



Cancer
Screening saves lives by prevention and early detection
Making cancer an everyday conversation
Awareness of unusual and persistent changes
Reduce risk with a healthy active lifestyle
Take action now against cancer

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

Welcome to the November edition of the VOICE Newsletter

October proved to be one of our busiest months. We were invited along to New Anthem Theatre Group's presentation of FUFC at the Mechanics Theatre, Wakefield, a heart warming play about a man's diagnosis with prostate cancer. More about that inside.

Around 40 people, local TV and radio attended the launch of Don't Be The One, our campaign to raise awareness of the risk of prostate cancer in black men which we held in Chestnut Centre, Huddersfield. We partnered up with the Liver Buddies, who brought along their mobile screening unit and the Mayor of Kirklees Cllr Nosheen Dad performed the official opening. It was such a positive occasion, and we are following it up by meeting with the local MP

Harpreet Uppal, and Kirklees Cabinet member for adult health and social care, Cllr Beverley Addy, to see how we can spread the campaign further. At the end of the month we brought our fabulous Cancer Champions together for a well-earned Away Day to thank them for their contributions and allow them time to network together. If you want to know about volunteering with us, please get in touch.

Best wishes
Jill, Clare and Lauren

Your stories

Cancer Champions Away Day at the Thackray Medical Museum, Leeds

Cancer Champions are our volunteers who help us to spread the Cancer SMART awareness message by giving talks or holding information stalls.

Many have been affected by cancer or care for someone with a cancer diagnosis. As champions come from all areas of West Yorkshire and Harrogate, our meetings are usually online.

But it's always nice to get away for the day, and going to the Thackray Medical Museum (next to St James Hospital in Leeds) has become one of the highlights of our volunteering calendar.

A game of 'people bingo' helped to break the ice and get everyone talking before moving on to a session led by social media guru Vicki, who showed people the power of Facebook and how we can use it to promote our cancer message.



We're reaching around 3,500 people each month on Facebook alone which costs us nothing except the time to post the photographs and content. It's an important way to share Cancer SMART and maybe attract new volunteers to the project.

After a sandwich lunch, Champion Emily, who is a researcher with Hull York Medical School, introduced us to her game of snakes and ladders with a difference. The game has been produced with funding from Yorkshire Cancer



Research to represent the real-life barriers and facilitators to attending the NHS Breast Screening Programme for women who live in disadvantaged areas of Yorkshire.

Emily has gifted us a game which we are happy to use with local support groups and cancer hubs.

Community Event: Guru Nanak Gurdwara

from the Grange Medical Practice News



On 27th October, the Guru Nanak Gurdwara in Springwood, Huddersfield, became a gathering point for the community to learn about the power of early detection in fighting diseases like diabetes and cancer. Organised by The Grange Medical Practice, this event brought together local healthcare professionals and community members with a shared goal: **to empower everyone to take charge of their health.**

This effort was made possible with the dedicated support of our healthcare partners: Yorkshire Cancer Community, Bradford and Pennine Breast Screening, and Change Grow Live Kirklees. Their commitment to improving community health played a key role in making the event a success.

Diabetes UK highlights a pressing issue — people from South Asian backgrounds are at a higher risk for Type 2 diabetes.

“When we identify diabetes early, especially at the pre-diabetic stage, we can help patients take preventative steps to reduce the risk of lifelong complications.”

DR ILIYAS AHMAD, THE GRANGE MEDICAL PRACTICE

The conversation around cancer is equally urgent. In the UK, around 1 in 8 men will face prostate cancer in their lifetime, and within Black communities, the risk rises to **1 in 4 men**. Early detection can be a lifeline, but often, people feel “healthy” and delay checks.

Bradford and Pennine breast screening team helped raised awareness and encourage women to perform breast self-examinations each month. If anything unusual is noticed, it’s essential to seek medical advice without delay.

This event was about more than just information—it was about connection and community. Bringing health awareness directly to the heart of our community means so much to us at Grange Medical Practice. We’re incredibly thankful to everyone who joined and supported us. If this awareness saves even one life, it will mean everything to our team and fuel our commitment to continue this work.



We’re excited to announce that our next event will be held in a local church. Keep an eye out for more details in the coming weeks.



Mayor of Calderdale – Cllr Ann Kingstone

spoken. Local people are not getting diagnosed with cancer until they are at stage three or four which is too late. The project team want to help local people know what signs to look for and how to get help, how to make a doctor's appointment and how to make sure they get screening.

At a packed meeting room, the event was officially opened by the Mayor of Calderdale - Councillor Ann Kingstone – who spoke about the long term ambition of the project to prevent cancer from developing.

“Together we will create a healthier and more resilient future for Calderdale”.



Macmillan volunteer Alan (pictured) who confessed to being almost 80; talked about his healthy lifestyle as a long distance walker who didn't smoke or drink.

He was 'shaken' to discover in 2007 that he had bowel cancer. Within days he was scheduled for surgery and even managed to joke with his anaesthetist that he would haunt him if it didn't go to plan!

Now 17 years later, he has four grandchildren and volunteers for Macmillan.

He told the audience: “If you have any suspicions whatsoever, go to the doctor. Go early, don't leave it too late, and remain positive.”



Calderdale Cancer Aware launch

An exciting project was launched earlier this month in Halifax, to try to get more cancers diagnosed at earlier stages when they are more treatable.

Calderdale Cancer Aware is funded for three years, and the team will eventually grow to six people. It's one of 12 other projects funded by Macmillan across the country which focus on small areas with lots of challenges where cancers are getting diagnosed at a late stage and people are not taking up screening.

The team who are hosted by Halifax Opportunities Trust at the Hanson Lane Enterprise Centre, are not clinically trained and have varied backgrounds including teaching, social work, nursing and charity work, and bring many skills and a variety of languages.

Rachel Porter, Manager, said they are not diagnosing illness, but are opening up conversations about cancer and screening and showing that cancer is not a taboo subject.

In Park Ward, where the project is sited, there are many diverse communities with more than 60 languages

Macmillan Brings Cancer Awareness to Burley in Wharfedale's Men's Shed

In October, Macmillan's Engagement Lead, Fraser Corry, spent an evening with the Men's Sheds in Burley in Wharfedale to raise awareness about cancer in men. This event was a collaboration between two local Sheds from Burley and Wharfedale, with members of the local community also invited to join. Fraser covered a range of crucial cancer topics, including how to spot early signs and symptoms, the importance of cancer screening, and how to access Macmillan's support services. His talk emphasised the importance of men seeking help and support.



The evening also featured an insightful talk from Dr Stewart Manning, Chairman of the Yorkshire Cancer Community. As a retired GP and cancer survivor, Dr Manning highlighted the need for men to stop delaying

GP visits and to ask for help when needed. Local GP, Dr Janet Kay, concluded the event with an engaging talk on cancer diet and lifestyle titled "Food for Thought."

A striking statistic shared during the event was that women aged 16-44 are twice as likely to see their doctor compared to men. This needs to change, and events like this are a step towards reaching more men.

This is just the first of many health talks planned for the year as part of the Shed's collaboration, with the potential for more talks to be delivered to other Men's Sheds across West Yorkshire.



Chemotherapy – The potential long-term effects and what can help them

This month we visited the Bottoms Up support group. This group supports people with either a bladder, prostate or bowel cancer diagnosis, and their families and carers. They meet on the third Thursday of every month for their popular coffee afternoon, at 2pm at Brook House WMC, 221 Barnsley Road, Wakefield WF1 5NU. They often have interesting speakers, and this month was no exception. They were joined by Dr



Jason Alcorn, (4th from left), Nurse Consultant for Uro-oncology & Andrology based at Pinderfields Hospital. This month's discussion was around the possible long-term after-effects of chemotherapy, and what you can do to alleviate any symptoms you may experience.

What is Chemotherapy?

Chemotherapy is a treatment that targets and destroys cancer cells. It also affects healthy cells too, which can **sometimes** lead to long-term side effects – physical, cognitive, and emotional wellbeing.

Possible Long-Term Effect	What Can Help
<p>Fatigue</p> <p>Persistent fatigue can last months or even years after treatment has ended, and have a big impact on your quality of life. It is caused by energy depletion due to the damage to healthy cells. To help manage this symptom it's a good idea to try to understand your tiredness so that you can make adjustments to your daily routine. When do you feel more tired – eg morning, afternoon, evening? Is there a particular activity that brings it on – bathing, dressing, cooking? Is it due to being short of breath, poor sleep patterns, or emotions?</p>	<ul style="list-style-type: none"> • Exercise – light physical activity such as walking or yoga to improve stamina • Counselling - fatigue management programs and energy conservation techniques • Using Apps such as Untire which can be found here https://untire.app/en-gb/ • The Five P's - Prioritise (what is essential, what can wait), Plan Ahead (schedule rests, avoid activity for 1 hr after eating), Pace Yourself (don't try to do too much), Posture (avoid twisting and bending, sit) and Permission to rest or ask for help

Heart and Cardiovascular Issues

Damage from drugs like anthracyclines (eg doxorubicin) can cause cardiomyopathy, heart failure or arrhythmias.

- Cardiac rehabilitation - exercise and dietary plans tailored for heart health
- Regular monitoring - annual heart check-ups with a cardiologist
- Medication - management of blood pressure, cholesterol, or arrhythmias

Lung Problems

Drugs like bleomycin can cause long-term lung damage such as pulmonary fibrosis and breathing difficulties.

- Pulmonary rehabilitation - breathing exercises and oxygen therapy
- Lifestyle – stop smoking, avoid pollutants, and manage your weight
- Respiratory physician - regular lung function tests and symptom management

Neuropathy (Nerve Damage)

Chemotherapy-induced peripheral nerve damage can lead to numbness, tingling and pain in hands and feet.

- Physical therapy - strengthening exercises to improve mobility and balance
- Medications - pain relief medications such as gabapentin or antidepressants
- Acupuncture and massage therapy

Reproductive and Sexual Health

Chemotherapy can result in infertility, hormonal imbalances, early menopause, reduced sperm production and sexual dysfunction.

- Fertility preservation
- Hormonal replacement therapy - for managing menopause or low testosterone
- Counselling - sexual health therapy to address intimacy and relationship issues

Bone Health

Chemotherapy and the hormonal changes it causes can lead to osteoporosis and fractures.

- Calcium and Vitamin D supplements to strengthen bones
- Medications such as bisphosphonates e.g. alendronic acid
- Bone Density Tests
- Weight-bearing exercise such as walking and strength training

Kidney and Urinary Tract Problems

Kidney damage or electrolyte imbalances can result from using drugs such as cisplatin.

Hearing Loss

Platinum-based drugs such as cisplatin can cause hearing loss and tinnitus (ringing in the ears).

Digestive and Gastrointestinal Issues

Chemotherapy can damage the digestive tract, leading to chronic diarrhoea or irritable bowel syndrome (IBS)

Immune System Suppression

Damage to bone marrow can affect white blood cell production, leading to an increased susceptibility to infections.

Skin and Nail Changes

Chemotherapy's effect on skin and nails can result in chronic dryness, sensitivity, and nail texture changes.

Hair Loss (Alopecia)

Chemotherapy's damage to hair follicles can lead to permanent thinning or hair loss on the scalp, eyebrows, and eyelashes.

- Hydration - drink plenty of water to support kidney function
- Dietary adjustments such as low-sodium, low-protein diets
- Nephrologist to monitor kidney function regularly

- Hearing aids
- Cochlear implants for more severe cases of hearing loss
- Regular check-ups and hearing tests

- Dietary adjustments - low-fibre, bland diets during flare-ups
- Probiotics to help restore gut bacteria balance
- Gastroenterologist to manage long-term digestive health

- Vaccinations - flu shots and other preventive measures
- Hand hygiene - regular handwashing and avoiding ill people

- Avoid harsh products such as chemicals and fragrances
- Moisturisers - use of gentle, hydrating skin products
- Dermatologist for severe cases and long-term skin care

- Scalp cooling - a method that may help reduce hair loss
- Wigs and hair pieces offer a temporary solutions for hair loss
- Support groups - peer support for coping with changes to body image

Liver Damage

Fatty liver disease, cirrhosis, or jaundice can all result from drug toxicity, especially in combination with alcohol or other medications

Secondary Cancers

There is a risk that chemotherapy-induced genetic changes can lead to leukaemia and other cancers due to DNA damage.

Cognitive Function (Chemo Brain)

Chemotherapy's impact on brain function can result in memory problems, trouble concentrating, and slower thinking.

Emotional & Psychological Effects

The psychological toll of cancer and its treatment can lead to anxiety, depression, and post-traumatic stress disorder (PTSD).

- Dietary adjustments - low-fat, liver-friendly diets include fruits, vegetables, whole grains, lean meats, and healthy fats
- Avoid alcohol to prevent further liver damage
- Regular screenings if possible, and follow-up care
- Follow a healthy lifestyle - diet, exercise, and avoiding carcinogens to reduce risk
- Oncologist to advise on close monitoring for early detection
- Cognitive therapy - brain exercises to enhance memory and focus
- Organisational tools - use calendars, apps, and reminders to stay organised
- Consult a neurologist if cognitive impairment is severe
- Therapy such as Cognitive Behavioural Therapy (CBT) and support groups
- Mindfulness and relaxation such as meditation, yoga, and breathing exercises
- Medication e.g. antidepressants or anti-anxiety medications
- Macmillan information centre, Maggie's, and CNS teams can offer help and advice

References:

Dr Jason Alcorn, Nurse Consultant for Uro-oncology & Andrology

National Cancer Institute: Chemotherapy Side Effects - <https://www.cancer.gov>

Mayo Clinic. Chemotherapy: Long-Term Side Effects. <https://www.mayoclinic.org>

American Cancer Society: Managing the Long-Term Effects of Chemotherapy. <https://www.cancer.org>

News

Lymphoedema service information for the Mid Yorkshire area

When we're out and about, we are always being asked if there is a local lymphoedema service. Lyndsey Moulding from the Prince of Wales Hospice has put this information together for us.

Lymphoedema is a condition which causes swelling anywhere in the body, but mostly in the arms and legs. Lymphoedema occurs when the lymphatic system, which drains away fluid from the body tissues becomes damaged or overloaded and is no longer able to cope.

As a result there is a build up of water and proteins in the tissues beneath the skin

surface which causes changes in the skin and surrounding tissues. The affected part feels tight and firm and the limb may feel heavy and ache, especially as the day goes on. The lymphatic system is damaged for example, due to injury, surgery, or infection. Lymphoedema cannot be cured but it can be controlled and kept to a minimum through treatment.

At The Prince of Wales Hospice Lymphoedema clinic we can help patients manage their condition and provide information on how to reduce the risk of it developing.

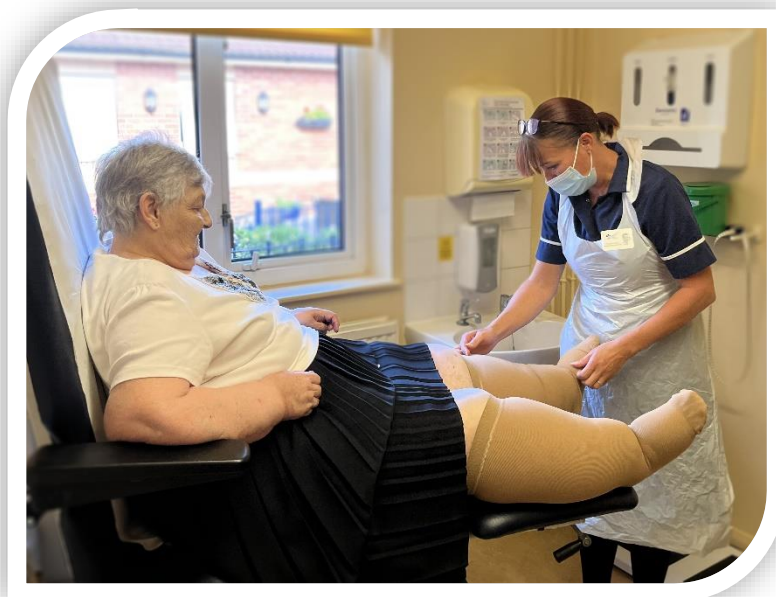
Have you had any cancer surgery including lymph nodes removed?

Have you noticed any swelling, discomfort or do limbs feel heavy?

Patients at risk can now self-refer to the Lymphoedema service which covers the Wakefield District based at The Prince of Wales Hospice in Pontefract. A clinic also runs at the Rosewood Centre, Dewsbury Hospital on a Tuesday.

For more information or to self-refer please call 01977 781459 and leave a message with your name and telephone number if the line is not answered, or alternatively you can email: lymphoedemapwh@nhs.net

If you live in another area, search for lymphoedema clinic near me, or ask your Clinical Nurse Specialist.



Exciting News: Launch of Scope's Community Hub in Leeds!

Panel Coordinator Lauren recently attended the launch of the Scope Community Hub in Leeds. This fantastic new facility is dedicated to supporting disabled people and their families, providing a safe and accessible space to connect with others who share similar experiences.



What Makes Scope's Community Hub Special?

- **Accessibility:** The hub is fully wheelchair accessible with no stairs, ensuring everyone can navigate the space comfortably.
- **Calm Environment:** The facility features a quiet room designed for relaxation and decompression, perfect for those who need a moment to recharge.

Future Collaborations

We're excited to announce that Scope has invited us to utilise their excellent facilities for our upcoming panel meetings.

Sunovary future dates for meetings

Sunovary Ovarian Cancer Support Group covers Wakefield, Huddersfield and Leeds and is a small friendly group of women who meet up for coffee or lunch in various locations around the region.

They also have a Chit Chat WhatsApp group. The group was started by Karen who was diagnosed with a rare ovarian cancer in 2019.

Coming up they have two meetings at RCM Wellness Centre, Sandbeds Trading Estate, Dewsbury Road, Ossett WF5 9ND Tel: 07971 228857. RCM Wellness Centre's charity Pay it Forward Wakefield are very kindly providing a room for the group's meetings to be held in every month.

Sunday 24 November 10.30 – 12.30 pm – foot care and neuropathy with a podiatrist who will talk to the group and answer any questions

Sunday 15 December 11 am – 1 pm - Pamper session treatments - options to be confirmed.

Places are limited so please contact Karen sunova777@aol.com for more information to join the sessions.



Karen Elden (left), founder of the Sunovary group, with some of the group members.

What have we been up to?

Don't Be The One Campaign Launch



Above: The Mayor of Kirklees Cllr Nosheen Dad (left), with our chair Dr Stewart Manning. Stewart welcomed everyone to the event, and Cllr Dad officially launched our event.

Our Don't Be The One Campaign was officially launched at the Chestnut Centre in Deighton, Huddersfield on 10 October.

This campaign aims to raise awareness among the Black African / Caribbean community that 1 in 4 black men will get prostate cancer in their lifetimes. This is twice the risk of other men.

We are encouraging anyone with a prostate who is of Black African / Caribbean descent and over the age of 45 to contact their GP and arrange a PSA test. If you have a close relative who has had prostate cancer, this further increases your risk.

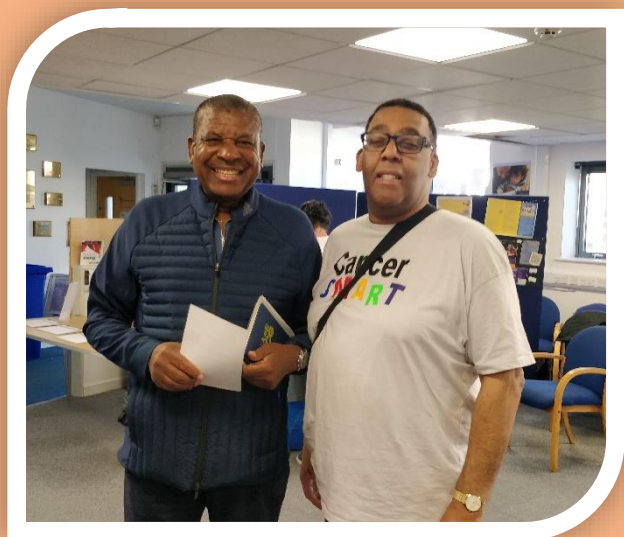
Prostate cancer doesn't show any symptoms in the early stages, when it is easier to treat, so it is important that you don't wait for symptoms to develop.

Right: Ruth Triggs (left) and Janet Daykin from Prostate Cancer UK presented their Life Saving Conversations training session, a short and punchy training session to give you confidence to speak to others about this difficult subject.



Left: Dr Ilyas Ahmad from The Grange Medical Practice, Fartown, Huddersfield, gave an inspiring talk about his perspective as a local GP, encouraging men to come forward for a PSA test.



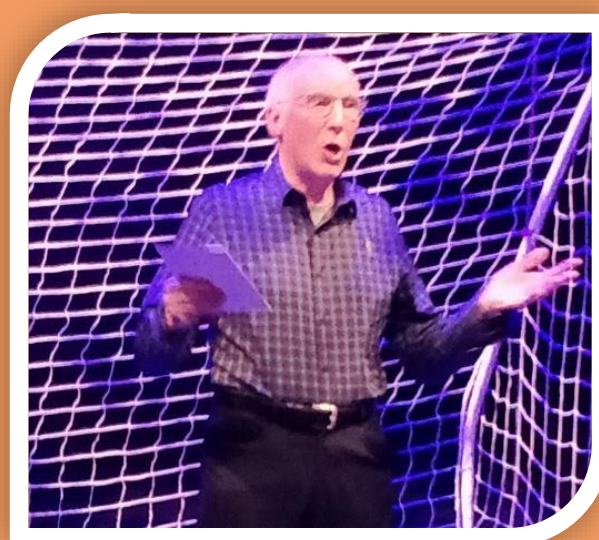


YCC cancer champion and founder of Kams Corner CIC, Phil James (right) came up with the idea for the campaign, which we have launched in October to coincide with Black History Month.

He has many contacts within the black community in Huddersfield, and is working hard to spread awareness.

Here he is with Pastor Edward Sterling, who is going to help spread the message among his congregation at the New Testament Church of God.

Here's YCC cancer champion Stephen Halstead on stage at the New Mechanics Theatre in Wakefield, raising awareness of our campaign at the opening of the play FUFU, written by Mark Jackson about his experience of Prostate Cancer. Stephen, who himself has a prostate cancer diagnosis, has been instrumental in the success of the campaign, and has designed all of the flyers / leaflets. He was also interviewed by Greatest Hits Radio and Kirklees Local TV at the launch.



Here to support our campaign launch were Johanna White (founder) and several members of the 1 in 4 Sheffield Prostate Cancer Support group for black men and their families. We intend to establish a similar support group in Huddersfield, and we will be working closely with Johanna (pictured 2nd left with members of the group) to help us make it as successful as her group has been.



Scan me for guidance



Ask your GP for a PSA Blood Test

To keep up to date with our campaign, visit our Facebook page:

<https://www.facebook.com/DontBeTheOne>





Left: Here’s Jill delivering our cancer SMART presentation to employees at Howdens in Normanton. She was joined by Joy and Michelle (below) from Leeds & Wakefield Breast Screening Service.



Below: Jill and Lauren are joined by Wakefield Mayor Cllr Darren Byford at the Silver Sunday roadshow in the Ridings Shopping Centre, Wakefield. This event held on 6 October was organised by Age UK, and is a national day of fun activities celebrating older people.



Below: Our administrator Clare ran a stall at the Carers Roadshow held in the canteen at Pinderfields Hospital on 3 October. This event was a great opportunity to spread the cancer SMART message to staff and visitors to the hospital.



Here are our cancer champions Stephen Halstead and Kathy Burke with Macmillan’s Fraser Corry at the launch of the Calderdale Cancer Aware project.

Upcoming events?

We have plenty of events coming up in November – we'd love to see you there!

7 Nov - Health Event, Girlington Community Centre, Girlington Road, Bradford BD8 9NN 10am-2pm

14 Nov - Health & Wellbeing cafe for people with LD, Hamara Centre, Tempest Road, Leeds LS11 6RD
10am-12pm

20 Nov - Movember event at Church View Health Centre, South Kirkby, Pontefract WF9 3AP 12pm-6pm

26 Nov - Anchor project Asylum and refugees talk, St Clements Church, 294A Barkerend Rd, BD3 9DF
10.30am-12pm

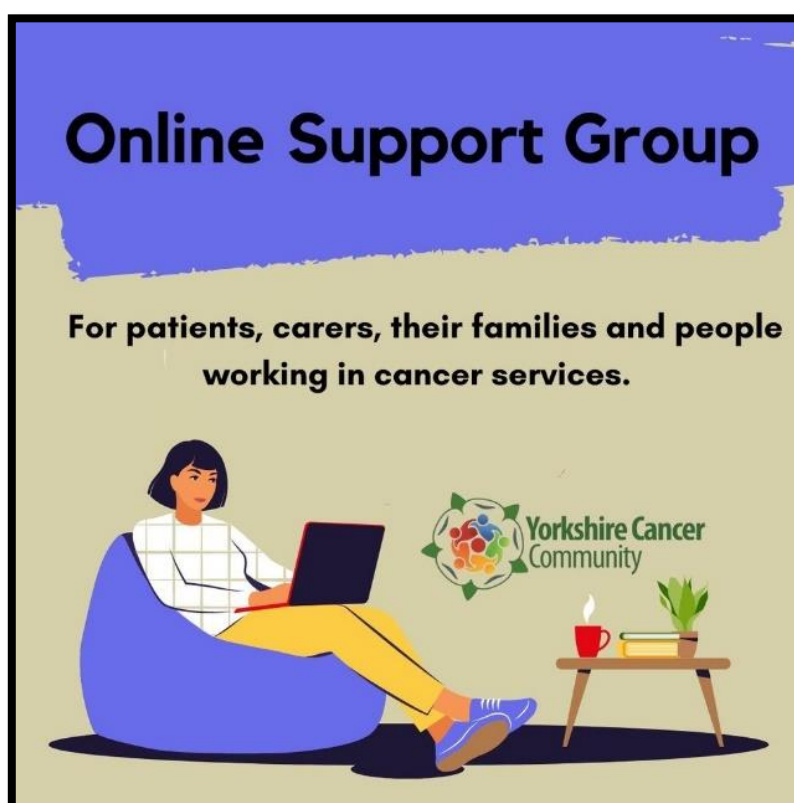
28 Nov - NHS Health Checks, Knowleswood Primary School, 53 Knowles Lane, Holme Wood, Bradford BD4
9AE 1-4pm

Yorkshire Cancer Community – Online Support Group

Weds, 13 November - 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.



DO YOU RUN A PATIENT SUPPORT GROUP?

PLEASE COME ALONG TO OUR

YORKSHIRE-WIDE ONLINE SUPPORT GROUP LEADERS' NETWORK

WE MEET EVERY QUARTER ON ZOOM
OUR NEXT MEETING WILL BE HELD:
WED 20 NOVEMBER 14:00 - 15:00

IF YOU WOULD LIKE TO JOIN A MEETING,
PLEASE EMAIL US AT
INFO@YORKSHIRECANCERCOMMUNITY.CO.UK
AND WE WILL SEND YOU THE LINK

WE DISCUSS TOPICS THAT AFFECT YOU AND
YOUR GROUP

POPULAR TOPICS INCLUDE:

- PUBLICISING YOUR GROUP
- ATTRACTING NEW MEMBERS
- FUNDRAISING
- IDEAS FOR SPEAKERS



CHARITY NUMBER: 1185838



**Yorkshire Cancer
Community**

The voice of those affected by cancer in Yorkshire & the Humber



BRCA, Fran and You

An emotive and empowering conversation about the BRCA genetic variation and cancer within the Jewish community.

Sunday 24th November | Time: 7pm

Location: North Leeds

We will send the location upon confirmation.

Link to register: jnetics.org/events/brca-fran-and-you

Ticket price: Free



Oterlie Casper de Ruiz

Oterlie met her husband on her first trip to Mexico, where she went on to live over 10 years. A cancer survivor of 14 years herself, Oterlie returned to Leeds when her sister Fran was first diagnosed with breast cancer and was with Fran through each of her three diagnoses.



Josh Forman

Josh is Jnetics' Head of Science, Education and Outreach, responsible for the overall delivery of sharing Jnetics' work and the scientific understanding associated with the Jewish community. Josh has extensive experience in leading and managing science education, as a Head of Science with 14 years of teaching.



Rochelle Gold

Rochelle is a BRCA carrier and co-founder of BRCA Journey, an organisation that provides support and raises awareness of the BRCA mutation amongst health professionals and the community.



Stewart Manning

Dr Stewart Manning grew up in the Leeds Jewish community. He is currently Chairman of Yorkshire Cancer Community and volunteers for St Gemma's Hospice.



Your insights can shape our research



Participate in our online focus group, for men with prostate cancer & excess weight



We want to hear your views on a future study testing a weight loss programme.

Focus group will be the week of the 18th November, lunch time or evening.

Date & time to be confirmed.

It will be held online, for one hour.

You will receive an online shopping voucher for your time.



If interested, please email
Louise by the 11th November
L.H.Hall@leeds.ac.uk



UNIVERSITY OF LEEDS



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.

Join us at Hollywood Bowl Bradford fortnightly on Wednesdays for a chance to come together and connect.

2nd October, 11am

6th November, 11am

4th December, 11am

16th October, 11am

20th November, 11am

18th December, 11am

Hollywood Bowl, The Leisure Exchange,
Vicar Lane, Bradford, West Yorkshire, BD1 5LD



For more information, please visit macmillan.org.uk/CancerCommunity or call the Macmillan Support Line for free on 0808 808 00 00.


Hollywood Bowl
in partnership with
**MACMILLAN
CANCER SUPPORT**

Macmillan Cancer Support, registered charity in England and Wales (201017), Scotland (SC032007) and the Isle of Man (604). Also operating in Northern Ireland, MAC19038

Join Talk Cancer's online cancer awareness workshop



Your conversations can save lives.

Together we are
beating cancer



Date: Tuesday 3 December 2024

Time: 10:15am-12:15pm

Join on
any device



How can I benefit from Talk Cancer?

Our online, interactive workshop gives you the knowledge to raise cancer awareness in your community.

Our nurse trainers will help you feel confident talking to people about:

- how to reduce the risk of cancer
- the importance of spotting cancer early
- the national cancer screening programmes

Is this training for me?

If you're able to promote health and wellbeing or share health messages with people in your community, then this workshop will help you.

How do I sign up?

For more information or to sign up, please contact:

Clare Lockwood (Yorkshire Cancer Community) - 07771 864972
admin@yorkshirecancercommunity.co.uk

Other Items

Gastric (Stomach) Cancer Awareness Month

Gastric / stomach cancer is quite rare, but the risk of developing it increases as we get older. It is more common in men than women.

Symptoms include: -

- Heartburn or indigestion that doesn't go away
- Pain or discomfort in the tummy area
- Loss of appetite
- Feeling full after only eating a small amount
- Unexplained weight loss

Other symptoms can be feeling or being sick, difficulty swallowing, excessive burping, black poo, or feeling tired, weak and breathless.



For more information on stomach cancer, you can visit <https://www.nhs.uk/conditions/stomach-cancer/>

Organisations that can help include Guts UK - <https://gutscharity.org.uk/> and OPA cancer charity Oesophageal & Gastric Support - <https://opa.org.uk/>

Lung Cancer Awareness Month

Lung cancer is one of the most common and serious types of cancer. More than 43,000 people are diagnosed in the UK each year. It mainly affects older people, and those who smoke, but it can affect anyone.

There's usually no symptoms in the early stages, but later symptoms include: -

- A persistent cough
- Coughing up blood
- Repeated chest infections
- Persistent breathlessness
- Unexplained tiredness or weight loss
- An ache or pain when breathing or coughing
- Chest or shoulder pain

If you experience any of these symptoms, you should speak to your GP.

Treatment depends on the type of lung cancer, how far it has spread, and your general health. It may be surgery, radiotherapy or chemotherapy. Sometimes targeted therapies are used to slow the spread of lung cancer, but they cannot cure it completely.

For more information on lung cancer, and also where to find support, you can visit the lung cancer section of our website <https://www.yorkshirecancercommunity.co.uk/lung-cancer/>



Mouth Cancer Action Month

Mouth cancer, or oral cancer as it is sometimes known, can affect any part of the mouth, including the gums, tongue, inside of the cheek, roof of your mouth or lips.

Although anyone can get mouth cancer, it is most common in older people and those who smoke or chew tobacco, drink alcohol or use sunbeds or sun exposure.

Symptoms include: -

- A mouth ulcer that lasts more than 3 weeks
- A red or white patch inside your mouth
- A lump inside your mouth or on your lip
- Pain inside your mouth
- Difficulty swallowing
- Difficulty speaking or a hoarse voice
- A lump in your neck or throat
- Losing weight without trying

If you have any of these symptoms, see your GP. Your dentist will also be able to help you with ulcers, lumps, patches or pain in your mouth.

These symptoms are very common though, so may not necessarily be due to oral cancer. However, it is important to get them checked as if it is cancer, the earlier it is found, the easier it is to treat.

If you would like further information on mouth cancer, visit <https://www.macmillan.org.uk/cancer-information-and-support/head-and-neck-cancer/mouth-cancer>

To find out more about mouth cancer action month, visit <https://www.dentalhealth.org/mouthcancer>



Pancreatic Cancer Awareness Month

Your pancreas is a small organ that sits close to your stomach, gallbladder and liver. It helps you digest your food, and makes hormones such as insulin.

Anyone can get pancreatic cancer, but you are more likely to get it if you are over 65, have chronic pancreatitis or there's a history of pancreatic cancer in your family. It can also be linked to lifestyle, so making changes such as losing weight if you're overweight, cutting down on red or processed meat (eg ham, bacon, salami), cutting down on alcohol and stopping smoking can all help to reduce your risk.

Symptoms include: -

- Yellowing skin or whites of eyes (jaundice)
- Itchy skin, darker pee, paler poo
- Losing weight without trying to
- Feeling tired and no energy
- High temperature, feeling hot or shivery
- Feeling or being sick
- Diarrhoea or constipation, or other changes in your poo



- Tummy or back pain, which may feel worse when eating or lying down, but better when leaning forward.
- Feeling bloated, or other symptoms of indigestion.

Some of these symptoms are common and could be due to other things, but please see your GP to rule out pancreatic cancer, as the earlier it is diagnosed, the more favourable the outcome.

For more information and support, visit the pancreatic cancer page of our website -

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

Movember – Changing the face of men’s health

Movember is a mens health charity, who aim to address the global crisis of mens health. Men die an average of 4.5 years earlier than women, and for many their deaths are preventable. Movember aims to tackle three main causes of early death in men – suicide, prostate cancer and testicular cancer. Movember fund projects all over the world, engaging men where they are to understand what works best and to accelerate change. They aim to fundamentally change the way men in need are treated and supported.



Their most well-known fundraising effort takes place in November, when you will suddenly start to see moustaches where there wasn’t a moustache before!

The Order of Mo is a fundraising initiative where those who are able to grow a moustache do so to raise funds for this worthwhile cause. This attention grabbing action can spark important conversations, so get involved if you can, here <https://uk.movember.com/support-us/grow>



However, if you’re not able to grow a moustache, there are other ways you can get involved. You could host a Mo-Ment, which is a great excuse for a party! So if you’ve got people you’ve been meaning to catch up with, or a get-together is long overdue, why not sign up to host a Mo-Ment and raise funds for mens health at the same time? <https://uk.movember.com/support-us/host>

There’s lots of other fundraising ideas on the Movember website, here <https://uk.movember.com/>