



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



Welcome to our spring newsletter. We are a support and information network for patients, carers, families and healthcare professionals in Yorkshire and the Humber.

Our aim is to enable the views and experiences of cancer patients and carers to be heard and used to improve the quality of cancer care in our region.

I hope you will enjoy reading patient stories and learning about new opportunities within the Yorkshire and Humber Cancer Community. If you would like to tell your story, please get in touch. Always look forward to hearing from you.

Best wishes

Jill

## Chair's Blog

I am really excited by the progress our Charity has made during the first two months of 2023, working towards our long term objectives as the Voice of patients and their families with cancer in Yorkshire.

We are delivering our CANCER SMART talk to different organisations and groups. We have plans to give the presentation at a Mosque, a meeting for people with hearing problems, and also a group of patients with learning disabilities. We are returning to The Hamara Centre in Beeston, Leeds, later this year to deliver a full day of talks etc.

We have formed a close working association with a national charity CANCER SUPPORT UK. They offer practical and emotional support in the form of Cancer Coach - on line courses to cancer patients after they finish treatment (Surgery/Radiotherapy/Chemotherapy ) - and training to help people in the workplace deal with employees and colleagues who have been diagnosed with cancer.

Members of our Charity helped with contributions to a series of videos produced by the West Yorkshire and Harrogate Cancer Alliance, titled "Living with Cancer and Beyond". I attended the premiere at Cineworld White Rose Centre. Myself and the other attendees were genuinely moved by the patient stories. I would personally like to thank them all for giving their time and letting us have insight into their feelings and problems coping with cancer.

These are very hard times for the NHS Cancer services, patients, and charities. I am involved with several groups looking at problems that impact not only on outcomes for patients with cancer but also on their experiences. I did not realise until last week that some families struggle to pay the transport costs for them to attend cancer treatment centres. This is unacceptable and it can lead to cancer patients of all ages not completing their treatment with obvious results.

Finally I still continue to volunteer for and support my local Hospice, St Gemma's in North Leeds. The money that I raise personally goes directly into a "Family Support Hardship Fund" that was set up by myself and my brother in 2018. With an increasing number of cancer patients wanting to spend their last days in their own home with family and friends (over 50%) our fund has had increasing demands in 2022. Many of us don't realise the impact of financial hardship in these situations. Fuel poverty means some families cannot afford to use their washing machines several times a day to generate clean linen needed when looking after a terminally ill relative. The household temperature often needs turning higher, again increasing fuel bills.

I know many of you support and volunteer for different Cancer Charities. I would encourage you to continue in these difficult times. Every penny you raise contributes to helping a patient.

"One person cannot change the world but anyone can change the world for one person"

Dr Stewart Manning  
Chair Yorkshire Cancer Community



Dr Stewart Manning raising awareness of Cancer SMART at Tieve Tara Medical Practice in Airedale near Castleford. He is seen here with retired GP Richard Sloan MBE, a Healthwatch Wakefield trustee, who followed in his parents' footsteps to run the Tieve Tara practice and is very well known in the area for his dedication to health services.

We often tell the stories of our Cancer Champions who help us raise cancer awareness as part of the Cancer SMART project.

In this edition we introduce **Katie Storey** who is a new champion who got involved because of her experience with cervical cancer.

During [#cervicalcancerpreventionweek](#) she told her story on social media and was amazed at the amount of positive feedback.

“People I had gone to school with, but had since lost contact, were messaging me and telling me they had gone through the same thing.

“It just helped to show we are not alone, and it really helps to talk about it,” she explained.

Katie, (pictured) takes up the story:

“I was always up to date with my smear tests and even remember ringing the GP just before turning 25 asking if they could book me in. All my smears were fine until I turned 31. My results following this showed as HPV positive - which by all accounts isn't anything to worry about as this more often than not clears on its own. However, standard NHS practice is to get checked again a year later to see if the HPV has gone.

Fast forward to February 2022 when I went for my follow up smear, the results still showed HPV which then meant that they wanted me to go for a Colposcopy ( a test to look at your cervix) followed by a biopsy a few weeks later.

I then got a phone call on 18th July and was asked to go to the hospital first thing the following morning and to bring someone with me. It was at this point that I knew something was wrong.

Me and my mum went to the appointment the following day, where I was told that I had early stages of cervical cancer.

It didn't register straight away, and it only took until the consultant asked how old my children were that I then burst into tears. They were only four and one at the time, and I couldn't imagine not being there for them or seeing them grow up. I then panicked on how I was going to tell Kev and the rest of my family and friends.

I went for an MRI a few weeks later, and the results came back to show that it only appeared to be contained in my cervix, this was such a relief knowing that I should be able to get treatment.

We had our holiday booked and we were determined to go and have the best time. The following morning after landing back home, I went for an appointment with my consultant who confirmed that a week later I was booked in for a radical hysterectomy on the 8th September.

Weeks of having to get Kev to inject me with blood thinners, keeping up with pain medication and not getting to see my babies on a regular basis, I finally got my all clear on 13th October!”





Now Katie is about to start her dream job fundraising at her local hospice, The Prince of Wales in Pontefract and she is keen to give back.

She says: "If I can persuade just one person to go for their smear test, it will be worthwhile.

Ladies please make sure you're keeping up to date with your smear tests, for the sake of 10 minutes, it could potentially change your whole life."

Cervical screening checks a sample of cells from the cervix for certain types of HPV.

According to [www.nhs.uk](http://www.nhs.uk) HPV (Human papillomavirus) is the name of a very common group of viruses. They do not cause any problems in most people, but some types can cause genital warts or cancer.

These types of HPV can cause abnormal changes to the cells in your cervix and are called 'high risk' types of HPV.

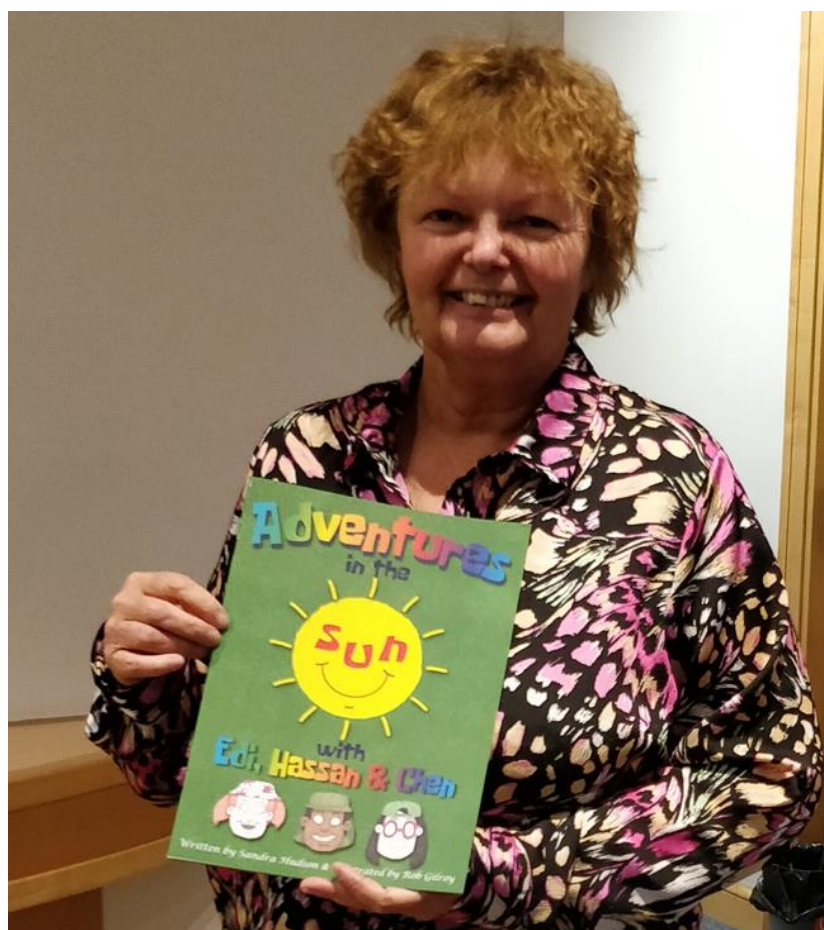
If they are found during screening, you may need:

- Another cervical screening test in one year
- A different test to look at your cervix (a colposcopy) which is similar to cervical screening, but is carried out in hospital.

Further information: Jo's Cervical Cancer Trust [www.jostrust.org.uk](http://www.jostrust.org.uk) Helpline: 0808 802 8000

## Thinking ahead to Bowel Cancer Awareness month in April

Bowel cancer patient Sandra Hudson from Leeds dedicates her poem to the late Dame Deborah James (Bowel Babe) who did so much work in raising awareness of this cancer and the simple message: Check your poo



Sandra is seen with her children's activity book Adventures in the Sun illustrated by Rob Gilroy. Sales from this book support Jacqui's Million, which raises money for Leeds Cancer Centre. Contact [hello@leedshospitalscharity.org.uk](mailto:hello@leedshospitalscharity.org.uk) to purchase a copy.

### Check your poo

Don't forget to check your poo,  
It's the one thing each day that you ought to do.  
If there are traces of blood, or it's rather runny,  
If you've lost weight, been tired or your tummy feels funny.  
Get straight to the doctors to get it checked out,  
That's what beating Cancer is all about.  
Don't be put off, don't be a dope,  
As so many of us live with 'Rebellious Hope'.  
That one day, research will find a cure for this terrible disease,  
And we will all sail through it like a ship on calm seas.  
Deborah James you've left such a legacy behind.  
Let's hope one day soon, a cure they will find.

For more information about bowel cancer go to [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)



## Charity launches brain tumour bereavement support group in Wakefield

Yorkshire's Brain Tumour Charity (YBTC) has launched a brand new in-person support group to help those who have lost a loved one to a brain tumour.

The group meets at Connections on Westgate (next to Lloyds Bank), Wakefield (WF1 1JZ) on the third Monday of every month, 10.30am-12pm.

Anyone who has suffered a bereavement across Yorkshire, whether recently or many years ago, no matter the grade or type of their loved one's diagnosis, is invited to come along. Led by the charity's Support Team Leader, Laura, the group will offer informal, relaxed support, with plenty of drinks and refreshments.

One patient who attends the charity's current online bereavement group said: "It's a place where you can shed tears of sadness and tears of joy with similar experienced people who become good friends and understand what you're going through. You don't have to explain yourself."

Laura Griffiths, Support Services Team Leader at YBTC, said: "We are delighted to be launching a new In-person Bereavement Group in Wakefield, and I am excited to be running the group.

"We already have a well-established fortnightly online group for those who have lost a loved one, run by a volunteer. We've wanted to put in place an in-person group for some time, as we know how powerful and helpful it can be to sit with people who have experienced similar thoughts and feelings. We feel this will be a valuable addition to the existing bereavement support we offer, including our counselling, wellbeing walks and befriending scheme.

"Grief can feel incredibly isolating and painful feelings can flare up at any time. The group is an opportunity to support and be supported, share as much or as little as needed, and hopefully reduce this isolation."

To find out more, call 0113 340 0111, email [support@yorksbtc.org.uk](mailto:support@yorksbtc.org.uk) or go to <https://www.yorksbtc.org.uk/In-person-Bereavement-Support-Group>



## Date for your diary

Bringing patients and their families together with clinicians, scientists and charities, the University of York is hosting a Blood Cancer Open Day on Saturday 1st July 2023, to facilitate patient involvement and engagement in research.

Sharing experiences, views and knowledge often guides and stimulates future research, and the day will be a celebration of the work that has and advances that have taken place in recent years.

Many of the issues discussed will have relevance to patients, and all are welcome to join us for this free event at the University of York's STEM learning Centre, where parking, lunch and refreshments will be provided. More details, including the full agenda, will follow later, but in the meantime you can view the website and register your interest at: [bit.ly/bloodcanceropenday](https://bit.ly/bloodcanceropenday).

# BLOOD CANCER RESEARCH OPEN DAY

**1 JULY 2023, UNIVERSITY OF YORK**

**A day for patients, families and clinicians to  
meet up, share their experiences and shape  
our research into blood cancers**





## Bottoms Up Support Group Wakefield and district



Some of the members of Bottoms Up Support Group at a recent meeting

Bottoms Up, is a support group for anyone affected by prostate, bladder or bowel cancer, either as a patient or carer, in the Wakefield and district area.

The group started meeting again in September, following a pause for the pandemic.

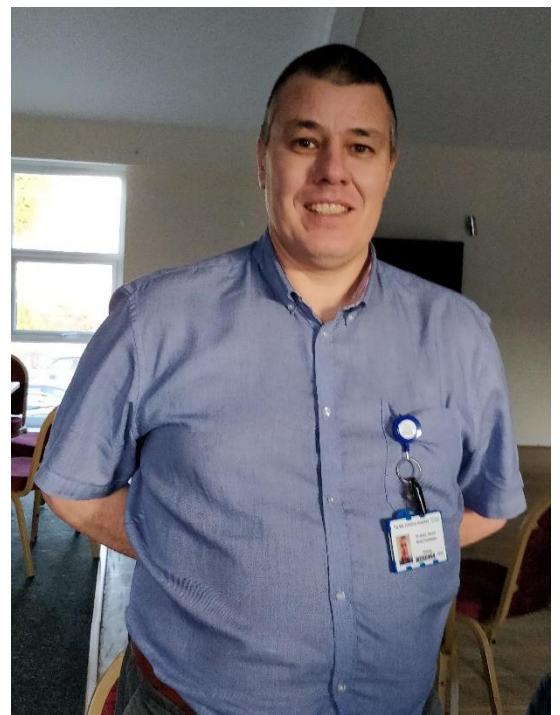
They meet every third Thursday of the month from 2 – 4pm at Brook House WMC, 221 Barnsley Road, Sandal, Wakefield, WF1 5NU.

This is an informal and friendly group of people who can access a range of services for you to improve your quality of life, or just share similar experiences and information.

For further information contact John Whelpton on 07974 657146 or email: [midyorks.bottomsup@gmail.com](mailto:midyorks.bottomsup@gmail.com)

**John** will be our guest on 19 April at the YCC online Support Group and Chat session when we will focus on Bowel Cancer Awareness Month.

If you would like to join us, please email for a zoom link.



Dr Jason Alcorn, nurse consultant, uro-oncology at Mid Yorkshire Hospitals, guest speaker at a recent Bottoms Up meeting

## Living Well After Cancer Courses

If you live in the Wakefield district or have a Wakefield GP, there is a new online Thriving and Surviving Course starting in April.

It's aimed at those who have completed their cancer treatment or those who are cancer-free but may still be struggling with the impact of cancer on their emotions and general wellbeing.

If you are interested in a similar course but live in a different location, **Macmillan** offer online Hope (Help to Overcome Problems Effectively) courses which are six week self management programmes for people living with cancer. To find your local Macmillan hub, go to [www.macmillan.org.uk/in-your-area](http://www.macmillan.org.uk/in-your-area)

We are partnering with **Cancer Support UK** and they offer **Cancer Coach** a series of six-weekly peer support group sessions held via video call or telephone and designed to help those having a tough time emotionally as a result of cancer.



Supporting healthy living for the people of Wakefield

South West Yorkshire Partnership NHS Foundation Trust

Wakefield

**Live Well Wakefield**  
**Self Management Online Course**  
**Cancer-Thriving and Surviving**

**A 6-week course for those who are dealing with life after cancer.**

**Tools and techniques to help manage the impact of cancer and focus on moving forward after treatment. Family members also welcome.**

**Details: Wednesday 05 April—10 May 2023**  
**10:30am—1:00pm each week**

Topics include:

- Goal setting
- Relaxation techniques
- Living with uncertainty
- Managing difficult emotions
- Solving problems
- Talking to others about cancer

The course runs as group sessions accessed from your home, via a laptop/desktop, tablet or smartphone using the free app Microsoft Teams.

For more information contact Live Well Wakefield on 01924 255363, or email [paul.boyd@swyt.nhs.uk](mailto:paul.boyd@swyt.nhs.uk)

**Self-Management**

Cancer Coach is there to help people through the next important stage after treatment – resuming life after cancer.

Cancer Coach gives participants an opportunity to:

- Connect and share with others who have been through similar experiences with cancer
- Begin to reduce feelings of isolation and low mood
- Better understand and manage their own challenging emotions
- Build self-esteem and re-establish a sense of who they are
- Take back control of their lives and look positively towards the future
- Talk in complete confidence from the comfort and privacy of their own home

To find out more go to [www.cancersupportuk.org/cancercoach](http://www.cancersupportuk.org/cancercoach)





## My story – Owen Davies

When my 'Bloods' results came back, and my brilliant new doctor told me there were a couple of things he wanted to check and probably rule out. A scan and a biopsy later, the specialist passed me onto the nurse at the Centre with the news my Prostate Cancer was discovered EARLY, and there were three options. She'd "give me five minutes to think it over". "No need!" I said, as I'd already seen the likely options on the web, and at age 67, it wasn't something I particularly needed to hang on to. Both mum and dad's different cancers had been found at a later stage, and the web indicated early removal was best.

With a background of keeping relatively 'cyclist fit' until my dad was hospitalised, then losing some weight, I had to 'bulk up' to keep going - driving 500 miles each weekend to visit. After putting on four stone, I never lost it, and eventually it affected a few health aspects.

Thankfully, I soon switched into 'get rid of cancer mode', and although I took a 'worst likely case' attitude, I did feel somewhat empowered and ready for it.

At this point, I have to say that the South Yorkshire charity Firefly have been WONDERFUL at getting me to each appointment, including 7am the Monday of my Robotic Prostatectomy in Sheffield. We were in a queue, and eventually I was called, at 8.30, and got ready. I felt very 'at ease' and had no problem. When I woke up, around 11am, I think, I was in recovery, and told not to move -difficult as I wanted to sit up - but I was feeling fine: no after-effects at all, and the staff were very nice.

Eventually, around 3pm, I was moved onto a ward, and the staff there were equally pleasant and caring, and I felt I wanted to be other than bedbound, but I was to be careful. At one point, I accidentally brushed my disconnected canula and.. Sorry for the mess, Staff. But it was quickly sorted, and I even had a 'see how you got on' visit by my surgeon, Mr Noon, for whom I have nothing but praise.

Later that evening, when asked, I opted for no painkillers, and had a restful night. By 3pm, barely 30 hours after going into theatre, I was waiting for my Firefly taxi home.

Once home, it was almost 'back to normal', and two weeks later, my 'plumbing' was also getting back to normal, with nothing to change.

Do I have any regrets? Apart from over 30 years of not keeping fit and slimmer, I wouldn't say so. Exercise and self-checks are both important: I didn't pay enough much attention to the night-time bathroom visits or the 'slow' aspect - big mistake.

My new Doctor is BRILLIANT and checked me out. I just try not to over-burden them with minor ailments, but I am trying to do my bit by better maintenance of my health now.

After having seen how my workmate had to face terminal cancer when he was diagnosed, I can't help but realise how lucky I have been to have my Prostate Cancer diagnosed so early. I had noticed symptoms of both Prostate and Diabetes, but I remained weirdly 'in denial'.

I found the amount to which my new doctors have "pushed the boat out" to be SO AMAZING that it's completely woken my health-awareness, and my connection with the local Prostate Cancer Group in Doncaster (and the "Project 6 Sober Social" group) have both been VERY HELPFUL.

My other "rehabilitation": my Titanium Hip, fitted in May, has been a fulfilling journey of "getting mobile as if it was a normal hip", and I find, in conjunction with my "aim to get super-fit", I'm well on my way: in fact, I've sprinted for the bus a number of times, and my posture has also straightened up.

Last year I asked for your top tips to pass onto patients finishing their cancer treatment, which we could use to make a video and leaflet to provide helpful support to patients. Thank you so much for all your responses and offers to get involved, which resulted in our Patient Power video and a memorable evening when it was premiered in Leeds.

## Red carpet treatment for patients and health care professionals

Cancer patients from West Yorkshire and Harrogate received the 'red carpet' treatment in February, along with cancer nursing professionals as they attended a cinema premiere of a series of films in which they feature to help others diagnosed with the disease.

The patients, their families and nursing teams were guests of honour at Cineworld White Rose Centre in Leeds for the first showing of the films, which will now be used by cancer teams, charities and patient groups across the region to support those living with and beyond cancer.

Funded through the West Yorkshire and Harrogate Cancer Alliance patient education bursary, the seven films include advice for patients just finishing or on long-term cancer treatment for breast, colorectal, lung and prostate cancer along with general health and wellbeing advice.

Our film, **Patient Power**, reinforces the important role that patients play in supporting others facing the same fears and challenges after they receive a diagnosis and go onto treatment and rehabilitation.



Some of the patients who were involved in the videos

At Yorkshire Cancer Community, we know that your lives are taken over by treatment and medical appointments, which can leave you lacking direction, when they end. You describe this feeling as 'falling off the edge of the cliff' when no one seems to be there to help and support. Family members expect you to return to normal, but what is normal? As patients, you want to speak to other people going through something similar, so you can compare notes. We hope this series of videos will go some way to showing patients they are not alone.

The videos feature Clinical Nurse Specialists (CNSs) and other health professionals, along with patients talking about their own experiences of cancer – breaking down barriers around subjects considered sensitive, challenging perceptions and myth busting, and offering their own helpful tips on how to deal with the impact of cancer on their everyday lives.

See all seven videos here: <https://www.youtube.com/@YorkshireCancerCommunity>



Patient Sandra Hudson who took part in the Patient Power video brought along her book, *Adventures In the Sun*, which she wrote to raise awareness of sun safety with all proceeds going to Jacqui's Million



Dr Stewart Manning YCC chair (left) and Ric Myers who chairs our Cancer Champion meetings pictured at the film premiere



## Raising cancer awareness with a large pink inflatable

A lifelong Grimsby Town fan is used to attracting stares thanks to the "daft" pink inflatable he always carries with him before games.

Andrew Markham, 64, from Brigg, North Lincolnshire, greets fans heading to Blundell Park with the strange object. It is something he hopes will save lives.

The inflatable is, in fact, a lesser-known but very important organ — the pancreas. Tragically, Andrew has lost two friends to pancreatic cancer and decided he must raise awareness of the disease, which kills around 9,000 people in the UK every year.

Armed with a giant inflatable pancreas, Andrew meets football fans from away who stop off in Brigg for a drink on their way to watch their team play against Grimsby Town FC. As a lifelong Town fan himself, he said he believes his efforts not only raise vital funds for charity and awareness of the disease but also bring football fans from opposing teams together. He said: "We get away fans stopping off in Brigg for a quiet beer on their way to Blundell Park, we have done since the 1960s. And when they come, they see this big pancreas - it looks like a willy - so it draws a lot of interest. When people see it, they'll ask a question and, in turn, it raises awareness and they ask about symptoms, so it saves lives, as daft as it looks. The reaction from the away fans is so positive because a number of people have been affected by it and you get into an engaging chat with them, not just about pancreatic cancer but other cancers as well."

Andrew said: "I lost a friend with pancreatic cancer about ten years ago now and I realised just how bad it was. I was told it kills people very quickly. I lost a couple of friends with it, so we formed the group in Brigg to raise awareness of pancreatic cancer in the area." He continued: "We're not big or formal - just a group of friends who have lost people close to us and want to save lives from this awful disease."

Just seven per cent of people diagnosed with pancreatic cancer survive the disease for more than five years. To boost the odds of survival through greater awareness of symptoms, Andrew became an ambassador for Pancreatic Cancer Action and set up the Brigg Pancreatic Cancer Awareness Group, which organises several events in Brigg throughout the year to raise funds for the charity.

Through their tireless efforts, the group has raised an incredible £25,000 for Pancreatic Cancer Action.

(This story first appeared in the Grimsby Evening Telegraph)

For further information about pancreatic cancer go to:  
[www.pancreaticcancer.org.uk](http://www.pancreaticcancer.org.uk)

Panpals offers a support group for patient, carers and families across Yorkshire email:  
[panpalsyorks@yahoo.co.uk](mailto:panpalsyorks@yahoo.co.uk) or text:  
07542 511932



## What is a hospice? – shattering myths

When someone mentions a hospice – what is your first thought? For many people they associate a hospice with end of life care and don't realise there are services on offer which can benefit the whole community.

We invited Jo Dunford, Wellbeing Lead at the Prince of Wales (POW) Hospice, Pontefract, to come along to talk to our monthly online support group.

The POW Hospice was opened in 1989 and was mainly known for offering 24-hour care. Following Covid, the POW Hospice, in common with most other hospices across the country, reviewed their offer to the community.

Jo explained they commissioned Healthwatch Wakefield to survey local people to find out what they wanted from a hospice, and have been making changes introducing their Wellbeing Service.



Jo is seen second left at the Prince of Wales Hospice, Pontefract

A hospice is not just about offering services to someone with cancer but also any life limiting illness such as:

- Dementia
- Heart failure
- Multiple Sclerosis
- Motor Neurone Disease
- Loneliness and isolation – something you wouldn't usually find on this list, but the effects on a person's wellbeing can be devastating

The hospice team can offer advice and talks to other community groups and has expertise around:

- Lasting power of attorney
- Difficult conversations
- Mythbusting about end of life care
- Wills
- Relationships

Their Wellbeing programme can be found at: <https://www.pwh.org.uk/wellbeing> and includes:

**Monday 10 – 11.30** – family and friends support group

**Tuesday 10 – 11.30** – Complementary therapy group sessions – *learn to give a gentle hand massage, improve your sleep, or get help with anxiety*

**Tuesday 1 – 3pm** – Coffee and chat at Notcutts Garden Centre (Victoria Garden Centre), Featherstone

**Wednesday 10-11.30** – wellbeing information sessions: *including Putting Your Ducks In A Row (planning for the future); Managing Breathlessness; Reducing the risk of falling at home; Nutrition and wellbeing (especially for someone who is cared for in bed or who has a poor appetite)*

**Wednesday pm** – a bathing service for anyone unable to access a bathing facility. This service costs £15 each session

**Thursday 1.30 – 3.30** – chair based exercises offered at Your Space Gym, Pontefract

**Friday 1.30 – 3.30** – Craft Group.

**Referrals are not needed for wellbeing services.**

If you are interested or would like to arrange a visit, call the Wellbeing team at 01977 708868/01977 781451 or email [jdunford@pwh.org.uk](mailto:jdunford@pwh.org.uk). You can bring a friend or a family member.

Jo says: “We know lots of people are anxious about visiting us. We want to make it as easy as possible, and also take our services out into the community. If you run a community group, please think of inviting us.”



## Metastatic Breast Cancer

# THE DARKER SIDE OF Pink

Most people have come across breast cancer – and thankfully more of us are now aware of how to check breasts and chests than ever before. One supermarket even carries a helpful guide on the back of till receipts.

What isn't widely known is that between 20 – 30% of those diagnosed with early-stage breast cancer will develop secondary cancer. 31 women each day in the UK, lose their lives to secondary (or metastatic) breast cancer. It's the biggest killer of women under the age of 50 with cancer in the UK.

Lack of awareness and research into secondary breast cancer has led Oldham woman, Jo Turner, to set up patient advocacy group METUP UK. The group has organised a pop-up exhibition currently touring the UK, highlighting the need for improved care and research around secondary breast cancer.

Cancer SMART Cancer Champion and Macmillan volunteer Catherine Briggs, who is managing the exhibition tour, said: "The impactful exhibition features 31 life-size transparent figures, depicting the invisibility of the disease – each one representing a woman who dies EVERY DAY in the UK".

The exhibition was on display in Central Library, Halifax in February and moved to St Stephens and Hull Truck Theatre, Hull until 1 April.

Jo was on maternity leave 15 years ago, when she was diagnosed with primary breast cancer. Seven years later, she was diagnosed with secondary breast cancer. She said: "There is a critical need for awareness of the disease. This is what I have experienced over the years. Even patients who have had primary breast cancer are unaware of the red-flag signs and symptoms of metastatic breast cancer and the many issues that MBC patients face when diagnosed. There is a real and pressing need for change and that's what this exhibition aims to highlight."

Breast cancer, particularly during awareness month in October, is often depicted as pink and fluffy in marketing campaigns, but Jo wanted to show there is nothing pink or fluffy about the cancer. Hence calling the exhibition The Darker Shade of Pink. In her speech at the launch event in Halifax, she explained that there was a lack of understanding about secondary breast cancer and that people diagnosed with the primary disease didn't recognise the symptoms of metastatic breast cancer.

Working with METUP UK, they hope patients can be diagnosed earlier, maximise their treatment options and improving their quality of life.

To find out more about the exhibition venues and dates: <https://metupuk.org.uk/darker-side-of-pink/dates/>



The Darker Side of Pink in the glorious surrounds of Central Library Halifax  
Jo (left) founder of METUP UK and Catherine at the launch of the exhibition in Halifax

## Understanding secondary breast cancer

Jo explains that **Metastatic (secondary) breast cancer** is also called advanced breast cancer or stage 4 breast cancer and is incurable. This is when a primary breast cancer has travelled to another part of the body. The areas that MBC travels to is the bone, liver, lungs, brain and lymph nodes. This is a link to the infographic that supports their campaign highlighting signs and symptoms to be aware of: on the Abcd website: <https://www.abcdiagnosis.co.uk/resources/infographics/>

Abcd – After Breast Cancer Diagnosis – is a volunteer-led organisation which works to push and promote issues affecting those with a particular focus on tackling the backlog of care for patients as well as awareness of this invisible disease.

Jo is a patient advocate, campaigner and activist. She writes a blog and promotes the benefits of exercise for patients.

Abcd provides ongoing peer support, reducing fear, anxiety and isolation living with and beyond cancer.





## Sunovary ovarian cancer support group

Sunovary for women diagnosed with ovarian cancer was started a year ago to offer online support and face to face meetings.

Karen, who started the group (pictured first left) called the group after her favourite Sunflowers.

Women come mainly from Wakefield and Leeds areas and meet up for a coffee or lunch. This friendly group also offer a WhatsApp to allow members to keep in touch as much or as little as they like.

If you are interested in finding out more contact Karen at [sunova777@aol.com](mailto:sunova777@aol.com)



## Supporting Someone You Love Through Cancer

A helpful guide to help you to support someone who is experiencing cancer. Thank you to our friends at Humber & North Yorkshire Cancer Alliance for allowing us to share this information on our website.

When reading, please remember that everyone is different. This advice is best used alongside what you know about the person you are supporting and how you think is best to offer help.

<https://yorkshirecancercommunity.co.uk/supporting-someone-you-know-through-cancer/>



# Out and About with Cancer SMART



I was delighted to attend an event by Lippy People Leeds, showcasing their Life, Loss, Learning and Legacy project in which we saw videos of people sharing their often challenging lived experiences.

Here we see Jonathan and Ann-Louise who featured in one of the videos. We hope to partner with Lippy People to help us tell Cancer Champion stories.



Ric and I are pictured right with our stall at St Andrew's Methodist Church, Beeston, Leeds for an extremely well attended Community Wellbeing Fair in January. We were warmed up by complementary soup and hot drinks and made some wonderful contacts.

Ric and Stewart are seen with our stall at The Hamara Healthy Living Centre, Beeston, Leeds for their Living Well Café for people with learning disabilities.



Tieve Tara Medical Centre, Airedale, Castleford organised a Showcase to present to both patients and professionals a flavour of the work of this brilliant centre. We had a surprise visitor to the stall and Stewart caught up with an old acquaintance - Mo Daniel who is now the Cancer Care Coordinator at the centre and who has signed up as a Cancer Champion!





Kirklees Mayor Cllr Masood Ahmed was keen to hear the Cancer SMART message and visited our stall at International Women's Day, Diamond Wood Community Academy, Ravensthorpe, Kirklees. A great event as ever for networking and helped out by Cancer Champions Sue and Karen.



Gulzeb Wasti organises groups across North Kirklees to bring carers together and this weekly group is held at Dewsbury Library. The ladies get a chance to chat and share lunch.

If you are interested in finding out how to volunteer for Cancer SMART, there is information on our website at [www.yorkshirecancercommunity.co.uk/cancersmart/](http://www.yorkshirecancercommunity.co.uk/cancersmart/) or please get in touch with me, Jill Long : [jill@yorkshirecancercommunity.co.uk](mailto:jill@yorkshirecancercommunity.co.uk)

If you have an event where we can bring along our information stall, please get in touch.

I hope you enjoyed this edition. If you would like your story to feature in the next edition, please contact me [jill@yorkshirecancercommunity.co.uk](mailto:jill@yorkshirecancercommunity.co.uk) or telephone 07715 217845. Please find more information, including updates on all our projects on the website: [www.yorkshirecancercommunity.co.uk](http://www.yorkshirecancercommunity.co.uk)