



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

Welcome to our February Newsletter

Thanks so much for your positive feedback about our January edition of Voice. You liked the shorter format and the plan to bring out newsletters more often.

Lots of you were following up on the information in the stories, which was really good to hear.

If you have anything you would like to include in a forthcoming Voice, please let us know and we will be happy to include it.

Best wishes
Jill and Clare

Your stories

Hope for Tomorrow - helping the NHS to bring cancer treatment closer to home



Traditionally, cancer patients have had to make frequent trips to the hospital for their treatments, often covering considerable distances and making uncomfortable journeys. One way to overcome these difficulties is to bring the cancer care closer to patients. Something which cancer charity **Hope for Tomorrow** achieves through its fleet of mobile cancer care units which operate in partnership with NHS trusts

throughout the country, including two in

Yorkshire. The units in West Yorkshire operate as part of a partnership between Hope for Tomorrow and Airedale NHS Foundation Trust - the first unit since 2018 and the second, pilot unit since 2021.

In January, the *Nursing Times* published an article written by the lead chemotherapy, haematology, and acute oncology clinical nurse specialist Pat Dyminski from Airedale NHS Foundation Trust, who has been involved in the delivery and running of both mobile cancer care units.

The article explores several aspects of the mobile treatment delivery model, bringing cancer care closer to patients in their communities and helping to reduce many of the stresses and strains typically associated with cancer treatment.

Pat Dyminski, pictured outside mobile cancer care unit Linda, describes the ways in which the trust currently utilises the mobile units across the large, rural region and details the many ways that mobile units offer a solution to the NHS and provide an opportunity for cancer patients to receive their care in a specialised, clinical, mobile environment, delivered by NHS teams.

The mobile units enable treatment to fit into patients' lives, rather than patients having to fit their lives around their treatment. The units are parked daily in different areas – all of which are places where patients' families and friends can go and shop, or have a coffee, while waiting for their loved ones to have their treatment, reducing the impact and stress on them.

Feedback from patients has been incredibly positive with patients using the mobile cancer care units saving not just time but mileage and travel costs.

Data from the charity, taken from questionnaire responses from 3247 patients from 11 NHS trusts between April 2021 and March 2023, shows that, on average per treatment, patients save:

- 18.8 miles of travel;
- 2.6 hours of time;
- £6.40 on travel and parking.

These figures will differ significantly from patient to patient. Some of Airedale's patients have a 90-mile round trip to the hospital and, if they are on a weekly treatment regime, this can take its toll on them mentally, physically and financially. These savings from the use of mobile cancer care units show that they play a role in reducing health inequalities – saving patients money and time, which may also mean time off work.

Airedale patients feedback:

"I am less tired when I have my treatment on the mobile unit, and this helps my family."

"I can arrange my day and meet up with friends after I have my treatment, making me feel more normal."

"It is far less stressful as I can drive myself or, on a sunny day, walk to the unit, which means I can still [be] independent, and my husband can still work, which helps financially."

"There are no parking costs, and I can park right outside the mobile unit, making it much less stressful."



*"I can do my shopping on the same day as my treatment."
 "My treatment takes two-and-a-half hours instead of a full day at the hospital."
 "The atmosphere on the mobile is so relaxing and, dare I say, fun?"*

For more information about the charity go to:
<https://hopefortomorrow.org.uk>



NHS launches national BRCA gene testing programme to identify cancer risk early

Tens of thousands of people with Jewish ancestry who are more likely to carry a genetic fault that can increase the risk of developing some cancers will receive genetic testing through a new programme announced by the NHS in England this month.

With plans to identify thousands more people carrying faults in the BRCA genes over the next two years so they can seek early access to surveillance and prevention services, the testing programme is part of the NHS's major drive to catch tumours early when they are easier to treat.

BRCA refers to two genes, BRCA1 and BRCA2, which repair DNA damage and normally help to protect against cancer. Some individuals are born with a fault in one of these genes, and this increases their likelihood of developing certain cancers, including breast, ovarian, prostate and pancreatic cancer.

People with Jewish ancestry are around six times more likely to carry such genetic faults than the general population.

The new national NHS Jewish BRCA Testing Programme will see anyone over the age of 18 with Jewish ancestry offered a simple genetic saliva test to look for the presence of BRCA1 or BRCA2 faults.

The saliva samples will be carried out at home and then be sent to labs for testing.

During the pilot phase of the programme, thousands of people have already come forward



for testing and the national roll-out will see around 30,000 people tested over the next 2 years.

People with at least one Jewish grandparent can register for a free saliva kit to be sent to their home address by visiting: <https://jewishbrca.org/>

Baroness Delyth Morgan, chief executive of Breast Cancer Now, said: *"This innovative new programme could help save more lives from cancer and we'd encourage anyone eligible to take up the testing offer.*

"Crucially, identifying more people at increased risk of breast cancer due to BRCA gene alterations will help empower them with the knowledge and opportunity to take action to reduce their risk of developing the disease and increase the chances of an early diagnosis.

"This must go hand-in-hand with support. We know that finding out you have an increased risk of breast cancer, because of a family history or an altered gene, can be a worrying time and there is support available. You can speak to our expert nurses on our free helpline, on 0808 800 6000."

For more information please visit: <https://www.nhsjewishbrcaprogramme.org.uk/>

Remembering Sandra Hudson, poet, author and retired teacher, who died in January

Sandra appeared as a guest speaker on a recent online Support Group and Chat session and made a huge impact with her sunny smile and positive attitude. We were all so sad to hear the news that Sandra died in January.

Sandra, a mother-of-two from Leeds, was diagnosed with stage 4 terminal cancer in her bowel, liver, lungs and lymph nodes in May 2017 and given just 12 months to live.

She was in denial at first, and wanted her life to stay 'normal', by that, she meant carrying on teaching at a Morley school. The hospital suggested she should retire, and her best friend said that if she kept working, by the time she retired, she would be too poorly to do the things she wanted to do.

Sandra said that was really good advice and retired eight years early and spent those years travelling all over the world, spending more time with her lovely family and taking up a whole host of hobbies.

During hospital stays and chemotherapy, she always put pen to paper about her experiences, and following a turn for the worse with her health, decided to commit those poems to print form.

Fundraiser, podcaster and friend Jacqui Drake (Jacqui's Million) helped Sandra to lay out the book and within three weeks it was ready to go. *My Fantastic Life With Cancer* was launched in October, at a party Sandra held to celebrate her life.

She believed staying positive helped her to stay well, and staying busy, going out each day, and continuing to take an interest in life all helped.

Jacqui interviewed Sandra for her BCB Radio 106.6fm podcast **Cancer Journeys** in April 2021, and re-released it as a tribute to her lovely friend.

Together Jacqui and Sandra also worked on a children's sun awareness book – *Adventures in the Sun* with Edi, Hassan and Chen.



Copies are £5 and all donations go to Jacqui's Million

Contact jacqui.drake1@btinternet.com

"Such a beautiful, talented lady who wrote this to help educate the next generation about how to be safe in the sun, through rhyme and fun. It was her gift," said Jacqui.

Proceeds from Sandra's book "My Fantastic Life with Cancer" go to The Morley Shed, a woodwork group where men and women can come together and be creative with all materials provided at a very low cost.

To order the book:

For the book and delivery, it costs £5 + £2.50 = £7.50

Email: allison.speller@groundwork.org.uk

To hear Sandra's original podcast go to:

<https://yorkshirecancercommunity.co.uk/sandra-hudson-who-lives-everyday-positively-with-terminal-bowel-cancer/>

News

There's a new way to quit – you quit your way

Stopping smoking can be a challenge but Yorkshire Smokefree are there to support you.

Overall, you're three times more likely to stop smoking for good if you receive support from an NHS Stop Smoking Service.

Cancer Champion Ric says attending a Stop Smoking service was what made all the difference when he tried to quit the habit.

Different things suit different people so there will be a service that is just right for you.

Pick and mix your support from the following:

- **In person** – there are a variety of stop smoking sessions, one to one clinics and groups in many locations, including some GP practices and pharmacies.
- **Online** – you can create our own personal profile and get interactive support during your quit journey.
- **On the phone** – call on 0800 612 0011 (free from landlines) or 0330 6601 166 (free from most mobiles). There's also an option to choose ongoing support by text.

It's amazing what can happen in a day!

The amazing thing about the human body is that it takes just 20 minutes for health benefits to start. Look what happens after you smoke your last cigarette:

20 minutes – blood pressure and pulse return to normal

1 hour – your circulation improves, your hands and feet feel warmer

8 hours – nicotine levels fall, circulation improves

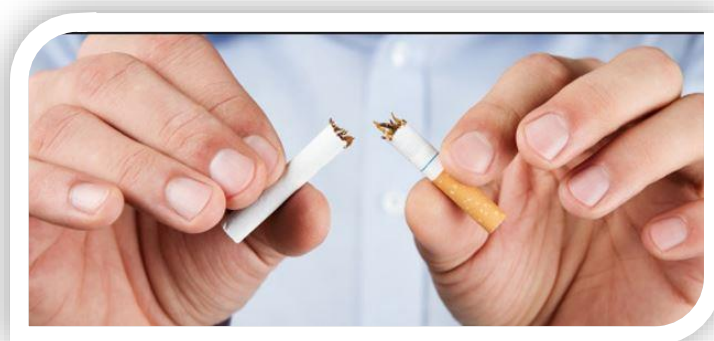
24 hours – lungs begin to work better; carbon monoxide leaves the body

Find out more at: www.yorkshiresmokefree.nhs.uk

National No Smoking Day is 13th March, so there's never been a better time to quit the habit.



Julia (left) and Claire from the Yorkshire Smokefree service at an event in Wakefield



What have we been up to?



Here's our administrator Clare (left) and cancer champion Julie (right) at the football tournament organised by Change Grow Live and held at Kick Off in Dewsbury on 14th February. Change Grow Live offer a range of services to people in the community, to help them change the direction of their lives, grow as individuals, and live life to its full potential. The football tournament was hosted by their Drug and Alcohol service to give service users a chance to enjoy some exercise in a fun environment and to see what other services are available to them. There was also a team from the Health and Wellbeing Academy from Huddersfield University offering free health checks and Hepatitis C screening to attendees.

On 7th February, Jill went along with Julie and Amelia from Bradford & Pennine Breast Screening Service to speak to 80 or more ladies from their ESOL (English for Speakers of Other Languages) classes at Pioneer House, Dewsbury College.

Jill had visited before with Clare when we had a mixed session, but we thought we needed a women's only session to allow for more discussion.

We talked about cancer awareness and the screening programmes, and how to check your own chest/breast once a month.

Julie was able to answer the student's individual questions and referred three women to their GPs as they were showing symptoms which she wanted checking out.



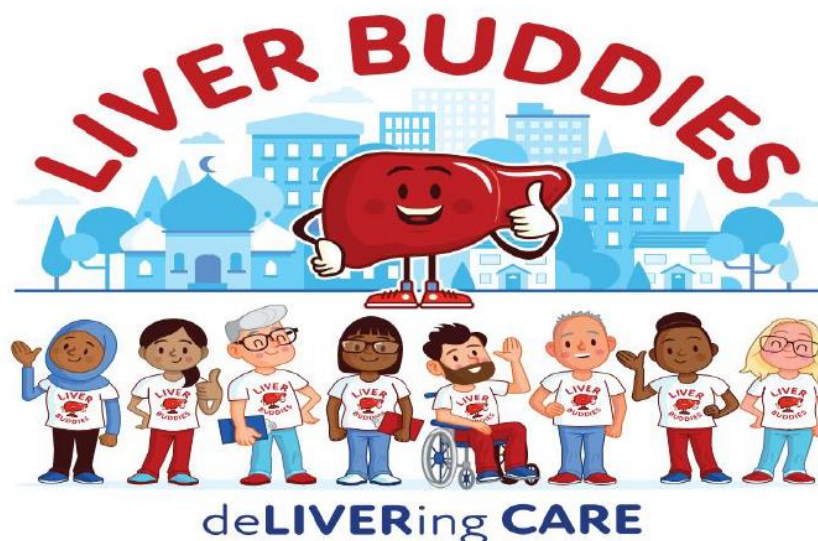
On 20th February, our trustees Ric and Stewart attended KAWACC (The Keighley Association Women and Children's Centre) to provide some group training to help spread the important cancer SMART message even further.

The training session was very well received, and 19 people were inspired to become cancer champions themselves. They are now better equipped to go into their communities and share the cancer SMART message of the importance of attending screening, knowing your normal, and living a healthy lifestyle to help prevent cancer or catch it earlier for better treatment options.

Upcoming events?

There's lots of events coming up in the next month or two. Here's a few that you might be interested in.

Community Liver Health Checks - Roadshow



The Liver Team at Leeds Teaching Hospitals NHS Trust are encouraging members of the public to get their liver checked for free with their mobile liver screening unit. The roadshow offers a unique chance for individuals to prioritise their liver health by receiving free liver screenings and gaining valuable information about various types of liver disease. They are visiting a number of sites in the coming weeks, so why not pop along to a venue near you?

1 st March	10am-3pm	Knottingley Community Shop, Pontefract Rd, Knottingley WF11 8EE
5 th March	10am-3pm	The Reginald Centre, Chapeltown Road, Leeds LS7 3EX
7 th March	10am-3pm	Morrisons Supermarket, Morley, LS27 9BX
8 th March	9am-12pm	Diamond Wood Community Academy, North Road, Ravensthorpe WF13 3A
28 th March	10am-3pm	Asda Supermarket, Killingbeck LS14 6UF

For more information, email WYlivercareodn@nhs.net

Yorkshire Cancer Community online support group

Wednesday 13th March – 11am-12pm

Did you know, as well as advertising other support groups, we also have our own online support group? Our group is for patients, carers, their families and people working in cancer services. You just need a device capable of accessing zoom and to provide your own cuppa.

This month, we have Sam Shaw from Qa Research who will be speaking to us about the medications waste project they are working on with West Yorkshire ICB, and asking for your views.

For further information, email us at info@yorkshirecancercommunity.co.uk or call 07715 217845



Empowering people with long term conditions to live their best life

This programme is delivered by people with lived experience of a cancer diagnosis in their lives

Cancer: Thriving and Surviving

For those dealing with life after cancer

An opportunity for you to learn and share supportive tools and techniques together with others - to help you stay more in control of your health and wellbeing

Focus of the programme:

- Problem-solving skills
- Ways to talk to others about cancer
- Managing bodily changes after treatment
- Setting realistic goals, to build on recovery
- Ways to manage living with uncertainty
- Dealing with difficult emotions about cancer



This programme is also valuable for carers of loved ones who are living after cancer

When: Wednesday 6 March to Wednesday 10 April 2024

10:30 AM - 1:00 PM

**Where: St Marys Community Centre, The Circle,
Chequerfield. Pontefract WF8 2AY**

Please scan the QR code for more information



Participants must be 18+, and live in the Wakefield district, or be registered with a Wakefield GP

For more information and future dates, please contact us:

✉ livewellwakefield@swyt.nhs.uk ☎ 01924 255363 🌐 www.livewellwakefield.nhs.uk

There's also an online option for those who cannot travel. Just a reminder: it's open to those aged 18+ who either live in the Wakefield district or who may live on the borders but have a Wakefield area GP. Due to the nature of the material and discussions, it's suitable for those who have completed successful cancer treatment and are cancer-free. Booking is essential- via any of the 3 methods at the bottom of the flyer.

New
Coffee N Chat Group
First Meeting
Wednesday 21 February
10:00 - 12:00



At the Water Mill Brewers Fayre
 Salterhebble Hill Huddersfield Road
 Halifax HX3 0QT

Put the date in your diary, tie a piece of string around your finger, a knot in your handkerchief, or whatever you need to do to remember the date.

There will be a light hearted conversation icebreaker and couple of brain teasers if you get bored by the chat.

Sorry I nearly forgot there will be free coffee courtesy of Calderdale and Huddersfield NHS Charity.

The group will meet on the third Wednesday of each month except August at the above venue.

If you have cancer or your life is being affected by someone with cancer come and enjoy a coffee and chat to others in similar circumstances.

The Jayne Garforth Macmillan Information Centre Calderdale Royal Hospital 01422 222709
 Greenlea Oncology Unit Huddersfield Royal Infirmary (HRI) 01484 343614



Charity Number: 1103694

MACMILLAN
CANCER SUPPORT



Calderdale and Huddersfield
 NHS Foundation Trust



Mid Yorkshire Teaching
NHS Trust

**WE ARE
MACMILLAN.
CANCER SUPPORT**

Cancer Health and Wellbeing event

Would you like to meet health care professionals and local services showcasing information and support available to Cancer patients and carers?

Then join us on 18 April 2024, 12-2pm

at the Cancer health and wellbeing event, Upper floor exhibition area, The Ridings Shopping Centre, Wakefield, WF1 1DS.



Working together
making a difference



International Women's Day

Refreshments



9 - 11am
Friday 8th March 2024



Art and Craft Activities





School Choir



Why not go along to the Diamond Wood Community Academy's event to celebrate International Women's Day?

The school address is North Road, Ravensthorpe, Dewsbury WF13 3AD.

There's lots of activities available on the day, and Jill and cancer champion Karen will be there with an information stall offering advice and information about screening and cancer prevention, and giving out freebies including shopping bags, pens, pin badges and trolley tokens.

Other events we will be attending in March are: -

- 7th March - Highfield Community Association's International Women's Day event at Airedale Shopping Centre, Keighley BD21 3QQ
- 9th March - Health and Wellbeing event at Piece Hall, Halifax HX1 1RE
- 14th March - Health and Wellbeing event at Town Hall, Halifax HX1 1ZS

Other Items

Cancer Awareness Month – March



Many cancers have an awareness month, to help show support for people living with cancer, and to help raise awareness. March has no less than five cancers choosing March as their special month.

Colon Cancer

To find out more about colon cancer, please visit <https://www.nhs.uk/conditions/bowel-cancer/>

Did you know, we have a support group for people affected by colon cancer (also prostate and bladder) called Bottoms Up? They meet the third Thursday of every month at Brook House WMC WF1 5NU at 2pm. If you would like more information, please contact John Whelpton at midyorks.bottomsup@gmail.com

Please see our website for other groups in your area. <https://yorkshirecancercommunity.co.uk/cancer-support-groups/>

Ovarian Cancer

To find out more about ovarian cancer, please visit <https://www.nhs.uk/conditions/ovarian-cancer/>

We have a support group covering Wakefield and Leeds called Sunovary Ovarian Cancer Support Group. This friendly group meet up for coffee or lunch at various locations, and have a Sunovary Chit Chat WhatsApp group. The group was started by Karen, who was diagnosed with a rare ovarian cancer in 2019. You can contact them via email on sunova777@aol.com for more information.

Please visit our website for details of more groups that may be local to you.

Prostate Cancer

To find out more about prostate cancer, please visit <https://www.nhs.uk/conditions/prostate-cancer/>

There are several prostate cancer support groups in our region that you may wish to join. Please visit our website for more options.

Barnsley Prostate Cancer Support Group – the group meets informally the second Wednesday of every month at Market Kitchen, The Glassworks S70 1GW for breakfast. Contact Deborah.smith166@nhs.net for more details.

Bradford Prostate Cancer Support Group – Green Prostate Cancer Support Group is a group facilitated by patient Craig Ward. Please contact Craig on wardcraig777@gmail.com for more information.

Groups are also listed on the Tackle Prostate Cancer website: <https://tackleprostate.org>

Kidney Cancer

To find out more about kidney cancer, please visit <https://www.nhs.uk/conditions/kidney-cancer/>

For the support line, counselling and online support group visit the Kidney Cancer UK website at <https://www.kcuk.org.uk>

Action Kidney Cancer also have an online support group at <https://actionkidneycancer.org>

Brain Tumour

To find out more about brain tumours, please visit <https://www.nhs.uk/conditions/malignant-brain-tumour/>

Yorkshire's Brain Tumour Charity offer a number of groups in the region. They are not drop in, so you need to contact Support Services Officer, Amy to book your place.

They offer Huddersfield and York on the second Thursday of each month; Wakefield is the second or third Thursday morning each month, the date being flexible.

Bradford is the second to last Wednesday evening in the month. The online support group is the first Tuesday of each month from 3 – 4pm.

Contact support@yorksbtc.org.uk or call Amy on 0113 511 8111 for more details.

You can also contact brains trust – their website address is <https://brainstrust.org.uk> or you can email them at hello@brainstrust.org.uk.