



Yorkshire Cancer
Community

August 2026 edition

VOICE



West Yorkshire Liver Care
Operational Delivery Network

This month's
newsletter is
proudly sponsored
by West Yorkshire
Liver Care ODN

Welcome to the August edition of the VOICE Newsletter

In this edition we welcome our new chair Sue, and new trustee Julie. We also welcome back Lauren who is returning from her maternity leave.

We have some updates on the expansion of our Patient VIEW project, and some great news about the success of the lung cancer screening programme that is being rolled out. The good news doesn't stop there. There's been some fantastic progress around prostate cancer, including a new government grant to ensure all Black men are offered a PSA test, and a promising new treatment called focal therapy that significantly reduces the side effects caused by other treatment options.

We also have some handy tips for staying safe in the sun and how to cope in a heatwave, (appropriate given the recent weather), details of support offered by charity Mission Remission and details of the work Morrisons supermarket have done making their toilets more accessible to men with incontinence by introducing bog standard to all their stores.

Our August edition is kindly sponsored by West Yorkshire Liver Care Operational Delivery Network. You can find out about their fantastic work tackling viral hepatitis to reduce liver cancer on page 15.

Best wishes

Sarah, Clare, Jess and Lauren

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Your Stories

A Message from Our New Chair – Sue Hartup

Hello everyone,

I am delighted and incredibly proud to be writing this as the new Chair of Yorkshire Cancer Community (YCC).

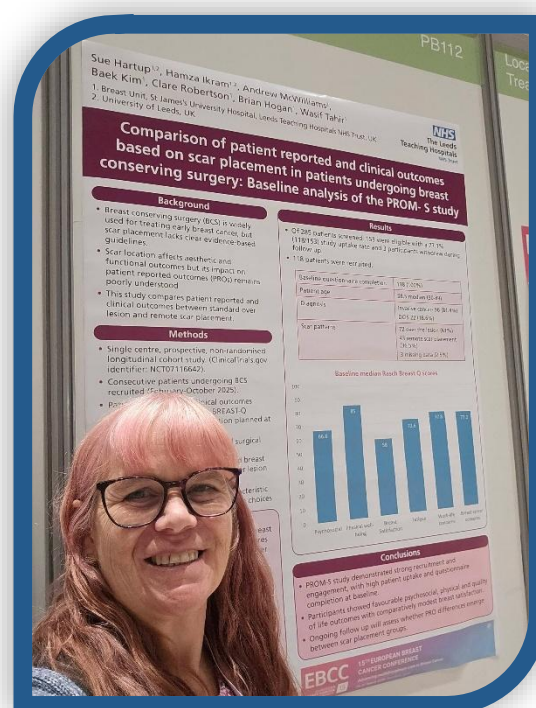
In my day job, I am a Consultant Nurse in Breast Research at Leeds Teaching Hospitals NHS Trust and have spent more than 30 years working in cancer. My role focuses on improving outcomes and quality of life for people affected by cancer and ensuring that patients' experiences help shape our services, treatments and the research we undertake. Throughout my career, one thing has become very clear to me: the most important insights come directly from patients, carers and communities. That belief is what first attracted me to YCC many years ago.

For me, YCC represents something truly special. It brings together people with lived experience, voluntary and community organisations, healthcare professionals and researchers, all working towards the same goal – improving cancer care and outcomes across Yorkshire. At a time when we continue to face significant challenges and inequalities in cancer services, the voice of our communities has never been more important.

I became involved with YCC because I believe passionately that people affected by cancer should have a genuine say in shaping services, research and support. Having supported many friends and family members through cancer diagnoses, I wanted to contribute that experience and passion to help to improve our regional services. As Chair, I hope to build on the fantastic work already undertaken by the charity and help it grow its reach, influence and impact. I would like to see more people from diverse and underserved communities become involved, stronger partnerships across Yorkshire, and even greater recognition of the difference that community insight can make. Most importantly, I want YCC to remain a welcoming organisation where every voice is valued and every experience matters.

Away from work, life is usually busy and varied. I have wonderfully supportive children and a house full of animals, including our newest addition – an energetic puppy who certainly keeps us on our toes!

I am a huge sports fan and a lifelong supporter of Castleford Tigers. I enjoy attending all kinds of sporting events, from rugby, athletics, Strongman, triathlon, gymnastics and cycling to hockey, badminton, diving & beyond. In fact, my family often joke that if there has been a major sporting event in the UK over the last 25 years, I've probably been there! I love the atmosphere, excitement and sense of community that sport creates.



Sue sharing information via a poster at a recent conference for her study exploring patients' quality of life following cancer surgery.



Sue with the latest addition to the family, labrador puppy Maverick Percy Potato (Mav for short)

I am also passionate about wildlife, conservation and the outdoors. Walking and hiking are favourite ways to relax, and I enjoy spending time exploring nature reserves and wildlife sites. Another hobby is gardening, particularly growing my own vegetables and building my varied plant collection.

Perhaps my biggest obsession, however, is history. I am fascinated by castles, abbeys, ancient monuments, archaeological sites and historical landscapes. Holidays are often planned around visiting historic places, spotting wildlife or finding the perfect dark sky location for a bit of astronomy and stargazing. Give me an ancient burial mound, a ruined monastery or a medieval castle and I am happy for hours.

I am excited about the future of Yorkshire Cancer Community and honoured to have the opportunity to help lead the organisation. I look forward to meeting more of our members over the coming months, hearing your stories and working together to ensure that the voices of people affected by cancer continue to influence positive change across Yorkshire.

Thank you for your support, and I look forward to the journey ahead.

Sue Hartup

Chair, Yorkshire Cancer Community

Introducing new trustee Julie

Hi, I'm Julie and I have been passionate about how society and cultures cause people to interact with their breasts and their bodies.

As a new mum, many years ago, I realised that just because other people had experienced something, the next woman didn't always learn.... with childbirth and baby feeding. Usually sharing scary stories. Then I got into the breast screening service and found another passion. I have had a fabulous job where I was in the community talking with people, mostly women. Then I got to understand that all members of a family can be the influencers on the uptake



of well-person screening. Hence, I am now moving to have a chance to work with the team at YCC to support early detection in the wider communities, businesses and families.

I have had an early detection of a blood cancer myself and I went through a period of understanding that this was a good thing for me. It did take a lot of work! This is giving me time to get my body and mind in good nick.... better than it was. It is called prehab in the health industry, a term that you might hear more often.

What do I do for fun? Well, I do get comments that I am always working. I call it making connections as you never know who you meet that could help the cause! As I retire in August though, I have promised myself to check out my book shelf with renewed interest. The knitting needles click a lot and I discovered audiobooks a few years back. Much easier than looking over the rim of my glasses to try to watch TV and knit at the same time! I love listening or reading thrillers with some self-help or travel stories. Isn't it amazing what some people can live with and get through?

I have been a girl guide, a breast-feeding support and a fundraiser for Calderdale NCT, a member of both Ladies Circle and now Tangent. My goal is to have fun whatever I do. Cancer is a serious business, and it doesn't stop me living and loving today.

Welcome Back Lauren!



We're delighted to welcome Lauren back from maternity leave in August.

She will be returning to work three days a week during August before resuming full-time hours from September onwards. We're thrilled to have Lauren back in the team and look forward to working together again.

Lauren returns as Project Lead for Cancer SMART, our project which aims to raise awareness of the signs and symptoms of cancer, promote early detection through attending the appropriate screening programmes, and encourage people to reduce their cancer risk by adopting a healthy, active lifestyle.

Please join us in giving Lauren a very warm welcome back!

Thanking our previous trustees

Trustees Michael Barton and Louise Escott have recently stepped down from our board of trustees. We would like to sincerely thank both for all their hard work and the valuable contributions they made to Yorkshire Cancer Community. We wish them both well in the future.

Patient VIEW

Your experience • Your voice • Your community

Patient VIEW is the lived experience community of Yorkshire Cancer Community.

We bring together people affected by cancer from across Yorkshire to help shape better cancer services, influence research, and improve the experiences of patients, families and carers. Whether you're living with cancer, beyond treatment, caring for someone, or have been affected by cancer in another way, your experiences matter.

There isn't just one way to get involved. You can contribute as much or as little you like and every conversation helps make a difference.

What we do

Patient VIEW exists to ensure that people with lived experience are involved in shaping the future of cancer care.

Our members work alongside healthcare professionals, researchers, charities and organisations to:

- Influence the design and improvement of cancer services.
- Help shape research from the very beginning, ensuring projects focus on what matters most to patients.
- Share experiences that inform new ideas, innovation and service development.
- Take part in consultations, workshops, focus groups and co-design projects.

Patient VIEW

Your experience. Your voice.
Your community.

The lived experience community of
Yorkshire Cancer Community

People affected by cancer across Yorkshire are helping to shape better services, influence research and improve experiences for patients, families and carers.

Your voice can:



Influence cancer services



Shape research from the start



Share experiences and inspire new ideas



Join workshops, consultations and co-design



Champion voices across Yorkshire



Connect locally

Yorkshire Cancer Community Hubs are welcoming, informal spaces to meet others, discover local support and enjoy a cuppa and a chat.



Get involved your way

Whether you're living with cancer, beyond treatment, caring for someone, or affected in another way, you choose how much or how little to take part.

Every conversation can make a difference.



Join Patient VIEW

Open to patients, carers, family members and people living beyond cancer.



Jess Hart · Project Lead – Patient VIEW



patientview@yorkshirecancercommunity.co.uk



Better *experiences*. Better *research*. Better cancer *care* across Yorkshire.

- Champion the voices of people affected by cancer across Yorkshire.

We believe that the best services are designed **with** people, not just for them.

A more connected Patient VIEW

We're expanding Patient VIEW to include an interactive, engaging community where members can build relationships, learn from one another and create meaningful change together.

Alongside opportunities to influence services and research, we're creating more ways for members to connect through regular conversations, events and community activities.

Yorkshire Cancer Community Hubs

We're launching local Yorkshire Cancer Community Hubs across the region.

These informal gatherings offer a welcoming space to meet others affected by cancer, discover local support, and find out more about how to get involved, all whilst enjoying a cuppa and a chat, at a venue close to you.

Because sometimes the most important conversations happen around a kettle!



Your voice counts

We know that not everyone will have the same experience of cancer and cancer services, and this is why it is vital that every voice is heard.

Through Patient VIEW, you can help shape the future of cancer care, by having input into local health and care services or getting involved in research opportunities.

By embedding patient voices into cancer services and research from the outset, we can help ensure that it leads to meaningful improvements for people affected by cancer.

Why join Patient VIEW?

As a member, you'll have opportunities to:

- Influence cancer services across Yorkshire.
- Shape research that could improve care for future patients.
- Meet others with shared experiences.
- Join local community hubs and social events.
- Take part in workshops, discussions and co-production projects.
- Learn about new opportunities to get involved.
- Make a real difference while being part of a supportive community.

There's no expectation to take part in everything—you decide what works for you.

Join us

Patient VIEW is open to anyone who has been affected by cancer, including patients, carers, family members and people living beyond cancer.

Together, we can create better experiences, better research and better cancer care across Yorkshire.

Meet the Project Lead

Jess Hart

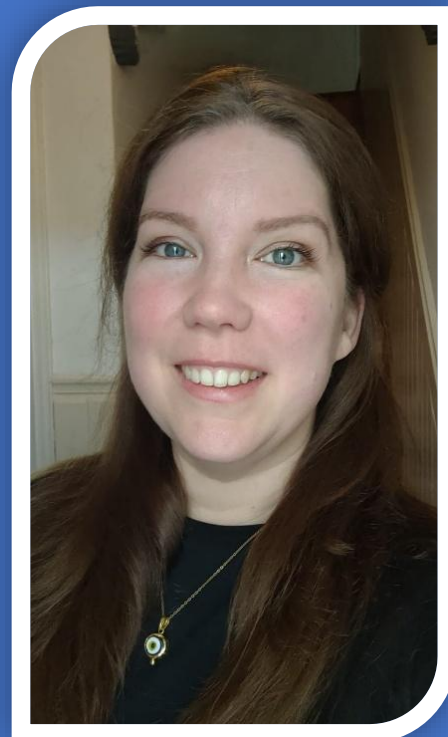
Project Lead – Patient VIEW

Jess leads Patient VIEW, working closely with members, researchers, healthcare professionals and partner organisations to ensure that lived experience is at the heart of everything we do.

She is passionate about creating meaningful opportunities for people affected by cancer to influence change, build connections, and help shape the future of cancer services and research across Yorkshire.

If you'd like to find out more about Patient VIEW or getting involved, we'd love to hear from you.

Contact us on patientview@yorkshirecancercommunity.co.uk



Thanking our supporters

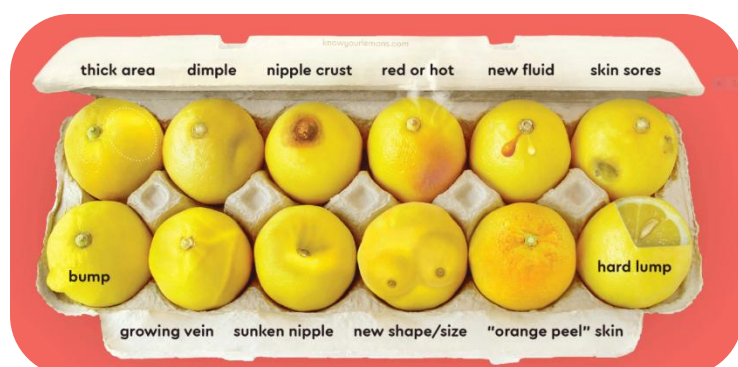
We would like to thank the **Ten Percent Foundation** for their very kind donation this month.

The Ten Percent Foundation is a charitable trust donating 10% of net profits from companies committed to the principle of charitable giving as a social responsibility for business. Their aim is to ensure healthy growth for all of their companies whilst spending 10% of income supporting charitable causes in the UK and Africa.



Ten Percent Foundation

Rewriting Charitable Giving



We will be using their donation to purchase Know Your Lemons cards to give away on our stalls. These wallet sized cards may be small but they are packed with information to help people spot the signs and symptoms of breast cancer. If you spot any of these signs, see your GP straight away. Don't delay or wait for your mammogram appointment. The time to act is NOW.

Beyond early detection: 1,500 people supported to quit smoking through Lung Cancer Screening

The Lung Cancer Screening (LCS) programme is successfully finding lung cancer at earlier stages, but it is important to acknowledge it's also supporting people to make beneficial changes for their long-term health and wellbeing.

More than 10,000 lung cancers have now been diagnosed nationally as a result of people taking up their LCS appointment, with 737 of these found in South Yorkshire and Bassetlaw. The majority of these (78%) were discovered at stage one or two, which means people have more treatment options available to them, including curing it.

People attending LCS who currently smoke are also offered a referral to their free local stop smoking service in a supportive and non-judgemental way, helping them take positive steps at a time when many are reflecting on their health.

The latest milestone means more than 1,500 people across South Yorkshire and Bassetlaw have now successfully quit smoking through support linked to the programme, showing how one conversation can lead to life-changing action.

Jeff accepted a referral to Yorkshire Smokefree Doncaster through his LCS appointment. He said: "My motivation to quit was my health. Luckily, I went for my Lung Health Check from NHS Lung Cancer Screening, and that was the kick up the backside I needed to stop.

"I used a vape to help me quit and even went on holiday in the early stages of my quitting journey but didn't cave into the cheaper cigarettes abroad and in the airport.

"To anybody thinking about stopping smoking – just do it!"

Dr Jason Page, Clinical Director of SYB LCS, said: "Lung Cancer Screening is about far more than early detection alone. For many people, it can be the beginning of a wider journey towards improving their health.



Jeff has successfully quit smoking after accepting a referral to Yorkshire Smokefree Doncaster during his Lung Health Check appointment for Lung Cancer Screening



Julie (right) from Yorkshire Smokefree Barnsley advises Jane on the best ways to stop smoking for good. Jane accepted smoking cessation support at her Lung Health Check appointment for Lung Cancer Screening appointment

“We know quitting smoking can be incredibly difficult, and every person’s journey is different. Reaching more than 1,500 quits is an incredible achievement and reflects the compassion, encouragement, and support being offered to people across our communities.

“Most importantly, these are not just statistics: they’re people making empowering decisions to benefit their health, their future, and the people around them.”

The Lung Cancer Screening programme is available to people aged 55 to 74 who have ever smoked. Eligible people are invited for a Lung Health Check to discuss their lung health with a healthcare professional. Some people are then offered a low-dose CT scan to help identify potential problems early, often before symptoms appear.

Dr Page added: “Every single person who has quit smoking should feel very proud of themselves. This decision has changed their life. They’ve reduced their risk of cancer, improved their health, and of course saved money.

“Whatever the stage of someone’s journey, from accepting support at their Lung Health Check, to the milestone of having quit completely, it’s important to recognise these proactive steps they’re taking towards a healthier future for themselves and our communities.”

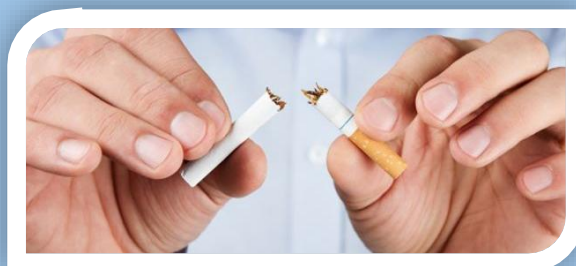
Find out more about Lung Cancer Screening in our region:

South Yorkshire and Bassetlaw, visit www.lungcancerscreeningsyb.co.uk.

West Yorkshire & Harrogate, visit <https://canceralliance.wyhppartnership.co.uk/our-work/lung-cancer-screening>

Humber and North Yorkshire - <https://huncanceralliance.org.uk/our-work/lung-cancer-screening/>

For local stop smoking service information, visit <https://yorkshiresmokefree.nhs.uk/> (for Barnsley, Calderdale, Doncaster, Sheffield & Wakefield), or visit <https://www.nhs.uk/better-health/quit-smoking/> for free resources including your personal quit plan or the free NHS Quit Smoking app which you can download. You can also speak to your GP for advice.



News

Government adds £18m to expand TRANSFORM Trial for Prostate Cancer to include all eligible Black men

The £60 million TRANSFORM trial is the UK's largest prostate cancer screening study in over 20 years and the most representative ever undertaken. Jointly funded by Prostate Cancer UK and the National Institute for Health and Care Research (NIHR), its aim is to identify the best way to screen men for prostate cancer, with the goal of introducing a national screening programme that detects aggressive cancers early, when they are most treatable.



The trial is now underway, with selected men receiving invitation letters from their GP practices on behalf of Imperial College London.

Why is the trial important?

Prostate cancer is the most common cancer in the UK without a national screening programme. Around 12,000 men die from the disease every year, and it often develops without symptoms until it has spread, making treatment more difficult.

TRANSFORM will evaluate the most promising screening methods, including:

- PSA blood tests
- Genetic risk testing
- Fast MRI scans

These tests will be used individually and in combination to determine the most effective approach for early diagnosis.

How will the trial work?

The study has two stages:

- Stage 1 will involve approximately 16,000 men. Researchers will compare four screening approaches with the current NHS pathway, where men are not routinely offered a PSA test but may request one.
- Stage 2 will involve hundreds of thousands of men. The most successful screening method(s) from Stage 1 will be assessed to determine how effectively they detect cancer while minimising unnecessary treatment and side effects. Participants will be followed for at least 10 years.

Who can take part?

Men aged 45–74 who receive an invitation from their GP may choose whether to participate. To ensure the study accurately reflects the UK population, only invited men can take part and volunteering is not possible.

Ensuring a diverse trial

Black men are twice as likely to develop prostate cancer, with 1 in 4 affected during their lifetime. To ensure reliable evidence for this higher-risk group:

- During Stage 1, at least 10% of invited participants will be Black men.
- From Stage 2, following additional Government funding of up to £18 million, all eligible Black men aged 45–74 who have not recently had a PSA test will be invited to participate.

By including a more representative population than any previous prostate cancer screening study, TRANSFORM will provide vital evidence to shape future screening programmes and has the potential to save thousands of lives each year.

Study Supports Wider Use of Less Invasive Prostate Cancer Treatment

A major NHS study has found that **focal therapy**, a less invasive treatment for prostate cancer, is as effective as surgery or radiotherapy while causing far fewer long-term side effects.

The treatment uses high-intensity ultrasound or cryotherapy to destroy cancerous tissue without removing the entire prostate. Researchers at Imperial College London followed nearly 3,500 men for 10 years and found that only two died from prostate cancer during the study, matching survival rates seen with standard treatments.

Patients receiving focal therapy were less than half as likely to experience complications such as urinary incontinence or erectile dysfunction. Research suggests the results provide strong evidence that focal therapy offers excellent long-term cancer control and should be made available at more NHS centres.

Although the treatment has existed for over 20 years, only around 1,000 men receive it annually in the UK, despite an estimated 15,000 being suitable candidates. It is only appropriate for cancers confined to one area of the prostate.

Campaigners say limited NHS availability has created a "postcode lottery", with routine treatment currently offered at only 10 centres in England. However, the government has pledged up to £2.8 million to expand access, while charities are urging NICE to approve focal therapy as a standard treatment.

Prostate Cancer UK said the findings could help thousands of men avoid life-changing side effects without increasing the risk of cancer returning, and may also strengthen the case for introducing a national prostate cancer screening programme.



Skin cancer: It's not always a changing mole

As temperatures rise and more people spend time outdoors, it's important to remember that skin cancer doesn't always look like a changing mole.

While many people know to watch for changes in moles, some forms of skin cancer can appear as a pink or red patch, flaky skin, a shiny bump or even a small sore that simply won't heal. Because these signs don't fit the typical image of skin cancer, they're often overlooked.

When people think of skin cancer, they usually imagine a dark mole changing shape or colour. Although this can be an important warning sign, it's only one of several symptoms.

According to Cancer Research UK, skin cancer is one of the UK's most common cancers, and cases continue to increase. A mark that remains for several weeks without improving should never be ignored, even if it doesn't look serious.



Warning signs to look out for

- A sore that hasn't healed after four weeks
- A pink, red or scaly patch of skin
- A shiny or pearly looking bump
- A persistent crusty area
- A mole that changes in size, shape or colour

Your skin has an excellent ability to heal itself. If a spot, patch or sore has been present for weeks or months without healing, it's worth having it checked by a healthcare professional.

Many people associate sun damage with holidays abroad, but much of our lifetime UV exposure happens here in the UK. Everyday activities such as gardening, walking the dog, eating lunch outside or relaxing in the garden all add up. With warmer weather becoming more common, protecting your skin and staying alert to changes is more important than ever. Visit our website for more information:

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



Shade – spend time in the shade, especially between 11 am and 3pm



Cover up with clothes, a wide-brimmed hat, and sunglasses with UV protection



Apply sunscreen with at least SPF 30 and 4 or 5 stars. Use it generously and reapply regularly

How to cope in a heatwave

This year we have been experiencing unusually high temperatures and whilst this may be welcomed by some, those affected by cancer can find extreme heat more difficult. The side effects of treatment can make it harder to keep hydrated or to regulate your body temperature, and can make it especially difficult to cope with the heat. You may feel more tired than usual, or dizzy, so it's important you do all you can to keep your cool.



Macmillan have created some top tips on keeping cool when the temperatures soar.

1. **Keeping your home cool** – Keeping windows and blinds shut during the heat of the day will help retain the cooler air inside your home. In the evening when the temperature drops you can open your windows and let the cooler air in. You can use a fan or make use of public spaces such as shopping centres and libraries as they often have air conditioning.
2. **Adjust your routine** – try to stay inside or in the shade during the hottest part of the day (usually between 11am and 3pm) and leave essential activities and chores for later when the temperature drops. Rest as much as possible and take cool but not cold showers.
3. **Stay hydrated** – cancer and its treatment can make you more dehydrated, so it's important to drink regularly. Drinking cold drinks and avoiding caffeine and alcohol will help. You may not feel like eating so try having small regular meals to make sure you are getting the nutrition your body needs.
4. **Protect your skin** – everyone should be protecting their skin during a heatwave, but side effects from cancer treatment can make your skin more sensitive to the sun and make you burn more easily than you did before, increasing your risk of skin cancer. It's important to stay in the shade as much as possible, cover up with a t-shirt and wide brimmed hat and apply a suncream with a high SPF (over 30) and 4 or 5 stars. Suncream should be used generously and reapplied regularly.
5. **Seek advice if you feel unwell** – people with cancer have a higher risk of developing heat exhaustion or heat stroke, so if you start to feel unwell during a heatwave, it is important to seek medical help. Heat stroke is a medical emergency so seek help immediately. Look out for the following symptoms.

Heat Exhaustion

- Tiredness
- Dizziness
- Headache
- Nausea (feeling sick or vomiting)
- Excessive sweating, pale or clammy skin
- Cramps in arms, legs or stomach
- High temperature
- Being thirsty
- Feeling irritable

Heat Stroke

- Very high temperature
- Hot skin without sweating
- Fast breathing and a fast heartbeat
- Confusion and restlessness
- Seizure (fit)

Tackling Viral Hepatitis to Reduce Liver Cancer Across Our Region



Across West Yorkshire, a quiet crisis continues to unfold, one that most people never see coming. Hepatitis C often hides in plain sight, silently affecting thousands who have no idea they're living with it. Behind the statistics are real lives, real families, and real moments that could be changed forever with one simple act: getting tested.

The **West Yorkshire Liver Care Operational Delivery Network (ODN)** has made it their mission to change this

story. Hosted by Leeds Teaching Hospitals NHS Trust, we've built a community of clinicians, addiction services, volunteers, and support groups who refuse to let people face viral hepatitis alone. Our work is rooted in compassion in the belief that everyone deserves the chance to protect their health and their future.

9/10 people living with Hepatitis are unaware

The truth is stark. **Nine out of ten people with Hepatitis C don't know they have it.** More than **50,000 people** are living with the virus right now. And every **thirty seconds**, somewhere in the world, a life is lost to a hepatitis-related illness. Thirty seconds, the time it takes to glance at a phone, make a cup of tea, or read a few lines of this story.

But woven through this urgency is something powerful, **hope**. Hepatitis C is **curable**. Completely curable. And the journey toward that cure begins with a test, a small moment that can change everything.

For anyone who's ever worried they might have been exposed, taking that step can bring relief, clarity, and control. If the test comes back positive, treatment can begin within weeks. No long waits. No endless uncertainty. Just a clear path forward.

Testing is available in places people already trust GP surgeries, Genitourinary Medicine (GUM) Clinics, sexual health clinics, drug and alcohol services. And for those who prefer privacy or comfort, a **free home-testing kit** can be ordered in seconds.

Every test taken is more than a medical action. It's an act of courage. It's a way of protecting yourself, your loved ones, and your community. It's a step toward eliminating Hepatitis C from West Yorkshire altogether.

If you want to learn more or take that first step, visit [westyorkshirlivercareodn.nhs.uk](https://www.westyorkshirlivercareodn.nhs.uk). Your story or someone else's could change today.

Get Tested for free today and help us eliminate Hepatitis C

Scan the QR code to order a free Test at Home Hepatitis C Kit

Find out more at www.westyorkshirlivercareodn.nhs.uk



Mission Remission

Laura's story

Laura Fulcher founded Mission Remission following her own battle with bowel cancer in 2013. It took 15 months of searching for a diagnosis. At only 29 years old, her symptoms were initially dismissed as irritable bowel syndrome. Once diagnosed, major surgery and months of gruelling chemotherapy followed, but finally she was told she was cancer free. She expected to feel victorious but instead felt numb. The end of treatment wasn't the end of the struggle—it was the beginning of a different one. Scar tissue caused chronic pain, chemotherapy left her with memory problems, and she lived in constant fear of the cancer returning. Yet she found little support existed for people adjusting to life after treatment.



Mission Remission founder Laura Fulcher

That experience inspired her to found **Mission Remission** in 2017. She wanted to create a community where cancer survivors could share their experiences, find practical support, and feel less alone. Today, Mission Remission has supported more than 22,000 people, partnered with the NHS to improve cancer services, and campaigns for faster diagnoses and better post-treatment care through initiatives such as the *Something's Not Right* campaign.

Mission Remission offer a variety of support and activities. Here's what's coming up: -

Mission Possible – A free online exercise programme for people living beyond cancer.

Wellbeing Workshops – Free, one-off workshops, talks and Q&A sessions led by health and wellbeing professionals.

Weds 2 September – 5pm to 6pm: Creative Writing. This online course runs for eight consecutive weeks.

Recovery café - A monthly online meeting place for cancer survivors to chat about issues such as the side effects of treatment, worries or wins in a confidential and totally informal setting.

Tues 18 August – 7pm to 8pm: Peer Support. Mission Remission Ops Director Hannah and Cancer Coach Kirstie Blanchette will host this peer support group to discuss the importance of self-compassion.

Tues 1 September – 3pm to 4pm: Coping With Hormonal Side Effects After Cancer Treatment. Join NHS GP and cancer coach Dr Suze Mellor and explore the hormonal side effects of cancer treatment experienced by both women and men, and practical ways to understand, manage, and cope with the changes they bring.

To find out more, visit <https://mission-remission.com/>



Morrisons introduces “Bog Standard” toilets in all 500 stores

Morrisons has become the first UK supermarket chain to introduce male sanitary bins in customer toilets across all of its stores nationwide.

The retailer, which operates almost 500 supermarkets across the UK, announced that the bins have now been installed in every customer toilet, making it the first supermarket to meet the "Bog Standard" guidelines. Developed by phs Group in partnership with Prostate Cancer UK, these standards encourage organisations to provide facilities for men living with urinary incontinence to dispose with dignity, including many who have undergone life-saving prostate cancer treatment.

The nationwide rollout follows feedback from customers and forms part of Morrisons' ongoing commitment to improving accessibility and creating more inclusive facilities for everyone.

Earlier this year, the supermarket also became the first in the sector to introduce stoma-friendly toilets across all of its stores. In addition, it added NHS guidance to its own-brand bath and shower products to encourage customers to recognise potential cancer symptoms at an early stage.

Prostate cancer affects one in eight men during their lifetime, with the risk increasing to one in four for Black men. While the disease is highly treatable when detected early, prompt diagnosis remains essential.

Up to 60% of men who undergo a radical prostatectomy—the surgical removal of the prostate to treat cancer—can experience urinary incontinence afterwards. Despite this, appropriate disposal facilities in public men's toilets are still uncommon, making it more difficult for some men to confidently take part in everyday activities.

By installing male sanitary bins across all of its supermarkets, Morrisons hopes to help address this issue and make its stores more accessible for customers affected by incontinence.

We hope to see other large supermarket chains following Morrisons' example and adopting the Bog Standard in their facilities in the near future.

To find out more about Bog Standard visit <https://www.phs.co.uk/male-incontinence/bog-standard/>



Look out for this sign to check for Bog Standard facilities



What have we been up to?

Embedding lived experience in cancer research and service delivery

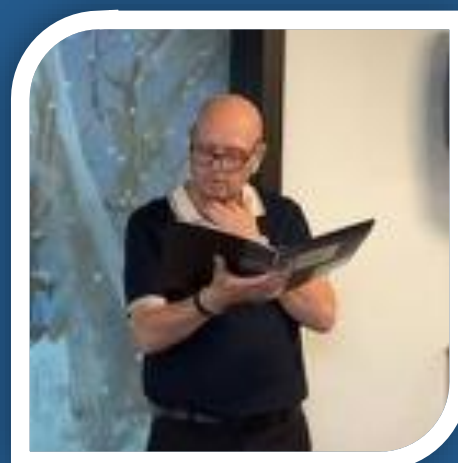
Our Project Lead Jess and Trustee Stephen attended an event on 10 July at York St John University entitled *Embedding lived experience in cancer research and service delivery*. Rebecca Stokes, Living With and Beyond Cancer Programme Manager at the West Yorkshire and Harrogate Cancer Alliance, was also present.

The event brought together a small group of clinicians, researchers, PhD students and people working in cancer services. Its main focus was how lived experience can be embedded meaningfully in research and service design, ideally from the very beginning through co-design and co-production rather than being added later as consultation.

A particularly powerful presentation was given by Jon Organ, who spoke about his experience of laryngeal and thyroid cancer, the loss of his natural voice, and the ways in which systems and services can fail people who communicate differently. His presentation strongly reinforced that communication, dignity and accessible care are not optional extras, but essential elements of safe and effective care.

Hello, can you hear me? Can you hear my voice?
Ask: is it out of duty or is it out of choice?
Hello, can you hear me? I speak from scars and grace.
From the danger of those living and the truth upon my face.
Hello, can you hear me? Hear the light behind each word.
This care becomes its strongest when every voice is heard.

Powerful poem by Jon Organ (pictured)



There was also useful discussion about the risk of lived experience input becoming dominated by a small number of confident and experienced contributors. While their insight remains valuable, panels and research projects also need to bring in fresh and current perspectives, particularly from people whose experiences may be more recent or less often heard.

The event also explored the value of supporting people with lived experience to understand research papers and processes, while ensuring that their contribution remains grounded in their own experience rather than requiring them to become academic specialists.

The day was useful both in extending our knowledge and in making contacts. The team connected with both research professionals and those with lived experience, giving us more opportunities for future collaboration so YCC can ensure lived experience is at the heart of cancer research and service delivery.



Wakefield Wellbeing Event, Wakefield Trinity Rugby Ground – 16 July

Cancer SMART Champion Barbara (pictured) went along with YCC colleagues Sarah and Lauren and fellow Champion Bob to the Wakefield Wellbeing Event, hosted by Turning Lives Around Ltd.

They spoke to dozens of people, raising awareness of our important Cancer SMART message and how people can help shape services with Patient VIEW.

Community Cancer Awareness Event – St George's Lupset – 24 July

Our manager Sarah (right) went along to St George's Lupset for their Cancer Awareness family fun event.

We have discovered that having games such as bra pong and pick stix really boosts engagement, and that having a more interactive stall means we have the opportunity to reach far more people with our important Cancer SMART message and support information.



5K Your Way – 25 July

Our trustee and treasurer Stephen (centre of pic) joined the Huddersfield 5K Your Way, Move Against Cancer event hosted by Huddersfield Parkrun.

This event is held on the last Saturday of the month and is a friendly and supportive group for anyone affected by cancer to get outside and enjoy some exercise. For more information, visit <https://www.moveagainstcancer.org/5k-your-way/>



What We're Working On & Opportunities To Get Involved

Free Lunch & Learn Session

Beyond the algorithm: What it Takes for Personalised Breast Cancer Risk to Reach South Asian Women

Presenter: Swetha Kannan (University of Cambridge)

When: Friday, 28 August, 12:00 – 1:00 pm

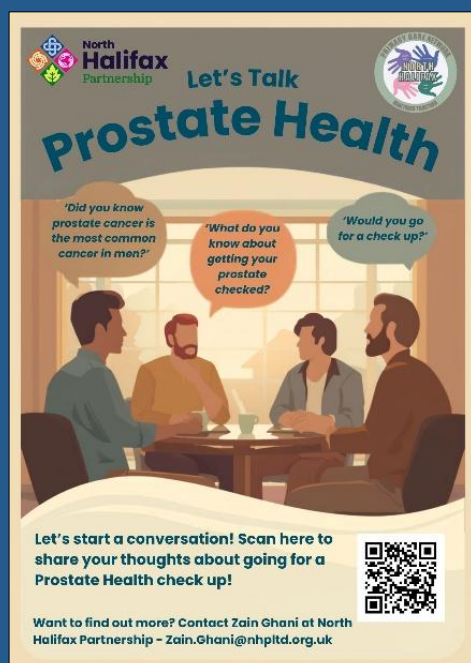
University of Cambridge PhD researcher Swetha Kannan will share findings from a pioneering study of multifactorial breast cancer risk prediction among Indian women in the UK, based on interviews with 28 women aged 18–75. The session will explore how cultural beliefs, family dynamics, and experiences of healthcare shape engagement with risk prediction tools, and the emotional barriers that can accompany receiving a risk result.



Swetha will also outline a culturally grounded approach to equitable risk assessment, covering education, bilingual design, psychological support and community outreach, alongside future research with Pakistani and Bangladeshi communities, as well as future fieldwork in India. Attendees will gain insight into why effective and equitable cancer prevention depends not only on the science behind risk prediction tools, but also on trust, culture, and communication.

To register for the Lunch & Learn please either email jess@yorkshirecancercommunity.co.uk or if you're accessing the newsletter through the online version, please click on the following link: [Beyond the algorithm: What it Takes for Personalised Breast Cancer Risk to Reach South Asian Women](#)

Research Opportunities



Prostate Health Check-Up Survey – North Halifax

North Halifax Partnership and North Halifax Primary Care Network are asking local men to share their views and experiences of prostate health check-ups.

The anonymous survey aims to understand what encourages men to get checked and any barriers or misconceptions that may prevent them from doing so.

They are particularly keen to hear from Black men aged 45+, but welcome responses from men of all ages and backgrounds.

If you live in North Halifax, please take a few minutes to share your views and help inform future local engagement around prostate health by scanning the QR code on the poster or emailing Zain.Ghani@nhpltd.org.uk

RESEARCH INVITATION

Are you supporting a person with head and neck cancer who has expressed thoughts of harm or suicide?

We want to hear more about your experiences

Who can take part?
This study is for family members, carers or friends.

Why is this study being conducted?
We want to ensure better support for people when a person with head and neck cancer has expressed thoughts of harm or suicide.

What will I have to do?
Take part in a 40-minute interview with an experienced member of the research team, at a time suitable and convenient for you.

How do I take part?

Scan the QR code to learn more or contact

OR email
Cherith Semple
c.ample@ulster.ac.uk

Study approved by Ulster University Research Ethics Committee (REC 26/0019)

Research Study: Family, Friends, and Carers' Experiences of Suicide Ideation in People with Head and Neck Cancer (REC 26/0019)

Ulster University is conducting a research study exploring the experiences of family members, close friends and carers when a person with head and neck cancer experiences thoughts of self-harm, feels that life is not worth living, or has more active thoughts of suicide.

The study aims to improve understanding and support for people with head and neck cancer experiencing suicidal thoughts, as well as those close to them. Friends, family, and carers are invited to take part in a 30–40 minute interview with an experienced member of the research team, at a time that is convenient for them.

For more information or to provide consent to participate, please visit the study link below or contact Cherith Semple at c.ample@ulster.ac.uk

<https://app.onlinesurveys.jisc.ac.uk/s/ulster/pis-consent-form-head-and-neck>

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

Tell us what you think about out of hospital cancer treatment

We are looking at how we offer patients more choice in how they receive their cancer care.

Some cancer treatments, like medicines you swallow as tablets and injections that go into the skin, can be given safely outside of the home.

We would like to know what you think about having cancer treatment in a community clinic, or even at home in the future.

Feedback is welcome from everyone.

Let us know what you think by scanning the QR code and filling in the survey.



Out of Hospital Cancer Treatment Survey NHS Calderdale, Huddersfield, and Mid Yorkshire Non-Oncology Partnership

Tell us what you think about out of hospital cancer treatment. We would like to know what you think about having cancer treatment in a community clinic, or even at home in the future. We are looking at how we offer patients more choice in how they receive their cancer care. Some cancer treatments, like medicines you swallow as tablets and injections that go into the skin, can be given safely outside of the hospital. Feedback is welcome from everyone. Let us know what you think by either following the link below or scanning the QR code on the poster.

<https://www.midyorks.nhs.uk/cancer-treatments-at-home-or-in-the-community/>

New Study: Breast Reconstruction Needs of Older Women with Breast Cancer

Breast cancer is the most common cancer in females worldwide. The population of older women living with breast cancer is set to increase over time due to our aging population as well as improvements in treatments. Breast reconstruction improves patients' quality of life. Despite this, the importance of breast reconstruction in older women is less well understood.

This study aims to explore the breast reconstruction needs of older women with breast cancer focusing on three main areas:

1. patient factors – the reasons why an individual patient may or may not choose reconstruction
2. healthcare professionals – the reasons why healthcare professionals may or may not promote reconstruction to their patients and the barriers to provision

- representatives from industry – targeting those who manufacture, sell or promote reconstruction products such as implants, to assess their thoughts on reconstruction in older women and potential barriers

At this stage we are looking for women with breast cancer over the age of 65 years, to help plan how to carry out part 1 of this study. This will involve a short conversation either online or in-person with the researcher. If you would like to be involved, please contact Jess on jess@yorkshirecancercommunity.co.uk

Upcoming events

Here's what we have coming up this month.

Sun 2 Aug – Stall at the Yorkshire Day event at Oakwell Hall, Nova Lane, Birstall, Batley WF17 9LF at 11am – 6pm.

Thu 27 Aug – Cancer SMART champions online meeting 6pm – 7.30pm. Please contact our team for the link on cancersmart@yorkshirecancercommunity.co.uk.

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



@YorkshireCancerCommunity



@yorkshirecancercommunity



We're super-excited to be attending the Yorkshire Day event at Oakwell Hall.

There's loads of fun activities for all the family, and we'll be there with our stall. Why not come along and have a chat? We'll have lots of information, plus our tombola, games and of course our fantastic bra pong game! You won't want to miss it.

Where: at Oakwell Hall, Nova Lane, Birstall, Batley WF17 9LF at 11am – 6pm.

When: Sunday 2 August – 11am – 6pm

Cost: Free entry

Lemonade to host second Teal Party in York this August



Lemonade, the Yorkshire-based charity supporting women affected by ovarian cancer, is hosting its second Teal Party this summer — a free afternoon of connection, relaxation and refreshment for anyone affected by the disease and their loved ones.

The event takes place on **Sunday 16 August, 2–5pm**, at **Cosy Club in York**. Having held its first Teal Party in West Yorkshire, Lemonade has chosen York for this second gathering to reach people across North Yorkshire, reflecting the charity's commitment to supporting women throughout the wider Yorkshire region.

Attendees can look forward to complimentary food, prosecco and wine, alongside pampering treatments from two therapists returning by popular demand: Vicki from Serenity Therapies and Rachel from Daisy Rose Massage.

The Teal Party is open to anyone affected by ovarian cancer, and attendees are warmly encouraged to bring a friend or family member along. Feedback from the inaugural event last November was overwhelmingly positive, with many attendees describing how valuable it was to spend time with others who understood their experience.

"The last event was superb, so I'd definitely recommend it to anyone that couldn't make it before," said one attendee. Another added: "Thank you for organising another event — I'm sure it will be awesome."

Tickets are **free** and available via Eventbrite: [The Teal Party Tickets, Sunday, August 16 • 2 PM - 5 PM | Eventbrite](https://www.eventbrite.co.uk/e/the-teal-party-tickets-2023). For more information about the charity's work supporting women affected by ovarian cancer, visit <https://www.we-are-lemonade.co.uk/> or follow Lemonade on social media @lemonadecharity.



NATURE for Wellbeing

12 WEEK PROGRAMME

Supporting your mental health, wellbeing and sense of connection through nature and creativity.

You are
not alone.
Nature helps.
We support.

A GENTLE, SUPPORTIVE SPACE FOR YOU

This programme is for anyone who would benefit from time out in nature, with like-minded people, in a safe and welcoming environment.

SUPPORTING:

-  Mental health & emotional wellbeing
-  Cancer support & recovery
-  Stress, anxiety & low mood
-  Building confidence & self-connection
-  Community & belonging

Step outside,
breathe deep,
create, connect
and grow.

Small steps
in nature
can make a
big difference



NATURE WALKS



NATURE CRAFTS



TIME TO PAUSE

WHAT TO EXPECT



Guided
nature walks



Creative
nature crafts



Supportive
group
connection



Mindful
moments &
reflection

♥ No experience needed.
Just come as you are.

♥ All materials provided.

♥ Refreshments included.

Your wellbeing
matters.
Take time
for you.

12 WEEK PROGRAMME

-  Weekly sessions
-  Small, friendly groups
-  Local green spaces & creative venues

FIND OUT MORE

Email: thecraftycreatives@gmail.com

Website: www.thecraftycreatives.com

 The Crafty Creatives CIC

Connecting people, nature and creativity for better wellbeing ♥

South Kirklees Community Model of Support

Community Engagement Survey

*Help Shape
Cancer Support
in Your Community*

We want to understand what matters most to people affected by cancer.



OUR VISION



Everyone affected by cancer should have access to the right support, at the right time, and in the right place.



Personalised



Inclusive



Accessible



Community-Based

HAVE YOUR SAY

Scan the QR Code

Share your views and help shape future cancer support in South Kirklees.

South Kirklees Community Model of support Engagement



WHAT WE WANT TO KNOW



What support is important to you?



What barriers prevent people accessing help?



How can support be more accessible?



How can communities better support people affected by cancer?

WHY YOUR VOICE MATTERS

Your feedback will help us:

- ✓ Improve access to support
- ✓ Reduce health inequalities
- ✓ Strengthen community-based care
- ✓ Improve quality of life



Community • Compassion • Collaboration

Get Involved. Make Your Voice Count.

Visit to Wentworth Castle Gardens

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

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



Free event with refreshments & crafts.

 Meeting point: Wentworth Castle Gardens Car Park, S75 3EN



Monday 24th August



2PM - Approx. 2 hour session