



The voice of those affected by cancer in Yorkshire and The Humber



## Welcome to the July edition of the VOICE Newsletter

At last we have summery weather and my home office is bathed in sunlight. It does make a difference seeing the sunshine stream in when you draw back the curtains.

Our Cancer Champions are all busy running information stalls at galas throughout West Yorkshire and we're really grateful for all their help in getting the Cancer SMART message to a large and diverse audience.

We're also grateful to our Trustees, many of whom also volunteer as Cancer Champions. A sincere thank you to Paul Vose, our long-standing treasurer and a founding member, who decided to take a well-earned retirement at this year's AGM. Luckily for us, Paul hasn't disappeared from Yorkshire Cancer Community entirely, and will still keep in touch with us by volunteering on the development of a new website.

Thank you to our great friend and ambassador, chairman Dr Stewart Manning. He is joined on the Board by Deborah Adams as Treasurer and Helen Moss as Secretary. Completing the line up we have Ric Myers, David Blunt and Louise Escott, who are all Cancer Champions. Thanks to all the Trustees, we are really fortunate to have you.

Best wishes  
Jill and Clare

## Your stories

### Sitting With Grief

One of the recent issues from our quarterly support group leaders' network, was how to support someone who has experienced loss.

Deb very kindly agreed to come and talk to us at our online support group meeting to give us some tips.

She called the talk, 'Sitting with Grief' as the biggest thing you can do for someone who is grieving is often simply to give them a chance to talk about how they feel. So, this is where 'sitting with grief' and active listening comes in.

As she reminded us, you cannot 'fix' or 'cure' grief or even make it go away. Grief is a normal part of bereavement. But as caring people and professionals, this is what we innately want to do, and as humans, we find it hard to watch another struggle, suffer, or be in pain, be it physical or emotional, and so we want to make people better or feel better.

You can:

- Hold space, meet them where they are at.
- Use their language, summarise and reflect to show understanding.
- Nod, acknowledge, and validate.
- Be fully present for the person who is grieving by listening intently.



Deb William Bereavement & Support Worker, Yorkshire & Humber Asbestos Victims Support Group (SARAG)

Working with SARAG either one to one or in small groups, Deb said the feedback from actively listening to her clients has been overwhelming. People appreciate the chance to express themselves and know you are listening and gently encouraging with nods, smiles, and reflecting back what you have heard.

Deb also covered models of grief, different types of loss, the do's and don'ts of communication, some myth busting and sources of further help.

We've included a poem called 'I'm Fine' by Becky Hemsley, which captured everything Deb had talked about.

If you would like a copy of Deb's slides, please contact [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)

# I'm Fine

Today I said "I'm fine", not once  
But five times altogether  
When people asked "how are you?"  
Then made small talk of the weather

And so I hid behind my mask  
The one I'd worn a while  
I set in place my bravest face  
And dressed it with a smile

And that was how the day went  
All "I'm fine" and talk of rain  
Until somebody asked me how I was  
Then asked again

They asked if I was truly fine  
And I said I was not  
And they said they were sorry  
That they couldn't do a lot

But then they sat beside me  
Whilst I spoke the truth at last  
They listened and they held me  
As the tears slipped through my mask

And where before, I'd felt I should  
Maintain this brave façade,  
I realised there was much to gain  
By letting down my guard

See, though my load was still the same  
It now was not as heavy  
'Cause sitting and offloading it  
Had helped a bit already

Today they asked "how are you?"  
And I told them I was fine  
'Til someone saw behind the mask  
And asked me one more time

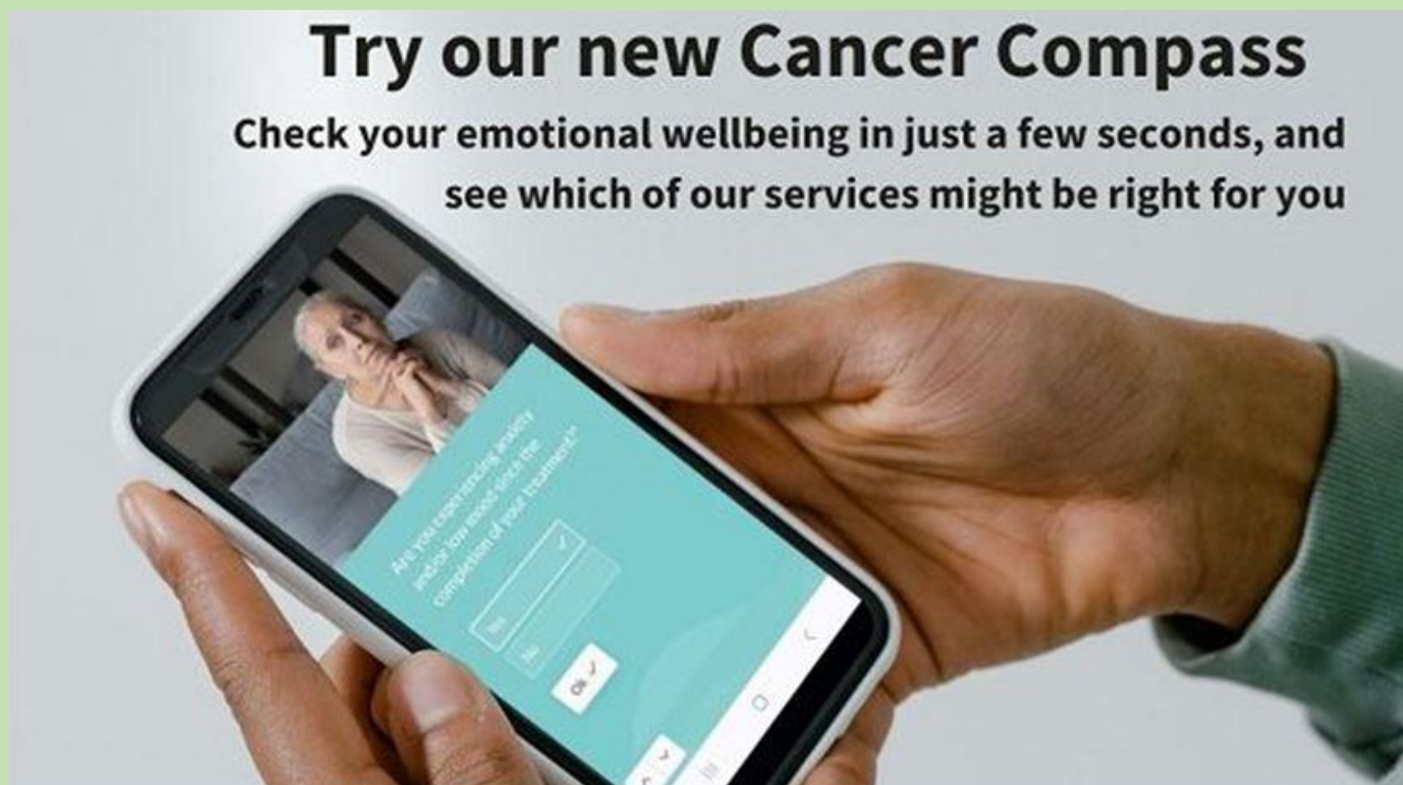
And though they may have felt  
That there was little they could do  
They'll never know how much it meant  
To tell someone the truth



© Becky Hemsley

## News

### Cancer Compass – simple questions to help guide you on your cancer recovery journey



Cancer Support UK – a charity which provides practical and emotional support to people with cancer, during and after the treatment period – has launched an app called **Cancer Compass**.

Every journey needs a sense of direction. Use [Cancer Compass](#) to help find yours. People who have had cancer experience a range of emotions as part of their recovery, some of which can be quite challenging.

But they're not always obvious or even recognised. And when they are, it's not always clear what help exists and whether it will be suitable.

Cancer Compass is a tool designed to get you thinking about your wellbeing and emotional needs.

[Just answer a few simple questions](#) to be signposted to the most appropriate support for you.

Find out more about Cancer Support UK by going to [www.cancersupportuk.org](http://www.cancersupportuk.org)





## Females: CAN receive funding to continue their work



Females: CAN, a network of women who have been through and are recovering from cancer, have received a grant from Affinity Care Partnership.

The grant will allow them to learn reflexology and buy essential oils, and enjoy day trips to the seaside to give respite to those going through cancer, and their carers.

If you would like any further information please email [sheena4076@live.com](mailto:sheena4076@live.com).



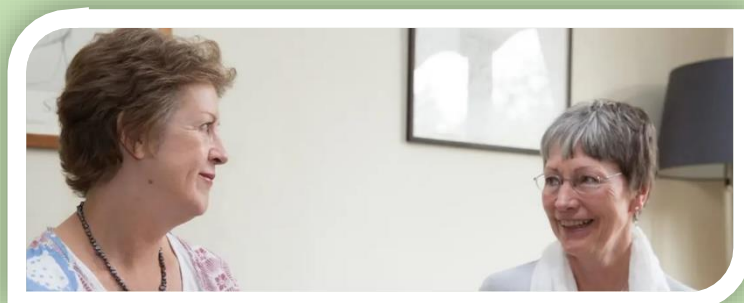
## New Breast Cancer Now support groups for women with Secondary Breast Cancer

Breast Cancer Now are launching two new support groups for women with secondary breast cancer.

### Harrogate

This group will launch on 25 July and will be held at the Crowne Plaza Hotel, King's Rd, Harrogate, HG1 1XX

**Description** - A friendly and helpful meeting facilitated by a Breast Cancer Now therapist held the fourth Thursday of the month with speakers every two-three months on topics such as side effects, fatigue or clinical trials.



### Doncaster

This group launched recently at St Catherines House, Tickhill Road, Doncaster DN4 8QP

**Description** - A friendly and helpful meeting facilitated by a Breast Cancer Now therapist held the first Monday of the month with speakers every two-three months on topics such as side effects, fatigue or clinical trials.



Please email or call beforehand to register your interest and receive details of the meeting venue and timings.

**Email** - [secondaryservice@breastcancernow.org](mailto:secondaryservice@breastcancernow.org)

**Contact number** - 03450 771893

**Website link** -

<https://breastcancernow.org/information-support/support-you/living-secondary-breast-cancer-harrogate> or

[Living with Secondary Breast Cancer - Doncaster | Breast Cancer Now](#)

## Humber and North Yorkshire Cancer Alliance launches inaugural Excellence in Cancer awards



Would you like to give someone a pat on the back for going above and beyond the line of duty? Humber and North Yorkshire Cancer Alliance is pleased to launch its inaugural annual [Excellence in Cancer awards](#).

The awards have been created to celebrate the people working in cancer services in **Humber and North Yorkshire** for their hard work, innovation and unwavering commitment to deliver the best care for patients possible in the region.

Whether they work in clinical or non-clinical roles, the Cancer Alliance wants to recognise those people responsible for outstanding work to improve lives and treatment for people with cancer in Humber and North Yorkshire.

The award categories are:

**Quality Improvement and Innovation:** Do you know any individuals, teams or projects which have used innovation to deliver improvements to existing cancer services which have had a positive impact on patient care? If so, please consider nominating them for the Quality Improvement and Innovation award.

**Clinical Leadership:** This award recognises clinical leaders who have demonstrated system collaboration to improve care for cancer patients. If you know of anyone who meets this criteria, please consider nominating them for the Clinical Leadership award.

**Championing the Patient Voice:** Do you know of any individuals, teams or projects which have championed the patient voice by involving patients in their work and used their views to improve experiences for patients, particularly in those communities experiencing the greatest health inequalities? If so, please consider nominating them for the Championing the Patient Voice award.



**Going the Extra Mile:** This award aims to recognise the unsung heroes – those who go above and beyond in the interest of providing the best possible care for cancer patients – showing resilience, compassion, adaptability or any other favourable quality in the process. If you know of any individuals or teams who fit this bill, please consider nominating them for the Going the Extra Mile award.

Deadline for submitting your nomination is **5pm, Friday 9 August**. Any submitted entries after this deadline will not be considered.

A panel of judges will consider each nomination and the winners will be announced at the Cancer Alliance's annual conference at the Lakeside Conference Centre, York Biotech Campus, in York on Thursday, 19 September.

You can submit your nominations by clicking here: <https://humbnorthyorkshire.engage-360.co.uk/surveys/144>

## Rules for entry

- Self-nominations are not permitted. If you are submitting a nomination it has to be for someone else.
- Those making nominations are required to complete the nomination form in its entirety, including the rationale for their nomination.
- In order to be considered, nominees need to make themselves free to attend the awards ceremony at the Cancer Alliance's annual conference at Lakeside Conference Centre (York Biotech Campus) on Thursday, 19 September.
- The panel's decision is final.

For further information please contact the HNY Cancer Alliance communications and engagement team: [comms.hnycanceralliance@nhs.net](mailto:comms.hnycanceralliance@nhs.net)



## Have a Say in Future Medical Breakthroughs

Have you or someone you care about ever been sick? The medicines, treatments, and medical devices that help people today all began with research. From artificial limbs and pacemakers to dialysis machines and cancer screening tools, every breakthrough started with a study.

Now, Leeds hospitals need your voice to help develop new life-changing treatments and technologies. We are inviting patients, family members, and community members to join our review team. On this team, you will review documents explaining new medical studies, ensure they make sense, and consider what is best for patients.

### Why Join?

- **Shape Future Treatments:** Your feedback helps improve medical research.
- **Make Healthcare Better:** Contribute to creating better care for everyone.
- **Use Your Experiences:** Ensure studies reflect real patient needs.
- **Flexible Time:** Participate whenever it suits you.
- **Get Paid:** Earn money for sharing your thoughts.
- **No Experience Needed:** We will teach you everything you need to know.

Your role is crucial! Researchers need insights from people who have experienced medical situations. You can directly impact how studies are explained and conducted fairly.

You don't need to know anything about research to join. We will provide all the training you need. All we ask is for you to be willing to share your honest opinions.

Get an inside look at new treatments and technologies being developed! Your input could improve healthcare for many people in the future.

**Want to join? Click the link below:** [Join the Review Team](#)

Or for further information contact Dr Hanif Ismail, Patient & Public Involvement Manager, Leeds Teaching Hospitals NHS Trust: [hanif.ismail@nhs.net](mailto:hanif.ismail@nhs.net)

# Leeds Teaching Hospitals is launching an exciting new service, “RIDERS - the Research & Innovation Document Engagement and Review Service.”

**JOIN  
THE RIDERS  
PATIENT & PUBLIC REVIEW  
PANELS  
MAKE YOUR VOICE HEARD IN  
SHAPING FUTURE MEDICAL  
RESEARCH!**

Your input will help ensure research studies are clearly explained and ethical for future participants.

Through RIDERS, you can provide vital patient/public feedback on key research documents like participant information sheets and consent forms.



As a RIDERS review panel member, you'll have the opportunity to:

- Get an inside look at cutting-edge medical research studies before they start
- Directly influence how research is designed and communicated
- Ensure studies respect patient rights, are easily understandable, and address participant concerns
- Help pave the way for more patient-friendly, responsible research practices



**MAKING a  
difference**

Not only will you be making a meaningful contribution, but you'll also receive a participation fee for your time.

Don't miss this unique chance to have a voice in shaping the future of healthcare research! Retired or current patients, carers, and community members are all encouraged to apply. Basic research training will be provided.

Please fill in the [form](#) to join RIDERS



**NHS**  
The Leeds  
Teaching Hospitals  
NHS Trust

**NIHR** | Leeds Clinical  
Research Facility



## RareCan – there are over 600 live clinical trials for cancer in the UK at the moment – they can find the right trial for you

RareCan is the only organisation in the UK that specialises in finding clinical trials for patients with rare and less common forms of cancer. If you are interested in taking part in a trial, RareCan will match your cancer against over 600 potential trials in the UK.

As well as their clinical trial finding service, you will have access to a growing bank of articles about cancer and its treatments. The articles that are most relevant to you will be shared directly to your RareCan account.

In the picturesque town of Hexham, in North East England, this pioneering healthtech company is making significant strides in the fight against cancer. RareCan, who were introduced to us through Cancer 52, (an alliance for everyone affected by rare and less common cancers) empowers patients by bridging the gap between them and clinical trials.

### Empowering Patients for Clinical Trials

RareCan's innovative approach focuses on putting patients at the centre of cancer research. They have developed a unique patient screening service that matches individuals with relevant clinical trials. By allowing patients to indicate their readiness and willingness to participate in clinical trials, RareCan ensures that researchers have a pool of enthusiastic participants, which significantly speeds up the research process.

Patients using RareCan's service undergo a thorough screening to determine their eligibility for various clinical trials. Following this, they receive a comprehensive report detailing the trials they may qualify for. This report can be shared with their medical team, ensuring that patients are fully informed of all available options, empowering them to make well-informed decisions about their treatment plans with their medical teams.

### Collaborative Efforts with Cancer Charities

RareCan's commitment to patient support extends beyond their screening service. They have partnered with numerous cancer charities, including [Ovacome](#), [Blood Cancer UK](#), [brainstrust](#), [Our Brain Bank](#), [the Brain Tumour Charity](#), [Pancreatic Cancer Action](#), [The Swallows Head and Neck Cancer Support Group](#) facilitating cross-referrals to ensure that patients seeking clinical trials or additional support find the resources they need.

### Recognition and Awards

Recently, RareCan were honoured with a prestigious gold award at the [Patient Partnership Index](#). This accolade recognises their outstanding collaboration with brain tumour charities, commercial clients, and their dedicated members. It is a testament to their relentless dedication to improving patient outcomes and advancing cancer research.

*“Looking for a clinical trial is like looking for a needle in a haystack. The Rarecan service simplifies this process, giving patients and clinicians a much-needed lifeline,”* **Dr Helen Bulbeck, Director of policy and services, brainstrust**

## A Free Service for All Patients

RareCan offers their service completely free to patients. This ensures that everyone, regardless of their financial situation, has access to the latest clinical trials and can make informed decisions about their treatment options in four easy steps:



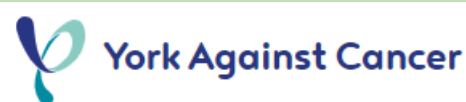
Visit [RareCan.com](https://RareCan.com) to find out more



Get a **lift to your radiotherapy treatment** in St James' Hospital, Leeds, free of charge!

If you're a **cancer patient living in or around York**, our minibus can take you from your home to your treatment in the Bexley wing and back again. The offer of a lift means reduced stress, no fuel or parking costs, and less reliance on family and friends.

To book your lift, [visit our website](#) or get in touch on **01904 764466** or [office@yorkagainstcancer.org.uk](mailto:office@yorkagainstcancer.org.uk).



## The Thinking Ahead Programme: Asking for your views and patient podcast



### What's On Offer?

The Thinking Ahead Programme (TAP) is an online education and wellbeing programme for patients living with incurable cancer and/or their family members, which currently runs for patients under the care of Harrogate, Calderdale and Huddersfield, Leeds and Mid Yorkshire NHS Trusts. The programme enhances people's quality of life by supporting access to crucial information and support, increasing engagement with services, offering peer support and helping people have difficult conversations and plan ahead towards the end of life.

TAP cares for the whole person and a patient recently commented that the programme had been as important for his mental health as his cancer treatment had been for his physical health. The programme supports people to stay as well as possible for as long as possible by caring for their wellbeing e.g. by learning about the importance of keeping active, diet and appetite, managing emotions and uncertainty, relaxation, faith and spirituality, and managing fatigue.

The programme importantly introduces earlier conversations about end of life, helping people to express and record their future wishes, consider writing an Advance Care Plan and share this with family and friends. TAP also includes information about welfare benefits and sorting financial affairs e.g. wills and Power of Attorney, and links people to external services such as hospices and carers organisations. It is recommended that patients take part in the programme as early as possible following their incurable cancer diagnosis, whether they are receiving palliative cancer treatment or not. Family members are also welcome to attend the programme even if the patient does not wish to, and previous family members say the programme helped to give them a focus, brought comfort and provided an opportunity to ask questions in a safe space.

The Thinking Ahead Programme currently runs over eight weeks, three times a year on Microsoft Teams and has been highly evaluated by attendees. Patients and family members report that even though this can be a difficult programme to book onto due to the emotive topics around end of life, the programme has given them a sense of control, was sensitively delivered, provided helpful information on wellbeing topics and areas to address, and has reduced their sense of isolation. Sadly, patient numbers can be low on the



programme, so any help to promote the TAP and raise awareness of this crucial support for patients living with any incurable cancer diagnosis, and/or their family members, would be much appreciated.

There is more information about the Thinking Ahead Programme, including patient films, programme dates and timetables, at this link: <https://harrogatecancerservices.nhs.uk/health-and-wellbeing/thinking-ahead/>

### Listen to this podcast

The West Yorkshire and Harrogate Cancer Alliance have recently recorded a podcast with a patient who attended the programme, which gives helpful insight from a patient's point of view about the benefits of the Thinking Ahead Programme. You can listen to the podcast at this link: [West Yorkshire and Harrogate Cancer Alliance \(wyhpartnership.co.uk\)](https://wyhpartnership.co.uk)

The TAP meets an unmet support need for people who are living with incurable cancer, regionally and nationally, and it is hoped that the programme can be introduced in other localities over coming months and years. In 2023, the team who run the Thinking Ahead Programme were successful in winning innovation funding from West Yorkshire and Harrogate Cancer Alliance to evaluate, formalise, adapt and improve the TAP, roll it out regionally, and hopefully nationally, for patients with incurable cancer and their family members. Helen Jones was appointed as Project Manager in September 2023, to oversee the development of the programme, for an 18 month period.

### Let us know what you think

As part of the project's consultation and co-design phase, Helen is seeking the opinions and suggestions of cancer patients, family members and staff who work with cancer patients in health or social care, and the voluntary sector – about how to improve, adapt and develop the Thinking Ahead Programme further. As well as improving the programme for cancer patients, there is also the potential in the future to adapt the TAP for people with other long term, life-limiting conditions. If you would like to take part in this consultation and share your views and suggestions about how the Thinking Ahead Programme could be further developed, improved and adapted, please complete the survey at this link: <https://www.surveymonkey.com/r/75PQ6LR>  
You can also access the survey via the QR Code:



You can also contact Helen directly for further information or to share your suggestions on [Helen.Jones225@nhs.net](mailto:Helen.Jones225@nhs.net) or tel 07919 493230.



## What have we been up to?

Well it feels as though Summer has finally arrived and this is a very busy time for us, as there are galas galore to attend! Here's a snippet of what we've been up to.

Our trustees Debs and Ric visited the UK Oncology Forum in Brighton this month. They were joined by Tracy Holmes (not pictured) from NHS West Yorkshire and Harrogate Cancer Alliance, who provide the funding for our Cancer SMART programme.



Our trustees Stewart (left) and Ric (right), pictured at the Beeston Festival on 22 June with the Deputy Lieutenant of West Yorkshire Yvonne Stocks and the Lord Mayor of Leeds Councillor Abigail Marshall Katung.

Trustees Louise and Ric enjoying a well earned sit down after a busy day at the Beeston Festival.







Cancer Champion Bev ran an information stall at Health Connections, a free community health event at Roscoe Methodist Church in Chapeltown, Leeds on 15 June. The event included access to basic health checks such as blood pressure and blood sugars, and Bev said she really enjoyed it. She is particularly keen to raise awareness of the risk of prostate cancer in black men, as their risk factor is twice that of white men. In fact the risk is 1 in 4. Bev hit on the idea of giving out leaflets for prostate cancer to the ladies for them to pass on, as she wanted to ensure she reached as many men as possible.

Bev's first customers to her stall were her lovely Mum Evelyn and sister Sheila, pictured right.



Here's our cancer champion Mariam, at the Pathways to Health event at Ravensthorpe Community Centre, Dewsbury on 24 June.



Elaine and Lynne pictured at Bradford & Pennine Breast Screening Service stall at the Great Get Together event at Cleckheaton Stadium on 22 June. The ladies were sharing the message that you can still attend breast and bowel screening even past the age range for automatic invites.

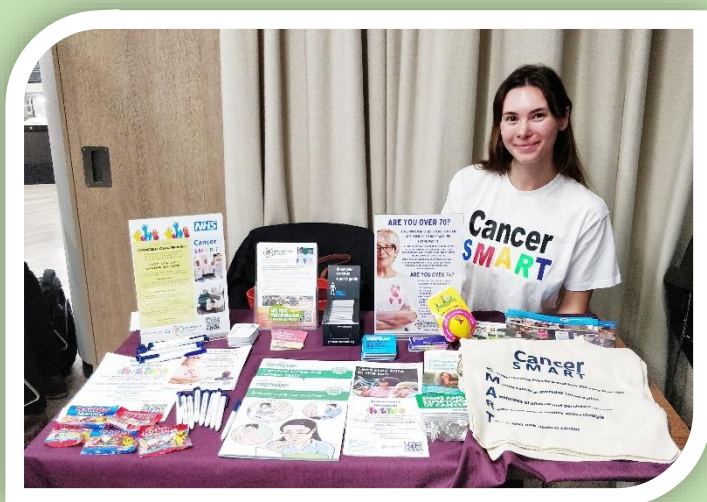




Here's our trustees Stewart and Louise volunteering for St Gemma's hospice at The Total Warrior event at Bramham Park.

Jill joined support group Barnsley Next Steps Forward for an afternoon walk around Pugneys in Wakefield. The group offers walks withing Barnsley and district for people living with and beyond breast cancer. They meet on Wednesdays and Saturdays and all levels of fitness are welcome. The group were joined by Fraser Corry (third from left), Macmillan Engagement Lead for West Yorkshire, Harrogate and South Yorkshire.

For more information email [walk@nextstepsforward.co.uk](mailto:walk@nextstepsforward.co.uk)



Cancer champion Lauren, pictured at the It's My Health event in the Schwann Building of Huddersfield University on 19 June.

## Upcoming events?

We have several events that we will be attending in the coming month. It would be lovely to see you.

30 June - Horbury Show, Carr Lodge Park, Wakefield Road, Horbury WF4 5HE 11am-4.30pm

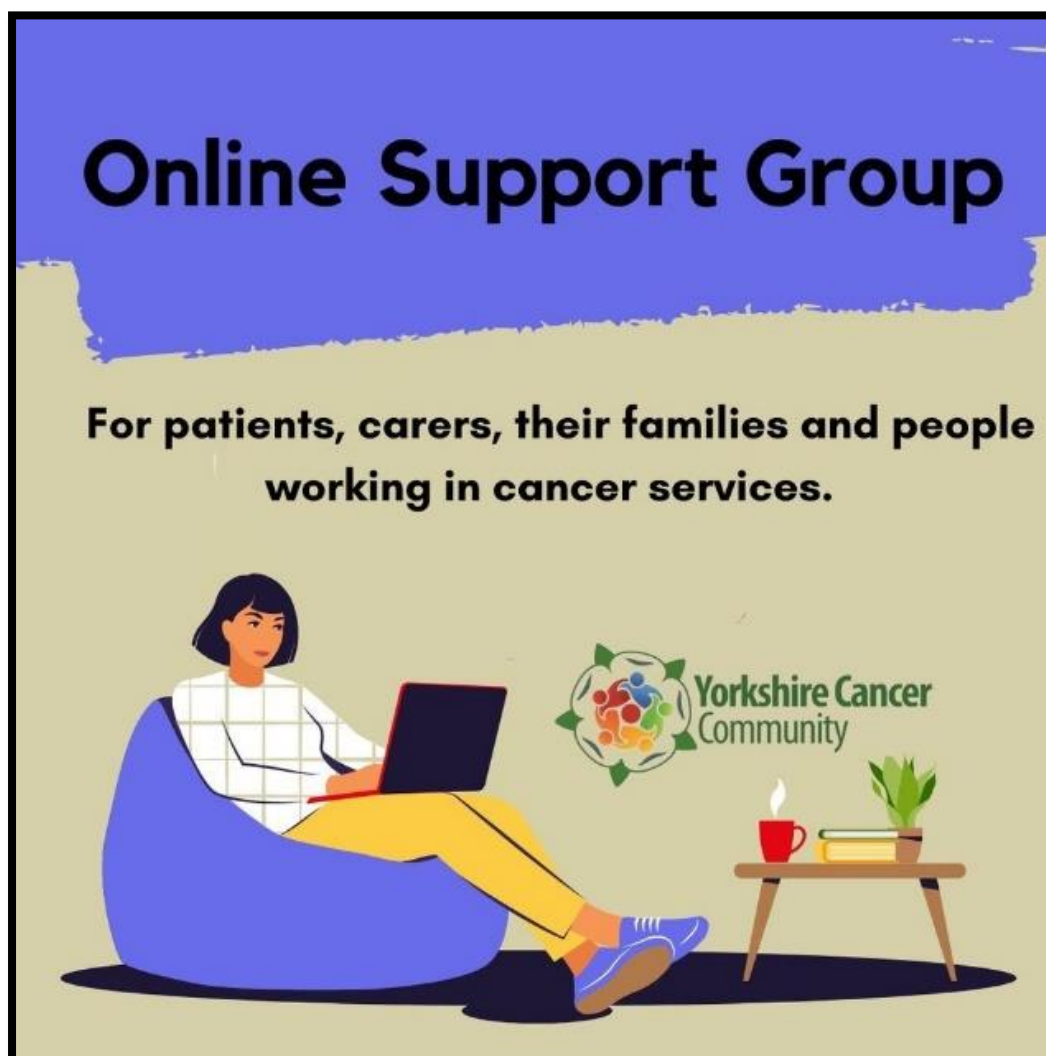
3 July - One Nation event at Kick Off, Mill St East, Dewsbury WF12 9AH 11am-1pm

6 July - Lark in the Park, East End Park, Leeds 12pm-4pm

10 July - Milat E Islamia, Mosque, 6 Ivanhoe Road, Bradford BD7 3HY 9am-12.30am

14 July - Liquorice Day, Friends of Friarwood Valley Gardens, Mayor's Walk, Pontefract WF82RR 11am-4pm

31 July – Family Fun Day, Change Grow Live, Ravensknowle Park, Huddersfield HD5 8DB 11am-4pm



### Yorkshire Cancer Community – Online Support Group

**Weds, 10 July 11am-12pm**

We hold a friendly, informal support group on the second Wednesday of every month via zoom.

Our support group is for anyone affected by cancer, either as a patient, carer, family or friend, or those working in cancer services. If you'd like to join the group, just email us at

[info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk) and we'll send you a link. We'd love to see you.



**WE ARE  
MACMILLAN.  
CANCER SUPPORT**



**Mid Yorkshire Teaching**  
NHS Trust

## Men's cancer support group

An informal group for men who have a diagnosis of cancer to play snooker or pool, games and meet others for support.

**Meetings are 2-4pm on the following dates:**

St Michaels Snooker Club, 1A Alverthorpe Road, Wakefield	Pontefract Conservative Club, 11 Market Place, Pontefract (wheelchair friendly)
Tuesday 2 July	Friday 26 July
Tuesday 6 August	Friday 30 August
Tuesday 3 September	Friday 27 September
Tuesday 1 October	Friday 25 October
Tuesday 5 November	Friday 29 November
Tuesday 3 December	Friday 27 December (TBC)
Tuesday 7 January (TBC)	Friday 31 January
Tuesday 4 February	Friday 28 February

Please call **01924 546072** or email [midyorks.macmillan.infocentre@nhs.net](mailto:midyorks.macmillan.infocentre@nhs.net) for more information and to confirm your attendance.



**Working together**  
making a difference



**HULL  
YORK  
MEDICAL  
SCHOOL**

You're invited to our...

**5TH  
BIRTHDAY  
CELEBRATION  
FOR INVOLVE  
HULL**

**30 JULY 2024**

Funded by...

**Yorkshire Cancer  
Research**

**Featuring**

- Case studies of public involvement in our cancer research
- Creative sessions, films and displays
- Launch of our comic book, The Making of Involve Hull

**Cancer Support  
Hub**

Thursday 11am-2pm

Ravensthorpe Community Centre  
Garden Street Dewsbury  
WF13 3AR

**RAVENSTHORPE  
RCCL  
COMMUNITY CENTRE**

# Breast Cancer

**“Are you aged 25 & above  
and taking follow – up care  
for breast cancer and have  
used telemedicine in UK?”**



We want to hear your experience with  
telemedicine...

**We need your help!!!**

**You will be reimbursed with £10 gift card for your time!!!**

Telemedicine referred as using telecommunication technology by healthcare provider to provide medical services to patients through online video and audio, telephone, text, and emails. The aim of the study is to explore the factors influencing telemedicine acceptance among breast cancer patients in follow-up care.

Patients who have completed their treatment for breast cancer (may be or may not be on hormonal therapy) and having regular follow up appointments with consultant or nurse for the purpose of clinical check-up (discussion on recovery, treatment (past or present) and signs or symptoms if any). These patients should have used telemedicine in the UK for this purpose.

If you would like to know more information, then please contact us.

**Vaidehi Phatak:** [vaidehi.phatak@hud.ac.uk](mailto:vaidehi.phatak@hud.ac.uk)



## Other Items

### Sarcoma

Sarcoma is a type of cancer that can appear anywhere in the body. Around 5,300 people a year are diagnosed in the UK.

There are two main types of sarcoma: -

- Soft tissue sarcoma
- Bone sarcoma (also known as primary bone cancer)

The most common symptom is a lump that is growing or changing. Other symptoms include: -

- Swelling, tenderness or pain in the bone that can be worse at night
- Stomach pain
- Feeling sick
- Loss of appetite or feeling full after only a small amount of food
- Blood in your poo or vomit

Sarcoma can affect anyone of any age. Although it is the third most common cancer in children, it's more common in middle-aged or elderly people. We don't know why sarcoma's develop, but risk factors include age, genetic conditions such as neurofibromatosis, previous radiotherapy, exposure to some chemicals, and bone conditions such as Paget's disease. Treatment for sarcoma includes surgery, chemotherapy or radiotherapy.

If you would like more information, on sarcoma, please visit <https://www.nhs.uk/conditions/soft-tissue-sarcoma/>

Support is available at Sarcoma UK – please visit their website <https://sarcoma.org.uk/>  
Also, Bone Cancer Research Trust have several support options – visit <https://www.bcrct.org.uk/>



Sarcoma Awareness  
Month

### Head and Neck Cancer

There are over 30 areas of the head and neck where cancer can develop, including the mouth and lips, voice box (larynx), throat, salivary glands, nose and sinuses, and the area at the back of the nose and mouth including the tonsils. Brain tumours, thyroid cancer and eye cancer are not typically classified as a head and neck cancer.

Each cancer type has it's own set of symptoms and treatment options.

To find out more information, please visit <https://www.nhs.uk/conditions/head-and-neck-cancer/>

Support groups in our area include: -

- **Sheffield Heads Together Head and Neck Support Group** who meet at The Burton Street Project, 57 Burton Street, Hillsborough, Sheffield, S6 2HH. They meet bi-monthly and their next meeting is on 26 July. Contact Tracy White or Maria Borrill on 0114 2268776.
- **Wakefield Pontefract & Dewsbury Head and Neck Cancer Education/Support Group** who meet at Seminar Room 3, Trust HQ, Pinderfields Hospital, Aberford Rd, Wakefield WF1 4DG. They meet on the third Friday of each month, from 10am to 12pm. Contact the team secretary on 01924 543873 or Laura Horgan CNS on 01924 542174 for more information.



World Head and Neck  
Cancer Day - 27 July

## Alcohol Awareness Week 1-7 July

Alcohol can sometimes play a centre stage role in our lives. It's there when we celebrate, commiserate, and when we're just trying to cope.

### But did you know that drinking alcohol causes 7 different types of cancer?

Yes, your favourite tittle could be putting you at risk. But how?

According to Cancer Research UK, drinking alcohol increases our risk of developing breast, bowel, mouth, upper throat, oesophagus, larynx and liver cancer.

There are three main ways that alcohol can cause cancer:

- Alcohol can damage our cells and stops cells repairing the damage
- Alcohol affects chemical signals which can make cells divide more often
- Alcohol makes it easier for cells in our mouth and throat to absorb harmful chemicals

**Around 1 in 10 breast cancer cases are caused by drinking alcohol. That's around 4,400 cases a year.**

If you enjoy a cigarette with your drink, it's even worse news. Tobacco and alcohol both increase the risk of cancer, but when used together they increase the risk of cancer even more. This is because tobacco and alcohol have a combined effect that causes greater damage to our cells.

However, we all want to enjoy ourselves and make the most out of life. There's plenty of benefits to be gained from cutting back a little (if reducing your cancer risk is not enough of an incentive!). You will sleep better, and feel more refreshed in the mornings, you'll save money and may lose weight, and you'll reduce your risk of accidents, anti-social behaviour, high blood pressure and liver disease.

Tips to help you reduce your alcohol intake:

- Keep track of your drinking habits
- Have drink free days
- Alternate alcoholic and non-alcoholic drinks
- Don't stock up on alcohol at home
- Use a smaller glass and don't top it up
- Freeze leftover wine for cooking
- Don't buy in rounds
- Buddy up with a friend or family member

A few small changes can make a big difference in helping you cut down.

You could also download the Drink Free Days app which is a free tool to help you. For more information, visit <https://www.nhs.uk/better-health/drink-less/>

