



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

[www.yorkshirecancercommunity.co.uk](http://www.yorkshirecancercommunity.co.uk)

## Welcome to the August edition of the VOICE Newsletter

Well, aren't we having some wonderful weather? The sun is shining, the birds are singing, and the tadpoles in my little garden pond have turned into adorable little froglets. I only have a tiny garden, but have taken steps to encourage wildlife in, and it has been so rewarding and great for my mental health to be able to wind down amongst nature at the end of a busy day.

We've had a very busy month too. We are delighted to welcome Lauren into her new role as community panel coordinator, an important project ensuring the voices of those affected by cancer are heard, and can influence future decisions. We have been out and about to lots of galas and events to promote the Cancer SMART message. We also have a couple of new projects that we are currently working on, so watch this space!

Best wishes  
Jill and Clare

## Your stories

### New Yorkshire Cancer Community Team Member Lauren

We're delighted to introduce you to Lauren Cross who joins us this month to coordinate and facilitate the Community Panel of patients and carers in partnership with our friends at West Yorkshire and Harrogate Cancer Alliance. The Community Panel was set up in 2018 and we have been honoured to have worked closely with the past administrator, Healthwatch Wakefield, and the previous coordinators, Fraser Corry and more recently Michelle Poucher, who were both employed by Healthwatch Wakefield.

We've had a role to play helping to recruit patients, carers and advocates to the panel, and also in helping to publicise and support the work of the panel.

Now we're excited to take on a bigger role as we work with the Cancer Alliance



to support existing panel members and also recruit new members.

We'll still look to hold regular hybrid panel meetings in a venue where we can offer both face to face and online facilities, but we will also look to take the panel 'out on the road' to work with communities who traditionally haven't got involved.

Lauren will be known to some of you as she has been volunteering for the Cancer SMART project as a Cancer Champion and has delivered information stalls in Bradford, Huddersfield and Wakefield.

#### **Over to Lauren.....**

My experience working in radiology departments for six years, followed by a more recent position in the NHS breast screening/symptomatic service, has provided me with vital insight into the importance of early diagnosis and continuous, high-quality cancer care and support.

I am so appreciative that since being a Cancer Champion, I have met so many amazing volunteers, professionals, and staff members, from whom I have gained a great deal of knowledge and skills. I'm thrilled to have the incredible opportunity to coordinate and facilitate the Community Panel. I'm looking forward to meeting up with current panel members to hear about successes to date and work together on any areas that could be improved.

## **What is the Community Panel?**

The panel is just one of the ways in which West Yorkshire and Harrogate Cancer Alliance is working with those affected by cancer across the area – patients and their families and carers – to ensure their experiences and views influence the Alliance work and the decisions they take.

Panel members are involved through face to face sessions; online discussions, sharing views and ideas by email; one to one telephone calls and flexibly in other ways that work best for them.

Tackling health inequality across West Yorkshire and Harrogate (the avoidable differences that exist in people's health and treatment outcomes between different groups and communities) is a high priority for the Cancer Alliance and for the Yorkshire Cancer Community.

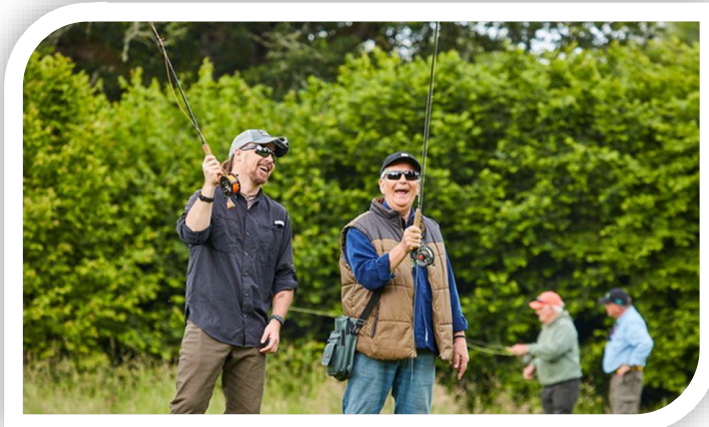
To support us in this work, we want to ensure the membership of the panel is as diverse as possible, in terms of where people live; the type(s) of cancer they are experiencing or have experienced, the communities they come from and their personal backgrounds and circumstances.

If you would like to join the panel, or learn more, email [Lauren@yorkshirecancercommunity.co.uk](mailto:Lauren@yorkshirecancercommunity.co.uk)

## **Cancer and Pisces Trust**

Cancer and Pisces Trust is a cancer charity that aims to enhance the lives of people affected by cancer through the therapeutic pastime of angling, helping them to connect with both the natural world and one another.

Fishing is beneficial for your mental health. Spending time outdoors in nature has been shown to reduce stress, improve mood and promote relaxation. Fishing requires focus and patience making it a great form of mindfulness. Whether you are a seasoned angler or just starting out, all are welcome to enjoy the welcoming and supportive community that can help you unwind and connect with nature.



The fishing centres are completely free to attend, and all patients and carers are welcome, whether they are looking to learn a new skill, meet new people or simply enjoy a day outdoors.

Lunch at one of the Cancer & Pisces Trust days is a chance for members to connect, share stories and build friendships.

The nearest centre is at Swinton Park Hotel, Masham, HG4 4JH, telephone: 07498 512030

[www.cancerandpiscestrust.org](http://www.cancerandpiscestrust.org)



## Menopause & Cancer

Dani Binnington (pictured) is a patient advocate for women in menopause after cancer, the host of The Menopause and Cancer podcast, a yoga teacher and wellbeing expert. Here's what she has to say about the Menopause and Cancer:

I just wanted to share some hard-hitting facts about how truly under supported people with a history of cancer are when it comes to managing their menopause. Just to clarify - cancer treatments like chemotherapy, radiotherapy, surgery and endocrine treatment can all trigger menopause. Managing this for someone with a history of cancer is complex, and HRT might not always be an option.



- **90.8%** of our community experience menopause as a result of their cancer treatment.
- **71%** of our community say that they had no idea of the significant impact that menopause would have on them.
- **88%** of our community say that they did not receive adequate help in managing their menopausal symptoms.
- **92%** of our community feel isolated in their experiences.

This may sound all doom and gloom, but this is the reality and that is why we exist.

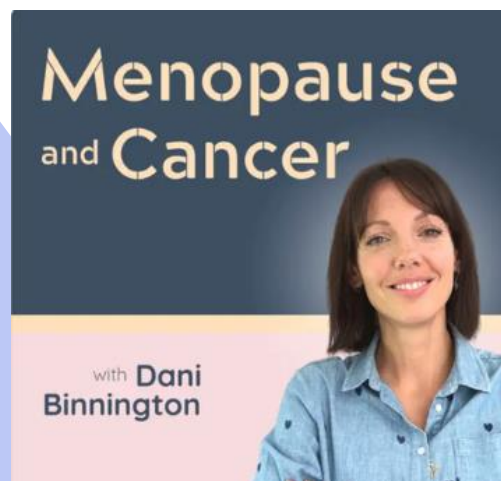
***"Not a single week goes by where I am not outraged at the lack of information and the lack of support there is for women."***

...and chances are you also have lots of under supported people in your community, but help is available!

## What we do:

We have one main aim - share, inform, and empower. In order to do this, we provide an array of different services including:

- **Written Resources**: Blog posts covering various topics.
- **Getting Started Guide**: Comprehensive guide available on our website.
- **Events and Workshops**: Both online and in-person.
- **Private Facebook Group**: A safe space for community support.
- **The Menopause and Cancer Podcast**: Weekly educational episodes.
- **YouTube Channel**: Informative videos and resources.
- **CPD Course for Healthcare Professionals**: Launching in November 2024.



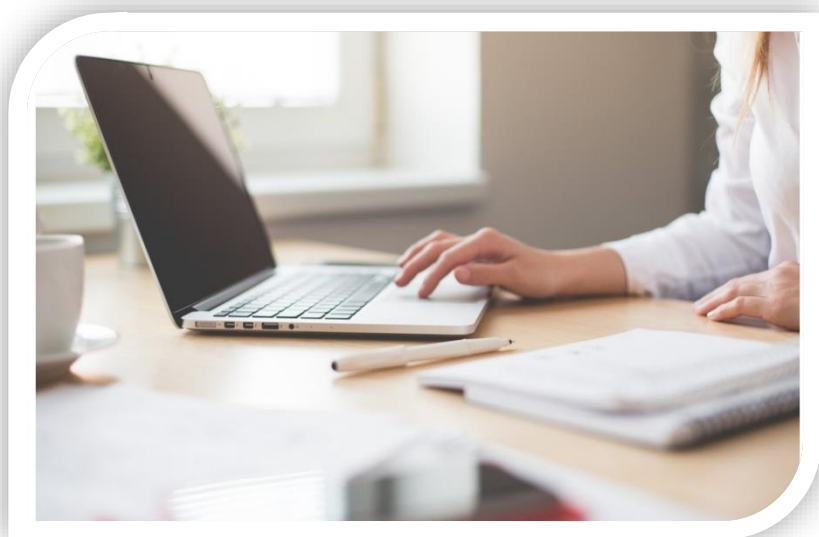
All of these resources can be found on our website: <https://menopauseandcancer.org/>

One of our most downloaded podcast conversations discusses alternatives to HRT (episode 1) - this is a great episode to share.

If you think anyone in your community would benefit from our services, please do share any of our work you may feel is relevant to them.

## News

### Macmillan Safeguarding Training – offered to Yorkshire Cancer Community



Macmillan have kindly agreed to offer several safeguarding sessions available online. They may be useful to people running support groups, charities or community interest companies.

**Overview:** This session provides a safe and open environment to discuss safeguarding and safeguarding concerns. We'll explore what we mean by safeguarding, some of the more common safeguarding concerns, as well as what to look out for and the

impact these situations can have on people's lives.

Weaved in throughout, we'll focus on helping you to develop the confidence to start a conversation, and how to signpost to appropriate supports. The course covers, but is not limited to, safeguarding concerns such as neglect, domestic abuse, child protection and suicide.

We're aiming to offer this training on Tuesday 22 October from 10 am – 12 noon and on Thursday 7 November from 1 – 3pm. You only need attend one session.

Please email [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk) to reserve a place.

If you would like an evening training session, please let us know, outlining which evening/s would suit you best.

## Focus on collaboration with patients to promote symptom awareness and screening uptake



Pictured left to right are Yorkshire Cancer Community Trustees Ric and Debs with Prof Richard Simcock, Chief Medical Officer, Macmillan Cancer Support

Trustees at patient-led charity, the Yorkshire Cancer Community (YCC), joined colleagues from West Yorkshire and Harrogate Cancer Alliance to promote their innovative Cancer SMART collaboration at this year's UK Oncology Forum 2024.

YCC Trustees Deborah Adams and Ric Myers joined members of the Cancer Alliance team at the event to share their work to promote symptom

awareness, early diagnosis and uptake of

bowel, breast and cervical screening. The programme is delivered by a network of volunteer cancer champions who are out and about in local communities, with funding provided by the Cancer Alliance. For the first time this year, Cancer Alliances were invited to play a more active role in the clinically-focused Oncology Forum conference and exhibition, which is billed as the only national, pan-tumour clinically focused meeting in the UK clinical educational calendar, attracting a range of colleagues in a variety of disciplines from across the UK.

The event was also an opportunity to share information about the West Yorkshire and Harrogate Cancer Alliance's innovation competition and also the community model of support being developed by Dinah Coggon, the Alliance's Macmillan Community Personalised Care Lead.

## What have we been up to?



Trustee Deb and cancer champion Kathy attended the Horbury Show to help spread the cancer SMART message.



Clare visited the Bottoms Up group in Wakefield. This bladder, bowel and prostate cancer support group, who meet on the third Thursday of every month at Brook House WMC in Wakefield from 2-4pm, often have interesting speakers, and this time they had two for the price of one!

First up was Ian Smales from Aspire Health Team, here to talk to the group about the exercise referral scheme offered free of charge by Wakefield Council. There are many benefits to cancer patients of exercise before, during and after treatment including milder side effects, less fatigue and better mental health. You can ask your GP for a referral.

Next up was Karen Westaway from the NHS West Yorkshire and Harrogate Cancer Alliance who gave an interesting presentation on Lynch Syndrome, an inherited condition that makes you much more likely to develop certain cancers, particularly bowel cancer and endometrial cancer. Of course, knowledge is power and if tested positive, you could be monitored more closely and if cancer develops, you could be given more targeted treatment; people with Lynch Syndrome respond better to immunotherapy rather than chemotherapy.



Stephen and Lauren had a great time promoting our cancer SMART message at the Liquorice Day Festival in Pontefract, despite the rain.



Jill (seen with boxer dog Red), joined newly relaunched support group Lary ALLstars in Huddersfield. Covid shut them down for a while, but they are back up and running, offering support to anyone affected by laryngeal cancer. They meet every two months at Focal Community Centre, New Hey Road, Huddersfield. The group is run by Ear Nose & Throat specialists Catherine Hawkes and Karina Ash. Their next meeting is on 10<sup>th</sup> September from 11am – 1pm. For more information, contact [catherine.hawkes@cht.nhs.net](mailto:catherine.hawkes@cht.nhs.net).



Cancer champions Stephen, Phil and David (also a trustee) visited Deighton Carnival this month. This was a new area for us, and they said it was a very successful event and they had lots of useful conversations. I'm sure we will be back again next year.



Here's Jill at the Women's and Girls Health and Wellbeing Coffee Morning at Madrasah Isamiyah, Purtwell Lane, Batley, where she spoke to lots of ladies about the importance of knowing your body and what's normal for you, and to seek advice from a GP or medical professional if anything changes.

Jill said it was a really worthwhile event, and thanked Change Grow Live – Kirklees for inviting her.





Cancer champions Stephen and Kathy (pictured) and trustee Stewart went to Lark in the Park in East End Park, Leeds to promote our cancer SMART message.

Our new gazebo, purchased to keep us safe in the sun, is proving it's worth by keeping us dry in the rain instead.



Jill was joined by cancer champions Stephen and Kathy (pictured) at One Nation's Active Coffee Morning, at Kick Off, in Dewsbury.

Their monthly coffee mornings aim to encourage local ladies to take part in getting more active, and include various sports and team games, pilates and a mother and toddler session.

Other stalls at the event included Bradford & Pennine Breast Screening, Change Grow Live, and Girlguiding.

Here's Stephen, Kathy and Phil, pictured with the Deputy Mayor of Kirklees Cllr Elizabeth Smaje at the Family Fun Day at Ravensknowle Park in Huddersfield.

The sun shone (finally) for this event, organised by Change Grow Live – Kirklees.

As well as sharing our Cancer SMART message, Phil was keen to share the news with Cllr Smaje of our forthcoming prostate cancer awareness campaign that's aimed at black men as their risk of prostate cancer is 1 in 4.



## Upcoming events?

We've lots of events coming up in August. Here's a few you might like to come along to.

14 August - Primary Care Network Health Event, Laisterdyke Community Centre BD3 8RP - 11am-3pm

14 August - Community health awareness day, Great Horton community hub, BD7 3PE - 10am-2pm

17 August - Portobella Gala, Castle Grove Park, Wakefield WF2 7DQ - 10am-4pm

28 August - Family Fun Day, Change Grow Live, Wilton Park, Batley, WF17 8NB - 11am-4pm



### Yorkshire Cancer Community – Online Support Group

**Weds, 14 August 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.



UNIVERSITY OF LEEDS

# Participants Needed for an Interview Study

## The study:

What is the long-term psychological and social impact of a bilateral risk-reducing mastectomy (BRRM) on people at moderate risk of breast cancer?

Have you:

1. Received a BRRM (with or without reconstructive surgery) at least 12 months ago?
2. Been told you are at **moderate** risk of breast cancer?

If yes to all, you may be eligible to take part!

Participants will receive a £20 shopping voucher.

Interpreters and translated documents are available

**Find out more and participate by contacting:**

Jessica Macintyre-Holt, Lead Researcher from the University of Leeds.

**Email:** [umjmh@leeds.ac.uk](mailto:umjmh@leeds.ac.uk)



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image: Freepik.com



**STAYING PUT**  
Domestic & Sexual Abuse Support Services



Staying Put present

# COMMUNITY HEALTH AWARENESS DAY

This Event will be held on:



**14** August  
2024



**10am – 2pm**

**Great Horton Community Hub and Library,  
69 Beldon Road, BD7 3PE**

- Dr Amy, The Ridge Medical Practice
- The NHS social prescribing team
- Better Start Bradford
- The Hepatitis C Trust
- My Living Well
- Mind in Bradford

- DWP Disability Employment Advisers
- MESMAC (sexual health)
- parent education midwives
- NHS Talking Therapies
- Neighbourhood Connect
- WYP Women's and Girls' Engagement Officer

Supported by European Drom



Includes:

- DJ
- Games
- Face painting
- Food



## RAISE MONEY WHILST RAISING THE ROOF.

Do you love to play the piano but don't get the chance? Can you belt out a tune all to support Macmillan in West Yorkshire



We are looking for volunteers to come along and share their musical talent on 21st Sept @ Broadway Shopping Centre Bradford

If you are interested please contact Adele Burrough on [aburrough@Macmillan.org.uk](mailto:aburrough@Macmillan.org.uk)



Organised in aid of Macmillan Cancer Support, registered charity in England and Wales (26307).  
Scotland 97099077 and the Isle of Man (A12). Also operating in Northern Ireland.

Fundraising for  
**MACMILLAN**  
CANCER SUPPORT

## Other Items

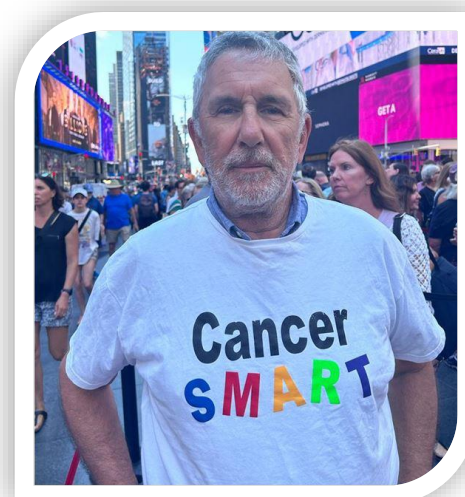
# Introducing the Cancer SMART Tee Shirt Competition

People who volunteer as Cancer Champions for our Cancer SMART project are able to enter this year's fantastic T Shirt competition.

The competition was launched last year by Yorkshire Cancer Community Chairman (and Champion) Dr Stewart Manning.

He took a photo of himself wearing his Cancer SMART shirt in various different locations during his annual trip to the USA. He's featured here in Times Square, New York.

We had some brilliant entries including photographs of Champions in a pig sanctuary, feeding an elephant, on an open top train and climbing a mountain. The winning entry was from Bob Clayden featuring him wearing his T shirt at the bottom of a public swimming pool.



## 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

This year we're looking for our Champions to take a very short video clip of themselves in any unusual location, wearing their Cancer SMART T shirt saying...

"Hello from....."

The competition will be judged by Dr Manning and a first prize of £100; second prize of £50 and third prize of £25 will be awarded after the competition closes on 1 December.

Could you be one of our wonderful Cancer Champions? Please email [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk) to find out more.