



Yorkshire Cancer  
Community

July 2025 Edition

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

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

## Welcome to the July edition of the VOICE Newsletter

Hello everyone and welcome to the July edition of the VOICE newsletter.

Well, Summer certainly seems to have arrived, and we've all been enjoying the glorious weather. We hope you have too.

We've had a month of celebration, as our Cancer SMART project celebrated its 5<sup>th</sup> anniversary. We can hardly believe it has been five years since we first started our campaign, which aims to help people reduce their risk of cancer by attending screening, being aware of changes in their bodies and reducing their risk by adopting healthy habits. As part of the celebration, we have created a special brochure which we have had printed, so you may see them out and about on our information stalls. Alternatively, you can read it on our website at <https://www.yorkshirecancercommunity.co.uk/newsletters/>

Enjoy the sun if you can, but please remember to stay safe and use sunscreen 😊

Best wishes

Jill, Clare and Lauren

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## Your Stories

### Celebrating Five Years of Cancer SMART

Every week, **225** people in West Yorkshire are diagnosed with cancer and **108** people will lose their lives each week.

Screening uptake for breast and cervical cancers is decreasing and only bowel screening is showing an increase. Yet the three screening programmes save an estimated 10,000 lives per year.

Nearly **one in two** of us will get cancer at some time in our lives. We also know that **four in ten** cancer cases in the UK each year could be prevented \*Cancer Research UK.

It's a powerful argument for helping to raise awareness of the signs and symptoms of cancer - so people are better informed, attend screening and know where to go for help.

So that's why we came up with Cancer SMART, in collaboration with the West Yorkshire and Harrogate Cancer Alliance.

Our aim is to give people the information to catch cancer at an earlier stage, when it's easier to treat, greatly improving their chances of survival.

#### What does Cancer SMART mean?

Back in 2020 when we first came up with the idea of a cancer awareness programme, we wanted to create a simple and clear brand which would be recognisable and understandable. Our trustees at the time, Zoe Bounds and the late Sheila Smith came up with the acronym Cancer SMART. We want you to be SMART about cancer.

With branded goods and give-aways such as shopping bags, t-shirts, pens, trolley tokens, leaflets, banners, tablecloths and more recently stickers, we have been able to constantly reinforce the aims and objectives of the project via this logo. It's both colourful and memorable, and we think it has been a key driver for the success of the project.

#### Cancer

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

**M**aking cancer an everyday conversation

**A**wareness of unusual & persistent changes

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

**T**ake action NOW against cancer

#### S - Screening saves lives by prevention and early detection

There are currently three screening programmes (bowel, breast and cervical) with a fourth (lung) under development. Screening can not only pick up cancer before it invades, but can also pick up cells that have started changing before they become cancer. They can detect cancers before they are large enough to cause symptoms, and give you the best chance of an early diagnosis.



## M - Making cancer an everyday conversation

Anyone can develop cancer, but the more open we are, the more likely we are to seek help. In some cultures, it can be considered a taboo subject, and carries a lot of fear. This means people can sometimes bury their head in the sand and hope the problem will go away and put off seeking help. However, being able to talk openly about cancer helps alleviate fears and encourages people to seek help earlier.

## A - Awareness of unusual and persistent changes

There are so many different types of cancer, and so many symptoms that it's impossible to remember them all. Plus, symptoms of cancer can also be caused by many other conditions and may vary from person to person. So, what we say is **"Know Your Normal"** and listen to your body. If something is different, doesn't feel quite right and doesn't go away after a couple of weeks, then speak to your doctor and tell the receptionist about the signs you think may indicate cancer. It may not be cancer, but it is always wise to get checked out.

## R - Reduce risk with a healthy active lifestyle

We know that **four in ten** cancers can be prevented, but how do you reduce your risk? Stopping smoking, keeping a healthy weight, being safe in the sun and avoiding sunbeds, drinking less alcohol, eating more fibre, cutting down on meat and processed foods and being more active can all help reduce your risk of cancer. It will also help reduce your risk of many other illnesses, improve your mental health and generally make you feel better too.

## T - Take action NOW against cancer

In other words, don't put off going for your screening appointments, or seeing a doctor if you experience unusual changes in your body. We often lead busy lives, and put other people's care above our own, but with cancer, the quicker you act, the better the outcome, so don't make excuses or wait for a more convenient time. The time to act is now.

## Our impact

In the five years since Cancer SMART began, it's grown from strength to strength. We try to pay particular attention to reaching diverse groups who are often harder to reach, and sadly are often diagnosed at a later stage. Here's a few statistics from our last annual impact report.

- We have 263 digital champions, who share our messages on their social media platforms - that's an increase of 30% from the previous year
- We have 30 cancer champions, who go out into the community, delivering talks or running information stalls. This is an increase of 50% on the previous year
- We've held 7 Cancer Champion online meetings and 3 face to face meetings, including an away day held at Thackray Medical Museum which was attended by 20 people
- We've taken part in 120 events including galas, cancer awareness events and coffee mornings where we've given talks, presentations or shared information from our stalls. That's 28% more events than last year
- Volunteers have donated 847 hours and talked to more than 3000 people, plus given away hundreds of leaflets in the last year alone

New for 2025 is our Cancer SMART webinar, which we ran in May. It's just one more opportunity to reach as many people as possible. We got good feedback from attendees, so will be looking to doing more webinars in the future.

## A celebration

To celebrate our 5 year anniversary, we have created a brand new celebration booklet which is available on our website at <https://www.yorkshirecancercommunity.co.uk/newsletters/> We have also had copies printed off which we will be giving out on our information stalls.

We also held a special celebration at our AGM on 13 June, where our chairman Stewart handed out certificates of thanks to our hard-working Cancer Champions. The Cancer SMART project couldn't run without our team of Cancer Champions, so we couldn't let the occasion pass without thanking them for everything they have done.



Here's our chairman Stewart presenting Cancer Champion Sue with her certificate.

We asked Sue why she volunteers as a Cancer Champion. Here's what she said:

*"I volunteered as a Cancer Champion as I am passionate about helping anyone & everyone to increase their awareness of cancer and how to reduce risks alongside supporting those with a cancer diagnosis and their friends and families. I feel that Cancer Champions is a very supportive and friendly group that make this role not feel like work and that we are making a difference"*



Here's Cancer Champion Bob Clayden (left) receiving his award

To the right is Cancer Champion and trustee Stephen Halstead with his certificate of thanks



If you would like to help us spread our cancer SMART message even further by becoming a Cancer Champion or Digital Champion, then please visit our website at <https://www.yorkshirecancercommunity.co.uk/volunteering/> to find out more. We would love to hear from you.

## Changes to our Board of Trustees

Following our annual general meeting on 13 June, we have had some changes to our board of trustees.

### Welcoming our new treasurer

We have a new treasurer, Stephen Halstead. You may recognise Stephen, as he was already one of our board of trustees, and an active Cancer Champion, running many information stalls for us and attending events. As well as the work he does for YCC, Stephen also volunteers for Prostate Cancer UK. Having a diagnosis himself, this is a charity close to his heart. Stephen is committed to raising awareness that Prostate Cancer affects one in eight men or people with a prostate, and if you are from the black community your risk doubles to 1 in 4. Stephen was one of the founders of our campaign Don't Be The One and was instrumental in delivering it's successful launch in October 2024, to coincide with black history month. We welcome Stephen into his new role.



### Thanking Deborah Adams



We would like to take this opportunity to thank our previous treasurer and trustee, Deborah Adams for everything she has done for Yorkshire Cancer Community. Debs joined the board in 2019, and brought with her a wealth of experience, having worked in the third sector for over 25 years as a fundraising manager for various charities both large and small. She was previously the charity secretary and became treasurer in April 2024, following the resignation of Paul Vose. She has been integral to our success, and will continue to be involved with the charity in an advisory capacity. We wish Debs all the best for the future.

### New trustee Michael

Our Cancer Champion and Patient VIEW panel member Michael Barton joined the board at our AGM. Michael has a bowel cancer diagnosis and is passionate about helping others as much as he possibly can. Michael also volunteers for other organisations, including Locala, a community healthcare provider, the NHS, working in Dewsbury Hospital's Cabelle Unit helping people undergoing chemotherapy treatment, and at Royds Community Association where he helps with their befriending service, and health checks.





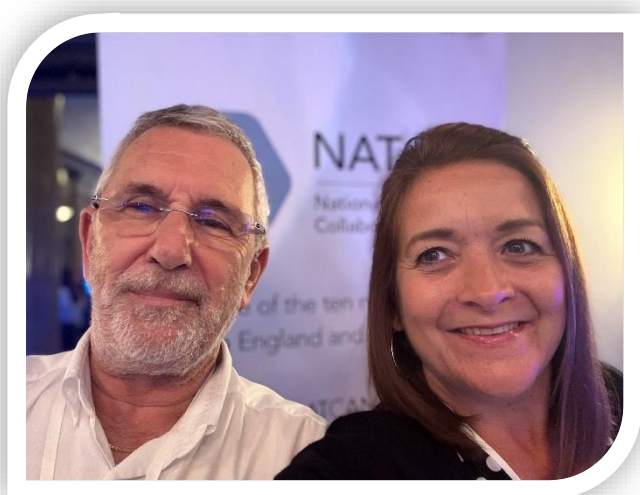
## Use MY data conference, 24<sup>th</sup> June 2025, Leeds

Our Chairman, Dr Stewart Manning was pleased to attend the inaugural [use MY data](#) National Patient Data Day Conference (#NPaDD2025), which was held at the Queens Hotel, in Leeds on the 24<sup>th</sup> of June.

The event was attended by around 250 delegates and brought together relatives and carers and a diverse range of stakeholders within the patient data arena; all with an interest in the use of patient data to save lives and improve outcomes.



Also attending the event were representatives (Dr Olivia O'Connor and Vikki Hart) from the [National Cancer Audit Collaborating Centre \(NATCAN\)](#), NATCAN is part of the [National Clinical Audit and Patient Outcomes Programme \(NCAPOP\)](#), and has been commissioned to produce new cancer audits by the [Healthcare Quality Improvement Partnership \(HQIP\)](#), on behalf of NHS England and the Welsh Government. It analyses National cancer datasets with an aim to drive improvements in cancer care and outcomes, by bringing the standard of all cancer teams in England and Wales up to that of the best. The ten National cancer audits which together form NATCAN, work very closely with patients, their carers and national charity partners; comparing how patients are treated and the outcomes of the care they receive, against set standards and guidelines.



Vikki Hart (pictured with Stewart), is a Senior Project Manager for the [National Pancreatic Cancer Audit \(NPACA\)](#), (which forms part of NATCAN), with Stewart being a valued member of NPACA's Patient and Public Involvement (PPI) Forum. She comments "Being based at the Royal College of Surgeons in London, it was great to be in Leeds at the use MY data conference and to have the opportunity to meet Stewart in person. We are grateful to Stewart for his support of our work and the fantastic contribution that Yorkshire Cancer Community makes to the cancer community, in raising awareness and aiming to achieve a healthier society".



# NATCAN

National Cancer Audit  
Collaborating Centre

## News

### Cervical Screening Extends to Every Five Years

NHS England has announced that from 1st July 2025, all women and people with a cervix aged 25-64 will be invited for cervical screening every five years (rather than every three years), unless they are at a higher risk of cervical cancer.

Some patients are voicing their concern but [The Eve Appeal](#) have produced a [comprehensive blog and FAQs](#) and [Instagram posts](#) to provide some calm messaging on the change.



### New cancer information website for Barnsley

BCI (Barnsley Cancer Information) has been created to support anyone who is concerned about cancer either following a diagnosis or worried about early signs and symptoms. It is also there to support anyone who is caring for someone who has cancer. You can access the website at <https://cancerbci.co.uk/> or via the QR code below.



A wealth of local  
information and  
support at your  
fingertips

For more information visit  
[www.cancerbci.co.uk](http://www.cancerbci.co.uk)



Scan to view  
the website



## Fair travel insurance for all

If you've been diagnosed with cancer, the chances are that if you have tried to get travel insurance, the premiums are high. This is a thorny issue and usually crops up as a discussion point at many of the peer support groups with patients recommending where to go for a best buy.

This month, the cancer charity Maggie's is calling for urgent government action to ensure people with cancer can access fair travel insurance.

Maggie's Chief Executive, Dame Laura Lee says, "It is extremely unfair that people with cancer are being priced out of the opportunity to visit family and friends abroad or simply explore the world."



Maggie's has written to the UK Government calling on them to stop insurance companies discriminating against people with cancer and charging too much for travel insurance.

In the letter to the Secretary of State for Business and Trade, Maggie's has asked the Government for a meeting, highlighting some of the experiences of people with cancer when looking for travel insurance.

The letter states: 'One person had quotes that ranged from £760 to £3,000 for a trip to France, while another couple in Glasgow were quoted £1,200 for a trip to Spain (but were then able to buy insurance for £200 elsewhere).'

**Too often, this means that people with cancer, and their families, give up on the dream of a holiday when they often need one the most.**

'With more people living with cancer than ever before, including a growing number of young people, this is impacting on an increasing number of individuals and families.

'While there are companies acting in good faith, providing reasonable quotes and upskilling their staff to enable them to deal with people living with cancer sympathetically, we sadly have too many examples of those who are not.'

## Call for 'Right To Be Forgotten' to apply to people with previous cancer diagnosis

Maggie's also called on the government to look at introducing legislation on a 'Right To Be Forgotten' in the UK.

This comes after a new study in *The Lancet Oncology* showed that many people who have been successfully treated for cancer and are 'cancer free' are still being discriminated against when accessing financial services such as loans, mortgages, and health and travel insurance.

Currently, in the UK, people must declare any previous cancer diagnoses to access financial products, no matter how long they have been 'cancer free'.

Whereas in France, for example, 'cancer free' means five years without recurrence, after which, discrimination based on a cancer diagnosis is prohibited.

## Where to go for help

If you or someone you know is worried about a cancer diagnosis or getting travel insurance after a cancer diagnosis, Maggie's have expert staff in their centres available to help you.

- [Find your nearest centre](#) for support and information
- Call on 0300 123 180
- Email at [enquiries@maggies.org](mailto:enquiries@maggies.org)
- Phone lines and centres are open Monday to Friday, 9 am to 5 pm

They also have more information about [travel insurance and cancer](#), including guidance from one of their cancer support specialists.

You can also visit Macmillan hubs at your local hospital for advice or contact their website:

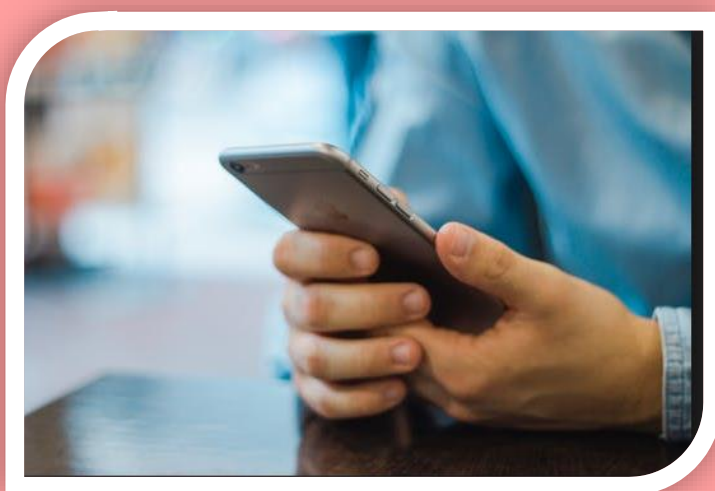
<https://www.macmillan.org.uk/cancer-information-and-support/impacts-of-cancer/travel/buying-travel-insurance>

## Prescription tracking goes live in NHS App for millions of patients

Your prescription is due and you reach for your phone to call the pharmacy to check when it's ready.

But now, patients can track their prescriptions thanks to the rollout of a new feature in the NHS App helping to reduce unnecessary calls and visits to pharmacies.

NHS England has announced that nearly 1,500 high street chemists – including every Boots in England – are now offering the service, which enables patients to check on their prescriptions through real-time “Amazon-style” updates.



Almost half (45%) of phone calls to community pharmacies are estimated to be from patients asking if their prescription is ready, with the new service helping to free up time for pharmacists to provide advice to patients.

The service is expected to be made available to nearly 5,000 more pharmacies over the next 12 months – covering 60% of those in England. NHS App users are also being encouraged to use the app during the bank holiday weekend to order repeat prescriptions or check medical advice.

For non-urgent medical help, people can contact NHS 111 and those in life-threatening emergencies should call 999.

More details on how to register with the NHS App are available at [www.nhs.uk/nhs-app](http://www.nhs.uk/nhs-app).

## What have we been up to?

Stewart visited Arup in Leeds on 5 June, to talk to the staff about Cancer SMART and how they can help to reduce their risk.

We always get great feedback from our talks, so if you would like us to visit your workplace or group, get in touch at [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)



Our administrator Clare visited the Mount Pleasant Islamic Trust Madina Masjid in Batley on 11 June, for their wellbeing event organised by Change Grow Live - Kirklees.

Other stalls there included Healthwatch Kirklees & Calderdale, Kirklees Community Plus, Kirklees Council and Kirklees Talking Therapies. Carol from Hep C Trust was offering people tests for Hep C (which Clare took advantage of - thanks Carol) and a team of nurses from Leeds University Hospital were there offering various health checks, such as checking blood pressure and oxygen levels.





## UK Oncology Forum, Harrogate

It was great to link up with RAD Chat - the first therapeutic radiographer led oncology podcast held at the UK Oncology Forum, Harrogate Conference Centre in June.

Naman and Jo did a live broadcast interview with cancer champions Ric and Stewart

**Yorkshire Cancer Community** for their award-winning podcast.

Ric and Stewart spoke about their personal cancer journeys and their passion for spreading the cancer SMART messages about cancer screening and symptom awareness.

Listen here <https://linktr.ee/radchat>



Pic below - Stewart and Ric with Sue Ormesher from the West Yorkshire and Harrogate Cancer Alliance (centre).



Cancer Champions Michael, Linda and Sue visited the Old Fire Station Gipton on 6 June. As well as speaking to people about Cancer SMART and the benefits of screening and a healthy lifestyle, they were particularly focussing on staying safe in the sun. As skin cancer is the UK's most common form of cancer and given the particularly sunny weather we have been enjoying, it is a timely reminder to use sunscreen and cover up during the hottest times of the day.

## Patient VIEW

June was another busy month for Patient VIEW, with several events attended to promote and raise awareness of the panel, as well as opportunities to meet some new panel members:

### 2 June – Women’s Health and Cancer Screening Event, Oasis Centre, South Elmsall

We attended a Women’s Health and Cancer Screening event hosted by Wakefield South Primary Care Network at the Oasis Centre.



*“In my role as a Cancer Champion, I ran a Cancer SMART information stall, and with Patient VIEW in mind, I spoke to attendees about their experiences of cancer care and screening. It was a valuable opportunity to hear firsthand feedback and share information. Here I am pictured with a lovely stallholder who was offering free vape kits to help people quit smoking.” – Lauren*

### 12 June – Carers Roadshow, Pinderfields Hospital, Wakefield

We also took part in the Carers Roadshow at Pinderfields Hospital canteen, where we promoted Patient VIEW by distributing leaflets and chatting with staff, patients, and members of the public. The focus was on encouraging more carers, supporters, friends, and family members of people affected by cancer to get involved with the panel—ensuring their views are heard too.



## What's Coming Up in July

1 July – BLESS Community Support, Hemsworth

Lauren will be joining Lisa Spivey at BLESS Community Support in Hemsworth, as part of the Patient VIEW roadshow initiative. Lisa is from the Living With and Beyond Cancer team at the West Yorkshire & Harrogate Cancer Alliance.

*“Together, we’ll be sharing the Quality of Life survey—first discussed at our May meeting—within local communities to gather even more feedback”- Lauren*

3 July – Patient VIEW Meeting, Leeds

Our next Patient VIEW meeting will be held in Leeds on 3 July. We’re looking forward to seeing everyone and continuing the meaningful work we’re doing together as a panel.

## Want to Get Involved?

If you or someone you know would like to join the Patient VIEW panel or simply want to learn more, please get in touch:

[Lauren@yorkshirecancercommunity.co.uk](mailto:Lauren@yorkshirecancercommunity.co.uk)

## Upcoming events

Here’s some events we have coming up this month.

**Mon 7 July** - Jill talk with Monday Ladies Group, Kingsway Church, Ossett - 1.30pm-3pm

**Wed 9 July** - Stewart talk with staff at Phoenix Dance Theatre, Leeds - 1pm-2pm

**Wed 16 July** - Stall and networking at Beacon event, Cliffe Castle Museum, Keighley - 10am-4pm

**Thu 17 July** - Stall at Love Your Liver event, Centenary Square Bradford, BD1 1SD - 10am-12pm

**Fri 18 July** - Stall at Love Your Liver week with British Liver Trust, Briggate, Leeds (outside old Debenhams) - 10am-12pm

Watch out for our social media posts too to keep up to date on what we’ve got coming up.



@YorkshireCancerCommunity



@yorkshirecancercommunity



## DO YOU RUN A PATIENT SUPPORT GROUP?

PLEASE COME ALONG TO OUR

## YORKSHIRE-WIDE ONLINE SUPPORT GROUP LEADERS' NETWORK

WE MEET EVERY QUARTER ON ZOOM  
OUR NEXT MEETING WILL BE HELD  
ON 16 JULY 2PM-3.30PM

IF YOU WOULD LIKE TO JOIN A MEETING,  
PLEASE EMAIL US AT  
[INFO@YORKSHIRECANCERCOMMUNITY.CO.UK](mailto:INFO@YORKSHIRECANCERCOMMUNITY.CO.UK)  
AND WE WILL SEND YOU THE LINK



WE DISCUSS TOPICS THAT AFFECT YOU AND  
YOUR GROUP

POPULAR TOPICS INCLUDE:

- PUBLICISING YOUR GROUP
- ATTRACTING NEW MEMBERS
- FUNDRAISING
- IDEAS FOR SPEAKERS



CHARITY NUMBER: 1185838



**Yorkshire Cancer  
Community**

The voice of those affected by cancer in Yorkshire & the Humber





# Let's Connect:

## Leeds ovarian cancer support group

Here at Target Ovarian Cancer we're creating an England-wide network of local peer support groups for women with a diagnosis of ovarian cancer.

**We're excited to announce that we are launching a support group in Leeds!**

This will be an opportunity for women living with a diagnosis of ovarian cancer, to meet up monthly, and talk in confidence.

▶ **When: Thursday 17 July 2025 - 1pm-3pm**

▶ **Where: A central Leeds venue - to be confirmed**

**Do you have a diagnosis of ovarian cancer?  
Would you like to attend or be interested in facilitating the group?**

**If so, please contact:**

**Pamela Walker, Project Lead**

**0203 985 8398**

**[pwalker@targetovariancancer.org.uk](mailto:pwalker@targetovariancancer.org.uk)**



Target Ovarian Cancer is a company limited by guarantee, registered in England and Wales (No. 6619981).  
Registered office: 30 Angel Gate, London EC1V 2PT. Registered charity numbers 1125038 (England and Wales) and SC042920 (Scotland). \* Target Ovarian Cancer logo is a registered trademark (UK00003832408).

# 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://ctr.u.leeds.ac.uk/roseta> or scan the QR code





## Were you working when diagnosed with cancer?

Are you interested in advising on a research project?

We want to hear your views!

### What is the research about?

We are designing a project to understand how we can better support people who want to return to work after cancer treatment – in a way that feels right for them

### Who are we looking for?

We want to hear from people who were diagnosed with cancer while they were working (employed or self-employed), anywhere in the UK

### Why we want to speak to you:

Your experience can help us make sure the research is relevant, practical and focussed on what really matters to people in this situation

### No research experience needed

You don't need any background in research — we'll support you through the whole process

### You won't be a research participant

You'll be advising on how we plan and carry out the research, not taking part in the study itself

### One meeting, at a time that works for you

You'll be asked to join a Zoom or Microsoft Teams call, lasting up to two hours, at a time that suits you

### You will be paid

We'll pay you for your time and contribution



If you are interested or have more questions, please email:

[a.spencer1@leeds.ac.uk](mailto:a.spencer1@leeds.ac.uk)

*Dr Alice Spencer  
Lead Researcher*



**UNIVERSITY OF LEEDS**

## Other Items



Sarcoma Awareness  
Month

### Sarcoma

Sarcoma is a type of cancer that can appear anywhere in the body.

**Around 5,300 people are diagnosed in the UK every year**

There are two main types of sarcoma: -

- Soft tissue sarcoma
- Bone sarcoma (also known as primary bone cancer)

The most common symptom is a lump that is growing or changing. Other symptoms include: -

- Swelling, tenderness or pain in the bone that can be worse at night
- Stomach pain
- Feeling sick
- Loss of appetite or feeling full after only a small amount of food
- Blood in your poo or vomit

Sarcoma can affect anyone of any age. Although it is the third most common cancer in children, it's more common in middle-aged or elderly people. We don't know why sarcomas develop, but risk factors include age, genetic conditions such as neurofibromatosis, previous radiotherapy, exposure to some chemicals, and bone conditions such as Paget's disease. Treatment for sarcoma includes surgery, chemotherapy or radiotherapy.

For more information about sarcoma and other types of bone cancer, visit the bone cancers page of our website at <https://www.yorkshirecancercommunity.co.uk/bone-cancer/>



World Head and Neck  
Cancer Day - 27 July

### Head and Neck Cancer

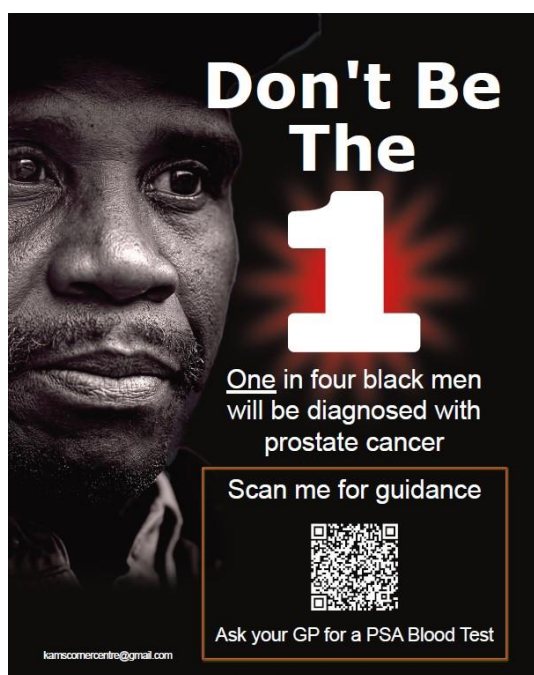
There are over 30 areas of the head and neck where cancer can develop, including the mouth and lips, voice box (larynx), throat, salivary glands, nose and sinuses, and the area at the back of the nose and mouth including the tonsils. Brain tumours, thyroid cancer and eye cancer are not typically classified as a head and neck cancer.

Each cancer type has its own set of symptoms and treatment options. Tongue cancer is the most common type of head and neck cancer, and many cases of head and neck cancers are caused by smoking (especially laryngeal) or not eating enough fruit and vegetables (especially oral and laryngeal cancers).

To find out more information, including symptoms, support groups and inspiring life stories from real head and neck cancer patients, please visit the head and neck cancer page of our website.

<https://www.yorkshirecancercommunity.co.uk/head-neck-cancer/>

## July is Ethnic Minority Cancer Awareness Month



It's a time to talk about the health inequities in how cancer affects Black, Asian and other minoritised ethnic communities.

While overall cancer incidence is lower among ethnic minority groups compared to the White population, certain cancers are more prevalent in minority groups. For instance, myeloma and stomach cancer are more common in Black people, gallbladder cancer in Black and Asian people, and prostate cancer in Black men. Additionally, Cancer Research UK found that Black and Asian individuals generally wait longer for a cancer diagnosis than their White counterparts.

Some people are diagnosed later. Some don't get the same support.

This month is about changing that and making sure everyone has equal access to cancer care, information and early diagnosis.

Here's what we know:

- Black African women are nearly twice as likely to be diagnosed with late-stage breast cancer as white women. 25% of Black African women and 22% of Black Caribbean women diagnosed with breast cancer are picked up at stage three and four, compared to 13% of white British women (Cancer Research UK).
- People with Jewish ancestry have a higher risk of carrying a BRCA gene change, which increases their chance of developing breast cancer.
- Around 1 in 40 Ashkenazi Jews and 1 in 140 Sephardi Jews carry this gene change, compared to 1 in 250 in the general UK population (NHS England).
- Black and South Asian people have been shown to have a lower awareness of breast cancer signs and symptoms and are less likely to check their chests monthly.
- There's lower screening uptake among ethnic minority groups due to cancer stigma, which often results in later diagnosis.
- Black men and Black people with a prostate are twice as likely to develop prostate cancer in their lifetime as White or other ethnicities, raising their risk to 1 in 4. For more information, see our Don't Be The One campaign page <https://www.yorkshirecancercommunity.co.uk/dont-be-the-one/>

Other charities such as [CoppaFeel!](#), [Race Equality Foundation](#) and [Trekstock](#) are also aiming to:-

- Raise awareness and promote early detection
- Address disparities and acknowledge existing health inequities
- Engage with the community and share the mic with organisations who work to reduce health inequities.



## Alcohol Awareness Week 7-13 July

Alcohol can sometimes play a centre stage role in our lives. It's there when we celebrate, commiserate, and when we're just trying to cope. After all this lovely sunshine, you might want to head for the nearest beer garden too.

### But did you know that drinking alcohol causes 7 different types of cancer?

Yes, your favourite tipple could be putting you at risk. But how?

According to Cancer Research UK, drinking alcohol increases our risk of developing breast, bowel, mouth, upper throat, oesophagus, larynx and liver cancer. It is a significant risk factor for breast cancer in women.

There are three main ways that alcohol can cause cancer:

- Alcohol can damage our cells and stops cells repairing the damage
- Alcohol affects chemical signals which can make cells divide more often
- Alcohol makes it easier for cells in our mouth and throat to absorb harmful chemicals

### Around 1 in 10 breast cancer cases are caused by drinking alcohol. That's around 4,400 cases a year

If you enjoy a cigarette with your drink, it's even worse news. Tobacco and alcohol both increase the risk of cancer, but when used together they increase the risk of cancer even more. This is because tobacco and alcohol have a combined effect that causes greater damage to our cells.

However, we all want to enjoy ourselves and make the most out of life. There's plenty of benefits to be gained from cutting back a little (if reducing your cancer risk is not enough of an incentive!). You will sleep better, and feel more refreshed in the mornings, you'll save money and may lose weight, and you'll reduce your risk of accidents, anti-social behaviour, high blood pressure and liver disease.

Tips to help you reduce your alcohol intake:

- Keep track of your drinking habits
- Have drink free days
- Alternate alcoholic and non-alcoholic drinks
- Don't stock up on alcohol at home
- Use a smaller glass and don't top it up
- Freeze leftover wine for cooking
- Don't buy in rounds
- Buddy up with a friend or family member

A few small changes can make a big difference in helping you cut down.

You could also download the Drink Free Days app which is a free tool to help you. For more information, visit <https://www.nhs.uk/better-health/drink-less/>

