



**Yorkshire Cancer
Community**

October 2025 Edition

THE Voice of



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Welcome to the October edition of the VOICE Newsletter

Hello everyone. As it's feeling very autumnal at the moment, we thought we would continue the theme with our front cover this month. We hope you like the new style.

On Thursday this week, Jill and Clare will be attending the Picker Experience Network National Awards 2025 ceremony in Birmingham where we have been nominated for Cancer SMART in the category Partnership Working to Improve Experience. Keep your fingers and toes crossed for us, although we feel like winners already for being a finalist.

Best wishes
Jill, Clare & Lauren

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Your Stories

Not all heroes wear capes

Our trustee and cancer champion Michael was diagnosed with bowel cancer in 2023, and despite being an upbeat and positive person, he found his cancer journey took him to a very dark place. It's here that he met colorectal nurse Sally, and he describes her as his hero. Here's his story.

I was diagnosed with bowel cancer following tests to discover the cause of my ongoing anaemia and low iron levels. A colonoscopy identified two polyps, and a further CT scan revealed I had bowel cancer. The news knocked me for six, and the following months were hard. The treatment was gruelling, with two rounds of chemotherapy, followed by surgery to remove a large portion of my bowel, and then a further six rounds of chemotherapy to ensure any remaining cancer cells were destroyed. I'm normally a very positive person, but the months of treatment and the constant sickness, diarrhoea and feeling "rough" took its toll and I found myself in a very dark place mentally.



One particular day I awoke feeling really rough, and the feeling of hopelessness was overwhelming. I sat and cried and knew I couldn't fight any longer. I had reached rock bottom.

I picked up the phone and called the hospital, and the person at the other end of the phone was colorectal nurse Sally. I will never forget our conversation, and I really think Sally saved my life that day. We talked for about an hour, and she convinced me to carry on and keep on fighting. She talked me through my treatment pathway and advised me to take the medication when I needed it and focus on one day at a time. She talked me through everything, not condescending or overly sympathetic, just soft words of encouragement. It helped me a lot to see my cancer journey as that, a journey, so that I could see the progress I had made and the end in sight. It made me feel a bit more in control of what was happening to me.



People can understand the physical toll that treatment takes, but the mental toll is just as difficult. I'm so glad Sally was there to help me get back on track. Whenever things got tough, I remembered and focused on what Sally had said. When I had my surgery in Pinderfields hospital, Sally visited me and helped me through. Without her, I don't think I would be here today. I recently presented her with a little token of my appreciation as I wanted her to know how much she had helped me. I will be forever grateful to Sally - my hero.

Since battling cancer, I've been determined to give something back and am passionate about helping people with cancer whenever I can. Apart from my work with YCC, I also volunteer at the Cavell Unit at Dewsbury hospital, and chat to the patients who are having chemotherapy. I also help out as a volunteer / befriender at Ings Grove House rehabilitation centre in Mirfield and Royds Community Association in Bradford and am a befriender for Age UK.

I have produced two videos for YCC to help promote early diagnosis, and spread awareness of the signs and symptoms of bowel cancer, which you can watch here: -

<https://www.yorkshirecancercommunity.co.uk/cancersmart/#videos>

My advice to anyone who is feeling overwhelmed or hopeless - don't dwell during the night. You can't do anything about it then. Instead, focus on something positive and then wait until the morning to deal with the issue. Things often look better in the morning. I also have my own mantra, that I will share with anyone who needs to hear it: -

**Always forwards, never
backwards**

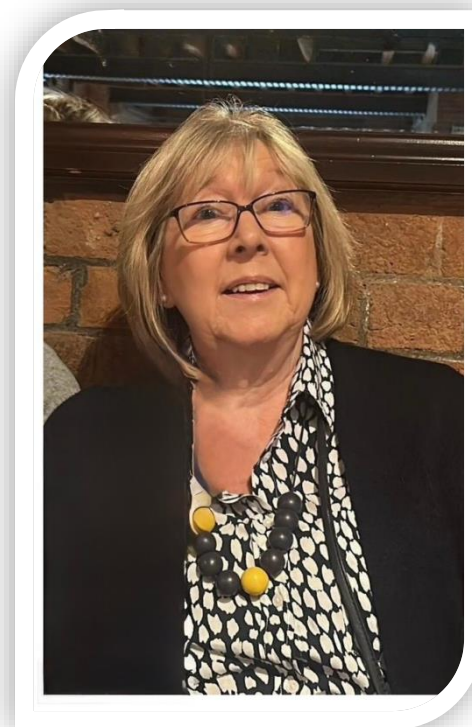
**Always positive, never
negative**

Always be awesome

Marilyn's Story

It was Summer 2004, and life was slowly starting to return to normal. I had been through a very traumatic time after my husband John passed away suddenly and unexpectedly in December 2001 at only 55 years old. On top of that, we ran an insurance business together, which I was now running on my own. I was five months late having my mammogram due to holidays. When I finally went along in September, I was surprised to receive a letter shortly afterwards asking me to go back for a further check-up. I had to go to Seacroft in Leeds this time, and as I was unsure how to get there, I asked my daughter Helen to take me. As I felt so healthy at the time, I wasn't concerned at all. I just thought that they wanted to X-ray me again as I must have moved on my original one.

I waited in the waiting room and was called in last. I went in on my own. There was a doctor and two nurses in the room and they had my X-ray up on the screen. The doctor showed me my right breast which looked "cloudy" and explained that I had breast cancer. My left breast was ok.



No-one was more shocked than me. I felt well and had a healthy lifestyle. I had never smoked, didn't drink a lot and I was only in my early fifties.

What followed was meetings with the consultant, Mr Ali who carried out various tests including biopsies of my right breast. I remember this was very painful and left me battered and bruised. It was probably the most painful part of my whole treatment. I also met plastic surgeon Mr Fourie, to discuss my reconstruction surgery. We decided that he would fit an expander in my right breast to stretch the skin ready for an implant which would be fitted later. He would also take skin from the back of one of my toes to create a nipple (this was unsuccessful and later fell off!). My left breast would be reduced to match my new right breast.

My operation took place at 7am on 5th November - bonfire night! Larrie Fourie was due to take a holiday, so he organised a bed for me in the burns unit and arranged for an anaesthetist to assist at the operation with Mr Ali. He did all this to avoid delay so that I wouldn't have to wait for his return from holiday. Although I had private medical insurance, there were no free beds at Methley Park, and I would have had to go to Leeds where neither Mr Ali or Larrie Fourie could do my operation.

During my operation, lymph glands were removed to check if the cancer had spread.

When I came round, I wasn't in a lot of pain as I had expected to be, but I had morphine to help with that. I was encouraged to get up and I remember my family visiting me and putting me in a wheelchair and taking me (tubes and all) to the café for a coffee!!

The funny thing was that before my operation I had booked myself into a beauty salon for a bit of TLC, including a facial, manicure and body massage. Everyone thought I looked really well, and as a result I was discharged from hospital after only a few days.

I was having renovation work done at home at the time, so I went to my sons house to recover. My daughter spent the first week helping me, but then had to return to work and my son took over. He had me making him cups of tea while he worked from home, and when we went to the supermarket he had me pushing the trolley! I'm not sure who was looking after whom!?

I soon had to go back to the hospital for the results of my operation, and I remember feeling a bit nervous that day. The finding from the lymph glands was that my cancer had been "micro invasive". They seemed happy that all the cancer had been removed, and I didn't need any further treatment (no chemo, etc) which was a huge relief. I went on to make a full recovery, which was monitored by weekly then monthly checks. Eventually I was discharged altogether, and just go for routine mammograms on my left breast nowadays.

Looking back, I remember before my diagnosis that the skin on my right breast wasn't the same as on the left side. It wasn't smooth and had an orange peel texture. I didn't realise it at the time, but this can be a warning sign of breast cancer.

I'm so grateful that I went along to that mammogram and didn't put it off any longer than I did.

Everyone I dealt with, the doctors and nurses, were wonderful and I received the best care and attention. I, myself dealt with it in a very positive way and I **never once** thought that I was going to die. My family were very positive and supportive too. I really think this approach helped me a lot. All of this happened 21 years ago and fortunately for me I have had no further problems.

Thank you NHS

A mammogram involves taking an x-ray of the breast. An invitation is sent out to women/people with breasts aged between 50 – 70 every three years. You can still request an invitation after you turn 70, by contacting your GP or local screening centre. If you're transgender or non-binary, check with your GP or gender identity clinic if you have not received an invitation and think you should.

Breast screening saves around 1,300 lives each year in the UK.

Our First Ever Fundraiser - Rhythm & Ribbons

Our Cancer Champion Linda is living with lymphoma and after talking to Stewart, feels she can help us in our hour of need, by bringing together this fundraiser to bring in much needed funding. There will be live music, DJ, raffle, tombola, games and lots of fun to be had! Tickets are available direct from the Leeds Irish Centre, or on Skiddle.com, or you can buy directly from us - email admin@yorkshirecancercommunity.co.uk to find out more. Hope to see you there. Thanks so much, Linda - you're a star!

RHYTHM & RIBBONS

Fundraising for

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

REGISTERED CHARITY
NO: 1185838

LEEDS IRISH CENTRE

SUNDAY 30TH NOVEMBER

Starts 1pm-8pm

Tickets - Adults £10 - Children up to 16 yrs FREE
(Donation welcome)

Entertainment:
Upbeat, funky soul & 80's
Hollie Rose singer
Jeni Jaye (multi tribute artist)
Those 2
Paul Mac singer
The singing wardens of lower grange choir
DJ TOMMY K

Raffle & Tombola:
AMAZING PRIZES
Champagne
Restaurant vouchers
Spa experience
Instax Camera
& many more

**CASH PAYMENTS
PREFERRED ON THE DAY**

**TICKETS AVAILABLE FROM LEEDS IRISH
CENTRE / YCC OR SKIDDLE.COM**

ALL PROCEEDS GO TO YORKSHIRE CANCER COMMUNITY

Rhythm & Ribbons Raffle - Prizes Galore!

We are holding our first ever raffle, to be drawn at our event at the Irish Centre, Leeds on 30 November.

Will you be a prize winner? You don't have to be at the event to win a prize. We're selling tickets now so email admin@yorkshirecancercommunity.co.uk to get yours!

They're only £1 each, so get in touch if you want to buy some. Tickets will be on sale until 25 November, and at the Rhythm & Ribbons fundraising event. The draw will take place at 6pm on 30 November.



All proceeds from the raffle will go directly to Yorkshire Cancer Community, so that we can carry on being there for anyone affected by cancer

There's some great prizes to be won, including: -

- A luxury hamper
- A bottle of Moët & Chandon champagne
- An instax mini 11 instant camera in lilac
- Afternoon tea for two at Chevin Country Park Hotel
- Authentic Manchester City shirt
- Askam Bryan wildlife park tickets x2
- Vouchers for Bill's restaurant in Leeds
- Many more fantastic prizes



Don't miss your chance to win a great prize whilst supporting your favourite local cancer charity!

Putting People First - our award-winning trustee David Blunt



Pictured L-R is David Blunt YCC Trustee and Cancer Champion who is also a volunteer for Calderdale and Huddersfield NHS Foundation Trust. He is pictured with Stevie Cheesman, Volunteering Services Lead, Emma Kovaleski, Head of Charity and Volunteer Services and Eileen Crombie - Meet and Greet and League of Friends Volunteer.

At the recent CHuFT awards in Halifax, volunteering services were nominated in the 'Putting People First' category and were very proud to receive the runners-up award which they are pictured receiving. These are annual staff awards for

Calderdale & Huddersfield Foundation Trust run in

house and all of the nominees are from other members of staff. This year there were a record 420 nominees in 6 categories. In the category of 'Putting People First' there were 60 nominations including the volunteer team headed by Stevie Cheesman. The volunteer team came runners-up and the photo is of Stevie holding the award as runner-up. The eventual winner of the category was Mandy Davies Assistant Manager of Macmillan Information Services.

Who is the award for?

Anyone – regardless of role, specialism or band who delivers skilful, compassionate care every day.

What we were looking for in nominees

- Those unsung heroes who put people first every day, they do it naturally, they do not want thanks or praise but they are great at what they do.
- How they deliver skilful, compassionate care.
- Inspiring examples how fantastic they are on a daily basis with some examples where they have been exceptional in this area.
- What impact they have made.

“

I felt doubly pleased as a volunteer but attached to the Macmillan team - one of the other hats I wear apart from being a YCC Trustee and Cancer Champion.

David Blunt

”

One Day at a Time – A Powerful New Play Touring Wakefield and Leeds This October



West Yorkshire and Harrogate
Cancer Alliance



Here Steven Busfield, Artistic Director and Co- CEO of Empath Theatre CIC, tell us about their new production, which is free to attend.

Empath Theatre presents *One Day at a Time*, a deeply moving and fiercely human new production that explores the realities of cancer, recovery, and resilience.

With performances across the Wakefield district and in Leeds at Left Bank, this original play invites audiences into the intimate world of Annie, a nurse whose career has been shaped by the stories of those she's cared for — and whose own story is quietly unfolding.

Drawing from real conversations with patients, families, and caregivers, *One Day at a Time* takes audiences on a journey from waiting rooms to pub tables, from quiet dread to unexpected laughter. It's a play about the things people wish they'd known, the myths they want to challenge, and the ways life continues after the last appointment.

Honest, warm, and grounded in lived experience, this production is the culmination of a creative project shaped by voices from across the region. Through workshops, interviews, and shared storytelling, Empath Theatre has collaborated with individuals navigating diagnosis, treatment, recovery, and loss — creating a space for reflection, connection, and hope.

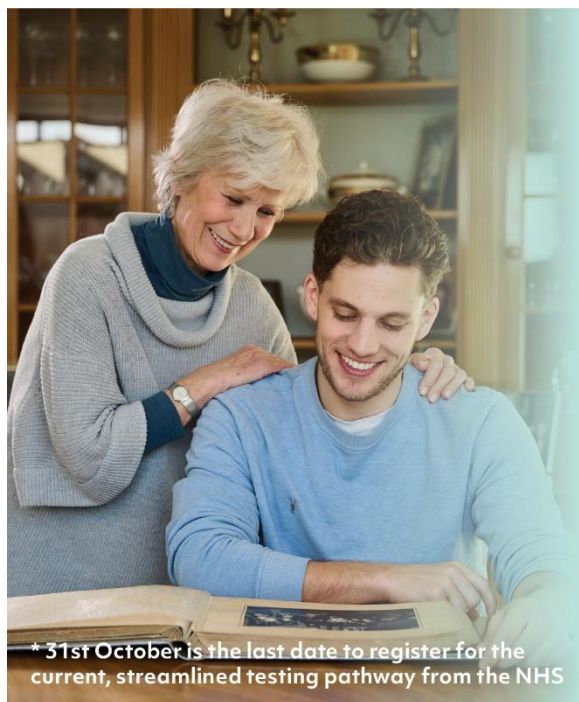
Funded by the **West Yorkshire and Harrogate Cancer Alliance Innovation Award**, *One Day at a Time* is more than a performance — it's a testament to the strength found in community and the healing power of storytelling.

All performances are free to attend.

For tickets and venue details, visit: <https://www.eventbrite.com/cc/one-day-at-a-time-4069123>

News

Reminder – closing soon NHS Jewish BRCA Testing Programme



**THE NHS JEWISH
BRCA SCREENING
PROGRAMME**

Jewish people are up to six times more likely to carry a faulty BRCA gene that can be passed onto children and increases the risk of ovarian, breast, prostate and pancreatic cancers.

A simple saliva test can give you the information you need to protect your future.

FOR YOUR FREE BRCA SCREENING TEST KIT
JEWISHBRCA.ORG

* 31st October is the last date to register for the current, streamlined testing pathway from the NHS

Jnetics **chai cancer care** **NHS**
together we can cope **England**

PROGRAMME CLOSING 31ST OCTOBER 2025

The NHS Jewish BRCA Testing Programme has received almost 35,000 registrations to date and has delivered over 20,000 BRCA test results. This will enable people found with pathogenic variant genes to access life-saving NHS treatment and screening pathways.

NHS England is offering free BRCA gene testing to anyone who:

- Lives in England
- Is aged 18 or over
- Has one or more Jewish grandparents

The programme will close for new registrations on 31 October 2025. Eligible people who want to access testing on the current pathway are encouraged to sign up as soon as possible via the [website](https://www.jewishbrca.org).

Let's quit smoking together this Stoptober!

Stoptober is back! Join thousands of other smokers committing to quit this October.

Even if it's your first time or you've tried before, now is the perfect time to quit smoking. Make it to 28 days smoke-free and you're 5 times more likely to quit for good.

There's no need to go it alone. The NHS has free tools, advice and support, so quitting is easier than you think. Visit <https://www.nhs.uk/better-health/quit-smoking/>



What happens when you quit?

The sooner you quit, the sooner you'll notice changes to your body and health. Look at what happens when you quit for good.



After 20 minutes - Check your pulse rate, it will already be starting to return to normal.



After 8 hours - Your oxygen levels are recovering, and the harmful carbon monoxide level in your blood will have reduced by half.



After 48 hours - Your carbon monoxide levels have dropped to that of a non-smoker. Your lungs are clearing out mucus and your senses of taste and smell are improving.



After 72 hours - If you notice that breathing feels easier, it's because your bronchial tubes have started to relax. Also your energy will be increasing.



After 2 to 12 weeks - Blood will be pumping through to your heart and muscles much better because your circulation will have improved.



After 3 to 9 months - Any coughs, wheezing or breathing problems will be improving as your lung function increases by up to 10%.



After 1 year - Great news! Your risk of heart attack will have halved compared with a smoker's.



After 10 years - More great news! Your risk of death from lung cancer will have halved compared with a smoker's.



Download the free NHS Quit Smoking app



Come and join us!

[Humber and North Yorkshire Cancer Alliance](#)

[Alliance](#) is actively recruiting people with lived experience of cancer to join its expanding Patient and Public Representative Group. Lived experience could mean either as a patient or the carer of someone with a cancer diagnosis.

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

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

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

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

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



The poster is for the NHS Humber and North Yorkshire Cancer Alliance. It features the NHS logo in the top right corner and the Cancer Alliance logo in the top left. The main text, in large white font on a dark blue background, asks: "Would you like to become a Patient or Public Representative?". Below this, it says: "Use your experience of cancer to help improve services across Humber and North Yorkshire". At the bottom, it encourages: "Find out more - register your interest today". The bottom of the poster shows a diverse group of people of various ages and ethnicities.

Breast Cancer Awareness Month – Wear It Pink Day

My name is Amy and I am a Social Prescribing Link Worker at Barnsley Healthcare Federation. After the success of our World Cancer Day Macmillan Barnsley fundraiser, we are now hosting a second event.



Breast Care Appeal

Breast Cancer Awareness Month

Wear It Pink Day

*On Friday the 24th of October Barnsley Healthcare Federation will be hosting a fundraising day in aid of **Barnsley Hospital Breast Care Unit / Appeal**, and you're invited to join us!*

Ready to make a difference?

What and how?
Charity walk (pink clothing / accessories optional) through Barnsley Town Centre, along Pontefract Road to BHF Priory Centre (Lundwood). **Followed by hot / cold food and cakes, drinks. Plus tombola and competitions with great prizes.**
 There will also be support from information & advice services across Barnsley.

When and where? Friday the 24th of October
Charity walk: Barnsley Hospital outside Women's Services (C1) on the grass area 11.30AM to walk at 12PM.
Event Celebration: BHF Priory Centre, Pontefract Rd, Barnsley S71 5PN from 12PM onwards
(welcome the walkers back from 2PM).

Ready for a challenge?

If you would like to take part, donate or join us on the day then please contact Amy on 07380863049 or amy.bassinder@nhs.net

Barnsley Hospital Charity
support local care

 Barnsley Healthcare Federation

If you're interested in joining the walk, having a stand at Priory Campus, coming along to Priory Campus for food, stalls & games, or helping out in any way please contact Amy on 07380863049 (Mon - Fri, 8AM-4PM) or amy.bassinder@nhs.net

If you would like to support us and cannot make it on the day here's a few ways you can:

- By donating to our fundraiser in aid of Macmillan Cancer Support - Just Giving link is available: https://www.justgiving.com/page/amy-bassinder-3?utm_medium=FA&utm_source=CL
- By donating competition / tombola prizes.
- By donating sweet & savoury treats and refreshments.

All donations will be much appreciated (food, drink and tombola prizes would be greatly welcomed), if you would like to donate or join us on the day then please contact Amy on 07380863049 or amy.bassinder@nhs.net

Big thanks to our first newsletter sponsor - JWP Solicitors

Huge thanks to our very first newsletter sponsor - **JWP Solicitors**, who have sponsored both our September and October editions of VOICE.

So, if you're thinking of writing a will, setting up powers of attorney, or have any other legal need, you know where to go. They have offices in Wakefield, Pontefract, Leeds, Huddersfield, Bradford, Hemsworth, Batley & Dewsbury, so there's sure to be one local to you. To find out more about the comprehensive services they offer, you can visit their website at <https://jwpsolicitors.co.uk/> or telephone them on 01924 387171.

Could you be our next sponsor?

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.

Packed with engaging content, inspiring stories, and valuable information, our newsletter continues to receive outstanding feedback. It's the perfect platform to reach a dedicated audience while supporting important initiatives, such as local support groups, research opportunities, and upcoming events.

For just **£250 per issue**, you can place a full-page advertisement and enjoy prominent branding with your name featured on the front cover and footer of each page, as shown in this edition.

Interested in a longer-term partnership? We offer discounted rates for six-month and full-year sponsorships, providing even greater visibility and value.

Get in touch today to learn more about how you can be part of our newsletter's continued success at info@yorkshirecancercommunity.co.uk



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What have we been up to?

On Sunday 21 September our chairman Stewart was joined by cancer champion Linda at the BM Wellbeing Village Conference 2025, held at the Village Hotel, Headingley. Here they are pictured with the Lord Mayor of Leeds, Cllr Dan Cohen at the event



On Friday 19 September, we had our trustee governance training day, where our board came together to ensure we are the best we can be. Pictured below left to right are Stewart, Louise, Stephen, Lauren, Michael, Jill, Clare, Linda and trainer Jane Walton



CANCER

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Our cancer champions Michael and Lauren (centre) were at the Eastmoor Community Project's Community Health Drive at St Swithun's Centre, Wakefield on Friday 5 September, connecting with local residents and helping to spread awareness of our Cancer SMART message and Patient VIEW project.

They shared a stall with our friends at Trinity Health Group PCN / Trinity Medical Centre, Wakefield and Sharon from Wakefield District Health and Care Partnership / NHS West Yorkshire & Harrogate Cancer Alliance.

They were later joined by Fiona and Lewis from JWP Solicitors (pictured above with Michael) who have very kindly sponsored our September and October newsletters.

Patient VIEW

Patient VIEW Update

September was another busy month for Patient VIEW. On the 23rd, we joined the Carer Voice Network Roadshow at West Wakefield Methodist Church with our Patient VIEW stall. It was wonderful to connect with carers, family members, and supporters.

As always, our panel welcomes patients, carers, family members, and supporters. If you're living with cancer, caring for someone who is, or want to share your perspective, we'd be delighted to have you with us.



Patient View Roadshow Update

On the 17th of September, Stewart and I attended the BHA Leeds Skyline, where we engaged with both service users and staff on some very important themes around cancer screening, diagnosis, and treatment for people living with HIV.



L-R: Lauren, Stewart and Pesha Thornton from BHA Leeds Skyline

Key issues raised:

- The importance of people feeling respected, listened to, and treated equally in both hospital and GP settings.
- How negative experiences can create barriers to future screening uptake, while positive, supportive care can make a real difference.

Feedback from the service users:

"Dr Stewart cares, he is a doctor of the people. He cares about making a change for us, he just wants to leave a legacy"

"I enjoyed meeting Lauren, she listened - more people need to listen to what it's trying to access health care when you're living with HIV"

"I feel Stewart and Lauren heard us"

"Good people"

We are really looking forward to continuing our work with BHA Leeds Skyline and visiting again in the future, to help shape cancer services that work for everyone in our region.

Looking Ahead

Our next Patient VIEW meeting will take place both face-to-face and online at SCOPE Hub, 3 Brewery Wharf, Dock Street, Leeds LS10 1JF on Thursday, 9th October 2025.

If you'd like to join us, please email me for the meeting link and details:

lauren@yorkshirecancercommunity.co.uk

Really looking forward to seeing everyone after the summer break! 😊

Upcoming Events

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

Wed 1 Oct - Manygates Adult Learning Centre, Wakefield health & wellbeing event - 11am - 3pm

Sun 5 Oct - Stall at Silver Sunday in The Ridings Wakefield - 10am - 4pm

Wed 8 Oct - Stall at Health and Wellbeing event, St Andrews's Methodist Church, Beeston - 10am - 2pm

Mon 13 Oct - Stall, talk, breast screening KHL women's group, Keighley BD21 2JH - 11.30am - 1pm

Tue 21 Oct - Talk, Social Isolation Grp, Leeds Jewish Housing Assoc - 11am - 12.15pm

Wed 22 Oct - Talk & stall, Health & Wellbeing, Lower Valley, Southgate Methodist, Elland - 11am - 2pm

Thu 23 Oct - Talk, stall, Morley PCN Neighbourhood Networking Event, Morley Rugby Club- 11am - 4pm

Tue 28 Oct - Stall, Health & Wellbeing, Crossgates Shopping Centre, Leeds LS15 8BZ - 11am - 3pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity

Yorkshire Cancer Community - Support Group for Support Group Leaders

Coming up 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?

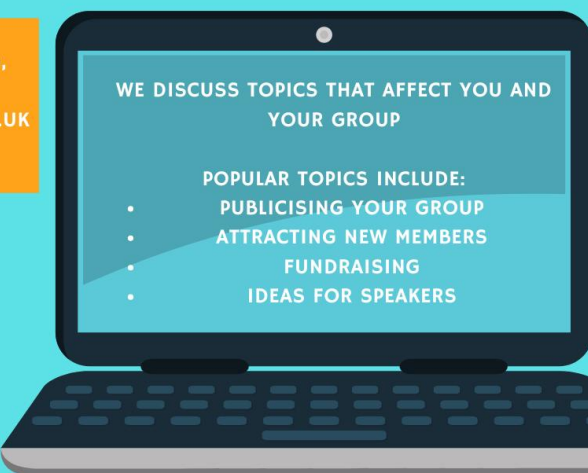
PLEASE COME ALONG TO OUR

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



Yorkshire Cancer Community
The voice of those affected by cancer in Yorkshire & The Humber

CHARITY NUMBER: 1185838





Picture: Golden Acre Park Leeds

Walks and talks in Yorkshire this month offered by the Loss Foundation

The Loss Foundation are the UK's only bereavement charity, who offer grief support to people who have lost a loved one to cancer. They offer walk and talk events across the UK, and this month two will be held in Yorkshire.

These **casual** meet-ups provide a supportive space to **walk, talk, or simply be** among others who understand. If the weather's bad, they'll head to a nearby coffee shop. They've found that being in nature with **someone who gets it** makes tough conversations easier, which is why they expanded these events nationwide in 2023. Whether you want to talk or just be with others, a **trained volunteer** will greet you, and there's **no pressure** to participate in any specific way.

Walks this month include:

October 12 10 – 11.30 pm

Guisborough Forest Walk and Talk, North Yorkshire

<https://thelossfoundation.org/event/walk-and-talk-guisborough-forest-walk-and-talk-north-yorkshire-loss-to-cancer/>

October 18 10.15 – 11.45

Golden Acre Park Leeds, Walk and Talk, West Yorkshire

<https://thelossfoundation.org/event/walk-and-talk-golden-acre-park-leeds-west-yorkshire-loss-to-cancer/>



Bowel Bow

2025

Quiz night, raffle & live music



In support of
Bowel Cancer UK
Beating bowel cancer together

Live Rock
Covers Band
KanOWurmz

Saturday 4th October

Doors Open 19:00 | Start from 19:30

Hospital Social Club

White Cross Road, York YO31 8JR

Be in the chance of winning:



Afternoon tea for 2
provided by The Grand, York



2x Tickets to Charlie & The
Chocolate Factory @ Joseph
Rowntree Theatre provided by
NETheatre (25/11/25 or 26/11/25)



2x Games of Bowling
provided by Tenpin York

Tickets £5

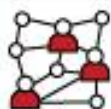
(+ £1 Per Quiz Team Member.
Max 5 people per team)

To secure places, please contact
Chris Hagyard on 07789563529
or at chris.hagyard@nhs.net

Supported by:



Five Lane
Community Partnership



Community
Works



Join Us for Winter Health Event!



FREE
LUNCH

16 | 10 | 2025

10:00 AM – 1:00 PM

Community Works, BD3 ODW

Other Items



Breast Cancer Awareness Month

Breast cancer is an invasive cancer. It most commonly occurs due to a genetic mutation or damage to DNA. Treatment may involve surgery, radiation therapy, or chemotherapy.

Breast cancer can affect males, but more commonly affects women. It is the most common type of cancer in women in the UK. Although most breast cancers do not have symptoms, a person may feel a lump in the breast, changes to the nipple, and armpit or breast pain. Breast screening (mammogram) can pick up breast cancer that is too small to feel or see, which may make treatment more likely to be successful.

Sometimes breast cancer can spread to another part to the body, this is called secondary breast cancer.

For more information on breast cancer, and where to find help and support, visit the breast cancer page of our website - <https://www.yorkshirecancercommunity.co.uk/breast-cancer/>

You can also listen to our podcasts on the subject:

<https://www.yorkshirecancercommunity.co.uk/s2-ep-5-talking-about-breast-cancer-was-taboo-in-my-community/>

<https://www.yorkshirecancercommunity.co.uk/feel-it-on-the-first/>

<https://www.yorkshirecancercommunity.co.uk/feel-it-on-the-first-11-know-your-breasts/>



Liver Cancer Awareness Month

Liver cancer is a cancer that's found anywhere in the liver. The liver is a large organ at the top right side of your tummy. It helps you digest your food and removes toxins.

Liver cancer may not have any symptoms, or they might be hard to spot. The symptoms are the same if the liver cancer starts in the liver (primary liver cancer) or spreads from another part of the body (secondary liver cancer). Symptoms of liver cancer can include:

- the whites of your eyes turning yellow or your skin turning yellow, which may be less obvious on brown or black skin (jaundice) – you may also have itchy skin, darker pee and paler poo than usual
- loss of appetite or losing weight without trying to
- feeling tired or having no energy
- feeling generally unwell or having symptoms like flu
- a lump in the right side of your tummy

Many of these symptoms are very common and can be caused by different conditions. Having them does not definitely mean you have liver cancer. But it's important to get them checked by a GP. This is because if they're caused by cancer, finding it early may mean it's easier to treat.

The treatment you have will depend on factors including its location, stage and your health. It may include surgery, chemotherapy, using heat to destroy the cancer (thermal ablation), targeted medicines, and radiotherapy. Visit the liver cancer page of our website for more help and support -

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

Salivary Gland Cancer Day - 4 October 2025

Every year, lives are touched by salivary gland cancer, a rare but impactful condition that often goes unnoticed.

Salivary Gland Cancer Day has been created to shine a light on these little-known cancers, providing vital information, fostering understanding, and bringing together a supportive community.

Salivary gland cancer can affect the salivary glands (in the mouth) and also secretory glands in other parts of the body (trachea, breast, vulva, skin, lacrimal gland).

There are more than 23 different types and they often require specialised care.

Early detection and awareness can make a difference, yet many people are unaware of the signs, which are often mistaken for something less serious — sometimes there are no signs at all.

Why Awareness Matters

Raising awareness about salivary gland cancer can lead to earlier diagnosis, better outcomes, and improved understanding.

By standing together in solidarity, we ensure that no one feels alone in their journey and that salivary gland cancer receives the attention it deserves.

You can find out more about salivary gland cancer here: <https://www.salivaryglandcancer.uk/salivary-gland-cancers/>

To discover how you can support salivary gland cancer awareness day, visit <https://www.salivaryglandcancer.uk/support-sgc-uk-and-get-involved/salivary-gland-cancer-day-4th-october/>

Two dedicated hashtags to use on social media to support Salivary Gland Cancer Day are : #SGCDay #SalivaryGlandCancerDay.



Bone Cancer Week - 6 - 12 October

Our analysis found that patients wait, on average, more than 7 months and make 8 visits to multiple healthcare professionals before receiving an accurate diagnosis.



By the time bone cancer is correctly diagnosed, treatment options can be limited, and survival rates are heartbreakingly low. That's why Bone Cancer Research Trust are using Bone Cancer Awareness Week to throw a spotlight on this terrible disease.

In **#BoneCancerAwarenessWeek**, you can help them by raising more awareness than ever before. To find out more, visit <https://www.bcrct.org.uk/awareness/bone-cancer-awareness-week-2025/>

MDS World Awareness Day - 25 October

Myelodysplastic syndrome (MDS), also called myelodysplasia, is a type of blood cancer. It's rare and mostly affects people over 70 years old. It affects your



bone marrow, which is the tissue inside your bones that makes blood cells. There are several different types of MDS, depending on things like the number and type of blood cells that are affected. MDS often develops slowly, over several years, and may not need treatment straight away. It cannot usually be cured, but the symptoms can often be managed with treatment. Some people with MDS go on to develop another type of blood cancer called acute myeloid leukaemia (AML). How serious it is depends on the type of MDS, the risk of getting AML and your general health.

To find out more about MDS, including symptoms, causes and treatment options, visit <https://www.nhs.uk/conditions/myelodysplastic-syndrome-mds/>

You can visit MDS Alliance to find out how you can support MDS World Awareness Day - <https://www.mds-alliance.org/mds-world-awareness-day/>