



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

## Welcome to the March edition of the VOICE Newsletter

Hello everyone. We hope you enjoy our latest edition of VOICE, our monthly newsletter.

Well, Spring is just around the corner and we have had a very busy month in February, as you will see from our out and about section. We also welcomed two new trustees to our board – Stephen Halstead and Beverley Freeman. You can find out more about them and our other board members on the Our Team page of our website, or click this link <https://www.yorkshirecancercommunity.co.uk/team/>

We have also updated our website with some new Cancer Journeys podcasts from the wonderful Jacqui Drake, who is hoping to raise £1,000,000 for the Bexley Cancer Centre, in Leeds. You can have a listen here <https://www.yorkshirecancercommunity.co.uk/cancer-journeys-podcasts/>

As always, we welcome any feedback good or bad, and wish you all a wonderful Spring.

Best wishes  
Jill, Clare and Lauren

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## Your Stories

### Adam Lavery – Tackle Prostate Cancer

*We hear from Tackle Prostate Cancer's Peer Support Group Development Officer, Adam Lavery, on how they support people affected by prostate cancer by providing them with a safe space to talk...*

Tackle Prostate Cancer is the National Federation of Prostate Cancer Support Groups. We strive to be the go-to charity for peer support, and our mission is to enable the growth of peer support groups across the country, so the needs of people living with and impacted by prostate cancer are met, and their voices are heard.

We currently have over 140 support groups across the country, and that number is growing. What's unique about our support groups is that they are run by people who are living with or affected by prostate cancer and are tailored to what the people who attend want. Some of the support groups use physical exercise to connect and talk, others meet in a casual setting with a cuppa (or sometimes a beer!), some invite guest speakers to join them (e.g. local Cancer Specialist Nurse) to give their advice. A lot of the support groups, extend the support to the partners of those diagnosed too, as they recognise that they are also affected by prostate cancer as much as the person diagnosed.

However they operate, they all have one thing in common which is providing people affected by prostate cancer with a safe, free to access, space to talk.

#### ***How does my role fit into that?***

I have recently started at Tackle as a Peer Support Group Development Officer. I am covering the North of England, and I am based in the Northeast. With this being a regional role, it means I can provide support on a local level, ensuring that the support we offer best meets the needs of support groups and their members. I can help existing support groups develop their offer and direct them to Tackle's benefits; monthly support group leaders' meetings, training workshops, best practice guidance and signposting. I'm also in place to help people set up their own prostate cancer support group in their local area through our small start-up grants.

#### ***How can I help people living with or affected by prostate cancer?***

If you feel there is a prostate cancer support group missing in your community, I can help you set one up. We guide you through the processes using our information documents and how-to-guides co-produced with other group leaders. I am also on hand to discuss next steps and any questions you may have.

For those who may already be running or a part of a Prostate Cancer Support Group, joining Tackle can gain access to all the support mentioned above, as well as the opportunity to network with other group leaders. We run a National Conference every year which brings together Support Group Leaders from across the country, plus we are also working to create regional events, where Support Group Leaders can meet to discuss best practices and share their experiences.

If you'd like to chat through any of the above or have any questions about Tackle please get in touch, [adam.lavery@tackleprostate.org](mailto:adam.lavery@tackleprostate.org)



**tackle**  
prostate cancer

## Ronnie Gelder's story

My name is Ronnie Gelder, I was diagnosed with Prostate Cancer on July 28 2016 and on August 20 I had a prostatectomy. Before I was discharged from hospital, I asked about clinical trials.

I spoke with my oncologist and at the end of October I started trials comparing early and deferred access, where half of the men will receive radiotherapy three to six months after surgery, and the other group only if PSA levels start to rise. This trial is still ongoing and I speak with my oncologist every four months.

Right from the beginning, I have always felt that I wanted to get involved, to share my extremely positive experiences of care and treatment, and to help others who may be going through the same thing. I know that the quality of cancer care across our area does vary, and it's important to get involved and help to ensure that we put that right.

Ronnie is also a panel member of Patient VIEW, our community panel run in partnership with the West Yorkshire & Harrogate Cancer Alliance. To find out more about Patient VIEW including how to get involved yourself, please visit our website <https://www.yorkshirecancercommunity.co.uk/patient-view/>



## Clare shares her experience of her first breast screening appointment



We know that screening saves lives and is one of the key messages of our Cancer SMART campaign. So, when our administrator Clare received an invitation for her first breast screening appointment, she thought it was a good opportunity to share her experience. Clare has created a video to help others who may be a little daunted the first time they go for breast screening. We hope it will encourage other people to keep their appointment when invited.

You can view Clare's video here <https://youtu.be/vunKigh IMI>

At the moment, only around 53.7% of people invited for their first breast screening appointment actually go. The NHS estimates that if attendance rose to 80%, nearly a million more women could be screened and an additional 7,500 breast cancers could be detected at an earlier stage, when they are easier to treat. That's why they've launched their first ever breast screening campaign, which you may have seen on your TV recently. You can watch their new campaign advert here <https://www.youtube.com/watch?v=bHisHkOJl6M>

## Julie's story

If you have ever joined a Bradford and Pennine Breast Screening awareness talk, you cannot help but be inspired by presenter Julie Stein Hodgins.

Down to earth and approachable, Julie talks to hundreds of women each year, and a fair few men, not only about breast screening but also the importance of early detection.

In her pink polo shirt, and a 'knitted knocker' and a lemon in her hands, Julie helps her audience to understand about breast and chest checks, learning to "know your normal". So, when they feel something that feels different; it's unusual and ongoing, they get themselves checked out by their doctor.

When Julie discovered her own health issue, she wanted to practice what she preaches and emphasise the importance of early detection. In summer last year, Julie who often works alongside Cancer SMART volunteers, was at a group in Keighley talking about 'dangly bits' and encouraging the ladies to check out their breasts, under the arms and up to the collarbone. This particular session involved 'tapping' the body as part of a sensory awareness experience, and Julie felt a lump on the top left corner of her stomach.

It didn't feel normal or usual, and after a sleepless night, Julie, who lives in Hebden Bridge, sent an email 'Patches' inquiry to her GP requesting an urgent appointment. By the afternoon, she was being examined by an advanced nurse practitioner, who couldn't feel a lump, but did refer her for an ultrasound scan.

Two weeks later, the scan revealed a slightly enlarged spleen. Despite this, Julie said she felt fine, but a blood test showed low platelets. Another blood test a month later revealed much lower platelets and Julie expected to be fast tracked for an urgent cancer referral.

When this didn't materialise, Julie decided to pay for a private consultation with a haematologist who organised a CT scan, bone marrow biopsy and endoscopy.

The consultant diagnosed low-grade lymphoma and a very enlarged spleen. Reflecting back, Julie thinks she may have missed earlier signs which could have been the return of mild night sweats and hot flushes, something she had not experienced following the end of menopause.

Initially, Julie said she felt angry. She felt "why me?", as she had a low BMI, ate healthily and didn't drink much alcohol. But encouraged by her daughter-in-law she came to look at the diagnosis in a different way.

"I'm glad I got it early. I have time to improve my autoimmune system, get in better condition," she also can now accept people telling her she will be fine, as 'well-wishers'.

Within two weeks, Julie will undergo surgery to have her spleen removed. Although the spleen is a useful organ in the upper left side of the abdomen, we can survive without it, because the liver can take over many of its functions.

In the meantime, Julie will continue to meditate, exercise and eat well, consulting with a nutritionist to take supplements to boost her immune system.

Julie expects to feel 'pretty rubbish' for two weeks after the operation, and she'll take a couple of months off from her busy role at Bradford and Pennine Breast Screening.



Holding the fort will be Amelia who is available two days per week for talks and events on the usual contact email: [bth.penninehp@nhs.net](mailto:bth.penninehp@nhs.net)

We wish Julie lots of good wishes and look forward to seeing her again in the summer.

For The National Breast Screening information [nhs.uk/breast](https://www.nhs.uk/breast)

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

## World Cancer Day Fundraiser in aid of Macmillan Cancer Support

Barnsley Carers and Loved Ones Affected by Cancer social and support group raised £2,000 with a walk and fundraiser on 4 February.

Amy Bassinder who runs the group, organised a walk between the Macmillan pod at Barnsley Hospital, via Barnsley Town Centre to Barnsley Healthcare Federation based at Priory Campus.

Lots of local businesses offered raffle prizes and refreshments and Amy was well supported by walkers.

If you would like to know more about Amy's social and support group email [Amy.bassinder@nhs.net](mailto:Amy.bassinder@nhs.net)



## News

### Active Ostromates



Colostomy UK run the Active Ostromates project helps get people active after stoma surgery.

They deliver a range of free sessions online and through stoma support groups in the community, aimed at improving the physical and mental well-being of people with a stoma, and supporting them to get their lives back on track as soon as possible.

#### Active Ostromates – At home

They are proud to deliver **Active Ostromates – At Home**, a range of online classes as part of their Active Ostromates programme. They'd love you to join them!

Active Ostromates: at Home will be starting again from 25 February 2025 for 8 weeks. You can see their upcoming classes below.

[Chair Yoga](#)

[Mindfulness and Meditation](#)

[Pilates](#)

[Yoga](#)

Find out more here: <https://www.colostomyuk.org/active-ostomates/>

## Could this be you?



**Humber and North Yorkshire  
Cancer Alliance**

**NHS**

# Would you like to become a Patient or Public Representative?

**Use your experience of cancer to help improve  
services across Humber and North Yorkshire**

**Find out more - register your interest today**

Humber and North Yorkshire Cancer Alliance is actively recruiting people with lived experience of cancer to join its expanding Patient and Public Representative Group. Lived experience could mean either as a patient or the carer of someone with a cancer diagnosis.

As a Patient or Public Representative, you will have the opportunity to share your experience of cancer to help improve cancer services across Humber and North Yorkshire.

Your main role is to use your knowledge and experience to give feedback on and advise about the impact on patients of work being developed and undertaken by the Cancer Alliance.

You will be in a unique position, acting as a critical friend to the Cancer Alliance, and using your voice to challenge the approach and thinking of those making decisions in an appropriate manner, remaining respectful and open to a wide range of opinions and thought processes.

To find out more about the opportunity, visit the [Cancer Alliance website](#) and download a [recruitment pack](#). To apply, please complete an [expression of interest](#).

For any questions about the opportunity, please contact Emily Johnson, Senior Patient and Public Engagement Coordinator: [emily.johnson75@nhs.net](mailto:emily.johnson75@nhs.net).



## Metastatic Cancer Patient Survey

The Humber and North Yorkshire Cancer Alliance have just launched a patient survey designed to get feedback from people with experience of living with metastatic/secondary cancer, to pass on their experience of gaining support and information.



**Are you living with metastatic (secondary) cancer?**

Please complete our short survey by scanning the QR code or asking your Clinical Nurse Specialist for a copy. Alternatively visit <https://shorturl.at/Ynlrm>

Your responses will help inform improvements to the personalised care offered to people living with metastatic cancer.



For further information about this survey please contact:  
zoe.bounds@nhs.net / karenlindley@nhs.net



### About the survey

The survey has been designed with a group of Lived Experience Partners who are living with metastatic/secondary cancer and takes around six minutes to complete. Patients or their carers/families can complete the survey if they live within Humber and North Yorkshire and have been diagnosed and/or treated in a Hospital within the Humber and North Yorkshire region.

By sharing their experiences, people living with metastatic/secondary cancer can help make a real difference. We will listen and learn about what's most important to participants and share what we learn with key decision makers both at Humber and North Yorkshire Cancer Alliance (including local hospitals and GPs) and Macmillan Cancer Support, to help inform improvements to the support offers available, specifically for people living with metastatic cancer.

Responses to this survey are anonymous unless participants choose to include their contact details if they wish to be contacted by us for further information or wish to hear back about the outcomes. The survey closes on 9<sup>th</sup> May 2025.

The survey can be completed online by using the link <https://shorturl.at/Ynlrm> or by scanning the QR code on the image below. To receive a word copy via email contact [zoe.bounds@nhs.net](mailto:zoe.bounds@nhs.net) or [Karenlindley@nhs.net](mailto:Karenlindley@nhs.net)

For any further information make contact via email or call 07851 248073 or 07851 252430.

It is so important to us to hear the voice of the patients and their carers to ensure that we make changes that create the very best care and support possible.

If we can be of any further help or support, please do get in contact.

Best wishes

Zoe and Karen

## National Garden Scheme in partnership with Macmillan

Do you run a support group who would love to get out into nature this Spring or Summer? Macmillan are offering a couple of groups a free visit to a National Garden Scheme garden.

The scheme starts in May, but groups can choose anytime from May until September for a group visit of up to 10 people.

They can choose their garden from the list either locally or further afield if they are willing to travel:

[Find your nearest garden here](#)

Macmillan can even help with minibus costs.

Sarah Whyte who is promoting this opportunity said:

“We think it would be great to offer this to a group of people who might need this to cheer them up or inspire them to get in the garden to help with their mental health or simply just have a nice day out.”

If you are interested in this opportunity, don't delay. Make contact with Sarah who can help make the arrangements. Contact

[swhyte@macmillan.org.uk](mailto:swhyte@macmillan.org.uk)



## Management of Chronic Pain Research Study

Yorkshire Cancer  
Research



UNIVERSITY OF LEEDS



Hi, we are Olivia, Rosie and Matt, researchers from University of Leeds.

We are running a research project about how to improve the management of chronic pain for people living with advanced cancer and who are cared for at busy cancer centres.

We are looking for people who have experienced cancer pain or have supported someone with cancer pain to join our patient and public involvement group. The group will help to shape the project by providing their advice and experience about what it's like living with and managing cancer pain. This will help us to improve pain assessment in oncology services for people with advanced cancer.

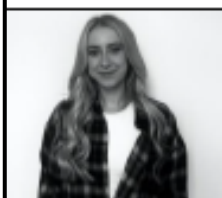
**How can you be involved?**

You can join our patient and public involvement group and provide feedback on how we plan to share the results with the public.

We will meet twice this year, once on Microsoft Teams and once at the University of Leeds. We will reimburse group members for their time in taking part, and travel costs. If meetings are held in-person catering will be provided.

**Want to hear more about the project?**

If you are interested in taking part, please contact us on the below information. We will be able to tell you more information about the study.



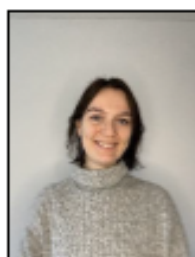
**Please contact us on:**

**Email:** [M.R.Mulvey@leeds.ac.uk](mailto:M.R.Mulvey@leeds.ac.uk) or  
[o.c.robinson@leeds.ac.uk](mailto:o.c.robinson@leeds.ac.uk)



**Thank you for your help!**

**Matt Mulvey, Rosie Stevens and Olivia Robinson**





## Would you like to help design a study about adults' experiences of living with and beyond **blood cancer**?

If yes, and **any** of the following statements apply, I would love to hear from you!



"I have lived experience of blood cancer."



"I have lived experience of blood cancer **and** at least one other health condition."



"I have helped to support a friend or family member with blood cancer."

### WHAT?

Group or 1-to-1 discussions with a Doctoral Researcher from Hull York Medical School

### WHEN?

Whenever suits you!

### WHERE?

Online via Zoom or email, or over the telephone

### ALSO...

We cover expenses and offer additional fees to thank you for your contributions



If you are interested in getting involved, please contact me for more information:  
**Zoë Baldwin | [hyzb4@hyms.ac.uk](mailto:hyzb4@hyms.ac.uk)**

## What have we been up to?

### Cancer Champions Trip to Calderdale Cancer Aware

Jill, Lauren and some Cancer Champions had a trip to visit Calderdale Cancer Aware during February half-term.

Calderdale Cancer Aware are a community team based in Park Ward at local charity Halifax Opportunities Trust working in partnership with Macmillan.



L-R Sadia, Rachel & Sarah – Calderdale Cancer Aware

Led by Rachel Porter, a former teacher, the team members include Sadia, Sarah, Parveen and Ilyas. In Park Ward, cancer is typically detected at a later stage when treatment can be aggressive and outcomes are poorer. The project aims to empower local people to speak openly and confidently about health and to learn the signs and symptoms of cancer and the importance of screening.

The session was also attended by the Staying Well Team who work alongside adults to access health and wellbeing related services in the community.



Jill said “Cancer Champions run information stalls and deliver talks but I thought it would be really helpful for them to see how another project works. We always love to learn and share ideas with others.”

The elements of the training session that Champions particularly enjoyed were the large amount of audience participation and the use of fruit to bring screening messages to life!

Rachel added: “Sharing practice is key, that’s why we gathered with Yorkshire Cancer Community. We got some good food for thought and we’re excited to see how things will develop.”

Thanks to Cancer Champion Louise who forfeited her attendance to help look after Chairman Dr Stewart Manning’s grandchildren, thus allowing him to attend!



On 29 January, Cancer Champion Michael (pictured) and Patient VIEW coordinator Lauren went along to the Keighley Cancer Awareness (K-CAN) first-year showcase event. They connected with K-CAN champions and many local people to share our Cancer SMART message and discuss cancer signs, symptoms and available support. They said it was a fantastic event and a great opportunity to raise awareness.



Cancer Champion Michael went along to the wonderful GEMS Day at BD4 Community Trust run from St Johns Bowling Hub in Bradford. They have a multitude of activities, and Michael never misses an opportunity to spread the Cancer SMART message, and his personal journey with cancer, including the important message “if in doubt, get checked out”



Jill and Farida (pictured wearing a Cancer SMART t-shirt) from the Association of Blind Asians Leeds, gave a talk to Rainbow Hearts Women’s Group in Leeds. YCC and ABA Leeds are working in partnership to raise cancer awareness and talk about the benefits of attending screening appointments. The feedback from the talk was very positive and the women asked lots of questions such as how to check their breasts each month. One participant even said she would now attend her cervical screening appointment, which is fantastic news. If you’d like us to give a Cancer SMART talk to your organisation or group, please get in touch.



Patient VIEW coordinator Lauren (centre) with Patient VIEW panel members Ronnie (left) and Michael (right) went along to the Working on Wellbeing Social Prescribing health check event at Great Horton Community Hall and Library in Bradford on 12 February. There were lots of people there, having blood tests and blood pressure checks. A big thank you to the social prescribers for supporting us and all the other services that joined us to share the vital work they do. It was a good opportunity to speak to members of the public about our Patient VIEW community panel, and to raise awareness of Cancer SMART. Together, we're making a difference just by having conversations and sharing experiences.

You can see both Ronnie and Michael's stories on our Patient VIEW page of our website

<https://www.yorkshirecancercommunity.co.uk/patient-view/>

Cancer Champions Stephen and Kathy attended a performance of Men's Talk, at the Al Hikmah Centre, Batley.

Stephen, who is also a Prostate Cancer UK volunteer, took along an information stand with both Cancer SMART and PCUK leaflets.

Men's Talk is a theatre performance by men with lived experience of mental health issues and the performance follows their journey from mental ill health to recovery.

If you would like to invite Cancer SMART volunteers to attend your event, please email [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)



Our YCC chairman Stewart (second right) delivered a training session to employees at Community Learning Partnerships in Harehills, Leeds. The smaller group made it incredibly interactive, sparking meaningful discussions and plenty of insightful questions made the session a success. If you would like us to deliver a Cancer SMART training session to your organisation, please get in touch – [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)



Our Cancer Champion Michael is pictured at the Community Health Check event at the Khidmat Centre, Bradford on 20 February, where he took an information stall. Michael is passionate about sharing the signs and symptoms of cancer and encouraging people to attend their screening appointments. He has first-hand experience as both a cancer patient and carer, and is keen to give something back to the community.

Trustees Ric (pictured) and Stewart gave a Cancer SMART talk to the Asian Community Group at Beeston Village Hall in Leeds on 14<sup>th</sup> February.



Stewart gave a Cancer SMART talk and ran an information stall at the Bangladeshi Youth Organisation in Bradford on 6 February.





Lauren went along to the Coalfields Regeneration Trust 25<sup>th</sup> celebration event at Queens Mill in Castleford on 7 February. It was fantastic to see the remarkable transformation that CRT has brought to various areas in Yorkshire, and a wonderful opportunity to connect with so many other local charities and organisations making a real difference in their communities. Big thanks to Coalfields Regeneration Trust.



Jill and Lauren went along to the Well Woman Screening Event run by Local Services 2 You at Tolson Museum, Huddersfield on 24 February. This event encourages women to come along to a mobile drop in clinic and offers a variety of services, as shown on the photo below. There are wellbeing activities running every Monday at the Tolson Museum, Ravensknowle, Huddersfield from 11am – 3pm. The Well Woman Drop In Clinic will return to the Tolson Museum on 10 March.



## Upcoming events

Here's some events we will be attending in March that you may be interested in:

Wed 5 Mar - BHA Leeds Skyline cancer course, 131 The Headrow, LS1 5RD - 11am-1.30pm  
 Thu 6 Mar - Cancer Hub, stall, Sue Belcher Centre 63 Bracken Bank Ave, Keighley BD22 7AE – 1pm – 3pm  
 Fri 7 Mar - Stall, IWD, Diamond Wood Academy, Ravensthorpe – 9am-11am  
 Fri 7 Mar - Stall, IWD, Old Fire Station, Gipton, LS9 6NL – 12pm-2pm  
 Mon 10 Mar - Well Woman Screening event with Locala, Tolson Museum, HD5 – 11am-3pm  
 Wed 12 Mar - Health checks at Royds Community Association, Buttershaw, BD3 3EW – 11am-2pm  
 Thu 13 Mar - Talk & stall Huddersfield Uni Cancer Week for staff – 12pm-1pm  
 Sun 16 Mar - BRCA awareness event, stall and talk, Synagogue North Leeds LS17 8DW with Leeds Jewish Representative Council – 6pm-8pm  
 Tue 18 Mar - Men's awareness event, stall, Featherstone Town Council, WF7 5BB – 9am-12.30pm  
 Tue 18 Mar - Talk & stall Hudds Uni Cancer Week – 12pm-1pm  
 Thu 20 Mar - Talk & stall Hudds Uni Cancer Week – 12pm-1pm  
 Thu 27 Mar - Veterans event, stall, Glasshoughton Centre, Leeds Rd, WF10 4PF – 9am-3pm  
 Sat 29 Mar - PSA Test and stalls, Airedale Shopping Centre, Keighley, BD21 3QQ – 11am-4pm

## Yorkshire Cancer Community – Online Support Group

**Weds, 12 March - 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.




## Flat Cap Friday

This **Flat Cap Friday**, we're celebrating the **resilience of the brain tumour community** and raising awareness for **kinder treatments**. Join us at **Wetherby Racecourse on 21st March at 10am** for an exclusive **behind-the-scenes racing experience!**

 **Walk the course** with our team

 **Meet the race clerk**

 **See how hurdles are made**

 **Check out the weighing room**

 **Finish with a brew!**

Find out more by visiting: <https://www.yorksbtc.org.uk/event-details/flat-cap-friday-at-wetherby-racecourse>

Can't make it? **Get involved by snapping a flat cap selfie** and tagging us! Let's raise awareness together.

#FlatCapFriday #BrainTumourAwareness #YorkshireBrainTumourCharity



JOIN YORKSHIRE'S BRAIN TUMOUR CHARITY FOR

# FLAT CAP FRIDAY

*at Wetherby Racecourse*

**10AM**  
AT  
**WETHERBY RACECOURSE**

**21ST MARCH**

JOIN YORKSHIRE'S BRAIN TUMOUR CHARITY THIS BRAIN TUMOUR AWARENESS MONTH, AS WE WALK THE COURSE AT WETHERBY RACECOURSE- YOU'LL GET THE CHANCE TO MEET THE CLERK OF THE COURSE, VISIT THE HURDLE SHED TO SEE HOW HURDLES ARE MADE AND VISIT THE WEIGHING ROOM FOLLOWED BY A BREW!



yorkshire's brain tumour charity!

www.yorksbtc.org.uk

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**NHS**

**Mid Yorkshire Teaching  
NHS Trust**

# Cancer Health and Wellbeing event

Would you like to meet health care professionals and local services showcasing information and support available to Cancer patients and carers?

Then join us on **3 April 2025, 9.30-11.30am** at the Cancer health and wellbeing event, Upper floor exhibition area, The Ridings Shopping Centre, Wakefield, WF1 1DS.

**NHS**  
Yorkshire  
Smokefree Service

MY Breast Cancer Support

citizens  
advice  
Wakefield  
District

wakefield  
hospice  
Wakefield & District

Carers  
Wakefield & District

**tackle**  
prostate cancer



THE PRINCE OF WALES  
HOSPICE

Yorkshire Cancer  
Community

Live Well  
Wakefield

West Yorkshire and Harrogate  
Cancer Alliance

*Bottoms Up*  
Colorectal and Bowel Support Group

**Working together**  
making a difference

## Other Items



### Brain Tumour Awareness Month

There are lots of different types of brain tumour. Not all are cancerous (malignant); some are non-cancerous (benign) and grow more slowly. Some tumours start in the brain (primary) or spread to the brain from elsewhere (secondary).

Symptoms can vary depending on where in the brain the tumour is located, but common symptoms include headaches, fits, vomiting or feeling sick, memory problems, changes in personality, weakness, and vision or speech problems. If you have any of these symptoms that don't go away, it's best to get checked by a GP. It probably isn't a brain tumour, but it's better to make sure.

We now have a page of our website dedicated to brain tumours. There you will find information, charities offering help and support, support groups and life stories of people's own experiences with brain tumours. You can find it in our help and support section or by using this link:-

<https://www.yorkshirecancercommunity.co.uk/brain-tumour/>



### Colorectal Cancer Awareness Month

Colorectal cancer (bowel cancer) is a cancer found anywhere in the large bowel, including the colon or rectum. It's one of the most common types of cancer in the UK.

Symptoms can include changes in your bowel habits (constipation, diarrhoea, frequency) or feeling that you haven't completely emptied your bowels. You may see blood in your poo, which may look red or black, or experience bleeding from your bottom. Other symptoms include tummy pain, a lump in your tummy, bloating, losing weight without trying, and feeling tired. Bowel cancer can also cause anaemia which can make you feel tired, short of breath or have headaches. Of course, these symptoms do not necessarily mean you have bowel cancer, but if you have any of these symptoms and they last longer than two or three weeks, then you should speak to your GP to rule out bowel cancer.

There is a national screening programme for bowel cancer called a FIT test, which is sent by post to everyone registered with a GP between 54-74 years old (although this is currently being reduced to 50). We strongly recommend you use the kit when invited as it can spot tiny bits of blood in your poo that you may not have noticed yourself, and is a good opportunity to catch bowel cancer early, when it is much easier to treat and cure. Cancer Research UK have created a video showing you how to use the kit which you can watch here: -

<https://www.youtube.com/watch?v=il6VSceMWfM>

We now have a page of our website dedicated to bowel cancer. There you will find information, charities offering help and support, support groups local to you and life stories where people share their own experiences with bowel cancer. You can find our bowel cancer page in our help and support section or by using this link:- <https://www.yorkshirecancercommunity.co.uk/bowel-cancer/>



## Kidney Cancer Awareness Month

Kidney cancer (renal cancer) is a cancer that starts in the kidneys. It's more common in people over 60 years old.

Symptoms can include blood in your pee, a lump or swelling in your back, under your ribs or in your neck, pain between the waist and ribs that doesn't go away, loss of appetite or losing weight, feeling tired or lacking energy, a high temperature or sweating a lot, including night sweats. Of course, these symptoms don't always mean cancer, but it's always best to get checked out by your GP if you notice these symptoms and they persist.

We now have a page of our website dedicated to kidney cancer. There you will find information, charities offering help and support, support groups local to you and life stories where people share their own experiences. You can find our kidney cancer page in our help and support section or by using this link: - <https://www.yorkshirecancercommunity.co.uk/kidney-cancer/>



## Ovarian Cancer Awareness Month

Ovarian cancer is cancer that starts in the ovaries. It mainly affects women over 50, but it can affect anyone who has ovaries, even if you have had them removed, as it can also affect your fallopian tubes or the lining of your tummy (peritoneum). It sometimes runs in families.

Symptoms of ovarian cancer such as bloating are sometimes not obvious, which means ovarian cancer is often diagnosed at a later stage, but early diagnosis can mean it is more treatable. Symptoms include frequently (roughly 12 times or more a month) having a swollen tummy or feeling bloated, pain or tenderness in your tummy or pelvis, no appetite or feeling full quickly after eating, an urgent need to pee or needing to pee more often. Other symptoms include indigestion, constipation, diarrhoea, back pain, tiredness, losing weight without trying, bleeding from the vagina after menopause. These symptoms are very common, so it probably isn't ovarian cancer, but see your GP to rule it out.

We now have a page of our website dedicated to ovarian cancer. There you will find information, charities offering help and support, support groups and life stories of people's own experiences with ovarian cancer. You can find it in our help and support section or by using this link: - <https://www.yorkshirecancercommunity.co.uk/ovarian-cancer/>



## Prostate Cancer Awareness Month

Prostate cancer is a cancer that grows in the prostate, a walnut-sized gland located in the pelvis between the penis and bladder. It is usually very slow growing so there may not be any signs for many years. It is very common, with 1 in 8 men affected.

There are no symptoms of prostate cancer in the early stages, until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra). When this happens you may notice an increased need to pee, straining while you pee, or a feeling that your bladder has not fully emptied. If you experience these symptoms you should contact your GP. Although these symptoms are more commonly caused by prostate enlargement (a non-serious condition common in men over 50), it's important that you rule out prostate cancer.

Some factors increase your risk of developing prostate cancer. These are:-

- age – if you're over 50
- family history - you're more likely to develop prostate cancer if a close relative such as Dad, brother or grandad have had the disease, or if your sister or mother have had breast cancer
- ethnicity – if you're black or have black heritage you're twice as likely (1 in 4 risk)

Due to the high risk for black men, we recommend that you ask your GP for a PSA test if you're over 45. In fact, we're so concerned that we have created a special campaign called Don't Be The One to raise awareness of prostate cancer in the black community. You can find out more about the campaign here: - <https://www.yorkshirecancercommunity.co.uk/dont-be-the-one/>

The most common test for prostate cancer is a PSA blood test. This measures the prostate-specific antigens in your blood. Raised levels can be caused by non-cancerous conditions, but if you do have raised levels of PSA then further tests can be carried out such as an MRI. The finger up the bum test (digital rectal exam) is sometimes used but is not always necessary and you can always decline this aswell, so don't let it put you off seeking help.

We now have a page of our website dedicated to prostate cancer. There you will find information, charities offering help and support, support groups local to you and life stories where people share their own experiences. You can find our prostate cancer page in our help and support section or by using this link:- <https://www.yorkshirecancercommunity.co.uk/prostate-cancer/>



## International HPV Awareness Day – 4 March

HPV is the human papillomavirus. Almost all of us will have HPV at some point and while for most of us it isn't harmful, HPV is linked to several kinds of cancer.

HPV is a group of over 200 viruses that are spread by skin-to-skin contact. Most of the time HPV doesn't cause any problems but some types of HPV - the ones that are spread by sexual contact - can increase the risk of cancer. It is estimated that 90% of cervical cancer and anal cancer are caused by HPV. Other cancers that HPV can cause include mouth and throat, vaginal, vulvar, and penis cancer. We can prevent HPV and reduce the risk of HPV-related cancer through increased awareness, vaccination and cervical screening.

Vaccination prior to sexual contact is the most effective way to protect against HPV and HPV cancers. Research shows that vaccination prevents almost 90% of cervical cancer cases. The HPV vaccine is offered to children between the ages of 12-13 (school year 8). If you missed getting vaccinated at school, the vaccine is available for girls up to the age of 25 and boys born after 1 September 2006 for free on the NHS. Also if you're a man who has sex with men, you're at higher risk of HPV and can get vaccinated up until your 46<sup>th</sup> birthday if you attend a sexual health or HIV clinic.

Cervical screening can check for HPV infection and for changes in the cells of the cervix that could go on to become cancer. If you are invited to attend a cervical screening make sure you attend.

For more information about HPV, visit <https://www.nhs.uk/conditions/human-papilloma-virus-hpv/> or <https://www.askabouthpv.org/>