

Happy New Year



**We Need Your**

Cancer 5  
Can you help  
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Ask Me

**Cancer**

- Screening saves lives by prevention & early detection
- Making cancer an everyday conversation
- Awareness of unusual & persistent changes
- Reduce risk with a healthy lifestyle
- Take action NOW against cancer

Raising awareness  
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Yorkshire and  
Harrogate

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f Yorkshire Cancer Community  
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Amazing care, provided with the utmost kindness, respect and compassion.

**Cancer**

## Welcome to the January edition of the VOICE Newsletter

Hello everyone and welcome to the first edition of VOICE newsletter for 2025!!

We hope you had a wonderful festive period, and a very happy new year!

Like us, you've probably eaten a few too many mince pies over Christmas, or drunk too much champagne to see in the new year, so this edition we've included some information to inspire those new year's resolutions.

As always, if you have any stories to tell, or information you think we should include in future editions, please get in touch via [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)

Best wishes  
Jill, Clare & Lauren

## Your stories

### Huddersfield MP backs our Don't Be The One campaign

We're delighted that MP Harpreet Uppal has backed our Don't Be The One Campaign which we launched in Huddersfield last year.

We want black men to be aware that prostate cancer can affect 1 in 4 of them; and help them to know where to go for guidance.

Harpreet seen pictured in front of the well-known landmark, the Harold Wilson statue in St George's Square said:



"Every year in the UK, over 52,000 men are diagnosed with prostate cancer, making it one of the most common cancers among men, particularly those over the age of 50. In fact, approximately 1 in 8 men will develop prostate cancer in their lifetime. Alarmingly, black men face an even higher risk, with 1 in 4 likely to be affected by this disease.

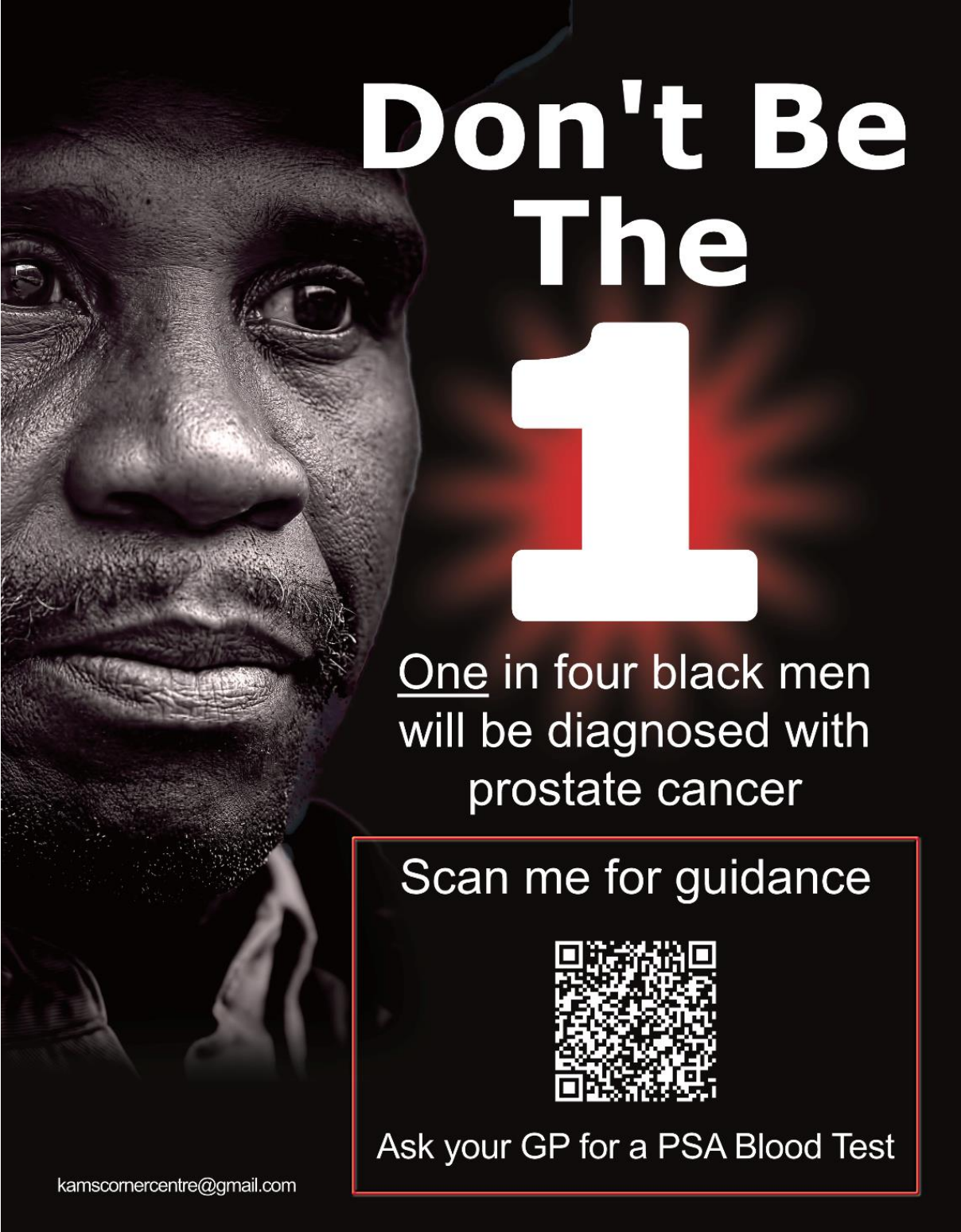
Early detection is crucial, which is why I am supporting the 'Don't Be The One' campaign which was launched in Huddersfield in October.



This initiative urges men to talk to their GP about getting a PSA blood test, a simple screening tool that can help identify those at higher risk for prostate cancer. By raising awareness, we can encourage men to take proactive steps toward their health and reduce the impact of this disease on families across the UK."

With Kam's Corner CIC and Macmillan, Yorkshire Cancer Community will be supporting the launch of a new prostate cancer group for black men and their families affected by the disease.


Get in touch if you would like to come along: [info@yorkshirecancercommunity.co.uk](mailto:info@yorkshirecancercommunity.co.uk)



# Don't Be The 1

One in four black men  
will be diagnosed with  
prostate cancer

Scan me for guidance



Ask your GP for a PSA Blood Test

kamscomercentre@gmail.com



## Cuppa for Cancer Care is brewing Hope for Tomorrow across Yorkshire

This February, national cancer care charity Hope for Tomorrow invites you to make a difference with a 'Cuppa for Cancer Care'. Taking place between the 3<sup>rd</sup> and 9<sup>th</sup> of February 2025, Cuppa for Cancer Care is a simple yet powerful fundraising event during which our supporters invite friends, family and colleagues for a 'Cuppa' and donate the proceeds to support our mobile cancer care units – like 'Linda' and 'Christine' in your area. Last year, these mobile units, which operate in partnership with Airedale NHS Foundation Trust, provided over 7,110 patient visits on board, helping thousands of cancer patients access the care they need closer to where they need it.



Pat (left) and Suzanne outside the Airedale mobile cancer care unit

You might host a coffee morning or afternoon tea or even organise a bake sale – whatever you choose, we're encouraging you to help us raise a 'Cuppa' and vital funds for mobile cancer care. Every penny counts – as a charity that receives no government funding, we rely entirely on donations and fundraising to keep our fleet of mobile units operational, so every tea, coffee and cake sold helps to keep the wheels turning!

So, will you help us to continue mobile cancer care and join us for a fun Cuppa for Cancer Care? Sign up today and you'll get a FREE fundraising pack sent to you in the post, or if you'd rather you can receive a digital copy - with everything you need to



Linda, mobile cancer care unit

make your event a success. Register here: <https://hopefortomorrow.org.uk/cuppa-for-cancer-care/>

Our fleet of mobile units help to ease the burden for cancer patients and those around them, saving them time, stress, anxiety, as well as the burden of travelling far and the expenditure associated with this. However, these lifelines can only be there for patients thanks to our supporters, whose generous donations keep them on the road.

# Cuppa for Cancer Care

## New Years Resolutions

It's that time of year when our minds turn to New Years Resolutions. I know most of us won't stick to them, and by mid-February we've given up, but did you know some of your new year's resolutions can actually cut your cancer risk? For this reason, we really want you to succeed this year, so we've come up with some incentives that may help you.

### Smoking

**Q)** How much does it cost to smoke 20 cigarettes a day for 10 years?

**A)** **£55,700 at today's average price**

What could you spend this money on instead?

- Pay off a significant part of your mortgage
- Buy a brand new car
- Luxury holiday
- Help your family

Resources to help you: Your GP, Local Stop Smoking Service or telephone 0300 123 1044

### Losing Weight

Being overweight is the second biggest cause of cancer in the UK and causes 13 different types.

Losing weight can seem daunting, especially if you have a lot to lose, but small changes every day add up to a big difference.

Tips to help you:-

- Use a smaller plate to reduce your portion sizes
- Drink a large glass of water before each meal
- Take the stairs not the escalators, or get off the bus a stop early
- If you crave something sweet after a meal, have a fruit salad prepared in advance, or a square of dark chocolate

### Healthy Eating

We all know that we should be eating at least five portions of fruit or vegetables a day. Easier said than done, but did you know that eating red or processed meat increases your risk of bowel cancer?

Tips to help you:-

Ensure half of your meal consists of a variety of vegetables

Substitute meat for alternatives such as quorn, beans, lentils, or mushrooms

Consider taking part in Veganuary  
<https://veganuary.com/> or Challenge 22  
<https://challenge22.com/>

### Alcohol

Your favourite tippie could cause 7 types of cancer, so cutting back will help reduce your risk.

- Take less money when you go out
- Switch to bottled beer or a smaller glass of wine, or try the zero alcohol alternatives
- Consider taking part in Dry January  
<https://alcoholchange.org.uk/>



## News

### Empath Theatre CIC Launches "One Day at a Time" Project to Support Cancer Patients and Survivors in Wakefield District

Wakefield, UK — Empath Theatre CIC, a not-for-personal-profit theatre company based in Wakefield, is thrilled to announce the launch of *One Day at a Time*, a new initiative focused on using therapeutic storytelling and live theatre to uplift individuals affected by cancer and promote awareness. This programme, made possible through the support of the West Yorkshire and Harrogate Cancer Alliance Innovation Award, will offer participants a creative outlet to share their experiences while fostering a greater understanding of cancer within the broader community.

Designed for individuals aged 18 and over who are currently living with or have survived or been affected by cancer, *One Day at a Time* encourages participants to connect, reflect, and explore their journeys in a supportive environment. The programme includes a variety of free, fully-funded workshops and creative activities that aim to help participants find healing and connection through artistic expression.

#### Engaging, Supportive Workshops

Participants in *One Day at a Time* will have access to a series of eight 4-hour workshops, each one focusing on different aspects of theatre and self-expression. These workshops will include:

- Acting games
- Exercises in self-expression
- Creative explorations of costume design, stage, and prop building

There will also be opportunities for live performances for those who are interested. In addition, participants will have access to online events and one-on-one sessions, allowing them to engage at their comfort level. Attendance at every event is not required; participants can join activities they feel most comfortable with.

#### Online Webinars to Introduce the programme

Empath Theatre CIC, in partnership with the West Yorkshire and Harrogate Cancer Alliance Innovation Award, is committed to making this programme accessible to all who are interested. For people who may want more information ahead of our workshops, *One Day at a Time* will host three online webinars where prospective participants can learn more about the programme:

- **Weds 15th January (12 noon)**
- **Weds 15th January (7pm)**
- **Saturday 25th Jan (11am)**

Those who may have difficulty accessing online services are encouraged to reach out, and details of drop-in sessions will be provided to them before the workshops commence.

#### Empath Theatre CIC's Dedication to Healing Through Social Prescribing

Empath Theatre CIC believes that theatre has a unique power to bring people together and foster empathy. Over the past three years, the organisation has empowered hundreds of community members to share their stories, and *One Day at a Time* will continue this legacy, focusing on themes of support, resilience, and healing (whatever that may look like for the individual).

For more information or to register your interest in joining the *One Day at a Time* project, please email [hi@empaththeatre.org](mailto:hi@empaththeatre.org) with the subject line "One Day at a Time." Webinar details will be provided upon contact.



Empath Theatre CIC invites you to join *One Day at a Time* – a new initiative offering free workshops and creative activities designed to empower and connect those living with, surviving, or affected by cancer.

#### **What's Included?**

- **Therapeutic Storytelling & Theatre:** Explore your journey in a supportive environment.
- **Creative Workshops:** Acting games, self-expression exercises, costume design, stage, and prop building.
- **Flexible Participation:** Join live workshops, online events, or one-on-one sessions – your comfort, your pace.
- **Performance Opportunities:** For those interested in sharing their story as part of a stage play.

#### **Free Webinars – Learn More**

Discover how to get involved:

- **Wednesday 15th January:** 12 noon or 7 pm
- **Saturday 25th January:** 11 am

#### **How to Join**

Email [hi@empaththeatre.org](mailto:hi@empaththeatre.org) with the subject "One Day at a Time" to register your interest or to receive webinar details.

This programme is made possible through the support of the West Yorkshire and Harrogate Cancer Alliance Innovation Award.

**ONE DAY  
AT A TIME**

## Active Together expands into West Yorkshire

The pioneering exercise, nutrition and wellbeing programme which has helped more than 1000 people in Yorkshire manage and recover from their cancer treatment has expanded to Wakefield and North Kirklees.



Active Together

Funded by Yorkshire Cancer Research, the research-backed cancer support programme, known as Active Together, has been designed by experts at Sheffield Hallam University's Advanced Wellbeing Research Centre (AWRC) and is already well-established in South Yorkshire and Harrogate, supporting people diagnosed with cancer since early 2022.

Active Together offers free, personalised fitness, nutrition, and wellbeing support to help people with cancer prepare for, respond to, and recover after treatment.

It is now being expanded into West Yorkshire thanks to nearly £1.9million funding from Yorkshire Cancer Research. The funding will mean 2,400 people diagnosed with cancer in Wakefield, and North Kirklees can receive physical activity, nutrition and psychological wellbeing support to help them prepare for and recover from their cancer treatment.

The charity's long-term vision is for everyone with a cancer diagnosis in Yorkshire to be able to benefit from this life-giving programme.



Jenny Newson (pictured) a former PE teacher from Castleford is one of the people looking forward to the expansion to her area.

Jenny was diagnosed with cancer in October 2022. A keen netball player, Jenny was left in disbelief by her diagnosis. She said: "When I was diagnosed, my world literally fell apart. Everything ground to a halt at that point. I was devastated because I was generally feeling quite fit and healthy and not really experiencing many symptoms."

Jenny sought out exercise referral classes herself which helped her meet other people and gradually start exercising again.

She said: "Not only is exercise really good for your body but it's really good for your mind."

"Getting guidance on how to get back into exercise, without going full on and then being absolutely exhausted, is so important for recovery.

"Active Together is exactly what I would have needed. I'm so glad that people with cancer can take part, because the programme sounds fantastic."

Evidence suggests that exercise after a cancer diagnosis can reduce the risk of dying from cancer by as much as 44% compared to those who are less active. It can also reduce the risk of cancer coming back by as much



as 66%. A report into the significant impact of Active Together on people in Sheffield is due to be published in November.



Dr Stuart Griffiths, Director of Research and Services at Yorkshire Cancer Research said: “Active Together is not only vital for people with cancer, but also hugely beneficial to our region’s hospitals and healthcare systems. Yorkshire Cancer Research hopes to see everyone with cancer in Yorkshire – no matter who they are or where they live – be offered the opportunity to access this ground-breaking programme alongside their hospital treatment. The roll-out of Active Together into West Yorkshire marks another crucial step to achieve this goal.”

Active Together will be delivered by Mid Yorkshire Teaching NHS Trust, Kirklees Active Leisure and Aspire Health and mean that people can attend Active Together in local leisure centres.

Keely Clawson, Lead Cancer Nurse at Mid Yorkshire Teaching NHS Trust, said: “We’re thrilled to officially be launching the Active Together Programme, in partnership with Yorkshire Cancer Research, alongside Wakefield Council Aspire Health and Kirklees Active Leisure.

“This exciting new programme will provide vital support to cancer patients in our region, by offering personalised fitness, nutrition, and wellbeing guidance, which will not only improve patients’ physical resilience during treatment but also enhance their long-term recovery and overall quality of life.”

Find out more about the service here: <https://www.yorkshirecancerresearch.org.uk/active-together>

## Emotional Needs and Support with Cancer

My name is Dr Merry Hill and I am a Consultant Clinical Psychologist working with the West Yorkshire and Harrogate Cancer Alliance on improving how people affected by cancer are supported. I have been working as a psychologist in cancer for about 20 years in Leeds and in Bradford and I have heard lots of stories about the wonderful care people have received both from the NHS and voluntary sector. I have also heard some other stories of inadequate care like poorly delivered news of a diagnosis or a lack of support and information after treatment. These difficult experiences sometimes mean people affected by cancer are trying to deal with an unfriendly, complicated and mysterious system at a time when they should be focussing their resources on coping with the physical and emotional impact of the illness.



Really good care can make a huge difference to how people affected by cancer cope. Having health care professionals who are able to really appreciate the person's point of view and what matters to them can enable better outcomes. Not only can good support improve health outcomes but we know that for many, cancer can have a huge impact on mental health for many years after the diagnosis and treatment has finished. There are documented higher levels of anxiety and depression amongst people affected by cancer but we know that many aren't able to access specialist support to help them to cope. These unmet needs can mean people aren't able to resume their roles fully within families or at work and as such can have wide ranging impacts.

As part of a wider mapping project I am trying to understand more about people's experiences of actual care in our region. I am talking to people affected by cancer in West Yorkshire and Harrogate to gather these views good and bad. I am trying to understand what factors really made a difference and what people feel might have been missing or could have been better.

**If you would like to contribute your views please join me on Monday 13<sup>th</sup> January at 6 – 7.30 pm for an online discussion with other members of the Yorkshire Cancer Community.**

[Join the meeting now](#)

Meeting ID: 364 221 429 405

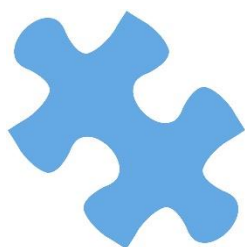
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You can also contribute your views using this survey and link.

<https://www.menti.com/alf3sav7zd84>



We are hoping that your views will shape where we focus our efforts on improvement. We are also speaking to clinical nurse specialists.



Thinking  
Ahead...

An online course  
helping you live well  
with incurable cancer

**For people living with incurable cancer and/or their family members across Harrogate, Calderdale & Huddersfield, Leeds and Mid Yorkshire NHS Hospital Trusts**

**Helping you look after yourself, find out about support services and plan ahead.**

### **What is the Thinking Ahead Programme?**

Thinking Ahead is a Health and Wellbeing Education Programme for patients living with incurable cancer, who may or may not be receiving cancer treatment, and their family members/carers. Patients and family members from Harrogate, Calderdale and Huddersfield, Leeds and Mid Yorkshire NHS Hospital Trusts can book onto the course. It is presented by a mix of professionals from across the four areas.

### **The aims of the Thinking Ahead Programme are:**

- To help keep patients as well as possible for as long as possible.
- To encourage living life to the full, in a supported, self-managed way.
- To offer support to family members.
- To give advice on local services and how to access them when needed.
- To allow an opportunity to consider future planning towards the end of life.
- To give an opportunity to meet key people who may be able to help in the future.
- To offer time for questions and concerns.

### **What's included in the programme?**

Lots of professionals join the sessions to talk about important topics such as managing uncertainty and fatigue, sorting financial affairs, diet and appetite, keeping active, managing cancer progression, faith and spirituality, relaxation and an introduction to hospice services. The course introduces 'Advance Care



Planning', helping people to start thinking about and plan for the end of life, recording wishes and making these known to family members and medical teams.



## How do I take part in the Thinking Ahead Programme?

Thinking Ahead runs online for seven weeks, plus an optional introductory session. The weekly sessions last for 90 minutes on Microsoft Teams, which means people can join from the comfort of their own homes, and don't need to come to the hospitals to take part. To join, people will need a computer/laptop/tablet/mobile phone with a microphone and camera. Course facilitators can help patients get set up with Microsoft Teams before the course starts. Patients and family members are welcome to join the course and family members are welcome even if the patient does not want to join.

## What have people said about the Thinking Ahead Course?

We understand that this can be a hard course to book onto due to some difficult and emotional topics. However, people who have attended the course in the past have said how helpful the course was, that they felt supported and calmer, and that it was sensitively and professionally delivered. Families said it helped them talk for the first time about difficult topics around end of life and find peace knowing that issues were dealt with.



## What's the Course Timetable?

Three Thinking Ahead Programmes are being run online in 2025, all on Tuesday afternoons, between 1.30pm and 3pm. We encourage you to attend each session but we understand that sometimes people may feel unwell or have hospital appointments, so may be unable to join every week. Course dates throughout 2025 are:

<b><u>Week:</u></b>	<b><u>Session Content:</u></b>	<b><u>Course 1</u></b> 28 <sup>th</sup> January - 18 <sup>th</sup> March	<b><u>Course 2</u></b> 6 <sup>th</sup> May – 24 <sup>th</sup> June	<b><u>Course 3</u></b> 2 <sup>nd</sup> September – 21 <sup>st</sup> October
Optional Introductory Week	<ul style="list-style-type: none"> <li>• Welcome and IT</li> <li>• Sharing stories/introductions</li> <li>• Course overview</li> </ul>	Tuesday 28 <sup>th</sup> January	Tuesday 6 <sup>th</sup> May	Tuesday 2 <sup>nd</sup> September
Week 1	<ul style="list-style-type: none"> <li>• Keeping Physically Active</li> <li>• Benefits and Travel</li> </ul>	4 <sup>th</sup> February	13 <sup>th</sup> May	9 <sup>th</sup> September
Week 2	<ul style="list-style-type: none"> <li>• Estates and Financial Matters</li> <li>• Faith and Spirituality</li> </ul>	11 <sup>th</sup> February	20 <sup>th</sup> May	16 <sup>th</sup> September
Week 3	<ul style="list-style-type: none"> <li>• Introduction to Advance Care Planning and End of Life Conversations</li> <li>• Introduction to Mindfulness and relaxation</li> </ul>	18 <sup>th</sup> February	27 <sup>th</sup> May	23 <sup>rd</sup> September
Week 4	<ul style="list-style-type: none"> <li>• Managing Emotions and Uncertainty (Psychology session)</li> <li>• Diet and Appetite</li> </ul>	25 <sup>th</sup> February	3 <sup>rd</sup> June	30 <sup>th</sup> September
Week 5	<ul style="list-style-type: none"> <li>• Managing cancer progression in the last months and weeks of life</li> <li>• Further mindfulness and relaxation</li> </ul>	4 <sup>th</sup> March	10 <sup>th</sup> June	7 <sup>th</sup> October
Week 6	<ul style="list-style-type: none"> <li>• Carers/Family Support Session</li> <li>• Introduction to local hospice services</li> </ul>	11 <sup>th</sup> March	17 <sup>th</sup> June	14 <sup>th</sup> October
Week 7	<ul style="list-style-type: none"> <li>• Managing Fatigue</li> <li>• Using music to relax &amp; inspire</li> <li>• Programme feedback</li> </ul>	18 <sup>th</sup> March	24 <sup>th</sup> June	21 <sup>st</sup> October

## Confidentiality

Although this course is a collaborative course run by four different hospital trusts, there is an agreement in place to protect your confidentiality and no clinical information will be shared outside of your own hospital. Only staff from your own hospital trust will know anything about your diagnosis and treatment. Just your name, email address and phone number will be shared with the staff organising each Thinking Ahead Programme, and this data will be deleted after each course. Full details about confidentiality will be given to you in a privacy notice when you book a place and you will also be asked to complete a booking/consent form.

## Thinking Ahead Films and Patient Podcast

The hospital trusts have made some films about Thinking Ahead, with attendees talking about the benefits of the programme. You can search for 'CHFT Thinking Ahead' to find the films on You Tube or have a look at the films and further information about the Thinking Ahead Programme on the Harrogate Cancer Services website - [The Thinking Ahead programme - Harrogate Cancer Services](#). You can also scroll down to the bottom of the Harrogate Cancer Services page to find a podcast of a patient, Richard, talking about his experience of attending the Thinking Ahead Programme. The podcast can also be found on the Cancer Alliance website: [Listen to our podcast series :: West Yorkshire and Harrogate Cancer Alliance \(wyhpartnership.co.uk\)](#)

## How do I book a place on the Thinking Ahead Programme?

To find out more information and book a place on the next course, please contact the Thinking Ahead Co-ordinator for the hospital trust whose care you are under:

**Calderdale and Huddersfield:** Contact the Macmillan Information & Support Service on 01484 343614, 01422 222709 or email [cancer.information@nhs.net](mailto:cancer.information@nhs.net)

**Harrogate:** Contact the Macmillan Cancer Information and Support Service – 01423 557317 or email [hdft.cancerinformation@nhs.net](mailto:hdft.cancerinformation@nhs.net)

**Leeds:** Contact your Specialist Cancer Nurse in Leeds Teaching Hospital Trust and/or email the Macmillan Information Team on the Bexley Wing at St James's Hospital - [leedsth-tr.cancersupport@nhs.net](mailto:leedsth-tr.cancersupport@nhs.net).

**Mid Yorkshire:** Contact the Macmillan Cancer Support Centre on 01924 546072 or 01924 512204 or email [midyorks.macmillan.infocentre@nhs.net](mailto:midyorks.macmillan.infocentre@nhs.net)

*The Thinking Ahead Programme was devised by Harrogate and District NHS Foundation Trust, and Calderdale and Huddersfield NHS Foundation Trust. © 2024 All Rights Reserved.*

<https://harrogatecancerservices.nhs.uk/health-and-wellbeing/thinking-ahead/>

## What have we been up to?



Our Patient Panel Coordinator and Cancer Champion Lauren visited Baker & Baker in Bradford for their Better Health Day, when they offered basic health checks to their onsite staff.

Lauren was able to speak to staff to spread the cancer SMART message including knowing what's normal for you, attend screening appointments when invited and how early detection saves lives.

Restore Recovery College were also there promoting some of their courses including the Breathe Project, which supports anyone who is registered with a GP in the local area to stop smoking.





Dr Stewart Manning and Louise had a joint stand in HMRC in Leeds with St Gemma's Hospice, who Stewart also volunteers for. They were helped on the day by cancer champion Sue (not pictured). They had a great day spreading the Cancer SMART message to several organisations working in this building, as well as selling Christmas merchandise and discussing volunteering for St Gemma's.



Our cancer champions Phil (L) and Stephen (R) went to meet Cllr Beverley Addy, Cabinet Member for Adult Social Care and Health, Kirklees Council, to promote our Don't Be The One campaign. This campaign was launched in October to raise awareness among the Black community that the risk of prostate cancer among black people is 1 in 4, which is double the risk of other people. A support group for anyone affected by this campaign will be launched in February in Huddersfield.

Cancer champion Michael took the opportunity for a Hepatitis C test at the Footprints Family Centre in Buttershaw, Bradford at their healthcheck event, when he and cancer champion Gordon (not pictured) attended.



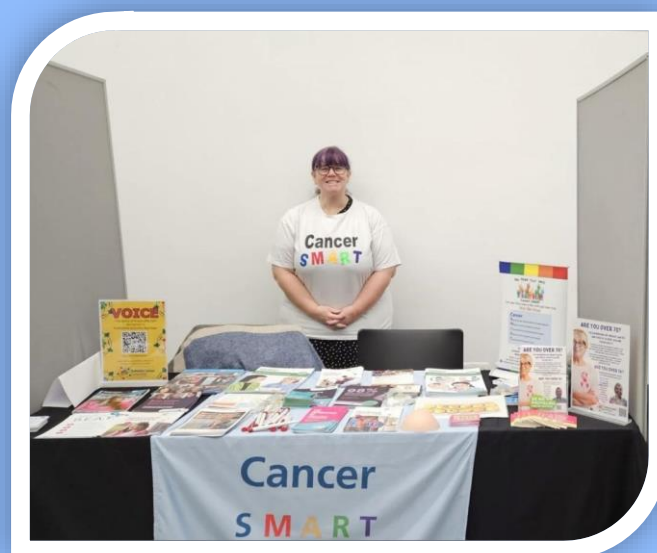


(L\_R) Stewart, Ric and Jill visited Fox's biscuits in Batley to raise awareness and spread the Cancer SMART message. As it was Christmas Jumper Day, Jill and Stewart couldn't resist taking the opportunity to don some festive attire. Ric on the other hand chose to stay loyal to the cause and wore his Cancer SMART t-shirt with pride.

Below: some of the lovely ladies from Fox's biscuits supporting knowing your normal.



Our cancer champion and patient panel coordinator Lauren was joined by cancer champion Julie from Bradford and Pennine Breast Screening on a recent visit to BLESS Community Support in Hemsworth for their Women's Wellness Day. Julie shared invaluable information on "knowing your normal", which is a fundamental part of our Cancer SMART message – Awareness. They said it was a great day of relaxation, self-care and learning. The day included a Temple Spa Wellness session and each participant received a goodie bag to take home. For more information on BLESS and the fantastic range of support and events they offer, including cancer support, then check out their website <https://www.blesscommunitysupport.org.uk/>



Cancer Champion Sue visited Huddersfield University to share the Cancer SMART message at their Habesha Women's Health Fair, held at the Jo Cox More in Common Centre.





Lauren (pictured) and Jill visited the Women's Health and Wellbeing Day at Masjid e Umar, Savile Town, Dewsbury to talk about cancer awareness.

Here Lauren is chatting to two lovely ladies on our stall, whilst Jill visited the University of Huddersfield Health and Wellbeing Academy Health Checks stall for blood pressure, heart rate and a strength and balance assessment. They said it was a really good event with lots to see and do, and they had some meaningful conversations.

Cancer champion Phil visited the Jamaican Elders Christmas Meal event to help raise awareness of our Don't Be The One campaign. Phil had the original idea for this campaign, that aims to highlight to the black community that the risk of prostate cancer in black men is 1 in 4, which is double the risk of other men.



Andrew Markham runs an awareness stall each year to mark Pancreatic Cancer Awareness Month. This year, he was at Tesco in Brigg, North Lincolnshire where he managed to raise £532.78 for Pancreatic Cancer Action. He was joined during the day by his local MP Martin Vickers.

Andrew is pictured with two members of staff from Tesco, holding a large inflatable pancreas (in case you were wondering). It certainly helps to draw attention and is a great conversation starter. Andrew is passionate about raising awareness of prostate cancer and the signs and symptoms after tragically losing two friends to the disease.



## Upcoming events

Happy New Year everyone. January is often a slow month for attending events, but we do have a few lined up that you might be interested in. We'd love to see you there.

Mon 13 Jan - Health Checks event at Salvation Army, Holdroyd Hill, Wibsey, BD6 1NS at 10.30am-2pm

Wed 15 Jan - One Stop Pop Up Event, St George's Community Centre, Broadway, Lupset, Wakefield WF2 8AA at 11am-3pm

Wed 22 Jan - The Dodgy Walnut new PCSG - Harrogate Sports & Fitness Club, Hookstone Wood Rd, Harrogate HG2 8PN at 6.30pm-8.30pm

### Yorkshire Cancer Community – Online Support Group

**Weds, 8 January - 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](mailto:info@yorkshirecancercommunity.co.uk) and we'll send you a link. We'd love to see you.





# Skipton Prostate Cancer Support Group

**Have you been affected by a diagnosis of Prostate Cancer? Drop by for a friendly chat and a brew**



**This support group is led by men who understand the impacts of this cancer diagnosis, the treatments, side effects and living well with prostate cancer**

**We meet the second Friday of each month between 2 and 4pm at Fisher Medical Centre Millfields Coach Street Skipton BD23 1EU**



**Contact email: [skiptonprostate@pm.me](mailto:skiptonprostate@pm.me) or Tim on 07867 276512**

# THE Dodgy WALNUT

## Join Us

A prostate cancer support group for younger people in Harrogate and surrounding areas.

This is a peer support group for **younger men and their partners who are living with or affected by prostate cancer**. There's no age limit, however this group is tailored for those who are either employed or haven't reached their state pension age. This is a space where you can **offload and talk** about issues such as family, finance and relationships; aspects that might not affect older men and their families as much.

### Our First Meeting

Wednesday  
22 January  
6.30pm -  
8.30pm

See you there, John and Emma Newton

### Group Details

**Where?** Harrogate Sports and Fitness Club. Hookstone Wood Rd, Harrogate HG2 8PN

**When?** 4th Wednesday of the month. 6.30pm - 8.30pm

Get in touch: [thedodgywalnut@gmail.com](mailto:thedodgywalnut@gmail.com)

**tackle**  
prostate cancer



**st george's**

invite you to our next quarterly

# ONE-STOP POP-UP



Are you looking for support with:

- ✓ Housing
- ✓ Bills
- ✓ Finances
- ✓ Health
- ✓ Education
- ✓ Wellbeing



Join us 11am-3pm  
Wednesday 15th January  
2025

**FREE soup+ roll for attendees!**

## VENUE

St George's Community Centre,  
Broadway, Lupset WF2 8AA

## CONTACT

01924 369631  
info@stgeorgeslupset.org.uk

WITH STALLS FROM:



...AND MORE!

## Other Items

### Less Survivable Cancers Awareness Day 11 January

While we can all agree, there has been great progress made in cancer research in recent times, there are some cancers that are still almost as deadly as they were 40 years ago. There are six cancer types that represent the less survivable cancers; lung, liver, brain, oesophageal, pancreatic and stomach, and together they are responsible for half of all deaths from common cancers, and make up a quarter of cancer cases. These cancers have a five-year survival rate of less than 20%, partly due to underfunding, and partly due to low awareness of the public and health practitioners leading to late diagnosis when the disease is advanced and difficult to treat. Currently in the UK, there are 90,000 people diagnosed with one of the less survivable cancers each year, and sadly 69,000 deaths. Despite these cancers being accountable for 42% of cancer deaths, they only receive around 16.6% of research funding of more survivable cancers. The Less Survivable Cancers Taskforce aims to redress the balance, by calling for these cancers to be prioritised in terms of funding for research and a focus on early diagnosis. They believe that investing more in less survivable cancers can dramatically increase life expectancy as well as improve the quality of life of thousands of people.



The taskforce is made up of the following charities:-



For more information about the campaign, visit <https://lesssurvivablecancers.org.uk/>

For more information about the less survivable cancers, visit our website <https://www.yorkshirecancercommunity.co.uk/all-cancer-types/>



## Cervical Cancer Prevention Week 21-28 January

Cervical cancer prevention week is an annual event to raise awareness of the importance of early detection, screening and vaccination in saving lives. It was established to honour the memory of Jade Goody, a well-known reality TV star who died from cervical cancer at only 27 years of age.

Cervical cancer is one of the most preventable forms of cancer. It is most often caused by the HPV virus (Human Papillomavirus) that is preventable through vaccinations which are offered to all UK children between the ages of 11-13. The HPV vaccination is also available to people up to the age of 25 who missed their vaccination when offered it, men who have sex with men, and some transgender people.

Screening also plays a very important role, as it detects the presence of HPV, or abnormal cells that could develop into cancer if left untreated. Despite the obvious health benefits of attending cervical screening, it isn't compulsory and only around 70% of those invited actually attend. This means around 4.6 million people are missing out on this vital resource. Therefore, this cervical cancer prevention week, we aim to support and empower individuals to take control of their own health, dispel any myths or worries around attending cervical screening, and encourage conversations to make cervical cancer prevention a priority. So, if you haven't been for your cervical screening, and you are eligible, we urge you to make an appointment today.



It's normal to feel a little apprehensive before attending your cervical screening (smear test), but this should not stop you from going as the benefits outweigh any momentary discomfort or embarrassment.

If you are still worried, Cancer Research UK have created a video to give you more information on what to expect during your screening appointment.

Cancer Research UK video link - <https://www.youtube.com/watch?v=etyMF-ENlr0&t=6s>

Is that it? – a film which encourages Polish and Romanian women in the UK to attend their cervical screening. Our fantastic cancer champion Emily Lunn worked on this project which aims to save lives by helping to improve attendance rates among the Polish and Romanian community in the UK. Here's the link to watch the video - <https://www.artlinkhull.co.uk/is-that-it>





# NORTHERN POWERGRID®: powering our communities



## Severe weather have a plan

### Why is it important to be Prepared?

- In a typical year the UK experiences around 6 or 7 Storms, in the last 12 months (Sept 23 – Aug 24) the UK experienced 12 storms
- Whilst we have a resilient network, each storm brings the risk of power interruptions, so as we move into Winter it makes sense to stop and think. Are you Winter Ready?
- A power cut is easier to deal with if you have a bit of a plan

### Simple, common -sense tips, to ensure you're prepared for a power cut?

- Bookmark our power cut map on your mobile phone – it's the easiest way to report a fault:
  - simply enter the postcode of where you are and press 'report a power cut'
    - [www.northernpowergrid.com/power-cuts-map](http://www.northernpowergrid.com/power-cuts-map)
- Add '**105**' into your phone contact list – it's a quick call to talk to us during a power cut
- If you're medical or personal situation could make you more vulnerable in a power cut let us know in advance and join our **Free Priority Services Membership Scheme**
  - Call **0800 169 2996** – free phone direct to our dedicated membership team
  - Fill in the form online by going to our website:
    - [www.northernpowergrid.com/care](http://www.northernpowergrid.com/care)
- Already a member? Great, please ensure we have your up-to-date details

And don't forget the practical stuff...

- Having a torch, with spare batteries in case its dark – avoid candles
- Have some warm clothing and blankets to hand – it's important to stay warm
- A fully charged power bank – so you can recharge your mobile phone and keep in touch
- A battery radio keeps you in touch with local news and weather. It's also a bit of company

### What about during a power cut?

- Tell us, via **our power cut map**, or calling **105**
- If you need extra help or are concerned, tell us, and we'll do our best to help
- Once you've told us we keep you informed, about how we are doing fixing the problem and give you an idea as to when the power will be back on
- Remember, Stay Safe. Don't put yourself in danger
  - Only use other forms of heating or lighting if you can do so safely
- It sensible to leave a light switched on, so you know when the power comes back on

### What about after a power cut?

- Don't forget to reset your clocks and timers, especially the boiler