



**Yorkshire Cancer
Community**

October 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 October edition of the VOICE Newsletter

First of all we'd like to say a huge thanks to **West Yorkshire Liver Care ODN** who have sponsored this month's edition. Find out more about the impact they're having on page 9.

This month we've got lots to share with you. Find out how our simple leaflet had a big impact -pg. 3, and how actress Ellie Leach is urging young women to attend their cervical screening appointments after her first ever smear test revealed sinister results - pg. 5. We celebrate breast cancer awareness month by sharing the Coronation Street storyline featuring male breast cancer, an often overlooked or unknown condition affecting approx. 400 men in the UK each year - pg. 6.

We bring you two new support groups - pg. 4, news of Reclaim, a creative movement programme - pg. 6 and share study results showing how keeping active can reduce your cancer risk - pg. 8. There's also positive news on bladder cancer on pg. 10, and Stoptober - stop smoking campaign on pg. 11.

This month we have joined TikTok and have a new Hereditary Cancers page of our website - see pg. 12. We also share Lauren's 5k Yorkshire Coast Fundraiser – please sponsor her if you can – pg. 19.

Best wishes

Sarah, Clare, Jess and Lauren

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Your Stories

This Leaflet Saved My Life

Here at YCC, we work hard to raise awareness of how to reduce your risk of cancer with our Cancer SMART project. As part of this, we have designed a few leaflets, and we attend events with our information stalls, and chat to members of the public about the importance of screening, etc. It can be difficult to know how much impact our message is having, but every now and then we get feedback that simply blows us away. Here's such a story.

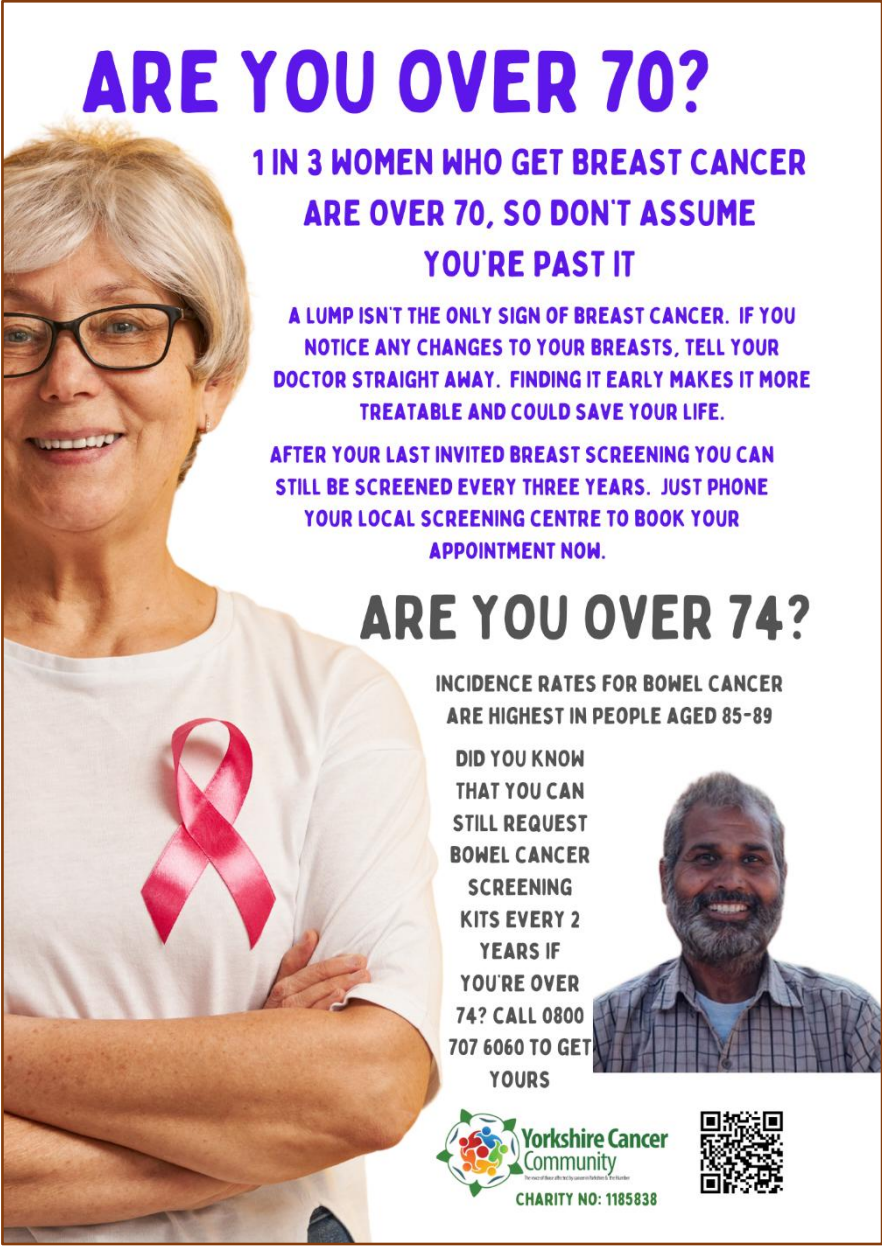
On 22 June our Patient VIEW Project Lead Jess was at the OPAL (Older People's Action in the Locality) Welcome Inn Community Centre event in Leeds, and a lady approached her stall. She pointed out our leaflet and said "That Leaflet Saved My Life".

She went on to explain that she hadn't realised that she could still have breast screening after the age of 70, as she was no longer invited to attend. So, she had taken the leaflet to her doctor and said I want to have a mammogram. The lady in question didn't have any symptoms but had always attended her regular breast screening appointments and wanted to continue. So, she was put in touch with her local breast screening service and an appointment was made.

The mammogram showed that she had breast cancer

It was caught at an early stage, before symptoms had developed, and the lady received treatment and made a full recovery. If she hadn't gone for the mammogram her cancer might have been at an advanced stage before it was discovered and the outcome may have been very different indeed.

Picture showing cancer survival by stage at diagnosis courtesy of Cancer Research UK



ARE YOU OVER 70?

1 IN 3 WOMEN WHO GET BREAST CANCER ARE OVER 70, SO DON'T ASSUME YOU'RE PAST IT

A LUMP ISN'T THE ONLY SIGN OF BREAST CANCER. IF YOU NOTICE ANY CHANGES TO YOUR BREASTS, TELL YOUR DOCTOR STRAIGHT AWAY. FINDING IT EARLY MAKES IT MORE TREATABLE AND COULD SAVE YOUR LIFE.

AFTER YOUR LAST INVITED BREAST SCREENING YOU CAN STILL BE SCREENED EVERY THREE YEARS. JUST PHONE YOUR LOCAL SCREENING CENTRE TO BOOK YOUR APPOINTMENT NOW.

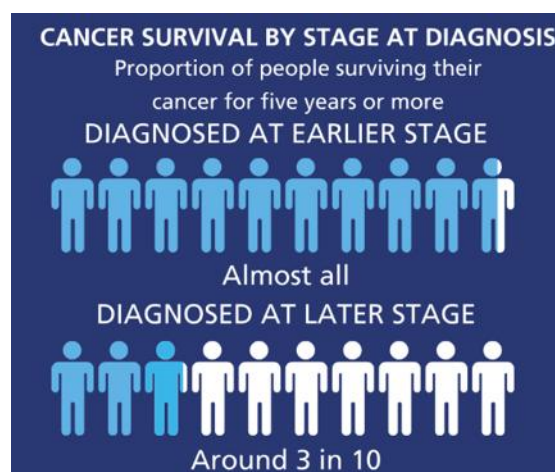
ARE YOU OVER 74?

INCIDENCE RATES FOR BOWEL CANCER ARE HIGHEST IN PEOPLE AGED 85-89

DID YOU KNOW THAT YOU CAN STILL REQUEST BOWEL CANCER SCREENING KITS EVERY 2 YEARS IF YOU'RE OVER 74? CALL 0800 707 6060 TO GET YOURS

 **Yorkshire Cancer Community**
CHARITY NO: 1185838







Skipton

PROSTATE CANCER PARTNER'S SUPPORT GROUP

WHEN: 1st Friday of each month
1:00pm - 3:00pm

WHERE: Fisher Medical Centre
Coach Street
Skipton, BD23 1EU

WHO: Jo Evans
skiptonpartnerspcsg@gmail.com



tackle
prostate cancer

New Prostate Cancer Partner's Support Group in Skipton

This new support group is for people whose partners have prostate cancer. The group will meet at the Fisher Medical Centre, Coach Street, Skipton, BD23 1EU on the first Friday of every month from 1pm to 3pm. Their first meeting was on 4 September, and their next will be on Friday 2 October.

If you would like more information, please contact Jo Evans at skiptonpartnerspcsg@gmail.com.

There is also a prostate cancer peer support group held at the same venue on the second Friday of every month from 1pm to 3pm. To find out more about this group, contact Tim on tel 07867 276512 or email skiptonprostate@pm.me

New Cancer Support Group in Cleckheaton

Introducing new support group CAST Cancer Advocate Support Team. This new peer support group offers a warm welcome and a listening ear to anyone affected by cancer. Whether you're going through cancer right now, have finished treatment and are struggling to put the pieces of your life back together, have supported a loved one or family member, or simply want to be around people who truly understands what it's like to be affected by cancer, this group is for you.

The groups first meeting will be at the Spen Tap pub, 1 Bradford Road, Cleckheaton BD19 5AG on Wednesday 14 October at 6.30pm, and then monthly on the second Wednesday of the month.

Please contact Michael Barton at cast2026@gmail.com for more information.

CAST

CANCER ADVOCATE SUPPORT TEAM

You are not alone.

A welcoming space for



PEOPLE
GOING THROUGH
CANCER



CANCER
SURVIVORS



FAMILIES
& CARERS



ANYONE
IN THE
COMMUNITY

SUPPORT • UNDERSTANDING • STRENGTH • HOPE





2ND WEDNESDAY OF THE MONTH

18:30

SPEN TAP, CLECKHEATON



Together, we can face anything. ♥

LISTENING • SHARING • CARING • SUPPORTING

Ellie Leach is Raising Awareness on the Importance of Cervical Screening

Strictly winner and Corrie actress Ellie Leach is raising awareness about the importance of going for your smear test after her first ever cervical screening test revealed HPV and pre-cancerous cells.

Ellie, aged 25, said she was nervous about booking her smear test, but is really glad she did as the results came back that she was HPV positive and had severe high grade changes to the cells lining her cervix. Ellie had a further test called a colposcopy where medical staff examined her cervix and took biopsies which confirmed that the abnormal cells were pre-cancerous. She then had to undergo a LLETZ (large loop excision of the transformation zone) procedure to remove the pre-cancerous cells. This involves using a thin electrically-heated wire loop to remove the cells under a local anaesthetic. It is a quick outpatient procedure which takes around 10-15 minutes. Three weeks later the results came back and showed the cells removed were CIN1 (low grade) and CIN2 (high grade) cells. If left untreated, CIN1 cells will often go away without treatment and may just require monitoring, but CIN2 cells are more likely to develop into cervical cancer if left untreated, so are usually removed. Now that these abnormal cells have been removed, Ellie needs no further treatment but will have to go for a follow-up smear in 6 months' time.

Ellie has recently appeared on ITV's Good Morning Britain and has shared her experiences on TikTok to raise awareness of the importance of going for your smear test. Many women wrongly believe you don't need a smear test if you have had the HPV vaccine, but Ellie's experience has shown that smear tests are still essential, as if she hadn't gone for her smear test and discovered her pre-cancerous cells, they could have developed into cervical cancer.

You can watch Ellie's video on Facebook - <https://www.facebook.com/watch/?v=1678297453860128>

You can watch Ellie's video on TikTok - <https://www.tiktok.com/@ellielouiseleach/video/7668396207068318978>



Ellie said "If I hadn't gone for my first initial smear test, I would never have known that I had pre-cancerous cells and now they've been removed, I feel so much better about it. Please, please, please go for your smear test because they genuinely could save your life!"

HPV (Human Papillomavirus) is a very common virus and is responsible for 99.7% of cervical cancer cases according to Cancer Research UK. It also causes other cancers such as throat, anal, penile, vaginal and vulval cancers. Currently, the HPV vaccine is routinely offered to boys and girls aged 12 – 13 (school year 8). People born after 2006 can get the vaccine for free at their GP if they didn't get it at school, up to the age of 25. It's also available for free to men who have sex with men and some transgender people up to the age of 45 through sexual health and HIV clinics. Whilst incredibly effective at reducing cancer cases, the vaccine doesn't protect against all high-risk strains of HPV. The HPV vaccine and cervical screening combined is the most effective way to prevent cervical cancer.

Male Breast Cancer and Hereditary Cancer highlighted in Coronation Street storyline

It's Breast Cancer Awareness Month in October and Hereditary Cancer Awareness Week 28 September to 4 October, so it seems very timely that Coronation Street have a storyline highlighting male breast cancer caused by an inherited BRCA2 gene change.

Weatherfield detective Kit Green (pictured - played by Jacob Roberts) is depicted as being diagnosed with stage three male breast cancer following discovering he had inherited a BRCA gene mutation after the passing of estranged Aunt Celeste. The ground-breaking storyline shows Kit struggling to cope with his diagnosis, which he hides from his family and friends at first.



ITV bosses worked closely with Macmillan and Breast Cancer Now and spoke to men affected by breast cancer to ensure the storyline was authentic and to help raise awareness and reduce stigma surrounding breast cancer in men. Like Kit in the show, many men aren't aware that they can even get breast cancer, which can lead to delayed diagnoses, feelings of embarrassment or shame, and increased mortality rates.

Breast cancer in men (including trans women and some non-binary people assigned male at birth) is very rare; there's only around 400 cases in the UK every year, compared to around 55,000 cases in women.

What are the symptoms of breast cancer in men?

- a lump or swelling in your chest or armpit
- liquid (discharge) leaking from your nipples (which may contain blood)
- changes in the size or shape of either side of your chest
- sores or ulcers on your chest
- a change in the shape or look of your nipple (it might look puckered or turn inwards)
- a rash on your nipple that looks like eczema

If you have any of these symptoms, it's important that you speak to your GP. Some symptoms may have other causes, but it's important to rule cancer out early.



Introducing Reclaim

RECLAIM

Gentle movement and connection for women affected by cancer

- ✓ *No dance experience needed*
- ✓ *Go at your own pace*
- ✓ *Come on your own or bring a friend*

Wednesdays
7-8.30pm
(starting 9th Sept)

St Aelred's Community Centre,
216 Fifth Avenue,
York, YO31 0PN

Reserve your place now




07881 922343
hello@movingmindsdance.co.uk

 The Shears Foundation




Reclaim is a new 12-week creative movement programme which launched in York on 9 September for women affected by cancer. The programme is being run by Moving Minds, a York-based creative health organisation that uses dance and creative movement to improve health and wellbeing across healthcare and community settings. Women can join the programme at any point, so it's not too late to book your place.

Reclaim has been created for women at any stage of their cancer journey, including those living with cancer, undergoing treatment, living beyond cancer, and women supporting someone they love through cancer. Through gentle, creative movement, the programme aims to help women reconnect with their bodies, build confidence, reduce feelings of isolation and experience the benefits of moving together in a warm, welcoming and supportive environment. No dance experience is needed.

Sessions take place at St Aelred's Community Centre, 216 Fifth Avenue, York YO31 0PN on Wednesdays at 7pm – 8.30pm.

To book your place, either tel. 07881 922343, email hello@movingmindsdance.co.uk, or scan the QR code to access their online referral form.

Sessions are led by specialist dance artists and cost £4 per person.



News

A new study reveals the importance of keeping active to reduce cancer risk

Researchers at UCL, led by Dr John Mitchell (UCL Division of Surgery and Interventional Science), used smartwatches to track the daily movements of 59,218 people (average age 61.7) to monitor daily activity. They observed how much time was spent sleeping and sedentary behaviour such as sitting or watching TV, time spent standing up and moving, including moderate or high-intensity exercise.



Over an eight-year study, 2,385 cancers occurred in the group. Using modelling to see how the differences in activity was linked to cancer risk, the outcome, published in *BMC Medicine*, showed that reducing movement and increasing sedentary behaviour by only 30 minutes per day increased your cancer risk by a whopping 8%.

Previous research has found strong evidence that higher levels of activity are linked to a lower risk of several cancers – including of the bladder, breast, bowel, kidney and stomach.

In summary, the more you move, the lower your risk of cancer

Don't worry. We're not suggesting that everyone should rush out and join a gym or sign up to run a marathon (although don't let us stop you either). It's more about how to increase your daily movement with everyday activities and adapting your lifestyle in order to reduce your risk over time.

NHS guidelines say adults should aim for at least 150 minutes of moderate intensity activity a week or 75 minutes of vigorous intensity activity a week

Examples of moderate activity include very brisk walking (4mph or faster), cycling at 10mph-12mph, or household chores like vacuuming, washing the car or mowing the lawn.

Examples of vigorous activity are those which raise your heart rate and make you sweat. They include sport, jogging, rushing up the stairs, carrying home heavy grocery bags, or digging the garden.

The take-home message is to move your body as often as you can. If you sit for long periods as part of your job, aim to get up every half an hour and just walk around, pace whilst you are on the telephone, or put on the radio and dance in your kitchen. If you're a telly addict, use the commercial breaks as a cue to get up and march on the spot. Whatever works for you to help you lower your risk of cancer. You never know, you may even have fun in the process.

A Message from our Sponsors



Community Liver Health Checks: Bringing Support Closer to Home



Over the past three years, the **Love Your Liver Roadshow** has brought liver health support directly into communities across West Yorkshire. Delivered by the West Yorkshire Liver Care ODN and the British Liver Trust, the roadshow offers liver scans, hepatitis testing and friendly, informal conversations in familiar local settings. This makes liver health more visible, approachable and easier to access.

Three Years of Impact

01

1,700 people engaged with the Liver Buddies team

02

1,290 liver scans provided reassurance and early risk identification

03

44 referrals for further care

04

686 feedback forms showing strong public engagement

Reducing Barriers

By meeting people in places they already know and trust, the roadshow creates opportunities for open conversations about liver health. On-the-spot scans offer reassurance and help identify people who may need further support, including those who might otherwise be missed.

Trusted Information: ODN Website

At the roadshows, other events and wider services, we signpost the public to our ODN website. The website provides trusted, easy-to-understand information for patients, families and professionals, bringing together guidance on liver health, local services, treatment pathways and support options in one place. To ensure the information is as accessible as possible, it can be translated into multiple languages at the click of a button.

Visit our website at: www.westyorkshirlivercareodn.nhs.uk

Working with Local Partners

The team works closely with local partners, including drug and alcohol services and community organisations, to help people access wider support. This may include housing advice, mental health services, financial guidance and hepatitis treatment pathways.

Why This Work Matters

For Yorkshire Cancer Community readers, this is outreach in action. Community Liver Health Checks reduce barriers, support earlier intervention and connect people with the right help at the right time. By bringing liver health into everyday places, the roadshow helps people feel informed, reassured and able to take positive steps towards better health.



New Urine Test Can Discover Bladder Cancer

An at-home urine test being trialled by the NHS has been shown to detect more than nine out of ten cases of bladder cancer, according to the latest research.

The study, published in *European Urology Oncology*, was led by the University of Birmingham in partnership with diagnostics company Nonacus. It involved almost 1,000 patients across seven hospitals in England and Scotland.

Researchers hope the test could reduce the number of people who need urgent and more invasive procedures known as cystoscopies. These involve passing a small camera through the urethra and into the bladder. If a larger trial proves successful, tens of thousands of patients could potentially avoid these procedures each year.

More convenient for patients

More than 300,000 cystoscopies are carried out in the UK every year, with some areas facing considerable waiting lists. The urine test would not replace cystoscopies, but it could help doctors identify patients who are more likely to have bladder cancer and prioritise them for urgent investigations.

In the NHS trial, the Galeas urine test detected 92% of bladder cancer cases.

A negative result indicated that there was more than a 99% likelihood that the patient did not have bladder cancer. The test looks for genetic material released into the urine by bladder cancer cells. It was initially developed by researchers at the University of Birmingham with funding from Cancer Research UK (CRUK). It searches for more than 450 DNA mutations linked to bladder cancer across 23 different genes.

Prof Richard Bryan, a co-author of the study from the University of Birmingham, said that after years of developing and assessing the technology, it was exciting to see its **"very promising early performance"** among a large group of patients in a real-world setting.

Through a licensing agreement, Nonacus has commercialised the test and returns part of the revenue to the University and CRUK.

Michelle Mitchell from CRUK said: "Too many people are waiting longer than they should for a bladder cancer diagnosis, and it's essential that we find ways to tackle this problem.

"It's early days for this test and further research is needed, but it's vital that we continue to find faster and less invasive ways to help diagnose or rule out cancer."

Bladder cancer is more common among men over the age of 60, with blood in the urine being the main symptom.

The seriousness of bladder cancer depends on the size of the tumour and whether it has spread to other parts of the body.

Detecting and treating cancer at an early stage can save lives.



Stop Smoking for Stoptober 2026

Better Health Smoke free **NHS**

What happens when you stop smoking?

It is never too late to stop smoking and many health benefits will happen faster than you think. Here's what can happen after your last cigarette...

The infographic shows a timeline of health benefits from quitting smoking:

- After 20 minutes...**: Your pulse is already returning to normal. (Icon: Heart with pulse line)
- After 8 hours...**: Your oxygen levels are recovering and the harmful carbon monoxide in your body has halved. (Icon: Hand with oxygen levels)
- After 48 hours...**: All carbon monoxide is flushed out. Your lungs are clearing out mucus and your senses of taste and smell are improving. (Icon: Lungs with mucus being cleared)
- After 3 to 9 months...**: Your lungs are working 10% better so less coughing and wheezing. (Icon: Person coughing)
- After 2 to 12 weeks...**: Your blood is pumping to your heart and muscles better thanks to improved circulation. (Icon: Heart with blood flow arrows)
- After 72 hours...**: Breathing feels easier and best of all you're feeling more energetic. (Icon: Person running)
- After 1 year...**: Your risk of a heart attack has halved compared to a smoker. (Icon: Heart with a checkmark)
- After 10 years...**: Your risk of death from lung cancer has halved. (Icon: Person with a checkmark)
- After 15 years...**: Your risk of heart attack is now the same as someone who has never smoked. (Icon: Heart with a checkmark)

With the right support you're up to three times as likely to quit for good.

search Better Health Quit Smoking now

SR-P0541

Smoking is the leading preventable cause of cancer worldwide, so there's never been a better time to quit.

Stoptober is an annual campaign which encourages smokers to quit the habit for good. The idea behind the campaign is that if you can stop smoking for 28 days, you are more likely to stop for good.

The NHS has lots of resources to help you on your journey, including a free Personal Quit Plan with help and practical tips for you to prepare for your quit date, see how much money you could save and manage smoking triggers and cravings.

You can also download the NHS quit smoking app which allows you to track your progress, see how much you're saving, get daily support and get inspired by others.



For support to help you quit, visit <https://www.nhs.uk/better-health/quit-smoking/> or speak to your GP.

NHS

WHEN YOU QUIT, YOUR FAMILY WINS

From health benefits to cost savings, there are so many reasons to quit smoking.

Scan for help to quit

STOP TOBER LET'S QUIT SMOKING TOGETHER

What have we been up to?



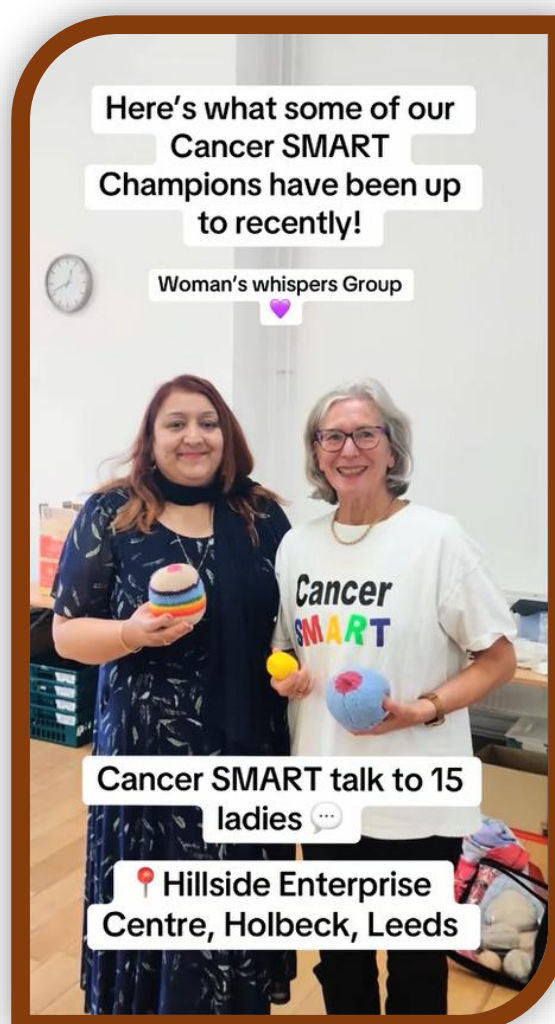
Yorkshire Cancer Community is now live on TikTok

Here at YCC, we are always on the lookout for ways to reach more people with our Cancer SMART message, and social media has a huge part to play in this. Our Cancer SMART project lead Lauren has created an account for us on TikTok to help spread our Cancer SMART message even further.

TikTok is a very popular social media platform, especially among the younger age group. It differs from other platforms such as Facebook or Instagram, as it contains only short videos. However, these videos can quickly reach thousands of followers, so we're hopeful that joining this platform has potential to really increase our reach.

We would love for you to follow us on TikTok, and watch and share our videos. You can download the app for free and just look for us @yorkshirecancercommunity or click the link below.

To find us and watch our first TikTok video, go to <https://www.tiktok.com/@yorkshirecancercommunity>



Hereditary Cancers

About 5% to 12% of cancers are hereditary, meaning they are linked to an abnormal gene passed down from a parent

Celebrating Hereditary Cancer Awareness Week – 28 September to 4 October

We're helping raise awareness of hereditary cancers with the introduction of a brand-new page of our website. Here you will discover all about the various gene changes that can significantly increase your risk of developing cancer, such as BRCA1, BRCA2 and Lynch Syndrome. Our new page covers areas such as what to do if you think you have inherited a gene change, genetic testing and charity and support organisations that can offer advice and support.

Please visit our new page today to find out more.

<https://www.yorkshirecancercommunity.co.uk/hereditary-cancers/>



Cancer SMART Stalls

Health Check Event

Manningham Mills Community Centre, Bradford – 16 September

Gordon attended an NHS Health Check event with the Cancer SMART stall and said he had some really good conversations with people at the event.

Cancer SMART Talks

Women's Whispers

Holbeck, Leeds – 18 September

Julie delivered a Cancer SMART talk to 15 ladies at the Women's Whispers group in Holbeck, Leeds. She is pictured with Sunjeeda Hanif, who founded Women's Whispers.

Women's Whispers is a community organisation supporting:

- Mothers and lone parents
- Women from Black and ethnically diverse communities
- Survivors and those who have experience of domestic abuse

You can find out more about Women's Whispers at <https://womenswhispers.org/>

Young@Heart Group

Rycroft Community Centre, Wakefield – 21 September

The Young@Heart Group was formed in 2019 to provide a place for people to meet, particularly those who may feel lonely or are simply in need of a chat.

Lauren delivered a Cancer SMART talk to 16 ladies at the group. They also had a lot of fun decorating our Cancer SMART tote bags, and we received positive feedback.



What We're Working On & Opportunities To Get Involved

Digital health and care

Does it work for you?

Can you find your way around the NHS App?
Can you get an online appointment?
Do you have a signal to get online, or enough credit?

Whether you use digital health services every day, struggle to use them, or don't use them at all...
We want to hear from you.

We're going all over the District talking to people, but you can take part online too.

Or give us a call on 01924 787379.

healthwatch
Wakefield

Survey closes Friday 30 October

Healthwatch Wakefield Digital Project Survey

Not everyone can use digital health and care services. Digital health and care services includes apps, software, artificial intelligence and digital platforms.

Some people don't have access to the internet, some lack the skills or confidence, and some people may just prefer not to use digital tools.

We would like to hear about your experiences of using the NHS App, Patches, online appointments and other digital services.

Together, we can help to make sure that no one is left behind, and that non-digital ways to access care remain available.

All responses are anonymous.

To take part in the survey, either scan the QR code, or telephone 01924 787379. Survey closes on Friday 30 October.

Healthwatch Leeds

Healthwatch Leeds is supporting a national research project looking at how money is spent on cancer care in the NHS and whether this is fair for people from different backgrounds.

We're inviting people in Leeds to take part in a focus group on Tuesday 6 October, 9:30 am–12:30 pm, at The Old Fire Station, Jimmy's Room, Gipton Approach, Leeds LS9 6NL where you can share your experience of cancer care, either as someone who has had cancer or as someone who has supported a family member, friend or someone close to you.

Survey link:

<https://www.surveymonkey.com/r/CancerJ6Oct>

Have you or someone close to you had cancer?

Healthwatch Leeds wants to hear about your experience of cancer care.

We are looking for people who:

- Have had cancer in the last five years, or supported someone close to them who has
- Live in Leeds
- Have found it difficult to manage financially at the time

Focus Group details
Date: Tuesday 06 October 2026
Time: 09:30am to 12:30pm
Location: Jimi's Room, The Old Fire Station, Gipton Approach, Leeds, LS9 6NL

Interested in sharing your experience?
Complete our short survey to see if you can take part or contact Parveen for more information on 0113 898 0035

Our focus groups tend to be popular, so please get in touch soon. Refreshments and a voucher will be provided.

SCAN ME!

healthwatch
working with **Leeds**

NHS The Leeds Teaching Hospitals NHS Trust
NIHR Biomedical Research Centre
UNIVERSITY OF LEEDS



West Yorkshire and Harrogate Cancer Alliance
Transforming cancer care and improving outcomes for all

Cancer Community of Practice

For Connecting Roles and the Wider Non-Clinical Workforce

SUPPORTING PEOPLE AFFECTED BY CANCER

Join colleagues from across West Yorkshire and Harrogate to explore practical support, share learning and discover resources that can help people affected by cancer.



FINANCIAL SUPPORT

Understanding the financial impact of cancer and the support available.



WELFARE BENEFITS

Navigating benefits, entitlements and sources of specialist advice.



RETURN TO WORK

Helping people return to work with confidence and appropriate workplace support.

EVENT DETAILS

 Wednesday 14 October 2026

 9:30am – 12:00pm

 Microsoft Teams

REGISTER NOW

Scan the QR code to register and secure your place.



Can't scan the QR code?
forms.cloud.microsoft/e/xah7NJg0B7



Accessible information and venues | Language support available | Hearing support available | Easy read and large print | Inclusive and culturally appropriate | Digital and face-to-face access

We are committed to providing accessible, inclusive and culturally appropriate support for everyone.

Working together to improve support for people affected by cancer across West Yorkshire and Harrogate.

West Yorkshire & Harrogate Cancer Alliance – Cancer Community of Practice

West Yorkshire & Harrogate Cancer Alliance are holding a Cancer Community of Practice for connecting roles and the wider non-clinical workforce on the 14 October, 9:30am -12pm, on Microsoft Teams. To register, please either scan the QR code or visit: <https://forms.cloud.microsoft/e/xah7NJg0B7>

Lunch & Learn – Menopause and Cancer

19th November 2026
12:00 – 1:00pm

Speaker: Lisa Spivey – Living With & Beyond Cancer Project Manager – West Yorkshire & Harrogate Cancer Alliance

This Lunch & Learn will provide an overview of the impact of cancer treatment on menopause and quality of life, explore the emerging work across West Yorkshire & Harrogate Cancer Alliance to better support people living with and beyond cancer. Lisa

Spivey will present what patients are telling the Cancer Alliance team about their experiences, the current gaps and variation in support, and how menopause can fall between oncology, primary care and specialist services. The session will also highlight the developing work across WY&H, including opportunities for integrated support, education, physical activity, psychological and wellbeing interventions, and how we can work differently across clinical and community services to improve survivorship and quality of life.

Register here:

<https://bit.ly/4d38kKU>



West Yorkshire and Harrogate Cancer Alliance

Menopause & Cancer

Findings from West Yorkshire & Harrogate Cancer Alliance

Date: 19th November 2026
Time: 12 – 1 pm
Presenter: Lisa Spivey – WY&H Cancer Alliance Project Manager

Register: [YCC Lunch & Learn: Menopause & Cancer](#)

NIHR Biomedical Research Centre
NHS The Leeds Teaching Hospitals NHS Trust
UNIVERSITY OF YORK
UNIVERSITY OF LEEDS

Lived Experience of Blood Cancer?

Funded by CANCER RESEARCH UK

If so, we'd really like to hear about it....

Join our Focus Group!

Blood cancer affects a lot of people. The Yorkshire and Humberside Haematology Network (www.yhnhn.org) has been learning more about these cancers for over 20 years, to improve patient care.

We are running two focus groups, and would like to hear about your experiences of diagnosis, treatment and long-term care. This will help us to make sure our research looks at things that are important to patients, and their relatives/carers.

Focus group details:

Online:	In person:
Date: 15 th October	Date: 22 nd October
Time: 1pm-2.30pm	Time: 1pm-3pm
Location: Zoom	Location: Chapel Allerton Hospital

Booking is essential

If you would like to get involved or find out more, please contact our patient involvement team at PPIBRC@leeds.ac.uk or text/call us on 07935 341885

Blood Cancer Focus Group

The Yorkshire & Humberside Haematology Network are running two focus groups for people with lived experience of blood cancer.

They would like to learn about your experiences, from diagnosis through treatment and long-term care, to ensure research focuses on things that are important to patients and their relatives / carers.

There are two focus groups, one is online and one in person.

Online – 15 October at 1pm – 2.30pm via zoom

In person – 22 October at 1pm – 3pm at Chapel Allerton Hospital, Leeds LS7 4SA

If you would like to take part, booking is essential. Contact the patient involvement team at

PPIBRC@leeds.ac.uk or telephone/text 07935 341885

Breast Cancer Best Care Programme Survey

The Best Care Programme is a research project run by Cancer Research UK Cambridge Centre, that aims to improve the care for people with early breast cancer.

They are looking for people of all ages, backgrounds and communities with lived experience of breast cancer to join their patient advisory group.

Share your views and experiences of breast cancer treatment and care and help CRUK reach patient communities across the UK.

There will be up to 6 online and occasional in-person meetings a year and you will be offered reimbursement for your time.

If you're interested in taking part, contact

Best Care
Breast Cancer Best Care Programme

Lived experience of breast cancer?

Do you want to share your views and experiences to help us improve care for people with breast cancer?

We are creating a patient advisory group and need people of all ages, backgrounds and communities.

What will I do as a patient advisory group member?
Help us understand what aspects of care matter most to people with early breast cancer:

- Share your views and experiences of breast cancer treatment and care
- Take part in up to 6 online and occasional in-person meetings a year (reimbursement for time will be offered)
- Help us reach patient communities across the UK

Find out more and register your interest, visit crukcambridgecentre.org.uk/BestCareProgramme or scan the QR code for more information.

We are committed to creating a welcoming, inclusive and supportive group

Bringing together:

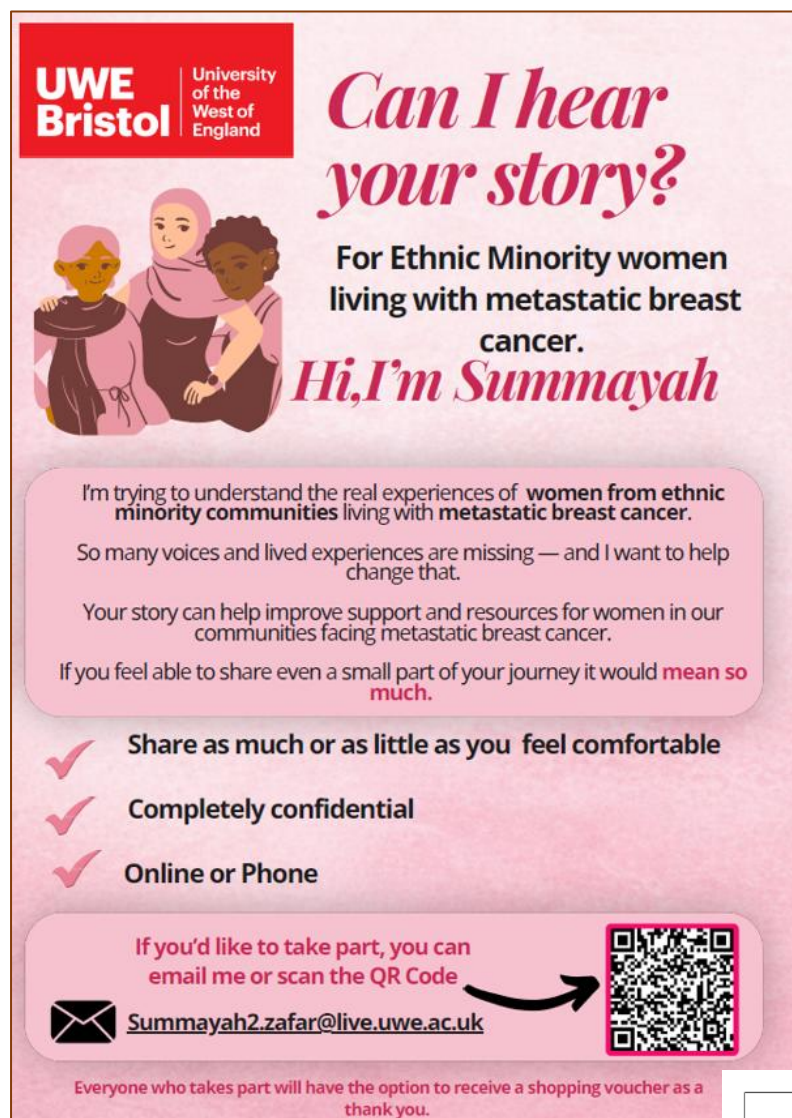
CANCER RESEARCH UK | Cambridge Centre

BREAST CANCER NOW

MACMILLAN. CANCER SUPPORT



<https://crukcambridgecentre.org.uk/BestCareProgramme> or scan the QR code on the poster.



UWE Bristol University of the West of England

Can I hear your story?

For Ethnic Minority women living with metastatic breast cancer.

Hi, I'm Summayah

I'm trying to understand the real experiences of **women from ethnic minority communities** living with **metastatic breast cancer**.

So many voices and lived experiences are missing — and I want to help change that.

Your story can help improve support and resources for women in our communities facing metastatic breast cancer.

If you feel able to share even a small part of your journey it would **mean so much**.

- ✓ **Share as much or as little as you feel comfortable**
- ✓ **Completely confidential**
- ✓ **Online or Phone**

If you'd like to take part, you can email me or scan the QR Code

✉ Summayah2.zafar@live.uwe.ac.uk



Everyone who takes part will have the option to receive a shopping voucher as a thank you.

Research Opportunity for Ethnic Minority Women Living With Metastatic Breast Cancer

Summayah Zafar from the University of the West of England in Bristol has a new research programme. They are trying to understand the real experiences of Ethnic Minority women living with metastatic breast cancer.

There are so many voices and lived experiences that are missing — and they want to help change that. Your story can help improve support and resources for women in our communities facing metastatic breast cancer. If you feel able to share even a small part of your journey it would mean so much.

To take part, email Summayah2.zafar@live.uwe.ac.uk or scan the QR code on the poster.

Everyone who takes part will have the option to receive a shopping voucher as a thank you.

Exploring the Reconstruction Needs of Older Women with Breast Cancer

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
3. 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

To find out more or to take part, contact Ruth Parks at ruth.parks@nottingham.ac.uk

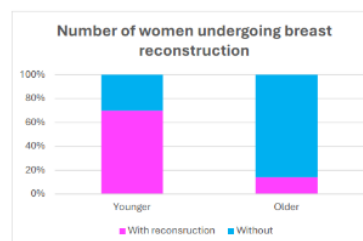
Exploring the reconstruction needs of older women with breast cancer

Why is this important?

- Around 1/3 breast cancers are diagnosed in women >70 years
- Breast reconstruction to restore body image is a valuable part of cancer care leading to improved quality of life and psychosocial wellbeing for some women

What do we already know?

Older women are much less likely to receive breast reconstruction...



... but we don't fully understand the reasons why!

We think that some of the reasons include:

physician-associated factors	patient-associated factors	system-associated factors
• surgeon's practices • providing preoperative information • patient involvement in the decision-making process	• age • socioeconomic status • ethnicity • comorbidities	• insurance status • hospital location

What do we hope to gain from this research?

This project will explore with patients, healthcare professionals and members of industry the barriers to reconstruction in older women and if there is anything we can do to help.

Do you want to get involved?

Please contact Ruth Parks
(Consultant Breast Surgeon)
ruth.parks@nottingham.ac.uk



University of
Nottingham
UK | CHINA | MALAYSIA



The Leeds
Teaching Hospitals
NHS Trust




THE CANCERSurvey IS LIVE!

A first-of-its-kind pan-European survey by WECAN
co-created with cancer patients and carers.

The CANCERSurvey captures real-life experiences of people living with and beyond cancer - across diagnosis, treatment, and daily life. Its findings will strengthen advocacy, inform policy, and improve care across Europe.

Why should I take part?

By taking part you will help generate standardised, comparable patient experience data that is still rare in Europe - and use it to drive better advocacy, better policy, and better care.

Who can take part?

- Adults (18+) with a cancer diagnosis
- Carers and family members
- Based anywhere in Europe

How does it work?

- Online, ~25 minutes
- 15 languages available
- Fully anonymous
- No sign-up required

Scan to participate



For any queries get in touch at cancersurvey@wecanadvocate.eu

The CANCERSurvey is an initiative of the WECAN Foundation, executed by EPAL, in collaboration with Picker.













New pan-European Cancer Survey

WECAN has launched the CANCER Survey, an independent pan-European survey co-created with patients and carers. It captures real-life experiences of living with and beyond cancer, including diagnosis, treatment, care and daily life. The findings will provide important evidence to support patient advocacy and inform policy and cancer care across Europe.

If you have been diagnosed with cancer as an adult in Europe, or if you care for someone who has, your experience belongs in this dataset.

- Online and takes around 25 minutes
- Available in 15 languages
- Fully anonymous
- No sign-up required
-

To take part, go to <https://bit.ly/4xOVJm0>

The more people take part, the stronger and more representative our collective evidence becomes. Please also share this survey widely with patients, carers, colleagues, patient organisations, local groups, friends and anyone else who may be eligible to participate.

Other Research Opportunities

We have a whole host of research opportunities listed on our website. You can find them at <https://www.yorkshirecancercommunity.co.uk/research-opportunities/>

Simply scroll through the various surveys and research opportunities using the < and > buttons to find out more.

Upcoming Patient VIEW meeting – Online (Teams)

22nd October 2026

11am – 1pm

If you would like to attend our upcoming Patient VIEW Panel meeting, please email Jess at jess@yorkshirecancercommunity.co.uk for further information.

Patient



Voices from
around the
region



Including
all points of
view



Exchanging
practical
ideas



Working
together

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 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 jess@yorkshirecancercommunity.co.uk

Upcoming events

Here's what we have coming up this month.

Tue 20 Oct – Cancer SMART champions meeting at SCOPE Community Hub, LS10 1JF at 11am – 1.30pm. There will be: -

- Review of events attended / related activity since the last meeting
- Preview of upcoming events, including where we need volunteers
- Key messages around Physical Activity & Cancer from Lisa Spivey, who leads Living With and Beyond Cancer at West Yorkshire and Harrogate Cancer Alliance
- A short refresher training module

Wed 21 Oct – Community Awareness Event at Shantona Women's Centre, Leeds LS8 4HS at 1pm – 4pm.

Thu 22 Oct – Patient VIEW meeting online via Teams at 11am – 1.30pm. Contact Jess Hart on jess@yorkshirecancercommunity.co.uk to register.

Wed 28 Oct – Stall at MHA Community Health & Wellbeing Fair, St Andrew's Methodist Church, Beeston LS11 8AG at 10am – 1pm.

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



@YorkshireCancerCommunity



@yorkshirecancercommunity



@yorkshire-cancer-community



@yorkshirecancercommunity



The Art House

WELLBEING WEDNESDAYS IN WAKEFIELD

Pop-up Hub

EVERY 1ST WEDNESDAY OF THE MONTH 2PM - 3:30PM



OCTOBER	NOVEMBER	DECEMBER
7th	4th	2nd

☕ FREE REFRESHMENTS

A RELAXED SPACE TO TALK, CONNECT AND LISTEN ❤️

EVERYONE WELCOME INCLUDING CANCER SMART CHAMPIONS, PATIENT VIEW MEMBERS & SUPPORT GROUP LEADERS

📍 THE ART HOUSE, DRURY LANE, WAKEFIELD, WF1 2TE

NO NEED TO BOOK — JUST TURN UP BETWEEN 2PM - 3:30PM

CONTACT 07493107841 FOR INFO

Introducing our first Community Hub in Wakefield

We're bringing the Community back into Yorkshire Cancer Community with our new Community Hubs.

Our first Community Hub is "Wellbeing Wednesdays in Wakefield" and will be held on 7 October and then the first Wednesday of every month onwards from 2pm to 3.30pm at The Art House, Drury Lane, Wakefield WF1 2TE.

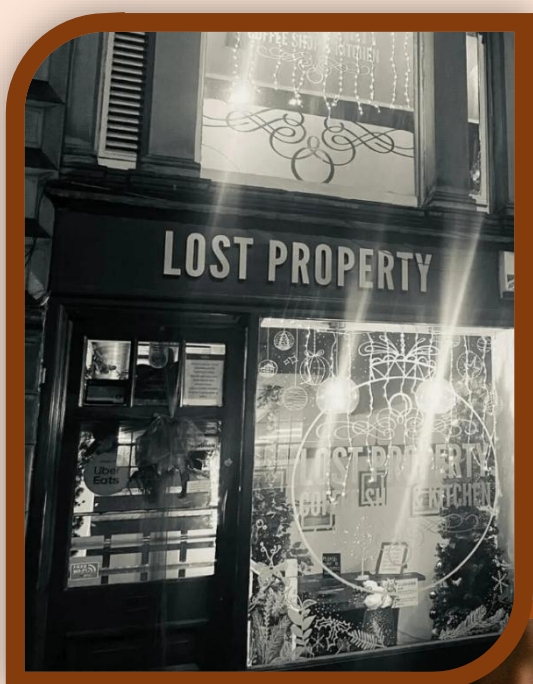
We are hoping our monthly get togethers will be an opportunity for our volunteers, Cancer SMART Champions, Patient VIEW members, support group leaders and anyone else to come along to talk, connect and share ideas over a cuppa in a relaxed environment.

Don't worry if Wakefield isn't close enough to you. New hubs including in Leeds and Bradford are coming soon so watch this space!

Introducing our brand-new Community Hub in Huddersfield

We'd love to welcome you to our brand-new Huddersfield Community Hub. Starting on Thursday 8 October at 1pm, we will be hosting our Huddersfield Cancer Community Hub on the second Thursday of every month at the Lost Property Café in Huddersfield.

This is a great opportunity for an informal catch up in an area local to you. Whether you already volunteer with us, run a cancer support group or have lived experience of cancer, why not pop along, have a cuppa with us, and make some new friends.





HUDDERSFIELD CANCER COMMUNITY HUB





Lost Property Café

15 Byram Street HD1 1DR

Yorkshire Cancer Community are holding coffee meetups for people with lived experience of cancer.

These hubs are informal catch-ups, that give people a chance to meet others, have a cuppa, and make new friends.

• Free to attend •
• Refreshments provided

• Open to all with lived experience of cancer •



Every 2nd Thursday of the month

8th Oct • 12th Nov • 10th Dec

1pm - 2:30pm






Lauren's Yorkshire Coast 5k Fundraiser



You would think working for Yorkshire Cancer Community full time plus having a young family would be enough of a handful wouldn't you?

Yet, our fabulous **Cancer SMART Project Lead Lauren Cross** (pictured below with her new baby, Fern Rose) is determined to help raise funds for our cause by running the **Yorkshire Coast 5K**.

Juggling work, family and a new baby to boot, Lauren has still found time to train for the run, which will be taking place around **Scarborough on Sunday 11 October 2026**.

What's more, she's decided to increase the challenge further!

From now until race day, every donation she receives means **10 crunches!**

So whether it's £2, £5 or £20, every donation will add to Lauren's crunch total!

And don't worry... she's promised to video herself doing the challenges, so we can all make sure she's not cheating!

There will be some bigger challenges as the fundraising total grows too:

- **£50 raised = 50 squats**
- **£100 = 100 star jumps**
- **£150 = you get to choose Lauren's next challenge!**

So, if you'd like to support Lauren's 5K and help raise money for Yorkshire Cancer Community, please consider making a donation.

And if you want to make Lauren work for it... even better!

Can you help her reach her **£400 target** by donating today?

You can donate using the following link at

<https://bit.ly/4z1GIDR>



We'll be attending this event – will you?

**Refreshments
available and free
soup and a roll**

**Free Taster Sessions
10.00am - Kurling**

**11.00am - Strength &
Balance**

12.00pm - Line dancing



Winter Wellbeing Event

Wednesday 28th October

10.00am - 1.00pm at St

Andrew's Community

Centre

Cardinal Road LS11 8AQ

**Advice and information on offer to
support you through the winter
months**

**Contact : 0113 2716201
southleeds@mha.org.uk**

**Active
Together:**

**Yorkshire Cancer
Research**



Free support with Cancer Coach

The *Cancer Coach* programme exists to help people resume life after cancer treatment. Delivered by Cancer Support UK, it provides strategies, techniques and exercises to help people deal with the emotional toll cancer can take.

Email activetogether@ycr.org.uk
or phone 01423 510 765 to book

**Book
a session
today**



What is Cancer Coach?

Cancer Coach is a series of six weekly peer group support sessions run by a trained facilitator. It's available free of charge to anyone over the age of 18 who has completed treatment for cancer.

The benefits of Cancer Coach:

- ✓ Connect and share with others who have been through similar experiences with cancer
- ✓ Understand negative emotions and learn strategies to manage them
- ✓ Build resilience
- ✓ Improve confidence and build self-esteem, both during the programme and beyond
- ✓ Take back control and look positively towards the future
- ✓ Tips and exercises to use at home

Email activetogether@ycr.org.uk or phone 01423 510 765 to book

Cancer Awareness



Breast Cancer Awareness Month

Breast cancer is an invasive cancer. It most commonly occurs due to a genetic mutation or damage to DNA. Treatment may involve surgery, radiation therapy, or chemotherapy.

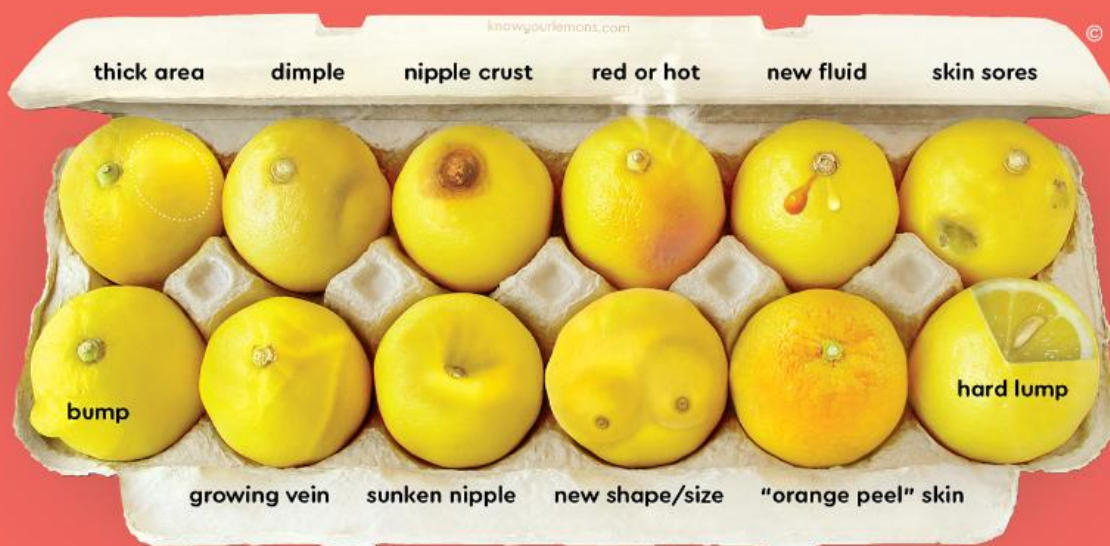
Breast cancer can affect males, but more commonly affects women. It is the most common type of cancer in women in the UK. Although most breast cancers do not have symptoms, a person may feel a lump in the breast, changes to the nipple, and armpit or breast pain.

Breast screening (mammogram) can pick up breast cancer that is too small to feel or see, which may make treatment more likely to be successful.

Sometimes breast cancer can spread to another part to the body, this is called secondary breast cancer.

For more information on breast cancer, and where to find help and support, visit the breast cancer page of our website - <https://www.yorkshirecancercommunity.co.uk/breast-cancer/>

What breast cancer can look + feel like:



[knowyourlemons.com/app](https://www.knowyourlemons.com/app)





Liver Cancer Awareness Month

Liver cancer is a cancer that's found anywhere in the liver. The liver is a large organ at the top right side of your tummy. It helps you digest your food and removes toxins.

Liver cancer may not have any symptoms, or they might be hard to spot. The symptoms are the same if the liver cancer starts in the liver (primary liver cancer) or spreads from another part of the body (secondary liver cancer). Symptoms of liver cancer can include:

- the whites of your eyes turning yellow or your skin turning yellow, which may be less obvious on brown or black skin (jaundice) – you may also have itchy skin, darker pee and paler poo than usual
- loss of appetite or losing weight without trying to
- feeling tired or having no energy
- feeling generally unwell or having symptoms like flu
- a lump in the right side of your tummy

Many of these symptoms are very common and can be caused by different conditions. Having them does not definitely mean you have liver cancer, but it's important to get them checked by a GP. This is because if they're caused by cancer, finding it early may mean it's easier to treat.

The treatment you have will depend on factors including its location, stage and your health. It may include surgery, chemotherapy, using heat to destroy the cancer (thermal ablation), targeted medicines, and radiotherapy. Visit the liver cancer page of our website for more help and support - <https://www.yorkshirecancercommunity.co.uk/liver-cancer/>

Salivary Gland Cancer Day - 4 October

Every year, lives are touched by salivary gland cancer, a rare but impactful condition that often goes unnoticed.

Salivary Gland Cancer Day has been created to shine a light on these little-known cancers, providing vital information, fostering understanding, and bringing together a supportive community.

Salivary gland cancer can affect the salivary glands (in the mouth) and also secretory glands in other parts of the body (trachea, breast, vulva, skin, lacrimal gland).

There are more than 23 different types and they often require specialised care.

Early detection and awareness can make a difference, yet many people are unaware of the signs, which are often mistaken for something less serious — sometimes there are no signs at all.

You can find out more about salivary gland cancer here: <https://www.salivaryglandcancer.uk/salivary-gland-cancers/>



Myelodysplastic Syndrome (MDS) World Awareness Day – 25 October



Myelodysplastic syndrome (MDS), also called myelodysplasia, is a type of blood cancer. It's rare and mostly affects people over 70 years old. It affects your bone marrow, which is the tissue inside your bones that makes blood cells. There are several different types of MDS, depending on things like the number and type of blood cells that are affected. MDS often develops slowly, over several years, and may not need treatment straight away. It cannot usually be cured, but the symptoms can often be managed with treatment. Some people with MDS go on to develop another type of blood cancer called acute myeloid leukaemia (AML). How serious it is depends on the type of MDS, the risk of getting AML and your general health.

To find out more about MDS, including symptoms, causes and treatment options, visit <https://www.nhs.uk/conditions/myelodysplastic-syndrome-mds/>

Bone Cancer Awareness Week - 5 - 12 October

Our analysis found that patients wait, on average, more than 7 months and make 8 visits to multiple healthcare professionals before receiving an accurate diagnosis.

By the time bone cancer is correctly diagnosed, treatment options can be limited, and survival rates are heartbreakingly low. That's why Bone Cancer Research Trust are using Bone Cancer Awareness Week to throw a spotlight on this terrible disease.



In Bone Cancer Awareness Week you can help them by raising more awareness than ever before. Use **#BCAW26** and tag **Bone Cancer Research Trust** when posting on social media. To find out more, visit <https://www.bcrt.org.uk/awareness/bone-cancer-awareness-week-2026/>