information in a treatment summary when they see patients for a cancer care review.

You can also use your Treatment Summary to self-refer to the 'We can move' exercise programme.

Visit  
[www.northamptonshiresport.org](http://www.northamptonshiresport.org)  
for more info



# Holistic Needs Assessment (HNA) & Care Planning

A HNA is offered at key points during your treatment to discuss and assess any concerns or worries that you may have. You will first be asked to complete one around the time you receive your diagnosis or at the beginning of your treatment.

The HNA gives you an opportunity to consider all aspects of your well-being including physical, emotional and practical concerns as well as the potential impact upon your family, friends and lifestyle.

Any concerns you raise will be discussed between you and your health care professional and together you identify possible solutions. A care plan will be produced following your discussions outlining how the concerns you raised will be dealt with by you or with a health care professional.

This care plan may include things like giving you information leaflets or contact details for organisations that can help with your concerns. A copy of the care plan will be shared with you either at the time of the appointment or sent to you afterwards. It may also be shared with other members of your healthcare team.

You will be offered the opportunity to complete further HNAs as you progress through treatment - the intervals vary depending upon which cancer you are being treated for - however, you can request another HNA at any time during your treatment if you have concerns or worries

You can request a HNA from your clinical nurse specialist or from a member of the information & support team.

# Hello!



We are the Macmillan Information and support team for Northamptonshire.

Our information centres are here to provide those with a cancer diagnosis and their loved ones a listening and supportive ear. Whether you need a cup of tea, some information booklets or you would like to use one of our complementary services, we are here to help.

In addition to these services we also host a number of health and wellbeing events and we are very pleased to share with you our programme for 2024..

You can register for the majority of our events by contacting us directly at the centre, or online.

To book online visit [www.northantcancerguide.co.uk](http://www.northantcancerguide.co.uk) and select 'Event bookings' or use the QR code on the event page.

Further information about our centres can be found on our 'contact us' page We are open Monday to Friday 9am to 4pm (excluding bank holidays). We are predominantly a drop in service and can also offer formal 1-1 sessions We hope to see you soon

Best wishes

*The Macmillan Information & Support Team*

# The HOPE Course

## Help Overcome Problems Effectively



HOPE is a course developed by Macmillan Cancer Support and Coventry University to support you after cancer treatment.

You can share your experiences and get support from other people going through the same thing. It helps strengthen your coping skills for dealing with different problems like anxiety, fatigue and concerns for the future. So you can feel more like yourself again.

HOPE is a free six week course and each session runs for two and a half hours every week.

“ *The course enables you to feel safe and supported especially being with people who have experienced the difficulties and emotional problems that a serious illness 'hits' you with. It also helps you gently move forward to look at life other than being the patient* ”

- Participant Feedback

## Macmillan National Services

**MACMILLAN**  
CANCER SUPPORT

### Website

Visit the Macmillan website for information and support and get access to the online community where you can talk to people affected by the same cancer, share your experiences, and ask an expert your questions [www.macmillan.org.uk](http://www.macmillan.org.uk)

### Telephone Service

Available 7 days a week, 8am to 8pm talk to a Macmillan professional  
0808 808 00 00

### Macmillan Buddies

Going through cancer can be an isolating experience at any time. Our free Macmillan Buddy service (formerly called Telephone Buddies) is here for you.

We'll match you with someone who understands what you're going through, and they'll give you a weekly telephone call, video call or visit in your home.

Your volunteer buddy is there for you. You can talk to them about how you're feeling and your support needs during this difficult time. They can also let you know about our services, and all the ways Macmillan can help, to make sure you don't face cancer alone.

Register at [www.macmillan.org.uk](http://www.macmillan.org.uk) (search Macmillan buddies or call 0808 808 00 00 .



# Local Support Groups

## Breast Friends Northamptonshire

Peer support group for people affected by breast cancer in and around Northamptonshire

Website: [www.breastfriendsnorthampton.org](http://www.breastfriendsnorthampton.org)

Email: [contact@breastfriendsnorthampton.org](mailto:contact@breastfriendsnorthampton.org)

Telephone: 07582 394 956

## Kettering Prostate Cancer Support Group

Supporting people with prostate cancer and their families

Website: [www.ketteringprostatecancersupport.co.uk](http://www.ketteringprostatecancersupport.co.uk)

Email: [information@ketteringprostatecancersupport.co.uk](mailto:information@ketteringprostatecancersupport.co.uk)

## Northampton Prostate Cancer Support Group

Supporting people with prostate cancer and their families

Website: [www.northamptonpcsg.org.uk](http://www.northamptonpcsg.org.uk)

Email: [northamptonpcsg@gmail.com](mailto:northamptonpcsg@gmail.com)

Telephone: 07396 174 906

## The Swallows Head and Neck Support Group

Monthly Patient & Caregivers Meeting

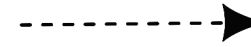
Website: [www.theswallows.org.uk](http://www.theswallows.org.uk)

Visit the national website for more information or look on

Facebook for the local groups

## The HOPE Course Kettering

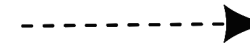
To register for Kettering, scan the QR code or call 01536 493888.



Start Date	Time	Location
Wed 17 <sup>th</sup> January	9.30-12.00	Cancer Info Centre, Kettering General
Wed 20 <sup>th</sup> March	9.30-12.00	Cancer Info Centre, Kettering General
Wed 15 <sup>th</sup> May	9.30-12.00	Cancer Info Centre, Kettering General

## The HOPE Course Northampton

To register for Northampton, scan the QR code or call 01604 544211..



Start Date	Time	Location
Tue 6 <sup>th</sup> February	13.30-16.00	Shoosmiths Solicitors, Northampton
Tue 16 <sup>th</sup> April	13.30-16.00	Shoosmiths Solicitors, Northampton

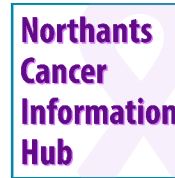
# TAKE CONTROL & MOVE FORWARD WITH HOPE



Take Control and Move Forward with HOPE is a condensed version of the 6-week HOPE course.

The 3 hour session takes place online via Microsoft Teams and covers a number of topics such as managing stress and fatigue, living a healthy lifestyle and practicing mindfulness. Take Control sessions are run throughout the year and bespoke sessions are being rolled out for specific cancer types.

If you are interested in attending a session, please contact your local cancer information and support centre to register your interest and we will be in touch when new dates are available.



## The Northants Cancer Information Hub

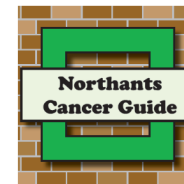


The Northants Cancer Information Hub is a library of videos and webinars which have been created to support the needs of people diagnosed with cancer as well as their relatives and carers.

These videos have been produced by the University Hospitals of Northamptonshire NHS Group. New content is added regularly, and you can subscribe to stay updated.



Visit [youtube.com/c/thenorthantscancerinformationhub](https://youtube.com/c/thenorthantscancerinformationhub) or scan the QR code to access the channel. .



## The Northants Cancer Guide



The Northants Cancer Guide website provides lots of information and support including: a directory of local services, an A to Z of the cancer pathway, information about visiting the hospital and event booking

visit [www.northantscancerguide.co.uk](http://www.northantscancerguide.co.uk) or scan the QR code

# Citizens Advice Service



A cancer diagnosis can change your financial situation. It may mean you need to stop working or work less. It can also mean spending more money on things like hospital parking. But depending on your situation, you may be able to get benefits or other financial support.

Our Macmillan Debt and Benefits caseworkers run a weekly clinic at the information centre where they can offer information and advise based on your individual circumstances.

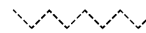
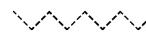
If you are unable to come to the centre, your Clinical Nurse Specialist can also refer you into the service and you will be contacted by telephone or email.

Location	Day	Opening Hours	How to book
<b>Kettering</b> Macmillan Information Centre, Kettering General Hospital	Thursday Morning	9.30am to 12.00pm	This is an <b>appointment only</b> service. To make an appointment please call 01536 493888 or email kgh-tr.cancerinfo@nhs.net
<b>Northampton</b> Macmillan Information Centre, Northampton General Hospital	Thursday Afternoon	1.00pm to 3.00pm	This is a <b>drop in clinic</b> and visitors are seen on a first come first serve basis between the hours of 1pm and 3pm.



# Supported Self Management

## At Kettering General Hospital



The Macmillan Centre at Kettering will be running events throughout the year to ensure that those living beyond cancer still receive the support they need. The session is suitable for anyone who has completed their curative treatment for cancer and are no longer required to attend routine follow up appointments.

In this 90-minute session we discuss supported self-management – what it means, who to contact and how results are received if you are having follow up tests. There will also be an opportunity to ask questions.

You can choose to attend the event in person, at the Macmillan Information Centre, or join us online via Microsoft Teams. To book your place, scan the QR code or call 01536 493888.

### Upcoming Dates

Date	Time	Location
Wed 10 <sup>th</sup> January	14.00-15.30	Kettering Info Centre or Online
Mon 19 <sup>th</sup> February	12.00-13.30	Kettering Info Centre or Online
Tue 9 <sup>th</sup> April	16.00-17.30	Kettering Info Centre or Online
Fri 24 <sup>th</sup> May	10.00-11.30	Kettering Info Centre or Online





# Northamptonshire Macmillan Cancer Support Group

Our monthly support group is for adults affected by cancer.

Whatever type of cancer, whether you are a patient, relative or carer, this group provides a safe and supporting space to talk and listen and meet new friends.

No booking required. Refreshments will be provided.

## Upcoming Dates:

- Wed 10th January
- Wed 14th February
- Wed 13th March
- Wed 10th April
- Wed 8th May
- Wed 12th June

Time: 5pm - 7pm

Location: The Church of Jesus  
Christ of Latter-day Saints,  
137 Harlestone Road,  
NN5 6AA



## Hair and Wellbeing Service for Oncology and Haematology patients

Oncology department (Area N)  
Monday to Friday  
9.00am - 4.00pm

Contact Heather Gonsalves Hair and  
Wellbeing Facilitator or Rachel Hughes Hair  
and Wellbeing Manager on 01604 544486



Look Good Feel Better classes  
available to book once a month

Are you having treatment that is  
causing hair loss?



Did you know you can self-refer?



You may be entitled to a free wig





# Reiki

Reiki is a non-invasive complementary therapy, said to use natural energy flow for health & wellbeing.

Reiki can be used on the whole body or can be localised to a specific part of the body.

Potential benefits of reiki include feelings of deep relaxation, help with sleeping and an improved mood and sense of self.

Our volunteer reiki therapists offer free sessions to our patients on Tuesdays & Wednesdays at Kettering General Hospital and Thursdays at Northampton General Hospital.

Booking is required.

For more information and to make an appointment, call or drop in to your local information centre.

Kettering: 01536 493888

Northampton: 01604 544211



## FACING EARLY MENOPAUSE TOGETHER

A support group for anyone aged 50 or under who has been diagnosed with POI (premature ovarian insufficiency) as a result of cancer or its treatment or another health condition.

The group was created by 2 ladies with a lived experience of POI and healthcare professionals to provide information and support which includes symptom management and strategies for coping with the physical and psychological effects that it may cause. The group also provides an opportunity to meet other people with similar experiences of POI and to share your own ideas and thoughts. You are welcome to attend as many sessions as you would like.

Sessions take place online via Microsoft Teams and run from 5pm until 7pm. To register scan the QR code or call 01604 544211.

### Upcoming dates

Thurs 25th January  
Thursday 22nd February  
Thursday 21st March  
Thursday 25th April  
Thursday 23rd May  
Thursday 20th June



# Hormone Therapy for men

This 3 part, bi-monthly course is designed for men who are preparing for or undergoing hormone therapy treatment for cancer.

Learn more about what to expect and how to manage any side effects, and talk to other people with shared experiences of hormone therapy treatment.

There are 3 different sessions led by healthcare professionals covering a number of topics . We encourage you to attend all 3 sessions if you are able to.

To register, scan the QR code or call 01604 544211.

Sessions run from 9.30am and 11.30am and take place at Shoosmiths Solicitors in Northampton.

**Session 1:** Wed 17th Jan

**Session 2:** Wed 30th March

**Session 3:** Wed 15th May



## How to join the Macmillan Patient Forum

### Kettering General Hospital

To join the Macmillan Patient Forum at Kettering General Hospital



Call 01536 493888 or email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)

### Northampton General Hospital



To join the Macmillan Patient Forum at Northampton General Hospital, scan the QR code, call 01604 544211 or email [ngh-tr.macmillaninformationandsupportngh@nhs.net](mailto:ngh-tr.macmillaninformationandsupportngh@nhs.net)

# Patient Forum

## What is the Macmillan Patient Forum?

Our patient forum is for patients, relatives and carers who would like to contribute their ideas and share their experiences of cancer and treatment to help further develop our Macmillan Information and Support Service.

Members are invited to take part in focus group discussions, this may be up to 4 times in the year. You do not have to attend every session if you don't want to or are not able to.

We will occasionally send out online surveys to ask for your opinions on a number of different topics.

Members can opt out at any time by contacting your local information centre.



# Stretch to the Future Yoga Sessions

Stretch to the Future Yoga has been developed in partnership with Northamptonshire Sport and Macmillan Cancer Support.

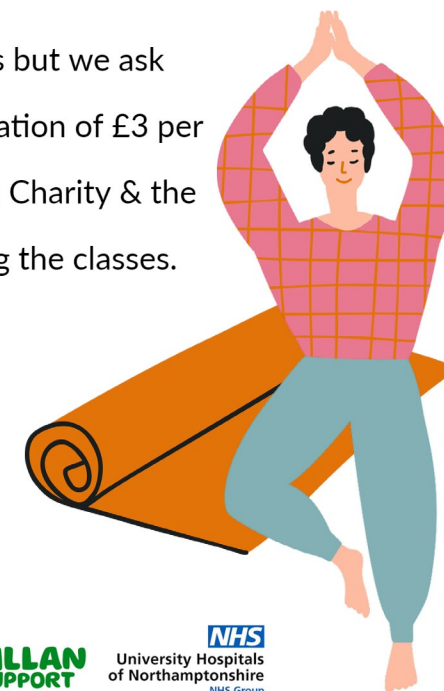
Stretch to the Future offers weekly yoga classes every Tuesday at Delapre Abbey, Northampton.

The classes support individuals who have been affected by cancer and whose quality of life can be maintained or improved through taking part in regular physical activity. It is available to patients who have been diagnosed with any cancer type and are pre-treatment, undergoing treatment or post-treatment.

It is also a great opportunity to meet other people with similar experiences of cancer who can offer friendship and support.

There is no set price for the yoga classes but we ask participants to pay a recommended donation of £3 per session to the Northamptonshire Health Charity & the money raised will go back into sustaining the classes.

To book your place, go to [www.northantscancerguide.co.uk](http://www.northantscancerguide.co.uk) and select event bookings, or scan the QR code.



# Coffee Mornings

We host a number of coffee mornings throughout the year. Patients and carers are all welcome to join us for a chat and a cuppa.

Our coffee mornings are always fun and relaxed. You are welcome to bring a friend or relative with you if you don't want to come alone.

We often add extra dates and if you want to you can join our mailing list or follow us on social media for all the latest news.

## Jan to June 2024

	Date	Time	Location
Easter Coffee Morning	Mon 18 <sup>th</sup> March	11.00-13.00	Kettering Information Centre
Easter Cake & Quiz Evening	Wed 13 <sup>th</sup> March	17.00-19.00	LDS Church, 137 Harlestone Rd, Northampton

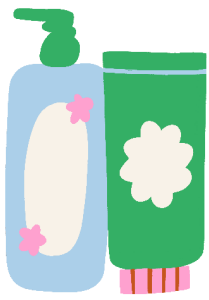
Date	Time	Location
Tue 30 <sup>th</sup> January	09.30	Northampton General Hospital
Mon 5 <sup>th</sup> February	13.00	Kettering General Hospital
Tue 27 <sup>th</sup> February	09.30	Northampton General Hospital
Tue 26 <sup>th</sup> March	09.30	Northampton General Hospital
Fri 19 <sup>th</sup> April	13.00	Kettering General Hospital
Tue 30 <sup>th</sup> April	09.30	Northampton General Hospital
Tue 28 <sup>th</sup> May	09.30	Northampton General Hospital
Tue 25 <sup>th</sup> June	09.30	Northampton General Hospital



scan here to join our mailing list







# Skincare & Makeup Workshop

Look Good Feel Better is a national cancer charity who run free workshops both virtually and at Cancer Care Centres and Hospitals across the UK to support women, men and young adults.

Workshops are led by trained volunteers in the beauty industry and provide practical advice about changes to skin, eyebrows, eyelashes, hair, nails and body confidence.



To book your place please scan the QR code or visit [www.lookgoodfeelbetter.co.uk](http://www.lookgoodfeelbetter.co.uk).

You can also find out more about the online 'virtual' sessions they offer such as yoga, meditation and nail care.

In addition there are a number of pre-recorded tutorial videos covering a range of topics such as shaving, recreating missing eyebrows and looking after your hair during chemo.

# Talking to children about cancer

Pre  
Recorded

Talking to children and teenagers about cancer can be challenging.

Our short webinar contains information to help you through the conversation as well as signposting you to other resources available.

The webinar is pre-recorded so you can watch at a time that is suitable for you.

To access the video, visit YouTube and search 'The Northants Cancer Information Hub' and look under 'general information and support' or scan the QR code below.

More information and support can also be found at [www.parentingwithcancer.org](http://www.parentingwithcancer.org)



# Supporting someone with cancer

This 2-hour course is designed for carers and partners who are living with or caring for someone with a cancer diagnosis and will cover the following topics:

- Understanding Fatigue and other side effects
- Effective ways to support your loved one
- Looking after yourself
- Local support services for carers

This session takes place online via Microsoft Teams and provides an overview of caring for someone with cancer. You may also be interested in our carers course which consists of 6 bi-weekly sessions, with each session running for 90 minutes.

To register, scan the QR code or call 01604 544211.

**Date:** Weds 24th Jan

**Time:** 6pm-8pm

**Location:** Online (MS Teams)



Monthly Coffee Morning

# PATIENT SUPPORT GROUP

1st Tuesday of the month

10am - 12pm

Our patient support group meets monthly at the Macmillan Cancer Information Centre, Kettering General Hospital. Join us for a drink and chat and meet some new friends

**For more information**

Call 01536 493888

Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)





Monthly Coffee Morning

# FAMILY & FRIENDS SUPPORT GROUP

3rd Tuesday of the Month

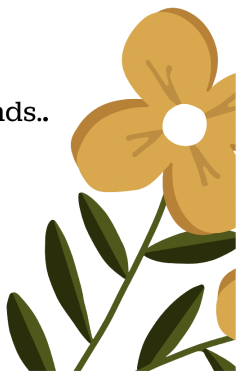
10am - 12pm

Our Friends & Family Support Group meets monthly at the  
Macmillan Cancer Information Centre,  
Kettering General Hospital.  
Join us for a drink and chat and meet some new friends..

For more information

Call 01536 493888

Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)



## The Carers Course

The carers course is for anyone who is living with and / or caring for someone with a cancer diagnosis.

It is an opportunity to share your experiences and get support from other people, strengthen your coping skills, and help you to help your loved one.

The course consists of 6 bi-weekly sessions which run for 90 minutes. We encourage you to attend all 6 sessions if you can.

To register, scan the QR code or call 01604 544211.

	Date	Time	Location	Topic
Session 1	Wed 7 <sup>th</sup> Feb	1.00pm-2.30pm	To be confirmed	Course overview / Mindfulness
Session 2	Wed 21 <sup>st</sup> Feb	1.00pm-2.30pm	To be confirmed	Managing Stress
Session 3	Wed 6 <sup>th</sup> Mar	1.00pm-2.30pm	To be confirmed	Supporting someone with cancer related fatigue / Sleeping well
Session 4	Wed 20 <sup>th</sup> Mar	1.00pm-2.30pm	To be confirmed	Communication
Session 5	Wed 3 <sup>rd</sup> Apr	1.00pm-2.30pm	To be confirmed	Sexuality and Intimacy / Being active & eating well
Session 6	Wed 17 <sup>th</sup> Apr	1.00pm-2.30pm	To be confirmed	Open space forum / Character Strengths





# Walk to the Future

## Weekly Wellbeing Walks

We have collaborated with Northamptonshire Support to bring you 'Walk to the Future': Two walking groups aimed at supporting individuals and carers who have been affected by cancer. The walks are beginner friendly and led by us. It's a great opportunity to meet others and enjoy the lovely scenery.

We advise wearing comfortable and waterproof footwear and clothing.

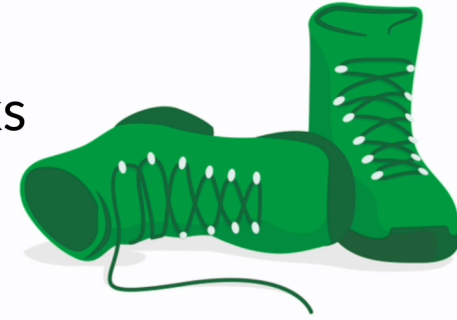
**Group 1:** Meets every Thursday (2pm) at Wicksteed Park ( Meeting point at the Carousel Café) Booking for Wicksteed Park is required. Email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net) or call 01536 493888.

**Group 2:** Meets every Friday (11am) at Delapre Abbey in Northampton (Meeting point by the car park). No booking required, just turn up! We meet every Friday (excluding bank holidays)



# Walk to the Future

## Monthly Wellbeing Walks



In addition to our weekly walks, we also host monthly wellbeing walks in Daventry and Rushden.

We meet at Daventry Country park on the first Thursday of every month at 10am.

and we meet at Rushden Lakes, Rushden on the last Thursday of every month at 1pm.

We recommend wearing comfortable, waterproof clothing/footwear.

Booking is required for the monthly walks,

To join the Daventry walking group call 01604 544211 or email [kgh-tr.macmillaninformationandsupportngh@nhs.net](mailto:kgh-tr.macmillaninformationandsupportngh@nhs.net)

To join the Rushden walking group call 01536 493888 or email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)

Location	Date	Meeting Point	Parking	Refreshments
Daventry Country Park, Daventry	First Thursday of every month, 10am	The Playground	£2.20 (Flat rate) Sat Nav: NN11 2JB	Join us at the Reservoir Café after the walk for drinks and a chat.
Rushden Lakes, Rushden	Last Thursday of every month, 2pm	Outside AJ's Cycles	Free Parking (up to 5 hours) Sat Nav: NN10 6AR	Join us at one of the nearby cafes after the walk for drinks and a chat.