



Cancer

Screening saves lives by prevention & early detection

Making cancer an everyday conversation

Awareness of unusual & persistent changes

Reduce risk with a healthy active lifestyle

Take action NOW against cancer

Welcome to the February edition of the VOICE Newsletter

Welcome to the February edition of the VOICE newsletter. Although there haven't been many events to attend this month, here at Yorkshire Cancer Community, the hard work never stops. We have been working hard on our annual review of Cancer SMART (which we hope to share in next months edition), adding more content to our new website, redesigning our YCC leaflet and ensuring we are best placed to offer support and information to everyone in 2025.

Check out our website, we've added new pages for kidney cancer and brain tumours, and our podcast series You CANcervive. There are new pages for our projects Patient VIEW and Don't Be The One, new patient life stories from Stephen Halstead (prostate), Michael Barton (bowel) and Ronnie Gelder (prostate), and new support group information on the brain tumours and prostate cancer pages. See what you think - link below.
<https://www.yorkshirecancercommunity.co.uk/>

Best wishes
 Jill. Clare and Lauren

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Your stories

Don't Be The One Campaign – new support group for black men with a prostate cancer diagnosis meets on Wednesday 19 February in Huddersfield

One in four black men will get prostate cancer at some point in their lives. They are twice as likely to get prostate cancer than other men, who have a one in eight chance of getting the disease.

A campaign to raise awareness – Don't Be The One – was launched in Huddersfield in Black History Month last year by a partnership of Yorkshire Cancer Community and Kam's Corner CIC.

Now a support group for black men affected by prostate cancer will start on **Wednesday 19 February at 2pm at St John's Resource Centre**, St John's Road, Huddersfield, HD1 5BW, with funding from Macmillan.

The group will be led by Phil James, the founder of Kam's Corner CIC who also volunteers for our cancer awareness project Cancer SMART, part of Yorkshire Cancer Community.

Future dates and times and a name for the group will be decided at the first meeting.

The idea for an awareness campaign came from Phil, when he realised that many men in his community were unaware of the high risks they faced from prostate cancer. He took the idea to a Cancer SMART meeting and fellow volunteer Stephen Halstead, who has a prostate cancer diagnosis, came up with the logo and designed flyer and invites and a Facebook account for the campaign.

The original flyer carries a QR code which takes the reader to Prostate Cancer's UK website which has an in depth focus on black men and prostate cancer. It explains the risks and suggests talking to your GP about your risk of prostate cancer. You can also ask them about having a PSA test, which is a blood test which can help to diagnose prostate cancer. Unlike some cancers, prostate cancer has no screening programme.

The Campaign had a successful launch at the Chestnut Centre in October and is supported by Huddersfield MP Harpreet Uppal.

For more information, visit YCC website

<https://www.yorkshirecancercommunity.co.uk/dont-be-the-one/>

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

Phil 07513384819

kamscornercentre@gmail.com

kamscornercentre@gmail.com



Scan me for guidance



Ask your GP for a PSA Blood Test

The Grange Medical Practice – Helping Tackle Cervical Cancer

The Grange Medical Practice in Fartown Huddersfield, are on track to become the first practice in the area to exceed the 80% target for cervical screening.

We know that the national cervical screening programme saves lives by helping to detect the HPV virus that can cause abnormal cells in the cervix which may develop into cervical cancer if left untreated. Attending screening is one of the key messages of our Cancer SMART project. However, around a third of eligible patients don't attend when invited.

The Grange Medical Practice team have taken a proactive approach to encourage their patients to attend screening by implementing patient education initiatives, offering flexible appointment times and engaging with the local community to address barriers and misconceptions about screening.

Visit their website to find out more about their progress.

<https://www.thegrangegrouppractice.co.uk/2025/01/21/cervical-screening-made-easier/>



Lauren encourages younger people to go for cervical screening when invited

Our Patient VIEW co-ordinator and cancer champion Lauren wants to inspire other young people to attend their cervical screening appointments when invited, by sharing her own experience of testing positive for HPV. It's so important to detect changes caused by HPV early, so that they can be treated to prevent them developing into cervical cancer. Watch her inspiring video here:-

https://www.youtube.com/watch?v=l_DrJY9xzL8

More than 1,000 people in Yorkshire beginning cancer treatment supported through new charity programme

More than 1,000 people across Yorkshire have been supported by a new programme created to help people with cancer feel more prepared before they start treatment.

Getting Started was launched by cancer support charity Maggie's last year in collaboration with Leeds Teaching Hospitals NHS Trust. It is available to all cancer patients due to start chemotherapy and immunotherapy at St James's University Hospital in Leeds.

Getting Started is in addition to the patient assessment, to ensure people are fully prepared and get standardised information along with an introduction to Maggie's.

The sessions, which take place in small groups throughout the week, have been designed to help people understand cancer, the treatments available, potential side effects and how to manage them. Those attending are also invited to bring a family member or a friend with them.

A short film featuring NHS staff, Maggie's staff and people who have undergone cancer treatment sharing their own experiences is played at the start of each session. Maggie's Cancer Support Specialists are then on hand to answer any questions, as well as introduce the services available at Maggie's. Those who have attended the workshops say receiving this information in a non-clinical environment has helped them to retain important details and feel less alone.

It is hoped the new sessions will continue to support even more people, and help to not only reduce stress for patients but also reduce the pressure on the hospital's chemotherapy service.

Following the session, 96% of attendees said they would recommend Getting Started to others, 90% said they felt very satisfied by the session while 86% said they would return to use Maggie's services again.

One person who attended a session earlier this year said: "It was a good learning environment. I felt relaxed and confident that I was well-informed by caring professionals."

Amanda Procter, Maggie's in Yorkshire centre head, said: "The feedback from people who have attended Getting Started so far is they felt they had a better understanding of what was going to happen during chemo or immunotherapy and what they could do to manage side effects. Families have also said they have felt more informed and involved in the process.



Helen Nicholson (left) cancer support specialist and Sadie Smith, one of the pre-assessment nurses

“Everybody attending Getting Started also gets the chance to find out more about the support we have on offer here at Maggie’s, which includes psychological support, benefits advice and peer support. We want to reach as many people as possible across Yorkshire so they have access to our expert services and support, alongside their hospital treatment.”

Although the Getting Started course is only available to patients about to start treatment at St James’s, Maggie’s is open to any cancer patient, their family and friends, any weekday. The centre is open as usual while the sessions are taking place, and you can call in for a cuppa, and speak to one of the Cancer Support Specialists without an appointment, 9am – 5pm.

The centre is open as usual while the sessions are taking place for anybody to visit, as well as families and friends, for a cup of tea and to speak to our Cancer Support Specialists. They don't need to make an appointment and can just come in, 9am – 5pm.

Contact details to get in touch if anyone wanted to find out more about popping in are:

Call us: 0113 457 8364

Email us: leeds@maggies.org

Did you know that you can help us to raise funds when you shop online through easyfundraising?



Easyfundraising turns your online shopping into a way of donating at no extra cost to you. They partner with 8,000 brands who will donate part of what you spend to a cause of your choice, and it doesn't cost you a penny. What's the catch? There isn't one!

All you have to do to start fundraising is set up an account with easyfundraising. Then every time you want to shop online, go via the easyfundraising website or app and you will automatically raise funds for us (or whichever charity you choose to support).

So far, easyfundraising have raised almost £60 million for charities.

If you would like to support us via easyfundraising, please click the link to set up your account.

<https://www.easyfundraising.org.uk/support-a-good-cause/>



The making of involve Hull: read our new comic book about public involvement in cancer research at the University of Hull



We have recently celebrated five years of involving patients, carers and members of the public in our cancer research at the University of Hull. This work was funded by Yorkshire Cancer Research and you can read more about it [here](#). Our researchers wanted to understand and tackle cancer inequalities and improve health outcomes across our region. Their research projects covered early diagnosis, and detection of cancer; care and support for people living with cancer; and palliative care.

As part of this programme, we received funding to work with local artists to create a comic book story about our public involvement network, Involve Hull. Formed from small beginnings in autumn 2019, this has grown to around 55 members.

The network includes people with personal experience of cancer, caring for someone with cancer, receiving cancer treatment and using cancer services. There are also members who do not have direct experience of cancer but who fall within the scope of the national cancer screening programmes. The network is a diverse group of men and women of many different ages, backgrounds, ethnicities, experiences and skills, drawn from 15 postcode areas, including people from outside the Hull and Humber area. Over time people with experience of addiction, respiratory conditions, social care, and end of life care have also joined to support other areas of our research. 1 in 3 members have a disability or long-term health condition, and 40% of the group have experience as unpaid carers.



The comic book brings together the experiences of several researchers and members of Involve Hull, as well as the Patient and Public Involvement Coordinator Helen Roberts. We are all represented as animals, birds or fish who live in a riverside setting, reflecting the location of Hull on the banks of the Rivers Hull and Humber. The comic book has a focus on the creation and development of Involve Hull, and on three of our cancer research projects: an online exercise programme for people with lung cancer; support for children and families when a parent dies; and improving access to cervical screening for Polish and Romanian women in the UK.

Public involvement in research is not easy to describe or carry out. We hope that our comic book presents this in a colourful, accessible and engaging way, and encourages more people to get involved and shape cancer research across Yorkshire.

You can view the comic book online on our webpage here: [Patient and Public Involvement \(hull.ac.uk\)](http://Patient and Public Involvement (hull.ac.uk))

We have a limited number of printed A5 copies – if you would like a copy, please email Helen Roberts on helen.roberts@hyms.ac.uk

If you would like to know more about our project to create the comic book, please get in touch with Helen.



News


Feel Less Alone – The Loss Foundation


Do you live in North Yorkshire? Have you lost a loved one to cancer?

Join a 'Walk & Talk' and connect with others who 'get it', happening on:

 Sunday 9th February, 2025

 10.30AM - 12.30PM

 Guisborough, North Yorkshire

Learn more by clicking here: <https://bit.ly/4fX8ZvX> 



The Loss Foundation's mission is that nobody should face cancer loss alone. They believe that where you are from, should not determine the support you receive.

The Loss Foundation are the UK's only charity dedicated to supporting those bereaved by the death of a loved one from cancer.

They provide a variety of grief support events to help those who have experienced cancer loss and create opportunities for people to connect with others who have experienced something similar.

Their UK-wide Walk and Talk events are casual meet-ups for those who have lost a loved one to cancer and provide a supportive space to walk, talk or simply be with others who understand.



Being in nature with someone who gets it makes tough conversations easier. One of their friendly volunteers will greet walkers on arrival.

Check out their website to find a useful range of resources designed to support those navigating loss with mindfulness, meditation, and practical tools like grief, sleep and anxiety worksheets.

 Tel: 0300 200 4112

 Email: hello@thelossfoundation.org

 Website: <https://thelossfoundation.org/>

Active My Way: Cancer Rehab

Have you undergone treatment for, or been diagnosed with, cancer and would like a specialist exercise class to support your return to fitness? Cancer Rehab sessions are led by fully qualified and experienced instructors who will tailor exercises to meet your needs. Sessions will be held from 6pm – 7pm at The Shay Stadium every Thursday.

Sessions are FREE for leisure centre members as part of the membership package, £6.50 Pay As You Go or £4.95 with a Passport to Leisure.

To book your place, call Calderdale Leisure Centres on 01422 288068 (Brighouse Pool) or 01422 288078 (Sowerby Bridge Pool).



For others wanting to start or continue their exercise journey, please consider the following;

- <https://kal.org.uk/> - for exercise in Kirklees
- <https://www.moveagainstcancer.org/5k-your-way/> - In both Huddersfield & Halifax
- <https://new.calderdale.gov.uk/sports> - for exercise in Halifax



You CANcervive

Our podcast series You CANcervive: Let's Talk About Cancer is now available on our website. Cancer Survivors Arzoo and Rob aim to make cancer an everyday conversation and get people talking. They want to reach everyone who could potentially find themselves touched by cancer in their lifetime – and that could include you or someone you love.

So pop the kettle on, relax and head over to our website to take a listen to the series.

<https://www.yorkshirecancercommunity.co.uk/you-cancervive/>



What have we been up to?



On 27 January, our Patient VIEW coordinator Lauren (second left) went along to the Salvation Army centre in Holdroyd Hill in Wibsey, Bradford for their health event. She was joined by cancer champion and Patient VIEW panel member Michael (right). Check out our new patient VIEW banner.

Michael was keen to share the cancer SMART message to members of the public, as well as talking about managing anxiety and understanding symptoms. As a bowel cancer patient himself, he knows only too well how devastating a diagnosis can be and has a useful mantra to help him cope:

Always Forward
Never Backwards
Always Positive
Never Negative
Always be Awesome

Also at the event were Zac and Naz (pictured in pink) from the Working on Wellbeing social prescribing team. They have a series of events coming up – see their flyer below.

the WOW
Community Partnership
WORKING ON WELLBEING

Royds
A PLACE FOR EVERYONE

ACTasONE

City of BRADFORD
METROPOLITAN DISTRICT COUNCIL

NHS

FREE health events

across Bradford district and Craven

COME ALONG AT A TIME TO SUIT YOU

We have **FREE** events being held in your local community. Please join us and meet our friendly team. Come and find out what activities and support are available to you, so **you can take greater control of your health.**

WHAT'S ON OFFER >>>

WHAT'S ON OFFER?

- * **FREE health checks:** blood pressure, height, weight and cholesterol
- * **Find out if you're at risk of developing type 2 diabetes**
- * **Information about healthy eating, physical activity and living healthy and happy at home**
- * **Meet the Social Prescribers who can help you navigate the many community services available to you – from debt to exercise, mental health to housing and much, much more!**

FIND US AT...

Friday 13th December 2024
9am-12pm
Footprints Family Centre,
Buttershaw, BD6 3PZ

Monday 13th January 2025
10.30am-2pm
Salvation Army, Holdroyd Hill,
Wibsey, BD6 1NS

Wednesday 12th February 2025
12pm-4pm
Great Horton Community Hub,
Beldon Road, BD7 3PE

Wednesday 12th March 2025
11am-2pm
Royds Community Association,
Buttershaw, BD6 3EW

Saturday 12th April 2025
10am-2pm
Victoria Hall
Queensbury, BD13 1AB

Wednesday 7th May 2025
10:30am-2:30pm
Khidmat Centre,
Spencer Road, BD7 2EU

Upcoming events

Here's some events we will be attending in February that you may be interested in:

Tue 4 Feb -Keighley Healthy Living Centre, 13 Scott Street, BD21 2JH - 10am-12pm

Thu 6 Feb - Bangladeshi Youth Organisation, 52 Cornwall Rd, BD8 7JN – 10am – 12pm

Thu 6 Feb - Lung education event, ICB, Clayton Hotel, Leeds LS11 9AT – 10am – 3pm

Wed 12 Feb - Health checks event at Great Horton Community Hub, Beldon Road, BD7 3PE – 10.30am-2pm

Fri 14 Feb - Chinese community group, talk at Beeston Village Hall, LS11 – 10am – 1pm

Wed 19 Feb - Launch of Don't Be The One support group St John Resource Centre, Huddersfield, HD1 5BW – 2-4pm

Thu 20 Feb - Team Training Session, Community Learning Partnership, Burton Business Park, Harehills, LS9 – 12.30-2pm

Mon 24 Feb - Well Woman Screening event with Locala, Tolson Museum, HD5 – 11am-3pm

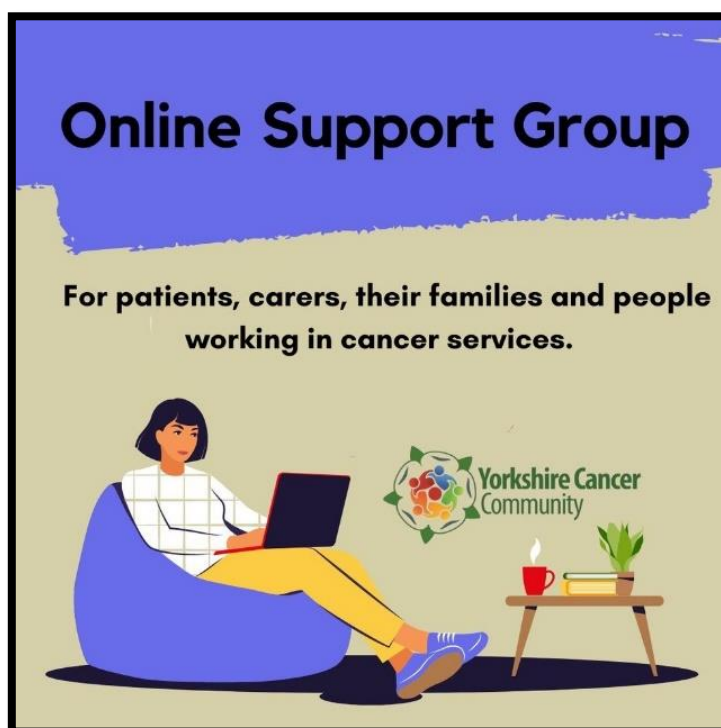
Tue 25 Feb - Men's Talk Theatre performance and discussion with stalls at Al Hikmah, Batley WF17 7AA – 6.30-9pm.

Yorkshire Cancer Community – Online Support Group

Weds, 12 February - 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.





We are looking to develop healthy living and weight management support that women diagnosed with breast cancer from different backgrounds and cultures find helpful.

We are looking for women who:

- are aged 18 or over
- have a lived experience of breast cancer (diagnosed in the last 5 years)
- are from communities not often involved in research, especially those from different cultures (e.g. South Asian, Black African or Black Caribbean) or those living on a low income.
- who have experience with or interest in weight management

- Taking part would involve an interview with a researcher lasting around 1 hour.
- This would be at a time and place convenient to you.

**If you are interested,
please contact:**

Amy Creaser

Email: A.V.Creaser@leeds.ac.uk

Phone: 0113-34-37631



UNIVERSITY OF LEEDS

NIHR | National Institute
for Health Research



**UNIVERSITY
of HULL**

FOR ALL, Recruitment Advert all social media, Version 1, 21.10.2024; SoMREC reference 2040



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.

22nd January, 11am

19th February, 11am

19th March, 11am

5th February, 11am

5th March, 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 (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland. MAC19838

Other Items

World Cancer Day - 4 February



World Cancer Day is an international day observed every 4 February to raise awareness about cancer and cancer prevention.

Every week, **225** people in West Yorkshire are diagnosed with cancer and **108** people will lose their lives each week. For this reason, Yorkshire Cancer Community teamed up with the West Yorkshire & Harrogate Cancer Alliance to form Cancer SMART.

The Cancer SMART project aims to empower people to be pro-active when it comes to their health, and cancer. We urge people to attend screening programmes when invited, not to be afraid to discuss cancer openly and encourage discussion, to be aware of what's normal for them, and take action quickly if anything changes. We also encourage people to live a healthy and active lifestyle to help prevent 40% of cancer cases.

To find out more about the Cancer SMART project, visit our website:

<https://www.yorkshirecancercommunity.co.uk/cancersmart>

February is Oesophageal Cancer Awareness Month



Did you know, there are 9000 new cases of oesophageal cancer every year in the UK, and it's the seventh most common cancer, yet 59% of cases are preventable?

It mainly affects people in their 60's and 70's and is more common in men.

Ways to prevent oesophageal cancer include stopping smoking, drinking less alcohol, avoiding acidic foods that may irritate the oesophagus (food pipe), raising your head when you sleep, and maintaining a healthy weight.

For more information, visit the oesophageal cancer page of our website which has information, support and inspiring life stories: <https://www.yorkshirecancercommunity.co.uk/oesophageal-cancer>

Kidney Cancer Awareness Week – 3 – 7 February



Kidney cancer, also called renal cancer, is a type of cancer that starts in the kidneys. The kidneys are 2 small organs either side of your spine below your ribs. They remove waste and extra fluid from the blood, turning it into pee. Kidney cancer is most common in people over 60.

Symptoms include blood in your pee, a lump or swelling in your back, under your ribs or in your neck, pain between your ribs and waist, loss of appetite, losing weight without trying, feeling tired or lethargic, a high temperature and night sweats.

For more information, visit the kidney cancer page of our website:

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