



Yorkshire Cancer  
Community

April 2026 Edition

# VOICE



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

[www.yorkshirecancercommunity.co.uk](http://www.yorkshirecancercommunity.co.uk)

## Welcome to the April edition of the VOICE Newsletter

Well, Spring has finally sprung! The daffodils are in full bloom, I have tadpoles in my garden pond, and the lighter nights are finally here!

As always, we've been very busy here at Yorkshire Cancer Community - we've welcomed our new manager Sarah (see page 6), we've been along to the Cancer 52 conference in Manchester (see page 12), our Easter raffle has been a huge success (page 5), and our new bowel cancer campaign "That Gut Instinct" is about to be launched just in time for bowel cancer awareness month (page 19).

We hope you find this edition interesting and informative, and as always we would love your feedback so if you want to share your story or ideas, please get in touch.

Best wishes

Jill, Sarah, Clare and Jess

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## Your Stories

Sally has been a member of Yorkshire Cancer Community and its forerunner Yorkshire Cancer Patient Forum since its inception, and now volunteers for Patient View and Cancer SMART. Here is her story.

### Sally's Story

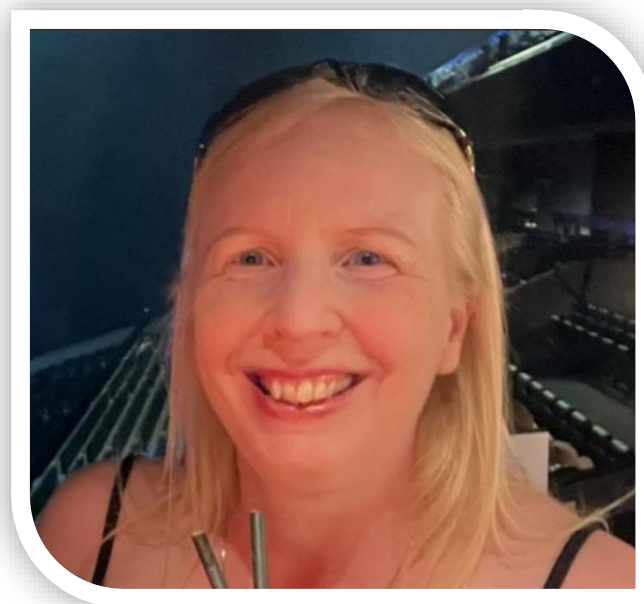
My cancer journey actually started six years before my diagnosis in 2008, I found a lump one Sunday and did the sensible thing and got myself an emergency appointment at the doctors on Monday. Fortunately, through my employer I had Bupa cover and as a result was able to be seen that Thursday, where I first met my ultrasound doctor and my breast consultant. I was given the wonderful news that I just had a cyst, and it was aspirated there and then. I was advised that I was quite cystic and may feel lumps in the future; from that point on, I was in their system.

Over the next six years or so, I had regular check-ups, where they sometimes found cysts or fatty lumps, I had a couple of biopsies and every time the results came back clear. I found a lump in November 2011 and had it checked, it was another cyst, they aspirated it and booked me in for a check-up in April 2012. In January 2012 I felt another lump and I seriously considered not taking any action but leaving it until my April appointment. Thankfully I didn't do this, and I did go back to my team, as something felt slightly different this time. Having built a lovely relationship with my team over the previous six years I could tell from their demeanor that something was different this time.

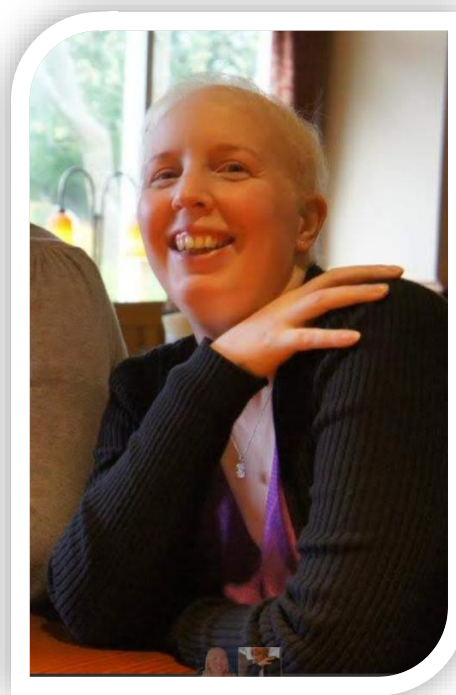
After having a mammogram and looking at the scan on screen compared to my previous one, even I could see a difference. They took biopsies and I had to return the following week for the results. I'd gone through this process a few times before and even though they didn't say the word 'cancer', I knew in my heart that it was. The following week I returned for my results and for the very first time in six years I took my mum to the appointment. My feelings were correct, and I was given the diagnosis of stage 3, grade 3 breast cancer. I was 39 years old, a non-drinker, non-smoker, slim, fit and healthy, training with the Royal Marines, no rhyme or reason just bad luck.

**The hard truth is, had I been complacent and waited for my April appointment I wouldn't be here now, my cancer was exceptionally aggressive. My number one message to everyone is, if something doesn't feel right, take action immediately, you know your body best.**

The whirlwind started immediately, again fortunately I was advised that because I had Bupa cover I could have most of my treatment at home. My brain went into project management mode, which was my job, I think it felt like a controllable place. I had to tell people (communication plan), organise handing over my work (transition plan), and liaise with Bupa/NHS for all my scans and chemotherapy (project plan) etc.



My chemo treatment, which I had at my mum's commenced on the 9th February. The initial plan was for me to have six sessions. My chemo nurse arrived and she was amazing, she took complete control and gave us all the reassurance we needed. One of the questions she asked me was 'had I touched my lump since I found out it was cancer?' I had to think and then realised I hadn't, she said this was normal as people unconsciously think they can spread it if they touch it. She asked to feel my lump and then told me to feel it again at the next chemo session. Well three weeks later I did, and it had definitely shrunk! That instant feeling of knowing the chemo was working was incredibly positive and by the 4th treatment I couldn't feel a lump at all. As the chemo was working and I was tolerating it well, with only a few manageable side effects, they extended my course from six to eight.



Sally going through treatment

My final chemo was on the 5th July, which gave me three weeks to recover before I headed off to volunteer at the Olympics, which started on the 27th July. To cut a long story short, I'd applied to be a volunteer in 2011 when I was fit and well and I didn't want to miss this opportunity of a lifetime. The organisers were really supportive and made small adjustments for me which allowed me to still be a part of the greatest show on Earth!

After the Olympics I had surgery, a single mastectomy, this was followed in October by three weeks of radiotherapy. I was in the 'grey zone' for if I should have radiotherapy, it wasn't clear cut. With full understanding of the pros and cons, I decided to go ahead as it was my way of taking control. I didn't want the 'what if' question to come up further down the line. What I mean by that is, should my cancer return in the future I don't want to ask myself, 'what if I'd had radiotherapy; could that have prevented my cancer's return?' I know in my heart that I have done absolutely everything in my power to stop it coming back. If it does, well then it truly is bad luck.

My treatment wasn't finished, since August 2012 I'd be given a drug called Herceptin by infusion every three weeks, this reduces recurrence in women with the 'HER2-positive' strain of breast cancer, there were no side effects for me from this, it was just a task that had to be completed for one year. In April 2013 I underwent my biggest surgery, a second prophylactic mastectomy and a double reconstruction. I was on the table for 9½ hours! It was a long and slow recovery with a few ups and downs along the way, in all I had 13 cancer related operations throughout my treatment and reconstruction. I was fully signed off in November 2017, though at the time I was still on a drug called Tamoxifen, a hormone therapy which is taken in tablet form daily for 10 years.

I'm now 53 and have surpassed 14 years since my diagnosis, I started running in 2016 as a way to try and regain my fitness. I've now run seven half marathons over 250 park runs and innumerable other races, I have a personal trainer, I swim and partake in challenges like DEKA Fit and I also sing in two choirs. I have unofficially retired early and like to give back by volunteering for various cancer charities and university studies as I believe lived experience input is crucial when looking at future cancer treatments. All of these activities have been invaluable in me being able to live my best life and I'm grateful for every single person/organisation that has supported me throughout my cancer journey.

## Congratulations to Cancer Champion Michael

Our wonderful Cancer Champion and trustee Michael Barton got a Standing Ovation award from Locala last month. He was nominated by his supervisors Sharon and James because he is a dedicated volunteer befriender at Ings Grove, Mirfield. In their nomination they said:

“ Michael is always friendly, a good listener and always takes his time when spending time with patients. His aim at the end of his afternoon at Ings Grove is to have uplifted everyone he has spoken to and made them feel more positive. Michael never misses a week and is so dedicated, so much so that he volunteered on Christmas day too. We really appreciate Michael and all that he does! ”



Louise Sykes, Locala Volunteering Manager awarding Michael with his Standing Ovation award



So good to hear, and we're not at all surprised, as Michael always goes the extra mile in his various roles at Yorkshire Cancer Community including keeping our lock up tidy and our leaflets well ordered.

## Congratulations to our Easter Raffle Winners

We just wanted to say a huge thank you to everyone who took part in our Easter Raffle. We've raised an impressive £150 of vital funds to help us to continue our work. Thanks also to Sue Hartup for donating all the prizes. **Congratulations to the lucky winners.**



- 1<sup>st</sup> prize of a large chocolate hamper - David Blunt
- 2<sup>nd</sup> prize of a medium chocolate hamper - Sue Hartup
- 3<sup>rd</sup> prize of a small chocolate hamper - Mark Ginley
- 4<sup>th</sup> prize of a mystery prize - Jamie Long
- 5<sup>th</sup> prize of a mystery prize - Jamie Long

## Meet our new Manager

We are delighted to introduce Sarah Mitchell, our new Manager here at Yorkshire Cancer Community.

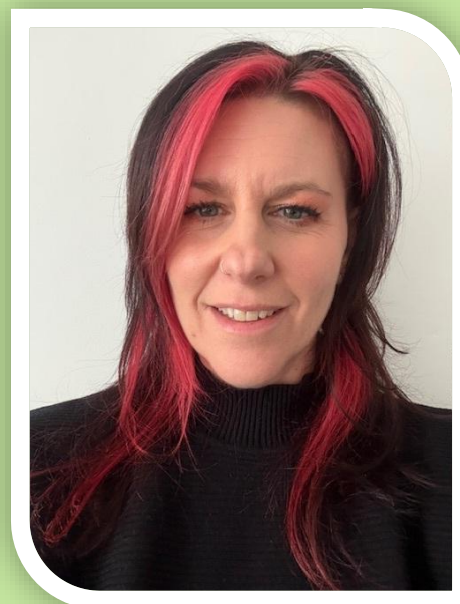
Sarah will be working alongside Jill initially to ensure a smooth handover and has already had the pleasure of meeting her colleagues and Trustee Board, whom she is excited to be working with.

Sarah has over 20 years of experience working in the Voluntary, Community and Social Enterprise (VCSE) sector, having worked for a major Trade Union, on a Macmillan-funded contract and, most recently, for a local advice charity.

She is passionate about ensuring that the incredibly diverse communities we have here in Yorkshire feel heard and that services are accessible to all.

For leisure, she enjoys teaching fitness classes, attending live music events and exploring the great outdoors.

Sarah said, "I love seeing the positive difference that volunteers make to their communities and feel honoured to be working once more in cancer support. I cannot wait to meet many more of our wonderful volunteers and other stakeholders in the coming weeks."



## Thank you to Locala for your support grant

We're delighted to accept a grant from Locala Health & Wellbeing to help us to develop our Cancer SMART project even further by employing a Cancer SMART coordinator and increasing our administrator hours. Previously, this programme was part of our manager Jill's remit, but the project has grown significantly and we feel the time is right to create a part time role for a Cancer SMART coordinator. This will allow a deeper focus on the project, helping us to recruit and retain more volunteers, partner with community organisations to deliver more talks, and strengthen our outreach to underserved groups.

This funding will enable us to protect existing activity, rebuild Champion numbers and create the capacity needed to secure longer-term sustainability of the project. Our Project Lead Jess Hart will take up the project as part of her remit, and Clare will increase her working hours to support with the extra administration required to build the project further.

## News

### How Our Charity Funds Are Spent

We are committed to being open and transparent about how we use the funds entrusted to us. Even though we are a small team (currently only 2.6 full time equivalent employees), the majority of our expenditure goes towards staff salaries because our service is delivered directly by experienced, compassionate professionals who provide vital support to people affected by cancer. We intentionally keep our running costs as low as possible, and watch every penny we spend. Our team works remotely, significantly reducing expenses such as office rent, utilities, and other premises-related costs. We rely on volunteers wherever we can, and we operate with the smallest team possible while still delivering a first-class service. All our board of trustees, cancer champions and patient panel members are volunteers too. This lean structure ensures that our staffing costs reflect direct service delivery, not unnecessary overheads.



We provide trusted information through our website, produce clear and accessible information leaflets for our outreach stalls and publish a monthly newsletter to keep our community informed and supported. Our team also goes out into the community to share our important Cancer SMART message — raising awareness about the importance of attending screening, reducing cancer risk through a healthy and active lifestyle, and ensuring cancer is not a taboo subject. We are passionate about empowering people to talk openly and confidently about cancer.

Through our Patient VIEW project, we actively give a voice to cancer service users so they can directly influence and shape future services. Listening to lived experience and giving people a voice is central to ensuring we continue to meet the real needs of our community.

With changes to the NHS, our funding is not as stable as it once was. That is why fundraising plays such a crucial role in sustaining our work. Every donation helps ensure that our small charity can continue delivering high-quality, accessible support and life-changing information to those who need it most.

Looking ahead, we are committed not only to sustaining our current services but also to developing the charity further. With your help, we can work towards expanding our reach and creating exciting new projects that will strengthen support, improve awareness, and make an even greater impact in the future.



**In short, we prioritise people over premises, impact over infrastructure, and community over cost — ensuring that every pound possible goes towards providing the best service we can to support people affected by cancer.**

## Rotherham cancer information and support app launched

A new cancer information and support app for people in Rotherham, designed to “help navigate life with cancer more confidently” is now available to download.

Content of the app has been developed together by The Rotherham NHS Foundation Trust’s people affected by cancer quality improvement group and Rotherham Hospital’s Macmillan Cancer Information and Support Service.

The app will serve as a tool to further support patients living with cancer in Rotherham. As well as support for the person living with cancer, the app also has information for families, friends and carers of somebody living with cancer. It can also be used by healthcare professionals delivering care.

The app can be accessed by going to the app store on your smart phone, typing in 'Health Zone UK' and then searching for Rotherham Hospital.

Nicola Perks (pictured), who leads the Macmillan Cancer Information and Support Service, said: "We thought that an app could be a good way to offer more support to the patients we care for in Rotherham.

"It contains information about types of cancer and possible treatment pathways, as well as a wide range of information resources. Information is available at your fingertips to help navigate life with cancer more confidently.

"The app can support patients to self-manage their condition, support with communication with their healthcare team and help them to live as well as possible during a challenging time."

For those without a smartphone or who prefer speaking with someone, there is still support available from the Macmillan Cancer Information and Support Service, located in the main entrance of Rotherham Hospital.

The service offers a wide range of information on living with cancer, how to access support and colleagues available to speak to. No appointment is needed, just drop in Monday to Friday, 9am to 5pm (excluding bank holidays) or call 01709 427655.



**Nicola Perks - Rotherham Cancer Support App**

## Cancer Alliance Launches Innovation Through Collaboration Awards 2026

West Yorkshire and Harrogate Cancer Alliance has launched the Innovation Through Collaboration Awards 2026 - and nominations are now open across a total of seven award categories.

Winners and runners-up will be announced during an awards ceremony at the 'Innovation Through Collaboration – Shaping the future of cancer' conference on Tuesday, 2 June 2026, along with a special award in memory of Paul Vose, a former lay member of the Cancer Alliance Board, who died in May 2025.

All the awards will focus on patient-centred care, with an expectation that nominations will describe the difference being made to the patient experience in the West Yorkshire and Harrogate area by the individual, team or project being put forward.

Anyone submitting a nomination will also be required to outline how the nominated projects and individuals have reflected the Cancer Alliance values - more specifically 'be courageous', 'be honest' and 'be kind', as described on the [Cancer Alliance website](#).

For more information about the categories and to access nomination forms, visit the [Cancer Alliance website news pages](#). Nominations close on Friday, 10 April.



## Testicular Cancer Awareness Month

**April is testicular cancer awareness month, so we felt it was a good opportunity to remind you to check your balls!**

Checking your testicles regularly (around once a month) is important as it allows you to get to know your body better. This will make it easier to notice if anything changes.

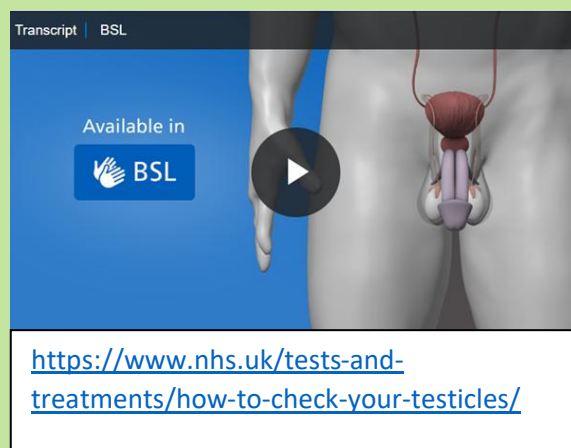
### Symptoms to look out for include:

- Lumps or swellings (testicles should feel smooth and firm, but not hard)
- Changes to the size, weight or shape of your testicles (it's common for one testicle to be larger than the other or hang lower)
- Anything else that isn't normal for you

**The best time to check your testicles is during or just after a warm bath or shower. Here's how to check:**

- Hold your scrotum (the skin covering the testicles) in the palm of your hand
- Use the other hand to gently roll the testicles (one at a time) between your thumb and fingers
- Feel behind both testicles to check the small soft tubes at the back of the testicles (epididymis) to ensure there's no hardness, swelling or pain.

If you find anything has changed, it's important to speak to your doctor without delay. Testicular cancer is one of the most curable cancers, especially when caught early before it has had a chance to spread.



## New service for prostate cancer patients using robotic process automation



The Urology cancer team at Airedale Hospital have launched a new service for prostate cancer patients, using Robotic Process Automation (RPA) that will send patients the automated results of their PSA (Prostate-specific antigen) test by text, rather than having to attend a clinic appointment.

Airedale NHS Foundation Trust is the first in West Yorkshire to adopt digital automation for this pathway. Enabled by Innovation Award funding from the West Yorkshire and Harrogate Cancer Alliance, this is a key milestone in Airedale's digital transformation programme.

PSA is a blood result that's monitored for any patient who has gone through prostate cancer treatment, to ensure there's no recurrence of prostate cancer. Follow up times are different for each patient, dependent on whether they've had surgery, radiotherapy and low or high-risk disease.

The robotic automation will identify from the waiting lists when patients are due a PSA test, text them to get the blood test done, and look for the results. Patient's results are individual to them, and the automation is able to identify what is a normal result for each person. The automation sends a text message with the results to the patient within 24 hours. It then adds the patient back to the waiting list for their next review. Where a result is not within normal range, these are flagged to the clinical team for review.

The automation will be invaluable in helping the team to reduce waiting lists and waiting times for blood tests, increase clinic capacity and be a much better experience for patients, helping reduce their anxiety as they wait for results. As well as saving money and admin time it also gives real time updates to clinicians, reduces treatment delays and reduces risk by automating patient tracking. It also means rises in PSA levels will be detected earlier.

## Under 16 Cancer Patient Experience Survey

A diagnosis of childhood cancer understandably has a devastating impact on the emotional health and wellbeing of the child and their family, both during and after treatment. It's so important for the NHS to listen and learn from children and young people to provide them with the best possible care and experience throughout treatment and to reduce the impact it has on them later in life. We want to hear from children and young people, and their families, about their experiences so that we can continue to improve the care and services the NHS delivers.

The Under 16 Cancer Patient Experience Survey builds on the work of the National Cancer Patient Experience Survey, understanding that cancer care pathways and care priorities for children and young people often differ to adults. The survey has been running since 2020 and the results provide national-level insight into the experiences of children with cancer and informs how the NHS delivers cancer services going forward. Commissioners, providers, and national policymakers use the results to assess performance both locally and nationally, to help identify priority areas for enhancing children's cancer services.

The aim is to improve the outcomes for children and young people affected by cancer. The survey is being run for the sixth time across England from April 2026. Children under 16 who received NHS cancer care during 2025 and their parents or carers will be invited to participate. They will be able to complete a paper questionnaire or an online version of the survey on any device.

Experience of care for people who use our services is extremely important, and the need for personalised care and treatment is well recognised. By contributing to the survey, young people and their parents or carers will help the NHS to continue to improve its services and better support children and young people living with and beyond cancer. If you receive an invitation in the post, please complete the survey.

For more information on the survey visit [www.under16cancerexperiencesurvey.co.uk](http://www.under16cancerexperiencesurvey.co.uk)



**NHS**

If you receive a survey in the post, have your say.

Your feedback will help the NHS to improve cancer services for children and young people.

**Under 16 Cancer Patient Experience Survey**

For more information, scan:



**U16** cancer patient experience survey

Or visit:

[www.under16cancerexperiencesurvey.co.uk](http://www.under16cancerexperiencesurvey.co.uk)

## What have we been up to?

### Cancer52 Conference & the 10-Year Cancer Plan: Key Reflections

In March, Stewart (YCC Chair), Stephen (YCC Treasurer), and Jess (YCC Project Lead) attended the Cancer52 Conference in Manchester, bringing together charities, clinicians, researchers, and patient advocates focused on rare and less common cancers.

The event offered a valuable opportunity to reflect on the bigger picture of cancer care - what's working, where challenges remain, and how the recently published 10-Year Cancer Plan for England can help drive meaningful change.



#### Why This Matters

Rare and less common cancers make up nearly half of all diagnoses, yet outcomes for these patients are often poorer. A consistent message throughout the conference was the urgent need to address this imbalance, particularly around earlier diagnosis, access to specialist care, and overall patient experience.

#### Key Takeaways

- **Listening to patient experience** was central to many discussions. There was strong agreement that services must be shaped by real lived experiences, not just clinical priorities.
- **Earlier diagnosis** remains critical. For many rare cancers, delays are common, and improving access to tests and specialist referrals could make a significant difference to outcomes.
- **Inequalities in care** were also highlighted, whether linked to geography, cancer type, or wider social factors. Ensuring that improvements benefit *all* patients was seen as essential.
- **Clear commitment to co-production** working alongside patients and communities to design better services and research.

#### The 10-Year Cancer Plan

The national plan sets out an ambitious goal: that by 2035, 3 in 4 people diagnosed with cancer will survive at least five years.

To achieve this, it focuses on:

- Shifting towards **prevention and earlier diagnosis**
- Delivering more care **closer to home**

- Using **innovation and technology** to improve outcomes and experience

Encouragingly, there is a strong emphasis on more personalised, joined-up care that reflects what matters most to patients.

## What Happens Next

A key reflection from the conference was that while the ambition is clear, delivery will be key—particularly for those affected by rare and less common cancers.

As the 10-Year Cancer Plan is implemented, there will be ongoing opportunities to ensure lived experience helps shape how these changes happen in practice.

For Yorkshire Cancer Community, this reinforces the importance of continuing to bring your voices into these conversations—locally and nationally.

**Together, we can help ensure that cancer care is not only improving, but becoming more equitable, more responsive, and more centred around the people it serves.**



Here's Julie (left) who works for Pennine Breast Screening and also volunteers as a Cancer Champion spreading the Cancer SMART message.

Julie is passionate about everyone knowing what is 'normal for them' and if something doesn't feel right, she says go and get yourself checked out by a healthcare practitioner.

Julie was at the Madni Mosque in Thornbury, Bradford for a health awareness event run by Bradford Council

YCC trustee and cancer champion Michael had a very neat stall (right) at the health check and community hub event at Woodside Village Centre in Bradford



## Tackling Health Inequality Together

We were delighted to attend an event at CATCH Harehills as part of the Tackling Health Inequality Together research project.

The project aims to ensure that the voices of the many and diverse communities across Harehills are heard in relation to their healthcare experiences.

Our Chair of Trustees, Dr Stewart Manning (right), hosted the event, giving an engaging overview of his experience as a GP in the area and introducing a variety of speakers including representatives of health services and culturally-diverse communities. Speakers shared their own lived experiences and



talked about the positive impact made when there is true engagement and understanding between service-providers and the communities they serve.

Our new Manager, Sarah Mitchell (left), also attended and chatted to over 20 attendees whilst hosting our stall. She said, "It was wonderful to attend my first event as Manager of Yorkshire Cancer Community. Getting the chance to raise

awareness of the Cancer SMART message with so many friendly residents who were genuinely interested was a real honour and I look forward to more events in the future."



## Cancer Champions Catch Up



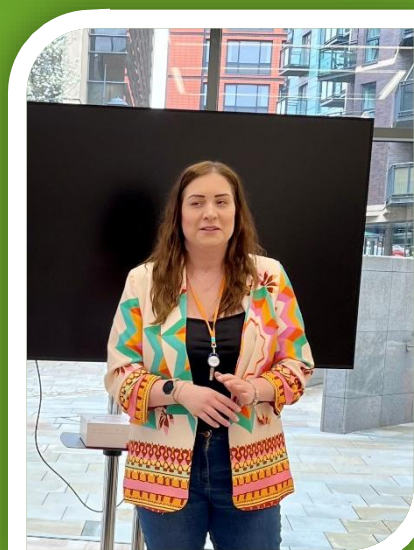
On Friday 27 March, some of our Cancer Champions met up for coffee and cake at SCOPE offices in Leeds.

It was a great opportunity for us all to get together and share ideas on how to move the Cancer SMART project forward.

Rachel Porter from Calderdale Cancer Aware very kindly joined us to speak to the group about the successes they have had with engaging men from harder to reach communities. She shared some really useful insights of things that have worked well for their group that our cancer champions can use in their own Cancer SMART outreach. We also shared some useful methods that we use that Rachel can take back to her team. This workshop was incredibly useful and we thank Rachel for being so open and for sharing best practice.



Fiona Haigh (right) from Avery Walters Solicitors came to talk to the group to discuss how we can potentially work together in the future.



Patient VIEW coordinator Lauren (currently on maternity leave) with our youngest Cancer Champion baby Fern

## Patient VIEW

### Patient VIEW Impact: Shaping AI Research in Cancer Care

We're really pleased to share some fantastic feedback following the recent AI workshop attended by members of our Patient VIEW panel, in collaboration with the University of Cambridge.

The session explored how artificial intelligence could be used within cancer care and how it needs to work safely and effectively for everyone.

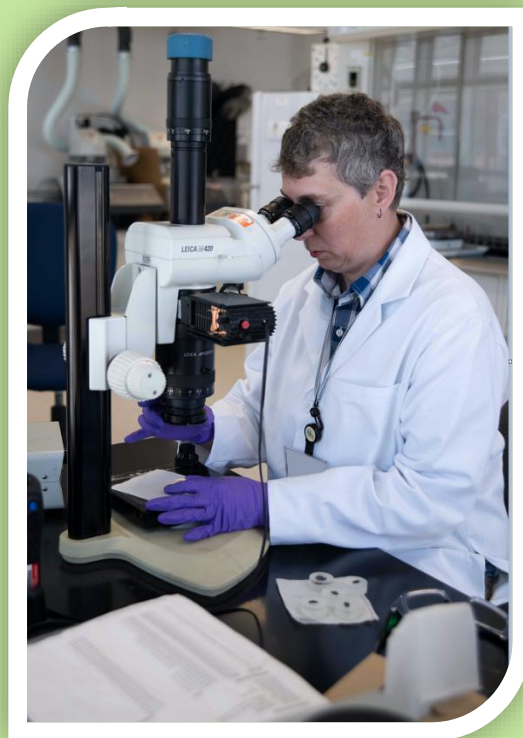
Thanks to the insights shared by our panel, several important changes have already been made to the research proposal, including:

- A stronger focus on inclusion, particularly how AI systems can work for people with different needs, such as those with learning disabilities
- Improvements to how data is used and how systems are trained
- Greater attention to high-risk situations, such as how communication differences or misunderstandings could impact care.

The research team is now also beginning work to better understand where AI systems might fail in real-world healthcare settings, so that safety can be prioritised from the very start.

Tom, the lead researcher, has now submitted two fellowship applications to support this work, both of which include funding for ongoing public involvement. The project will continue to involve patient contributors as it develops, with opportunities to stay involved in ways that suits our panel members, with training and support provided where needed.

This is a direct result of the thoughtful contributions shared during the workshop, so thank you to everyone who took part, and to Jacob (PPIE Coordinator, University of Cambridge) and Tom for helping to make this work possible.



### Get Involved: Patient VIEW

Our Patient VIEW panel has always been at the heart of YCC. The insight, honesty, and lived experience you bring is what makes this community so impactful—and we're really keen to build on that.

We're now looking to expand opportunities for involvement in university-led cancer research. This is a chance to ensure that research is shaped by real experiences, making it more meaningful and relevant for people affected by cancer.

If you've ever thought about contributing your voice to research, now is a great time to get involved. Whether you've taken part before or are completely new, we'd love to hear from you.

To express your interest or find out more, please contact Jess:

[jess@yorkshirecancercommunity.co.uk](mailto:jess@yorkshirecancercommunity.co.uk)

### Save the Date: Communities of Practice Event

#### WYH Cancer Alliance – Communities of Practice Event

Date: Wednesday 15th April 2026

Time: 9:30am – 3:30pm

This event will bring together professionals, community members, and organisations to share learning, explore best practice, and strengthen collaboration across the cancer pathway. It's always a valuable space for conversation and connection.

We hope to see some of you there—more details and tickets are available via Eventbrite: [WYH Cancer Alliance Communities Of Practice Event Tickets, Wednesday, Apr 15, 2026 from 9:30 am to 3:30 pm | Eventbrite](#)

West Yorkshire and Harrogate  
Cancer Alliance 

## Upcoming events

### Here's what we have coming up this month.

**Fri 17 Apr** - Stewart is going to be attending the MESSY support group (Leeds Mesothelioma Support Group) Park Plaza Hotel, Boar Lane, Leeds LS1 5NS at 1pm - 3pm, with a view to giving a talk at their annual event on 1<sup>st</sup> July at the Thackray Museum

**Fri 17 Apr** - Stall at the Men's Health Event, Involve Community Centre, Whitfield Avenue, Hunslet LS10 2QE at 12pm - 3pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity

## Menopause and Cancer Support Sessions in York



Menopause and Cancer are the only organisation solely dedicated to supporting people in menopause after cancer. *Their latest Community Support Sessions are kicking off in York in April and YOU are invited!*

Whether it's answers you're looking for, connection, or simply a friendly space to talk, they would love you to join them.

Each session combines **expert information**, **practical tips**, and plenty of time for **open discussion** in a safe and supportive environment.

This is a summary of the content they will be covering.

- **Session 1:** Menopause After Cancer: An Introduction to Your Toolkit
- **Session 2:** Menopause After Cancer: How to Manage Hot Flashes, Night Sweats & Sleep Problems
- **Session 3:** Menopause After Cancer: Coping with Brain Fog, Anxiety & Low Mood
- **Session 4:** Menopause After Cancer: Help with Joint Pain, Sexual Health, Confidence and Identity

🕒 13:00-14:00

📅 **Session 1:** Monday 27th April

📅 **Session 2:** Monday 18th May

📅 **Session 3:** Monday 1st June

📅 **Session 4:** Monday 6th July

📍 *The Leveson Centre, York Community Stadium, Kathryn Ave, York, YO32 9AF*

To book a place: <https://menopauseandcancer.org/community-support-sessions/>

## The importance of physical activity in both cancer prevention and recovery – networking event



Join colleagues from across the **NHS, Primary Care and the voluntary and community sector** for a networking event bringing together the non-clinical workforce supporting people affected by cancer across West Yorkshire and Harrogate.

The event will explore the **importance of physical activity in both cancer prevention and recovery**, while creating opportunities to connect, share learning and better understand each other's roles across the cancer pathway.

Through expert speakers, shared experiences and interactive networking, the day will focus on strengthening partnerships and supporting people to **live well during and beyond cancer**.

The event will be held on Wednesday 15 April from 9.30 am – 3.30 pm at the Crowne Plaza Hotel, Leeds. See booking link below:

<https://www.eventbrite.co.uk/e/wyh-cancer-alliance-communities-of-practice-event-tickets-1979858367674?aff=oddtcreator>



A HOME FOR  
THE ARTS IN  
THE HEART  
OF BINGLEY

@ Upstairs Theatre, Bingley Arts Centre

- Friday 12<sup>th</sup> June - 7.45pm
- Saturday 13<sup>th</sup> June - 7.45pm
- Sunday 14<sup>th</sup> June - 4.00pm

Scan for  
details and  
booking info



Venue: Upstairs Theatre  
Bingley Arts Centre  
Main St, Bingley BD16 2LZ

Box Office:  
01274 567983

Performance :

- Friday 12th June  
7.45pm
- Saturday 13th June  
7.45pm
- Sunday 14th June  
4.00pm

Ticket Prices : £13

Running Time  
2 Hours approx.

Age Suitability  
16+

Supporting

**MACMILLAN**  
CANCER SUPPORT

The New Anthem Theatre Group in association with the Bingley Arts Centre Bingley and partnered by Macmillan Cancer Support; present FUFC. A critically acclaimed debut play at the 2024 Edinburgh Festival Fringe – written by Mark Jackson and directed by Lucy Jackson; continues its tour of the country captivating audiences far and wide.

FUFC is a personal story of one man's journey into the frightening world of cancer post diagnosis and charts the experience of treatment and beyond.

“Brilliant!” Macmillan Cancer Support

A dark comedy set on a muddy football pitch under a hungover council sky capturing a heartwarming moment of genuine connection between two old friends and is a touching reminder that even in our darkest moments, the bonds of friendship and the resilience of the human spirit can bring hope. This intimate theatrical experience speaks to the challenges that unite us all.

Director Lucy Jackson returns to direct after a successful Edinburgh Festival Fringe run said “It is truly wonderful to be directing this play once again.”

## Other Items



### Bowel Cancer Awareness Month

Bowel cancer is cancer found anywhere in the large bowel, which includes the colon and rectum. It's the 4<sup>th</sup> most common type of cancer in the UK. Typical symptoms include unusual changes in your bowel habits, bleeding from your bottom or blood in your poo, tummy ache, bloating, weight loss and feeling tired for no reason. Although these symptoms can also have other causes, it is important that if you are concerned, you speak to your doctor right away.

There is a national bowel cancer screening programme offered to anyone aged 50 to 74. It is a home test kit called a faecal immunochemical test (FIT) and collects a small amount of poo to be checked in the lab for traces of blood. Screening can not only pick up cancer before it invades, but can also pick up cells that have started changing before they become cancer, or can identify types of tissue that are more likely to become cancer eg bowel polyps. It is very important that you take advantage of the screening programme if offered, as early detection saves lives and bowel cancer is easier to treat when caught early. In some areas of Yorkshire, uptake is as low as 40%, yet it's your best chance of catching cancer early as it can detect traces of blood that would be invisible to the naked eye. If you're over the maximum age for bowel screening, you can still request a FIT kit from the bowel cancer screening programme every two years by calling 0800 707 6060.

To find out more about bowel cancer, including how to do the FIT test, we have a page of our website dedicated to bowel cancer, including information, links to charities and other resources, support group information and inspiring life stories and podcasts. Here's the link to our page <https://www.yorkshirecancercommunity.co.uk/bowel-cancer/>

### Our New Bowel Cancer Campaign

Our Patient VIEW panel members have collaborated with our partners at Mednet to create a new bowel cancer awareness campaign "That Gut Instinct", which will be launched in April to coincide with Bowel Cancer Awareness month.

The campaign reminds people to look out for new, unusual or persistent changes in their bowel habits, and to take timely action if they have any concerns.

**When in doubt, get it checked out!**





**TESTICULARCANCER  
AWARENESS**

## Testicular Cancer

Testicular cancer is one of the less common cancers, mainly affecting young men aged between 15 and 49 years of age. Typical symptoms are a painless swelling or lump in one testicle or change in shape or texture of the testicles.

It is important to examine your testicles regularly, and to know what is normal for you.

Testicular cancer is one of the more treatable cancers, with a 98% survival rate. It is also very uncommon for it to return.

We now have a page of our website relating to testicular cancer, where you will find information and resources including how to check your testicles, charities, support groups, life stories and podcasts. You can visit our page at <https://www.yorkshirecancercommunity.co.uk/testicular-cancer/>



## Cancer in Teenagers and Young Adults

A cancer diagnosis is difficult at any age, but receiving a diagnosis in your teens can be particularly hard. These crucial years will shape the person you will become – from relationships to careers, your confidence and wellbeing, and your ability to pursue your dreams. So, to get a diagnosis of cancer at this time can really throw all of that off track.

Teenage and Young Adult Cancer Awareness Month can raise awareness of the specific challenges teenagers and young adults face when receiving a cancer diagnosis or treatment. The theme is of empowering young people around healthcare.

If you would like more information regarding teenage cancer, visit the children and young person's cancer page of our website. It has a variety of information including charities, support groups and life stories. Visit our page at <https://www.yorkshirecancercommunity.co.uk/childrens-cancer/>