



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

Welcome to the April edition of the VOICE Newsletter

Hi everyone and welcome to another edition of the VOICE.

It's April, which means it's Bowel Cancer Awareness month. So in this edition we've included Michael and Linda's stories.

Following their experience of cancer, both Michael and Linda decided to get involved with our projects Cancer SMART and Patient View. They find volunteering is fun and enjoyable and they get a real sense of achievement knowing that they are giving back and helping to raise awareness plus helping to improve services. If you would like to know more about volunteering with us, please get in touch with info@yorkshirecancercommunity.co.uk.

This month our chairman Dr Stewart Manning and trustee Beverley Freeman attended the Northern Conference of Cancer 52 for rare and less common cancers. Stewart gave a brief talk on how we offer cancer awareness talks to people with learning disabilities.

Jill and Lauren were delighted to be invited to our partners West Yorkshire & Harrogate Cancer Alliance Away Day to talk about our charity and projects.

Have a great April everyone

Jill, Clare and Lauren

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Your Stories

Michael's story

Cancer Champion Michael Barton, a 64-year-old bus driver, originally from Bradford, tells why he decided to volunteer for Yorkshire Cancer Community.

In 2017, Michael's partner, Marie, was struggling with repeated chest infections, the couple didn't expect to be told that she had Stage 4 lung cancer, with only one week to live, unless she received chemotherapy.

Michael recalls they were 'thrown into the deep end' with their world turned upside down. Marie wasn't a well woman and suffered from COPD (Chronic Obstructive Pulmonary Disease), but never complained about her health.

Michael reassured Marie, that whatever she decided, she had his backing, and he would be with her each step of the journey. The pair were long standing friends who got together in later life after earlier relationships failed.

Marie opted to undergo chemotherapy at Dewsbury District Hospital but was so nervous on the day of her appointment, she had to go back the following day to commence treatment. However, her health got worse and worse. Always a petite woman, she lost two stones dropping from six stones to four stones. One of Marie's wishes was that they should marry, and just a week before she died, they married at Dewsbury Register Office.

Michael said "She made everyone laugh. When asked if she would take me as her wedded husband, she replied, 'I definitely do'". Although Marie wanted to dance the night away, Michael realised she was too ill, and took her home instead.

But Michael is philosophical about the brevity of his marriage. "We might not have had long as a married couple, but Marie dearly wanted to die as Marie Barton. We did have lots of years together, and I feel everything happens for a reason."

In 2022, Michael was receiving his annual check to test his iron levels. His GP referred him for a colonoscopy as his levels were particularly low, which revealed two polyps. A further CT scan revealed Stage 4 bowel cancer.

Despite Michael's previous experience, he hadn't suspected cancer, and looking back, he wonders if the earlier signs had been ignored.

He remembers feeling tired all the time, and following a blood test, his symptoms were attributed to him being anaemic or pre-diabetic.

"Now when I read the signs and symptoms of bowel cancer, I wonder why no one picked up on it," he says, which is why he is passionate about sharing the Cancer SMART message.

Knowing your normal and getting checked out by the GP is an important part of the message, and Michael wants to ensure that this information is more readily available.



Know the symptoms of bowel cancer



Bleeding from your bottom



Blood in your poo



A change in how often you poo, or regularly having diarrhoea or constipation



Losing weight but you're not sure why



Feeling very tired all the time but you're not sure why



A pain or lump in your tummy

If you have any of these symptoms, talk to your GP and ask about an at-home test.

Michael received eight sessions of chemotherapy, which proved very bitter-sweet. He sat in the same chair where he remembered Marie being so nervous, when she first went for treatment. But understanding how scary the process is, has made him reach out to other newbies having chemo.

“You can always spot them. They sit with their head down, whereas when you've been a few times you chat to the other people there. We're the cancer club, and these people become your friends.

Michael also has good advice for patients following treatment.

“When you go home, don't brood. If you are worried about anything, call your GP, call NHS111, call Macmillan or your friends. Talk

to someone, otherwise it will get worse.”

Michael also resolved to offer his help wherever he could to help others to benefit from his experience. He is a befriender for Fresh Futures in Huddersfield, visiting two people each week. He volunteers for Cancer SMART, has joined our patient panel Patient VIEW offering his views and experiences to help improve cancer services, and is also working his way through the induction period to become a Yorkshire Cancer Community trustee.

He shared his personal mantra which helps to keep him focused and positive:

“Always forward

Never backwards,

Always positive

Never negative,

Always be awesome”.

Michael has created a video to share his experience and urge people to get help if they have any of the symptoms of bowel cancer. You can view Michael's video using the link below:

<https://www.youtube.com/watch?v=CgLe2LGhk5s>

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

Linda's story - A bowel cancer screening test saved my life



Having worked in cancer research for most of her career, Linda Wilkinson was very aware of the signs and symptoms of the disease.

“I considered myself to be very healthy. I never smoked, I hardly drank alcohol, and I was fairly fit from yoga, Pilates and walking my dog” she said.

Linda had spent many years working for the National Cancer Research Network at Cookridge Hospital, Leeds, culminating in her role as personal assistant to the Director, Matt Seymour, based at Leeds University, until her retirement in 2014.

When she took a bowel cancer screening test in June 2023, she had no reason to worry, as she felt fit and well.

It was therefore a terrible shock when she received a phone call asking her to attend for a colonoscopy. This procedure revealed several polyps and a stage 3 bowel tumour.

The endoscopist and a Macmillan nurse sat Linda and her daughter down to explain the findings and talk through the next stages. Linda can remember being overwhelmed by tears.

She recalls the process moved quickly. Within two weeks she had a CT scan and met her surgeon and oncologist. She'd chosen to have her treatment at Harrogate General Hospital, as she liked it's small and friendly nature.

When she'd worked in cancer research, one of the clinical trials which performed well had been to combine two rounds of chemotherapy followed by surgery, finished with a further two rounds of chemotherapy again.

Linda was glad to opt for this chemo/surgery sandwich although she found chemo made her very sick and caused her to suffer from neuropathy - a nerve problem causing pain, numbness or tingling in different parts of the body.

“Everything went exactly to plan. I was given an outline of my treatment, and it went just as they had said. No changes and no delays. I can't praise them enough” adds Linda.

By Christmas, she had completed her first rounds of chemo and had surgery to remove the tumour and eight lymph nodes. By February she had completed the second rounds of chemo and at her check-up in April 2024, she was declared to be cancer free.

Now she is on a five year Looking After Me programme, which checks her blood, includes a colonoscopy and a CT scan. She also took part in a relaxation course at the Robert Ogden Macmillan Centre, Harrogate which she found useful not only for the practical advice, but also to be able to talk to others who had gone through surgery and treatment.

“A bowel screening test saved my life, and I tell everyone I meet, to take advantage of all the cancer screening on offer,” said Linda.

To help raise awareness, Linda has become one of our Cancer Champions as part of the Cancer SMART project and is also joining Patient View, where people with lived experience of cancer care and services work alongside West Yorkshire and Harrogate Cancer Alliance, to help improve services.

If you would like to know more about joining us, please contact Jill, Clare or Lauren

For more information about bowel cancer, visit the bowel cancer page of our website here:-

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

What is bowel cancer screening?

The bowel cancer screening programmes uses a test called a faecal immunochemical test (FIT). For the test, you'll collect a small amount of poo. This is sent to a lab where they'll test for blood in your poo. Screening can also help to find polyps (non-cancerous growths) which may be growing in the bowel. Polyps can become bowel cancer over time, screening can help to find them so they can be removed before they do.

When will I receive the screening test?

The age at which you'll start to receive this test in the post is different depending on where you live in the UK:

Bowel cancer screening in England

- If you're aged between 50 and 74, you'll be invited to take part in bowel cancer screening every two years.
- If you're aged 75 or over, you can ask for a screening test by calling the free bowel cancer screening helpline on 0800 707 60 60

Taken from Bowel Cancer UK

www.bowelcanceruk.org.uk



News

A new trial is looking for male volunteers with lived experienced of prostate cancer and radiotherapy treatment

Cancer patients are being given extra fibre in a new study aimed at reducing the unpleasant side effects of radiotherapy and potentially increasing its effectiveness.

More than 200 men awaiting treatment for prostate cancer are being recruited from eight UK cancer centres for the trial, led by researchers from the University of Aberdeen's Rowett Institute and the University of Manchester thanks to a £660,000 grant from Prostate Cancer UK.

Half the volunteers in the DIETRICH study will have their diet enriched with inulin (a fibre supplement derived from plants) before, during and after their treatment.

Inulin is a widely available prebiotic that supports the growth of beneficial bacteria that reduce gut wall inflammation, which is a major cause of these side effects.

Researchers hope symptoms such as diarrhoea, bowel bleeding and bladder problems that occur when radiotherapy affects neighbouring non-cancerous cells can be made less severe or even eliminated.

The other half of the group will receive a dummy supplement with no active ingredient for the same period – starting two weeks before treatment and ending three weeks afterwards – and complete the same surveys and medical tests.



Researchers are looking for men diagnosed with prostate cancer who have experienced radiotherapy treatment and also those who have experienced bladder and bowel related toxicity due to their radiotherapy treatment.

If you would like to get involved contact Nick Preston, RadNet Leeds Centre Manager, Cancer Research UK Radiation Research Centre of Excellence, Leeds

N.Preston@leeds.ac.uk

Further information:

<https://www.mcrc.manchester.ac.uk/dietrich-study-tests-high-fibre-route-to-reducing-cancer-treatment-side-effects-in-nhs-patients/>

Walking for stress relief and fitness

*The sun is shining, the birds are singing and your thoughts are turning towards getting outside into the fresh air. Thank you to **Cancer Support UK** and their Health and Fitness Ambassador Nancy Priston, for these tips to improve our fitness.*

When it comes to taking enough exercise, life can often conspire against our good intentions to get – and stay – fit.

Nancy Priston, advocates not beating yourself up over failed attempts to hit the gym for cardio workouts. Instead, when life gets too busy, she recommends walking as a great way to help improve mood and increase bone density.

Did you know that a one hour walk a day will burn significantly more calories than a 45 min HIIT (High Intensity Interval Training). So, if you're not managing a workout every day – don't stress, especially if you're managing to go for a walk.

Even walking just 30 minutes a day is good for your health. It's an excellent way to maintain some activity and help reduce stress.

Walking challenges are a great way to hold yourself accountable when you start using walking as a form of exercise. They will help you develop a new fitness routine, explore your neighbourhood and even meet new friends.

So how can you get the most from those walks to ensure you are maximizing all the benefits?

#1 Pace

Studies have found walkers who vary their pace burn 20% more calories than those who maintain a constant speed. So, add some intervals – one minute fast walking pace, 30 secs slower etc.

#2 Terrain

Walking on uneven or sloped terrain has been shown to raise calorie expenditure by 30% or more. Hills require more big muscle engagement, making you use your glutes, hamstrings and quads, while uneven surfaces engage your core muscles. So, try to include hills or stairs, or even different surfaces like gravel, sand, grass etc for more calorie burn.

#3 Arms

Yes, you're mostly using your legs, but by using your arms, too, you can boost heart rate (and calorie burn) by 10-15 %. Pump your arms as you walk, or try carrying objects – water bottles work well.

Walking for stress relief and fitness: a simple guide



#4 No phone

Get your nose out of your phone. Walking pace decreases significantly when you're also on your phone. So put your phone away and don't dawdle. It will also prevent you looking like an idiot when you walk into something or someone!

#5 Don't just walk

It doesn't just have to be a walk – see if you can incorporate some other moves – lunges, squats, jump or jacks. If you don't want to do that in public, why not give yourself a bit of an extra workout by walking upstairs two steps at a time instead of one. Alternatively, add a little jog, a few larger strides or walk along low walls (like we used to as a child) or maybe even a little hop-scotch for fun.



Please don't underestimate walking. It's not just a fallback option when you miss a workout. It's actually a powerful and effective way to stay active, improve your mood, and support long-term health.

By following our simple tips, you can turn a walk into a full-body workout that burns more calories and strengthens key muscle groups.

Best of all, walking is free, accessible, and adaptable to any schedule. So, whether it's a brisk 30-minute stroll or an hour-long adventure, embrace walking as a valuable part of your fitness routine – your body and mind will thank you for it.



BRCA gene awareness and testing programme

An event to raise awareness of the BRCA gene, its impact and how early detection can save lives was held in a Leeds Synagogue last month.

Cancer Champion Sue, whose day job is as a consultant nurse in breast cancer research at St James Hospital, not only ran an information stall, but also joined the expert panel.

The event was in memory of Fran Batty, who was unaware she had inherited faulty BRCA genes. Every one of us has two BRCA genes; BRCA 1 and BRCA2. Some people can inherit faulty BRCA genes from either of their parents. Having a fault or mutation in one of these genes significantly increases the risk of developing certain types of cancers, for both men and women alike. (See flyer for more information).

There is now free BRCA gene testing available through the NHS Jewish BRCA Testing Programme for anyone who lives in England, is aged 18 or over and of Jewish ancestry – meaning they have one or more Jewish grandparents.

Organisers of the event included BRCA Journey, Jnetics and Leeds Jewish Representative Council (LJRC).

Susie Gordon CEO of LJRC said:

“Having Sue’s incredible knowledge and experience at our BRCA awareness event last week added immense value. Her insights brought clarity and empowered attendees to make informed decisions about their health.”

If you would like more information on BRCA gene awareness and how to get tested contact info@ljrc.org



Did you know?

1 in 40 people of Ashkenazi Jewish ancestry carry a BRCA gene fault.

A BRCA gene fault leads to a significantly increased lifetime risk of developing Breast, Ovarian, Pancreatic, and Prostate cancers.

Both males and females with a BRCA gene fault have a 50% chance of passing it on to each of their children.

What will you learn?

What is BRCA?

Why would I get screened?

How do I get screened?

What does it mean if I have a BRCA gene fault?

What support is available?

Why is screening important for men too?

Why attend?

Gain crucial knowledge about BRCA and genetic screening.

Understand your health risks and options for proactive care.

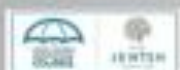
Learn how to support yourself and your family with early detection and resources.

Take control of your health and your future. Early detection saves lives.

Book here <https://ljrc250316.eventbrite.co.uk/>

For more information please contact:

LJRC Office: 07714204664, info@ljrc.org



If you are unable to attend but would like further information on how to get tested, please email LJRC for more information



Target Ovarian Cancer – setting up a network of peer support groups



Target Ovarian Cancer is a national charity supporting anyone affected by ovarian cancer. They're setting up a network of local peer support groups for women with a diagnosis of ovarian cancer.

These free groups provide safe spaces for women with a diagnosis of ovarian cancer to talk openly with their peers. Each group will be facilitated by a volunteer from within the group. As soon as six plus women with a diagnosis of ovarian cancer within the same area express an interest in joining, we'll set one up.

Target Ovarian Cancer's support services include:

- Specialist nurse-led support line – for anyone affected by ovarian cancer. Call 0808 802 6000 (freephone) or email support@targetovariancancer.org.uk
- Online communities: private Facebook groups for anyone with lived experience of ovarian cancer [Our online community | Target Ovarian Cancer](#)
- Trusted information – covering everything from finances to treatment. [Our guides and information materials | Target Ovarian Cancer](#)
- Digital support events: From diet and nutrition tips to updates on new treatments, yoga and relaxation classes to having a virtual cup of tea and a chat. [Support events | Target Ovarian Cancer](#)

To find out more, please contact Pamela, Peer Support Lead: Phone: 020 3985 8398 / Email pwalker@targetovariancancer.org.uk / Visit: www.targetovariancancer.org.uk

Thanks to the generous support of the



Welcome to the Wellbeing Team at the Prince of Wales Hospice, Pontefract



The Wellbeing Team is here to provide practical, emotional, and therapeutic support tailored to your unique needs. We support people over the age of 18 years living in the Five Towns areas of Wakefield, who are living with a life-limiting diagnosis, or maybe experiencing isolation, dealing with frailty conditions, or coping with bereavement. Our service is also here to support those who are important to the person experiencing these life-changing events.

Meet Our Team:

Our Wellbeing Team includes a diverse range of professionals, each offering specialised expertise:

- **Social Worker**
- **Physiotherapist**
- **Occupational Therapist**
- **Counsellor**
- **Nurse**
- **Complementary Therapist**
- **Wellbeing Coordinator**
- **Wellbeing Assistant**
- **Volunteers**

We are here to support our **Five Towns community**. If you or someone you know could benefit from our services, please get in touch.

Our Services

Complementary Therapy (booking required)

Our **Complementary Therapy services** are designed to support emotional and physical wellbeing during challenging times. These therapies are not a replacement for traditional medicine but can help to promote relaxation, stress relief, and symptom management.

- **Individual Therapy Appointments or Group Therapy:** Tailored treatments to help manage stress, anxiety, pain, poor sleep, and more.
- **Reiki:** uses non-invasive energy healing to balance the body and mind, reducing emotional and physical tension.
- **Massage / Aromatherapy:** These therapies focus on alleviating pain and promoting relaxation through targeted techniques and essential oils.
- **M Technique & Visualisation:** Specialised methods to reduce stress and improve emotional wellbeing.

Accessible Bathing Service (At the Prince of Wales Hospice)

A soothing bath can be a powerful way to relax, reduce stress, and improve physical wellbeing we know for some people getting in and out of a bath can be difficult. Here at the Hospice, we have a bathing service to help. Come and enjoy a relaxing soak in our state-of-the-art Jacuzzi bath, toiletries can be supplied if needed and our friendly staff are at hand to help. A donation of £15 would support us to continue to deliver this service – if you have any questions or would like more information, please call the number below.

Booking is required, available weekdays.

Craft Group (At the Prince of Wales Hospice)

Engage in a creative activity through art and crafts. Our **Craft Group** offers an opportunity to relax and unwind in a supportive environment with other people.

- **Fridays, 10:30 AM - 12:30 PM**
- **Art as Therapy:** Crafting can serve as a distraction from life's stresses and help improve emotional wellbeing. It's a great way to connect with others while creating something meaningful.
- **Booking Required.**

Drop-In Sessions in the Community

We want to make it as easy as possible for you to access support and information. Our **Drop-In Sessions** are an informal opportunity to meet the team and learn more about our services.

- **No Booking Required**
- **Peer Support:** These sessions are a great way to meet others in your community who might be going through similar experiences.
- **Sessions:**

Notcutts Victoria Garden Centre, Streethouse: Tuesdays, 1:00pm – 3:00pm

Information Sessions

We offer practical and informative sessions to help you navigate important aspects of care, future planning, and health management. Booking is required.

- **“Putting Your Ducks in a Row”**: Learn about Advance Care Plans, Lasting Power of Attorney (LPA), and Will writing, with support from our team and a local solicitor.
- **Managing Breathlessness**: Tips from our Physiotherapist on how to manage breathlessness at home.
- **Reducing the Risk of Falling**: Advice and tips on how to prevent falls and stay safe at home.

This is just a taster of the services on offer. For more information go to <https://www.pwh.org.uk>

You can refer yourself, or a professional can refer you. Use the link below to make contact or contact the Wellbeing Team on 01977 781451

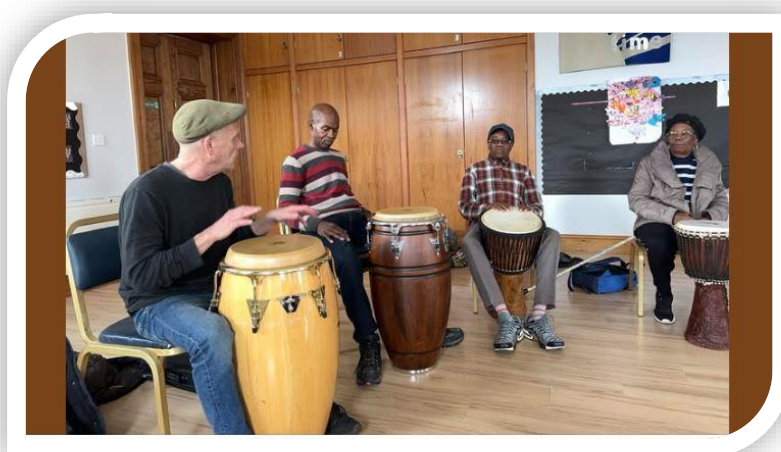
<https://www.pwh.org.uk/our-care/for-carers-and-families/families-and-carers/wellbeing-referral-form?viewmode=0>

What have we been up to?



Stewart was joined by Farida to give an awareness talk to Memec (Middle Eastern & Mediterranean Community) in Beeston, Leeds.

Trustee and Cancer Champion Stephen visited Shaping Care in Kirklees CIC for a chat and to raise cancer awareness. Afterwards, he couldn't resist joining in the Big Drum project which involved drumming, singing and dancing. He said it was a really fun event and everyone had a good time.



Cancer Champion Sue attended the Old Fire Station at Gipton to run a stall at their event on International Women's Day. Sue, a consultant nurse working in breast cancer research at St James Hospital, was able to speak to lots of people to help spread the cancer SMART message and the importance of checking your breasts. She spoke so much that she even lost her voice!



Jill visited the Diamond Wood Academy in Ravensthorpe to celebrate International Women's Day. Cllr Masood Ahmed (pictured left) performed the official opening, and the school choir entertained everyone. Jill said lots of ladies wanted to hear about how to check their breasts, and some really good conversations were had about cancer awareness and the importance of knowing your body and what's normal for you.

Cancer Champion Barbara (left) and Patient VIEW coordinator Lauren (right) took the Cancer SMART stall to the Tolson Museum, Ravensknowle, Huddersfield for Mondays at the Museum to talk about cancer awareness.





Cancer Champions Michael, Lauren and Janet attended the Cancer Awareness Day at the Sue Belcher Centre in Keighley. Other stallholders included Keighley Cancer Awareness (K-CAN), the Sue Ryder charity and Janet also took her Prostate Cancer UK stall. Janet is passionate about raising awareness of prostate cancer after sadly losing her husband to the disease.

They also promoted the NHS Cancer Patient Experience Questionnaire, encouraging patients and families affected by a cancer diagnosis in the past two years to share feedback on local support services.

Big thank you to David for organising the event and Keighley councillor Teresa for helping to spread the Cancer SMART message within the Bracken Bank community.



Lauren visited the Red Roof Centre, Kinsley to share cancer information and support at their health event. Swap2Stop and blood pressure checks were also available.



Trustee David joined Patient VIEW coordinator Lauren at the Step Up Spring Event held at the Wakefield Adult Education Service in Manygates. Cancer Champion Bob was also there with his stall Portobello Craft and Camera Group.

They said they had some great conversations about being Cancer SMART and shared information about Patient VIEW, our patient panel.



Upcoming Events

In April, we will be out and about at the following events. We'd love to see you there.

Thu 3 Apr – Macmillan Cancer Health & Wellbeing Roadshow, The Ridings, Wakefield WF1 1DS – 9 -11.30 am. Liver Buddies liver scanning will also be parked outside the Cathedral

Sat 12 Apr - Health checks at Victoria Hall, Queensbury, BD13 1AB – 10am – 2pm

Fri 25 Apr – pop up stand at The Old Fire Station, Gipton, Leeds LS9 6NL with a focus on bowel cancer 12 – 2pm

Yorkshire Cancer Community – Online Support Group

Weds, 9 April - 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.



ARE YOU A CARER OR LOVED ONE WHO HAS BEEN AFFECTED BY CANCER?

Social & support group for caregivers and loved ones of those going through cancer, and those who have lost loved ones to cancer.



UPCOMING SCHEDULE

MARCH

- TUESDAY THE 4TH, 6PM - LITTLE BOX OF HAPPINESS - CREATE & CHAT SESSION.
- TUESDAY THE 18TH, 2PM - BARNESLEY HEALTH AND WELLBEING COACHES PRESENTING TO THE GROUP.

APRIL

- TUESDAY THE 1ST, 6PM - BARNESLEY CARERS SERVICE PRESENTING TO THE GROUP.
- TUESDAY THE 15TH, 2PM - 1 YEAR ANNIVERSARY GET TOGETHER!

MAY - NATIONAL WALKING MONTH

- TUESDAY THE 6TH, 6PM - WELLBEING WALK @ WORSBOROUGH MILL.
- TUESDAY THE 20TH, 2PM - WELLBEING WALK @ WORSBOROUGH MILL.

JUNE

- TUESDAY THE 3RD, 6PM - GROUP CANCELLED.
- TUESDAY THE 17TH, 2PM - BARNESLEY CARERS SERVICE PRESENTING TO THE GROUP.

JULY

- TUESDAY THE 1ST, 6PM - LOCAL FINANCIAL SUPPORT - INFORMATION SESSION.
- TUESDAY THE 15TH, 2PM - BARNESLEY HOSPICE (DIANE GLEDHILL AND BECKY LAMBERT) PRESENTING TO THE TEAM.

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 For more information please **contact Amy on 07380863049.**

Please note: All group meetings at Priory Campus (BHF Priory Centre @ Priory Campus, Pontefract Rd, Barnsley S71 5PN) are free to attend and include refreshments.

**WE ARE
MACMILLAN.
CANCER SUPPORT**

NHS

**Mid Yorkshire Teaching
NHS Trust**

Cancer Health and Wellbeing event

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

Then join us on **3 April 2025, 9.30-11.30am** at the Cancer health and wellbeing event, Upper floor exhibition area, The Ridings Shopping Centre, Wakefield, WF1 1DS.

NHS
Yorkshire
Smokefree Service

MY Breast Cancer Support

citizens
advice Wakefield
District

wakefield
hospice
support for all

Carers
Wakefield & District

tackle
prostate cancer



Yorkshire Cancer
Community

Live Well
Wakefield

West Yorkshire and Harrogate
Cancer Alliance

Bottoms Up
Colorectal and Bowel Support Group

Working together
making a difference

SOUP4EM ARE HOSTING A BEREAVEMENT SUPPORT GROUP

GRIEVING THE LOSS OF A LOVED ONE CAN FEEL OVERWHELMING, BUT YOU DON'T HAVE TO GO THROUGH IT ALONE.

WE AIM TO SUPPORT PEOPLE DEALING WITH LIFE LIMITING CONDITIONS, AND THE PEOPLE CARING FOR THEM, BEFORE AND AFTER EXPERIENCING BEREAVEMENT.

WE OFFER A SAFE SPACE FOR HEALING AND HOPE TO HAPPEN.

JOIN OUR BEREAVEMENT SUPPORT GROUP WHERE YOU CAN FIND UNDERSTANDING, COMFORT, AND CONNECTION WITH OTHERS WHO SHARE SIMILAR EXPERIENCES.

WHAT TO EXPECT:

- A SUPPORTIVE, NON-JUDGMENTAL ENVIRONMENT
- OPPORTUNITY TO ENGAGE IN CRAFTS AND GAMES
- A CHANCE TO SHARE YOUR FEELINGS AND HEAR OTHERS' STORIES
- COPING STRATEGIES AND RESOURCES TO HELP YOU NAVIGATE YOUR GRIEF
- PRIVACY AND CONFIDENTIALITY
- A PROFESSIONALLY RUN AND SUPPORTED GROUP

WHETHER YOU'RE IN THE EARLY STAGES OF GRIEF OR HAVE BEEN GRIEVING FOR A WHILE, THIS GROUP IS HERE TO OFFER YOU THE SUPPORT YOU NEED.

WHEN: THE LAST WEDNESDAY OF THE MONTH

WHERE: SOUP4EM, THE HUB 22 WEST STREET, SOUTH KIRKBY, WF9 4BH

FACILITATOR: PRINCE OF WALES HOSPICE

Ilkley Riverside Walk Saturday 12 April



Who is this walk for?

This walk is for adults (18+) who have lost a loved one to cancer. It's a space to connect with others who truly understand, in a supportive and relaxed environment.

Where are we walking?

The walk will be along the River Wharfe. The walk will last approximately an hour and is designed to be gentle and enjoyable.

Feeling nervous?

We understand that joining a group like this might feel daunting – it's completely normal to feel unsure. Many of our walkers have felt the same way at first. Rest assured, this is a welcoming and supportive space. You can take things at your own pace, and there's no pressure to talk more than you feel comfortable. Here is a quote from one of our previous walkers:

"It was a small enough group that we could engage in deeper conversation. We all went for coffee afterwards. Honestly, the best grief event I've ever attended. Thank you Loss Foundation!!"

What to expect:

- A small group of up to 8 walkers to keep things intimate and comfortable.
- A friendly volunteer host who will walk and chat with you, making sure everyone feels at ease.
- The chance to spend time outdoors with people who've experienced similar loss.

We ask that you let us know in advance if you'd like to bring a guest (as spaces are limited) and kindly note that pets and children cannot join the walk.

What are the timings for the day?

Walkers will be meeting at 12:45pm. We aim to complete the walk just over an hour later, at approximately 2:00pm where those who wish to can potentially go for a coffee.

Who is the host?

Our lovely volunteer Josie (pictured) will be hosting this walk. She will have a yellow Loss Foundation sign and will be wearing a lanyard.

**Do I need to be an experienced walker?**

Not at all! This walk isn't about fitness or speed. It's about being outdoors, meeting others, and finding comfort in shared experiences. Whether you're a seasoned walker or a total beginner, you're very welcome.

Ready to join us?

Sign up by completing the registration form below, and we'll send you an email with all the details you need to take part.

[Register Here](#)

You will be sent an email with full details for the walk.

Please note that we are not a crisis service, so if you are in need of immediate support please do reach out to Samaritans who provide immediate listening support. They can be reached on 116 123.

We send all participants a short survey after the session to get their feedback so that we can improve our services for all. Thank you for your contribution in helping us improve our support.



Other Items



Bowel Cancer Awareness Month

Bowel cancer is cancer found anywhere in the large bowel, which includes the colon and rectum. It's the 4th most common type of cancer in the UK. Typical symptoms include unusual changes in your bowel habits, bleeding from your bottom or blood in your poo, tummy ache, bloating, weight loss and feeling tired for no reason. Although these symptoms can also have other causes, it is important that if you are concerned, you speak to your doctor right away.

There is a national bowel cancer screening programme offered to anyone aged 50 to 74. It is a home test kit called a faecal immunochemical test (FIT) and collects a small amount of poo to be checked in the lab for traces of blood. Screening can not only pick up cancer before it invades, but can also pick up cells that have started changing before they become cancer, or can identify types of tissue that are more likely to become cancer eg bowel polyps. It is very important that you take advantage of the screening programme if offered, as early detection saves lives and is easier to treat. In some areas of Yorkshire, uptake is as low as 40%, yet it's your best chance of catching cancer early as it can detect traces of blood that would be invisible to the naked eye. If you're over the maximum age for bowel screening, you can still request a FIT kit from the bowel cancer screening programme every two years by calling 0800 707 6060.

To find out more about bowel cancer, including how to do the FIT test, we have a page of our website dedicated to bowel cancer, including information, links to charities and other resources, support group information and inspiring life stories and podcasts. Here's the link to our page <https://www.yorkshirecancercommunity.co.uk/bowel-cancer/>



Testicular Cancer

Testicular cancer is one of the less common cancers, mainly affecting young men aged between 15 and 49 years of age. Typical symptoms are a painless swelling or lump in one testicle or change in shape or texture of the testicles.

It is important to examine your testicles regularly, and to know what is normal for you.

Testicular cancer is one of the more treatable cancers, with a 98% survival rate. It is also very uncommon for it to return.

We now have a page of our website relating to testicular cancer, where you will find information and resources, support groups, life stories and podcasts. You can visit our page here <https://www.yorkshirecancercommunity.co.uk/testicular-cancer/>



Cancer in Teenagers and Young Adults

A cancer diagnosis is difficult at any age, but receiving a diagnosis in your teens can be particularly hard. These crucial years will shape the person you will become – from relationships to careers, your confidence and wellbeing, and your ability to pursue your dreams. So, to get a diagnosis of cancer at this time can really throw all of that off track.

Teenage and Young Adult Cancer Awareness Month can raise awareness of the specific challenges teenagers and young adults face when receiving a cancer diagnosis or treatment. The theme is of empowering young people around healthcare.

If you would like more information regarding teenage cancer, visit the children and young person's cancer page of our website. It has a variety of information including charities, support groups and life stories. Visit our page at <https://www.yorkshirecancercommunity.co.uk/childrens-cancer/>
