



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

Welcome to the September edition of the VOICE Newsletter

This year seems to be flying, and here we are again with another edition of the VOICE. We've been really busy again in August, attending galas and events, and spreading the cancer SMART message. We've also launched our new website and have been working on a new campaign – Don't Be The One – more on that later.

This month we look forward to the launch of the new Community Panel on 26 September 2-4pm at Church House in Leeds. If you would like to be involved, please get in touch with Lauren on Lauren@yorkshirecancercommunity.co.uk.

Best wishes
Jill and Clare

Your stories

Lauren's first month in post

During the first month of being in post I have been visiting panel members and prospective panel members. I've travelled to various parts of Leeds, Kirklees, and Harrogate so far. I've had a great time meeting people in person and exploring different communities. Here I am at Active Against Cancer in Harrogate with new panel member Sylvia Fagg, and at the 5 Rise Locks in Bingley. I have also used Teams and Zoom to

hold virtual meetings with panel members.

There will be an exciting event on Thursday 26 September 2-4pm

at Church House in Leeds to relaunch the Community Panel, to celebrate the hard work of our members since the panel was set up in 2018, and also look forward to the next chapter in our working together to improve the lives of people affected by cancer across West Yorkshire and Harrogate.

If you would like to join the panel, or attend the relaunch, email me at Lauren@yorkshirecancercommunity.co.uk



Our new website

You have probably noticed that we have a brand new website. We hope that you like it as much as we do, and find it easy to find the information that you are looking for. We've been working hard alongside our web designer Dally Kaur, from Ideas That Work, to build a site that we hope is more useful and user friendly. You will notice, for example, that we have created pages specifically for individual cancer types, where you can find all of the information you may need in one convenient place. We are working hard to check that all of the information regarding support groups is up to date and accurate, so if you are aware of a cancer support group in Yorkshire that we haven't listed yet, please get in touch.

We welcome feedback, good or bad, so let us know what you think of it.

Here's the link to the website <https://www.yorkshirecancercommunity.co.uk/>

Mark Jackson - A cancer diagnosis inspired me to write a play

What do you do when you have been through the shock of a prostate cancer diagnosis? In my case I wrote a play about it; a play called FUFC.

A heartfelt and hopefully poignant semi-autobiographical piece exploring a world upended by a cancer diagnosis. Set on a muddy football pitch under a hungover council sky this play reminds us that even in our darkest moments the bonds of friendship and the resilience of the human spirit can bring hope.

In sharing my story in this way, I have been able to express my journey in an optimistic way and found unity in camaraderie and hope.

If you would like to see the play, showing at Wakefield's Mechanic's Theatre on 5th October at 7.30pm, tickets are free and can be reserved on Eventbrite, visit: <https://shorturl.at/IPMqF>



Cancer Support Hub launch at Ravensthorpe Community



Macmillan have funded a weekly support hub at Ravensthorpe Community Centre, Garden Street, Ravensthorpe near Dewsbury which was launched recently.

Ayesha and Nahid (pictured left) from the Community Centre along with volunteers including Rozi and Fazila will run the drop-in sessions which will include visits from key agencies.

Attending the launch was Fraser Corry, Macmillan Engagement Lead, Craig Plumb from the Mid Yorkshire Hospital Trust Macmillan Information and Support Service, Jill Long and Lauren Cross from Yorkshire Cancer Community and representatives from Third Sector Leaders, the Kirkwood and Forget Me Not children's hospice.

The Cancer Support Hub runs each Thursday from 11 am – 2pm. You can also contact the Community Centre on 01924 510030 or visit their website www.rccl.org



Children and Young Peoples' Poetry Competition

Bradford poet and cancer survivor Sheena Hussain has launched this year's Poetry Competition, Poem:99

Children and young people are invited to send in their poems on the theme of 'Spirituality'. The deadline for entries is Thursday 31 October 2024 and there are four age groups:

- 5 - 7 years
- 8 - 10 years
- 11 - 13 years
- 14 - 16 Years.

There's a £150 cash prize for each category.

Sheena said "The competition is in its 7th year and providing a platform for young people is a priority."

There is an entry fee of 99p. A small number of free entries are available for children of asylum seekers. To see more information and the full terms and conditions go to:

<https://poetrybysheenapoetrybyname.com/competitions>

Poetry Competition
Poem:99

Do you like writing? Fancy yourself as a bit of a poet?
Then what are you waiting for? **Enter today...**

To mark this years poetry competition
a theme has been set of – "Spirituality"

Summer 2024

Entry fee 99p

JUDGES
Shahd Mahnavi,
Steve Garside,
Dr Kaltume Akubo

PRIZES
£150
cash prize
for each
category

Entry Deadline:
Thursday 31st October 2024

4 Age Groups
5-7, 8-10, 11-13,
14-16 years

"The competition is in its 7th year and providing a platform for young people is a priority"
Sheena Hussain,
Founder

To sponsor next years competition please contact:
Sheena Hussain on 07935 177 562

For full details, terms and conditions
or how to enter, visit:
www.poetrybysheenapoetrybyname.com

Making Lemonade: Spreading Hope in the Fight Against Ovarian Cancer

In 2019, a powerful movement was born in Yorkshire, inspired by the life of Victoria Aldwin. When life dealt Victoria lemons in the form of ovarian cancer, her friends decided to make lemonade – and thus, the Lemonade charity was born.

Led by dedicated volunteers Kate Winship and Carys Barker, Lemonade is on a mission to raise awareness about ovarian cancer and empower women to understand their bodies. Our goal? To ensure that every woman recognizes the signs and symptoms of this often-overlooked disease.

Did you know? If diagnosed at the earliest stage, up to 90% of women can survive ovarian cancer for five years or more. This statistic drives our passion to dispel myths and educate women about ovarian cancer symptoms. Knowledge truly is power, and in this case, it can be life-saving.

Know the Signs

- Abnormal bleeding
- Peeing more frequently
- Loss of appetite
- Consistent bloating
- Pelvic and/or back pain
- Tiredness and fatigue
- Changes in bowel habits
- Pain during sex

Reaching every corner, Lemonade doesn't just stop at general awareness. We're committed to reaching women in local and marginalized communities where female reproductive health is often overlooked or silenced. By working with women's groups in these areas, we're ensuring that vital information reaches those who need it most.

Join the movement; together, we can make a difference. Here's how you can get involved:



1. Educate yourself and others about ovarian cancer symptoms
2. Share our message with your friends and family
3. Request posters, leaflets and informative sessions for your business to help raise awareness
4. Follow us on social media for updates and information: Facebook & Instagram: @lemonadearity
5. Visit our website to learn more: <https://www.we-are-lemonade.co.uk/about/>

Remember, early detection saves lives. Let's turn lemons into lemonade and create a future where no woman faces ovarian cancer alone or uninformed.

Lemonade: Squeezing out hope, one drop at a time.



Left to right: Kate Winship, founder of Lemonade, Karen Elden – ovarian cancer survivor and founder of peer support group Sunovary, service users at the Women's Activity Centre.

Don't Be The One – campaign to raise awareness of prostate cancer in black men

Cancer Champions Phil James (pictured right) and Stephen Halstead (left) are leading on a campaign which we will launch in Huddersfield during October, Black History Month.

Phil, the founder of Kam's Corner CIC, a group which empowers the black community to improve their health and wellbeing and Stephen who was diagnosed with prostate cancer, are both passionate about raising awareness.

This is particularly important in the black community, as 1 in 4 black men will be diagnosed with prostate cancer in their lifetime. Black men are at twice the risk of other men who have a 1 in 8 chance of getting prostate cancer. We don't know why there is an increased risk, but it could be linked to genetics.

- You may also be more likely to get prostate cancer if your father or brother has had it
- Or your mother or sister has had breast cancer

In the campaign Don't Be The One with a flyer designed by Stephen – we will circulate a simple message to black men and their loved ones to be aware of their risk of prostate cancer. A QR code takes the reader to further information on the Prostate Cancer UK website advising them about their risks and the option to ask their GP for a PSA blood test.

The PSA test (prostate specific antigen test) is a blood test which measures the amount of PSA in the blood. PSA is a protein produced by normal cells in a prostate and also by prostate cancer cells. A PSA blood test alone can't usually tell you whether you have prostate cancer, but it can help a GP decide if further tests are needed.

We've joined with colleagues from Prostate Cancer UK, Macmillan, Huddersfield GPs, Local Services To You, Third Sector Leaders, Paradigm and Kirklees Council to launch this important message.

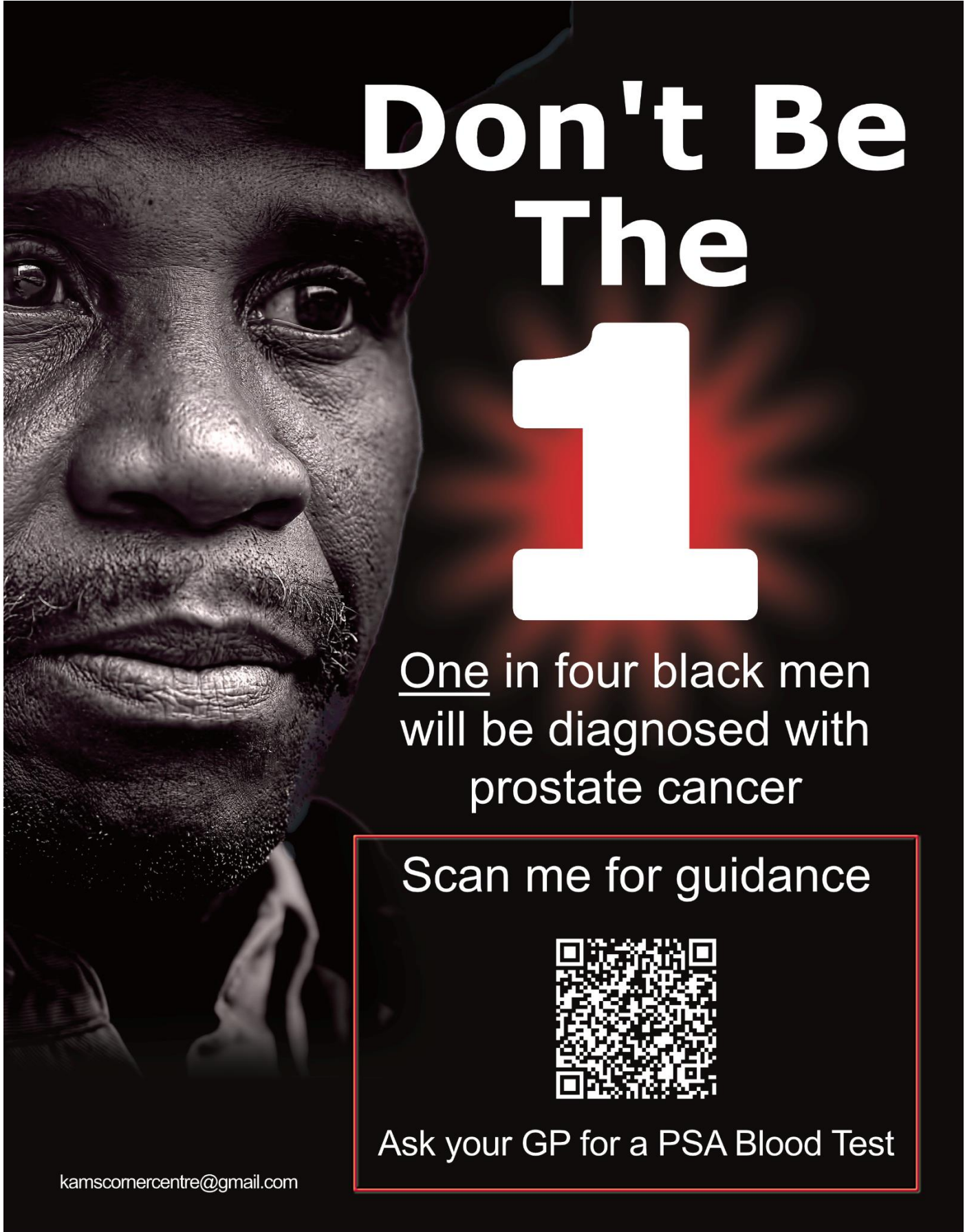
We then hope to cascade information to other areas of West Yorkshire.

The Launch will be held on **Thursday 10 October at 10.30 at the Chestnut Community Centre, Ashbrow, Huddersfield.**

We are also in collaboration with Mark Jackson, director of New Anthem Theatre Group regarding his play FUFU, showing at the Mechanic's Theatre in Wakefield on 5th October.

Contact us on info@yorkshirecancercommunity.co.uk if you would like to know more about this campaign.





Don't Be The 1

One in four black men
will be diagnosed with
prostate cancer

Scan me for guidance



Ask your GP for a PSA Blood Test

kamscornercentre@gmail.com



Lynch Syndrome – What you need to know

My name is Karen, and my current role is Lynch syndrome Project Manager in the West Yorkshire & Harrogate Cancer Alliance. I recently had the great privilege of attending the 'Bottoms Up' colorectal and urology support group at Brook House Club in Wakefield. The group is run by John Whelpton (pictured with Karen) who asked me along to speak to the group after meeting at a previous event.

Lynch syndrome affects approximately 1 in 280 people in England, although only around 5% of these are thought to have a confirmed diagnosis. It is an inherited genetic condition that increases the risks of developing several types of cancer. The main associated risks are of colorectal and endometrial cancers, but skin, urothelial, ovarian, and brain are some of the other tumours related to Lynch syndrome.

Following guidance from the National Institute for Health and Care Excellence, the National Lynch Syndrome Transformation Project drove huge improvements in testing for this condition, but there is still work to be done to improve diagnosis rates and lifelong management for families at risk.

Diagnosis is vital for a number of reasons. It may help cancer teams consider the most effective cancer treatments and allow testing for family members of affected individuals. A number of interventions may also reduce the risk of cancers developing in the future, or catch them at an earlier, more treatable stage – bowel screening, symptom awareness, lifestyle changes, and consideration of aspirin as a preventive measure are some of the current recommendations to improve patient outcomes.

My role has primarily focused on collaboration with the cancer teams to provide education and support, enabling provision of genetic testing for Lynch syndrome. This, in turn, reduces the waiting times for diagnosis, meaning earlier access to risk reduction and family testing. The Cancer Alliance is now starting to look more closely at how primary care and GPs may be supported to provide equitable high-quality management of patients with Lynch syndrome.



The group were very interested to hear about the condition, and how it is inherited, tested for and managed. Although many admitted they had not previously heard of Lynch syndrome, one member of the group talked about having his cancer screened, and another group member discussed her experience of being diagnosed with a different genetic condition that increases her risks of developing cancer. Engaging with patient groups and communities is vital to the work of the Cancer Alliance. Their perspectives inform us what works best for the people living through cancer pathways and remind us why we continue to strive for improvements in patient outcomes and experience.

My huge thanks to the 'Bottoms Up' group for making me welcome, and to John for inviting me – his tireless work to improve the experience of patients with cancer is an inspiration.

To find out more about Lynch syndrome in the West Yorkshire & Harrogate region, please contact Karen Westaway (k.westaway@nhs.net).



Squatting for charity - our administrator Clare

Like many people, my family has been affected by cancer many times. I've even had a brush with it myself, having been diagnosed with basal cell carcinoma in March, a type of skin cancer that was easily treated with a topical chemotherapy cream.

More recently though, a close family member has been diagnosed with bowel cancer and is currently having treatment. So, when I saw that Cancer Research UK were inviting people to take part in the 100 squats a day challenge in August, I signed myself up.

It hasn't been easy, but I'm pleased to say I have managed to complete the challenge successfully. More importantly, it has made me feel that I'm actually doing something proactive to say a big thank you for all those wonderful people who work within cancer services, and the amazing progress that has been made to ensure that the treatments are available for those who need them.

If you would like to sponsor me, it's not too late. Here's the link to my page.

<https://fundraise.cancerresearchuk.org/page/clares-giving-page-21635>



100 Squats
a Day in
August



News

Dragonfly Cancer Trust: Making Each Moment Matter

Our Mission

At Dragonfly Cancer Trust, our unwavering mission is to support children and young people with a life-limiting cancer diagnosis, from 0-25 years. We believe that every moment counts, and our commitment extends to creating an environment where these moments are filled with memories, comfort, and connection. As a national charity, we cover all of the UK.

Comprehensive Support

As a national charity, we work tirelessly to provide comprehensive support to young cancer patients and their families. Our collaborative efforts span across the UK, touching the lives of those who need it most. Here's how we make a difference:

Direct Engagement:

We support young cancer patients aged 0–25, ensuring that their unique needs are met. Families, hospitals, and hospices are essential partners in our mission. Together, we create a network of care and compassion.

Memory Making Opportunities:

Cash Gifts: We offer financial support to help families create special memories. Whether it's a day out or a cherished experience, these gifts make a difference.

Memory and Sibling Boxes: The sibling boxes can be used for children who have lost a loved one or about to. It opens up routes for conversations about what lies ahead. There's lots of activities in the box to open up conversations and create memories. The boxes are age appropriate for the siblings and may be sent to them after their loss. These sibling boxes can also be a coping mechanism and will help to flag up if that young person needs professional support.

The memory boxes are similar to our sibling boxes. They are designed very carefully around that person leaving their footprint on the world and creating memories for people to look back on and remember them. Both of these boxes serve as tangible reminders of love and support.

Activity Boxes: Designed to accompany patients during treatment, these boxes provide distraction and creative outlets. We deliver these to many hospitals and hospices throughout the UK.

Personalised Keepsakes: Engraved glass hearts. These can be personalised with a loved one's message and they become lasting mementos for families to treasure

The following link contains all the info patients/readers need to know about referrals etc <https://dev-site.dragonflycancertrust.org/application-criteria/>

If anyone needs any further information they can visit our website at www.dragonflycancertrust.org or email us at info@dragonflycancertrust.org



Jewish BRCA Testing Programme

Earlier this year, NHS England together with Jnetics and Chai Cancer Care, launched the NHS Jewish BRCA Testing Programme. It provides free BRCA gene testing for anyone living in England who is aged 18 or over, male or female, and has one or more Jewish grandparent.

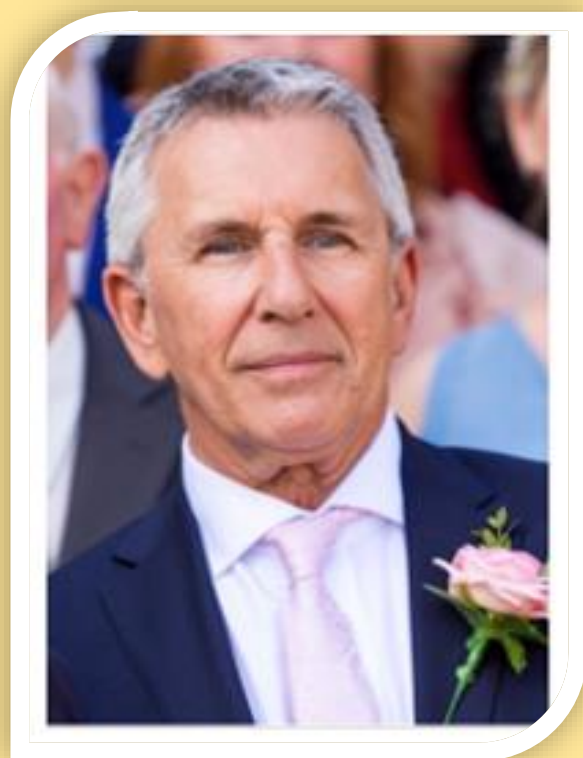
The reality for our community is that far too many will be all too aware of the effects that a BRCA mutation can have on people's lives. Having a BRCA gene fault increases the risk of developing breast, ovarian, prostate and pancreatic cancer; up to 40% of ovarian cancer cases and up to 10% of breast cancer cases in the Jewish community are associated with a BRCA gene mutation and there is a 50% chance a gene fault will be passed on from parent to child.

This is why the launch of the Jewish BRCA Testing Programme is such a milestone for our community – and for cancer prevention more widely. A free, simple at-home saliva test can now tell you your BRCA genetic status, allowing you to make educated choices and mitigate against the risk of cancer if you do happen to be a carrier.

Why us? Well, the numbers speak for themselves: around 1 in 40 Askenazi Jews and 1 in 140 Sephardi Jews have a mutated BRCA gene, compared to around 1 in 250 in the general UK population. The fact that those with Jewish ancestry are up to six times more likely to be a carrier just demonstrates the importance of this testing programme and we are so pleased to see NHS England's investment in screening and prevention for our community and beyond.

The Jewish BRCA Testing Programme is part of NHS England's 10 Year Cancer Plan to catch more cancer early and is the brainchild of Ranjit Manchanda, Professor at Wolfson Institute of Population Health and championed by Professor Peter Johnson, National Clinical Director for Cancer at NHS England. Their aim is to use this programme as a blueprint for other communities in the future.

Of course getting tested might feel overwhelming. The implications of a potential positive test are not to be overlooked, and this is exactly why Jnetics and Chai are at the helm of this programme and are committed to ensuring every person gets expert support and care at every stage.



This subject is close to the heart of our chairman, Dr Stewart Manning, who is a member of the Jewish Community.

For those that discover they are BRCA positive, knowledge is power. Being equipped with this information means that the NHS can provide further testing, surveillance and treatment – preventing potential cancers in later life.

Genetics do not discriminate – so whether you're male or female, old or young, a regular Shul-goer or someone who never goes at all - if you have Jewish family in your past, even just one Jewish grandparent, this test might save your life in the future.

To register for your free NHS Jewish BRCA test today visit www.jewishbrca.org where you will also find more information about the programme and access to a number of wider resources.

Nicole Gordon, CEO, Jnetics & Lisa Steele, CEO, Chai Cancer Care



Your **Jewish** grandparent might just save your life.

NHS England is now offering free BRCA gene testing for anyone over 18 with at least one Jewish grandparent.

By identifying an elevated cancer risk early on, we can prevent more cases of cancer and ultimately save more lives.

To sign up or find out more about the NHS England Jewish BRCA testing programme visit jewishBRCA.org today.

Jnetics

chai cancer care
together we can cope

NHS
England

info@jewishbrca.org | jewishbrca.org

The Loss Foundation

The Loss Foundation is the UK's only charity to specialise solely in supporting those who lose a loved one to cancer, whether that be spouses, family members, friends or colleagues.

We provide a variety of support events to help you at any point following your loss, and we create the opportunities for you to meet others who have experienced something similar.

Last year we helped 1876 people in navigating the complexities of grief, offering them a lifeline amid loss: we ran 130 support events, 100 groups, 16 Walk & Talks and 12 Grief Workshops.

This year we have continued to reach people in new areas of the UK with our 'walk and talk events' because we believe that **a person's postcode shouldn't determine the grief support they receive**. We aim to reach more communities who have less access to grief support.

Our new locations for 'Walk and Talks' in North East Yorkshire (Redcar Beach to Marske) & North Yorkshire (Stokesley). These casual meet-ups offer a supportive space to walk and talk, or just be among others who understand. If the weather doesn't cooperate, we'll shift to a nearby coffee shop. You can sign up to our mailing list or follow our social media for all of our latest events.

Our [website](#) is full of useful resources. We have [Grief, Sleep and Anxiety Worksheets](#) for grieving individuals and mental health professionals (suggested donation of £10) and there's also our [Care Kit for Supporting Grieving Employees](#) where users are now able to download their copy of it for free to empower their team at work. We have also just launched our new ['When Life Gets Hard' cards](#) which we hope will bring a smile to a loved one who's going through a tough time.

We run two facebook groups ['Grief Support for Partner Loss to Cancer'](#) and ['Grief Support for Parent Loss to Cancer'](#), supportive spaces that are always open for users to share and connect with those who have experienced a similar loss.

Social media links -

<https://www.instagram.com/thelossfoundation/>

<https://www.facebook.com/thelossfoundation>

<https://x.com/LossFoundation>



What have we been up to?



Cancer champions Gordon and Lauren had a great time at the Primary Care Network Health Event at Laisterdyke Community Centre in Bradford on the 14 August.

They said it was a busy, friendly event with lots of engagement. Members of the public were keen to talk to them about their own experiences of cancer and were happy to pass on our cancer SMART message.

Gordon spoke to lots of people about PSA tests and prostate cancer awareness and passing this message on to family members.

Lauren talked to lots of people about attending screening appointment and the importance of

Here's our cancer champion Stephen at Airedale Gala on 7 August, with Craig from Macmillan. We work closely with our friends at Macmillan, and it was a pleasure to share a stall. Lots of public engagement made this day a success.



Clare visited the Bottoms Up support group in Wakefield on 15 August. They were joined by Mark Jackson, prostate cancer survivor and playwright, who was there to tell the group about his new play FUFU. Mark was inspired to write the play based on his own experience of prostate cancer. It will be performed in Wakefield's Mechanic's Theatre on 5th October – free tickets are available from Eventbrite. Mark was very interested to hear about our new campaign, Don't Be The One, and has agreed to collaborate with us.





A fantastic day was had by all at Portobello Gala in Castle Grove Park, Wakefield on 17 August. It was a busy event, and everyone had fun.

Cancer Champions Helen (left) and Sue came along to talk to visitors and help children decorate our cloth bags (top left photo).

Cancer champion Bob (middle left photo) ran the stall for his support group Portobello Craft and Camera Group, and helpfully allowed us to share his gazebo.

Wakefield Deputy Mayor Cllr Maureen Tennant-King visited our stall (bottom left photo). Maureen is a cancer survivor and was keen to help promote our cancer SMART message.

Top right photo – a visitor holding one of our cloth bags that we encouraged people to decorate.



Upcoming events?

Here's some events we will be attending in September that may be of interest to you.

4 September - CGL Wellbeing event, Sikh Temple, Huddersfield HD1 2NX - 10am-3pm

14 September - Open Day at Ash Grove Medical Centre, England Lane, Knottingley, WF11 0JA - 11am-1pm

19 September - Humber & N Yorks Cancer Alliance Conference, Lakeside, York University- 9am-3pm

24 September - Health & Wellbeing & Confidence, Manygates Education Centre, WF2 7DQ - 11am-2pm

24 September - National Eye Health Week, Woodhouse Community Centre Leeds - 10.30am-2.30pm

26 September – Community Panel Launch, Church House, 17 York Place, Leeds - 2-4pm

Yorkshire Cancer Community – Online Support Group

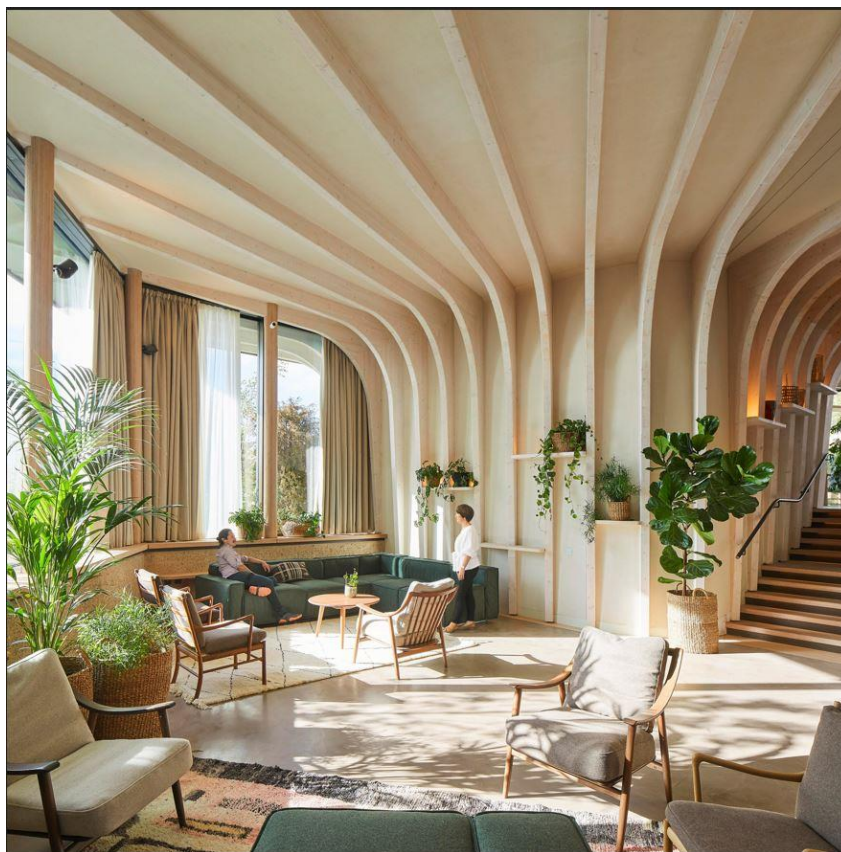
Weds, 11 September - 11am-12pm

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 and we'll send you a link. We'd love to see you.



Spread the word and help young people affected by cancer to access the Shine Shake-Up!



Cancer charity [Maggie's Yorkshire](#) is looking to promote a full-day workshop for people with cancer in their 20s, 30s and 40s, in partnership with fellow charity, [Shine Cancer Support](#).

Shine Shake-Up is an event at the Maggie's Yorkshire centre in Leeds. It is a chance to spend time with others who get what it's like to be affected by cancer – whether in treatment, in remission, living with cancer, with a partner who has cancer or with a diagnosis given years ago. It's an opportunity to chat about important topics and to feel less alone when dealing with cancer.

The Shine Shake Up is on Saturday 14th September, between 10.30am and 4pm. The session starts at 10, meeting the Shine Cancer Support team and a chance to grab a tea or coffee and have a chat.

The morning session from 10.30am is a chance to get to know everyone and look at how it felt during diagnosis and treatment. After a break for lunch, the afternoon session will focus on managing fears and anxieties, as well as how to cope with misinformation. The Shake Ups end by 4.30pm.

It is free to attend with food and drink included. There is also time for breaks and spaces available for those who feel like a breather.

To register visit <https://shorturl.at/vFScj>

Maggie's Yorkshire is located on the grounds of St James's University Hospital, Alma Street, Harehills, Leeds, LS9 7BE (next to the multi-storey carpark)

Other Items



Blood cancer awareness month

Blood Cancer

Blood cancer is a type of cancer that affects your blood cells. Leukaemia, lymphoma and myeloma are some of the most common types of blood cancer. There are also types called MPNs and MDS.

Blood cancer is caused by changes (mutations) in the DNA within blood cells. This causes the blood cells to start behaving abnormally. In almost all cases, these changes are linked to things we can't control. They happen during a person's lifetime, so they are not genetic faults you can pass on. Some types of blood cancer affect children.

Symptoms and treatment can be different between children and adults.

Over 40,000 people are diagnosed with a blood cancer each year in the UK, and over 250,000 people are currently living with blood cancer.

People with blood cancer may experience a range of symptoms including unexplained weight loss, bruising or bleeding, lumps or swellings, breathlessness, drenching night sweats, infections, fever, rash or itchy skin, pain in joints, bones or abdomen, tiredness and paleness of skin.

Treatments include chemotherapy, targeted therapies, immunotherapy, radiotherapy or stem cell transplants. Patients may have a range of treatments.

If you would like more information about blood cancers, including where to get help and support, we now have a specific page on our website <https://www.yorkshirecancercommunity.co.uk/blood-haematology-cancer/>



Childhood cancer awareness month

Childhood Cancer

4,200 children and young adults are diagnosed with cancer in the UK each year. There are around 1,900 new cases of childhood cancer in the UK every year, spread across 76 types of children's cancer that can be put in 12 main groups. The most common are: leukaemia (30%), brain, CNS and intracranial tumours (20%) and lymphomas (11%). There are around 2,600 new cancer cases in young people in the UK every year, that's around 7 every day.

The types of cancer affecting children are quite different from the cancers that affect teenagers and young adults (TYA); TYA cancers are different again from the types of cancer that typically affect adults aged 25+.

Thanks to investment in research and treatment, survival has increased dramatically over the past 50 years and four out of five young cancer patients can be successfully treated.

If you would like more information about childhood cancers, including where to get help and support, we now have a specific page on our website <https://www.yorkshirecancercommunity.co.uk/childrens-cancer/>



Gynaecological cancer awareness month

Gynaecological Cancer

Cancers that start in the female reproductive system are called gynaecological cancers. These cancer types can affect women, some transgender men and non-binary people assigned female at birth. There are five types of gynaecological cancer; cervical, ovarian, vaginal, vulval and womb cancer.

Not all gynaecological cancers will have symptoms, but things to look out for are unusual vaginal bleeding such as bleeding between periods or after sex or menopause, pain during sex, unusual discharge, feeling full quickly, loss of appetite, pain in tummy or lower abdomen, bloating, needing to wee more often, tiredness, weight loss, changes in bowel habits or sore or lesion in the vulva.

The NHS cervical screening programme invites women between 25 and 64 for cervical screening. Cervical screening is also for anyone in this age range with a cervix, such as trans men and non-binary people assigned female at birth. The cervical screening test aims to pick up changes early that could develop into cervical cancer if left untreated.

For more information on cervical cancer, including where to get help and support, visit our website page <https://www.yorkshirecancercommunity.co.uk/womens-gynaecology-cancer/>

For information on ovarian cancer, visit <https://www.yorkshirecancercommunity.co.uk/ovarian-cancer/>

For information on womb cancer, visit Peaches Womb Cancer Trust <https://peachestrust.org>

For information on other types of gynaecological cancers, visit <https://www.cancerresearchuk.org/about-cancer/womens-cancer>



Thyroid cancer awareness month

Thyroid Cancer

Thyroid cancer is cancer that's found in the thyroid gland. The thyroid gland is a small gland in the front, lower part of your neck. It makes and releases hormones that help with things like your digestion, muscles and heart.

Thyroid cancer is quite rare in the UK. Women are more likely to get it than men. How serious thyroid cancer is depends on the type of thyroid cancer, how big it is, if it has spread and your general health.

Symptoms of thyroid cancer include:

- a lump in the front, lower part of your neck – the lump usually feels hard, slowly gets bigger and is not painful
- a hoarse voice
- a sore throat
- difficulty swallowing or breathing
- pain in the front of your neck, or a feeling like something is pressing against your neck.

Thyroid cancer is often treatable. The treatment you have will depend on the size and type of thyroid cancer you have, if it has spread and your general health. It will usually include surgery. It may also include hormone therapy, radioactive iodine treatment, targeted medicines, radiotherapy or chemotherapy.

For more information about thyroid cancer, visit <https://www.nhs.uk/conditions/thyroid-cancer/>

Other resources are Butterfly Thyroid Cancer Trust <http://www.butterfly.org.uk/>

British Thyroid Foundation <http://www.btf-thyroid.org/>



Urological cancer awareness month

Urological Cancer

Urological cancers include prostate, bladder, kidney, testicular and penile cancer.

Prostate cancer - The prostate is a small gland in the pelvis and is part of the male reproductive system. It is about the size of a walnut, and is located between the penis and the bladder, and surrounds the urethra. In the early stages, there are no symptoms, but we know the risk factors are ethnicity (especially black men), age (over 50) and family history. In later stages, the prostate becomes sufficiently large enough to press on the urethra and cause symptoms such as needing to pee more often, straining to pee and a feeling that your bladder has not fully emptied.

For more information, visit our prostate cancer page of our website, at <https://www.yorkshirecancercommunity.co.uk/prostate-cancer/>

Bladder cancer - This is where a growth of abnormal tissue, known as a tumour, develops in the bladder lining. Symptoms include blood in the urine, which is usually painless.

For more information, visit the bladder cancer page of our website, at <https://www.yorkshirecancercommunity.co.uk/bladder-cancer/>

Kidney cancer - Kidney cancer, also called renal cancer, is a type of cancer that starts in the kidneys. It is most common in people over 60. Symptoms can include blood in your pee, a lump or swelling in your back, under your ribs, or in your neck, pain between your ribs and waist, weight loss, tiredness, a high temperature and night sweats.

For help and support, visit Kidney Cancer UK <https://www.kcuk.org.uk/> or Kidney Cancer Support Network <http://www.kcsn.org.uk>

Testicular cancer - Testicular cancer is most common in men aged 15 to 49, but it can affect anyone who has testicles. Testicular cancer usually only affects one testicle, but it can affect both. Symptoms include a lump or swelling in your testicle, your testicle getting bigger, an ache or pain, your scrotum feeling heavy or hard. Other symptoms can include an ache in your lower back or tummy, weight loss, a cough, difficulty breathing or swallowing, a sore or swollen chest. Testicular cancer is often treatable with surgery, and sometimes also chemotherapy or radiotherapy.

For more information visit <https://www.nhs.uk/conditions/testicular-cancer/>

Penile cancer - Penile cancer is a rare cancer that mostly affects the skin of the penis and the foreskin. It's very rare and mostly affects men aged over 50 years old. Symptoms include a sore, lump or growth, rash, bleeding, smelly discharge, difficulty pulling back your foreskin, a change in skin colour. Other symptoms may include a lump in your groin, tiredness, tummy pain and weight loss.

Penile cancer is much easier to treat if caught early, and can be treated non-surgically with a topical chemotherapy cream. Later stage cancers may need surgery, chemotherapy or radiotherapy. If surgery is required, reconstructive surgery may be possible.

For more information visit <https://www.nhs.uk/conditions/penile-cancer/>