



Yorkshire Cancer
Community

May 2025 Edition

WE COL VOI



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

www.yorkshirecancercommunity.co.uk

Welcome to the May edition of the VOICE Newsletter

Hello and welcome to this edition of the VOICE.

It seems as though Summer is just around the corner with all this lovely weather we are having at the moment. And just like the bees in the garden, we have been very busy this month too!

You will notice a brand new section in the VOICE – The Patient VIEW. This will be a regular feature to keep you up to date with what Lauren and the patient panel are up to. If you would like to find out more, you can email Lauren at lauren@yorkshirecancercommunity.co.uk

Also, on 13 May at 1.30pm we will be hosting our first Cancer SMART talk online via zoom. Join us to find out how you can reduce your risk of cancer. It's completely free of charge. Just email us for joining instructions at admin@yorkshirecancercommunity.co.uk. We hope you can join us.

Best wishes
Jill, Clare & Lauren

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Your Stories

Keighley Lions host Prostate Awareness testing event

Keighley Lions member Barry Peel was so grateful that he received his prostate cancer diagnosis early enough for treatment that he resolved to do what he could to help other men who may be affected.

Inspired by an event hosted by Huddersfield Lions to test men for potential signs of prostate cancer, Barry decided he would run a similar event himself.

Working in partnership with the Graham Fulford Charitable Trust, he organised an event to test men's PSA blood levels, which can be an indication of the early signs of prostate cancer.

Men generally stand a 1 in 8 chance of prostate cancer in their lifetime, with black men being at twice the risk. Unlike some cancers, there is no national screening programme for prostate cancer.

The screening event Barry organised was held in the Modality unit of the Airedale Shopping Centre, Keighley with all 70 available appointments filled within days.

"Prostate cancer means a lot to me. I am clear for now, but I like to give something back," Barry explained.

To host such an event costs around £1,600 and Barry approached local businesses to help make contributions which meant all tests were offered free of charge. The Lions hope to hold another testing event in Autumn if they can raise the necessary funding.

On hand during the day were Cancer Champions Stephen and Kathy to talk about cancer awareness. Stephen who is also a trained Prostate Cancer UK volunteer said the event was very busy and men had brought their partners along. Everyone was interested to know more about how to stay healthy.

We run a Don't Be The One campaign to raise awareness of the risk of prostate cancer, particularly to black men where 1 in 4 black men will be diagnosed with the cancer. If you would like to get involved contact info@yorkshirecancercommunity.co.uk



Barry Peel (centre) with our Cancer Champions Kathy (L) and Stephen (R)

Jamie's story

May is Melanoma Awareness Month. Here we share Jamie's experience of the disease.

Jamie Sutcliffe has always been an active guy, with hobbies such as cycling and running, but he has never been one for sunbathing or foreign holidays. That's why he was surprised to discover that he had melanoma skin cancer at only 25 years of age. Here he tells his story.

I went to the doctors around March 2001, primarily about a lump on my back. Whilst there I pointed out a mole on my arm that had changed shape and size. If it wasn't for the lump on my back, which turned out to be a blocked pore, I wouldn't have gone to the doctors at that point as I had assumed it was some sort of birth mark! They unblocked the pore and sent me to Pinderfields Hospital, Wakefield - Ashton Centre to get the mole checked.



The mole was checked and I was booked for an urgent lesion removal from my arm (removing the mole and some surrounding tissue). This was tested and the mole was found to be a malignant melanoma (skin cancer). The next treatment stage was to remove an additional lesion, and this was tested too. Thankfully this was found to be cancer free.

I attended for regular visits to be checked for the first couple of years. This reduced again at five years and at eight years I was discharged.

At the time, I was really shocked to learn I had skin cancer. I was extremely thankful that it had been caught early and that I had a good prognosis. Even that being the case, I was very worried when I waited for the results for the second lesion test.

I would advise anyone who is newly diagnosed to remain as positive as possible. In my case I was very lucky and the outcome could have been very different had I not got it checked early.

Following my diagnosis, I am careful with my exposure to the sun and also advise others to be careful. I was very proactive with applying sun cream to my children when they were little and badger them to apply it now they're older, especially when abroad. I tend to look after myself better and exercise more regularly.

Empowering people impacted by cancer – 5K Your Way

On the last Saturday of every month, 5K Your Way, comes to more than 100 parkruns around the UK and Ireland.

Anyone affected by cancer is welcome to take part. Participants include those living with and beyond cancer, family, friends, those that have lost a loved one to cancer, healthcare professionals.

No one is expected to run 5K. Instead, the often-repeated mantra is to 'walk, jog, run, cheer or volunteer'. No special kit is needed and it's free.

Every group is led by at least one volunteer 5K your Way Ambassador who will be wearing a blue T shirt or hoodie.



Halifax 5K your way

The 5K Your Way initiative is run by the charity MOVE and was launched in 2018 to help promote participation in parkrun by those living with and impacted by cancer.

There are now 5K Your Way groups in Huddersfield, Halifax, Leeds, Harrogate, Beverley, York, Doncaster and Sheffield.

To find your nearest 5K Your Way group go to <https://www.moveagainstcancer.org>

You will need to register for your first 5K Your Way, but you only need to fill out the form once, even if you try out different groups.



Huddersfield 5K your way

Yorkshire Cancer Community Trustee and Cancer Champion Stephen Halstead tells us why he goes along to his local 5K Your Way gathering:

“What’s so special about the last Saturday of the month? It’s 5K Your Way Move Against Cancer Day! As an ambassador and regular, I always make sure I’m there nice and early. It’s a great chance to get some fresh air, move a little (or a lot!), and catch up with friends—old and new—over a post-5K coffee.

Some days I walk the whole route, other times I do a bit and chat the rest. And occasionally, when I’m not feeling my best, I just come along for the company—and that’s totally okay too.

At Greenhead Park in Huddersfield, we usually have a friendly group of 10 to 15 of us, but the real buzz comes from seeing hundreds of others taking part in the parkrun. Young and old, some with dogs, others pushing buggies—it’s such an uplifting mix of people all moving together.”



Wakefield fundraiser Beverley is invited to attend a special Buckingham Palace reception to celebrate the work of cancer charities

Former Yorkshire Cancer Community trustee Beverley Forkes has been nominated by Breast Cancer Now to attend a special Buckingham Palace reception to honour the work of cancer charities.

The King, who is still undergoing treatment after being diagnosed with cancer last year, will celebrate community-based projects raising awareness of the disease at the Buckingham Palace event. The monarch and Camilla will meet representatives from their cancer charity patronages, Macmillan Cancer Support, Breast Cancer Now, Maggie’s and Children’s Hospice South West.



Beverley, from Wakefield, was surprised but delighted to be invited in recognition of her work as a patient representative on Breast Cancer Now service pledges, and also her fundraising work for the charity. She raises hundreds of pounds each October during #breastcancerawareness month with her 'Pink Ladies' event in Altofts.

Beverley said she feels very honoured to receive the invite and can't wait to attend the reception.

Phil Kelly – retires from role as chairman of the Calderdale and Huddersfield Bladder Cancer Support Group

Phil Kelly (pictured) has stepped down from his role at the Calderdale and Huddersfield Bladder Cancer Support Group after more than eight years.

Some of you may remember Phil when he chaired Yorkshire Cancer Patient Forum, which went on to be renamed the Yorkshire Cancer Community.

The Yorkshire Cancer Patient Forum came about in December 2014 following a period of discussion with other patients from the previous Yorkshire Cancer Network User Partnership Group.

A few members of the group linked with Macmillan in taking forward the idea of a Patient Forum to ensure that patient and carer voices were heard across Yorkshire.

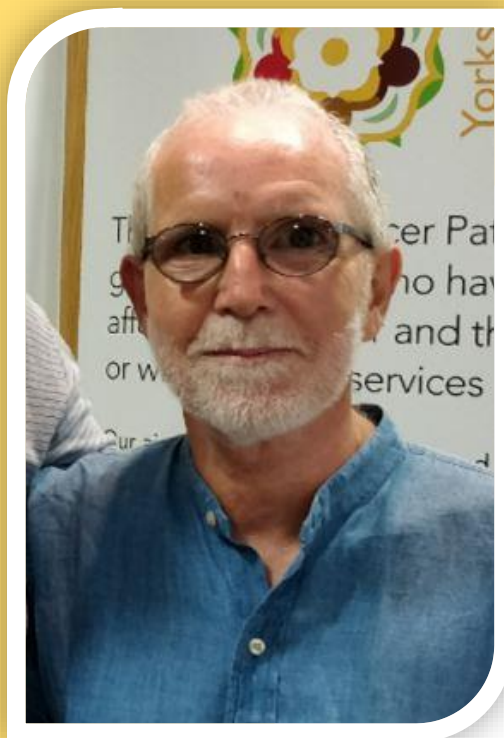
Phil led the Forum for several years and helped to gain three years of Macmillan funding to appoint a paid worker in March 2017 (Jill Long).

He was also instrumental in coming up with the idea of a Community Panel of patients and carers for the West Yorkshire & Harrogate Cancer Alliance, (a Panel which we now facilitate) based on his experience serving on the Calderdale Citizens Panel.

As a bladder cancer patient, Phil has been involved in a variety of bladder cancer related work with the NHS, NICE and also Action for Bladder Cancer UK.

The support group he led is a partnership between Calderdale & Huddersfield NHS Trust and Action for Bladder Cancer UK, which is open to patients and carers in Huddersfield and Halifax.

The group meets every two months at Briar Court Hotel, Halifax Road, Birchencliffe, Huddersfield, HD3 3NT. Anyone interested in joining should contact Urology specialist nurses Miriam Slade or Shawna Doyle on 01484 355269. The patient lead will now be Bobbi Clarke, email bobbiclarke@yahoo.co.uk



The Dodgy Walnut – a prostate cancer support group in Harrogate for younger men and their partners – set up by John and Emma from North Yorkshire in January 2025



This article first appeared in the Spring edition of Prostate Matters, the newsletter from Tackle Prostate Cancer.

Can you tell us a little bit about The Dodgy Walnut, and why you wanted to start your own prostate cancer support group?

Many things have been quite serendipitous when it comes to The Dodgy Walnut. We first connected with Tackle at [Prosper](#) (Prostate Cancer Peer Support Group for Harrogate), where it was mentioned that we should consider sharing our experience to help others. We then spoke with Molly (Marketing Manager at Tackle), and explained that my wife, Emma and I were frustrated by the average age of men and their partners who were attending the prostate cancer support groups. So, she suggested that we could set up our own group targeting the younger population of men and their partners affected by prostate cancer. Coincidentally, at the same time my appointments with my therapist at The Sir Robert Ogden Macmillan Centre (Harrogate Hospital) highlighted my skills and experiences which would make setting up a group for younger men fill a gap in the peer support group network.

After February 2024 (the time I decided to take my head out of the sand) I was a sharer and a joiner! I was telling anybody and everybody who would listen, my experience and joined every group, every course, every experience I could find. When attending specific Prostate cancer groups, these were populated by older men and their partners. As a 54 year old (at the time) and recently forced to retire from teaching, my issues were not those of the older population. I was still interested in Sex, Drugs and Rock n' Roll, they were not! I convinced myself that there must be men out there who were suffering from the effects of the treatment as I was, and partners who needed support as Emma did and still does. So, with the support of the good people at Tackle, Emma and myself set about creating a Peer Support Group for Young men and their partners who are impacted by prostate cancer.

What can people expect if they want to come along to The Dodgy Walnut's meetings?

Emma and myself explored numerous venues, realising that this was important to get right to set the vibe / atmosphere for group meetings. What we did not want was a circle of chairs, with absolute silence, waiting on everybody's word. We wanted a more informal, relaxed meeting where conversations were organic. Where men or partners can just vent their grievances without judgement, where we could be angry at the world, where levels of empathy, an understanding of people's predicament can be aired. The venue we decided on was closer to home than we thought, Harrogate Sports and Fitness Club.

The staff are really nice, there's comfy seating, a pleasant family atmosphere where they serve food and drinks late into the evening. There are a number of different rooms available for us to use depending on the size of the group, which gives us the space to expand into in the future, but ultimately, we hope the venue allows for people to open up, discuss what is bothering them and get advice from peers who suffer from similar conditions and side effects. We have built up a bank of knowledge from our experiences, from the other peer support groups we are part of, from the expert speakers we have listened to over the past year. A warm welcome to all who attend whether they want to contribute to discussions or listen, just turning up is often the hardest part in my experience.

How have you found the process of setting up The Dodgy Walnut? Have there been any unexpected positives that have come from the experience?

Setting up The Dodgy Walnut was not as onerous a task as one might think. Coming up with a catchy name, finding a suitable venue were just a couple of the hurdles we had to overcome. Adam and Molly (Tackle staff) were invaluable when it came to the media and marketing situation as these were areas we had very little experience of, but once we were up and running everybody was only too generous with their help and time. The free printing by TIG, organised by A. Ashton, was a really serendipitous moment as was the link generated with Harrogate Town AFC. Our confidence in putting ourselves 'out there' has grown and approaching people for assistance in raising awareness is now second nature.

How have the last two meetings been? Have you had many people turn up and have they been open in conversations?

We have had three couples turn up to The Dodgy Walnut from Pateley Bridge and North Leeds. Conversations were always open and brutally honest, nothing was off the table and all concerns were dealt with a sympathetic ear and a sprinkling of humour to help 'take the edge off'. Frustration, anger, and fear of the unknown were always themes running through the topics of conversation.

If someone was interested in coming along to a support group, but were nervous about what to expect; what advice would you give them?

The first step is always the hardest, but everybody present is dealing with similar issues, similar concerns. Although we all own our odyssey and that is unique to us, the areas of concern, challenges which are placed in our path, frustrations which confront us every day are common to us all. We have all found our own unique ways of managing the condition which we have inherited. Openly discussing these topics of conversations often throws up methods we may experiment with as we navigate the hurdles our treatment throws in our way. The members present at all meetings are warm, welcoming, and brutally

honest about their condition and do not hold any preconceived judgements when discussing conditions which affect us all.

And finally, if someone was interested in setting up a prostate cancer support group, but were apprehensive about doing so; what advice would you give to them?

Have fun with it! Having cancer, supporting somebody with cancer, going through treatment is awful! Humour is a coping strategy. People will remember a fun name for the group, that will then filter down through the rest of your work as you talk to people, it will strike a chord, it will trigger an emotion. Something which people will remember. Not many people have rejected our advances for help in spreading the word in setting up the group, but by word of mouth, Facebook, Internet, we are becoming known within the cancer community and that in turn will trigger more people struggling in silence to seek peer support from the good people at The Dodgy Walnut.

Support Group meetings are 4th Wednesday of the month 6.30 – 8.30 pm Harrogate Sports and Fitness Club, HG2 8PN

Find out more about The Dodgy

Walnut: <https://thedodgywalnut.com/> / <https://www.facebook.com/profile.php?id=61570358071102>

Tackle Prostate Cancer UK: <https://tackleprostate.org>



News

Say Yes to a smoke free future

There's a new regional campaign called What Will You Miss? - helping smokers to quit in the Yorkshire and Humber area.

Physical health benefits - every time you smoke, lots of bad chemicals go into your body. When you quit smoking, your body starts to get rid of these chemicals and repairs the damage.

In just a few days you might notice:

- Breathing is easier
- Less coughing and wheezing
- Your sense of taste and smell get better
- You have more energy

After one year you are half as likely to have a heart attack as someone who smokes



Mental health benefits – you might think smoking helps you feel better and less worried, but it's not true. Quitting smoking actually makes you happier and less stressed. After you get through the first tough days of quitting, you will feel less anxious, less sad and less stressed. People who quit smoking feel happier than those who keep smoking.

To find out more and learn how to access local services go to: <https://yestoquit.co.uk/about-yes/>

NHS England's top cancer doctor says we should be checking for these changes in our body at least once every three weeks - as they could be a sign of something serious

Professor Peter Johnson, NHS England's cancer director, said everyone should regularly check their bodies, and if there are any changes, they should visit their GP as soon as possible, to rule out cancer.

Get in touch with your GP if you notice any of the following:

- An unexplained lump anywhere on the body
- A mole that changes colour or shape, or starts itching, crusting, flaking or bleeding
- Blood in your poo
- Blood in your pee – even just once
- Blood when you cough
- Blood after sex, after the menopause or between periods.
- A cough or a change in an existing cough lasting more than three weeks
- A sore or ulcer in the mouth that does not heal
- Tummy trouble, such as discomfort or diarrhoea
- Feeling tired and unwell and not sure why
- Heartburn or indigestion
- Unusual, pale or greasy poo
- Unexplained pain or discomfort
- Being bloated most days
- Breathlessness
- Frequent infections
- Unexplained night sweats
- Unexplained weight loss
- Unexpected bruising

This news comes after a recent poll of 2,000 Brits showed people are more likely to regularly check their bank balance, the weather forecast and sports results than they are to check for changes in their body.

As we say in our Cancer SMART project, it is important to know what is normal for you. If something does not feel right, you need to get it checked out. Prof Johnson said: "It is so important to know what is normal for you, although we all find a host of other things to think about rather than checking for any changes in our bodies. That's why I want to encourage everyone to make it a part of your routine - finding a way that works for you might just save





your life. If you do spot something worrying, get in touch with your GP surgery, who can investigate for you. It's unlikely to be cancer, but if there is something wrong, the earlier it is found, the better the chance of treatment being successful." The survey showed the least recognised as a sign of cancer is heartburn and indigestion, with 79% of people not identifying heartburn that lasts three weeks or more as a potential sign of cancer. Some 55% did not recognise blood in your pee (even just once); 49% did not recognise unexplained weight loss, and 42% did not recognise an unexplained lump anywhere as a potential sign of cancer.

May is national walking month

Walking is simple, free and one of the easiest ways to get more active, lose weight and become healthier. Being more active releases 'feel good' hormones and can have a positive effect on mental wellbeing and sleep quality, it's good for children, young people and adults. It can help us feel better about our bodies and improve self-esteem and can help us cope with difficult times. The health benefits of walking also include reducing the risk of heart disease, stroke, cancer, obesity and diabetes.

Moving more is better for your health than long periods of sitting. 20 minutes of brisk walking every day counts towards physical activity levels.

How fast do I need to walk?

Brisk walking is still being able to talk but not sing the words to a song!

If you have a long-term health condition, walking can also help. Check out the support available here:

<https://weareundefeatable.co.uk/>

There are tips on where to begin and also information relevant to long term conditions.

Thanks to Living Well Health Development Team, Bradford Council



Managing Stress – some helpful tips from Maggie's

Tip 1: UNDERSTAND YOUR STRESS

- It helps to manage your stress if – first of all – you notice it. Then you can learn to understand it, what triggers it and how you react to it.
- Next time you're in a stressful situation, try to take a few seconds to ask yourself, 'How is this making me feel? Do I notice my heart going? Am I getting irritable? Starting to panic?' This information will help you take charge of your feelings in future.



Tip 2: CHANGE YOUR RESPONSE



- When you feel stressed, you probably react in the same way each time without really thinking about it. You might lose your temper, tense up or reach for a glass of wine. These habits aren't useful when dealing with stress.
- Instead, take a moment and try something different. You could walk out of the room to give yourself space, or tell someone, 'I'll get back to you on that'. Break your habit, give yourself a moment and you can defuse your stress.

Tip 3: BREATHE SLOWLY AND DEEPLY

- Learning to take slower, deeper breaths will relax you and is something you can easily practice while you're watching TV or walking the dog.
- A great breath exercise to try is the 9-5 breath (inspired by the Dolly Parton song!). Basically, you breathe in for 5 seconds then breathe out nice and slowly for 9 seconds.
- Practice slow breathing a few times a day and it'll soon become second nature.

Maggie's have also a helpful video:

<https://www.youtube.com/watch?v=isK3ptKX588>



What have we been up to?



On 3 April, we attended Macmillan Cancer Health and Wellbeing Roadshow in The Ridings Shopping Centre, Wakefield.

Top left L-R (Jill with champions Barbara and Kathy)

Top right L-R (champions Bob and Barbara chatting to Tracy from The West Yorkshire and Harrogate Cancer Alliance (WYHCA)

Left – Stephen chatting to Keely Clawson Lead Cancer Nurse and Kim Priestley Macmillan Info and Support Manager.

Right – Lauren, our Patient VIEW coordinator.

Right - John from Bottoms Up Support Group set up and ready to go at the start of the Roadshow.

Right - Free liver scans on offer in the Cathedral precinct with Cancer Champion Kathy and Mark Liver Buddies driver





Cancer Champion Michael took the Cancer SMART message to the Veteran's event at The Glasshoughton Centre in Castleford last month. Here he is pictured left, in his Cancer SMART t-shirt, with one of the veterans who attended on the day.

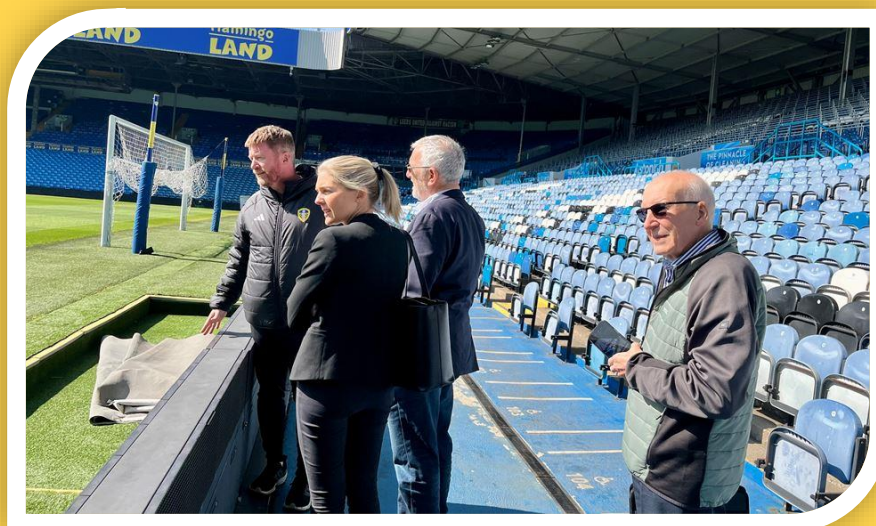
Our chairman Dr Stewart Manning, trustee Stephen and Jill went along with Hayley Snowden from the West Yorkshire and Harrogate Cancer Alliance to meet with Simon Wood of Leeds United Foundation to discuss partnership working. Here's Stewart at the club ground.



A good philosophy!



The team were lucky enough to enjoy a tour of the stadium in beautiful sunshine. They talked about bringing cancer awareness conversations to LUFC Foundation groups and activities. Watch this space for further updates on this exciting collaboration.



Trustee Stephen, who also volunteers for Prostate Cancer UK and has a prostate cancer diagnosis himself, went along to the Majid & Madressa Noor-UI-Islam in Snowden Street, Batley, where he gave a talk to about twelve men following Friday prayers. There was also a Q&A session, plus a 30 minute broadcast on the mosque radio.

The stall and talk were arranged by Farida of Safeena Muslim Cancer Support Network and Mr Badat from the mosque.

Stephen said that his talk was well received and that the men asked lots of relevant questions and showed a keen interest to know more.



Our chairman Dr Stewart Manning was a guest speaker at the Big Cancer 52 Conversation in Manchester earlier this year. You can see the slides from the conference at <https://www.yorkshirecancercommunity.co.uk/wp-content/uploads/2025/04/Big-Cancer52-Conversation-Manchester-6.pdf>

Cancer Champion Sue attended a very busy International Women's Day event at the Old Fire Station Gipton. She felt lots of the visitors had many questions about cancer they didn't have time to ask. She offered to run a pop-up information stall at the Old Fire Station and focus instead on bowel cancer, during #BowelCancer Awareness Month.

She was joined by Cancer Champion Michael, who is a bowel cancer survivor and is passionate about raising awareness.

Visitors to the stall did learn something new, Sue said, including that they could still have a FIT test for bowel screening over the age of 74, and that they could get for a chest Xray at Seacroft for a persistent cough.

Sue will be back at the Old Fire Station on 6 June to raise awareness about staying safe in the sun.

Patient VIEW

This brand-new feature, written by Patient VIEW co-ordinator Lauren Cross, aims to keep you updated with what the patient panel are working on, and will be a regular addition to the VOICE.

Last month was a busy one for Patient VIEW, and May is shaping up to be just as exciting! Here's a quick roundup of what's been happening — and what's coming up:

April Highlights

On Monday 14th April, I joined Stacey Wadsworth, Living With and Beyond Cancer Project Manager at the West Yorkshire and Harrogate Cancer Alliance, to host an information stall at Tolson Museum. We gathered valuable feedback from the local community about Cancer Care Reviews, which will help inform improvements for people living with and beyond cancer. For more information about the Kirklees Cancer Care Survey and eligibility criteria, feel free to contact me.



On Wednesday 16th April, we held a mini focus group to support university student Rosie with her project, the Cancer Circle website and app. Patient VIEW members tested the app's features and provided fantastic feedback. We were also joined by Tasha and Jane from the amazing Ella Dawson Foundation. Rosie will keep us updated as she finalises her project and seeks funding to officially launch Cancer Circle across Yorkshire. A big thank you to everyone who contributed.

On Thursday 17th April, I attended an Easter-themed coffee morning hosted by Sylvia, one of our Patient VIEW panel members and a volunteer with Active Against Cancer (ACC). Sylvia kindly provided ACC leaflets, which I'll be sharing at future events to promote both cancer awareness and Patient VIEW.



On Monday 28th April, we held an online meeting with Dr Merry (Consultant Clinical Psychologist at Leeds Teaching Hospitals) for a follow-up session. Dr Merry had previously gathered Patient VIEW members' experiences around emotional support during and after cancer treatment. After visiting two additional groups, she returned to share her early findings with us. Thank you to everyone who took part!



Coming Up in May

Our next Patient VIEW meeting will take place on Wednesday, 8th May in Leeds. We'll be discussing fatigue and sleep difficulties in cancer patients, helping to shape future support services. We'll also be joined by Lucy Elkiss (Lead Project Nurse for the ACCEND programme) who will ask for input on the skills and capabilities that matter most to patients when accessing non-medical cancer services.

On Wednesday, 16th May we'll be visiting Wakefield District Sight Aid as part of our Roadshow initiative.

You can read more in the latest WDSA newsletter [here](#);

[April 2025 WDSA Newsletter](#)



Wakefield District Sight Aid
You're Invited: Lunch and Chat with Yorkshire Cancer Community

Join us for an informal and welcoming event focused on making cancer screening more accessible for people affected by sight loss. Any travel expenses can be reimbursed.

Where: Lightwaves Centre, Lower York St, Wakefield, WF1 3LJ




When: Wednesday, 14th May, 11:00 AM – 1:00 PM

Anyone with sight impairments, their families, and carers are invited to share their experiences. Your views will help us improve cancer awareness, screening accessibility, diagnosis, and treatment.

What to Expect:

- Help identify and address barriers to care for those with sight impairments
- Enjoy a relaxed discussion over complimentary sandwiches, snacks, and cake

Your views matter—come and have your say! We look forward to welcoming you.

Charity Number 1185838

If you would like to join Patient VIEW or find out more about our work, please email me: lauren@yorkshirecancercommunity.co.uk

Upcoming events

We have some great events coming up in May. Why not pop along and say hello, or join us on our very first Cancer SMART online presentation webinar?

Thur 1 May - Healthy Living and health checks at West Bowling CC, BD5 8EA - 10am-12pm

Tue 6 May - Shine, St Stephen's Church, West Bowling, BD5 7BX - 10.30am-1.30pm

Wed 7 May - Health checks at Khidmat Centre, Spencer Road, BD7 2EW - 10.30am-2.30pm

Tue 13 May - Online Cancer SMART for all presentation (email admin@yorkshirecancercommunity.co.uk for zoom link - 1.30pm-2.30pm

Tue 20 May - International Clinical Trials Day, stall, Leeds Biomedical Research Centre, Chapel Allerton Hospital Chapel, Chapeltown Rd, Leeds LS7 4SA - 10.30am-3pm



We're very pleased to announce that we will be holding our first official Cancer SMART webinar this month.

Statistics say that 4 in 10 cancers could be prevented, so we want to give you all the tools and information to help you lower your risk.

If you would like to join us on Tuesday 13 May to learn how to reduce your own cancer risk, or to help protect your family and loved ones, then email Clare at admin@yorkshirecancercommunity.co.uk for a zoom link.

Let's get Cancer SMART!



Staying Well in West Yorkshire

Are you autistic or
have a learning
disability?

Do you like using
your experience to
help people?

Do you live in
West Yorkshire?

**We are looking for people to
join a new focus group**

What are we doing?

We are making a group that will work together to help people stay well. This is called a focus group.

We will learn about the tests people can have to check for cancer. We will use our learning to help other people. We might make videos and Easy Read leaflets.



Who can join?



We are looking for 10 people who are autistic or have a learning disability from Bradford, Calderdale, Kirklees, Leeds or Wakefield.

We particularly want to involve people who have experience of cancer or cancer tests. You might have had cancer yourself or you might have supported a friend or relative with cancer.

Our group will mostly meet online and sometimes face-to-face in July and August 2025.

We will pay for expenses such as travel.

We can also give you an **involvement payment** – this is £10 for every hour you take part.

This isn't the same as being paid for a job. There is no contract or regular hours.



Hello!
I'm
Maria



If you would like to ask a question or need a printed form call Maria on **07483 340294**

Or you can email Maria
maria.spadafora@inclusionnorth.org

You can apply to take part by filling out a form.
[Click here](#) or scan the QR code.

The last date for doing this is **27th May 2025**

CALLING WOMEN WITH BREAST CANCER



Are you currently prescribed **adjuvant hormone therapy** (tamoxifen, raloxifene, anastrozole, letrozole or exemestane)?



Have you **completed hospital based treatment** (e.g. surgery, radiotherapy and/or chemotherapy) within the last 24 months?

IF SO, YOU MAY BE ELIGIBLE TO PARTICIPATE IN THE ROSETA TRIAL

Researchers at the University of Leeds are testing how well four interventions support women with breast cancer. You might receive a combination of:



SMS messages to help you form habits related to your medication.



An **information leaflet** providing details about your breast cancer medication.



A **skills-based programme** led by a therapist to help reduce any distress.



Access to a **website** with information on how to manage side-effects.

For more information and to see if you may be suitable to take part, visit <https://ctru.leeds.ac.uk/roseta> or scan the QR code





UPPER VALLEY PROSTATE
CANCER SUPPORT GROUP

Upper Valley Prostate Cancer Support Group



A new support group for those with a diagnosis of prostate cancer, whether recently diagnosed and wondering what happens next or those further through their cancer journey.

The support group is a safe space to share experiences and receive emotional support.

Meetings are held the second Tuesday of each month from 6:30pm to 8:30pm in the centre of Todmorden.

Email info@uvpcsg.org.uk for details.

UVPCSG is supported by

tackle
prostate cancer

 Staying Well
MACMILLAN
CANCER SUPPORT

Other Items



Bladder Cancer Awareness Month - May

Bladder cancer occurs when there is a growth of abnormal cells in the lining of the bladder, which form a tumour. Sometimes, the tumour spreads into the bladder muscle.

The most common symptom of bladder cancer is blood in the urine, which is normally painless. If you notice blood in your urine, even if it comes and goes, you should visit your GP and get this checked out.

One of the main causes of bladder cancer is smoking. This is because the chemicals in tobacco are filtered by the kidneys into your urine. Exposure to some chemicals can also cause bladder cancer.

If you would like more information, including specialist charities, support groups and life stories, please visit the bladder cancer page of our website <https://www.yorkshirecancercommunity.co.uk/bladder-cancer/>



Melanoma / Skin Cancer Awareness Month - May

There are two types of skin cancers - melanoma and non-melanoma.

Melanoma is a type of skin cancer that can spread to other areas of the body. The main cause of melanoma is ultraviolet light, which comes from the sun and also sunbeds. Other risk factors include age, having pale skin, a large number of moles and a family history of skin cancer. It is often possible to prevent skin cancer by being careful in the sun, for example by using a high factor sunscreen and reapplying it regularly. You should avoid being in the sun when the sun's rays are strongest (between 11am and 3pm), and seek shade wherever possible.

The main symptoms of melanoma skin cancer is a new mole, or change in an existing mole. Changes to look out for are a mole with an uneven shape or edges, a mole with a mix of colours, or large moles (bigger than 6mm wide).

Treatment for melanoma is usually surgical, but depends on where on the body it is, if it has spread and your general health. If you experience any of the symptoms described above, you should visit your GP and also take photos of the area of concern so you can monitor any changes. Your GP will probably also take a photograph to send to a dermatologist. Be sure to mention any family history of skin cancer too.

Non-melanoma skin cancer is a common type of cancer that starts in the top layer of skin and doesn't spread to other parts of the body. The main types are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC). They may appear as an unusual patch of skin, either by colour or texture. Treatments vary depending on where on the body it is, and how large it is. Surgery is a common treatment, or using a topical chemotherapy cream. If you would like more information on melanoma and skin cancer, please visit our dedicated website page <https://www.yorkshirecancercommunity.co.uk/skin-cancer/>