

Macmillan Information & Support Northamptonshire

# Health & Wellbeing Events



## July to December 2026



### Mailing List

If you would like to sign up to our mailing list, we will email you news and info on all of our upcoming events. You can opt out at any time.



Northampton



Kettering

### Published June 2026

Our prospectus is updated every 6 months.  
Our January to June 2027 prospectus will be available from November 2026.

We are always open to ideas for future wellbeing events, and you are welcome to contact your local information centre if you have any suggestions.



# Holistic Needs Assessment (HNA) & Care Planning

A Holistic Needs Assessment (HNA) is offered at key points during your treatment. It is called holistic because you can discuss any area of your life that has been affected by cancer.

You will be asked to fill out an assessment or answer some questions, then talk through your needs and concerns with a member of your healthcare team.

A care plan will be produced following your discussions outlining how the concerns you raised will be addressed.

A copy of the care plan will be shared with you either at the time of the appointment or sent to you afterwards.

You can also request a HNA from your clinical nurse specialist at any time.



## Hello!

We are the Macmillan Cancer Information & Support team for Northamptonshire.

Our centres provide a listening and supportive ear to anyone affected by cancer.

You can drop in for a cuppa and a chat, help yourself to our wide range of booklets or get booked in for one of our complementary therapies.

We also host a number of health and wellbeing events and are very pleased to share with you our programme for 2026.

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

To book online scan the QR code on the event page.

Further information about our centres can be found on our 'contact us' page.

We look forward to welcoming you soon

Best wishes

**The Macmillan  
Information & Support Team**



# Kettering Information Centre



Left to Right: Mim, Danielle & Hannah

## Macmillan Information & Support Centre

Area D, Kettering General Hospital  
Rothwell Road, NN16 8UZ

Telephone 01536 493888

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

Open Monday to Friday 9.00am - 4.00pm  
(excluding bank holidays)

## Follow us on social media



Macmillan Cancer Support  
Centre - Kettering



Macmillaninfo\_kett



@northantscancerinfohub



Scan the QR to sign up to our quarterly newsletter

# Local Support Community



## Maggie's Northampton

Maggie's is located in the Diana Russell Building on the Billing Road Entrance of Northampton General Hospital. For more information visit [maggies.org.uk](http://maggies.org.uk)

## The Lewis Foundation

The Lewis Foundation are a local charity providing free gifts and support packs for adult cancer patients receiving treatment in hospital. You can choose a pack to suit you, ranging from overnight essentials to crafts and puzzles. For more information visit [thelewisfoundation.org.uk](http://thelewisfoundation.org.uk)

## Ailsa's Aim

Ailsa's aim deliver essential care packages to our hospitals which are free to cancer patients and parents with babies in special care. For more information visit [ailsasaim.co.uk](http://ailsasaim.co.uk)

## The Lighthouse Centre, Northampton

The Lighthouse Centre provide holistic treatments to patients with long-term medical conditions or cancers, supporting their quality of life at a time of vulnerability. For more information visit [thelighthousecentre.org](http://thelighthousecentre.org)

## Cancer care map

Cancer Care Map is a simple, online resource that aims to help you find cancer support services in your local area wherever you are in the UK. For more information visit [cancercaresmap.org](http://cancercaresmap.org)

# Local Support Community



## Blue Badge Assistance

Northamptonshire Central Library and other libraries within the Northamptonshire library system offer assistance with Blue Badge applications and renewals. Library staff can help with the online application process and provide guidance, by appointment only. Contact Northamptonshire Central Library or your local library to schedule an appointment for Blue Badge assistance.

## Citizens Advice - Community Help & Information Point Services (CHIPs)

Our CHIP service is free and located in places such as libraries, voluntary organisations and community centres. You DO NOT need an appointment to visit a CHIP.

CHIPs are staffed by our friendly and trained CHIP team. They'll help you find the information you need, to resolve your problem.

**Website:** [cawnac.org.uk](http://cawnac.org.uk)

## Primary Care Cancer Champions

Over 75% of Doctors Surgeries in Northamptonshire have a Primary Care Cancer Champion, they offer local cancer information & support such as:

- Information booklets and signposting to local support groups
- Face-to-face or phone support for those affected by cancer
- A listening ear and advocate

Contact your Doctors Surgery to find out if they have a Primary Care Cancer Champion or contact your Local Macmillan Information & Support Centre to find out more.

# Northampton Information Centres



Left to Right: Laura, Rachel and Jenny

## Macmillan Information & Support Centre

Oncology Ground Floor, Area N, Northampton General Hospital

Open 9.00am to 4.00pm Mon, Tue & Thurs

Open 9.00am to 12.30pm Wed & Fri

## Macmillan Information & Support Hub

South Entrance, Area B, Northampton General Hospital

Open 9.00am to 4.00pm Mon, Tue & Thurs

Open 1.00pm to 4.00pm Wed & Fri

(excluding bank holidays)

Telephone 01604 544211

Email [ngh-tr.macmillaninformationandsupportngh@nhs.net](mailto:ngh-tr.macmillaninformationandsupportngh@nhs.net)

## Follow us on social media



@northantscancerinfohub



## 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



## Local Support Support Groups



### 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

### Northamptonshire Carers

Northamptonshire Carers support unpaid carers of all ages - from young children, through to teenagers, adults and the elderly.

**Website:** [northamptonshire-carers.org](http://northamptonshire-carers.org)

**Email:** [carers@northamptonshire-carers.org](mailto:carers@northamptonshire-carers.org)

**Carers Support Line:** 01933 677907

# Local Support Support Groups



## Cancer Support Group - Weedon

For adults living in Weedon and the surrounding areas who are affected by any type of cancer, whether you are a patient, relative, carer or friend. Held in the Chapter House at the rear of St Peter & St Paul Church, Weedon on the 2nd and 4th Wednesday of every month. 2pm to 4pm.

## Find Your Tribe Daventry

To help Daventry people with a cancer diagnosis feel more powerful and in control. Online support with regular in-person meet ups.

**Facebook Page:** Find your tribe Daventry (closed group)

## Breast Friends Northamptonshire

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

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

**Email:** [contact@breastfriendsnorthampton.org](mailto:contact@breastfriendsnorthampton.org) **Telephone:** 07582 394 956

## Northampton Living with Secondary Breast Cancer Group

Our monthly Living with Secondary Breast Cancer Groups are a great opportunity to meet people in your area who are living with secondary breast cancer.

Meetings in Northampton are usually on the second Thursday of every month and meetings in Kettering are usually on the fourth Wednesday of every month.

**Website:** [breastcancernow.org](http://breastcancernow.org) **Telephone:** 0345 077 1893

## The HOPE Course Kettering



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

Start Date	Time	Location
Wed 5th October	9.30am - 12pm	Info Centre, Kettering

## The HOPE Course Northampton



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

Start Date	Time	Location
Mon 7th September	1pm-4pm	The Elgar Centre, Upton

## The HOPE Course Online (National)

There are two ways to take part in the online HOPE programme, in a Facilitated HOPE group or independently in the Self-Directed HOPE programme. Both programme options contain the same content and materials.

For more information, call 0808 808 00 00 [macmillan.org.uk](http://macmillan.org.uk)

# 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 covers a number of topics such as managing stress and fatigue, living a healthy lifestyle and practicing mindfulness.

Date	Time	Location
Mon 21st September	1pm - 4pm	Information Centre, Kettering
Fri 27th November	12pm - 3pm	Information Centre, Kettering



Scan the QR code to register or call 01536 493888.

Macmillan Cancer Support provides a wide range of accessible resources for patients, including large print, Braille, audiobooks, eBooks, Easy Read booklets, and British Sign Language (BSL) videos. You can request materials or translations in over 200 languages for free by contacting their dedicated team.

The accessible formats and resources provided by Macmillan include:

- **EasyRead Booklets:** Designed in partnership with the charity CHANGE using simple language and pictures to make information about cancer, benefits, and support easier to understand.
- **Languages & Interpreters:** Cancer information is available in 16 core languages online, and the Macmillan Support Line provides a free interpreter service if you prefer to speak in your native language.
- **BSL & Audio:** Macmillan offers videos with BSL interpretation, subtitled content, and audio formats upon request.
- **Toilet Cards:** If you need urgent access to a toilet due to a medical condition, you can order a physical Macmillan Toilet Card and Fob to carry with you.

visit [macmillan.org.uk](http://macmillan.org.uk) or call 0808 808 00 00

# National Support

## Macmillan 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)

## Macmillan Helpline

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

## Macmillan Buddies

If you need to talk, we're here to listen. With a weekly telephone or video call from one of our trained Macmillan Buddies, you don't have to face cancer alone.

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

## Macmillan 1 to 1 Whatsapp Messaging Service

The Macmillan 1 to 1: Whatsapp support service offers weekly check-ins from trained Macmillan advisors for up to 8 weeks. We can talk about whatever is on your mind, when it suits you.

## National support by cancer type

There are a number of different organisations which focus on specific cancer types. Your nurse specialist will usually signpost you to these or you can ask your local Macmillan Information and Support Centre.



# ExTRa (Explore, Tour & Reassure)



## At Northampton General Hospital

The 'ExTRa', Explore, Tour, and Reassure session is an information workshop before you start cancer treatment in Northampton. This workshop can be helpful to see where treatment is given and know of the wider information and resources available to you. You are welcome to bring a guest with you.



Visit the oncology centre, where Radiotherapy and Chemotherapy treatments are given.



Peer Support - Meet others facing cancer treatment



Visit the Macmillan Information Centre and staff at NGH - know where to go to find the information you need, when you need it.



Meet healthcare professionals and representatives from local support services including Northamptonshire Carers and The Lewis Foundation.

ExTRa sessions run monthly on a Wednesday evening.

For more information and to book, scan the QR code or call 01604 544211.





# Walk to the Future

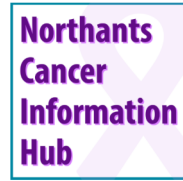
## Wellbeing Walks

We have collaborated with Northamptonshire Sport to bring you 'Walk to the Future' - weekly 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. After the walk, you are welcome to join us for a drink and a chat in the cafe.

Weekly walks take place in Daventry, Kettering & Northampton. Monthly walks take place in Rushden.



## The Northants Cancer Information Hub

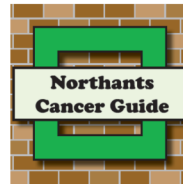


The Northants Cancer Information Hub is a library of videos and webinars which have been created to support the needs of people diagnosed with cancer as well as their relatives and carers.

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

# Patient Forum

## at Kettering General Hospital

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 may be invited to take part in focus group discussions, which could 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 the Kettering information centre.

To join the Macmillan Patient Forum at Kettering General Hospital scan the QR code, call 01536 493888 or email [kgh-tr.cancerinfo@nhs.net](mailto:kgh-tr.cancerinfo@nhs.net)



## Wellbeing Walks - West Northants

### Daventry Country Park

#### Daventry, NN11 2JB.

Meets every Wednesday excluding bank holidays at 10am (Meeting point by the Playground).

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

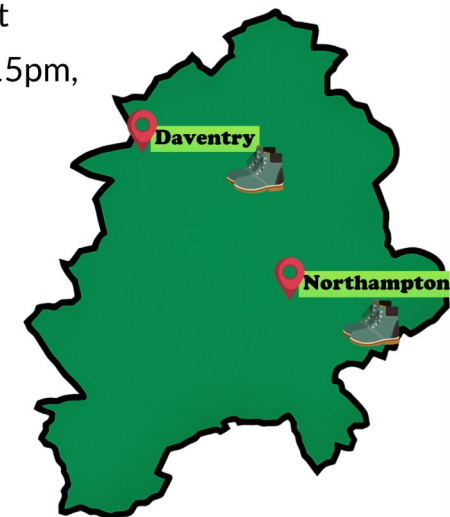
### Delapre Abbey.

#### Northampton NN4 8AW.

Meets every Friday excluding bank holidays (Meeting point at the Yew Tree near the car park).

We have a longer walk which starts at 11am and then a shorter walk at 12.15pm, usually around the walled garden.

No booking required, just turn up!



## Wellbeing Walks - North Northants

Wicksteed Park.

Kettering NN15 6NJ.

Meets every Thursday at 2pm excluding bank holidays and the last Thursday of every month

(Meeting point at the Garden Café) Booking for Wicksteed Park is required.

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

Rushden Lakes

Rushden, NN10 6FH

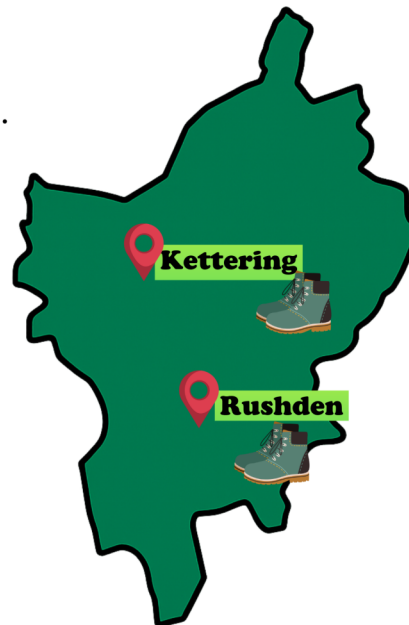
Meets on the last Thursday of every month at 1pm excluding bank holidays.

(Meeting point at Bewitched Coffee).

Parking is free at Rushden Lakes (up to 5 hours)

Booking is required for the monthly walks,

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



## Monthly Support Coffee Mornings

Join us every month at one of our coffee mornings and meet others affected by cancer in a relaxed and supportive setting.

Kettering			
Patient Support Group	First Tuesday and last Friday of every month	10am - 12pm	Information Centre, Kettering General Hospital
Family & Friends Support Group	3rd Tuesday of every month.	10am-12pm	Information Centre, Kettering General Hospital

We regularly host other coffee mornings throughout the year.

You can follow us on social media or join our mailing list if you would like to stay updated.



Northampton Mailing List



Kettering Mailing List

# 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 at both Kettering and Northampton General Hospital by appointment

## Booking is required.

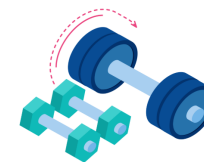
For more information and to make an appointment, call or drop in to your local information centre.

Kettering: 01536 493888

Northampton: 01604 544211



# Local Support Physical Activity



## 5K Your Way - Move against cancer

Anyone impacted by cancer is welcome to join a 5k Your Way group. Everyone is welcome. It's free!

Our groups meet on the last Saturday of every month at over 100 designated parkrun events across the UK and Ireland. Simply register online with 5KYW and turn up on the day. No special kit needed. **Website:** [moveagainstcancer.org/5k-you-way](https://moveagainstcancer.org/5k-you-way)

## Wellbeing Walks - North Northamptonshire Council

Wellbeing Walks are volunteer led, fun, free and friendly local walking groups open to all ages and abilities. There are currently over 20 walks across North Northamptonshire.

The walks are in a variety of locations and range in length so there is a suitable walk for everyone.

**Website:** [northnorthants.co.uk/walking-and-cycling](https://northnorthants.co.uk/walking-and-cycling)

## Wellbeing Walks - West Northamptonshire Council

Free and sociable group walks, led by trained volunteer walk leaders. The walks offer helps support local communities to maintain active lifestyles and improve the health and wellbeing of local people.

**Website:** [westnorthants.gov.uk/sport-and-active-lives](https://westnorthants.gov.uk/sport-and-active-lives)

## We Can Move - Cancer Rehabilitation

Who is it for? For adults affected by cancer.

Referral by: A healthcare professional involved in your care.

Benefits: Reduced cancer risk and cancer recurrence, improved outcomes and improved quality of life.

Programming is bespoke to you, your goals and where you are in your cancer journey. **Website:** [nnlesisure.co.uk](https://nnlesisure.co.uk)



# Stretch to the Future Yoga Sessions

Tuesdays at 5.15pm, Delapre Abbey

Stretch to the Future yoga classes are designed for individuals living with cancer both during and after treatment.

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

## Booking is required.

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

These classes have been funded by Northamptonshire Health Charity and are free to attend, for those who feel able there is an optional donation for them, all monies raised will help to sustain the classes.



# Reflexology

At Kettering General Hospital

Reflexology is a technique that applies gentle pressure to your feet or hands. It aims to bring about a state of relaxation and help the body's own healing process.

Potential benefits of reflexology include:

- Pain relief
- Stress management
- Pain management
- Relaxation
- Reduced anxiety
- Improved Sleep
- Enhanced relaxation
- Improved mood
- Increased energy levels



Our therapists offer six free sessions to anyone who is undergoing cancer treatment or has had treatment within the last 18 months.

To book an appointment, please call 01536 493888 or drop in and see us at the Kettering Macmillan Cancer Support Centre.

# Hair and Wellbeing Service for Oncology and Haematology patients

at Northampton General Hospital

The Hair and Wellbeing department is located on the ground floor of oncology (Area N) at Northampton General Hospital.

The service is open Monday to Friday from 9am to 4pm which includes:

- Wig fitting
- Skincare advice
- Look Good Feel Better classes
- Free hair cutting service for anyone undergoing chemotherapy up to 18 months post treatment.

## To self refer to the service:

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



## Relax & Restore

Gentle Movement, Breathing & Relaxation

Feeling stressed, anxious or overwhelmed?

Join our friendly wellbeing sessions designed for people affected by cancer.

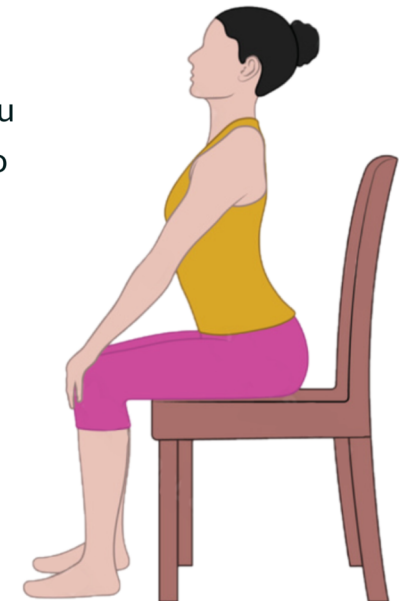
- Gentle seated yoga movement
- Breathing exercises
- Guided relaxation
- Mindfulness techniques
- Peer support

**Tuesdays from 2-3pm & Some Fridays** (See booking page for available dates) at Kettering Macmillan Information Centre

## Booking essential

Due to a limited number of spaces you will need to book on a weekly basis to attend. Scan the QR code or call 01536 493888

These classes have been funded by Northamptonshire Health Charity.



# 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.

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

**Cancer Cloud Kits**, developed by Fruitfly Collective, are specially designed toolkits that help families talk about cancer in an open, age-appropriate, and supportive way

Each kit is carefully designed to meet the developmental needs of children at different ages.

These kits are available from the Kettering Macmillan Cancer Support Centre. If you think a Cancer Cloud Kit could help you or your family, please contact the centre for more information.



## Workshop Dates July to December 2026

Session Type	Date	Time	Location
Womens Session	28th July	12.30pm	Maggies, Northampton
Womens session	11th Aug	11.00am	Kettering General Hospital
Womens session	25th Aug	12.30pm	Maggies, Northampton
Womens session	29th Sep	12.30pm	Maggies, Northampton
Womens session	13th Oct	11.00am	Kettering General Hospital
Womens session	27th Oct	12.30pm	Maggies, Northampton
Womens session	24th Nov	12.30pm	Maggies, Northampton
Womens session	8th Dec	11.00am	Kettering General Hospital

Please check the **Look Good, Feel Better** website for updates and online sessions.





## Look Good, Feel Better - Men & Womens workshops

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.

## Telephone Buddy Service

Living with cancer can be challenging but you don't have to face it alone. Our telephone buddy program connects you with a compassionate volunteer for a regular chat - just to listen, chat and offer support.

### How it works:

- Sign up to be paired with a caring volunteer.
- Receive a weekly call from your telephone buddy.
- Enjoy meaningful conversations, share your thoughts and feel the comfort of knowing someone is there for you.
- Whether you need a listening ear, someone to share your day with, or a comforting voice, our volunteers are here to support you through it all.

### To register:

Call: 01536 493888

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

Drop in to the Macmillan Centre at Kettering General Hospital.



# Macmillan Welfare Benefits 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.

If you require benefits advice, call or visit your local centre and we can refer you to the Macmillan Welfare Benefits Service. A member of their team will then contact you directly.

You can also pick up a range of booklets from our centres which contain information about employment rights, benefits and planning ahead.



# Cancer & your finances

## Information video



We have two pre recorded videos which provide an overview of the benefits you may be entitled to whilst undergoing cancer treatment.

You can access the videos by scanning the QR code or visiting our YouTube page 'The Northants Cancer Information Hub'

If you do not have access to the internet you can request to watch it at your local information centre.



Benefits Advice for working age people living with cancer



Benefits Advice for pension age people living with cancer

