



Yorkshire Cancer
Community

March 2026 Edition

VOICE



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

www.yorkshirecancercommunity.co.uk

Welcome to the March edition of the VOICE Newsletter

Well Spring is finally here, and we've got lots to celebrate! Thanks to a grant from Sovereign Health Care, we're taking our Cancer SMART project to the next level. Find out more on page 3.

We've also launched a brand-new Cancer SMART presentation, created with our fantastic partners Mednet, who've even produced a fresh new podcast with Stewart.

On top of that, we've designed a new leaflet packed with tips to help you get the most out of your doctor's appointments—look out for it on our information stalls very soon. You can find a sneaky peek on page 6.

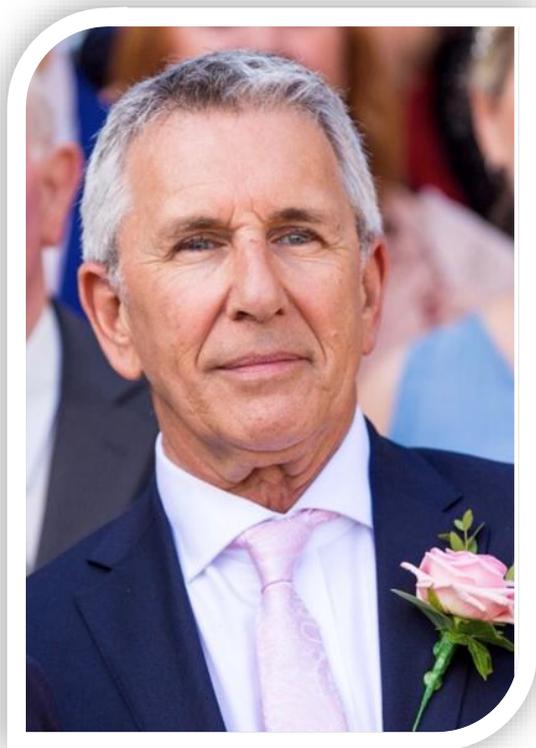
And finally... it's Easter raffle time! You could win some delicious Easter treats, including a chocolate chicken! Find out more on page 4. **Good luck everyone!**

Best wishes
Jill, Clare and Jess

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Your Stories



Our chairman Stewart's brand-new podcast

The link between a cancer diagnosis and mental health is too often overlooked. Our chairman and retired GP Dr Stewart Manning talks frankly and openly about his own experience with cancer and mental health in this brand new podcast, created in partnership with Mednet.

Visit our website to play the podcast

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



Huge thanks to Sovereign Health Care

We're delighted to have received a grant from Sovereign Health Care towards the cost of a part time Cancer SMART coordinator. This will allow us to increase our volunteer base by recruiting and training new cancer champions and introduce community-based champions within partner organisations. We will be able to deliver more talks and information stalls, and strengthen our engagement with underserved communities who often suffer health inequalities and later diagnosis.

This is an exciting development of our existing Cancer SMART project, and we wish to thank Sovereign Health Care for their valuable contribution.

Join Us

If you would like to help us spread awareness of our Cancer SMART message and save lives, then why not join us and become a **cancer champion**? Please contact jess@yorkshirecancercommunity.co.uk for more information.



Easter Raffle

Join in the fun with our Easter Raffle and give yourself a chance to win some delicious seasonal treats! Prizes include a chocolate chicken and Easter eggs galore—perfect for sharing or indulging yourself.

1st
Prize



Tickets are £1 each and there are at least three prizes up for grabs (pictured).

To enter the draw, simply: -

Make a payment to: -

Bank - Barclays Bank

Account Name - Yorkshire Cancer Community

Sort Code - 20-35-84

Account No - 53957985

Reference - Easter and your name

Send us your details (name, address, phone number and how many tickets) via email to admin@yorkshirecancercommunity.co.uk so we can add your name to the draw

2nd
Prize



You will receive one prize entry for each £1 you have donated.

The draw will take place on Tuesday 31st March at 12pm and the draw will be shared live on Facebook.

Prize winners will then be contacted to arrange delivery or collection.

Don't miss out on this egg-citing opportunity to celebrate Easter with something sweet! 🐣 🍫 🥚

Good luck everybody!

3rd
Prize

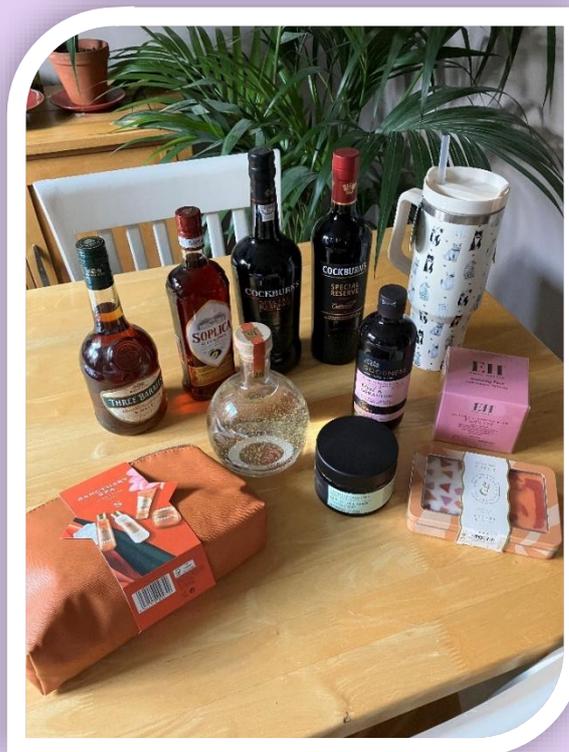


Giving the Gift of Hope

We're asking for the support of our community to help us to raise vital funds by donating good-quality items suitable for a tombola or raffle. If you have unwanted Christmas presents, new or nearly new items, or unused gifts that are still in excellent condition, they could be perfect prizes. From toiletries and gift sets to bottles, toys, or vouchers, your donations can help us create exciting stalls that encourage generosity and fun while supporting our vital work.

Every item donated will help raise much-needed funds to support people affected by cancer in our local area. What may no longer be needed in your home could bring joy to someone else and contribute directly to essential services, care, and support. By donating tombola or raffle prizes, you're not only decluttering responsibly but also turning generosity into hope.

If you have any suitable items, please get in touch by emailing clare@yorkshirecancercommunity.co.uk.



New Cancer SMART presentation

We're excited to introduce the new Cancer SMART presentation, developed in partnership with Mednet to help amplify our vital message about catching cancer early and reducing risk. This refreshed presentation is designed to clearly and confidently guide audiences through practical steps they can take to be more aware of their health, understand early warning signs, and make informed lifestyle choices that support cancer prevention.

Building on a trusted existing resource, this new version has undergone a creative overhaul to make it more engaging, eye-catching, and accessible. With updated visuals, clearer messaging, and a more modern look and feel, Cancer SMART is now better equipped to capture attention, spark conversation, and empower people to take action when it matters most.

We would like to thank the team at Mednet for their incredible help and support on this project.

You can view the new presentation here

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



GETTING THE MOST OUT OF YOUR HEALTHCARE APPOINTMENTS

Getting a doctors appointment can be difficult, so it's important to make the most of your appointment. Here's a few tips to help you get the most out of your time with your healthcare professional: -

- ✓ Prepare in advance - write down any questions or concerns you may have about your health or treatment plan, in order of importance
- ✓ Take someone with you for support
- ✓ Give the doctor as much information as possible about your symptoms, and include photos if possible



- ✓ Tell your doctor how your symptoms are affecting your daily life, so they understand the full picture of things you may need help with to function
- ✓ Tell your doctor if you need information in a different format, such as paper copy, and ask them to explain any medical terms you don't understand
- ✓ Remember, nobody knows your body better than you, so don't be afraid to share your views on what treatment options will work best for you



- ☎ 07715 217845
- ✉ info@yorkshirecancercommunity.co.uk
- 🌐 www.yorkshirecancercommunity.co.uk



News

Stoma Friendly Toilets Finder

Find stoma friendly toilets near you - places designed to give you the space, comfort, and dignity you deserve. These facilities offer features to change and manage your stoma comfortably, shelf space for organising your stoma management products, disposal bins in every cubicle, mirrors and hooks positioned at practical heights.

Where possible, venues also display non-visible disability signage, helping to raise awareness and ensure that everyone who needs these facilities feels recognised and welcome.

All locations listed follow **Colostomy UK's Stoma Friendly Toilet Standards**, created to support dignity, comfort and confidence when you're away from home.

[Click here to read the full Stoma Friendly Toilet Guidelines.](#)



Breast Cancer Study

Have you been diagnosed with **metastatic, type HER2- positive or HER2-low breast cancer** and who have been or are currently receiving **chemotherapy**?

Molly, a project coordinator from GKA, a medical market research company, is looking at understanding the experience of living with metastatic breast cancer and what patient support materials and resources are available. She says if patients are aware of specific treatments, then that would be great, but not necessary for them to participate. Also, any opinions or experiences with treatment support materials will be discussed, but again, not required for this study.

Volunteers will be asked to take part in a 60-minute online call and will receive a £60 voucher express card.

Charities who recommend patients will also receive a donation.

If you are interested, here's the invite for patients to sign up for this study:

<https://surveys.gilliankenny.com/s3/13881OC-Breast-Cancer>



It's National No Smoking Day - 11th March 2026



NHS

**YOU'RE 3X MORE LIKELY
TO STOP SMOKING WITH
OUR HELP**

**GET READY TO QUIT WITH YOUR
LOCAL STOP SMOKING SERVICE**

**NO SMOKING DAY
WED 11 MARCH**

A smoke-free life starts with a smoke-free day, and No Smoking Day is coming up soon! Make Wednesday 11th March your quit day.

Find out more about the NHS quit smoking app and their Personal Quit Plan here <https://www.nhs.uk/better-health/quit-smoking/>

Helping men understand the PSA blood test

Prostate cancer remains the most common cancer in men and now has become the most common cancer in the UK, but without a screening programme inviting all men for regular tests, understanding the PSA test is vital.

The PSA blood test is the best first test for prostate cancer.



So, Prostate Cancer UK have come up with answers to some frequently asked questions, shaped directly by what men have told them they want to know, such as: -

- 👉 How accurate is the PSA test and how does it compare to the digital rectal exam?
- 👉 What benign prostate conditions can cause raised PSA levels?
- 👉 Should men with a family history get tested earlier?

Prostate Cancer UK have answered these questions and more so that more men feel better informed when discussing the PSA test with their GP. You can find their Q&A advice [here](#).

Discover more about the PSA test [here](#).

Because when men understand the PSA blood test, it can help save lives.



Lymphoma Action National Conference in York

The Lymphoma Action National Conference 2026 will be taking place in York as part of their 40th anniversary year.

The National Conference brings together leading clinical specialists, lived experience speakers, and our supportive community for a full day of trusted information, practical guidance, and connection. It is designed for anyone affected by lymphoma - whether newly diagnosed, living well beyond treatment, or supporting a loved one.

Event highlights include:

- Expert medical talks on lymphoma, symptoms, side effects, and late effects.
- Wellbeing sessions for both people with lymphoma and for family, friends, and carers.
- Practical guidance on topics such as fatigue, emotional wellbeing, finances, work, and safe travel.
- Opportunities throughout the day to meet others who understand and to learn about Lymphoma Action's support services.
- A warm, welcoming atmosphere that prioritises quality information, reassurance, and community.

Full details: <https://lymphoma-action.org.uk/events/national-conference>



National Conference 2026

Join us on Friday 8 May in York

Whether you're newly diagnosed, living well beyond treatment or supporting a loved one, we hope you will join us.

Expect a mix of:

- ✿ Expert medical talks on lymphoma, symptoms and side effects
- ✿ A personal story from someone with lived experience of lymphoma
- ✿ Wellbeing and practical sessions, including managing fatigue, emotional wellbeing, finances and planning for holidays.

Tickets are £30 per person, which includes lunch and refreshments.

Booking is essential



Scan to book


www.lymphoma-action.org.uk/conference


Company Registration No 03518755 Charity Registration (England and Wales) No 1068395 (Scotland) No SCO45850



UNIVERSITY
OF LEEDS



Kidney Patient or Relative?

Your voice matters in kidney research - help shape the future of care and treatment

WHAT YOU WILL DO:

- Share your experiences
- Help set research priorities
- Review materials and findings

WHY IT MATTERS:

- Every Kidney journey is different
- Your insights improve care for everyone
- Research becomes more meaningful



HOW TO JOIN:

- ✉ Register today via our QR code
- ♥ No experience needed
- 🕒 Flexible time commitment
- 📍 Help us online or in person

Your time, travel and any reasonable expenses will be paid for in line with NIHR guidance

To register your interest, please:
click [here](#), scan the QR code
or email: leedsth-tr.ppi@nhs.net



Patient or Public Representative Opportunity

**Humber and North Yorkshire
Cancer Alliance**

NHS

**Would you like to
become a Patient or
Public Representative?**

**Use your experience of cancer to help improve
services across Humber and North Yorkshire**

Find out more - register your interest today

[Humber and North Yorkshire Cancer Alliance](#) is actively recruiting people with lived experience of cancer to join its expanding patient and public representative group.

Lived experience could mean either as a patient or the carer of someone with a cancer diagnosis. Those who work in a role supporting people with a cancer diagnosis are also welcome to join the group.

Patient and Public Representatives can help improve cancer services across the region by ensuring the patient voice is fed into all programmes of work across the Cancer Alliance.

Different ways to be involved include:

- Joining project groups on certain elements of the cancer pathway
- Feeding into key discussions on different pieces of work being undertaken by the Cancer Alliance and partners
- Reviewing key documents and information
- Supporting with community engagement events to speak with the public about cancer

To find out more about the role, and the variety of ways to be involved, [visit the Humber and North Yorkshire Cancer Alliance website](#). Those interested in joining the group should then complete an Expression of Interest for the role.

For further enquiries, please contact Emily Johnson, Senior Patient and Public Engagement Coordinator, on emily.johnson75@nhs.net

What have we been up to?



Cancer Champion (L-R) Sally, Barbara and Michael went along with a Cancer SMART stall to a Health & Wellbeing Event held by Mondays at the Museum at Tolson Museum, along with our friends from Huddersfield Mission.

It was a great opportunity to speak to members of the public and share our important Cancer SMART message.

We will be returning to Tolson Museum on Monday 2nd March 11am-2pm so feel free to drop by for a chat.

Cancer Champions Stephen (pictured) and Kathy went along to Woodhill Surgery in Huddersfield to give a talk and hold a Cancer SMART stall to raise awareness of cancer and how to reduce your risk.



Here's cancer champion Julie (left) with her stall at Hebden Bridge Town Hall in Halifax.

Julie also works for Pennine Breast Imaging and her stall focuses on the importance of attending mammograms when invited, how to check your breasts regularly and to see your doctor quickly if you notice any changes. These messages are a key part of Cancer SMART too - S = screening, A = awareness of unusual and persistent changes, and T = take action NOW.



Stewart (right) went along to Intercity Accommodation offices in Headingley to give a talk to the team that work there.

If you would like your team to benefit from one of our life-saving Cancer SMART talks, just get in touch at jess@yorkshirecancercommunity.co.uk



Cancer Champions Stewart and Linda went along to Feel Good Factor, in Chapeltown, Leeds to give a talk at their cancer coffee morning.

Feel Good Factor are a health and wellbeing organisation that supports the people of Leeds to improve their health and wellbeing by providing activities, projects and services. They particularly work with some of the most vulnerable and disadvantaged people in the community.

We received excellent feedback from the talk including: -

Funny **Very informative** **Made me laugh** **Kept my attention**
Very personable **Knew what he was talking about and kept us entertained**
Inclusive **Very warm and easy-going**

If you would like us to come to your organisation to deliver our Cancer SMART talk, please get in touch at jess@yorkshirecancercommunity.co.uk.

Patient VIEW

Patient VIEW Panel – First Meeting of 2026



Thank you to everyone who attended our first Patient VIEW Panel meeting on the 26th February! We had a great turn out, both in person and online, and it felt good to get everyone back together and there was plenty of thoughtful discussion, honest reflections, and practical input, which is exactly what makes this group work so well.

We heard from Vicky Boydell & Aleksandra Gentry-Maharaj from University College London about their research proposal on endometrial cancer; Peter Henshaw & Steph Gathercole from MEDNET spoke with us about visual campaigns for urine and bowel cancer; and Dean McLean-Thompson, Clinical Hypnotherapist, who presented his work and how it can benefit people going through cancer treatment, Michael one of our panel members spoke about his own experience attending sessions with Dean.

The conversations that followed each presentation were engaged and constructive, with lots of interesting questions, real-world perspectives, and practical suggestions discussed. That's what the Patient VIEW Panel is all about: making sure patient voice isn't just heard, but shapes what happens next.

If there's a topic that you'd like us to cover, or a speaker you'd like us to find for a future Patient VIEW Panel meeting, please let Jess know. If you'd like to know more about any of the projects presented, please get in touch at jess@yorkshirecancercommunity.co.uk

Ongoing University Research – Patient Voice

We continue to have a strong relationship with University of Cambridge, who have approached our Patient VIEW Panel members for patient voice to shape research proposals and feedback. It's a valuable connection and our members consistently help shape real, live projects.

If you'd like to be involved in upcoming research opportunities or want more information, please contact Jess at jess@yorkshirecancercommunity.co.uk

Patient



Voices from
around the
region



Including
all points of
view



Exchanging
practical
ideas



Working
together

Opportunity for Patient VIEW and Cancer Champions to have free hypnotherapy sessions

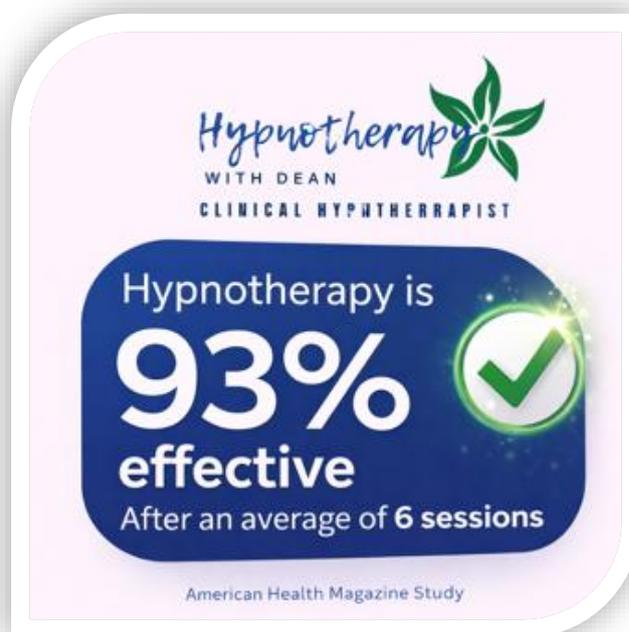
One of our speakers at the February Patient VIEW meeting was Dean McLean-Thompson, Clinical Hypnotherapist and member of the Association for Solution Focused Hypnotherapy and the National Council for Hypnotherapy (DBS checked).

Dean has very generously offered six people the opportunity to receive a course of free weekly hypnotherapy sessions. It's an incredibly kind offer — and understandably there's already been interest, with two of the spaces now taken.

If you're curious about whether hypnotherapy could support you, whether that's around anxiety, sleep, treatment side effects, or general wellbeing; please get in touch with me as soon as possible to find out more.

Michael, one of our Cancer Champions and a member of the Patient VIEW Panel, has worked with Dean himself during his cancer treatment and afterwards. In his words, Dean is *"simply the best."*

It's a genuinely thoughtful gesture from Dean to offer his time and expertise in this way, and we're really pleased to be able to share it with our community. Please email Jess at jess@yorkshirecancercommunity.co.uk



Cancer SMART talk at Plus Health Company – World Cancer Day

We were really pleased to be invited to Plus Health Company for a Cancer SMART talk on World Cancer Day (4th February). Jen, the owner of Plus Health and one of our fantastic Cancer Champions, hosted the session and created a brilliant space for open conversation.

It was a great group, who were engaged, thoughtful, and full of questions, which made for a really worthwhile discussion around awareness and early detection.

Sally, another of our Cancer Champions, shared her own cancer journey with the group. Hearing lived experience alongside Cancer SMART information added a depth to the conversation that really resonated with everyone.

If your workplace, community group, or organisation would like to host a Cancer SMART session, please contact jess@yorkshirecancercommunity.co.uk

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

Upcoming events

Here's what we have coming up this month.

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

Thu 10 Mar - Talk at TLK, Health Champions, Racial Equality Network, Grange Interlink, Summerville Rd, Bradford BD7 1PX - 10am - 12pm

Thu 10 Mar - Talk/activity with Leedsgate Women's Group, Laisterdyke Youth & Comm Centre, Manse Street BD3 8RP - 12pm - 2pm

Thu 19 Mar - Stall at Health Check and community hub, Woodside Village Centre, 86 Fenwick Drive, Bradford BD6 2RZ - 10am - 2pm

Thu 26 Mar - Talk at Tackling Health Inequality Together with Leeds Muslim Youth Foundation, CATCH, Hovingham Ave, LS8 3QY - 11am - 2pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity

Stay connected with us

As a small local charity, our social media platforms are a powerful way to reach a wider audience and share the important work we do within our community and beyond. However, social media algorithms don't always show our posts to everyone, which can limit how far our messages travel. To help us reach more people, and so you don't miss out on important updates, we recommend you do the following: -



Facebook

- Visit our page - @YorkshireCancerCommunity
- Tap following (or the three dots in the corner)
- Select favourites and turn on all notifications
- Like, comment and share our posts as much as possible. Not only will this tell Facebook that you want to see more of our posts, but it will help share vital information as far as possible, so that we can help as many people as possible.



Instagram

- Go to our profile - @yorkshirecancercommunity
- Tap the 🔔 bell icon (top right)
- Turn on post and stories notifications
- Like, comment and save our posts. Instagram will then show you more posts from us

Every comment, like, and share boosts our visibility and helps ensure our messages reach those who need them. Thank you.

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 18 MARCH AT 1.30PM - 3PM

IF YOU WOULD LIKE TO JOIN A MEETING,
PLEASE EMAIL US AT
INFO@YORKSHIRECANCERCOMMUNITY.CO.UK
AND WE WILL SEND YOU THE LINK

WE DISCUSS TOPICS THAT AFFECT YOU AND
YOUR GROUP

POPULAR TOPICS INCLUDE:

- PUBLICISING YOUR GROUP
- ATTRACTING NEW MEMBERS
- FUNDRAISING
- IDEAS FOR SPEAKERS



CHARITY NUMBER: 1185838



Our chairman Dr Stewart Manning will be delivering a talk at this event, so please pop along if you can.

Book your space at
https://feeling_good.eventbrite.com



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](https://www.instagram.com/tackling_inequality_leeds)

For more information
or to get involved:

Zainab@LMYF.org.uk
0113 380 5676



Our Support services

At Target Ovarian Cancer, we target what's important to stop ovarian cancer devastating lives. We're here for everyone affected by ovarian cancer any time you need us.

We provide support for anyone affected by ovarian cancer through our:

- ▶ **Nurse-led support line:** whether you need practical information, advice or a listening ear, our specialist nurses are here for you.
- ▶ **Online community:** Our two private Facebook groups are welcoming and helpful places to connect and chat with others who understand.
- ▶ **Trusted information:** Our website pages, videos, and information guides cover a wide range of topics, from diagnosis and treatments to finances and relationships.
- ▶ **Digital support events:** our programme of support events is shaped by you. From diet and nutrition to yoga and relaxation, there's lots to explore.



Find out more

targetovariancancer.org.uk/support

info@targetovariancancer.org.uk

Nurse-led support line: 0808 802 6000 (freephone)



Feel-Good FESTIVAL

Friday 20th March 2026
10.30am - 1.30pm

***Talk Cancer
Free Event***



The High Street Centre,
Rawmarsh S62 6LN
01709 719478



With information stands, talks and
taster sessions from:

Auricular Acupuncture
Coppafeel – Breast Cancer Awareness
HSC volunteers and staff
Look Good Feel Better
Macmillan Cancer Support
Rotherham Cancer Care
Sacred Moon Soul Medicine
Snakes and Ladders for Breast Cancer
Soul Midwife
Talking Therapies
Weston Park Purple Bus
Whiston Prostate Group

CoppaFeel!
breast cancer awareness



Rotherham
cancer care
centre

 look good
feel better
FACE YOUR CANCER WITH CONFIDENCE

 **Weston
Park**
Cancer Charity
Together at every step.

MACMILLAN
CANCER SUPPORT

Other Items



Brain Tumour Awareness Month

There are lots of different types of brain tumour. Not all are cancerous (malignant); some are non-cancerous (benign) and grow more slowly. Some tumours start in the brain (primary) or spread to the brain from elsewhere (secondary).

Symptoms can vary depending on where in the brain the tumour is located, but common symptoms include headaches, fits, vomiting or feeling sick, memory problems, changes in personality, weakness, and vision or speech problems. If you have any of these symptoms that don't go away, it's best to get checked by a GP. It probably isn't a brain tumour, but it's better to make sure.

Please visit the brain tumours page of our website where you will find information, charities offering help and support, support groups and life stories of people's own experiences with brain tumours.

<https://www.yorkshirecancercommunity.co.uk/brain-tumour/>



Colorectal Cancer Awareness Month

Colorectal cancer (bowel cancer) is a cancer found anywhere in the large bowel, including the colon or rectum. It's one of the most common types of cancer in the UK.

Symptoms can include changes in your bowel habits (constipation, diarrhoea, frequency) or feeling that you haven't completely emptied your bowels. You may see blood in your poo, which may look red or black, or experience bleeding from your bottom. Other symptoms include tummy pain, a lump in your tummy, bloating, losing weight without trying, and feeling tired. Bowel cancer can also cause anaemia which can make you feel tired, short of breath or have headaches. Of course, these symptoms do not necessarily mean you have bowel cancer, but if you have any of these symptoms and they last longer than two or three weeks, then you should speak to your GP to rule out bowel cancer.

There is a national screening programme for bowel cancer called a FIT test (Faecal Immunochemical Test), which is sent by post every two years to everyone registered with a GP aged between 50-74 years old. We strongly recommend you use the kit when invited as it can spot tiny bits of blood in your poo that you may not have noticed yourself and is a good opportunity to catch bowel cancer early, when it is much easier to treat and cure. If you're 75 or over, you can request a kit every two years by contacting the bowel cancer screening programme on 0800 707 6060, and as your cancer risk increases with age, we think it's a good idea to continue taking the test if possible.

Our website has a page dedicated to bowel cancer, where you will find information, charities offering help and support, support groups local to you and life stories where people share their own experiences with bowel cancer. There's also other useful information including a video on how to do the FIT test. You can find our bowel cancer page here:- <https://www.yorkshirecancercommunity.co.uk/bowel-cancer/>



Kidney Cancer Awareness Month

Kidney cancer (renal cancer) is a cancer that starts in the kidneys. It's more common in people over 60 years old.

Symptoms can include blood in your pee, a lump or swelling in your back, under your ribs or in your neck, pain between the waist and ribs that doesn't go away, loss of appetite or losing weight, feeling tired or lacking energy, a high temperature or sweating a lot, including night sweats. Of course, these symptoms don't always mean cancer, but it's always best to get checked out by your GP if you notice these symptoms and they persist.

Please visit the kidney cancer page of our website for more information including charities offering help and support, support groups local to you and life stories where people share their own experiences.

You can find our kidney cancer page by using this link:-

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



Ovarian Cancer Awareness Month

Ovarian cancer is cancer that starts in the ovaries. It mainly affects women over 50, but it can affect anyone who has ovaries, even if you have had them removed, as it can also affect your fallopian tubes or the lining of your tummy (peritoneum). It sometimes runs in families.

Symptoms of ovarian cancer such as bloating are sometimes not obvious, which means ovarian cancer is often diagnosed at a later stage, but early diagnosis can mean it is more treatable. Symptoms include frequently (roughly 12 times or more a month) having a swollen tummy or feeling bloated, pain or tenderness in your tummy or pelvis, no appetite or feeling full quickly after eating, an urgent need to pee or needing to pee more often. Other symptoms include indigestion, constipation, diarrhoea, back pain, tiredness, losing weight without trying, or bleeding from the vagina after menopause. These symptoms are very common, so if you experience them it probably isn't ovarian cancer, but see your GP to rule it out.

You can find more information including charities offering help and support, support groups and life stories of people's own experiences with ovarian cancer on our website. Click the link below to go to our ovarian cancer page:- <https://www.yorkshirecancercommunity.co.uk/ovarian-cancer/>



Prostate Cancer Awareness Month

Prostate cancer is a cancer that grows in the prostate, a walnut-sized gland located in the pelvis between the penis and bladder. It is usually very slow growing so there may not be any signs for many years. It is the most common cancer in the UK, with 1 in 8 men affected (or 1 in 4 if you are Black or have Black heritage).

There are no symptoms of prostate cancer in the early stages, until the prostate is large enough to affect the tube that carries urine from the bladder out of the penis (urethra). When this happens, you may notice an increased need to pee, straining while you pee, or a feeling that your bladder has not fully emptied. If you experience these symptoms, you should contact your GP.

Although these symptoms are more commonly caused by prostate enlargement (a non-serious condition common in men over 50), it's important that you rule out prostate cancer.

Some factors increase your risk of developing prostate cancer. These are:-

- age – if you're over 50
- family history - you're more likely to develop prostate cancer if a close relative such as your dad, brother or grandad have had the disease, or if your sister or mother have had breast cancer
- ethnicity – if you're Black or have Black heritage you're twice as likely to develop prostate cancer (1 in 4 risk)

Due to the high risk for Black men, we recommend that you ask your GP for a PSA test if you're over 45. In fact, we're so concerned that we have created a special campaign called Don't Be The One to raise awareness of prostate cancer in the black community. You can find out more about the campaign here: - <https://www.yorkshirecancercommunity.co.uk/dont-be-the-one/>

The most common test for prostate cancer is a PSA blood test. This measures the prostate-specific antigens in your blood. Raised levels can be caused by non-cancerous conditions, but if you do have raised levels of PSA then further tests can be carried out such as an MRI. The finger up the bum test (digital rectal exam) is sometimes used but is not always necessary and you can always decline this as well, so don't let it put you off seeking help.

Visit our prostate cancer page for more information including charities offering help and support, support groups local to you and life stories where people share their own experiences. You can find our prostate cancer page in here:- <https://www.yorkshirecancercommunity.co.uk/prostate-cancer/>



International HPV Awareness Day – 4 March

HPV is the human papillomavirus. Almost all of us will have HPV at some point and while for most of us it isn't harmful, HPV is linked to several kinds of cancer.

HPV is a group of over 200 viruses that are spread by skin-to-skin contact. Most of the time HPV doesn't cause any problems but some types of HPV - the ones that are spread by sexual contact - can increase the risk of cancer. It is estimated that 90% of cervical cancer and anal cancer are caused by HPV. Other cancers that HPV can cause include mouth and throat, vaginal, vulvar, and penis cancer. We can prevent HPV and reduce the risk of HPV-related cancer through increased awareness, vaccination and cervical screening.

Vaccination is the most effective way to protect against HPV and HPV cancers. Research shows that vaccination prevents almost 90% of cervical cancer cases. The HPV vaccine is offered to children between the ages of 12-13 (school year 8) and is also available for women up to the age of 25 and men born after 1 September 2006 for free on the NHS. Also, if you're a man who has sex with men, you're at higher risk of HPV and can get vaccinated up until your 46th birthday if you attend a sexual health or HIV clinic.

Cervical screening can check for HPV infection and for changes in the cells of the cervix that could go on to become cancer. If you are invited to attend a cervical screening, make sure you attend. You can find links to information about HPV on our cervical cancer page: - <https://www.yorkshirecancercommunity.co.uk/cervical-cancer-2/>