



Yorkshire Cancer
Community

February 2026 Edition

VOICE

World Cancer Day



4 February 2026

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

www.yorkshirecancercommunity.co.uk

Welcome to the February edition of the VOICE Newsletter

Hi everyone and welcome to the latest edition of the VOICE.

February is a very special month in the cancer calendar as we mark **World Cancer Day** on the 4th. It's an opportunity for everyone around the world to come together to raise awareness, improve education, challenge misinformation, reduce stigma and promote better detection and treatment of cancer.

Maybe you will hold a fundraiser or share your cancer story with a friend (or us!). A great way to mark the occasion would be to share our Cancer SMART message with your friends and loved ones. However you choose to spend the day, we hope it's a good one.

Best wishes
Jill, Clare & Jess

Cancer

Screening saves lives by prevention & early detection

Making cancer an everyday conversation

Awareness of unusual & persistent changes

Reduce risk with a healthy active lifestyle

Take action NOW against cancer

Contents

	Page
Your Stories	
Ask Me About Cancer Buddies	3
Cancer Myth Buster	4
Eat Well During Cancer	5
Could You Be Our Next Trustee?	6
Could you fundraise for us?	6
News	
Scope	7
NHS App	8
Your Voice Matters	9
Let's Connect: Target Ovarian Cancer Peer Support Group	10
What Have We Been Up To?	11
Patient VIEW & Cancer SMART update	13
Upcoming Events	15
Other Items - Cancer Awareness Months	22

Your Stories



I'm Catherine, a Yorkshire Cancer Community Champion and I created **Cancer Buddies** as part of a project at work. The project is very personal to me; I was diagnosed in 2021 with a rare form of thyroid cancer. I was initially told it would be an "easy cancer," but it was anything but. During this time, I struggled to understand my rights at work and what support I was entitled to, and I often felt unsupported simply because no one knew what to do or say.



Working helped me maintain some normality, and with my manager at the time we figured things out as we went along. I was given the all-clear in early 2022, but like many people, I still live with the long-term effects of treatment and need ongoing monitoring as well as support at work. Before this, I was also a working carer for both of my parents, who were diagnosed with terminal cancer. Balancing caring responsibilities with work was incredibly difficult, and at that time neither I nor my manager understood what support was available.

People shouldn't have the added worry of work when they or a family member receive a cancer diagnosis, and they should have the choice to continue working through treatment if they're able and want to. **The Cancer Buddy project** ensures that staff are matched with someone in the workplace who can offer guidance, information, and links to the right support. Managers benefit too, receiving help with forms, key information, sensitive conversations and providing ongoing support.

I teamed up with my Macmillan Nurse, Mandy, who supported me at my lowest point in my cancer journey. Together we created a direct referral pathway so staff can access Macmillan quickly when needed. Mandy attends our meetings whenever she can and brings guest speakers, helping to strengthen our buddies' knowledge and skills.

My Cancer Champion role has also been incredibly useful. Our buddies now promote **Cancer SMART**, share updates about screening programmes, and connect colleagues with events, news and resources from **Yorkshire Cancer Community**. Their support has been crucial in keeping our information, training and signposting up to date. With a busy job and family life, I struggle to carry out my Cancer Champion role in the wider community, so I focus on championing it in the workplace, spreading the Cancer SMART message across our workforce.

If you would like to become a Cancer Champion and help raise awareness, please get in touch with us at info@yorkshirecancercommunity.co.uk

We would love to hear from you.

Cancer Myth Buster

Here's our handy myth-buster about everyday items and their cancer risk.



Some people think eating burnt food like toast can cause cancer. When starchy foods like bread, potatoes and root vegetables are cooked, they contain a chemical called acrylamide. When burnt, they contain more acrylamide than if cooked to a lighter colour. Animal research has shown that acrylamide does cause cancer in very high doses, but you are unlikely to eat it in your diet in enough quantities for it to be harmful.

Verdict - eating burnt food does not cause cancer.



Some people are worried that aluminium in deodorants, or parabens in some cosmetic products can cause cancer, but research has shown no reliable link. There is some evidence that daily contact with hair dye (such as by hairdressers or barbers) could increase risk of bladder cancer, but more research is needed. There has been a lot in the news about talcum powder causing cancer, but this related to the past when asbestos was an added ingredient. This is no longer the case.

Verdict - cosmetics for sale in the UK are highly regulated and should not increase your risk of cancer.



Some people are worried that the radiation from mobile phones, WIFI or phone masts that transmit mobile signals can cause cancer. Microwave ovens have also come under suspicion. However, research has shown that the radiation they create is too weak to damage DNA and cause cancer.

Verdict - There's no link between mobile phones, microwave ovens and cancer



Some people are worried that storing food in plastic bottles or containers can cause cancer, especially if they are then heated in a microwave. This is because small amounts of chemicals can get into food and drink from plastic packaging. However, this is at low levels that are not harmful to our health.

Verdict - Plastic food and drink containers do not cause cancer

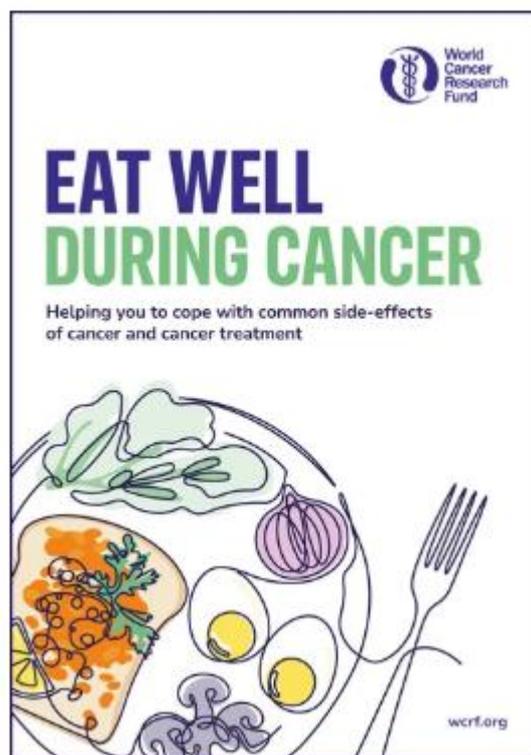
Eat Well During Cancer

A practical guide for people living with cancer, offering tips on eating well to manage common side effects of cancer and treatment.

Eat well during cancer is a practical, evidence-based guide to help you feel more confident about what to eat to help you manage common side effects like fatigue, weight loss and digestive issues. It offers supportive advice and recipe ideas to help you maintain a nourishing diet that supports your strength, recovery and overall wellbeing.

What's inside?

- Answers to common questions about diet during cancer and treatment
- Supportive advice and recipes for managing common side effects
- Information about our Cancer and Nutrition Helpline for expert support
- Inspiring stories from others living with cancer.



Why this guide?

This guide is based on the latest scientific evidence and expert insights from the British Dietetic Association (BDA) Oncology Specialist Group.

Who is it for?

This guide is suitable for most adults with cancer. However, it may not be suitable for you if:

- You are eating very little
- You have experienced significant unintentional weight loss
- You are receiving palliative care
- If you follow a special diet or have had a colostomy/ileostomy, speak to your care team for personalised advice.

Always follow the advice of your cancer care team. This guide is designed to complement their guidance and provide additional support.

To download or order your copy, visit the WCRF website:-

<https://www.wcrf.org/living-well/health-guides-cookbooks/eat-well-during-cancer/>

Cancer & Nutrition Helpline

Their oncology specialist dieticians are available to answer all of your questions.

Their helpline is available on: -

Tues 12 - 2pm, Wed 6-8pm, Thur 6-8pm

Calls are FREE: Tel. 0300 102 2523



Could You Be Our Next Trustee?

We are seeking a committed Trustee with strong professional skills and a strategic mindset to help guide our small but impactful charity. You will work alongside fellow trustees to shape long-term strategy, strengthen governance, and ensure our services continue to make a meaningful difference for people affected by cancer.

We are particularly interested in individuals with experience in areas such as strategy, finance, fundraising, healthcare, law, digital, or organisational leadership. Prior trustee experience is welcome but not essential—what matters most is clear thinking, sound judgement, and a genuine commitment to our mission.

If you're motivated to use your skills at board level and help a growing charity thrive, we'd love to hear from you.

**COULD YOU BECOME A
VOLUNTEER
TRUSTEE**

At Yorkshire Cancer Community, our trustees play a vital role in leading the direction of this small charity to ensure that people whose lives have been touched by cancer feel connected, have a voice in improving services and can join with others for support

What does it involve?

- Make decisions about our future direction
- Ensure we manage our money and resources responsibly
- Ensure we carry out our work for public benefit
- Attend six meetings per year, for around 2 hours

What will you gain?

- Decision making skills
- Problem solving skills
- Teamwork
- Time management
- Satisfaction of helping a small charity function efficiently

To find out more, contact us at info@yorkshirecancercommunity.co.uk

Yorkshire Cancer Community
The voice of those affected by cancer in Yorkshire & West Yorkshire
Charity No: 1185838

Could you fundraise for us?

We are a small, local charity with a big job to do. We want to help and support as many people as possible within the Yorkshire area who are going through possibly the worst moments of their lives.

Here at Yorkshire Cancer Community, we are dedicated to helping people affected by cancer in as many ways as possible, so that everyone who is affected knows where to go for help and support, and can live well with and beyond cancer.

Although we receive funding from the West Yorkshire & Harrogate Cancer Alliance for Cancer SMART and Patient VIEW, there's lots of work that we do that isn't currently funded, including our website, which holds helpful information, details of cancer charities and local support groups, inspiring life stories, podcasts and wellbeing information, and even this newsletter. For those, we have to fundraise and this is where we need help.

We're looking for supporters to get involved and raise funds for us. Maybe you could hold a coffee morning or bake sale at your workplace or run a tombola for us at a local event? Please see our fundraising page for more inspiring ideas, and if you want to help out, please get in touch. We'd love to hear from you. <https://www.yorkshirecancercommunity.co.uk/fundraising/>



News

Scope



Scope, the disability charity, are on a mission to achieve 3 key goals: transforming attitudes in society towards disability; reducing the cost of living for disabled people; and closing the disability employment gap. To this end we run a range of services accessible to anyone who identifies as disabled: the [Helpline](#), the [Disability Energy Support Service](#) and an [Employment Service](#).

We would love to come present on our services and hear from you at your support groups around what would motivate you to partner with Scope around our aforementioned co-produced goals. If you identify as disabled we may also have some co-producer opportunities coming up to work with us on Disability Pride – please contact Bethany.mcgarry-golding@scope.org.uk if interested in either of these opportunities.

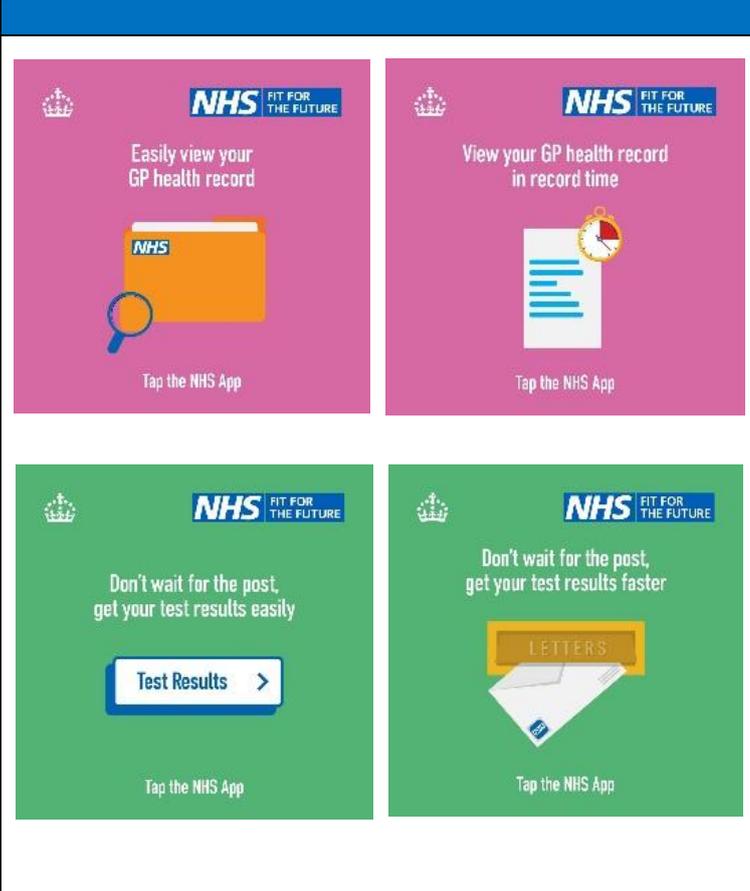
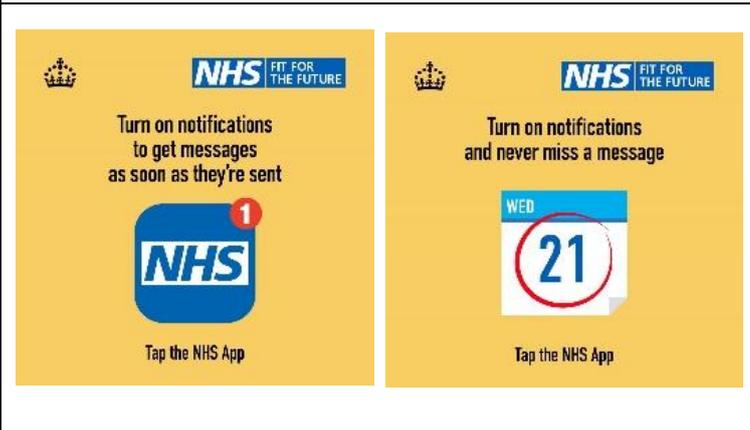
We would also love for you to [sign up as a Community Supporter](#) with Scope to access our newsletter and local events.

YCC will be holding a zoom meeting with Scope to find out more about the services they offer. Please contact us for the zoom link on admin@yorkshirecancercommunity.co.uk if you would like to join the meeting.

Date: 5 March 2026
Time: 11:00am
On zoom

SCOPE

NHS App

	<p>🌟 The NHS App can do more than you think!</p> <ul style="list-style-type: none"> 💊 Request repeat prescriptions in seconds 🔔 Get instant notifications for messages & appointments 📄 View your GP health record anytime 🏠 See test results faster — often before the post arrives 💙 All at a time that works for <i>you</i> 👉 Discover what you can do with the NHS App: www.nhs.uk/nhsapp 📱 Tap the NHS App. Take control of your health. <p>#NHSApp #NHS #DigitalHealth #RepeatPrescriptions #GPsServices #NHSDigital #Taptheapp</p>
	<p>You can do so much more with the NHS App than you realise.</p> <ul style="list-style-type: none"> 🔔 Turn on notifications and never miss a message 👉 Discover what you can do with the NHS App: www.nhs.uk/nhsapp 📱 Tap the NHS App. Take control of your health. <p>#NHSApp #NHS #DigitalHealth #GPsServices #NHSDigital #Taptheapp</p>
	<p>You can do so much more with the NHS App than you realise. Quickly and easily request your repeat prescriptions 💊</p> <ul style="list-style-type: none"> 👉 Discover what you can do with the NHS App: www.nhs.uk/nhsapp 📱 Tap the NHS App. Take control of your health. <p>#NHSApp #NHS #DigitalHealth #RepeatPrescriptions #GPsServices #NHSDigital #Taptheapp</p>
	

Your Voice Matters

Are you a woman aged 47–53 living in the North East or Yorkshire?

Breast cancer affects 1 in 7 women, yet many don't attend their first screening appointment. By sharing your views and experiences, you can help improve breast screening, increase uptake, and support better outcomes for women like you.

👉 Share your voice today: <https://www.surveymonkey.com/r/6989W6R>



Your Voice Matters

Help improve breast screening for women like you

Women like you across Yorkshire and the North East are sharing their views to improve breast screening for communities – **add your Voice today**

Spending just **5 minutes** completing this short survey, you can help shape breast screening service that **respects modesty, faith and family.**

-  Takes just **5 minutes**
-  **Anonymous** and confidential
-  **Your feedback** helps improve local NHS services

 **Together, we can make breast screening** work better for everyone



scan to take part





Let's Connect:

Target Ovarian Cancer communities

The national charity Target Ovarian Cancer has set up a **Yorkshire-wide** online peer support group for women with a diagnosis of ovarian cancer, in addition to in-person Peer Support groups in **Harrogate** and **Leeds**.

This peer support group is:

- ▶ A safe space to talk openly in a small group.
- ▶ Of no cost to the group members
- ▶ Held on one weekday evening every month from 6.30 pm
- ▶ Run by volunteers from within the group.

How can I get involved?

If you have a diagnosis of ovarian cancer and are interested in attending a peer support group, please contact Pamela Walker, Project Lead:

- ☎ 07903 311616
- @ pwalker@targetovariancancer.org.uk
- 🌐 targetovariancancer.org.uk



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

What have we been up to?

Solenis Science Lab Bradford

Cancer Champion Gordon (2nd left) and Prostate Cancer UK Janet (centre) went along to Solenis Science Lab Bradford to talk about prostate cancer.

Throughout the day, employees dropped in to explore the poster displays, ask thoughtful questions, and engage in open conversations about a health issue that affects so many across the UK.

A spokesperson commented: "Moments like this highlight the strength of our Solenis community and our shared commitment to wellbeing and looking out for one another."

The event was organised by the Men's Health Employee Business Resource Group.



Cancer champion and YCC trustee Michael held an information stall at Café West Healthy Living Centre, Allerton Bradford on 12th January, sharing important information about reducing your risk of cancer by knowing what's normal for you and being vigilant if you notice any unusual and persistent changes to your body, and also the importance of attending cancer screening.

Michael has had a bowel cancer diagnosis and also lost his wife to lung cancer, so he is keen to support our charity in any way he can.

You can watch Michael's video - **If In Doubt, Get Checked Out** here

https://www.youtube.com/watch?v=QeS_71vGfm





Our trustee David Blunt (right) gave a Cancer SMART talk to the Man Friday Club in Huddersfield recently. He received a very warm welcome by this friendly group, who were kind enough to give a donation to us too.

David said "It was good to hear the banter amongst the group who all obviously enjoy the get together and also the searching questions that were raised during and after my presentation. I hope that the group found it rewarding."

Here's Michael at Locala, where he also volunteers. He was giving a talk about bowel cancer, something he sadly has first-hand experience of with his own diagnosis in 2023.

Michael has made it his life's mission to help reduce the risk of cancer, and he works tirelessly spreading information and sharing his experience to help others reduce their risk and help find cancer early, when it is easier to treat and a better outcome is more likely in quality of life and survival.



Jill visited the Sahara women's group at the Al Hikmah centre in Batley this month. She was joined on the day by Cancer Champion Mariam, pictured centre. The ladies had the opportunity to learn more about cancer, including ways to reduce your risk and talking openly about cancer in order to reduce stigma.



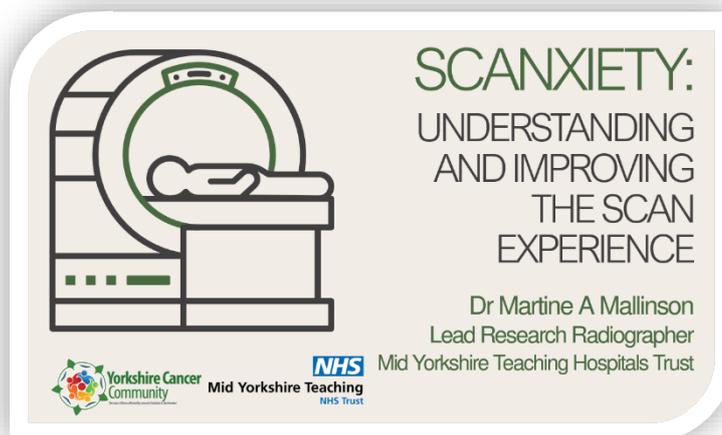
Patient VIEW & Cancer SMART

Lunch & Learn – Thank You

We recently held our first Lunch & Learn, and it was great to see such strong attendance and engagement. Thank you to everyone who came along and contributed to the discussion.

A big thank you to Dr Martine A. Mallinson, Lead Research Radiographer at Mid Yorkshire Teaching Hospitals Trust, who shared her research proposal and invited feedback on scan anxiety — the stress and worry many people experience before, during, and after CT or MRI scans as part of cancer diagnosis and monitoring.

We're really encouraged by how well this session was received and would love to hear your ideas for future Lunch & Learn topics. If you have any suggestions, please email jess@yorkshirecancercommunity.co.uk



Upcoming Patient VIEW Meeting

Our next Patient VIEW meeting will take place on 26th February at SCOPE in Leeds. This meeting is a chance for patients, carers, and anyone interested in cancer services to come together, share experiences, and help shape future work.

Dean McLean Thompson, Clinical Hypnotherapist, will be attending the session to talk about his practice, and one of our Patient VIEW members will also be sharing their experience of using hypnotherapy during cancer treatment and care.

If you'd like to attend, please RSVP by emailing jess@yorkshirecancercommunity.co.uk

Recruiting Now: Join the Patient VIEW Panel

We're recruiting new members to join our Patient VIEW panel.

The panel supports research projects and provides patient and public feedback on NHS Cancer Alliance projects. Members share their lived experience to help shape research ideas, review plans and materials, and make sure projects reflect what matters most to people affected by cancer.

You might be a patient, carer, family member, or someone who has used cancer services. No research experience is needed — just an interest in improving cancer care and a willingness to share your perspective.

Involvement is flexible and can include attending meetings, commenting on documents, or taking part in discussions.

If you're interested in joining the Patient VIEW panel or want to find out more, please email

jess@yorkshirecancercommunity.co.uk



Upcoming Events

Cancer Champion Sessions – Tolson Museum (Monday 2nd February 11am – 2pm)

We have Cancer Champion sessions coming up at Tolson Museum on 4th February. These sessions are a chance to learn more about the Cancer Champion role and how you can support people affected by cancer in your local area.

MONDAYS AT THE MUSEUM

Wellbeing activities between
11:00am & 3:00pm
*Connecting community, health
and heritage*

Tolson Museum, Huddersfield, HD5 8DJ

 TolsonMuseum

 info@ls2y.co.uk



£2.00 to attend
(starting Monday 8th April 2024)



CANCER, CARE AND WELLBEING EVENTS

FRIDAY 06 FEB 2026

The Town Hall, Hebden Bridge, HX7 7BY

AND

SATURDAY 14 FEB 2026

Todmorden Health Centre, OL14 5RN

10AM – 2PM

If you are affected by cancer, join us at either of the free events above for an uplifting day of:

- Information stalls featuring local and national services
- Inspiring and informative talks from local organisations
- Gentle exercise and movement activities
- Free food and refreshments!

Drop in anytime between 10am and 2pm! If you would like more information, please contact Claire at cancersupport@hebdenbridgetownhall.org.uk.

Cancer, Care and Wellbeing Day – Hebden Bridge (6th February 10am – 2pm)

We'll also be at the Cancer, Care and Wellbeing Day in Hebden Bridge on 6th February. Come along to find out about local cancer support services, meet others in the community, and get information and advice.



Upcoming events

Here's what we have coming up this month.

Mon 2 Feb - Info stall at Health & Wellbeing event, Mondays at the Museum (Tolson) with Huddersfield Mission HD5 8DJ - 11am - 3pm

Thu 5 Feb - Info stall at Sue Belcher Centre, Keighley BD22 7AE - 1pm - 3pm

Wed 11 Feb - Talk at Workplace, Intercity Accommodation Offices, 21 Moor Road, Far Headingley LS6 4BG - 1pm - 3pm

Fri 20 Feb - Talk at Cancer Coffee Morning, Feel Good Factor, 53 Louis Street, Leeds LS7 4BP - 11.30am - 1pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity





Mondays 1-3pm at
The Outback HX1
5NB

To attend, please
contact Sadia on
07519997922 or
send a text message

Booking is required

WELCOME TO CHAT AND CHAI

2ND FEBRUARY 2026

GUEST SPEAKER

"ONE OF OUR CHAT AND CHAI SESSIONS FEATURED A GUEST SPEAKER FROM MAKING SPACE CHARITY, WHO SHARED INSPIRING INSIGHTS INTO THEIR WORK SUPPORTING VULNERABLE PEOPLE TO LEAD INDEPENDENT AND FULFILLING LIVES. OVER A WARM CUP OF CHAI, WE LEARNED ABOUT THE IMPORTANCE OF COMPASSION, COMMUNITY, AND PRACTICAL SUPPORT IN EMPOWERING INDIVIDUALS TO BUILD CONFIDENCE AND RESILIENCE. THE CONVERSATION CREATED A MEANINGFUL SPACE FOR REFLECTION, CONNECTION, AND UNDERSTANDING."



9TH FEBRUARY 2026

WORLD CANCER DAY

"ON WORLD CANCER DAY, OUR CHAT AND CHAI SESSION WILL BE A SPECIAL AND COLOURFUL EVENT DEDICATED TO RAISING AWARENESS AND ENCOURAGING OPEN CONVERSATIONS ABOUT ALL TYPES OF CANCER. IN A SUPPORTIVE AND WELCOMING SPACE, WE'LL COME TOGETHER OVER CHAI TO SHARE INFORMATION, EXPERIENCES, AND HOPE, HIGHLIGHTING THE IMPORTANCE OF UNDERSTANDING, PREVENTION, AND COMMUNITY SUPPORT. THIS SESSION IS ABOUT STANDING TOGETHER, CELEBRATING STRENGTH, AND REMINDING ONE ANOTHER THAT NO ONE FACES CANCER ALONE."



UNITED BY RIBBONS

PEER CANCER SUPPORT

First Tuesday Of The Month
18:00 - 20:00

Whether you are living with cancer, supporting a loved one or coping with a loss this group offers the chance to connect, talk and feel understood with others going through a similar experience.

For more information please contact Linda Walker on:
lindasbusiness101@yahoo.co.uk



nyla's

Nyla's, 156 Briggate, Leeds LS1 6LY

nyla's

Women's Health

A guide to healthy weight and women's health
with Dr Amna Anwar

Join us for an inspiring and relaxed afternoon focused on health, wellbeing, and connection.

What's Happening:

Private BMI checks

Blood pressure checks

The Better Living Service from Calderdale Council

Healthy food swap stall

Sugar Awareness Display

Food demonstration

Goodie bags with dates for Ramadan

Date: Monday 9th February 2026

Time: 1 PM - 2.30 PM

Venue: Apna Staying Well Hub, Hanson
Lane Enterprise Centre, Halifax, HX1 5PG



ARE YOU A CARER OR LOVED ONE WHO HAS BEEN AFFECTED BY CANCER?

Social & support group for caregivers and loved ones of those going through cancer, and those who have lost loved ones to cancer.



- **1st Tuesday of the month at 6pm-7pm** - BHF Priory Centre, Pontefract Rd, Barnsley S71 5PN
- **2nd Monday of the month 2pm -3pm** - St John's Community Centre, Church St, Penistone S36 6AR (Optional donation of £1.50*)
- **2nd Thursday of the month at 2PM - 3.30PM** - The Well for Wellbeing, Suite 12, Queens Court, 11 Regent St, Barnsley S70 2EG
- **3rd Tuesday of the month at 2pm-3pm** - BHF Priory Centre, BHF, Pontefract Rd, Barnsley S71 5PN

For more information please contact Amy on 07380863049. * This group is free to attend and refreshments are provided, optional donation of £1.50 at Penistone session.



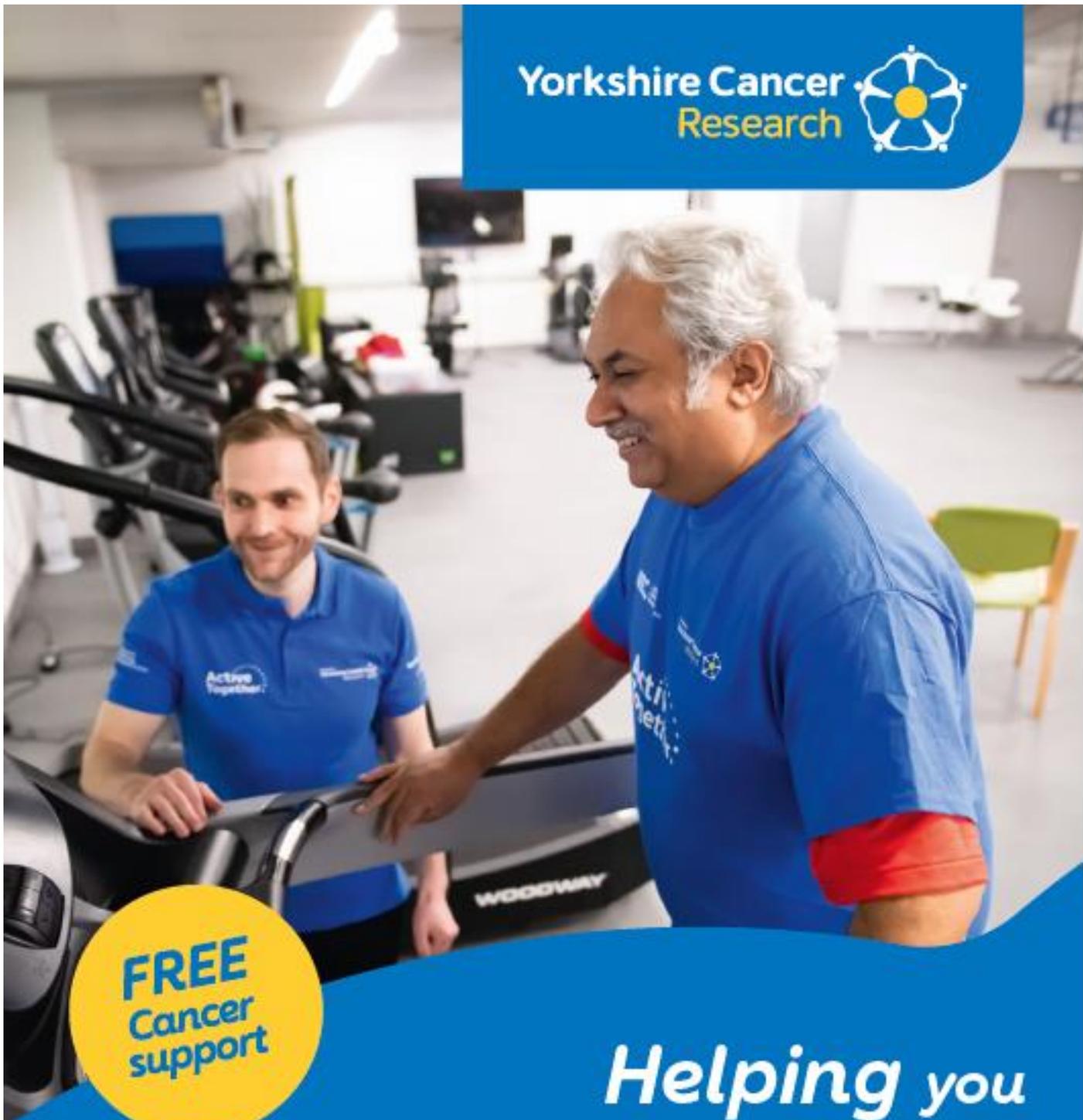
**Barnsley
Healthcare
Federation**



IMPACT

Integrated Multidiscipline
Personalised Care Team

Yorkshire Cancer
Research



FREE
Cancer
support

Helping you recover **from cancer**

Personalised fitness, nutrition and wellbeing
support from qualified professionals



Find out more about our
new Harrogate service
ycr.org.uk/active-together
01423 510 765

Active
Together:

Please contact us to
book your space



FEELING GOOD? – 'THIT' LAUNCH EVENT

Tackling Health Inequality Together

A community research project to amplify the voices of people from Gipton and Harehills to decision makers and to empower local people to fight for local change

**THURS 26TH
MARCH
2026**

**11–
2PM**

**FOOD
STALLS
TALKS
ENTERTAINMENT
HENNA**

**📍 CATCH
HAREHILLS
LS8 3QY**

**Instagram
@tackling_inequality_leeds**

**For more information
or to get involved:**

Zainab@LMYF.org.uk
0113 380 5676

**DROP-IN INFORMATION SESSIONS
FOR UNPAID CARERS**

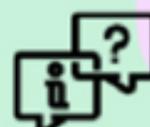
**DROP
IN FOR
A CHAT!**



Carer Information Sessions



FOR MORE INFORMATION, CONTACT
EMMANEWTON@WAKEFIELD.GOV.UK



***CHAT TO A
SOCIAL WORKER
FOR HELP &
ADVICE**

**WAKEFIELD LIBRARY (LEARNING ZONE)1
BURTON STREET, WF1 2EB**

2nd Feb 2026 10am-12pm

**Technology Enabled Care (TEC)
Awareness Training**

Find out what assistive technologies are available to promote safety, independence, and wellbeing (e.g., telecare & remote monitoring devices).

Learn how tech solutions could support you and those you care for.

A Carers Wakefield & District representative will be available for support and advice.

**PONTEFRACT LIBRARY, COMMUNITY ROOM
SHOEMARKET, WF8 1BD**

6th March 2026 1pm-3pm

Digital Support Session

Looking to build your confidence using technology? Learn basic digital skills (how to use a smart phone, iPad or laptop, how to download music etc.)

No question is a silly question.

Come along and chat to a Digital Inclusion Worker from Carers Wakefield & District.

wakefieldcouncil



Other Items

World Cancer Day - 4 February



World Cancer Day is an international day observed every 4 February to raise awareness about cancer and cancer prevention.

Every week, **225** people in West Yorkshire are diagnosed with cancer and **108** people will lose their lives each week. For this reason, Yorkshire Cancer Community teamed up with the West Yorkshire & Harrogate Cancer Alliance to form Cancer SMART.

The Cancer SMART project aims to empower people to be pro-active when it comes to their health, and cancer. We urge people to attend screening programmes when invited, not to be afraid to discuss cancer openly and encourage discussion, to be aware of what's normal for them, and act quickly if anything changes. We also encourage people to live a healthy and active lifestyle to help prevent 40% of cancer cases.

To find out more about the Cancer SMART project, visit our website:

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

February is Oesophageal Cancer Awareness Month



Did you know, there are 9000 new cases of oesophageal cancer every year in the UK, and it's the seventh most common cancer, yet 59% of cases are preventable?

It mainly affects people in their 60's and 70's and is more common in men.

Ways to prevent oesophageal cancer include stopping smoking, drinking less alcohol, avoiding acidic foods that may irritate the oesophagus (food pipe), raising your head when you sleep, and maintaining a healthy weight.

For more information, visit the oesophageal cancer page of our website which has information, support and inspiring life stories: <https://www.yorkshirecancercommunity.co.uk/oesophageal-and-stomach-cancer/>

Kidney Cancer Awareness Week – 2 – 6 February



Kidney cancer, also called renal cancer, is a type of cancer that starts in the kidneys. The kidneys are 2 small organs either side of your spine below your ribs. They remove waste and extra fluid from the blood, turning it into pee. Kidney cancer is most common in people over 60.

Symptoms include blood in your pee, a lump or swelling in your back, under your ribs or in your neck, pain between your ribs and waist, loss of appetite, losing weight without trying, feeling tired or lethargic, a high temperature and night sweats. For more information, visit the kidney cancer page of our website:

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