



Yorkshire Cancer  
Community

January 2026 Edition

WELCOME

**HAPPY  
NEW  
YEAR  
2026**



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RECRUITMENT

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Castlefield Recruitment

# Welcome to the January edition of the VOICE Newsletter

Happy New Year

We can't quite believe it's true, but our devoted manager Jill will be retiring later this year. Her commitment, professionalism, and care for YCC, our team and community have left a lasting legacy, and we are deeply grateful for the impact she has made. So, we are now beginning the search for her successor. We look forward to welcoming a new manager who will build on this strong foundation and help lead us into our next chapter. If you would like to know more, email Stephen Warne at [stephen.warne@castlefieldrecruitment.com](mailto:stephen.warne@castlefieldrecruitment.com) for an application pack. Closing date is 25 January 2026.

Best wishes  
Jill, Clare and Jess

## We are Hiring Manager

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Charity No: 1185838



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## Your Stories

### Happy New Year

I'm not one for making resolutions but I love that feeling of starting afresh. The Christmas decs are down, dusty corners are tackled, and surplus goods have been taken to charity shops (or put on one side for the YCC tombola!).

It feels a good time to think about changes, and it could mean giving volunteering a go.

We're always on the lookout for people to help us at Yorkshire Cancer Community. We don't need people to commit to a regular day or number of hours. Our opportunities are varied and flexible. Perhaps you like talking to people and could spread the Cancer SMART message helping to raise awareness of cancer and screening.

You might like to join with others and sit on a panel meeting either online or face to face, looking at ways cancer services can be improved.

Or are you good at raising money to keep our charity afloat?

The good thing is it's win-win. We the charity definitely benefit, but you as the volunteer also reap the rewards that helping others is known to give. When you're kind to another person, your brain's pleasure and reward centres are activated. Volunteering boosts mood, compassion, empathy and self-esteem.

There's growing research that your body benefits too, with kindness associated with lower blood pressure and levels of the stress hormone cortisol. It also triggers the release of oxytocin, known as the 'love hormone'.

Volunteering can help you focus beyond your own worries and anxieties, instead looking to the needs and happiness of others. Being kind can create a sense of peace, calm, and compassion within ourselves.

Get in touch if you would like to know more. We would love to talk with you.



## A Look Back at 2025 - A Year of Achievements

### We held our first ever fundraiser - Rhythm & Ribbons & raised over £5.3k

Thanks to Cancer Champion Linda for organising our first ever major fundraising event. It was held at the Irish Centre in Leeds on 30<sup>th</sup> November and was funded by the local ward councillors of the Inner East Community Committee of Leeds City Council. We had live music, a DJ, two huge raffles, tombolas, games, crafts, cakes and most of all, fun!! We are so grateful to Linda for all her hard work!

### Our annual stats

**95 stalls & events** - at various venues for Cancer SMART and Patient VIEW

**20 talks** - at schools, workplaces and other organisations

We were nominated for **Leeds Compassionate City Awards 2025** for **Community Organisation or Project of the Year**

### We Won Runner Up at the PENA 2025 Awards

We were delighted to win runner's up in the category Partnership Working to Improve the Experience for our Cancer SMART work with the West Yorkshire and Harrogate Cancer Alliance. The PENA 2025 Awards (Picker Experience Network Awards) ceremony was held at The Great Hall, University of Birmingham in October. It was a real honour to be recognised among so many inspirational organisations, most of whom were much larger than us.

We may be small, but we're mighty!

### We welcomed our new Projects Manager - Jess Hart

In October, we welcomed Jess Hart to our team. Initially, Jess was recruited part-time to provide maternity cover for Lauren Cross, but we quickly saw her potential and decided to offer her the full-time position of Projects Manager. This means Jess will not only be looking after Patient VIEW, but also our Cancer SMART project too. We are thrilled to have her on our team!

### Board of Trustees

We welcomed four new trustees  
**Stephen Halstead**  
**Beverley Freeman**  
**Michael Barton**  
**Sue Hartup**

Two trustees resigned  
**Deborah Adams**  
**Helen Moss**

We were awarded an **Industry Project - Client Badge** for participating in the **Leeds Global Industry Project (November 2025)**



## Stephen Halstead - Stepping into a new advocacy role with Nova

Yorkshire Cancer Community treasurer and trustee Stephen Halstead has an exciting new role. Here's what he had to say.

“ I'm really pleased to share that I've been accepted into a new role with Nova Wakefield District Limited, supporting their work across Wakefield and North Kirklees as a VCSE Advocate within the local cancer system.

The application itself almost didn't happen. The window to apply was very short, and my first reaction was that I simply didn't have the time to do it justice. After a bit of reflection, though, I realised this was exactly the kind of opportunity where lived experience and community insight genuinely matter. If successful, it felt like a role where I could help make a real difference—so I decided to focus, commit the time, and put in an application that truly reflected why the work matters.

I was delighted to be invited to an online interview, although I'll admit I felt more than a little nervous. It had been a long time since I'd been interviewed for a role like this, and it took me right back to that familiar mix of anticipation, doubt, and hope. The conversation itself, however, was thoughtful and encouraging, centred on community voice, inequality, and how VCSE insight can strengthen system-level decision-making.

Being offered the position was genuinely uplifting. I'm proud to have the chance to take this on and hopeful that I can live up to what the role requires. At its heart, the work is about standing up for people in the Wakefield area who are living with cancer—particularly those whose voices are least likely to be heard—and ensuring their experiences help shape how services and systems evolve.

Alongside that, I'm excited about the opportunity to strengthen the working relationship between Yorkshire Cancer Community and Nova. Better connection, shared learning, and mutual understanding between VCSE organisations can only improve outcomes for the people and communities we serve.

This feels like an important next step—one rooted in lived experience, collaboration, and a belief that systems work best when communities are truly part of the conversation.

”

## Helen Moss - Thank You

Helen Moss has decided to resign from her position as secretary and trustee. We would like to extend a big thank you to Helen for all her hard work at Yorkshire Cancer Community and wish her all the best for the future.

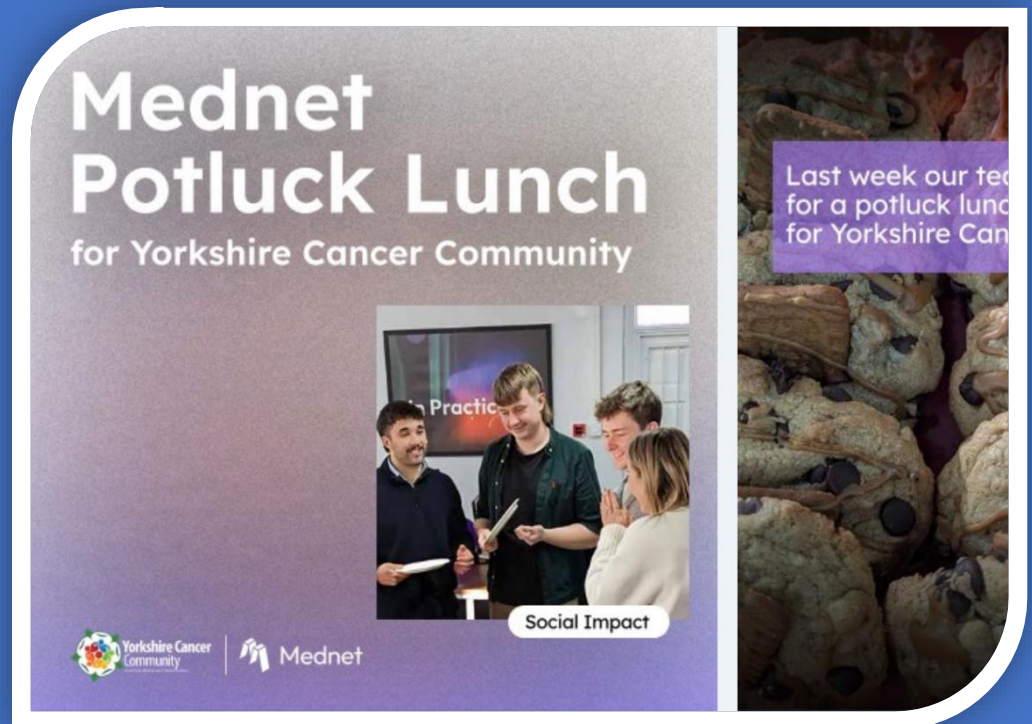


## Mednet and Yorkshire Cancer Community Partnership

Working together to raise awareness of cancer and mental health.

November saw the start of a new partnership for Yorkshire Cancer Community and Mednet – a medical communications agency based in Leeds.

Giving back to the community is baked in to Mednet's DNA. The agency has always taken the time to work closely with charities that work in the same therapy areas as they do, offering pro-bono work and support, as well fundraising and volunteering opportunities.



as

We began the partnership with a Cancer SMART lunch and learn in Mednet's Leeds office, which was also streamed live to several remote workers. The lunch and learn was incredibly well received by the team, with a couple of members expressing an interest in working towards becoming Cancer Champions in the future.

But the session was only the start of more exciting things to come.

The team also ran a potluck lunch in the Leeds office, where people donated their lunch money in exchange for home-cooked food, prepared by volunteer Mednet chefs with all the money going to Yorkshire Cancer Community. The company then topped up the donations to match the target of £500.

Mednet have also assisted with updating and modernising the slides that Yorkshire Cancer Community use during Cancer SMART talks. There are also several exciting projects underway that will look to go live on social media early in 2026 raising awareness about the links between cancer and mental health.

The teams at Mednet and Yorkshire Cancer Community are incredibly excited about the potential of upcoming projects together. Both organisations have a long history of supporting patients living with cancer and raising awareness to aid early diagnosis.

## Reduce Your Risk in '26

We're all familiar with the concept of new year's resolutions, but did you know some popular ones could actually reduce your risk of cancer? We think that's a great incentive to make this year your best yet!



### Stop Smoking

Smoking causes 16 different types of cancer, including less-survivable cancers such as lung, pancreatic, stomach and oesophageal cancer. If you're a smoker, stopping smoking is the best thing you can do this year to improve your health.

On top of that, you'll save about £6,000 every year if you smoke 20 per day!

There's lots of free resources to help you quit for good. Your GP can help or contact Yorkshire Smokefree on 0330 660 1166 or the NHS Smokefree National Helpline on 0300 123 1044. You can also download the free NHS Quit Smoking app for personalised support <https://www.nhs.uk/better-health/quit-smoking/ready-to-quit-smoking/explore-your-support-options/>



### Keep a Healthy Weight

Being overweight is the second biggest cause of cancer in the UK, causing 13 different types, particularly bowel cancer in men and breast cancer in postmenopausal women. It's also linked to other health issues including diabetes and heart disease.

We know losing weight can seem daunting, especially if you have a lot to lose, but small changes every day really do add up to a big difference.

Here's some tips to help you reach your target:-

- Use a smaller plate to reduce your portion sizes
- Drink a large glass of water before each meal
- Take the stairs not the escalators, or get off the bus a stop early
- If you crave something sweet after a meal, have a fruit salad prepared in advance, or have a square of dark chocolate



### Alcohol

We're all guilty of overindulging on our favourite tipple at Christmas and the New Year, but alcohol causes 7 types of cancer, especially breast cancer in women and bowel cancer in men. If you also smoke as well, you're significantly increasing your risk of mouth / throat and oesophageal cancer too.

Here's some top tips to cut back: -

- Take less money when you go out and don't drink in rounds
- Switch to bottled beer or a smaller glass of wine, or try the zero alcohol alternatives

Consider taking part in Dry January - <https://alcoholchange.org.uk/>.



## Healthy Eating



We all know that we should be eating at least five portions of fruit or vegetables a day. Easier said than done, but did you know that eating a diet high in fibre and wholegrains (only found in plant-based foods) will significantly reduce your risk of bowel cancer, but eating red or processed meat will increase your risk? Eating a fibre-rich diet will help lower your risk of other health conditions such as heart disease, stroke and type 2 diabetes too.

Here's a few ideas to help you eat more fibre and less processed meat.

Start the day with a high-fibre breakfast cereal such as Weetabix, Shredded Wheat or Porridge Oats.

Switch to wholemeal bread, wholewheat pasta and brown rice.

Ensure half of your meal consists of a variety of vegetables by adding beans, lentils or chickpeas to stews, curries and salads.

Substitute the meat in your favourite meals for alternatives such as quorn, beans, lentils, or mushrooms .

Consider taking part in Veganuary <https://veganuary.com/> or Challenge 22 <https://challenge22.com/>



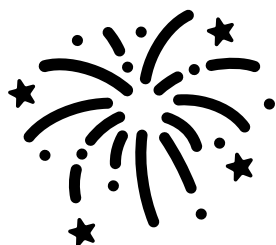
## Be More Active

**Keeping active can help reduce your risk of cancer and improve your health and mood in general. Physical activity before, during and after treatment can also help people who have got cancer recover quicker and have fewer side effects from treatment.**

Many people join a gym at this time of year, but there are lots of little ways you can build exercise into your daily routine that you will barely notice, and you're much more likely to keep up the habit. Try taking the stairs instead of the lift, going for a walk in your lunch break, getting off the bus one stop early, even doing housework counts.

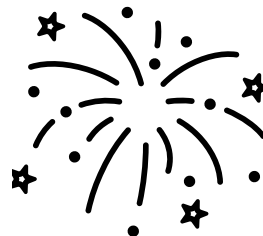
You could download the NHS Active 10 App or even download the NHS Couch to 5K App. Visit <https://www.nhs.uk/better-health/get-active/> for more advice.

The West Yorkshire & Harrogate Cancer Alliance video - Prehabilitation, physical activity and cancer explores the benefits of exercise for cancer patients here - <https://www.youtube.com/watch?v=1uiKLd1WDo>



We hope you make this New Year the start of a healthier future by choosing small daily habits that protect your body and reduce your cancer risk.

Let our aim be to reduce our risk in '26!



## Top Tips for talking to someone diagnosed with cancer

A recent Maggie's survey showed that 44% of people polled are worried about making conversation with a friend or family member who has been diagnosed with cancer.

And since the support of friends and family can make a huge difference to someone's experience when they are facing cancer, Maggie's offers the following advice from **Robin Muir, psychologist and centre head at Maggie's in Manchester.**



"It can be very stressful to find a balance between showing you care without upsetting someone, or treating the person in the same way as usual without ignoring the fact that they are going through a very challenging time. That said, there are some basic principles people can employ to ease the way for caring and meaningful connection while avoiding pitfalls than can cause upset."

- Do ask how someone is but be prepared that they might not be open without encouragement. Perhaps ask them if they'd like to talk more about what's happening.
- If they do want to talk about their treatment and diagnosis, just listen. Don't try to 'fix' things.
- Try not to assume anything from how a person looks. It's often hard to see how cancer and its treatment is affecting someone. It's also best not to comment on changes to someone's appearance.
- You can always ask someone what they would like to talk about.
- Or, let them know they don't need to talk at all – sometimes just keeping someone company is enough.
- Talking to them about normal things can also help hugely. Don't apologise for your own life.
- Some words, phrases and expressions are best avoided. Try not to say 'Stay strong' or "Be positive" – they are trying to be these things already. Avoid "You should....." or "You should have...." as it implies they haven't thought of it or tried it already. And, as well intended as it might be, try not to say "Whatever you need just ask" – it leaves the onus on the other person to ask.
- Don't simplify or compare to your own situations or other people you have known.
- Be sensitive to what the other person might not be saying – they might be desperate to go to bed and don't want to hear about 'good old Uncle Bob' at that point.
- Don't worry if you get things wrong, it's ok to make mistakes. Just apologise and ask what the person needs from you.

Find out more about Maggie's at [www.maggies.org](http://www.maggies.org)



## Thanking our Sponsors

As a small charity, we are incredibly reliant on the funding grants we receive. However, last year due to upcoming changes in the NHS, our future funding came under risk. For the first time, we had to actively fundraise. To say we have been overwhelmed by the response is an understatement. We want to thank everyone who has supported us this year and all of our sponsors, who have helped us during this turbulent time.

**We have created a new page on our website to thank those who have supported with grants and donations. <https://www.yorkshirecancercommunity.co.uk/meet-our-sponsors/>**

Although we can't thank everyone personally, we do appreciate every penny we receive so thank you.

We especially want to thank everyone who contributed to our fundraising event Rhythm & Ribbons, held on 30<sup>th</sup> November at the Irish Centre, Leeds which raised **£5.3K**. Huge thanks go to **Linda Walker** for organising the event.

- The Local Ward Councillors of the Inner East Community Committee at Leeds City Council - Grant of £500
- Addleshaw Goddard – Match funding volunteer Elizabeth Ward £656
- Lloyds Bank – Match funding volunteer Alex Sharpe £500
- Jenny from British Gas for their donation of £1000

### Raffle prize donors: -

- Leeds Building Society - Signed shirt - Leeds Rhinos
- Jane Brooke - Authentic Manchester City shirt & remote control model BMW car
- Irwin Mitchell - Bottle of champagne
- YCC volunteers - Luxury Hamper & Baylis & Harding bathroom set
- Adam Long - Instax mini camera (Fujifilm)
- Tina Envy - £100 hairdressing voucher
- David Blunt - 10 Year Old Malt Whisky (Macallan)
- Chevin Country Park Hotel - Afternoon tea for two & Spa access x2
- Askham Bryan Wildlife Park - Askham Bryan Wildlife Park - entry ticket (X2)
- Junkyard Golf - 1x round of 9-hole golf for 2 people
- Pigs in the Wood animal sanctuary - Pigs in the Wood adoption voucher
- Beckie at Cream Professional Beauty - 30 minute vitality facial
- Leeds Playhouse - Voucher for 4 people to see a Christmas play
- Fin - Pamper Hamper
- Rudding Park - Foodies Club Membership Rudding Park

- Andy Gambles - bottle of wine
- Thackray Medical Museum - Membership
- Bill's restaurant - £50 voucher
- Rebel & Rose - Scarf
- Malcolm Michaels Butcher - £25 meat voucher
- Gin Lashes - Classic lash set or Korean lash lift
- Glam by Sam - Luxury Facial voucher
- KTK Beauty - Voucher for fine line tattoo
- Twenty Seven Hairdresser - Gift Shampoo & Set
- Bengal Brasserie - Restaurant voucher
- Tranquility Therapies - Luxury Oils & Cream Basket
- Glamorous gifts, Rothwell - Scented Candles
- Karen - Linda's sister - Cosy Blanket
- Yorkshire Tea - Boxes of teabags, coffee prosecco
- Linda Walker - Drinks Hamper & Jasmyn & Greene Hamper
- Louise Walker - The Menopause Effect book
- Melissa Canavan - Perimenopause book
- Smyths Toys Superstores - Various toys
- The Entertainer - Toy Shop - £15 voucher
- Alison & Jenny - Drinks hamper & various toys
- Demileigh Robinson - Ball pool & building bricks
- Elizabeth & Victoria - Large collection of meerkats
- Joanne Leach - Giant Gingerbread Person
- Stephen Cole - Acumé Forensics - Apple IPAD
- Next - Assortment of items

## News

### New Macmillan Centre opens at Pontefract Hospital

Tracey Strutt, a member of the Mid Yorkshire Cancer Patient Partnership Group, officially opened the new Macmillan Hub at Pontefract Hospital in December. Tracey has lobbied for a centre in Pontefract since the beginning of the first COVID outbreak and finally her efforts were rewarded.

The Macmillan Hub will serve as a space to provide vital care, information and support for people affected by cancer. It's an amazing project that MY Hospitals Charity has been proud to support alongside Macmillan, all thanks to the public for their generous contributions! Tracey seen below in front of the one of the striking wall murals said: "Long after I've gone, my name will still be on the fabulous mural on the wall."



The mural also includes mention of our late Board member and co-founder Paul Vose.

Current Trustee and Cancer Champion Michael Barton went along to represent Yorkshire Cancer Community.

### Castlefield Recruitment Sponsors our January Edition of VOICE

We'd like to thank Castlefield Recruitment for supporting us in the recent recruitment of Jess Hart and also for their generous sponsorship of this newsletter. We have been very impressed by their helpful approach and professionalism as a recruitment agency, but also their generosity in waiving part of the fee to sponsor our newsletter. Thank you to Steve and the rest of the team.

## Castlefield Recruitment – Achieving Success Together

At Castlefield Recruitment, we believe success comes from trust, teamwork and genuine care for the people we work with. Our journey has been shaped by developing long-standing relationships with clients and talent that focus on shared success. We specialise in connecting the right people to the right jobs, helping candidates take life-changing steps in their careers, and welcome talented people into exceptional organisations.

### What We Do

We provide specialist recruitment services across permanent, interim and contract roles tailored to the needs of our clients. With a combination of market knowledge and proven expertise, our unique approach delivers skilled professionals into vital roles seamlessly, so your team can run efficiently and effectively.

### Who We Work With

Castlefield Recruitment is a market-leading organisation across the UK, with a strong reputation across the North West, North East and Yorkshire. We partner with a wide range of Public Sector organisations across multiple sectors, including: Charities & Not For Profits, NHS, Housing, Education, Local and Central Government. Many of our clients have been with us for years, trusting us to understand their needs and deliver results that exceed expectations.

### Our Specialisms

- Finance & Accountancy
- Housing & Property Services
- HR & OD
- Governance & Risk
- Procurement & Supply Chain
- Estates & Facilities
- Business Support & Admin
- Healthcare & Clinical Operations
- Executive Search
- Transformation & Change
- IT, Tech & Digital
- Communications & Engagement

### Our Ethos & Values

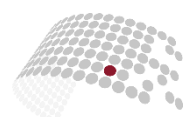
Integrity, honesty, and collaboration are at the heart of everything we do. We believe in building long-term relationships based on trust and respect, ensuring that every placement we make works well for both the individual and the organisation.

### Contact Us

Secure the expert recruitment for your organisation. Get in touch with Castlefield Recruitment today.

Leeds: 0113 212 4610

Manchester: 0161 938 7220



CASTLEFIELD RECRUITMENT



# Cancer Caregivers Needed: Help us Improve How Memory Problems are Detected

We are looking for **family members and caregivers of people with cancer** to take part in our study

What will I be asked to do?

We are looking for **caregivers of people with cancer, who do not have mild cognitive impairment (MCI) or dementia.**

We invite you to take part in a **20-30 minute online interview** about the early changes you noticed in the person you care(d) for.



Why Take Part?

Your answers will help us further develop **CognoSpeak**, an online assessment tool that uses technology to detect people at risk of memory problems and dementia.

Talking to caregivers of people with cancer is essential. Your input will help us **understand typical cognitive functioning**, so we can better tell **the difference between normal ageing and early signs of dementia.**



Want to learn more?

Email **Labhpreet at lkaur2@sheffield.ac.uk** to learn more about the study and to answer any questions you have.



## What have we been up to?



Our Chairman, Dr Stewart Manning went along to the Women's Group at Highfield Community Association in Keighley on 4 December to give a talk to the group. Around 20 South Asian ladies attended, and Stewart talked to them about the importance of knowing your own body and what's normal for you and that if something is different, unexpected and persistent it's best to get it checked by the GP as soon as possible because early diagnosis of cancer saves lives. Shaida Ditta, pictured with Stewart, very kindly translated the session for us.



YCC trustee Stephen (right) and Prostate Cancer UK volunteer Ruth (left) went along to the STADA Caring Day 2025 at Thornton & Ross Ltd, Linthwaite, Huddersfield to share information and raise awareness of Cancer SMART, Patient VIEW and prostate cancer.



Our new Projects Coordinator Jess (left) joined Trustee and Cancer Champion Stephen at the Health & Wellbeing Fair held at Ravensthorpe Community Centre. Also pictured are Kimberley Priestley, Manager of the Mid Yorkshire Macmillan Support & Information Service and Amelia from Pennine Breast Screening on the right.

If you would like us to bring an information stall to your event, please get in touch by emailing [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)



As well as volunteering for YCC, trustees Stewart and Louise also do a lot of work for St Gemma's Hospice. Here's a few pics of what they have been up to there. TR - Louise volunteering at the Light Up A Life event, BR - attending the Winter Ball, BL and TL - volunteering at Sunday's ice-cream parlour where sales proceeds went to St Gemma's.



## Patient VIEW

### Happy New Year from Patient VIEW!

We hope you had a lovely break and are stepping into 2026 feeling ready(ish) for the year ahead!

### We're recruiting for more Patient VIEW members

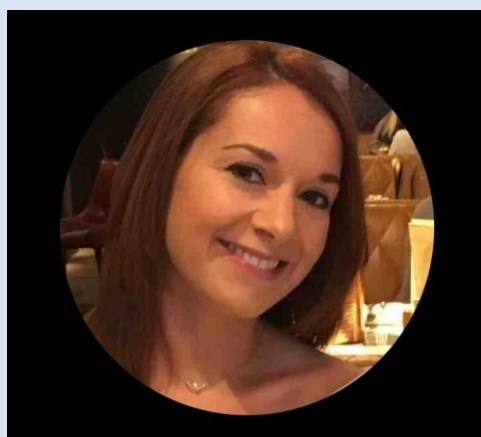
We're currently welcoming new members to Patient VIEW. We love hearing from people with different backgrounds, perspectives, and stories who want to help improve cancer care and make sure patient voice stays at the heart of research and projects. Please feel free to share this with anyone you think might be interested in getting involved.

[yorkshirecancercommunity.co.uk/patient-view/](https://yorkshirecancercommunity.co.uk/patient-view/)



If you're interested in joining Patient VIEW, please contact Jess at [jess@yorkshirecancercommunity.co.uk](mailto:jess@yorkshirecancercommunity.co.uk).

### Lunch & Learn: Understanding "Scanxiety" and Improving the Scan Experience



22 January 2026

12:00 – 1:00 PM (Online)

Register: [https://bit.ly/YCC\\_Scanxiety](https://bit.ly/YCC_Scanxiety)

Join Martine A. Mallinson, PhD, for an interactive online session exploring "scanxiety" — the worry many people feel before, during, or after CT or MRI scans. Martine will discuss how scan experiences can be improved for patients, families, carers, and radiology service users, and she's keen to hear your thoughts on any gaps in information or support around scans.

### University of Cambridge Opportunity

The University of Cambridge has also opened recruitment for their Patient and Public Partnership within the Cancer Data Driven Detection (CD3) programme. CD3 is a multi-institution initiative focused on improving cancer prevention, early detection, and diagnosis, and they're building a diverse community of patient and public partners to share lived experiences and represent their communities.

If you'd like to join the CD3 Patient and Public Partnership, you can read more and complete their expression of interest form here:

[bit.ly/CambridgeCD3](https://bit.ly/CambridgeCD3)



UNIVERSITY OF  
CAMBRIDGE

## Breast Screening Open Day – ASDA Halifax

Thrum Hall Lane, Halifax HX1 4PG  
17<sup>th</sup> January 2026  
12:00 – 3:00 PM

On Saturday 17th January between 12pm and 3pm, there'll be a Breast Screening Open Day in the ASDA car park in Halifax, welcoming all women who'd like to drop in for a friendly chat and some gentle advice. There will be no mammograms on the day, as it's simply a chance to ask questions, meet the team, and get support. All staff will be women, and the Calderdale Cancer Aware team will also be there to help and offer translation in different languages.

## BREAST UNIT OPEN DAY

YOUR LIFE MATTERS. YOUR FUTURE MATTERS.  
BREAST SCREENING HELPS MAKE SURE YOU'RE  
HERE FOR EVERY MOMENT THAT DESERVES YOU.



**SATURDAY 17TH JANUARY 2026**

**12:00PM - 3:00PM | ASDA CAR PARK HALIFAX**

DROP IN & LETS HAVE A CHAT!  
STEPS ACCESS ONLY



## Lauren welcomed baby Fern Rose

We are delighted to announce that Lauren received a very special early Christmas present this year, when her beautiful daughter Fern Rose made an early appearance at 4.45pm on Christmas Eve. She weighed 6lb 7oz and both Mum and baby are doing well. We wish Lauren and her partner Chris all the best.

## Lucky Jess

Jess ended the year with a bang when she was lucky enough to win a bottle of Prosecco at our staff Christmas lunch at Bill's restaurant in Leeds.

Well done Jess!



## Upcoming events

Here's what we have coming up this month.

**Mon 12 January** - Stall at a health & wellbeing event held at Café West Healthy Living Centre, Wanstead Crescent, Allerton BD15 7PA at 11am - 2pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity


### DO YOU RUN A PATIENT SUPPORT GROUP?


PLEASE COME ALONG TO OUR

## YORKSHIRE-WIDE ONLINE SUPPORT GROUP LEADERS' NETWORK

WE MEET EVERY QUARTER ON ZOOM  
OUR NEXT MEETING WILL BE HELD ON WEDS 14 JANUARY  
AT 1.30PM-3.00PM


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





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

CHARITY NUMBER: 1185838



## THE MEANDERING BEAR

### Prostate Cancer Social – Open Invitation

**THE MEANDERING BEAR, Union Street, Halifax, HX1 1PR**

*(Just around the corner from the Piece Hall) from 3pm on*

**the first Tuesday of each month. (Except January which is Tuesday 13<sup>th</sup> January due to holiday closure )**

We're hosting relaxed social gatherings for anyone affected by prostate cancer—whether you are living with prostate cancer, supporting someone who is, you've taken part in the Prostate Education and Exercise Programme (PEEP) or simply interested in connecting with others in the community. This is a great opportunity to meet others, share experiences, and enjoy some time together in a welcoming setting. Partners and carers are warmly invited too.

The Meandering Bear is kindly opening early for us at 3pm (usual opening time is 4pm). They serve teas, coffees, and a range of alcoholic and non-alcoholic drinks. The venue is featured in the Good Beer Guide 2026.

#### **Dates for 2026:**

**Tuesday 13<sup>th</sup> January at 3pm.**

**Then on the first Tuesday of each month:**

**3 February, 3 March, 7 April, 5 May, 2 June, 7 July,**

**4 August, 1 September, 6 October, 3 November and**

**1 December.**

**Contact:** [geoffeagle46@gmail.com](mailto:geoffeagle46@gmail.com)

Or [www.meanderingbear.co.uk](http://www.meanderingbear.co.uk)

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MACMILLAN.  
CANCER SUPPORT**



**Mid Yorkshire Teaching  
NHS Trust**



## Women's Cancer Support Group

**Women's only group meeting at the  
Rosewood Centre, Dewsbury Hospital.**

☎ Telephone: 01924 546072/01924 512204

✉ Email: [midyorks.macmillan.infocentre@nhs.net](mailto:midyorks.macmillan.infocentre@nhs.net)

**Taking place every Thursday, 9.30am - 11.30am from 15 January 2026**

15 and 29 January	2, 16 and 30 July
12 and 26 February	13 and 27 August
12 and 26 March	10 and 24 September
9 and 23 April	8 and 22 October
7 and 21 May	5 and 19 November
4 and 18 June	3 December



**Working together**  
making a difference

## Other Items

### Less Survivable Cancers Awareness Week Monday 12 January to Friday 16 January

While we can all agree, there has been great progress made in cancer research in recent times, there are some cancers that are still almost as deadly as they were 40 years ago. There are six cancer types that represent the less survivable cancers; lung, liver, brain, oesophageal, pancreatic and stomach, and together they are responsible for half of all deaths from common cancers, and make up a quarter of cancer cases. These cancers have a five-year survival rate of less than 20%, partly due to underfunding, and partly due to low awareness of the public and health practitioners leading to late diagnosis when the disease is advanced and difficult to treat. Currently in the UK, there are 90,000 people diagnosed with one of the less survivable cancers each year, and sadly 69,000 deaths. Despite these cancers being accountable for 42% of cancer deaths, they only receive around 16.6% of research funding of more survivable cancers. The Less Survivable Cancers Taskforce aims to redress the balance, by calling for these cancers to be prioritised in terms of funding for research and a focus on early diagnosis. They believe that investing more in less survivable cancers can dramatically increase life expectancy as well as improve the quality of life of thousands of people.



The taskforce is made up of the following charities:-



For more information about the campaign, visit <https://lesssurvivablecancers.org.uk/>

For more information about the less survivable cancers, visit our website <https://www.yorkshirecancercommunity.co.uk/all-cancer-types/>

## Cervical Cancer Prevention Week 19-25 January

Cervical cancer prevention week is an annual event to raise awareness of the importance of early detection, screening and vaccination in saving lives. It was established to honour the memory of Jade Goody, a well-known reality TV star who died from cervical cancer at only 27 years of age.

Cervical cancer is one of the most preventable forms of cancer. It is most often caused by the HPV virus (Human Papillomavirus) that is preventable through vaccinations which are offered to all UK children between the ages of 11-13. The HPV vaccination is also available to people up to the age of 25 who missed their vaccination when offered it, men who have sex with men, and some transgender people.

Screening also plays a very important role, as it detects the presence of HPV, or abnormal cells that could develop into cancer if left untreated. Despite the obvious health benefits of attending cervical screening, it isn't compulsory and only around 70% of those invited actually attend. This means around 4.6 million people are missing out on this vital resource. Therefore, this cervical cancer prevention week, we aim to support and empower individuals to take control of their own health, dispel any myths or worries around attending cervical screening, and encourage conversations to make cervical cancer prevention a priority. So, if you haven't been for your cervical screening, and you are eligible, we urge you to make an appointment today.



It's normal to feel a little apprehensive before attending your cervical screening (smear test), but this should not stop you from going as the benefits outweigh any momentary discomfort or embarrassment.

If you are still worried, Cancer Research UK have created a video to give you more information on what to expect during your screening appointment.

You can watch both videos here - <https://www.yorkshirecancercommunity.co.uk/screening/>

Is that it? – a film which encourages Polish and Romanian women in the UK to attend their cervical screening. Our fantastic cancer champion Emily Lunn worked on this project which aims to save lives by helping to improve attendance rates among the Polish and Romanian community in the UK.

