

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

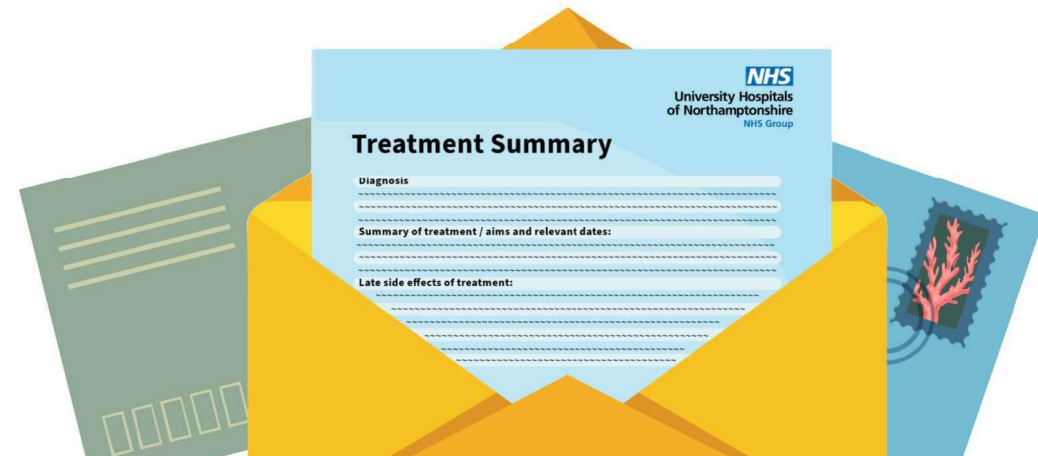
Our prospectus is updated every 6 months.

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.

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You can use your Treatment Summary to self-refer to the 'We can move' exercise programme, visit www.northamptonshiresport.org for more info.



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

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

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

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

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

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 cancercaremap.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

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

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

Email: information@ketteringprostatecancersupport.co.uk

Northampton Prostate Cancer Support Group

Supporting people with prostate cancer and their families.

Website: www.northamptonpcsg.org.uk

Email: northamptonpcsg@gmail.com

Telephone: 07396 174 906

The Swallows Head and Neck Support Group

Monthly Patient & Caregivers Meeting

Website: 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

Email: 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

Email: 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 **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



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 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

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 (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.

