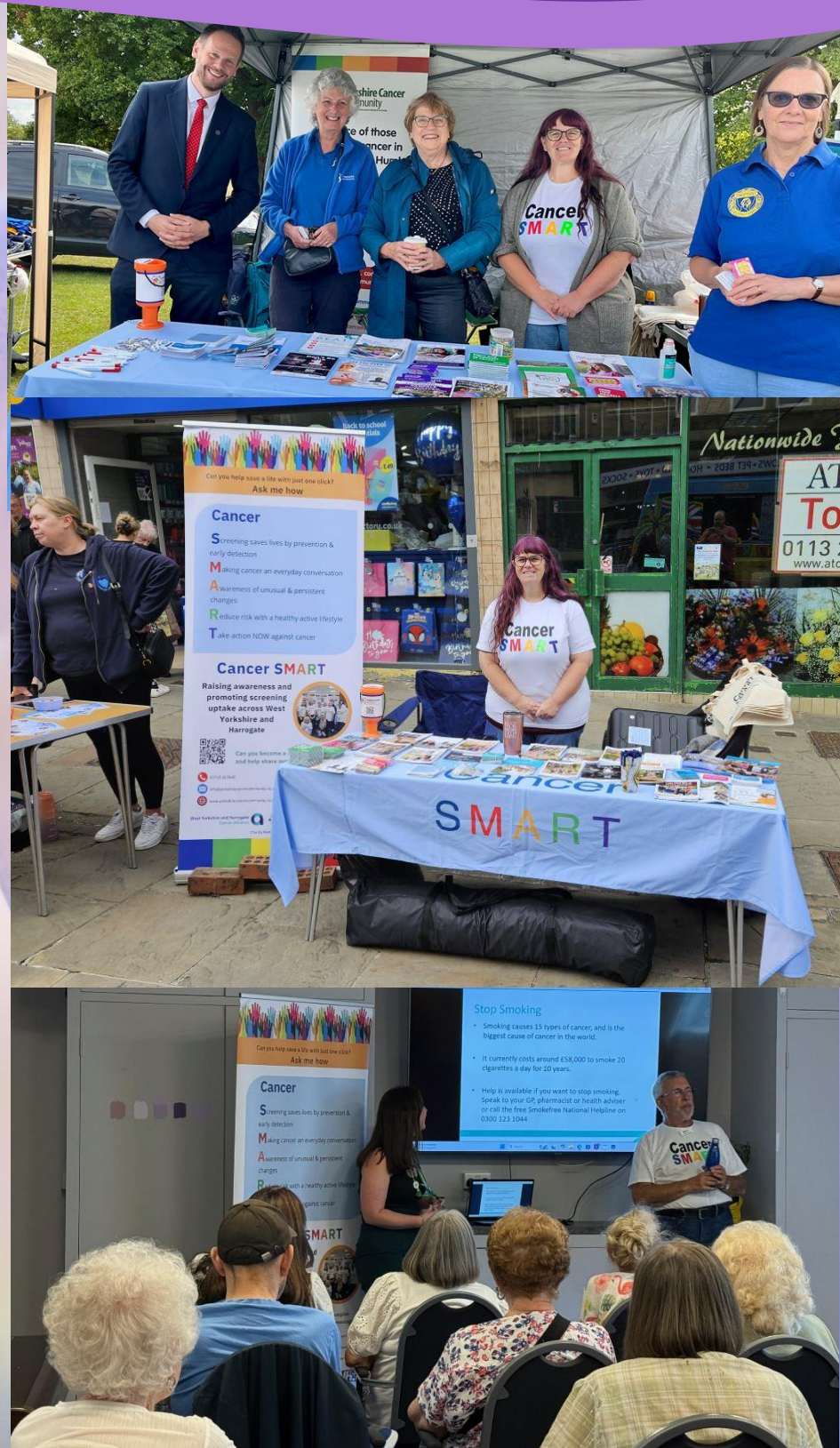




Yorkshire Cancer
Community

September 2025 Edition

WELCOME



Welcome to the September edition of the VOICE Newsletter

Welcome to the latest edition of the VOICE, which as you can see is proudly sponsored by JWP Solicitors. Check out their advert on page 13 to find out more about the services they offer. If you like what you see and would like to sponsor future editions, please get in touch for more details at admin@yorkshirecancercommunity.co.uk

Best wishes

Jill, Clare and Lauren

Contents

Your Stories	Page
Blood Cancer Awareness Month – Linda's story	3
PEN Awards	4
Fundraising ideas	5
Introducing our new collection boxes and newsletter sponsor	6
New support group for secondary breast cancer - Make 2nds Count	7
 News	
Non-Emergency Patient Transport Service (NEPTS) survey	8
The Loss Foundation - Loss But Not Alone - Film	9
How could cancer patients' mental health and wellbeing be supported?	10
Help us to reduce medicines waste	11
Newsletter sponsors advert - JWP Solicitors	12
Seeking research participants - use of telemedicine in breast cancer	13
 What Have We Been Up To?	14
Patient VIEW	17
Upcoming Events	20
Other Items	
Cancer Awareness Months	24

Your Stories

Blood Cancer Awareness Month – Linda’s Story

September is **Blood Cancer Awareness Month**, and with **World Lymphoma Awareness Day** on Monday 15 September, we’d like to share the inspiring story of one of our Cancer Champions, **Linda Walker**.

Linda first met our chairman, Stewart, and fellow Champion Caroline at a Cancer SMART stall in Leeds Marketplace. What started as a quick chat soon turned into a heartfelt conversation. Stewart’s words made her laugh, cry, and—most importantly—feel hopeful. That day, Linda decided she wanted to be part of Yorkshire Cancer Community.

For years, Linda had struggled with stomach pain and acid reflux, often told it was just IBS. It wasn’t until a severe flare-up before a planned holiday that she went to a Walk-In Clinic. A CT scan revealed enlarged lymph nodes—and soon after, she was diagnosed with lymphoma.

“The diagnosis was such a shock,” Linda recalls. “Telling my family was the hardest part. I avoided using the ‘C word’ for a long time.”

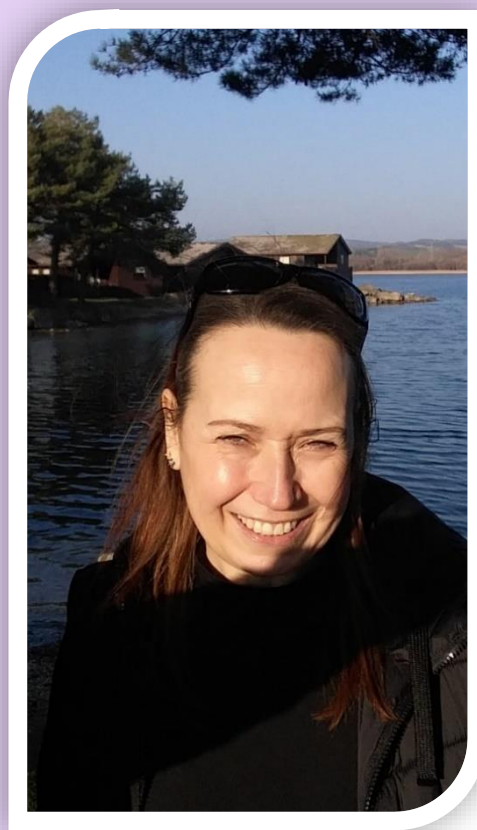
Linda underwent six rounds of tough chemotherapy and leaned on the unwavering support of her partner John, her sisters Julie and Karen, daughter Laura, her amazing friends, the caring staff at St James’s Chemo Ward, and her Lymphoma nurse, Emily. She also found comfort in the team at **Maggie’s**, the support centre next to the Bexley Wing in Leeds.

As Linda recovered, life dealt another blow—her twin sister Julie was diagnosed with breast cancer. True to her protective nature, Linda shifted her focus to supporting her sister through treatment.

Today, Linda remains careful about her health—her low white blood cell count means she has to shield against infections—but she hasn’t let that stop her. She’s passionate about giving back, and she’s thrown herself into fundraising for Yorkshire Cancer Community. She’s even organising a **fundraiser at Leeds Irish Centre on 30 November**, complete with entertainment, raffles, and a tombola.

“I want to get on with life,” Linda says. “I want to dance on tables again! Having cancer makes you treasure the little things—time with my family and grandchildren, and not taking anything for granted.”

Our chairman, Dr Stewart Manning, summed it up perfectly: *“Linda is a breath of fresh air. We are very lucky to have her.”* If you’d like to support Linda’s fundraising—perhaps by donating a prize for the raffle or tombola—please get in touch: info@yorkshirecancercommunity.co.uk





We have been shortlisted

for the Picker Experience Network
National Awards 2025

**Thursday, 2nd
October 2025**

University of Birmingham

#PEN25



We're delighted to confirm we have been shortlisted as a finalist for the Picker Experience Network Awards 2025 under the category **Partnership Working to Improve the Experience** for our collaboration with the **West Yorkshire and Harrogate Cancer Alliance** on the **Cancer SMART** project.

The PEN awards are the first and only awards programme to recognise best practice in patient experience across all facets of health and social care in the UK and from across the world. PEN's vision is to create a unique platform and resource hub of best practice methods and models across the healthcare industry. Their goal is to lead a unique patient experience awards programme, which has a positive impact for all involved.

The awards ceremony will take place on **2 October 2025**, and we're incredibly proud just to be nominated. We'll let you know how we get on.

Could you fundraise for us?

We're asking for your support to help raise vital funds for our small but dedicated cancer charity. Every donation makes a huge difference to us, and one of the most impactful ways you can help us is by organising a fundraising event in your community.

Simple, fun ideas like hosting a bingo night, arranging a cake bake, or even putting together a pub quiz evening can bring people together while raising money that goes directly towards helping us to support people affected by cancer. You don't need to plan anything big - even the smallest of gatherings can make a huge impact when friends, family and neighbours join in.



By holding your own event, not only will you be helping us to continue our vital work, but you will be spreading awareness and showing those affected by cancer that they are not alone.

If you would like to get involved in fundraising for us, please contact us at

info@yorkshirecancercommunity.co.uk

Feeling a bit more adventurous?

If you're wanting to push yourself further, to do something you've never done before, you could always take part in a sponsored sky dive. Not only will you have a once in a lifetime experience, but you'll be raising funds for us at the same time. Watch our fundraising page of our website for more details coming soon. Or email us at info@yorkshirecancercommunity.co.uk to find out more.



Introducing our brand-new collection boxes

If you've ever stopped by one of our information stalls, you'll know we love sharing helpful leaflets from lots of different cancer charities. But here's something you might not know — we actually design and print some of them ourselves too!

Here's a selection of the leaflets we've created to give people clear, simple information and support when they need it most. And we're really excited to introduce our brand-new collection boxes, which you may have started spotting on our stalls recently.

So next time you see us out and about, come and say hello, pick up some leaflets, and if you can, drop a coin or two into our new boxes. Every little bit helps us keep doing what we do best — supporting people and raising awareness in our community.



Big thanks to our first newsletter sponsor - JWP Solicitors

You may remember in last month's edition we invited sponsors to support our newsletter? Well, we're delighted to welcome our very first newsletter sponsor - **JWP Solicitors**, who will be sponsoring our September and October editions. Thank you so much for your support.

If you would like to sponsor a future edition, it's a wonderful way to showcase your brand in our much-loved newsletter, whilst also supporting our small but mighty charity at the same time. Please get in touch with us at admin@yorkshirecancercommunity.co.uk. We'd love to hear from you!

Save the Date

We have an exciting fundraising event planned at **the Irish Centre in Leeds on 30 November**. We're still putting the finishing touches together, but trust us—you'll want this one in your diary. It's going to be a fantastic afternoon / evening of fun, live music, raffles and lots more, so put it in your diary now. You won't want to miss it!



Introducing a new support group for secondary breast cancer - Make 2nds Count

First meeting launches on **Wednesday 10 September**



Research into secondary breast cancer is underfunded. We are committed to funding secondary breast cancer research which can contribute to advancing an increased quality of life for patients.

Our in-person and online **Support** programme helps our community with information sharing, practical advice and support, wellbeing activities and facilitating peer-to-peer friendship groups.

Education is key to everything that we do and we aim to raise awareness of secondary breast cancer through effective marketing and education programmes across the UK. We also empower our community by increasing their knowledge and understanding of research, treatments, trials and options.

Together we can Make 2nds Count!

Visit: <https://make2ndscount.co.uk/>

Tea & Chat Huddersfield

We're delighted to be joining forces with passionate local patient, **Sammy Burrow**, to establish a regular monthly, in person, TEA & CHAT meet up group for secondary breast cancer patients in **Huddersfield**.

Our support groups give patients the chance to share experiences and advice and forge new friendships.

Our meetings will take place on the **SECOND Wednesday** of each month,

2.15pm - 4.15pm at Legends Cafe/Bar, The Accu Stadium, Stadium Way,

Huddersfield HD1 6PG

Click [HERE](#) to register

News

Non-Emergency Patient Transport Service (NEPTS) survey

A new survey launched recently to hear from people about how they travel to appointments.

We are the [West Yorkshire Health and Care Partnership](#). We work with people and organisations across Bradford District and Craven, Calderdale, Kirklees, Leeds, and Wakefield. We help make decisions on health and care services (such as GPs or hospitals). We are an NHS organisation that helps people live long and healthy lives.

What is non-emergency patient transport services?

The non-emergency Patient Transport service is a free transport service for people who find it difficult to get to medical appointments on their own and have certain medical conditions or circumstances. This is not for appointments with your local GP or doctor, your dentist or your opticians, which is what we usually call primary care. This support is for when you have been referred by someone for tests or treatment, which is often in a hospital or another care setting.

What has changed?

There are [new eligibility criteria](#) on the non-emergency Patient Transport service which began on 1 April 2025 in West Yorkshire. The changes in the eligibility criteria mean that some people in West Yorkshire may no longer be able to use the non-emergency patient transport service.

How can you help?

As a result of this change, we want to hear from people about how they travel to appointments, including people who have used the free transport service. By doing so, we hope to understand more about people's preferences and experiences of transportation to appointments so we can look to develop and improve what is offered.

By sharing your feedback and experiences, it will help make sure your voice is helping shape how we deliver services for the right people, in the right ways.

If you need any help filling in this survey, or would like it in an alternative format, please call 01924 317 659 or email: wycb-wak.wrhareception@nhs.net

You can access the survey using this link: <https://re-url.uk/W4T9>



LOSS, BUT NOT ALONE

Watch. Share. Remind someone they're **not alone**.

**Watch it now
on your
favourite
social
channel** 



We're excited to share our new short film **Loss, But Not Alone** - a bold look at **grief** and the **power of support**.



Click any social icon above to **watch** and **share**. Every share helps reach someone **who needs to know they're not alone**.

If you **don't have social media** you can [**watch the film on our website by clicking here**](#) (but don't forget to share if you can!).

How could cancer patients' mental health and wellbeing be supported – come along to these patient workshops



**HAVE YOUR SAY AND HELP TO SHAPE
PSYCHOLOGICAL SUPPORT FOR PEOPLE
AFFECTED BY CANCER**

**JOIN US AT ONE OF OUR LIVED EXPERIENCE
PATIENT/CARER ENGAGEMENT WORKSHOPS**

Leveson Centre, York 1.30-4.30 1st September
 The Rope Walk, Barton 1.30-4.30 4th September
 Health House, Willerby 1.30-4.30 8th September
 Bridlington Sports Centre 1.30-4.30 10th September

Book your place by contacting karenlindley@nhs.net /
07851252430

 **Humber and North Yorkshire
Cancer Alliance**

The Humber and North Yorkshire Cancer Alliance are running a series of patient engagement events this month.

As well as coffee and cake they are offering the opportunity for people affected by cancer and their friends, family and carers to talk to them about:

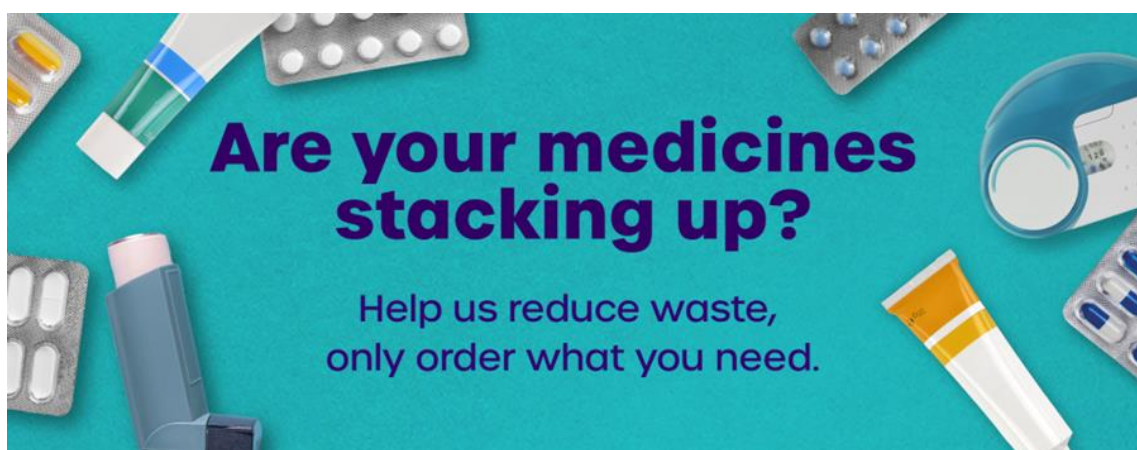
- their experiences in getting the emotional and psychological support they needed during and after their cancer diagnosis and treatment
- what type of emotional and psychological support helped and what was missing
- what could be done to support people's mental health and wellbeing in the future

There are four events across the Humber and North Yorkshire area:

- Leveson Centre, LNER Community Stadium, Kathryn Ave, Huntington, York, YO32 9AF - 1.30pm - 4.30pm - 1st September 2025
- The Ropewalk, Maltkiln Road, Barton-upon-Humber, DN18 5JT - 1.30pm - 4.30pm - 4th September 2025
- Health House, Grange Park Lane, Willerby, Hull, HU10 6DT - 1.30pm - 4.30pm - 8th September 2025
- Bridlington CYP Sports Centre, Gypsey Road, Bridlington, YO16 4AY 1.30pm - 4.30pm - 10th September 2025

Those interested can book by contacting Karen Lindley via email or telephone karenlindley@nhs.net or 07851252430

Help Us to Reduce Medicines Waste



Around £18 million is wasted in West Yorkshire every year on unused medicines. This includes inhalers, pain medication and creams, across our region.

By only ordering what we need we can make sure NHS resources go where they are most needed and reduce the environmental impact of avoidable medicines waste.

Ordering medicines when they aren't needed can mean you end up with more than you need in your cupboard. Small changes in managing our medicines can make a big difference and help reduce medicine waste in West Yorkshire.

Medicine waste and throwing medicines away incorrectly not only costs money but also harms the environment.

Help stop waste. Check before you reorder and only order the medicines you actually need.

1

Only order what you need: Check what medicines you have at home before you place an order, and only order what you need.

2

Hand back: When you collect your medicines from your local pharmacy, make sure that you only have what you need. If you return an item before you leave the pharmacy, it can likely be reused.

3

Stick to your routine: Order your medication when you are running low (7-10 days), and no earlier. You can set up reminders in your calendar to help you check to see if you need to order more.

That £18 million could fund life-saving care. Together we can help to make sure that NHS resources go where they are needed most.

Find out more at <https://www.wypartnership.co.uk/campaigns/order-what-you-need>



Offices
Across West
Yorkshire

HELPING YOU PROTECT WHAT MATTERS MOST

Our team of Specialist Solicitors can help you take care of life's essential legal admin – from wills and probate to inheritance tax and care home fee planning – so you can focus on what really matters.

Our Private Client Solicitors can help with...

- ✓ Wills
- ✓ Probate
- ✓ Court of Protection
- ✓ Inheritance Tax
- ✓ Powers of Attorney
- ✓ Care Home Fees
- ✓ Trusts
- ✓ Deputyships

We also offer expert legal advice in family law, criminal defence, road traffic defence and much more. Whatever your legal needs, our experienced team are here to help you every step of the way.

Speak to a Solicitor Today

jwpsolicitors.co.uk

01924 387171



Seeking Research Participants

Have you used telephone or online video (telemedicine) during your breast cancer follow-up appointments?

“Are you

- Aged 25 & above
- Have completed primary treatment for breast cancer
- Have used telephone or online video (telemedicine) for follow-up appointment with consultant or nurse in the UK



Participation involves online survey of 10-12 mins

SCAN ME



For more information contact: PhD researcher: Vaidehi Phatak

vaidehi.phatak@hud.ac.uk

**HUDDERSFIELD
BUSINESS SCHOOL**

enriching lives
enhancing organisations
engaging communities

What have we been up to?

A Helping Hand

Members of Soroptimist International Wakefield and District turned out to help Sue and Jill run a Cancer SMART stall at Portobello Gala at Castle Grove Park, Wakefield.

Pictured below: Sue with members of Wakefield Soroptimists at Portobello Gala



Pictured above: Simon Lightwood MP with Wakefield Soroptimists Lisette, Pam and Julie and Cancer Champion Sue



Despite early showers, the sun made a few appearances and the crowds turned out to enjoy this popular, free event with fun for all the family.

Thanks to SI member Jane Walton, eight members offered their help on the day and also took part in an online cancer awareness session to help prepare them for some of the questions they may be asked from members of the public.

Thank you to Pam, Julie, Lisette, Georgina, Sallie, Linda, Jane and Marjorie.

Soroptimists International is a worldwide women's movement which works at a local, national and international level to education, empower and enable women and girls.

To find out more go to www.sigbi.org/wakefield/



Here's our Manager Jill and Cancer Champion Mariam delivering a breast screening talk at Ravensthorpe Community Centre earlier this month.



Here's Cancer Champion Sue braving the weather at Morley Health and Wellbeing event in Queen Street - luckily it kept fine and she managed to have some meaningful conversations, spreading the important Cancer SMART messages of attending screening, knowing what's normal for you and seeking help quickly if you notice any unusual changes.

Did you know that the breast, bowel and cervical screening programmes are estimated to save 10,000 lives every year? This shows how important it is to catch cancer early, when it's easier to treat.

Our chairman Dr Stewart Manning, a retired GP, went along to OPAL to their Friday social event to talk to them about our Cancer SMART message and also his personal cancer journey - My lifelong association with cancer.

Here's what they had to say about it afterwards: -

"Thank you very much for coming to OPAL on Friday to deliver your talk. A few members were doubtful about it as cancer isn't a pleasant topic, but from speaking to them afterwards they really enjoyed it! They found it informative and easy to understand. They liked the presentation and really liked that Stewart added humor as well. They said they all learned something too!"



Stewart was joined on the day by Abby Diggles from West Yorkshire & Harrogate Cancer Alliance, who fund our Cancer SMART programme and also our Patient VIEW project.



The OPAL centre (Older People's Action in the Locality, are a charity which supports the over 60's in areas of Leeds LS16. Support varies from practical support such as shopping trips, transport and digital help for those unfamiliar with modern technology, to emotional support and health and wellbeing. They have social activities too, including the Friday social group which is what Stewart and Abby attended. To find out more about OPAL, visit their website at <https://opal-project.org.uk/>



Patient VIEW

August was a relaxed month for Patient VIEW. I took some time off for a family holiday at Primrose Valley in Filey—we had a wonderful time, and I hope you've all enjoyed a lovely summer too!

Recent Highlights

Wednesday 20th August

I visited **St Swithun's Community Centre (Eastmoor Community Project) in Wakefield** to meet their new centre coordinator, Rob. It was a valuable opportunity to connect and share more about the work we're doing.

Tuesday 26th August

I attended the one-year celebration of **Calderdale Cancer Aware**. It was fantastic to see the progress they've made over the past year. The event was also a great opportunity to promote Patient VIEW, as we currently don't have any panel members in this area.



Planning is now underway to hold a Patient VIEW roadshow focus group with Calderdale Cancer Aware very soon —so watch this space!

Looking Ahead

Friday 5th September

I'll be returning to **St Swithun's Eastmoor Community Project Centre in Wakefield** for their **Community Health Drive** event, running a Cancer SMART and Patient VIEW stall. Please do come along and say hi if you're in the area!

COMMUNITY HEALTH DRIVE

**Friday 5th September
11am – 4pm**

**St Swithun's Community Centre
WF1 4RR**

- Meet the experts face to face
- Advice & support
- Try out a variety of cycles
- Light refreshments
- Bring your family & friends



CHANGING FUTURES TOGETHER

STRIVE • THRIVE • ACHIEVE



LIVE WELL /
Community Liver Health Checks



NHS
West Yorkshire ICB

Place Cancer Transformation



DWP Disability Employment



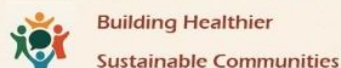
Stroke
ASSOCIATION



Here for you
Day Time Crisis Service



Wakefield Carers
SUPPORT



Everybody's Cycling

Touchstones

Wednesday 17th September

We'll be holding a Patient VIEW roadshow meeting with **BHA Skyline Charity** in Leeds. We're very grateful to them for allowing this opportunity. I'll be attending alongside panel member and YCC chair Dr Stewart Manning, who will be supporting me.



or Donate via QR code



0113 2449767
Leedsskyline@thebha.org.uk

Company No.3818058
Charity Number:1079727

REMINDER: Thursday 9th October

Our next Patient VIEW meeting will take place at our usual location, **Scope Hub Leeds**. Emails will be sent out to all panel members with more information soon.

Thank you all for your continued support, and I look forward to seeing some of you at upcoming events!

Patient



Voices from
around the
region



Including
all points of
view



Exchanging
practical
ideas



Working
together

Upcoming Events

Here's some events we have coming up in September. We'd love to see you there.

Fri 12 September - Talk & stall, Coffee Morning, Nowell Mount Community Centre LS9 6HR - 11am - 12pm

Sun 21 September - Stall at BM Wellbeing Village Conference 2025, Village Hotel N, Headingley LS16 5PR - 12pm - 5pm

Thur 25 September - Stall at men's health event, Community Works, Bradford, BD3 0DW - 11am - 2pm

Fri 26 September - Talk & Stall, Staying Well Health & Wellbeing event, North Halifax Partnership, Mixenden - 11am - 2pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity

Macmillan Safeguarding Training – offered to Yorkshire Cancer Community

Back by popular demand, the Macmillan Safeguarding Team are once again offering online safeguarding sessions. They may be useful to people running support groups, charities or community interest companies.

Overview: This session provides a safe and open environment to discuss safeguarding and safeguarding concerns. We'll explore what we mean by safeguarding, some of the more common safeguarding concerns, as well as what to look out for and the impact these situations can have on people's lives.

Weaved in throughout, we'll focus on helping you to develop the confidence to start a conversation, and how to signpost to appropriate supports. The course covers, but is not limited to, safeguarding concerns such as neglect, domestic abuse, child protection and suicide. Please note, this session will cover these sensitive topics and discussions, which some may find distressing. In addition, we can offer some tailoring to the content and remit of this training, based on your team's roles and requirements.

Date & Time: Wednesday 26th November 2025, 2pm until 4.30pm

To book your place, please contact safeguarding@macmillan.org.uk

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU

Yorkshire Cancer Community - Support Group for Support Group Leaders

This month we have guest speaker Fraser Corry, Macmillan Community Manager, North of England who will be talking to us about how your group can access support grants. If you run a support group, you won't want to miss this exciting opportunity. Simply get in touch and we'll send you the zoom link.

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 WEDS 8 OCTOBER
AT 1.30PM-3PM**

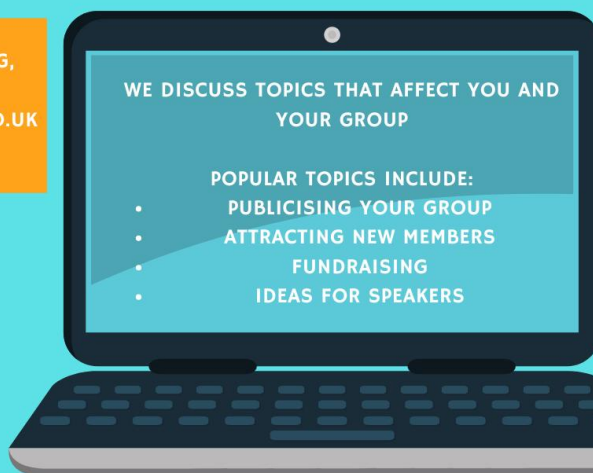
**THIS MONTH WE WILL BE JOINED BY FRASER CORRY FROM
MACMILLAN WHO WILL BE TALKING ABOUT HOW YOUR
GROUP CAN ACCESS SUPPORT GROUP GRANTS**

IF YOU WOULD LIKE TO JOIN A MEETING,
PLEASE EMAIL US AT
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



Go Bowling with Macmillan and Hollywood Bowl Bradford

Free bowling is on offer to anyone living with cancer, with Macmillan Meet-ups running in conjunction with Hollywood Bowl, Bradford.

Cancer Community Meet-ups provide a relaxed and comfortable space for people with cancer and their loved ones to meet up with other people going through similar experiences.

The idea behind Meet-ups is simple – being around others who understand what you're going through is an incredible source of support. Just knowing that you're not alone can provide reassurance and a sense of belonging.

Meet-ups have no agenda, no requirement to sign up, and no requirement to speak about cancer, or even speak at all.

Attendees simply turn up at the venue, let a member of staff know you have arrived, and a Meet-up host will welcome you and provide light refreshments.

Attendees are welcome to bring along a friend or family member.

Macmillan representatives will not be there on the day, although the Meet-up host can signpost to the Macmillan Support Line.

The Bradford Meet-ups will restart on the **10 September at 11am** and continue **every other Wednesday at 11am**, until 17 December.



Upcoming dates:

- 10 September
- 24 September
- 08 October
- 05 November
- 19 November
- 03 December
- 17 December

MACMILLAN
CANCER SUPPORT
RIGHT THERE WITH YOU



Are you or a family member living with cancer?



If this is you, we warmly welcome you and a guest to come along for a **free game of bowling** and a **chance to chat to others** who are going through similar experiences.

Join us at **Hollywood Bowl Bradford** fortnightly on **Wednesdays** for a chance to come together and connect.

10 September, 11am

24 September, 11am

8 October, 11am

5 November, 11am

19 November, 11am

3 December, 11am

17 December, 11am

Hollywood Bowl, The Leisure Exchange,
Vicar Lane, Bradford, West Yorkshire, BD1 5LD



For more information, please visit
macmillan.org.uk/CancerCommunity
or call the Macmillan Support Line
for free on 0808 808 00 00.



Hollywood Bowl

in partnership with

**MACMILLAN
CANCER SUPPORT**

Macmillan Cancer Support, registered charity in England and Wales (281017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC10838

Other Items



Blood Cancer

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

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

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

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

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

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

You can listen to the inspiring story of Rian Harvey and his journey with acute myeloid leukaemia in our very own YOU CANcervive podcast series at <https://www.yorkshirecancercommunity.co.uk/the-l-card/>



Childhood Cancer

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

The types of cancer affecting children are quite different from the cancers that affect teenagers and young adults (TYA); TYA cancers are different again from the types of cancer that typically affect adults aged 25+. Thanks to investment in research and treatment, survival has increased dramatically over the past 50 years and four out of five young cancer patients can be successfully treated.

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



Gynaecological Cancer

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

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

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

For more information on cervical cancer, including where to get help and support, visit our website page <https://www.yorkshirecancercommunity.co.uk/cervical-cancer-2/>

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

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

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

You can listen to Lisa Robson as she discusses her experience with Ovarian Cancer on our very own YOU CANcervive podcast series at <https://www.yorkshirecancercommunity.co.uk/ova-coming-cancer/>



Thyroid Cancer

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

Thyroid cancer is quite rare in the UK. Women are more likely to get it than men.

Symptoms of thyroid cancer include:

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

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

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



Urological Cancer

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

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

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

Bladder cancer - This is where a growth of abnormal tissue, known as a tumour, develops in the bladder lining. Symptoms include blood in the urine, which is usually painless. For more information, visit the bladder cancer page of our website, at <https://www.yorkshirecancercommunity.co.uk/bladder-cancer/>

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

For help and support, visit the kidney cancer page of our website at <https://www.yorkshirecancercommunity.co.uk/kidney-cancer/>

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

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

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

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