



**Yorkshire Cancer
Community**

November 2025

VOICE



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

www.yorkshirecancercommunity.co.uk

Welcome to the November edition of the VOICE Newsletter

Hi everyone and welcome to our latest edition of VOICE newsletter.

We've got so much exciting news to share - we're thrilled to have come runner up at the prestigious PENA Awards for our Cancer SMART project, working together with the West Yorkshire and Harrogate Cancer Alliance. We're also hosting our first ever fundraiser event this month at the Leeds Irish Centre on 30 November. It's going to be a fantastic event, with great music and fun and games galore. There's also our fantastic raffle that will be drawn there - with an amazing 25 prizes on offer. See pages 4 and 5 for more details. We'd love to see you there.

Also, we have a brand-new member of our team! Jess joined us on Tuesday 28 October, and will be running Patient VIEW, providing cover for Lauren who will be going on maternity leave in December. We wish you a warm welcome Jess!

Contents

Your Stories	Page
We're proud to be recognised at the PENA25 Awards	3
Join us for our first ever fundraiser - Rhythm & Ribbons	4
Thank you for all the raffle prize donations	5
Shop till they drop - Rebel & Rose fundraiser	6
Trustee Michael features in new regional cancer screening campaign	7
Meet Jess Hart	8
Supporting # Breast Cancer Awareness month	8
YCC chairman Stewart honours his late friend Michael Gorwits	9
Yorkshire Sharks Pink Ladies Dragon Boat Sessions for Cancer Survivors	10
 News	
New staff and patient RHS garden opens at St James's hospital, Leeds	11
HER Breast Friends receive the King's Award for Voluntary Service	12
Free Macmillan Community Breakfast	13
One Day At A Time - a performance rooted in real stories	14
 What Have We Been Up To?	16
Patient VIEW	17
Upcoming Events	18
Other Items	
Cancer Awareness months and Movember	24

Your stories

We're Proud to Be Recognised at the PEN25 Awards!

We're thrilled to share that **Yorkshire Cancer Community's Cancer SMART initiative**, delivered in partnership with **NHS West Yorkshire and Harrogate Cancer Alliance**, has been awarded **Runner Up** in the *Partnership Working to Improve the Experience* category at the **2025 Picker Experience Network Awards (PEN25 Awards)**!

Held on **2nd October** at the **University of Birmingham**, the PEN25 Awards brought together healthcare leaders, innovators, and patient experience champions from across the UK and beyond. The day was a celebration of compassion, collaboration, and creativity — recognising projects that are transforming patient and community experiences in health and care.



For us, being recognised among so many inspiring organisations is a true honour. This award is dedicated to **every single Cancer Champion, past and present**, and to our **Trustees** who have believed in and supported Cancer SMART from the very beginning. Your commitment to empowering communities and improving cancer awareness has made this achievement possible.

As Jill and Clare (pictured above receiving the award) and our team reflected on the day, the atmosphere was nothing short of uplifting — a reminder of the positive change that happens when passionate people come together to share, learn, and celebrate success.

“We may be small, but we are mighty!”

We're incredibly proud of what we've achieved together and remain inspired to keep pushing forward — strengthening partnerships, sharing lived experiences, and ensuring every voice in our community is heard.

Congratulations once again to all the **PEN25 Award winners, runners up, and finalists**, especially the **Overall Winners, Southern Health and Social Care Trust**, for their inspiring **Seasons of Life** project.

Sending her congratulations was Tracy Holmes, Communications and Engagement Lead at the Cancer Alliance, who has been involved with Cancer SMART from day one:

“Massive congratulations from all of us at the Cancer Alliance. It's great to see how the partnership with the Cancer Alliance has flourished over the past months/years (time flies!!) and wonderful that it has been recognised at national level, and by a body that's very existence is all about recognising excellence in working with patients to improve their experience of care”

Join Us for Our First Ever Fundraiser - Rhythm & Ribbons!

Sunday 30 November | 1PM – 8PM | Leeds Irish Centre, York Road, LS9 9NT

It's almost here — our very first fundraiser, and we couldn't be more excited! After months of planning and preparation, the big day is just around the corner. A special shout-out goes to our amazing **Cancer Champion, Linda**, who, as a lymphoma patient herself, has been the driving force behind this event — her energy and dedication have been truly inspiring.



Paul Mac Music

🎵 What's On

Get ready for a fantastic afternoon packed with live entertainment and fun for the whole family! Enjoy performances from:

- **Lower Grange Choir (the singing wardens!)**
- **Hollie Rose**
- **Jeni Jaye**
- **Those 2**
- **Paul Mac**
- And **DJ Tommy K**, keeping the **Upbeat Funky Soul & 80's** tunes flowing all day long!



Those 2

🎁 Raffle, Stalls & Family Fun

Try your luck in our **amazing raffle**, featuring over 25 prizes — including a **signed Leeds Rhinos shirt**, **Moët & Chandon Champagne**, **Luxury Hamper**, **Afternoon Tea for Two**, **Theatre Tickets**, **Hair & Beauty Vouchers**, an **Instax Mini Camera**, and so much more! See our website for the full list of prizes - <https://www.yorkshirecancercommunity.co.uk/news-events/>



There'll also be a **tombola**, **cake stall**, **teddy tombola for the kids**, and the always-popular **Play Your Cards Right** as demonstrated by our very own dolly dealer Clare. Drinks and snacks will also be available from the Irish Centre.

It's the perfect way to spend a Sunday afternoon — and remember, **children under 16 go free!**

🎫 Tickets

Tickets are available now from [Skiddle.com](https://www.skiddle.com) or directly from the **Leeds Irish Centre**. This event is kindly funded by your **local ward councillors** of the **Inner East Community Committee**.



Come along, bring your family and friends, and help us make this a day to remember — all while supporting the vital work we do for people affected by cancer. ❤️



Just look at all the wonderful raffle prizes we have received. Thank you so much to everyone who has been kind enough to donate a prize. We really appreciate your support.

The raffle will be drawn at our fundraiser on 30 November at the Irish Centre, Leeds.



Raffle

Tickets
only £1



Fantastic prizes including: -

- Signed Leeds Rhinos shirt donated by Leeds Building Society
- Authentic Manchester City shirt donated by Jane Brooke
- Bottle of Moët & Chandon Champagne donated by Irwin Mitchell
- Luxury Hamper donated by YCC volunteers
- Instax mini camera donated by Adam Long, Fujifilm
- £100 hairdressing voucher donated by Tina Envy
- Bottle of 10 year old malt whisky donated by David Blunt
- Afternoon tea for two donated by Chevin Country Park Hotel
- 2x spa access & drink for 2 donated by Chevin Country Park Hotel
- 2x entry tickets donated by Askham Bryan Wildlife Park
- A round of 9-hole golf for 2 donated by Junkyard Golf
- Animal adoption and visit donated by Pigs in the Wood
- 30 mins Vitality Facial donated by Cream Professional Beauty
- Theatre tickets x4 donated by Leeds Playhouse
- Remote control BMW model car donated by Jane Brooke
- Pamper Hamper donated by Fin
- Membership donated by Thackray Medical Museum
- Voucher donated by Bill's restaurant, Leeds
- Foodies club membership voucher donated by Rudding Park
- Bayliss & Harding bathroom set donated by a YCC volunteer
- Scented candles donated by Glamorous Gifts, Rothwell
- Bottle of wine donated by Andy Gambles
- £15 voucher donated by The Entertainer toy shop
- Scarf donated by Rebel & Rose




Shop till they drop - Yorkshire Cancer Community Rebel & Rose fundraiser

Cancer Champion and fundraiser, Linda, organised a shopping evening for her friends to raise funds for our charity.

The **Shop Till They Drop** evening was held at **Rebel and Rose in Chapel Allerton**, Leeds and raised an impressive **£188**, including a donation from the owner and a raffle.

Rachael who owns the business said:

“ 24 of Linda's lovely friends & family came. I am so very grateful to all of them for buying so much & for supporting my little independent business.

10% of takings were given directly to the charity and I felt very honoured to be part of such a wonderful event.

I host several charity evenings and am always happy to take on more if anyone would like to organise one.



Organiser Linda (second right) with friends

Please feel free to contact me on 07792 590316

I will definitely be supporting more of Linda's events - what a strong and inspiring woman she is ”

Shoppers were also treated to a small gift kindly donated by Lush - thank you Lush for supporting this event.

If anyone could help us raise money for Yorkshire Cancer Community, please email info@yorkshirecancercommunity.co.uk

Trustee Michael features in new regional cancer screening campaign



Bowel cancer patient Michael who volunteers as a Cancer Champion and is on the board of Yorkshire Cancer Community, is one of the 'stars' of a new screening campaign.

The NHS has launched a new campaign to encourage everyone in the Bradford and Craven area to take up the offer of breast, cervical, bowel or cancer screening when invited to their appointment.

Many people feel worried or afraid to attend their screening at first, but cancer screening saves lives, and early detection is vital.

The campaign aims to reassure people that their appointment is nothing to be nervous about; it will be **"quick and easy", "it won't hurt", "your health is worth it" and "it's peace of mind"**.

Discover what to expect, hear from Bradford residents, and get tips to make your screening more comfortable.

You can find out more about the campaign here:

[NHSScreening.co.uk](https://nhsscreening.co.uk)

<https://bdcpartnership.co.uk/cancer-screening-saves-lives/>

You can read Michael's story and why he wants everyone to be confident about getting a bowel screening test when they are invited here:

<https://www.yorkshirecancercommunity.co.uk/michaels-story/>

Meet Jess Hart

We're delighted to introduce you to Jess, who will be initially shadowing Lauren, and then will cover Lauren's maternity leave.

After working across the arts, heritage, and healthcare innovation sectors, Jess has joined the Yorkshire Cancer Community team part-time to support the Patient VIEW programme while Lauren is on maternity leave. She is looking forward to the opportunity to connect with people, hear their experiences, and help ensure patient voices are at the heart of cancer service improvement.

Jess has always been passionate about inclusive, person-centred care and has worked on projects ranging from NHS webinars and research coordination to museum education and community arts. She's excited to be part of such a meaningful organisation and to contribute to work that makes a real difference.

Outside of work, Jess loves making art, learning the violin, and working on her old house.

To get in touch with Jess email: Jess@yorkshirecancercommunity.co.uk



Supporting #Breast Cancer Awareness Month

Cancer Champion Bob Clayden and his Tuesday Group (Portobello Craft and Camera Group) created a small number of tote bags to support Breast Cancer Awareness month.

Bob explained it was a limited run of five tote bags with just three to four prints, each one screen printed by members of the group, who meet each month at Portobello Community Centre, Wakefield.



Every material, idea and skill behind the bags was donated by individuals and groups in Wakefield. Each bag is numbered and signed by the creatives who made it. All proceeds will go directly to breast cancer research.

These are true works of art and the group is asking £40 each. To buy one, email bob@livingeye.net

Yorkshire Cancer Community Chairman honours his late friend Michael Gorwits



Our chairman Dr Stewart Manning celebrated his 75th birthday this year and requested that if anyone should want to buy a gift, they instead donate to his fundraiser in memory of his late friend Michael Gorwits (pictured above with wife Amy).



Stewart takes up the story: “Michael and I met at Roundhay School in 1963 and became great friends. We had our own mobile discotheque from 1967 to 1970, although I contributed less when I went to Medical School in 1968.

Throughout the years I was training in London until I came home in 1976, our friendship continued. We shared a house together for two years until 1978 when I married Caroline.

He was my “Best Man” and afterwards the guests acknowledged that he gave probably the worst speech they had heard at a wedding.

Michael went to live in America, and I saw him either in Leeds or in Long Island USA where he lived.

He originally worked in Leeds in the family furniture business but traded stamps when he lived in the USA.

He loved boats and when my daughter got married in 2008 in New Jersey he arrived on his boat!

His daughter Katie, who lived in the UK, visited him every Summer and I know that he and his wife Amy looked forward to and treasured the time spent together.

Sadly, Amy passed away in January 2019 and Michael went to live in Florida as he hated the cold winters in New York.

He spent his latter years on a boat in West Palm Beach with Sybil his dog as a companion.

Michael became unwell in March 2024 and his life ended in a Hospice alongside his daughter, Katie and her fiancé James.

Because Michael was born in Leeds and spent many years living there, Katie and I wanted to have some memorial for him and Amy as well as donating something in their memory.”

Michael had worked for many years in his family furniture business, so Stewart decided to use the money from his birthday Fundraiser to buy a Riser/Recliner Chair for patients at St Gemma’s Hospice in Leeds, where he volunteers (see pic above with Stewart, Katie and James). Stewart, Katie and James also placed a leaf on St Gemma’s Memorial Tree inscribed



IN LOVING MEMORY OF MICHAEL AND AMY GORWITS

TOGETHER FOR 17 YEARS REUNITED 10/4/2024

Yorkshire Sharks Launch Pink Ladies Dragon Boat Sessions for Cancer Survivors

One of the founding members, Sophie Grincourt told us about this new club:

The **Yorkshire Sharks Dragon Boat Club** welcomed 16 new paddlers on Sunday 19 October for a special **Pink Ladies session**, joining 35 existing members to fill three boats on the Leeds-Liverpool Canal in Shipley.

The event began with an introduction to the history of dragon boating, including the origins of the first Pink Ladies team in Canada in the 1990s, and the evidence of its health benefits for those recovering from breast cancer. Participants then took to the water for an hour of fun exercises, teamwork drills, and even a friendly race.

The session ended with a moving flower ceremony, as all three boats came together to remember those living with cancer, those lost, and to recognise families, carers, and healthcare professionals. Thanks to a fundraising bake sale organised by a member, the club also raised £160 for Breast Cancer Now.



“I just wanted to say a huge thank you to everyone involved in organising the event. We had tears on our boat but the message was definitely one of hope for the future” said one of the paddlers at the club.

Dragon boating is about fitness, friendship and hope, and this day showed just how powerful it can be! Building on the success of the event, the Sharks will now host monthly Pink Ladies sessions, one Sunday every month. The aim is to grow a supportive team in Yorkshire where cancer survivors and allies can find friendship, exercise, and even the chance to compete.

The club is calling on cancer survivors, allies, healthcare professionals and support groups to get involved:

- Survivors and allies are warmly invited to join the sessions.
- Dates and sign-ups will be available via www.yorkshiresharks.co.uk, and on social media: **Facebook and Instagram @YorkshireSharks**.
- NHS staff and cancer support organisations are encouraged to spread the word, or invite the Sharks to give talks about the rehabilitation benefits of dragon boating.

For more information, visit www.yorkshiresharks.co.uk or follow **@YorkshireSharks** on social media. Their meeting point is at the club "Yorkshire Sharks Dragon Boat Club", at the end of Dockfield Road in Shipley, along the Leeds-Liverpool canal.

Google Maps link here: <https://maps.app.goo.gl/PqyY6fr3XPW4D8pP9>

Newcomers can bring friends, family, anyone. The more the merrier!

Sophie added she had setup the group within Yorkshire Sharks, to specifically support those affected by breast cancer. As well as the camaraderie and peer support that come from being a part of the group, she explained that the paddling motion, which focuses on the shoulders, has been shown to be beneficial for people recovering from breast cancer treatment. There are several other national clubs like this and even an internal International Breast Cancer Paddlers Commission (IBCP).

News

Wellbeing in bloom: new staff and patient RHS Garden opens at St James's University Hospital, Leeds

A tranquil new wellbeing garden has opened at St James's University Hospital, created by The Royal Horticultural Society (RHS) and designed by well-known British award-winning garden designer and RHS Ambassador, Adam Frost, who regularly appears on BBC's *Gardeners' World*.



The first project of its kind in the region, The White Rose Wellbeing Garden will provide a restorative space to relax and reflect for those working in or visiting the hospital.

Located in the grounds of the 100-year-old former nurses' home, which now serves as the Leeds Teaching Hospitals NHS Trust (LTHT) headquarters, the garden has been designed primarily for frontline staff, to offer a space to take a break away from their demanding roles. The garden is also openly accessible to patients and visitors to the hospital who can enjoy the benefits from the healing power of nature.



LTHT colleagues were involved in the design of this garden through a consultation process. It features new seating areas, an all-weather shelter complete with green roof and plenty of pollinator-friendly planting. There are over 200 square meters of mixed beds, new trees and shrubs and a mix of native and non-native planting selected for maximum wildlife benefit. Medicinal plants such as valerian, evening primrose, lemon verbena and hyssop have been incorporated in homage to the garden's site at one of the region's largest acute hospitals.

HER Breast Friends receive the King's Award for Voluntary Service

We are delighted to share the news that Hull & East Riding Breast Friends (HER Breast Friends) has been honoured with The King's Award for Voluntary Service – the highest award a voluntary group can receive in the UK!

On Wednesday 24th September, they were delighted to welcome HM Lord-Lieutenant of the East Riding of Yorkshire, Mr. Jim Dick OBE, to their city-centre premises, where he presented this incredible award to Chair Pam Trays (pictured right).

She said: **"This award is for every single one of our amazing volunteers and supporters who give their time, energy, and heart to make a difference.**

What an honour it is to receive such recognition in our 20th Anniversary year – we truly couldn't have done this without all of YOU.

Here's to celebrating this achievement, the equivalent of the MBE, together and continuing to support, empower, and uplift those who need us most."

<https://herbreastfriends.org.uk/>



Free Macmillan Community Breakfast

You're invited to a Community Breakfast!

This festive season, Greene King and Macmillan are joining together to host Festive Breakfasts at 118 Chef & Brewer pubs.

We warmly welcome you and a guest to join us on **Friday 5 December**, from 10:30am – 12:30pm, to connect with others in your local community in a comfortable and friendly space.

Who's invited?

- People living with and affected by cancer
- Volunteers giving their time to directly support people living with cancer
- People supporting Macmillan (either by giving time or raising funds)
- Or simply someone who deserves a big thank you and the chance to connect with others.

What to expect on the day

-  Free breakfast meal and soft drink
-  Warm conversation and new connections
-  A welcoming, joyful atmosphere

Visit the Chef and Brewer website at chefandbrewer.com/pubs-near-me to book your place or scan the QR code below



Chef & Brewer
COLLECTION

MACMILLAN
CANCER SUPPORT

A registered charity

The following menu options will be available for you to order (free of charge) on the day:

- Breakfast Sandwich (Bacon or Sausage or Vegan Sausage – optional fried egg)
- Granola Bowl
- Smashed Avocado on toast (optional poached egg)
- Smoked Salmon & eggs on toast

It's important to book yourself a space

- Visit the [Chef and Brewer website](#) and enter your postcode to find your local pub and select 'Book a Table'
- Choose Friday 5 December at 10:30am for your reservation (this is the only day and time the offer is available)
- Set the number of Adults to '1' or '2' (if bringing a guest with you) to see the offer – this is important as otherwise the offer won't show as available
- Select 'Macmillan Community Breakfast' from the dropdown menu
- Enter your details and press 'submit'
- You'll receive a confirmation email from Chef & Brewer.

Please note, you can only book a maximum of two spaces at a time (for yourself and a guest), although you can use the same email address to book for others without internet access. Spaces are on a first come, first served basis. If the option isn't available, unfortunately all spots are filled. Therefore, we recommend booking early to avoid disappointment.

One Day at a Time: A Performance Rooted in Real Stories

Members of Bottom's Up Support Group, Wakefield, were thrilled to see a performance of One Day at a Time – a play based on real life conversations – brought to their Thursday afternoon meeting.

The group which offers support to bowel, bladder and prostate cancer patients, and their families and friends took part in the initial conversations with Empath Theatre, a local performing arts company.

Steven Busfield (pictured right), artistic director and Co-CEO explained:

Empath Theatre has been honoured to run 'One Day at a Time' – a creative programme built around live storytelling, theatre, and art and design. Designed as a supportive space for those affected by cancer, the programme has invited people to take part in a variety of creative workshops, including art, crafting, music, and drama. Participants have had the chance to share their experiences, offer reflections, and speak about the things they wish they'd known when they received their cancer diagnosis. It became a place not just for creativity, but for connection and communication. The voices and stories we've heard have shaped the final stages of our programme.

The story focuses on Annie, a nurse who has spent her life caring for others. We meet the other members of their Tuesday afternoon collective; Jules a singer who fears cancer treatment has robbed her ability to play guitar; Ian who loves football...and Annie; and Michelle who runs multiple support groups and is always there with a friendly word and hug.



We get drawn into their lives and begin to care about the characters as one receives a diagnosis over the telephone and another one gets bombarded with information at a hospital appointment.

Watching the performance, it all felt very real, and definitely resonated with the Bottoms Up audience.

"From quiet moments of dread to bursts of unexpected laughter, from waiting rooms to pub tables, the stories shared have been raw, generous, and deeply human. Listening to them has been a privilege and one we don't take lightly," added Steven.

One Day at a Time was funded by the West Yorkshire and Harrogate Cancer Alliance Innovation Award and includes six performances of the final play. A recording of one of the performances will be available to access for free following the live shows.



This performance is more than a finale, it is a tribute to every person who took part. To those who spoke, listened, created, and trusted us with their stories: thank you. Your words will help others feel seen, understood, and less alone. The performances will take place across the Wakefield district and in Leeds, further extending our reach in the community. These experiences have also deepened our desire to co-create future performances, ensuring we continue to communicate the stories people want to tell. It also allows us to pay tribute to the organisations which currently exist to support those affected by cancer and we celebrate the important work which they do. One Day at a Time is funded by the West Yorkshire and Harrogate Cancer Alliance Innovation Award and includes 6 performances of the final play. A recording of one of the performances will be available to access for free following the live shows.

What have we been up to?



Our Cancer Champions Sue, Stephen and Kathy went along to the popular Silver Sunday event in the Ridings Shopping Centre in Wakefield on Sunday 5 October. They had a lovely day chatting to the public about how early detection saves lives. Here they are (left) with the Mayor of Wakefield Cllr Maureen Tennant-King and her consort Mr Terry King.

Pictured below are Stephen and Kathy at the same event.



Stewart (above) visited the Health & Wellbeing event at St Andrew's Methodist Church, Beeston where he shared the important message of helping reduce your risk with a healthy and active lifestyle.

Sue (right) took our Cancer SMART stall to the Wakefield health and wellbeing event held at Manygates Adult Learning Centre, to share the benefits of attending screening when invited.



Patient VIEW

It's been another lovely—and busy—month for our Patient VIEW panel!

9th October Panel meeting at Scope Hub, Leeds

We welcomed **Jason Pawluk, Director at NHS West Yorkshire & Harrogate Cancer Alliance**, who shared updates on the National Cancer Plan, including encouraging progress on early diagnosis across the region.

Our brilliant volunteer note-taker **Nigel Keys (Northern Powergrid)** introduced their **Priority Services Membership**, which supports vulnerable households during power cuts, and led an informal session to help ensure the panel is winter-ready.

We also heard an update on the **ACCEND Framework**, where our panel's input continues to help shape national cancer workforce development. In addition, we reviewed the new version of our **Working Together Guide**, discussing ways to strengthen inclusivity, communication, and opportunities for involvement.

14th October Craft & Camera Group visit

I had the pleasure of visiting Patient VIEW member **Bob** and the **Craft and Camera Group** he's part of. I came away with a beautiful handmade bag created in support of **Breast Cancer Awareness Month** — thank you to Bob and the group for such a warm welcome. Here I am with group member **Briany**, who made this design!



22 October — Crofton Medical Practice, Breast Cancer Awareness Day

It was wonderful to see so many people getting involved, raising awareness, and supporting those affected.

Dates for your diary November

Invitation for Patient VIEW Members: External Online Workshop — Thursday 6 November, 6:00–7:00pm

I met today with **Jacob Matthews**, the new **Patient and Public Involvement and Engagement (PPIE) Co-ordinator at Cambridge University**. Jacob has kindly invited our Patient VIEW panel to an online workshop.

What: Exploring patient preferences around the use of **PARP inhibitors** to reduce the risk of cancer. Your views will help shape a research proposal being developed for **Yorkshire Cancer Research**.

When: Thursday 6 November, 6:00–7:00pm (online)

Thank-you: £25 reimbursement for attending

How to join: email me lauren@yorkshirecancercommunity.co.uk and I'll pass your details to Jacob, or email him directly at jdm218@cam.ac.uk and he'll send the joining link.

Introducing Jess Hart

Wishing a very warm welcome to Jess, who joined our team on Tuesday 28 October, and will be providing cover for Lauren when she goes on maternity leave in December. See page 8 for more details about Jess.



Upcoming events

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

Mon 3 Nov - Talk, stall Community clinic, Oasis Centre, Exchange St, South Elmsall WF9 2RD - 10am - 2pm

Wed 5 Nov - Stall, Dewsbury Community Network in Princess of Wales precinct, Dewsbury - 11am - 2pm

Thu 6 Nov - Men's Health stall and talk at Keighley Health Living, BD21 2JH - 10.30am - 12.30pm

Mon 10 Nov - Health & wellbeing, MHS, Blackburn Hall, Rothwell, LS26 0AW - 11am - 3pm

Wed 12 Nov - Stall, Working on Wellbeing, Anand Milan Centre, St Wilfred's Road, Lidget Green, BD7 2LU - 9am - 1pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity

RHYTHM RIBBONS

Cancer charity fundraiser - funded by your local ward
Councillors of the Inner East Community Committee, held at

Leeds Irish Centre

Sunday 30 November

1pm - 8pm



Community
Committee



Leeds
CITY COUNCIL

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

Tickets available from the Leeds Irish Centre LS9 9NT
or from Skiddle.com via the QR code below



Live Music

Amazing Prizes

Tombola

Fun & Games

Snack bar

Raffle



Charity No. 1185838

All proceeds
go directly to
Yorkshire
Cancer
Community

Women's Health After 40

Our friends at Calderdale Cancer Aware Project are hosting a Women's Health event.

Based on community feedback, their event on Saturday 22 November, will be led by Dr Amna Anwar of Lister Lane surgery, where ladies can go along and find out more about their health.

Dr Anwar will speak about menopause, and you will be able to chat to Dr Anwar in a safe and supportive environment and discuss issues with like-minded women.

To come, please sign up on the below link and forward to anyone you think would benefit from attending.

Women's Health After 40
with Calderdale Cancer Aware

Different theme each session

Hot flushes, brain fog, low mood, tiredness, body aches...

**Are you struggling with these? You are not alone.
Come to our 'Women's Health After 40' event hosted
by a female Doctor.**

Refreshments will be provided.

Saturday 22nd November 11-2
Apna Staying Well Hub,
Hanson Lane Enterprise Centre, HX1 5PG

To attend, contact Rachel on 07519997924

MACMILLAN CANCER SUPPORT | Staying Well | community & wellbeing

<https://www.eventbrite.co.uk/e/womens-health-after-40-tickets-1768679330489?aff=oddtcreator>

Drinks and light refreshments will be served.

We look forward to seeing you there 😊

Rachel Porter

Cancer Community Engagement Manager

Calderdale Cancer Aware Project

Hanson Lane Enterprise Centre HX1 5PG

Telephone: 01422 347 392 **Mobile:** 07519997924

Email: rachel.porter@regen.org.uk

Website: Calderdale Cancer Aware - Halifax Opportunities Trust

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.leeds.ac.uk/roseta> or scan the QR code





UNIVERSITY OF LEEDS

THE OPPORTUNITY TO SHAPE THE FUTURE OF BREAST CANCER CARE

Seeking women with advanced (stage 4) breast cancer for research study

Aim

To listen to, and understand what is the experience of the **fear of cancer progression** in the lives of women with advanced (stage 4) breast cancer.

About You

An adult living in the UK with advanced (stage 4) breast cancer, and NOT receiving end-of-life care (e.g in a hospice).

Willingness to share your personal experience about the fear of cancer progression in a 1:1 online research interview with a trainee clinical psychologist completing his doctoral thesis.

SCAN TO PARTICIPATE
or email: umjpr@leeds.ac.uk

Invitation

To attend a single 60-90 minute one-to-one research interview on Microsoft Teams. **You have the option to have your webcam turned on or off.**

Choice of days and times will be available.

Next Step

If you're interested in participating (or know someone who might be interested), then please **SCAN below to instantly access an information pack** on the study. We are really keen to hear from you!



This study has been granted ethical approval from the Ethics and Research Committee (School of Medicine) at the University of Leeds. Reference number: SoMREC Project ID 3020.

 Join us for an evening of festive music, warmth, and goodwill at one of our fantastic Carol Concerts in Yorkshire — all in support of a great cause 

**Ripon Carol Concert****Date:** Monday 1st December @ 7.30pm**Venue:** Ripon Cathedral, HG4 1QT**Tickets:** from £20, available 3rd November**Leeds Carol Concert****Date:** Tuesday 9th December @ 7pm**Venue:** Leeds Minster, Kirkgate, LS2 7DJ**Tickets:** £12 – scan the QR code**Beverley Carol Concert****Date:** Tuesday 9th December @ 7pm**Venue:** Beverley Minster, Highgate, HU17 0DP**Tickets:** £15 – scan the QR code**York Minster Carol Service****Date:** Wednesday 10th December @ 7.30pm**Venue:** York Minster, Deangate, YO1 7HH**Tickets:** free admission, donations welcome – scan the QR code

All proceeds from the evening will go directly to supporting the work of Macmillan in the local area.

Let's make this season brighter — one song at a time!



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MACN652_INVITE

In aid of

**MACMILLAN
CANCER SUPPORT**

Other Items

Gastric (Stomach) Cancer Awareness Month

Gastric / stomach cancer is quite rare, but the risk of developing it increases as we get older. It is more common in men than women.

Symptoms include: -

- Heartburn or indigestion that doesn't go away
- Pain or discomfort in the tummy area
- Loss of appetite
- Feeling full after only eating a small amount
- Unexplained weight loss

Other symptoms can be feeling or being sick, difficulty swallowing, excessive burping, black poo, or feeling tired, weak and breathless.



For more information on stomach cancer, including charities and life stories, you can visit our website page at <https://www.yorkshirecancercommunity.co.uk/oesophageal-and-stomach-cancer/>

Lung Cancer Awareness Month

Lung cancer is one of the most common and serious types of cancer. More than 43,000 people are diagnosed in the UK each year. It mainly affects older people, and those who smoke, but it can affect anyone.

There's usually no symptoms in the early stages, but later symptoms include: -

- A persistent cough
- Coughing up blood
- Repeated chest infections
- Persistent breathlessness
- Unexplained tiredness or weight loss
- An ache or pain when breathing or coughing
- Chest or shoulder pain

If you experience any of these symptoms, you should speak to your GP.

Treatment depends on the type of lung cancer, how far it has spread, and your general health. It may be surgery, radiotherapy or chemotherapy. Sometimes targeted therapies are used to slow the spread of lung cancer, but they cannot cure it completely.

For more information on lung cancer, and also where to find support, you can visit the lung cancer section of our website <https://www.yorkshirecancercommunity.co.uk/lung-cancer/>



Mouth Cancer Action Month

Mouth cancer, or oral cancer as it is sometimes known, can affect any part of the mouth, including the gums, tongue, inside of the cheek, roof of your mouth or lips.

Although anyone can get mouth cancer, it is most common in older people and those who smoke or chew tobacco, drink alcohol or use sunbeds or sun exposure.

Symptoms include: -

- A mouth ulcer that lasts more than 3 weeks
- A red or white patch inside your mouth
- A lump inside your mouth or on your lip
- Pain inside your mouth
- Difficulty swallowing
- Difficulty speaking or a hoarse voice
- A lump in your neck or throat
- Losing weight without trying

If you have any of these symptoms, see your GP. Your dentist will also be able to help you with ulcers, lumps, patches or pain in your mouth.

These symptoms are very common though, so may not necessarily be due to oral cancer. However, it is important to get them checked as if it is cancer, the earlier it is found, the easier it is to treat.

If you would like further information on mouth cancer, visit <https://www.macmillan.org.uk/cancer-information-and-support/head-and-neck-cancer/mouth-cancer>

You can also visit our website page <https://www.yorkshirecancercommunity.co.uk/head-neck-cancer/>



Pancreatic Cancer Awareness Month

Your pancreas is a small organ that sits close to your stomach, gallbladder and liver. It helps you digest your food, and makes hormones such as insulin.

Anyone can get pancreatic cancer, but you are more likely to get it if you are over 65, have chronic pancreatitis or there's a history of pancreatic cancer in your family. It can also be linked to lifestyle, so making changes such as losing weight if you're overweight, cutting down on red or processed meat (eg ham, bacon, salami), cutting down on alcohol and stopping smoking can all help to reduce your risk.

Symptoms include: -

- Yellowing skin or whites of eyes (jaundice)
- Itchy skin, darker pee, paler poo
- Losing weight without trying to
- Feeling tired and no energy
- High temperature, feeling hot or shivery
- Feeling or being sick



- Diarrhoea or constipation, or other changes in your poo
- Tummy or back pain, which may feel worse when eating or lying down, but better when leaning forward.
- Feeling bloated, or other symptoms of indigestion.

Some of these symptoms are common and could be due to other things, but please see your GP to rule out pancreatic cancer, as the earlier it is diagnosed, the more favourable the outcome.

For more information and support, visit the pancreatic cancer page of our website -

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

Movember – Changing the face of men's health

Movember is a mens health charity, who aim to address the global crisis of mens health. Men die an average of 4.5 years earlier than women, and for many their deaths are preventable. Movember aims to tackle three main causes of early death in men – suicide, prostate cancer and testicular cancer. Movember fund projects all over the world, engaging men where they are to understand what works best and to accelerate change. They aim to fundamentally change the way men in need are treated and supported.



Their most well-known fundraising effort takes place in November, when you will suddenly start to see moustaches where there wasn't a moustache before!

The Order of Mo is a fundraising initiative where those who are able to grow a moustache do so to raise funds for this worthwhile cause. This attention grabbing action can spark important conversations, so get involved if you can, here <https://uk.movember.com/support-us/grow>



However, if you're not able to grow a moustache, there are other ways you can get involved. You could host a Mo-Ment, which is a great excuse for a party! So if you've got people you've been meaning to catch up with, or a get-together is long overdue, why not sign up to host a Mo-Ment and raise funds for mens health at the same time? <https://uk.movember.com/support-us/host>

There's lots of other fundraising ideas on the Movember website, here <https://uk.movember.com/>