

Macmillan Cancer Information and Support

December 2025 Newsletter



IMPROVED ACCESS TO FINANCIAL SUPPORT FOR PEOPLE AFFECTED BY CANCER

NEWARK YMCA UPDATE AND NEW DIRECT LINE

CANCER INFORMATION AND SUPPORT EVENTS – A SUCCESS

WHATS ON? OUR TIMETABLE

OTHER EXCITING NEWS



Thank you for supporting our
YMCA Macmillan Coffee
morning.

We raised £196



Improved access to financial support for people affected by cancer

We are delighted to announce that we have developed new links with the Department of Work and Pensions (DWP) Home Visiting Service. We, and our cancer nurse specialist colleagues, can directly refer people affected by cancer to the DWP Home Visiting service for benefits checks and support filling claim forms. This service gives patients choice about where they access the support needed, and it complements our existing relationships with Citizens Advice and other charitable organisations.

Newark YMCA Update

CONTACT US ON OUR NEW DIRECT LINE AT THE YMCA

01636 652532

Our YMCA Centre continues to attract more visitors and host more wellbeing events. Since opening our doors in June 2025, and we have welcomed and supported 434 people in the centre. We have also spoken with 670 people over the phone, email or text. We continue to work in our local community and with our partners to spread the word that we are open and supporting local people.

Relaunched Cancer Information and Support Events – A success.

“A good introduction into the world of cancer - a starting point of where to go for what”

This year we have worked with our partners, and people with lived experience of cancer, to relaunch our Cancer Information and Support Events at the hospital. Events are now more interactive and bring over 15 “market stall” holders into the room to showcase the range of support services available to local people affected by cancer.

Despite recruitment to the event being challenging, feedback has been very positive with all attendees rating the event as very good or good. For further information and booking contact us on 01623 672333 Or 01623 652532.

“Great event. It really helps to be introduced to the range of services that I was previously unaware of”.

What's On?

Our Cancer Information Centres at [KMH](#) and [YMCA](#) are open for people to drop in's Mon – Fri 8.30am – 4pm (excluding bank holidays). See timetable for sessions, events and groups that are happening.

Blue = KMH events Green = YMCA events R/AO = Referral / appointments only WkoM = Week of the month

	Morning	Afternoon
Mon	Hair Loss Clinic (Contact Aderans Trendco 0115 947 5316 to book)	
Tues	Cancer Psychology (R/AO) Beyond Diagnosis Wellbeing Clinic (R/AO) Beyond Diagnosis Stepping Stones Bereavement Support Group (last Tues of the month)	Women's Look Good Feel Better 1 st WkoM (booking essential) Cancer Support Walking Group 2 nd / 4 th WkoM Cancer Psychology (R/AO) Beyond Diagnosis Cancer Carers Support Group 1 st WkoM
Wed	Cancer Psychology (R/AO) Social Prescribing Clinic (R/AO)	Cancer Big Issues Support Group 2 nd WkoM Cancer Awareness and Promoting Health 4 th WkoM Hope & Glory Support Group (2 nd WkoM – HOPE graduates only)
Thurs	Cancer Psychology (R/AO) Hair Loss Clinic (Contact Aderans Trendco: 0115 947 5316 to book) Haematology direct referral pathway MCISS appointments (pilot project)	Cancer Psychology (R/AO) Cancer Support Walking Group 1 st / 3 rd WkoM Supporting Hard to Reach Community (2 nd WkoM) Women's Look Good Feel Better 4 th WkoM (booking essential) Men's Look Good Feel Better – Facing Cancer with confidence (4 th WkoM quarterly, Booking essential)
Fri	Cancer Psychology (R/AO) Craft & Chat Cancer Support Group (Monthly) Cancer Psychology (R/AO)	Cancer Psychology (R/AO) Cancer Psychology (R/AO)
Other Events Cancer Information and Support Events (Booking essential) , HOPE - Living Beyond Cancer Programmes (Booking essential), Citizens Advice / DWP Home visiting Service appointments (Room booking on request)		

Thank you to Currys Repair Centre and Asda for hosting us – Helping us to spread the word that Cancer Information and Support is now in Newark



Contact us – 01623 672333 or 01636 652532

Sfh-tr.cancer.info@nhs.net

Download our Free Cancer App and Search
“Sherwood Forest Hospitals Cancer App”

Android



iPhone



If you have any comments about our newsletter, or if you do not wish to receive these regular newsletters, please email us. Thank you for your support.

Other exciting news

National Macmillan Cancer Support Conference

The team have been selected to deliver a seminar at the National Macmillan conference in April 2026 to showcase our unique Newark development. The session will be called “Working differently – successful partnerships serving our neighbourhoods.” We will also be taking a poster to facilitate discussions at the conference about using Apps, like our SFHT Cancer App, to expand the reach of information and support services.

Look Good Feel Better Sessions

We held our first Look Good Feel Better – Facing cancer with confidence session for men in November. The session was attended by 6 gentlemen who learned lots about skin care, shaving, personal styling and the importance of diet and exercise when living with and beyond cancer. More sessions are scheduled next year.

Exploring new support networks

We are working with Target Ovarian Cancer, Smell Taste, complimentary therapists, post surgery bra fitters, and the YMCA to bring new support to our areas - watch this space for updates.

Thank you

A special thank you to Ableworld for their donation of tea and coffee for our visitors. Thank you to Val Perrin for visiting us and reminding us about the fabulous voluntary work you do to support our patients to access essential equipment through a range of grants.