



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



## Welcome to our June Newsletter

At last it's starting to feel like early summer. I love it when it starts cool and crisp and then develops into a sunny day. In the garden the beautiful tulips have been replaced by alliums, roses and carnations. I've even had a couple of very early sweet peas.

Nature is so lovely and so abundant; I feel thankful and appreciative I can spend a little time in the garden having a cuppa or lunch while home working.

Talking of home working, you may have seen our advert for someone to join the Yorkshire Cancer Community team, who will also be home-based. The role is to coordinate and facilitate the Community Panel of patients and carers in partnership with our friends at West Yorkshire and Harrogate Cancer Alliance. The closing date for applications is 6 June, so if you are interested, check it out here:

<https://yorkshirecancercommunity.co.uk/we-are-hiring/>

Hope you enjoy this month's VOICE!

Best wishes  
Jill and Clare

## Your stories

### One Big Thank You to support group founder Zoe

When Support Group founder Zoe Bounds was chosen to receive a major accolade on a popular TV show, plans were nearly scuppered when she declined the opportunity to attend filming.

Zoe was nominated for the 'One Big Thank You', part of the BBC 1's The One Show by Breast Friends York support group members. In order to keep the award top secret, her colleagues at Humber and North Yorkshire Cancer Alliance, went along with the ruse cooked up by the BBC to invite Zoe to London to film a programme with Julia Bradbury to promote running after breast cancer.

But when managing director Lucy Turner called Zoe to offer her the chance to take part in filming, conscientious Zoe turned down the invite because it was too close to her assessment for a Leadership course.





Zoe, a former Yorkshire Cancer Community trustee, who set up the York breast cancer group with a friend in 2014, told me: “Of course I said No to Lucy. I was just so busy and I’m not really a runner. I don’t enjoy it. I suggested they could get another member of Breast Friends to take part.”

Instead, colleague Karen Lindley was tasked with getting Zoe to the filming at all costs. She must have been persuasive, as Zoe agreed to the ‘mystery trip’ as long as Karen was going to accompany her.

Zoe’s understanding was that TV presenter Julia Bradbury, herself a breast cancer survivor, was making a programme called One Big Run, promoting the benefits of running following cancer treatment.

As an ambassador for York 5KYour Way, which promotes running, walking or volunteering as part of park run, Zoe has been responsible for getting cancer patients and their families to attend, and she thought this was the reason for the invitation.

Little did she know that members of Breast Friends, Lucy, Sam, Barbara and Sally, had put Zoe forward for the nomination to mark 10 years of support and caring for people diagnosed with breast cancer in York.

Zoe who had already survived an ovarian cancer diagnosis at the tender age of 17, was diagnosed with breast cancer in 2013, and set up the group when she couldn’t find any non-medical support.

It was a very emotional ‘reveal’ when Zoe surrounded by her support group members realised she had been ‘had’ and they were all gathered in an Oxford park to pay tribute to her work with the group, and not to make a running programme.

Modest Zoe played down her role, and said the award was for everyone connected with Breast Friends: “I can’t do it without anyone of you. You keep me on track, and it’s a real team effort.”

At Yorkshire Cancer Community we also have reason to be grateful to Zoe. Not only was she instrumental in coming up with our name when we rebranded from Yorkshire Cancer Patient Forum, but along with another trustee, Sheila Smith, who has since sadly died, she helped us come up with the acronym Cancer SMART, for our cancer awareness project.

## Cancer

**S**creening saves lives by prevention & early detection

**M**aking cancer an everyday conversation

**A**wareness of unusual & persistent changes

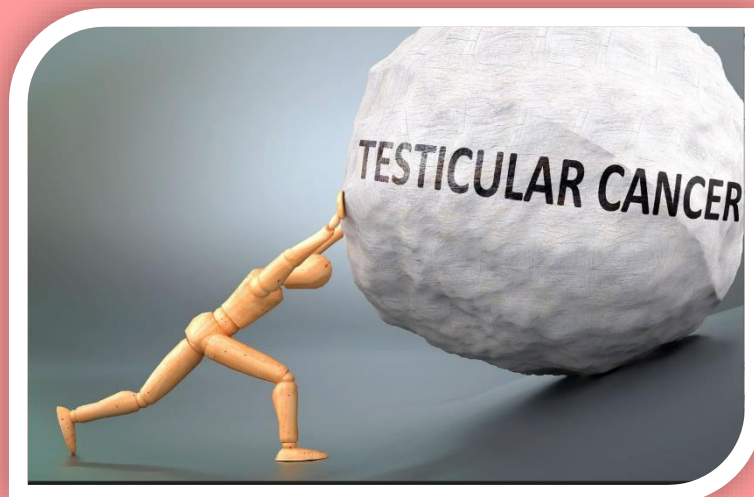
**R**educe risk with a healthy active lifestyle

**T**ake action NOW against cancer

## Testicular cancer survivor urges men to be aware of the symptoms and to seek prompt help

A man who was diagnosed with testicular cancer five years after first experiencing a dull ache in his groin is urging men with concerns to see their GP, to be persistent and not to be embarrassed.

Steve, (not his real name), felt well apart from an intermittent dull ache, and following several visits to the GP, he became concerned when he noticed that one testicle felt harder than the other.



Another GP appointment saw him being referred for a scan 'to put his mind at rest' but ultimately turned out to be cancer.

Steve, 50, from Wakefield, is speaking out to help raise awareness of the disease, and encourage other men to check themselves regularly.

"I realised something wasn't right back in 2003 when I experienced a dull ache in my groin, mainly when I was sitting," he said. "It never stopped me from doing any sort of activity and there were no other symptoms. As I was playing a lot of sports, it just got put down as a strain or muscle pain each time.

"It was the change in my testicle that prompted me to return to the GP and when I was sent for a scan, I thought it was purely routine."

When Steve received the cancer diagnosis, he was 'shocked, scared, worried and bewildered,' fearing for his future and that of his wife and family.

He underwent an orchiectomy - a surgical procedure to remove one or both testicles. Further tests revealed the cancer hadn't spread and that he would just require regular monitoring and MRI scans.

Steve was allocated a specialist cancer nurse at St James's Hospital who he describes as fantastic and says she helped him to feel much more positive.

"My nurse was amazing. We had an initial hour-long conversation about the type of cancer I had and the treatment options and success rates and she was with me at all my appointments," he said.

Steve received the all clear in 2014 and is now keen to raise awareness of testicular cancer.

"Anyone who experiences a symptom of testicular cancer such as a swelling, hardness or lump in the testicle or a feeling of heaviness in the scrotum must go to their GP and ask for a scan. Don't be embarrassed as it's their job and they've seen it all before."

"Not knowing for longer will only make matters worse if it is something, but ruling things out improves your mental state. If you leave it too long, cancer won't get better on its own"

"The GP I saw told me on a subsequent visit that since my diagnosis he had sent two more men who he could not feel anything out of order with for scans and they had cancer too."

For more information about testicular cancer click here: [Testicular cancer | Macmillan Cancer Support](#)

## Taking on one of the world's highest skydives to raise funds for Leeds Hospitals Charity

*Sally Gutteridge discovered a lump in her left breast in September 2021, and after two operations and six months of chemotherapy she wants to give back to the hospital who treated her so brilliantly. Here she describes the challenge:*

On 14th August 2024 Jon (my husband) and I will be jumping out of a plane to do a SKYDIVE and crashing back down to earth at 120 MILES PER HOUR! But this isn't any old 'post-cancer treatment skydive' this is one of the WORLD'S HIGHEST JUMPS at 18,000 FT with over 90 seconds of freefall over Kennedy Space Center and the Space Coast in Florida, USA.

So why am I doing this insane challenge?

I found a lump in my left breast in September 2021. I had just started Year 2 of my Physiotherapy course, and this was not part of the plan. I did the sensible thing and booked an appointment with the doctor at the start of October, and she was worried it felt irregular. I was just 47.

I was referred to the 2 week cancer pathway for tests. I had a mammogram and a painful biopsy, I will never forget the nurse holding my hand during this procedure. I got the news very quickly afterwards that it was breast cancer. My surgeon at St James's Hospital was amazing, he said I would survive this, but he needed to operate fast and he had a slot the following week. I had to have a mastectomy (partly because of family history) and reconstruction in my left breast, which would be done at the same time. I had to do it all on my own because of Covid, so Jon literally dropped me at the door at 7am and left. This was hard on both of us. The operation went well (even though I reacted to the blue surgical dye), and I met a great friend on the ward also having an operation, who helped me keep my spirits up.

I had to have two drain bags in for a couple of weeks after the operation, and this was not easy, and they sometimes had to be changed at the hospital during this time. I also had to do exercises every day to help my recovery from the op. I had what was called an "Oncoscore" calculated to see if I would benefit from chemotherapy. I was hoping that I would not need it, but the consultant told me that I would and it would start from January 2022. This meant I needed to be careful not to get ill before chemo, so I was limited to staying in Leeds over Christmas.

I was very nervous and scared about this, and again I had to face it alone because of Covid. I had my Wonder Woman t-shirt and socks on, and I started 6 rounds of chemotherapy. I am not going to lie, this was brutal, and the cycle of every 3 weeks took its toll on me. I decided to use the cooling scalp hat to try and keep my hair, and it did work. I lost some hair so I cut it short (donated my long hair to The Little Princess Trust) and my hairdresser was so supportive during this period (she still is). I could barely walk around the block when the effects were at their worst, Jon was doing an amazing job of caring for me. We also had many unplanned hospital trips when I got a blood clot in my arm after chemo, or my thumb decided to swell up. I can remember us coming out of the hospital at 2am one night after treatment.

The nursing staff were SO amazing during this period, they got me through it, and were always so caring. All of the staff were so incredible they were regularly treated to chocolates and treats, and a bottle of whisky for my consultant. What else got me through was meeting other women going through it at the "Look Good Feel Good" session at Maggie's near St James's hospital. Some of those women are now my friends, you know who you are.



I had another operation in January 2023 for my symmetry surgery. By this point I had started Year 2 again of my Physiotherapy course, but this operation delayed my studies a bit, so it may prolong my graduation date. Since then I have had ongoing care from the oncology team, as there are still treatments I need involving an IV drip to strengthen my bones, aromatase inhibitors and induced menopause injections to prevent my breast cancer returning. In spite of all this I am determined to finish my course, and become a Physiotherapist. I will be making sure that these donations go directly to the breast cancer care wards at St James's hospital Leeds, where I was treated. They deserve a medal.

The funds are going to my hospital, but when Jon and I are jumping out of the plane we are directly sticking two fingers up to cancer. I will be thinking of my mum, my nan, my auntie, Jeremy (my friend) and my dog Barney when I jump.

If you want to fund Sally and Jon go to:

<https://www.justgiving.com/page/sallyandjonsbigscaryskydive>



Scan to donate



justgiving.com/page/sallyandjonsbigscaryskydive

## World's Highest Skydive!

“Celebrating Sally’s Journey from Breast Cancer Warrior to Skydiving Star! Join us in cheering on her daring 18,000ft skydive on 14th August 2024 in Florida. Witness the strength, courage, and unstoppable spirit that has conquered cancer and now conquers the skies!” - Sally’s Skydiving Team

All money raised will go to Leeds Hospitals Charity in support of the breast cancer unit at Leeds Cancer Centre.

Fundraising for  
  
 The Leeds  
 Teaching Hospitals  
 NHS Trust

  
 Charity number: 1170369

## After Breast Cancer Diagnosis (ABCD) third annual Three Peaks of Saddleworth Challenge



*Participants gather at the start of the day preparing for the epic 7/8 hour challenge - 44 people and 5 dogs.*

The third annual ABCD 3 peaks of Saddleworth challenge took place in May with 44 people touched by breast cancer in one way or another taking part - some who are currently undergoing treatment for primary or secondary (metastatic) breast cancer.

After Breast Cancer Diagnosis is an organisation and network offering peer to peer support for people with breast cancer. Aiming to reduce fear, anxiety and isolation, while supporting individuals to resume normal life, living both with and beyond cancer. ABCD was launched to help patients make INFORMED choices about breast cancer - it was to give a unique perspective from a patient and the patient voice providing a one stop shop signposting and providing information.

Jo Taylor, the founder of ABCD, who herself has metastatic breast cancer, is an advocate for exercise even when going through treatment. Research now shows how physical activity can help primary patients to reduce the risk of recurrence as well as helping give those with secondary/metastatic breast cancer a better quality of life and reduce the side effects of ongoing treatment. It's not just the physical benefits, exercise also helps with mental health too, while undergoing treatment and dealing with such a huge and complex disease.



*Spirits high despite the fog and drizzle*

For this year's challenge it was rather cooler than last year, when the event took part on the hottest day of the year. In stark contrast to last year, the fog hung over the peaks and a fine drizzle kept everyone cool - and wet! The clouds and fog lifted as the day went on and attendees were able to enjoy the fabulous views of the Chew Valley.

The 3 peaks challenge helps to fund the motivational exercise retreats offered by ABCD. The retreats have been delivered for the last seven years and now support five retreats and 55 patients every year. So far more than 250 people have benefited from this unique experience. Patients attending spend two days with

Jo and a team of exercise coaches, yoga and holistic therapists to experience Saddleworth and the outdoors. They take part in walking, jogging, nordic walking, hill walking and yoga. They benefit hugely, not just from physical activity, but also in creating life-long friendships, with peer support being very important. They really are unique and there is nothing like them - organised by a patient for patients.



*At peak number 2 and still smiling through*

Jo is supported by Gaynor and Alan Keane of UP Projects, as well as a number of fabulous volunteers. The money raised supports a heavily subsidised two night weekend - with hotel, meals, exercise, instructors, room hire and equipment included.

This was the third year of the challenge, which has been running since 2022, bringing past attendees together, as well as many of their friends and families, including families of those who have died since attending the retreats. Jo was unable to join the walk due to recent progression of her disease, for which she is currently undergoing treatment. She saw everyone off at the start of the walk and met everyone at the end, where they gathered in the memorial garden at Dovestones, where Jo paid an emotional tribute and read out the names of 16 women who have attended the retreat in the past, who have sadly died - friends lost but never forgotten.

Jo said 'It's amazing that every year people come from all over the country to take part. It really is a fantastic opportunity to bring everyone together, to raise funds to keep the retreats going, while catching up with old friends - it truly is a team effort. Those who take part surprise themselves with what they can achieve, peer support and undertaking the challenge with people with a lived experience is hugely important and beneficial to their wellbeing.'

'Some of the people doing the challenge have metastatic breast cancer, which can include their bones, liver, lungs and brain. They show that even with this disease, they can still keep active and fit - they are certainly not defined by cancer. Every year the number of those taking part just gets bigger and bigger - it's absolutely wonderful and it means that we can continue to provide the retreats for those with breast cancer in the future.'





*The fantastic feeling of achievement at the top of the final peak*

This year, donations have topped £20,000 which is fantastic and will ensure continuity of these life-changing retreats. It's not too late to show your support though by visiting our donation website.

<https://www.tinyurl.com/4efaestf>

Thanks to Cancer Champion Catherine Briggs for the article.

## News

### Living Beyond Cancer

Komal and colleagues at the Royal College of Art, are working on their Masters and wish to involve patients in their research project which is exploring 'Living Beyond Cancer'.

They will be utilising art and visual research methods as primary tools to explore and express the nuanced changes in survivors' lives. This includes shifts in personal ambitions, sexuality, relationships, and overall life perspectives. By harnessing the power of art-based research methods, they aim to capture better ways to express the emotional and psychological landscapes that define the post-cancer experience. This may culminate in an exhibition showcasing these experiences and nuances at the Royal College of Art, and we would be delighted to have you involved.

They are at the early stages of their work and would love to hear from patients to help shape their project.

If you would like to get involved, scan the QR code or email [Venkat.rao@network.rca.ac.uk](mailto:Venkat.rao@network.rca.ac.uk)

Participants can be involved either remotely or in person.



Living  
Beyond  
Cancer



# Hey!

Come lets explore together what living beyond cancer means through art

Let's Make **Paintings**  
**Masks**  
**Collages...**

We are Masters students in Service Design at Royal College of Art and we are eager to collaborate with people who have survived cancer and are willing to explore life beyond cancer in an artistic way.

We will be utilising art based research methods as means to observe and express the nuanced changes in survivors' lives. This includes shifts in personal ambitions, sexuality, relationships, and overall life perspectives.

**Please Contact Us**

Write to us at:  
Venkat.Rao@network.rca.ac.uk





## Keighley Cancer Awareness Campaign

Keighley and Worth Valley Community Partnership have launched their fifth video for cancer awareness, encouraging our Keighley communities to #GetCheckedOut . In this video, Terry, who was diagnosed with testicular cancer is the narrator: Please share [https://youtu.be/VDSVG\\_z9KJ4](https://youtu.be/VDSVG_z9KJ4)

Cancer  
that's diagnosed  
at an early stage  
is more likely  
to be treated  
successfully.

**Bradford District and Craven**  
Health and Care Partnership



## Hepatitis C Elimination & Community Liver Health Checks Programme

We remain a peer-led organisation, which means that the majority of our staff and volunteers have been affected by hepatitis C. Our combined lived experience ensures that the patient's voice remains at the heart of everything we do.

The Hepatitis C Trust is working with NHS, West Yorkshire Liver Care Operational Delivery Network (WYLCODN), local community services and through outreach to make sure everyone who needs hepatitis C information, testing and treatment can get it.

Currently, we are implementing the following programmes with the support of **WYLCODN**:

### HEPATITIS C ELIMINATION PROGRAM

We are working with the communities across West Yorkshire to raise awareness and also test communities for Hep C. The early diagnosis and treatment of Hepatitis C saves lives and prevents serious and long-term health conditions, however being tested is imperative for diagnosis and subsequent treatment as Hep C has little to no symptoms. Living with untreated Hep C long-term can cause liver damage, liver cirrhosis and can lead to liver cancer.

The Hepatitis C Trust provides a range of services and projects to aid with support, information and representation for people living with the virus. We are committed to raising awareness and combating stigma by highlighting the advantages of being tested and treated.





## COMMUNITY LIVER HEALTH CHECKS PROGRAM

The Liver Buddies Team at West Yorkshire Liver Care ODN are encouraging members of the public in Bradford to get their liver checked for free in our mobile clinic vehicle 'O-liver' at our screening roadshow. The roadshow offers a chance for individuals to prioritize their liver health by receiving free liver screening and gaining valuable information about various types of liver disease and how to improve their liver health.

If you work directly with communities and would like us to come and deliver either of the above programmes, please contact us below:

- Asjad Mehmood: [asjad.mehmood@hepctrust.org.uk](mailto:asjad.mehmood@hepctrust.org.uk)
- Carol Williams-Powell: [carol.williams-powell@nhs.net](mailto:carol.williams-powell@nhs.net)

## Medicine shortages – a survey

We have been asked by National Voices, the leading coalition of health and social care charities in England, to share this survey about medicine shortages with you.

They want to hear from our membership about the impact of medicine shortages.

National Voices are currently working with the Royal Pharmaceutical Society (RPS) to understand the causes of medicines shortages, the collaborative action that could be taken to mitigate against these occurring in the future and how patients and carers can be better supported when they do happen.

To help inform this work, RPS have asked us to share a survey with you. We would really appreciate if you are able to take the time to complete the survey.

This is the link: <https://forms.office.com/Pages/ResponsePage.aspx?id=YTWzMY1ldkCVLwfDRaO-l22J7hNy2IJCoq-OOf-S8s9UMVc1NkVNOFFDSjFWVURPOTHRMkxXWIRDTi4u>



## What have we been up to?

### Health and Wellbeing Fair, Cardigan Community Centre, Leeds opened by the Lord Mayor of Leeds Cllr Al Garthwaite

Alongside attending other peoples' awareness events, Yorkshire Cancer Community also organises gatherings to reach people who may not have heard of the Cancer SMART message.

We offered to work with the Lord Mayor of Leeds Cllr Al Garthwaite in her own ward of Headingley, Hyde Park and Woodhouse, to help raise the profile of her charity, Women's Counselling and Therapy Service (WCTS). The Lord Mayor has had her own experience of cancer, being diagnosed with cervical cancer in 1977, and following treatment and regular check ups has fortunately remained cancer free since.

A Health and Wellbeing Fair was held in late April at the Cardigan Community Centre, Burley, and around 22 organisations provided information on local services to help with health, wellbeing and making your money go further.

We offered free refreshments to all attendees and around 20 people took part in chair yoga provided by Jaz from WCTS. A local café provided free samosas and the Lord Mayor and her consort, Alderwoman Angela Gabriel organised a raffle.

Opening the event, Cllr Garthwaite praised the voluntary sector and said their services were essential to the community. She said: "Charities are absolutely vital. Leeds would grind to a halt without them".



The Lord Mayor of Leeds is seen on the Cancer SMART stall with new Cancer Champion Bev (left) and Yorkshire Cancer Community trustee Debs (right)



We were also delighted to welcome Jason Pawluk, Programme Director of the West Yorkshire & Harrogate Cancer Alliance, who fund Cancer SMART, and his deputy director Michelle Beaumont.



Jason is seen pictured at the event with Yorkshire Cancer Community Chairman Dr Stewart Manning

The event had a lovely friendly community atmosphere and we received lots of positive feedback:

We both thought it was a brilliant event. Well attended, well supported and a really good vibe overall. It was a super venue and seemed really well organised. The range of stalls was excellent and it was great to meet a new community who we have not had contact with before. They seemed keen to connect with us and were very enthusiastic. We met some lovely ladies from the community and the university. It was well worth us attending.

#### **Jane and Rachel, Leeds and Wakefield Breast Screening**

It was well attended by organisations and the community.  
Well organised. We made some useful contacts and was worth attending.

#### **Healthwatch Leeds**

I had a good time at the event and spoke to lots of attendees. I think it was quite good as a networking event for charities.

#### **Harriet, Leeds Women's Aid**

I just wanted to say what a great event today was in Leeds - thank you very much for letting me join in. I had some really helpful conversations and it was great to connect with new services too. Well done to you and all the cancer smart team for your hard work and organisation - it was great!

Helen Jones, Thinking Ahead Programme manager

I wanted to extend our gratitude for the opportunity to participate in the recent Health and Wellbeing Fair organised by The Yorkshire Cancer Community. It was truly a rewarding experience for The Women's Counselling and Therapy Service to be a part of such a meaningful and community-focused initiative.

The event provided a platform to speak to the public about the counselling, psychotherapy and casework support that we offer to disadvantaged or marginalised women and girls facing complex health and social situations. It also created a valuable opportunity to establish connections with Leeds-based charities and organisations dedicated to enhancing the well-being of individuals in our community. It was moving to speak to women in the community who have previously accessed our service or who are hoping to access our service in the future and we are grateful to you for creating a space for us to connect to women seeking therapeutic support.

Events like these underscore the importance of collaborative efforts in addressing the multifaceted aspects of health and wellness. We look forward to future opportunities to work alongside The Yorkshire Cancer Community and other local organisations committed to creating a safe, kind and encouraging environment for individuals facing health and mental health challenges.

Thank you again for organising such an important and impactful event and for inviting us to be part of it.

### Nina, Services Manager, Women's Counselling & Therapy Service



Nina and Jaz from the Women's Counselling & Therapy Service





Stallholders Fraser, Macmillan Engagement Lead



Karen from support group Panpals Yorkshire also promoting Pancreatic Cancer UK

Absolutely the day was worthwhile, and thank you and everyone involved for making it happen.

I did make, and reinforce, some useful contacts and had some very meaningful conversations.

#### Janet, Prostate Cancer UK volunteer

Thanks for giving me the opportunity. It was a great day to see so many information stalls giving people information to empower them in taking control of theirs or their families health.

The atmosphere was informal and there were quite a few people who passed through gaining knowledge of services that are available to improve their health. The Cardigan Centre was a great venue as they have many services for local people so the footfall was good with many local people popping in. Definitely felt connected with my team and the people who came in for advice.

#### New Cancer Champion Bev

*Thank you to everyone who came along and supported this event.*

## Spreading awareness at Howdens

We were invited to Howdens Joinery Manufacturing Site at Normanton near Wakefield to present the Cancer SMART talk to their workforce.

We also took along with us Janet who volunteers for Prostate Cancer UK, and the Liver Buddies and their mobile liver screening clinic.



From L to R: Stewart, Ric, Janet with Aurora and Terri in the Howdens training room

The event was organised by Aurora Porter and Terri Kingsland from Howdens.

Cancer Champions Ric and Stewart and Janet talked to staff from all three shifts and appointments with Liver Buddies were scheduled throughout the day.

Howdens made us all feel very welcome with lovely food and hot drinks available.

Simon Taylor, project support manager for Liver Buddies said:

“A very well organised event with amazing uptake and excellent engagement. A very positive day for all involved by the sound of things. Thank you for inviting us to attend your site.”

Debbie Webster, HR at Howden Joinery Limited commented:

“We agree that feedback was very positive and we extend our thanks to you for offering this to our employees. A very worthwhile activity.”



Steve, who drives the Liver Buddies mobile unit, O-Liver outside of Howdens.

Other events attended recently include: -

- 10 May - Lung Cancer Info Day at Cedar Court, Rooley Lane, Bradford BD5 8HW
- 14 May - Keighley KAWACC follow up and training session, Marlborough St, Keighley BD21 3HU
- 15 May - Health Check event at Park Lane Centre, Park Lane, Bradford BD5 0LN
- 15 May - Mental health and wellbeing fair, Thornbury Community Centre, Bradford.
- 16 May – Healthy Living Centre, Highfield Lane Centre, Keighley
- 16 May – Mental Health Awareness Week, Kirkgate Market (exhibition space), Leeds
- 20 May - Health Awareness, Havercroft & Ryhill Community Learning Centre, Mulberry Place, Ryhill
- 23 May – Talk at Race Equality Network, Grange Interlink community centre, Bradford BD71PX

## Upcoming events?

We have a busy schedule of events coming up in June. Here's a few that you might like to come along to and say hello.

- 6 June - Volunteer Week with children's activities, The Ridings exhibition space, Wakefield. 11am - 2pm
- 7 June - Health & Wellbeing event, St John's Church, Greengates, Bradford BD10 0BB. 11am - 2.30pm
- 19 June - Wellbeing Networking, Great Get Together at Civic 1, Huddersfield. 10am – 3pm
- 19 June - It's My Health Week LD awareness at Hudds Uni Level 3 Schwann Building HD1 3DH. 10am – 2pm
- 20 June - Fun Day at the Zone, for adults with LD, St Andrew's Road, HD1 6PT. 10.30am – 2pm
- 20 June – Stall at St Vincent's Centre, Leeds LS9 9LF. 10am – 1pm
- 22 June - Beeston Festival, Crossflats Park, Beeston, Leeds LS11 8BP. 12 – 5pm
- 24 June - Ravensthorpe Community Centre Health event , Garden Street, WF13 3AR. 10am – 2pm
- 29 June - Armed Forces Day, Pontefract Park, WF8 4QD. 10am – 4.30pm
- 29 June - Deighton Carnival, Deighton Centre, Deighton Road, Deighton, Huddersfield HD21JP. 12 – 7pm





## Harrogate Lung Cancer Support Group

**If you are a Lung Cancer Patient undergoing treatment , in remission or a carer sharing someone's cancer journey. Why not come along for a coffee and a chat with people who are travelling the same journey and share your concerns and difficulties**

**We meet every second Wednesday of each month at Harrogate Fire Station Community Room, Skipton Road,**

**Our next meeting is on  
Wednesday 12th June  
10.00 ams to 12 noon  
Everyone is Welcome**

**Parking available in Staff Car Park off Chatsworth Road**



# JOIN US

Wednesday 12 June

11:00 – 12:00

## Yorkshire Cancer Community online support group

How about a support group that comes to your door? There's no need to go out into the cold. No need to catch a bus or get into the car. Our monthly support group comes to you – you just need a device capable of accessing zoom.

This month, we have Deb Williams, Bereavement and Family Support Worker from SARAG Yorkshire and Humberside Asbestos Victims Support Group, to give a short talk - Sitting with Grief.

Our group is for patients, carers, their families and people working in cancer services. You just need to provide your own cuppa.



**For further information email us at  
[info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)  
or call 07715 217845**



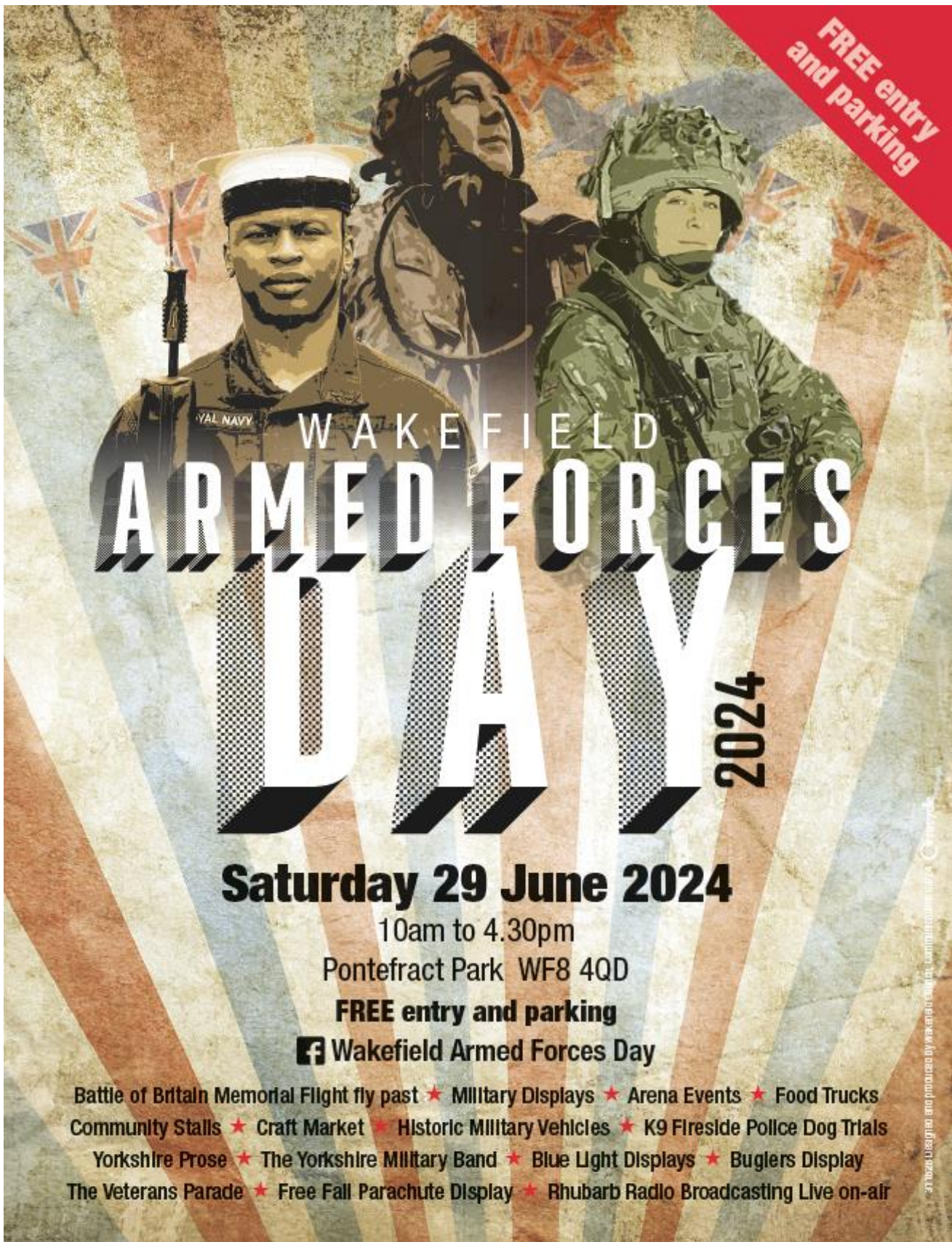
## Sitting With Grief

How do I 'sit' with someone who is grieving? How does it make me feel? Am I saying the right things? Am I acting in the right way? Am I making them feel uncomfortable?

These might be some of the thoughts that go through your mind as you navigate supporting someone who has been bereaved within the group you are facilitating, the individual you are supporting, or even in your own everyday life. You might feel anxious or pressured to 'do the right thing' and/or to 'say the right words'.

If this is you or you know someone who might benefit from finding out more, please feel free to join Deb Williams (Bereavement Support and Family Support Worker) from SARAG for a short talk about 'sitting with grief', as she unpacks the myths and false expectations around this very often taboo subject. Deb Williams will share with you the 'models of grief', best practice and her own personal experience as a bereavement worker so that you will come away feeling more confident and equipped to support and sit with someone's grief. Supporting someone whose loved one has died does not have to be so hard or such a mystery.





**FREE entry  
and parking**


# WAKEFIELD ARMED FORCES DAY 2024

**Saturday 29 June 2024**

10am to 4.30pm

Pontefract Park WF8 4QD

**FREE entry and parking**

 **Wakefield Armed Forces Day**

- Battle of Britain Memorial Flight fly past ★ Military Displays ★ Arena Events ★ Food Trucks
- Community Stalls ★ Craft Market ★ Historic Military Vehicles ★ K9 Fireside Police Dog Trials
- Yorkshire Prose ★ The Yorkshire Military Band ★ Blue Light Displays ★ Buglers Display
- The Veterans Parade ★ Free Fall Parachute Display ★ Rhubarb Radio Broadcasting Live on-air

Photo: Usagim, and provided by Wakefield Council, copyright 2024



**wakefieldcouncil**

## Other Items

### Cervical Screening Awareness Week 17-23 June

As we know, keeping your cervical screening appointment is crucial in the fight against cancer, and even saves lives. That's why it comes first on our cancer SMART message. However, going for your cervical screening isn't always easy, and everyone's experience is different.



NHS England have announced their goal of eliminating cervical cancer by 2040. Wouldn't that be amazing? At the moment though, only 68.7% of people invited to attend their screening actually go. That's why this cervical screening awareness week we are urging anyone with a cervix to book your test now if it's overdue, and to attend your appointments when invited.

The Eve Appeal is a charity that offer a free and confidential nurse-led information service Ask Eve, which is available to answer your questions or concerns about HPV, cervical screening, results and follow up, or cervical cancer symptoms. To get in touch email [nurse@eveappeal.co.uk](mailto:nurse@eveappeal.co.uk) or call 0808 802 0019.

For more information, visit their website <https://eveappeal.org.uk/>

### Myeloma Awareness Week 21-27 June



Myeloma is a type of blood cancer arising from plasma cells, and each year in the UK, 5900 people are diagnosed, and at any one time there are roughly 24,000 people living with the disease in the UK. Although Myeloma mainly affects those over the age of 65, it has been diagnosed in people much younger too.

Plasma cells are a type of white blood cell made in the bone marrow. They form part of your immune system. Myeloma develops when DNA is damaged during the development of a plasma cell. The abnormal cells release a large amount of a single type of antibody, known as a paraprotein, which has no useful function.

The most common symptoms of myeloma include bone pain, recurring infection, kidney damage and fatigue. Although myeloma is an incurable disease, myeloma is treatable and can be very effectively controlled, so people can live a long time with it and therefore it is not always considered terminal.

Myeloma UK's strategy for 2024 – 2028 covers three core principles - preventing myeloma, treating myeloma and living well with myeloma.

For more information, visit their website <https://www.myeloma.org.uk/>