

BOLTON MACMILLAN INFORMATION & SUPPORT SERVICE UPDATE *February* 2021



Please remember we're still here throughout the lockdown! The way we deliver our service may have changed but we're still accessible Mon-Fri (excluding bank hols), 8am-4pm via phone or email.

Phone: 01204 663059

Email: boltoncancerinfo@nhs.net

a bad day
only
lasts 24 hours

*Lockdown
blues?*

Try to find something you're grateful for each day! It can be the smallest of things.

I am grateful for... colleague's kindness and laughter.

**VIRTUAL
SUPPORT GROUP**

Our virtual support group runs every Thursday, 10am-11am.

Just bring yourself and a cuppa!!

Our support group is delivered via Microsoft Teams. Give us a call and we can talk you through how to download it and send you a link to the next session nearer the time.

Help Overcoming Problems Effectively

If you are living with or after cancer, the Helping Overcome Problems Effectively course can help you get more out of life.

The HOPE course we facilitate may be helpful to you, call us for more information.

World cancer day 2021

This year's world cancer day was on 4th Feb! The MCISS team join the campaign every year. This year was a little different with the restrictions, so we took to social media!



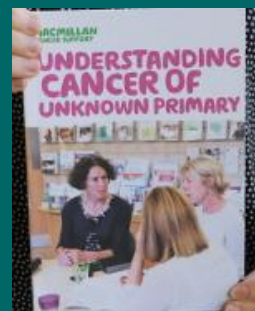
Due to a member of our team progressing to complete nurse training we are looking for a new information and support service assistant!! Know anyone you think might be interested? For more information see the hospice website [here](#).



BOOKLET OF THE MONTH

This booklet addresses questions about the diagnosis and treatment of Cancer of the Unknown Primary (CUP), including the possible reasons why the primary cancer can't be found.

Did you know you can access all the Macmillan booklets online and download as PDF's? Click the image of the booklet to the right to see the booklet as a PDF>



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WEBSITE

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