

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

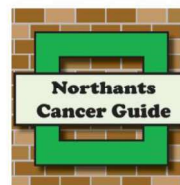


The Northants Cancer Information Hub is a library of videos and webinars which have been created to support the needs of people diagnosed with cancer as well as their relatives and carers.

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 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 or scan the QR code

Patient Forum

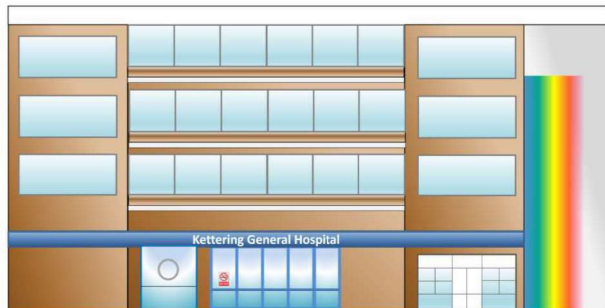
at Kettering General Hospital

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



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

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

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



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.

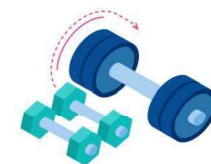
For more information and to make an appointment, call or drop in to your local information centre.

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:** moveagaincancer.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

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

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



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 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.

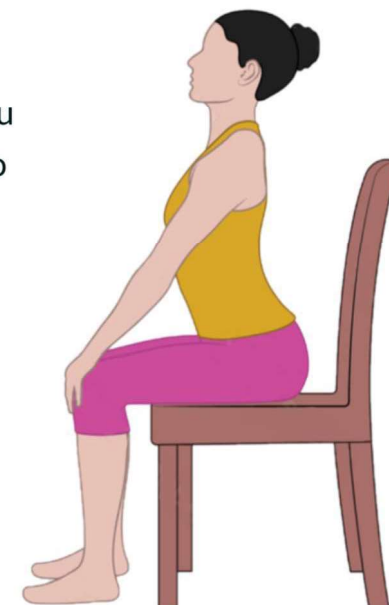
- Gentle seated yoga movement
- Breathing exercises
- Guided relaxation
- Mindfulness techniques
- Peer support

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

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.

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

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

Pre
Recorded

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

