



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

Welcome to the October edition of the VOICE Newsletter

Well, the nights are starting to draw in and the weather is turning decidedly Autumnal. However, here at Yorkshire Cance Community we're not quite ready to put our feet up just yet. There's still lots to do, events to attend, and information to share. This month we're busier than ever.

On 10 October we will be launching our Don't Be The One campaign. 1 in 4 black men will develop prostate cancer in their lifetime, and we want to spread awareness of this so that men who are at risk can seek advice from their GP and request a simple PSA blood test. We would love to see you there.

Best wishes
Jill, Clare and Lauren

Your stories

Kay's Legacy

The story behind the charity Research ALKay+ve – funding research into ALK Positive

We are Aileen and Philip Murgatroyd, our daughter Kay was diagnosed with non-small cell lung cancer in May 2016 when she was aged just 17. Please take a moment to read Aileen's story about this remarkable young woman.

In 2016 my 17-year-old daughter Kay was diagnosed with stage 4 non-small cell lung cancer. I didn't think that was possible, for a start she was only 17 and I thought only people who smoked or those exposed to passive smoking or industrial hazards got lung cancer.

Even the acute medical team at our local hospital in Doncaster were searching for another primary, referring her to Sheffield's Weston Park with the label **cancer of unknown primary**, which had caused Kay's right lung to collapse.

Our cancer journey and lung cancer education then began, lung cancer was on the increase in younger, often female never smokers worldwide, Kay's



oncologist Professor Mathew Hatton informed us at our first meeting. We were all then horrified to hear he could make Kay feel better, but not get rid of her cancer completely.

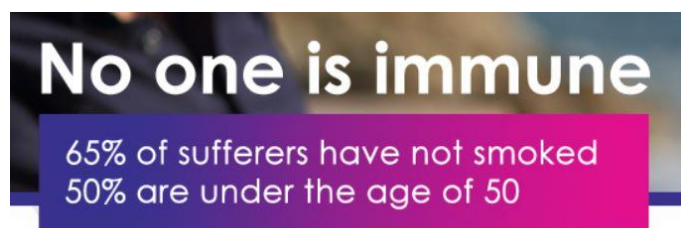
Kay began a gruelling cycle of chemotherapy in May 2016, with the only benefit that her chemotherapy did not cause hair loss, one of her biggest fears. We learnt during that treatment from an earlier biopsy, that Kay was **Alk Positive**, which opened up some new treatment options namely TKIs, which are a form of targeted therapy.

Kay completed four cycles of the tough chemotherapy, then maintenance chemotherapy which was much less harsh and allowed her to return to Doncaster college and get the qualifications needed to start Sheffield Hallam University.

Progression in June 2017 put her on her initial first generation TKI crizotinib. Kay progressed onto brigatinib, then lorlatinib, both second and third generation TKIs. In January 2023, some rib pain resulted in 15 cycles of radiotherapy to an area of progression in her right rib cage with the hope of buying her some time until the Nuvalent clinical trial for the much-anticipated 4th generation TKI came to the Christie in Manchester.

Unfortunately, Kay went into respiratory failure, deteriorating quite rapidly, and died on 1/7/23 aged just 24. Kay achieved a nursing degree and worked with lung cancer and a chest drain, when her health allowed, and was awarded the nursing legacy award from Doncaster trust in November 2023 which we collected on her behalf.

Kay and I took part in the Roy Castle Head High Campaign in 2017, where I was horrified to hear how underfunded lung cancer research is even though it kills more people than breast, bowel and prostate cancer combined!



We then as a family began fundraising. In 2020 with some friends and family we formed **Research ALK +ve** to do exactly that, raise money for research into Alk positive lung cancer, while raising awareness that if you have lungs you can get lung cancer.

We continue now in Kay's memory with a slight name change to **Research ALKay +ve**. We've raised over £125,000 and are now exploring options to decide where to send the money raised.

I completed the Research Advocate course with the International Association for the Study of Lung Cancer in 2023 and progressed to their alumni programme in January, so I can attempt to understand clinical trials procedures, as there is so much work to be done to improve lung cancer patient outcomes. I am also now a research advocate for the Lung Cancer Research Foundation and was honoured to review four grant applications this summer for them as part of a group of fellow research advocates worldwide.

Kay lived well with lung cancer thanks to her amazing team at Sheffield, previous research and the bravery of previous lung cancer patients. I am still involved with the Alk positive worldwide facebook support group, maybe my therapy but I feel I have a lot of experience to share and I genuinely care about this group as a lot of them supported me through the good and bad times, so I want to hear how they are all doing and I want to fight for a cure for Alk Positive lung cancer, despite it not being in time for Kay.

To find out more about Research ALKay+ve go to:

www.alkpositiveresearch.co.uk





PROSTATE
CANCER UK



Group

HELPING MEN LIVE WELL

**"I don't want to go
anywhere new."**



**BOG
STANDARD**

Martin Wells, 70, is a former self employed professional, and lives in Burnley, Lancashire.

Martin was diagnosed with prostate cancer in 2007 and underwent surgery to remove his prostate.



Martin calls for better facilities for men with incontinence.

"I was diagnosed after I went to the GP to finally sort out a different unrelated issue, and that's when the GP suggested I get some tests done."

After a decade of managing the cancer well and keeping it under control, Martin discovered his cancer had reignited and had spread to his bones. He is now following a lifelong regime of medication and treatment, which has caused significant urinary incontinence.

"I was incontinent after my first round of treatment, and I felt very unprepared for it. I was told it would take a few weeks to get back to normal. When my catheter was removed, I genuinely thought the life I had was over. I was peeing myself all the time, and it did get better. Since the cancer returned, my incontinence is more pronounced, and I feel like it won't ever improve.

"People say to me, 'oh you look so well Martin', but nobody knows what's going on in my mind; how much more pronounced my incontinence is, how I grapple with some of my day-to-day tasks because of it, and how I feel."

"I have ADHD, and it can mean that I find it challenging to plan for the unexpected and there's quite a few unexpected leaks and searching for toilets when you're incontinent. On the other hand, I'm lucky, because as someone with ADHD I'm open and very direct with talking about my incontinence, which I know helps other people in a way. Although a few might say I am too open," he says with a grin.



“Sometimes being a man can get in the way of being a man with prostate cancer. My bravado can cover things up, **but living with incontinence can sometimes feel catastrophic.**”

“I’m often asked in the street ‘How’s the prostate cancer, Martin?’ and I respond with ‘Well, I’m incontinent, I can’t get an erection, I can’t ejaculate, and my libido is...’ and all of a sudden I’m waving goodbye to them as they scurry down the street in shock,” he laughs.

“Men will joke about these things, and give the impression everything is fine, and often as a result people can dismiss them, when there are serious issues to talk about.

“Sometimes being a man can get in the way of being a man with prostate cancer. My bravado can cover things up, but living with incontinence can sometimes feel catastrophic.

“One insight: you have to change your lifestyle.

“I used to go walking without any problems, but now I have to plan my route(s) carefully to make sure I’m back in a certain amount of time, or that I can stop in a shop or a pub or a hotel on the way to change my pad.

“My partner is very spontaneous, and he will suggest a trip or an activity and might want to go at short notice – but I can’t manage that as I used to anymore. I have to plan carefully where I’ll be going and what shops, cafes or hotels

are around, and will they have loos I can easily access? I think to myself - will they have a bin or not? Are they the kind of places I can enter unnoticed, or will I have to pretend to be a hotel guest who is lost looking for the bathroom? It’s a weight on my already very busy mind, and I can find it exhausting.

“I used to be far more relaxed. My partner and I used to love going down to London and visiting all the lovely different coffee shops and sights but now when he suggests going, I immediately think:

“I can’t go to the cafes, because I can’t drink too much tea or coffee.

“Because I’ll need to change my pad more often.

“And then I’ll have to find a loo more often.

“And find some way to get rid of my incontinence pads more often.

“What if there are no bins anywhere?

“I play this conversation in my mind over and over again.

“So, I say let’s not go.”



“I expect there to be toilet paper in the loo, **so why not a bin for my incontinence pads?**”

“I want to look forward to a great time on a weekend away. I don't want to worry about where to change my incontinence products and what I do with them after I've changed them. I don't want to drop urine-soaked pads in the general waste bin in the toilet or out in public view. I just want to be able to change my products in the cubicle.

“If there were bins everywhere it would make my life so much easier. It would make life so much more joyful, because I wouldn't be missing moments like spontaneous trips or short city breaks with my partner. I'm unable to be in the moment, and I feel I don't want to go anywhere new.

“Living like this means living with low-level anxiety every day and perpetually anticipating

stress. My brain is forever having a conversation with itself about when and where I need to change my pad and how I'll dispose of the pad and who will have to clear it up.

“When rushing around searching for a bin or trying to change my products in public and there's nothing there for me - I feel like I'm the only person in the world with this problem, but it's happening to many more men than a lot of people realise.

“The frustrating thing is that it doesn't have to be like this. If we have the right support and the right facilities around us – like sanitary bins in men's loos.

“I expect there to be toilet paper in the loo, so why not a bin for my incontinence pads?”



For men living with the effects of prostate cancer treatment or incontinence, **the washroom should be a safe space.**

That's why **phs** Group, in partnership with Prostate Cancer UK, have created the **BOG STANDARD Charter**, to encourage safe spaces for men and allow them to dispose of their incontinence waste with dignity – which will allow them to continue living their lives, free from embarrassment, shame or anxiety.

For more information, visit www.phs.co.uk/BOGSTANDARD

News

Macmillan Cancer Information and Support Service relaunches in Rotherham Hospital



L-R Michelle Fletcher (Macmillan Lead Cancer Nurse), Helen Dobson (Chief Nurse), Nicola Perks (Macmillan Cancer Information and Support Service Manager), Amy Sanderson (Personalised Care and Support Project Officer) at the opening of the Macmillan Cancer Information and Support Service

The Macmillan Cancer Information and Support Service has officially relaunched at Rotherham Hospital to assist anyone affected by cancer across Rotherham.

Located in the main entrance of Rotherham Hospital, the service officially reopened in May, after being closed during the heights of the COVID-19 pandemic.

Nicola Perks, Macmillan Cancer Information and Support Service Manager said of the relaunch: “Our Macmillan Cancer Information and Support Service team are here to provide information, emotional support and signpost patients and their family, carers, and loved ones into services that offer practical and financial advice. This can really help to reduce some of the anxieties a cancer diagnosis can bring.

“This relaunch represents a positive step forward for the community. Macmillan estimate that by 2025, 3.5 million people in the UK will be living with cancer. Our team are on hand to support those affected by cancer – it is not just the patient, with the cancer diagnosis, who we can offer support to; but anyone who is affected by cancer is welcome in the service. The reopening of the service at Rotherham Hospital helps to support patients and their families to receive the necessary resources to manage the complexities of cancer care effectively.”

Do you have questions about cancer?

Come and meet the team and find out how they can support you. The team are friendly and approachable. They can signpost you to other help and support you may need. There are also benefit advice sessions, available by appointment on Thursday and Friday mornings.

The team can offer:

- Cancer information materials
- Signposting to counselling services
- Information
- Referral to benefits advice
- Self help and support groups
- Signposting to other services
- User groups
- Volunteering activities

The team are around Monday to Friday, 9am to 5pm – excluding bank holidays. No appointment is necessary, or you can call the unit on 01709 427655.

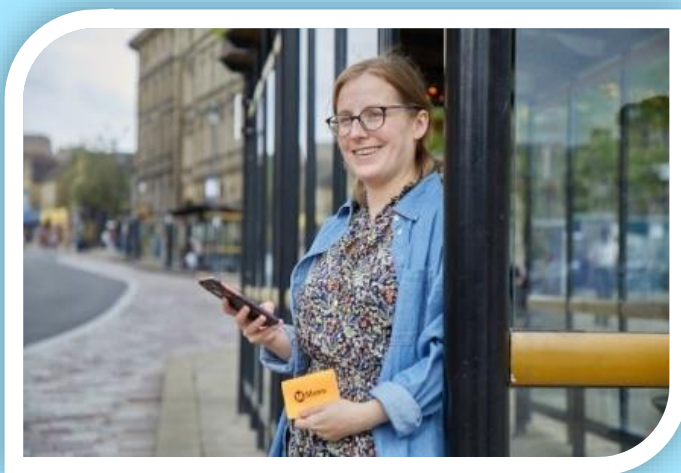
Travel to medical appointments survey

[NHS West Yorkshire Integrated Care Board](#) (ICB) would like to know how people travel to medical appointments and if they know about different support that is available to people.

In 2021, NHS England reviewed non-emergency patient transport services. This review found a wide variation in the eligibility criteria used across different parts of the country. To reduce variation, NHS England have created national eligibility criteria to reduce the variation across the country.

Before NHS West Yorkshire ICB starts to use the new criteria, we would like to understand what difference it will make to people living in West Yorkshire. This will help us ensure that the people who need assistance to get to their medical appointments and treatments get the right help, and type of transport.

You do not have to have used the non-emergency patient transport service to complete this questionnaire: <https://re-url.uk/WO7D>. The survey closes on 13 October 2024.



When you need to go



Flush Toilet Finder



Flush Toilet Finder is the quickest, simplest way of finding a public bathroom or restroom. Simply open the app and it will display the nearest toilets to you. You can even search for restrooms without an internet connection!

- Search through over 200,000 public loos all around the world!
- Find which WC's have disabled access, a fee for usage or require a key!
- Get immediate directions on how to locate them!

I'm sure you all know what it's like when you're out and about in a strange place and you suddenly need to find a toilet urgently.

With so many public toilets being closed due to local government funding cuts, it's no easy matter and for anyone with a long-term health condition, knowing where the nearest loo is located can be the difference between venturing out or staying home.

65% of men who get prostate cancer will become incontinent, some for a few weeks, months and others will live with the condition forever.

On page 4 we look at **Bog Standard**, Prostate Cancer UK's campaign with hygiene provider phs, to create washrooms for men with incontinence to dispose with dignity, so they don't miss out on everyday life.

We also have information on an app for mobile phones – Flush Toilet Finder – which is free to download and can locate 200,000 public toilets all over the world.

Thanks so much to Janet Daykin, Prostate Cancer UK volunteer for this information.

Penny Appeal launch Wakefield Community Hub

International humanitarian charity The Penny Appeal, launched a community hub at Thornes Park Campus, Wakefield in September, to introduce themselves to local organisations.

Lauren, coordinator for the Community Panel, a collaboration between West Yorkshire & Harrogate Cancer Alliance, and ourselves Yorkshire Cancer Community, went along to tell people about what we can offer.

The Penny Appeal takes small change to make big differences to those in need working with 49 million people in 60 countries since 2009.

In Wakefield, the Hub will offer boys' and girls' youth clubs and drop ins for older people, as well as working closely with local community organisations.

To find out more see www.pennyappeal.org



Stop Smoking for Stoptober

Stoptober is the Department of Health and Social Care's annual stop smoking campaign, based on evidence that if a smoker makes it to 28 days smoke-free, they are five times more likely to quit for good. Since it first launched in 2012, Stoptober has helped over 2.5 million people make a quit smoking attempt.



While smoking rates have declined in recent years, over 5 million people in England still smoke and smoking remains the single biggest cause of preventable ill health and death. Latest data shows that using willpower alone remains the most common approach to quitting smoking, despite being proven to be the least effective. We are therefore encouraging everyone who still smokes to use Stoptober as an opportunity to take advantage of the range of quitting support available and break the habit for good.

For further information on support available to quit smoking, visit <https://www.nhs.uk/better-health/quit-smoking/find-your-local-stop-smoking-service/>

Join the Humber and North Yorkshire Cancer Alliance Patient and Public Representative Group

At the Cancer Alliance, we're in the process of growing and diversifying our Patient and Public Representative Group. The opportunity to join is open to anyone with lived experience of cancer, providing they are living or receiving treatment in Humber and North Yorkshire.

Humber and North Yorkshire Cancer Alliance is actively recruiting people with lived experience of cancer to join its expanding Patient and Public Representative Group. Lived experience could mean either as a patient or the carer of someone with a cancer diagnosis.

As a Patient or Public Representative, you will have the opportunity to share your experience of cancer to help improve cancer services across Humber and North Yorkshire.

Your main role is to use your knowledge and experience to give feedback on and advise about the impact on patients of work developed and undertaken by the Cancer Alliance.

You will be in a unique position, acting as a critical friend to the Cancer Alliance, and using your voice to challenge the approach and thinking of those making decisions in an appropriate manner, remaining respectful and open to a wide range of opinions and thought processes.

To find out more about the opportunity, visit the [Cancer Alliance website](#) and download a [recruitment pack](#). To apply, please complete an [expression of interest](#).

For any questions about the opportunity, please contact Emily Johnson, Senior Patient and Public Engagement Coordinator: emily.johnson75@nhs.net.



Would you like to become a Patient or Public Representative?

Use your experience of cancer to help improve services across Humber and North Yorkshire

Email
comms.hnycanceralliance@nhs.net
or scan the QR code with your smartphone to find out more



What have we been up to?



Our cancer champions Stephen (middle) and Phil (right) along with Kathy joined the 1 in 4 Sheffield Prostate Cancer Support Group to tell them about our new campaign Don't Be The One. This campaign, which we are launching on 10 October, aims to spread awareness of the high risk of prostate cancer to black men. See our upcoming events section for more details.

Cancer Champions Stephen (left) and Phil had a busy day at the Sikh Gurdwara at Springwood, Huddersfield. This event, organised by Change, Grow, Live helped us to spread the cancer SMART message further, and helped promote our new campaign Don't Be The One.



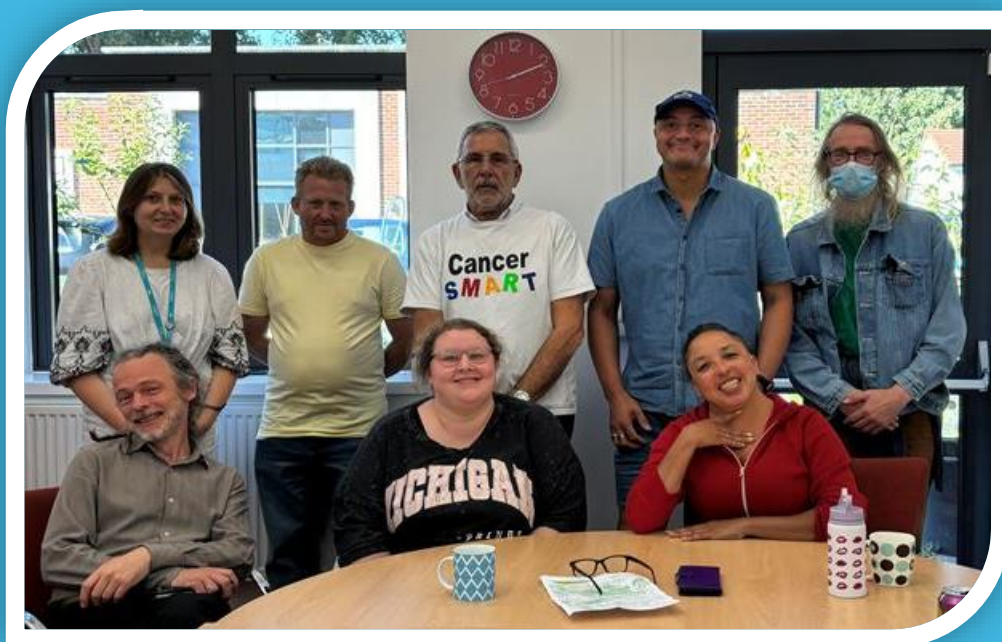
Here's our chairman Dr Stewart Manning at Woodhouse Community Centre as part of the National Eye Health Week, organised by ABA Leeds. Here he met with people from the Association of Blind Asians Leeds.



Here's cancer champion and patient panel coordinator Lauren at Ashgrove Medical Centre's Open Day, which was an event to showcase local services. It was a busy day and Lauren had the chance to speak to a lot of people about the cancer SMART message, many of whom shared their own cancer experiences with her.

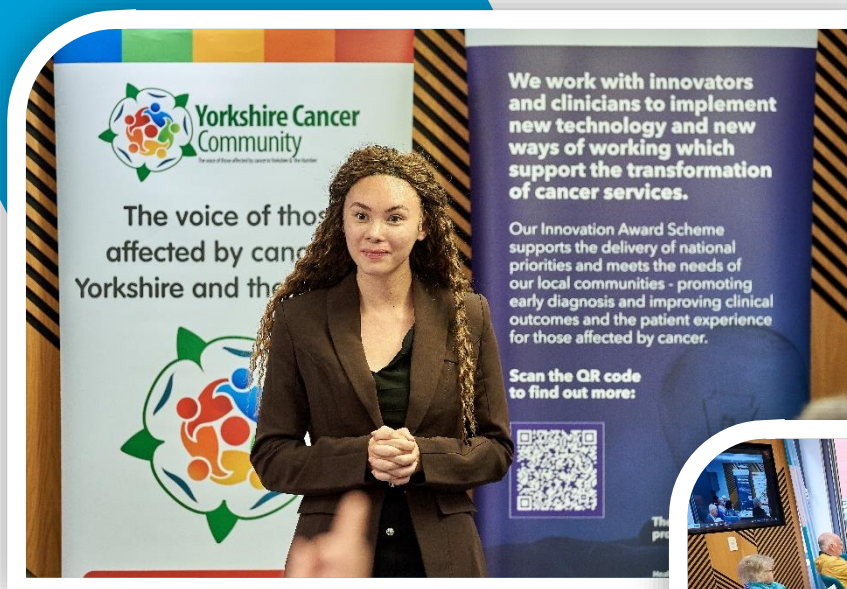
Lauren has now launched the community panel, so if you would like to get involved, email her: Lauren@yorkshirecancercommunity.co.uk

Our chair Stewart attended the Bone Cancer Research Trust conference held at the Leeds Hilton on Saturday 28 September. This Horsforth based charity focuses on primary bone cancer.

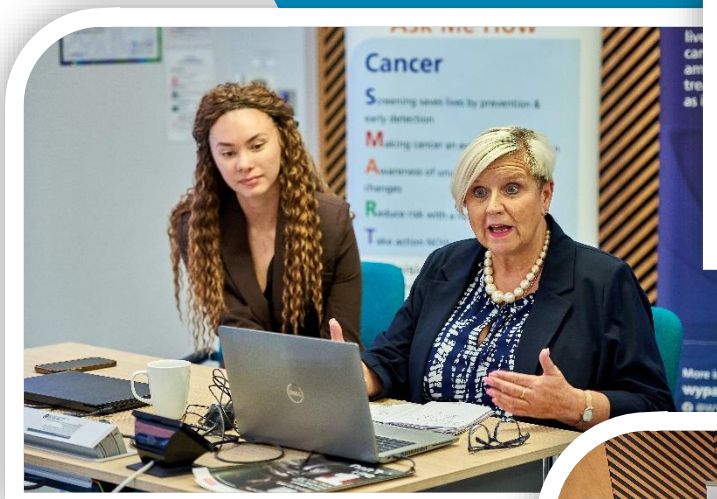


Here Stewart visits People in Action, a Leeds based charity which supports people with autism or a learning difficulty.

Community Panel Launch – The Patient View



Pictured left, Lauren at the launch. Below, discussions at the launch.



Pictured above, Lauren, The Patient View coordinator, and Tracy Holmes, Community and Engagement Lead at West Yorkshire and Harrogate Cancer Alliance.

Pictured right, Lauren with community panel members and some of the YCC team.



If you would like to be involved in The Patient View, and help to improve the lives of people with cancer in West Yorkshire and Harrogate by using your own lived experiences, then get in touch with Lauren at lauren@yorkshirecancercommunity.co.uk

Upcoming events?

We have some exciting events coming up in October. We would love to see you there.

- 3 Oct - Carers Roadshow at Pinderfields Hospital, WF1 4DG - 10.30am-2.30pm
- 5 Oct - Nidderdale Health & Wellbeing, Pateley Bridge - 10am-1pm
- 6 Oct - Health & Wellbeing, Sikh Temple Fartown, HD2 - 11am-3pm
- 6 Oct - Silver Sunday events for older people, The Ridings Wakefield - 10am-2pm
- 9 Oct - Community Panel event - Health & Wellbeing, Denholme Community Centre – 11am-2.30pm
- 10 Oct - Don't Be The One campaign launch, Chestnut Centre, Huddersfield, HD2 1HJ – 10.30am-1pm
- 11 Oct - Girls High School Health & Wellbeing, Zakaria Education Centre, Savile Town, Dewsbury – 10am-2pm
- 12 Oct - Self Care Saturday Reginald Terrace, Community Hub, Leeds – 1-4pm
- 17 Oct - Black Brotherhood Empowerment Evening, Huddersfield HD1 2PT – 7pm
- 21 Oct - Cancer Awareness Day, Westbourne Green, Heaton Rd, Bradford BD8 8RA – 9am-4pm
- 29 Oct - Winter Health & Wellbeing, Crossgates Shopping Centre, LS15 8ET – 11am-3pm
- 30 Oct - Winter Health & Wellbeing Morley Town Hall, LS27 – 11am-3pm

Yorkshire Cancer Community – Online Support Group

Weds, 9 October - 11am-12pm

We hold a friendly, informal support group on the second Wednesday of every month via zoom.

Our support group is for anyone affected by cancer, either as a patient, carer, family or friend, or those working in cancer services. If you'd like to join the group, just email us at info@yorkshirecancercommunity.co.uk and we'll send you a link. We'd love to see you.



Don't Be The One campaign launch

Thursday 10 October – 10am – 1pm

The Chestnut Centre, 2a Chestnut Street, Sheepridge, Huddersfield HD2 1HJ

Our Don't Be The One campaign aims to raise awareness that 1 in 4 black men will develop prostate cancer in their lifetime. This is double the risk of other men, who have a 1 in 8 risk.

Prostate cancer is much easier to treat when caught early, but in the early stages it doesn't have any symptoms. There is currently no national screening programme to detect prostate cancer either. Therefore, we are encouraging men who are at high risk to contact their GP and arrange a simple PSA blood test. This test measures the amount of a protein called prostate-specific antigen (PSA) in your blood, and high levels can indicate a problem with the prostate, including cancer. Other risk factors include age (over 50), and family history (father / brother).

Following the launch, we will be setting up a new prostate cancer support group for black men in Huddersfield. There is already an established group in Sheffield called 1 in 4 Sheffield Prostate Cancer Support Group, but we are not aware of any other groups that exist in our region for black men with a prostate cancer diagnosis.

Our launch event will be opened by the Mayor of Kirklees, Cllr Nosheen Dad. Our chairman Dr Stewart Manning and Dr Ilyas Ahmad from The Grange Medical Practice in Fartown will be speaking, plus campaign founder and cancer champion Phil James. Janet Daykin & Ruth Triggs from Prostate Cancer UK will be presenting a training session called Life Saving Conversations. Light refreshments provided. We would love for you to come along to learn more.

Invitation

To the launch of Don't Be The One

on Thursday 10th October 2024
10:30 - 13:00

at The Chestnut Centre 2a Chestnut Street
Sheepridge Huddersfield HD2 1HJ

Don't Be The One is a campaign to raise awareness of the risk of prostate cancer in black men






BLESS - new support group launches 1st October 2024

A Holistic Haven for Cancer support and Wellbeing for Women

Bringing together women affected by cancer for extra support.

Our cancer support group helps bring together people affected by cancer to help them manage the challenges they may face.

EVERY TUESDAY
9am-3.30pm



Tranquil Tuesdays with Paula
10am-12pm

Holistic therapy creating balance and calm in our bodies.

Limited Spaces
Booking Essential



Relax and Reset with Bev
1.30pm-3pm

Meditations working with Crystals, Oracle mindfulness cards. Learning how to manage pain and positive awareness of our bodies.

Limited Spaces
Booking Essential



Cancer Support Group
9am-10am & 12pm-1.30pm

Open chat and refreshments and snacks. No booking required for these sessions.



Bless Our Boobs

Breast awareness classes, book club and guest speakers. Timetable will be available.

Each session provides a safe space for open conversation, mutual support and holistic wellbeing. All our groups are **FREE** of charge to attend. Donations are welcomed but not expected.

Call us to book a place or for any further information:

07747 561575

We are based at 1 & 2 Highfield's Centre, Hemsworth WF9 4SH



Join us for a day of FUN and it's FREE to attend!



"Excellent venue, the staff were excellent hosts and playing a game of bowling broke up the atmosphere, saved it getting too serious and we all had a great time."

A Cancer Community Meet-up attendee

Are you or a family member living with cancer?

If this is you, we warmly welcome you and a guest to come along for a free game of bowling and a chance to chat to others who are going through similar experiences.

Where

Hollywood Bowl Bradford
5 Vicar Ln, BD1 4DY

When

Wednesday 2 October at 11am
Running fortnightly until the end of 2024

Visit

macmillan.org.uk/CancerCommunity
for more information



Scan to find out more

 **Hollywood Bowl**

In partnership with

MACMILLAN
CANCER SUPPORT

WORLD MENTAL HEALTH DAY



10TH OCTOBER - THE RIDINGS



10:00-15:00 LOCATION - MIDDLE MALL




Hosted By Talking Therapies.

Join us to discover our free mental health support services, including our employment support, as well as gain access to a variety of fantastic community resources! Refreshments will be provided.

We will be showcasing services from across the Wakefield District, that offer support for a persons mental health and wellbeing.

This year's World Mental Health theme is 'It's time to prioritise wellbeing in the workplace'. Come along to find out how you can improve your wellbeing at work.

For more information scan the QR code or contact us on the below:

-  01924 234 860
-  talking.turning-point.co.uk
-  Wakefield.talking@turning-point.co.uk

AGENDA FOR THE DAY

- 10.00 Start
- 10.30 My Mental Health Journey
- 11.00 Positive Postcards
- 11.45 Choir
- 12.15 Break
- 13.00 Mental Health in Work Talk
- 13.45 Arm Chair Aerobics
- 14.30 Cake Cutting

FREE EVENT!



TURNING POINT TALKING THERAPIES



@TurningPointTalkingTherapies
@talkingtherapies

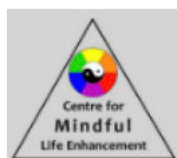
Supported by

COMMUNITY
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Centre

ANDYSMANCLUB

MACMILLAN
CANCER SUPPORTResearch
ALKay+veRotherham
cancer care
centreVoluntary
Action
RotherhamCancer Advocacy
Service

Supported by

THE ARC
MACMILLAN
CANCER SUPPORTCentre for
Mindful
Life Enhancement

NHS

The Rotherham
NHS Foundation Trust

Talk Cancer

Free Event

Friday 18th October 2024
10am-2pm

Come brightly dressed
Refreshments available all day

The High Street Centre, Rawmarsh S62 6LN
01709 719478



Schedule of talks and rooms available for 1 to 1 discussions (timings are approximate)

Lumps and Bumps – prosthetics demonstration

10am Main Hall - 10.30am New Room

Michaela and Louise are vastly experienced in a wide variety of medical settings. They will explain the parish nurse project and their own experiences of caring for family members with cancer. They will demonstrate how to use the models to feel for unusual lumps.

Testicular

10.30am Main Hall - 11am New Room

Nick will explain how testicular cancer spread to his lung.

Citizens Advice Rotherham & District

11am

Jo will briefly explain the services offered by Rotherham Cancer Advocacy and the support available.

Breast

11.15am Main Hall - 11.30am New Room

Anna - our wonderful Finance Officer will talk through her journey of discovering breast cancer

Janet - our lovely volunteer at the centre will talk about how she believes that her mammogram saved her life.

Lung

11.30am Main Hall - 12 noon Green Room

Aileen will share the story of her involvement with research ALKay +ve and advocacy in lung cancer and the sad loss of her daughter Kay at the age of 24.

Pancreatic

12 noon Main Hall - 12.30pm New Room

Janine will share the loss of her previously fit and healthy husband Paul, due to Pancreatic Cancer.

Mindfulness

12.15pm

Mike will give information about the benefits of mindfulness followed by a brief introductory session and mindfulness breathing practice.

Crohns

12.30pm Main Hall - 1pm Green Room

Wendy will share the journey and her experience of having a stoma bag and will also touch on blood cancer.

Followed by

Rotherham Cancer Care

Ladonna will explain the services they offer.

Macmillan Cancer Information and Support Unit at Rotherham Hospital

1pm Main Hall

Nicola will talk about the service which offers free confidential information and support to everyone, whatever the stage of their cancer pathway and helping them, to get the most out of life. The service can offer time to listen, time to talk and make sense of it all, as well as providing practical, financial and emotional support.

Life Beyond Cancer

1.15pm – Life Beyond Cancer

An opportunity for people to talk about their experiences after treatment stops talk about next steps.

Representatives available for information

Nicola and Tracy from Macmillan Support

Macmillan cancer and support unit at Rotherham Hospital

Nicola Evans from Voluntary Action Rotherham

Awareness sessions and conversations about cancer

Ladonna from Rotherham Cancer Care

Information about a local charity that supports local people through 1:1 assessments, complimentary therapies and counselling

Fraser from Macmillan

Where to go to access support and refer to other services

Andy's Mans Club

Support specifically for men

Jo from Rotherham Hospital

Cancer Advocacy Service



Brought to you by  **carersUK**

Looking after someone?

Access
FREE digital
resources
for carers

In collaboration with

West Yorkshire
Health and Care Partnership

 **Kirklees**
COUNCIL

Caring for a loved one who is ill, disabled or older can be valuable and rewarding, but without the right support caring can have an impact on your life.

We've teamed up with Carers UK to give you access to essential resources to help make caring easier. Register for FREE resources and get the help you need today.

Our digital products and online resources are available to carers and include:

E-Learning

A suite of courses for carers



Jointly

Care co-ordination app



Free publications

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Other Items



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/>



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/>