



Yorkshire Cancer
Community

May 2026 Edition

VOICE



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

www.yorkshirecancercommunity.co.uk

Welcome to the May edition of the VOICE Newsletter

This month we bid a fond farewell to our manager Jill, who is taking her well-earned retirement at the end of this month. Jill very kindly postponed her retirement from November last year, as we were experiencing a period of uncertainty regarding our future funding position, and she wanted to make sure we were in the best possible position before she left. She has also stayed on for an extended period to ensure a smooth handover to our new manager Sarah. This just shows how loyal and committed Jill is to the charity she helped build, and we will always be incredibly grateful for the years of hard work she has put in to make Yorkshire Cancer Community what it is today.

Wishing you a wonderful retirement Jill.

Best wishes
Sarah, Clare and Jess

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Your Stories

From Forum to Community - Nine Years of Patient Voice in Action

As I prepare to retire from Yorkshire Cancer Community later this month, I find myself reflecting on the past nine years with immense gratitude. It has been a truly joyful and rewarding experience, and I have had the privilege of meeting some of the kindest and most inspiring people along the way.

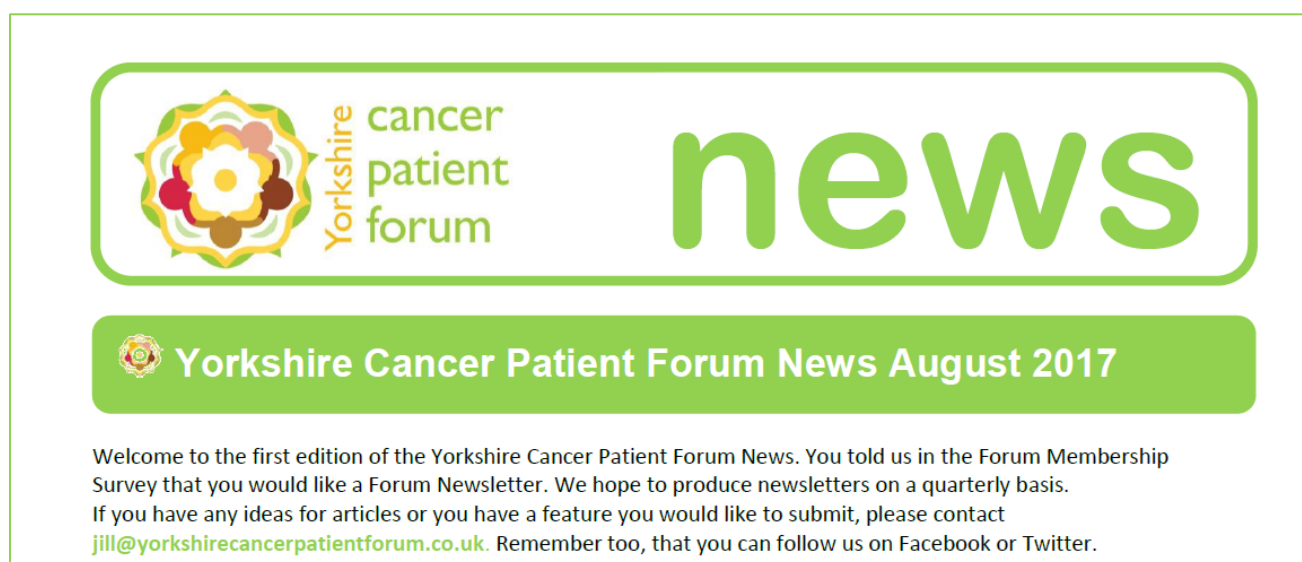
I am delighted to be handing over to a fantastic team, led by Sarah, and wonderfully supported by Clare, Jess and Lauren (currently on maternity leave), along with our dedicated and hardworking Board of Trustees. I know the organisation will continue to thrive in such capable hands.

Getting started

I was recruited in March 2017 as the Engagement and Communications Officer. At that point, we were a Macmillan-funded initiative called Yorkshire Cancer Patient Forum, hosted by Healthwatch Wakefield.

I was attracted to the role because the original bid had come from patients to create a support and information network for the county, a big ambition and a blank canvas.

My starting point was a membership of 70 people and a steering group of patients. I asked them what they wanted from the Forum. By August we had a new website and our first newsletter.



2017-2018 Listening across Yorkshire

I travelled across Yorkshire – visiting support groups, meeting patients in community halls and hospital cafes, building relationships with healthcare professionals.

In that first year alone,

I met 274 patients and carers

334 healthcare professionals and visited 132 groups or organisations

It wasn't just about promoting the Forum. It was about building trust.

Momentum Builds 2018 - 2019

I met 780 patients and carers

481 healthcare professionals

Membership from our original 70 had grown to 600 by April 2019.

When we asked members if they circulated our newsletter, we estimated reach at over 10,000 people, which rose to around 14,000 the following year.

The more we listened, the more people invited us in.

From Forum to Community

In 2018, the Macmillan CEO, Lynda Thomas, met with me and some of our steering group.

What stood out was recognition of our independent structure – bringing patients and professionals together.

It was an important moment – affirming that what we were building had credibility beyond our immediate geography.

In 2019, we recognised that our name Patient Forum no longer reflected who we were. So, after consultation with our membership, we became Yorkshire Cancer Community – bringing together patients, carers, families and professionals.

In October 2019, we formally established as a registered charity, with a trustee board mainly made up of patients, providing governance and oversight.



Macmillan CEO Lynda Thomas (3rd from right) meets Jill and Forum members in 2018

Independent Recognition

As we came towards the end of Macmillan funding, we commissioned an independent evaluation of the project.

Prof Mike Bennett and Dr Lucy Ziegler both from the Academic Unit of Palliative Medicine, University of Leeds, described us as instrumental in securing substantial research funding and as a valued part of the region's cancer research ecosystem.

That endorsement matters – because it shows patient voice is not peripheral. It is embedded.

Cancer SMART is born

In March 2020 – at the start of the Covid pandemic - we launched Cancer SMART in partnership with the West Yorkshire and Harrogate Cancer Alliance.

At the time it wasn't immediately obvious it would be a success.

But it has gone on to be one of the most inspirational projects I have been involved with in almost 30 years of working in the voluntary sector.

It brought clear messages about early diagnosis and screening directly into communities – often those traditionally less likely to engage.

It demonstrated what can happen when patient voice and system leadership work together.



Jill (left) with Trustee Stephen and Cancer Champion Kathy

Recognition for Cancer SMART



Jill and Clare receiving the Runner Up award for Partnership Working to Improve the Experience

Five years into the project, Cancer SMART was named runner upper in the prestigious PENA Awards (Picker Experience Network Awards)

That recognition reflected not just the project – but the strength of partnership and the credibility of our community-led approach.

“The work that Cancer SMART does is at the centre of our work. Engaging and involving patients is at the heart of what we do at the Cancer Alliance. It’s a real jewel in our crown, and we are very proud to support them as they continue to develop over the years.”

Hayley Snowden, programme manager Health Inequalities, West Yorkshire & Harrogate Cancer Alliance

Patient VIEW – shaping the Patient Voice

Originating the idea – In 2017 we were instrumental in developing the concept of the original *Community Panel* and helping to design how it would work in practice including involvement in the recruitment of the first panel coordinator, Fraser Corry.

Supporting delivery – When Healthwatch Wakefield secured the tender from the Cancer Alliance in 2018, we continued to support the development and work of the panel, including panel recruitment.

Leading the relaunch – In 2024, the Cancer Alliance asked us to take on responsibility for running the panel. Following consultation with members, we **relaunched it as *Patient VIEW* in Autumn 2024.**



Jill with Patient VIEW coordinator Lauren at the launch event in September 2024

Final reflections

When I started in March 2017, we had 70 members and a clunky website. For many years I was a lone worker.

Now we have a small staff team - we are a 1,500-strong community, trusted by patients, clinicians and researchers across the region.

We are embedded in research.

We are influencing service design.

We are delivering award-recognised projects.

What Yorkshire Cancer Community offers funders such as the West Yorkshire & Harrogate Cancer Alliance, is trusted access to lived experience across West Yorkshire.

Continued partnership ensures that the patient voice remains embedded – not occasional, strategic – not symbolic.

And that benefits not only patients and families, but the wider cancer system in our region.



Jill Long

A story of comfort and hope wrapped in a blanket

Ann's story

Both my husband and I have been affected by cancer. My husband was diagnosed with bowel cancer in 2013, picked up from routine screening, and within six weeks had part of his bowel removed. He was lucky enough to have his bowel rejoined, so no stoma was needed, and his surgeon was so pleased with him and said he didn't need chemo at this stage but maybe later? Then in 2018, I had a routine breast screening and was told I had cancer on my chest wall. It turned out to be two types of cancer - invasive ductal and invasive lobular. I had radiotherapy and five years of medication.....



So for us it is very important to take up any invitation for cancer screening.



Luckily, we are now both doing fine and are incredibly grateful for the treatment we have had and that our cancers were found early thanks to the screening programmes.

I understand my blanket will go to the Cavell Unit at Dewsbury hospital where patients receive their chemotherapy treatments. I hope whoever uses it feels the love held in every stitch and it gives them some comfort!

Ann has created this beautiful blanket in bowel cancer colours. Here's our Cancer Champion Michael, who himself had a bowel cancer diagnosis in 2023, presenting the blanket to Sister Julie Hardwick at the Cavell Unit where he volunteers. The blanket has been gratefully received by cancer patient Helen who says she often feels cold, so Ann's blanket will make a massive difference to Helen during her treatment.

Thank you Ann for your kindness xx

Barbara's story



Barbara, one of our Cancer Champions, is part of Sunovary, a local Ovarian cancer support group and also attends the Macmillan women's group which meets fortnightly at the Rosewood Centre, Dewsbury. Helping to raise awareness for **World Ovarian Cancer Day on 8 May**, here is her story:

In October 2021 I was in the Lake District on a short break in Keswick. One of the days my partner and I did a 5/6 mile walk around beautiful Loweswater. Back at the hotel I mentioned that I had a strange feeling of pressure low down in my abdomen. An experience I had never felt before in my body.

On return home I made a Doctor's appointment at my practice. After explaining my circumstances to a trainee student doctor who did a cursory examination, she seemed concerned and fetched a GP to perform a more thorough examination. I was

then fast tracked to the hospital for an Ultrasound scan and probe examination. The radiographer found a mass. On the way out of the examination room. I passed the comment 'I hope this isn't Cancer'. She did not elaborate but somehow I felt that it was!

Once again I was fast tracked for a CT scan and referral to the Gynaecology Oncology department at St James's University Hospital, Leeds. At that point I knew it was cancer. This was just after my 70th birthday. On Christmas Day I did a long walk locally with my partner knowing that I was to have major surgery in the new year.

Without realising it, I had been experiencing the symptoms of Ovarian Cancer. The symptoms and signs I had experienced were:-

- **B - Bloating.** Tummy feeling fuller/tighter. Looks bigger than usual- I put this down to putting some weight on
- **E - Eating difficulties.** Feeling full more quickly
- **A - Abdominal and Pelvic pain** - I was experiencing back pain which I put down to arthritis in the bottom of my spine
- **T - Toilet changes** - needing to wee more often. - I put this down to my age

All these are classic signs of Ovarian Cancer.

By the time I had an Oncology appointment in January 2021 I was in a lot of stomach and back pain and could not stand for long. My GP prescribed strong painkillers and I had to attend the appointment in a wheelchair. I was informed that the CT scan revealed a 6 cm tumour sitting on top of my bladder.

On 2nd February 2021 I was admitted to St James's Hospital for a full hysterectomy - removal of tumour, uterus, fallopian tubes, ovaries and appendix (preventative measure). I was advised the tumour was removed intact and lymph nodes had been checked. After analysis, I was diagnosed with Stage 1A clear cell ovarian cancer.



This was followed up with six sessions of chemotherapy due to the aggressive nature of the type of cancer. I took charge and shaved my hair off after the first session. I got a brilliant artificial wig. No-one could tell it wasn't my real hair. The rest of the time I wore a bandana or skull cap (plus one to sleep in as my head was cold).

Chemotherapy wasn't as bad as anticipated and I tolerated it well. The nurses at the chemo unit were brilliant. I didn't experience any nausea (anti sickness drugs were prescribed) but did experience extreme fatigue the first week after chemo was given. After this my energy levels improved to some normality ready for the next session. Blood tests were done before each session of chemotherapy to make sure my blood levels had increased enough to administer the drug. Chemo is a poison and it destroys the blood cells.

It was COVID lockdown throughout so I could not have any contact with others, except for my partner. Any support was over the phone. I was determined to keep as mobile and as fit as possible, so we went for walks in a local woodland. I took a camping stool so that I could have a rest when needed. Being in nature and the exercise was a huge benefit, emotionally and physically. It dispelled any feelings of negativity and mentally I felt better to cope with what I was going through. I appreciated 'life'.

Following chemo my blood levels increased and eventually my energy increased and I started to feel more 'normal'. My hair also started to grow back. Like baby hair at first then it became a bit curly (my hair had always been straight). I left my hair to grow out grey. It is straighter now with a couple of kinks. A follow up

CT scan was arranged for four months time. My CA 125 (cancer indicator) was 13, well within the cancer levels showing in the blood. However, in my case this has not proved to be an indication of cancer.

At this time I had a blood test to check if I had the BRCA gene, (a cancer gene which can run through families). I didn't have the gene, although my Aunt died with Ovarian Cancer.

Around September 2021 I felt a lump on my waistline which was diagnosed as an Incisional Hernia. I was placed on a waiting list for a repair operation. I also experienced a strange numbness in my toes which is a permanent side effect of the chemo (nerve damage).

In the next months the hernia lump became larger and I was experiencing abdominal and back pain. I felt that there was something going on in my body besides the hernia. My GP arranged for a CT scan. It was found that there was new low volume disease (cancer). This was followed by a further six sessions of chemotherapy. Slightly different to the first - this time I didn't lose my hair and the side effects were not as bad. I was given six months to five years to live. It was suggested that I went onto a maintenance drug which would not be as effective as a person with the BRCA gene but may give a few extra months of life.

I started Niraparib on 6 April 2023 and had monthly blood tests to check my levels. I tolerated the drug well with few side effects - sensitive to bright light and sun at first (I always had to wear sunglasses and a hat) then I had spells of insomnia. I became fitter and continued walking regularly up to a distance of 5 or 6 miles.

I had a corset made to help support my abdomen and back as my hernia pain increased. I was admitted for a hernia repair on 10 January 2024 at Pinderfields. Due to the size of the hernia by this time it involved major surgery again along the hysterectomy scar. I couldn't have keyhole surgery. I came off the maintenance drug a couple of weeks before the surgery and went back on again a couple of weeks after. While in hospital I didn't sleep at all and the insomnia continued to the point that I was hallucinating and became confused. Accidentally I overdosed on the Niraparib and ended up in Dewsbury A&E with a panic attack and wasn't aware of my surroundings. I was given a strong sedative to sedate me and then put on a Potassium infusion for a few hours. On return home I was still not sleeping and had a couple of psychotic episodes and panic attacks. An ambulance attended and took me to St James's Hospital. All my blood levels had crashed. I was there for an horrendous two weeks while my medications were messed with (long story). A CT, head and body MRI scan, and blood transfusion followed before I was eventually discharged. I couldn't sleep properly while there either until I got home. After a night's sleep I broke down and wept because of what I had experienced.

At the next Oncology appointment I was advised not to go back onto the Niraparib. I am no longer on any cancer medication. My health has returned. Since then I have had 3/4 monthly blood tests and CT scans to check for any signs of the cancer returning. To date the results have shown No Evidence of Disease. (NED). It's now just over five years since my diagnosis, and I continue to enjoy life and intend living as long as possible!



News

Helping young doctors of the future

For many years, the School of Medicine at Leeds University have put out an annual request for patients with long-term conditions to help their teaching of first year medical students.

We're delighted that so many of you respond each year to offer students an opportunity to learn by experience about what it is like to have, or to care for someone who has a chronic illness or disability.

This year, 66 of you volunteered, although sadly, due to the high response rate from other cohorts, the project could only take 30 of our patient volunteers. We thank you so much for your willingness to support this project.

Nichola Jones and Rosie Richardson (pictured) who run the study, said they aim for a variety of volunteers from different organisations with different conditions. This year there were 270 students aged from 18 upwards, who were divided into pairs or threes, who were then assigned a volunteer.

They had to make their own arrangements to chat to the volunteer online or by phone, and were offered guidelines to make the most of these important conversations.

Nichola explained that students are reminded of the sensitive nature of talking about a person's health, and that discussions should be more far reaching than talking about symptoms.

- They want to find out how volunteers manage their illness or disability, or that of someone they care for
- What they think of the illness or disability
- How things have changed over time, or since the diagnosis
- The impact the illness or disability has had on their life or on others close to you
- A volunteer's experience of medical and other support services

Nichola added, this project is the highlight of their first year of study and gives students confidence in talking to patients and carers.

Margaret, one of our volunteers, who has had experience of a long-term condition as both a patient and carer, and is a former health practitioner said:

met with a lovely group who were very receptive and hopefully will have a better understanding of living life with long term illness issues."

We are grateful to the University of Leeds who make a small donation to Yorkshire Cancer Community for our help with this study.



**Nichola Jones above
and Rosie Richardson
below**



Active Together - Free exercise, nutrition and wellbeing support for people diagnosed with cancer in Yorkshire

Active Together helps people prepare for and recover from cancer treatment through personalised exercise, nutrition and wellbeing support.

Research shows that regular exercise can increase survival, improve recovery from treatment and reduce the risk of cancer coming back.

The service has been designed by Sheffield Hallam University and is delivered by Yorkshire Cancer Research from a bespoke centre in Harrogate.

Annette has already taken part and said: “Being part of this has definitely helped me mentally and physically, as my balance has been affected by the treatment and taking part in specially designed exercise classes has helped me enormously.

“It’s an absolutely fabulous service and everyone should be able to benefit from it.”

Active Together in Harrogate is currently open to adults living in Yorkshire who are preparing for or receiving treatment that aims to cure the cancer or have completed active treatment within the past 12 months. You must be able to attend at least two in-person appointments in Harrogate.

Register your interest and find out how to get a referral here: [Active Together - Yorkshire Cancer Research](#)



Health on the High Street - Barnsley's trailblazing approach bringing healthcare into the heart of town



An innovative collaboration between Barnsley NHS Trust and Barnsley Council sees the introduction of an outpatient hub in a former Wilko store in the Alhambra shopping centre, right in the heart of the town.

Multiple outpatient services, including dermatology and ophthalmology, can now be accessed within the specially designed health and wellbeing hub. Further services will be added over time, with the centre expected to be fully operational in 2028.

Patient feedback on the new facility is positive - it easier to access by public transport and parking is more plentiful and cheaper than at the hospital. This has led to a reduction in missed appointments.

Local businesses are feeling the benefits, too, with increased footfall in the centre's cafes and shops.

The project reflects the NHS shift of services from clinical to community settings, with clear positives for individuals, local businesses and the Trust and Council, too. Other NHS Trusts and Councils have visited the site, so perhaps this is a model that can be replicated across Yorkshire.



A New Clinical Trial for People with Lung Cancer

People with lung cancer in Yorkshire are being given the opportunity to take part in a new clinical trial funded by Harrogate-based Yorkshire Cancer Research, which is exploring whether exercise during treatment can help more of them go on to have life-saving surgery.

Each year, more than 4,800 people in England could benefit from a new NHS-approved treatment that combines chemotherapy and immunotherapy before surgery and provides immunotherapy after surgery. However, one in five people who start the treatment are unable to have surgery, and this significantly affects survival.

The study, called **NEOREHAB**, will explore whether a personalised physical activity programme can improve fitness and wellbeing for people receiving 'chemo-immunotherapy', helping more reach surgery and recover well afterwards.



Cecilia Pompili

The study is led by Cecilia Pompili, a thoracic surgeon and Clinical Senior Lecturer in Psychosocial Oncology at the University of Hull.

"This study will explore whether an integrated exercise programme can be delivered to improve the chances that all people with cancer who start chemo-immunotherapy will be able to have surgery."

The programme will benefit people receiving lung cancer treatment at [Leeds Teaching Hospital NHS Trust \(LTHT\)](#) and [NHS Humber Health Partnership*](#), with clinicians identifying those who are suitable to take part.

To find out more information about NEORHAB, click [HERE](#)



Research study: Psychosocial care for people with anogenital cancers

A researcher from the University of Leicester is conducting interviews with patients and caregivers to better understand the psychosocial care needs of people with anogenital cancers.

Participation involves a single confidential interview (approx. 45–60 minutes) and participants receive a £50 voucher.

Please contact Aleks Jakubowska directly with any questions on adj14@leicester.ac.uk

 UNIVERSITY OF LEICESTER

 NHS Nottingham University Hospitals NHS Trust

 NHS United Lincolnshire Hospitals NHS Trust

CALLING ALL

Anogenital cancer patients, carers and family members

Penile ♦ Anal ♦ Cervical ♦ Vaginal ♦ Vulval

Your voice matters

Help us understand your needs and experiences!

What's Involved?

- Participate in a **60-minute** interview (in-person, phone or online).
- Share your experiences in a confidential setting.

£50 Voucher

Contact:  Aleksandra Jakubowska
✉ adj14@leicester.ac.uk
Or scan the QR code

Why Join?
Your input will help shape support systems for patients and families to improve their well-being.




Bradford-based supermarket becomes the first to introduce stoma-friendly toilets in all stores

Morrisons has introduced stoma friendly features in accessible stores in the UK, working with national charity Colostomy UK who support and empower people with stomas.

This national roll out shows how simple, practical changes can make it easier for people with a stoma to get out and about with confidence. It is a positive step towards more inclusive public spaces and a wonderful example of a major retailer listening to feedback from a stoma patient.

Morrisons stoma-friendly toilets include features advised by Colostomy UK such as hooks for clothing or bags, a shelf for supplies, a bin for discreet disposal, and a mirror to help with appliance checks. Morrisons worked with Member of Scottish Parliament and advocate for the stoma community, Edward Mountain to introduce the new facilities. Edward wrote to the retailer to share his story and request the toilets be made stoma friendly. He was diagnosed with bowel cancer in 2022 and had a stoma whilst his bowel recovered.

It is currently estimated that one in 335 people in the UK are living with a stoma. Individuals of all ages may have a stoma, which can be temporary or for the rest of their life. Stoma surgery is undertaken to treat a range of illnesses including cancer, diverticulitis and Crohn's disease or following a trauma to the abdomen.

Check out Colostomy UK's stoma friendly Toilets Finder: <https://www.colostomyuk.org/information/stoma-friendly-toilets-finder/>



What have we been up to?



Stewart and Sarah attended the Forum Central joint network meeting in Leeds on 21st April. The event was a great opportunity for local organisations working in health care and VCSE sectors to meet and understand more about each other's expertise. There was plenty of chance to explore the support services on offer from partners such as Voluntary Action Leeds. A number of key speakers gave brief overviews of their roles and how they can support organisations. This was followed by round table discussions on topics such as funding, governance, monitoring and evaluation.

Patient VIEW

Cancer “Connecting Roles” Community of Practice Event

Stewart, Julie, Stephen and Jess (pictured) attended the recent Cancer “Connecting Roles” Community of Practice (CoP) event, held at Crowne Plaza, Leeds on 15th April, on behalf of Yorkshire Cancer Community. They contributed to discussions throughout the day and ensured that the patient voice was represented within these wider system conversations.



This networking event brought together the non-clinical workforce from across the NHS, Primary Care, and the Voluntary, Community and Social Enterprise (VCSE) sector, all supporting people affected by cancer across West Yorkshire and Harrogate.

The day focused on strengthening collaboration, improving understanding of different roles across the cancer pathway, and sharing learning to better support people living with and beyond cancer.

Key themes across the programme included:

- The role of physical activity in cancer care and long-term conditions
- Building stronger networks and cross-sector relationships
- Understanding cancer prehabilitation and rehabilitation
- Clarifying roles across the wider cancer support workforce
- Community-based approaches to supporting people affected by cancer
- Training and development opportunities across the region
- Collaborative round-table discussions and shared learning

There was a clear emphasis throughout the day on joined-up working, shared understanding, and improving the consistency of support for people affected by cancer across services.



**Calderdale, Huddersfield
and Mid Yorkshire**
Non-Surgical Oncology Partnership

Highlights from Our Latest Patient VIEW Panel Meeting

Our recent Patient VIEW Panel meeting at SCOPE Community Hub Leeds brought together panel members with external partners and researchers for another really productive session, showing just how much lived experience is helping shape services, communications and future care.

Mednet Patient Network – Steph Gathercole

Steph Gathercole joined the panel to introduce plans for a new Mednet Patient Network, designed around a “whole person approach” — looking beyond medical conditions to capture the emotional, practical and day-to-day realities of living with illness.

Steph invited feedback on how people with lived experience could help shape awareness materials, campaigns and patient communications, and there was strong discussion around the importance of positive language, reducing fear-based messaging, and sharing stories that support and empower patients.

Several panel members expressed interest in being involved in this developing work.



Away From Hospital Cancer Treatment – Claire Sibbald and Joanna Harrison

Claire and Joanna spoke with the panel about proposals for some cancer treatments to be delivered away from hospital, including oral medication and supported home-based treatment.

Panel members shared valuable feedback around what would make treatment away from hospital feel safe and practical, including the need for clear guidance, easy access to support, and patient choice in how and where treatment is delivered.

Care Closer to Home – Richard Abba

Richard Abba led discussion around care closer to home, including community diagnostics, virtual appointments and better shared care between specialist centres and local services.

Panel members contributed thoughtful feedback on improving links between primary and secondary care, making virtual appointments more patient-friendly, and how digital tools like the NHS App could provide better reassurance and communication for patients.

Thank you to everyone who contributed, these conversations directly inform ongoing transformation work across cancer services.



Not Part of Patient VIEW Yet? Join Us.

If you have lived experience of cancer, are a carer, or support a family member affected by cancer, we'd love you to consider joining **Patient VIEW**.

This panel is influencing real research and real change across the UK, and we want to grow it.

We're working to build one of the biggest, most cohesive, and diverse patient panels possible so that more universities, researchers and healthcare organisations can access patient voice.

Involvement is completely flexible, nothing is compulsory, and you can contribute as often as your schedule allows. Some university workshops also offer monetary reimbursement for your time.

Most importantly, your voice feeds directly into research and care.

If you'd like to be involved, please get in touch with Jess.

More information:

<https://www.yorkshirecancercommunity.co.uk/patient-view/>

Patient



Voices from
around the
region



Including
all points of
view



Exchanging
practical
ideas



Working
together

Free Hypnotherapy Sessions – Two Spaces Left

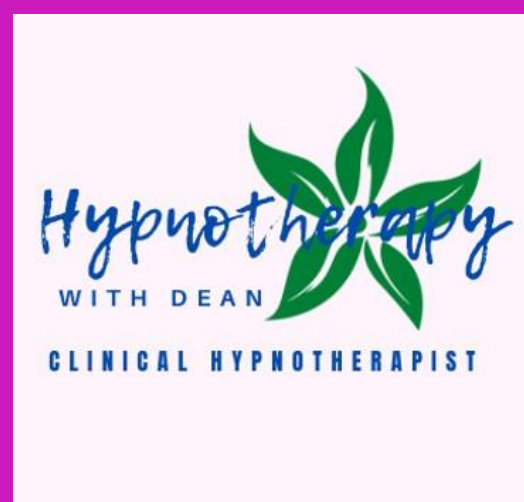
A reminder that hypnotherapist, Dean McLean-Thompson, still has two free hypnotherapy spaces available for members.

Feedback from those already taking part has been incredibly positive, with members sharing how much the sessions are helping them focus forward and make meaningful changes.

If you'd like to explore this opportunity, do get in touch soon.

More information:

<https://www.hypnotherapywithdean.com/>



Upcoming events

Here's what we have coming up this month.

Sat 9 May – Bev is running a stall at the lung cancer and heart attack awareness event hosted by Chapelton Youth Development Centre, at the Prince Philip Centre in Leeds LS7 2HJ 3pm-5pm

Tue 19 May – Stewart will be providing Cancer SMART training at Race Equality Network, Grange Interlink, Summerville Road, Bradford BD7 1PX 10am – 12pm

Wed 20 May – Jill and Barbara will be running a stall at the Horbury Senior Citizens Group, WMC, Cluntergate, Horbury WF4 5DB 10am – 12pm

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



@YorkshireCancerCommunity



@yorkshirecancercommunity

Join Our Support Group Leaders Network – Supporting Local Cancer Support Groups

A cancer diagnosis can feel incredibly isolating. That's why having access to a local support group -where people can connect with others who truly understand - can be a vital source of comfort and strength.

At YCC, we believe that support should be available to everyone who needs it, exactly when they need it. We're committed to helping support groups thrive so they can continue making a meaningful difference in people's lives.

That's why we host our Support Group Leaders Network. It brings together individuals who run existing support groups, as well as those interested in starting one. It's an opportunity to share ideas, exchange experiences, and learn practical ways to build and sustain successful groups.

During the session, we explore a range of useful topics, including:

- Promoting your group effectively
- Attracting and welcoming new members
- Fundraising ideas and support
- Finding engaging speakers and planning activities
- Discovering new opportunities for growth

If you'd like to be part of this supportive and collaborative community, we'd love for you to join us. Our next group meeting will be on **Thursday 14 May at 1pm – 3.30pm via zoom**. The link is <https://us02web.zoom.us/j/88626539844?pwd=23VtEjV06Cfs57lRwDdlL9rfHzinc.1>

Meeting ID: 886 2653 9844

Passcode: 880777

Together, we can ensure no one faces cancer alone.

Look out for our July meeting where we will be having safeguarding training for support group leaders.


Lung Cancer and heart attack awareness event

Cancer Champion and Trustee Bev Freeman will be hosting a Cancer SMART information stall at this community awareness event on Saturday 9 May.

The event will be held at Prince Philip Centre, Scott Hall Avenue, Leeds LS7 2HJ from 3 – 5pm.




LUNG CANCER & HEART ATTACK AWARENESS



COMMUNITY MEDICAL AWARENESS PROGRAMME


“Your Health, Your Future”




HOSTED BY

CHAPELTOWN YOUTH DEVELOPMENT CENTRE (CFYDC)

IN PARTNERSHIP WITH



GUIDING LIGHT LEEDS




Migrant Access Project

JOIN US – THIS COULD SAVE LIVES


An engaging and informative community event focused on:

- ✓ Improving health awareness
- ✓ Early detection
- ✓ Preventative care

Open to all members of the community – male & female.



KNOWLEDGE TODAY, HEALTHIER TOMORROW




EVENT HIGHLIGHTS

- FREE Blood Pressure Checks
- Expert Medical Talks
- Lung Cancer Awareness & Check-Ups
- Heart Attack Awareness & Prevention
- Early Detection Support
- Q&A with Health Professionals
- Complimentary Healthy Meal

DATE:
SATURDAY
9TH MAY 2026


TIME:
3:00PM
TO 5:00PM

VENUE:
PRINCE PHILIP CENTRE,
LS7 2HJ



ALL ARE WELCOME!

TAKE A STEP TOWARD A HEALTHIER LIFE



Green Space Summer

Living with and beyond cancer, you your carers, friends and staff are all welcome.

Relax, De-stress and come along to the bowling green in the Pontefract valley gardens. Only 50 yards from Pontefract hospital.

Relax in the sunshine (hopefully), have a cuppa maybe play garden games or try the crown green bowling (we have the equipment). A place for an informal chat and swap stories.

Tea, Coffee and possibly cakes provided.

We will be open from 12. till 2. on the 4th Friday of the month during the summer

Dates

April 24th the cherry blossom avenue is a great sight.

May 29th June 26th July 24rd August 28th September 25th



Mayors Walk
WF8 1DY

w3w
Kicks.Itself.Logs



Scope Engagement Survey

Scope is a disability equality charity in England and Wales. We work with disabled people and their families to create a fairer society. Our [3 goals towards an equal future](#) are:

1. End the disability price tag
2. Close the disability employment gap
3. Being better known for what we do.

In Leeds, Scope has a [Community Hub](#) where we run activities and events with disabled communities and local organisations. We want to hear your views on how we can best use the Community Hub to achieve our goals with you.

To this end, we would love it if you could please undertake our community survey: [Scope Leeds Hub Community Engagement – Fill in form](#) There is an opportunity to be entered into a prize draw and you could win £40.

If you need the forms in easy read, then please contact us.

For more information please contact: north.community@scope.org.uk



Other Items

Bladder Cancer Awareness Month - May

Bladder cancer occurs when there is a growth of abnormal cells in the lining of the bladder, which form a tumour. Sometimes, the tumour spreads into the bladder muscle.

The most common symptom of bladder cancer is blood in the urine, which is normally painless. If you notice blood in your urine, even if it comes and goes, you should visit your GP and get this checked out.

One of the main causes of bladder cancer is smoking. This is because the chemicals in tobacco are filtered by the kidneys into your urine. Exposure to some chemicals can also cause bladder cancer.

If you would like more information, including specialist charities, support groups and life stories, please visit the bladder cancer page of our website <https://www.yorkshirecancercommunity.co.uk/bladder-cancer/>



Melanoma / Skin Cancer Awareness Month - May

There are two types of skin cancers - melanoma and non-melanoma.

Melanoma is a type of skin cancer that can spread to other areas of the body. The main cause of melanoma is ultraviolet light, which comes from the sun and also sunbeds. Other risk factors include age, having pale skin, a large number of moles and a family history of skin cancer. It is often possible to prevent skin cancer by being careful in the sun, for example by using a high factor sunscreen and reapplying it regularly. You should avoid being in the sun when the sun's rays are strongest (between 11am and 3pm), and seek shade wherever possible.



The main symptoms of melanoma skin cancer is a new mole, or change in an existing mole. Changes to look out for are a mole with an uneven shape or edges, a mole with a mix of colours, or large moles (bigger than 6mm wide).

Treatment for melanoma is usually surgical, but depends on where on the body it is, if it has spread and your general health. If you experience any of the symptoms described above, you should visit your GP and also take photos of the area of concern so you can monitor any changes. Your GP will probably also take a photograph to send to a dermatologist. Be sure to mention any family history of skin cancer too.

Non-melanoma skin cancer is a common type of cancer that starts in the top layer of skin and doesn't spread to other parts of the body. The main types are basal cell carcinoma (BCC) and squamous cell carcinoma (SCC). They may appear as an unusual patch of skin, either by colour or texture. Treatments vary depending on where on the body it is, and how large it is. Surgery is a common treatment, or using a topical chemotherapy cream. If you would like more information on melanoma and skin cancer, please visit our dedicated website page <https://www.yorkshirecancercommunity.co.uk/skin-cancer/>

Sun Awareness Week – Monday 11 May – Sunday 17 May

This campaign aims to promote sun safety and prevent skin cancer. With the lovely weather we have been having recently, it seems very appropriate to share the 5 S-s of sun safety.

1. **SLIP** on a t-shirt/clothing
2. **SLAP** on a broad brimmed hat
3. **SLOP** on some sunscreen; SPF 30 and above with UVA protection
4. **SLIDE** on some sunglasses
5. **SHADE** – seek shade wherever possible

And remember to avoid sunbeds too – a fake tan is much better for you

Mental Health Awareness Week – Monday 11 May – Sunday 17 May

Receiving a cancer diagnosis can be an incredibly stressful time, and approximately 30% of patients may experience cancer-related psychological disorders, including anxiety, depression, and post-traumatic stress. Also, caregivers of patients with cancer can experience significant emotional, physical, and financial stress, which can have a negative impact on their health.

Visit our wellbeing page of our website to discover ways to reduce stress and help you to cope <https://www.yorkshirecancercommunity.co.uk/wellbeing-information/>