



# Newsletter

## February, March & April 2020



Registered Charity No. 1141904

### Newsletter Changes

Dear reader,

Due to increasing costs of developing, printing and delivering White House Cancer Support newsletter, it has been decided that instead of producing the newsletter on a bi-monthly basis, we will now be producing a quarterly newsletter for your enjoyment. The newsletter will still contain ongoing and future developments regarding the fight against cancer, details of group meetings, funds raised plus much more. Furthermore, details of all White House Cancer Support activities will continue to be promoted via our website [www.support4cancer.org.uk](http://www.support4cancer.org.uk) and through our Facebook and Twitter platforms. In addition, if you would prefer that your newsletter be sent by email, please do not hesitate to contact on 01384 231232

Thank you

Caroline Webb, CEO on behalf of the Board of Directors.

### New & Extended Services

Special and sincere thanks to the Wates Family Trust for their recent contribution of £7k, to White House Cancer Support. Working with Dudley Public Health and a range of other professionals, the charity will be using this money to extend, organise and host a range of additional and new activities including:

- Yoga classes
- Bootcamp fitness training to help people become fitter and thus help themselves to prevent cancer
- Dietary information and training
- Smoking Cessation
- Extension of counselling sessions - In support of emotional health

Full details of all activities including times etc will be published on our website and social media pages in due course

**Wates**  
**GIVING**



### Reminder - Forthcoming Holiday Closures

Please be aware that White House Cancer Support offices will be closed during the following holiday periods:

Good Friday - 10th April 2020

Easter Monday - 13th April 2020

Early Bank Holiday to commemorate VE 75th Anniversary - Friday 8th May 2020

Spring Bank Holiday - Monday 25th May 2020



**World Cancer Day 2020**

# Cancer News

Aiming to save millions of preventable deaths each year by encouraging individuals to take action, this global event takes place every year on the 4<sup>th</sup> February and is an ideal opportunity to spread the word and raise awareness of cancer in people's minds and the world media.

Source: <https://www.worldcancerday.org/> cited 21.10.19

## **New cancer drugs could be made available faster following clinical trial reform**

New drugs to help treat cancer patients could be made available faster under reforms to the way medicines are tested. Traditionally new medications go through a series of clinical trials, testing the drugs for how effective and safe they are for use in humans. But a group of experts have called for reforms to this model with new drugs tested for multiple issues at the same time.

The proposals come as the government revealed plans in the Queen's Speech for new legislation on medicines to help improve access to drugs. Under the new trials, called complex innovative design (CID) trials, the amount of time it takes to get new treatments approved could be significantly reduced, meaning patients getting access faster. The CID approach allows researchers to carry out more complex trials that address multiple clinical questions at once, meaning a drug being simultaneously evaluated for safety and effectiveness with different cancer types, which can change as the trial progresses.

Funded by Cancer Research UK and other professionals, Professor Pam Kearns, director of the Cancer Research UK clinical trials unit at the University of Birmingham, said: "We owe it to our patients to bring potentially more effective novel treatments into the clinic as quickly as possible, and these recommendations will ensure we have good quality CID trials in place to deliver this promise."

For further information on these developments visit: <https://www.independent.co.uk/news/health/cancer-drugs-nhs-clinical-trials-research-uk-a9269681.html> cited 6<sup>th</sup> January 2020

## **On a positive note for 2020 – Dreams can come true!**



A couple who won £2m on the lottery days before finding out their son was clear of cancer have said it was "like all our lifelong dreams

come true." John and Allison McDonald scooped the win on a Lucky Dip ticket in December. Three days later they received the news their 15-year-old son, Ewan, who was diagnosed with non-Hodgkin lymphoma in May, was cancer free. Mr McDonald said. "What a start to 2020. Everyone always dreams of winning the lottery at Christmas - and talks about how amazing this would be - but Allison and I never believed it would happen to us - and it has. And then to receive news that Ewan's latest scans are all clear is just truly amazing. We are so thankful. 2020 is certainly looking like being one amazing year for the three of us."

Source: <https://www.bbc.co.uk/news/uk-england-tees-50982708> cited 6<sup>th</sup> January 2020

## **Dudley CCG**

Dudley Clinical Commissioning have outlined their intentions for Cancer in 2020, these include:

Working as part of the West Midlands Cancer Alliance to deliver the national Cancer Priorities, which will involve:

- Working with providers to ensure the implementation of nationally agreed rapid assessment and diagnostic pathways for lung, prostate and colorectal cancers.
- Working with partners to achieve improvements in cancer screening uptake and early diagnosis.
- Commissioning cancer services that offer consistent and high-quality services, including meeting national waiting time standards for diagnosis and treatment.
- Improving patient experience, through the implementation of the national Recovery Package.

Further to this Dudley CCG will work with partners through the Black Country Sustainability and Transformation Plan (STP) to create a cancer plan for the Black Country, looking in particular to explore opportunities to develop local services to enable more people to be treated in the STP.

Source: <https://www.dudleyccg.nhs.uk/wp-content/uploads/2019/06/Dudley-CCG-Commissioning-Intentions-2019-20.pdf> cited November 2019

**NHS**  
**Dudley**  
Clinical Commissioning Group

# Cancer Awareness

Throughout 2020 a number of cancer awareness raising months including their associated activities will be featured throughout a variety of media outlets. Although we do not have the capacity to feature and profile each specific cancer, we have below highlighted a few however, greater details concerning all specific cancers and their associated local and national awareness raising activities will be featured on our social media pages and White House Cancer Support website [www.support4cancer.org.uk](http://www.support4cancer.org.uk) throughout the year.

## Bowel Cancer Awareness

April is bowel cancer awareness month, and this provides a fantastic opportunity to raise awareness of the disease as it is the fourth most common cancer in the UK with over 42,000 people being diagnosed every year. The symptoms of bowel cancer can include:

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy



As with any cancer early detection is key and if you have any concerns you should visit your GP.

Bowel Cancer UK are a fantastic organisation that provide information and support to those affected by bowel cancer and work tirelessly to raise awareness. Their website has a wealth of information, stories from patients and an 'Ask the nurse' email service. For further details visit their website at [www.bowelcanceruk.org.uk](http://www.bowelcanceruk.org.uk)

## Brain Tumour Awareness Month.

March is brain tumour awareness month, and with almost 11,700 people diagnosed each year with a primary brain tumour it's important to know the range of symptoms, which include:

- Headaches - although unlikely that you have a brain tumour if headaches are your only symptom. But see a doctor if accompanied with the following:
  - feeling or being sick
  - when you didn't have them before
  - that wake you up at night
  - with eye problems such as seeing flashing lights or blind spots
- Seizures - different illnesses can cause seizures and it is important that you see your doctor immediately or go to A&E if you have one.
- Feeling or being sick, especially when you move suddenly. You may have sickness with headaches, weakness and problems with your eyes.
- Drowsiness or even lose consciousness.
- Eyesight worsening and glasses are not helping. Your vision comes and goes, or you might lose the ability to see out of the corner of your eyes, making you bump into objects.
- Personality and behaviour changes - You, or the people around you, might notice that you are confused or that your personality has changed.

Full details of all symptoms can be accessed at: <https://www.cancerresearchuk.org/about-cancer/brain-tumours/symptoms> cited 7.1.20

With over 5,000 people losing their life each year to brain tumours research into new treatment is imperative and in 2015, The Brain Tumour Charity launched their strategy, Defeating Brain Tumours: Our Strategy 2015-2020. The document outlines the plan to double survival within 10 years and halve the harm that brain tumours have on quality of life. To read more about the strategy, information on symptoms, treatment and how to get involved please visit [www.thebraintumourcharity.org](http://www.thebraintumourcharity.org)



# Our services

## **Michelle Townsend - My Cancer Journey and experience of working with people at The Whitehouse.**

After a few years of ill health and investigations, in January 2010 at the age of 39 I was diagnosed with Hodgkin's Lymphoma which had reached stage 3 and was just entering stage 4, signs were showing it was entering into my bone marrow. My treatment for the next 6 months was ABVD Chemotherapy on a trial which I received every two weeks.

Having received hypnotherapy before with great success and using the power of the mind and positive thinking I decided to utilise it again to help me through my treatment. I received a hypnotherapy session before each round of chemotherapy treatment which prepared me very well, not only for reducing the side effects and emotion issues but also for getting me focused in the right place. It allowed me to continue running my music teaching business whilst on treatment, only ever cancelling three lessons in that time.

There were difficult times of course but overall, I remained positive. After finishing treatment in July 2010, I was given the all clear and was in remission by the end of September and have remained in remission ever since. I can say that my most difficult time was after treatment a few months down the line in March 2011 after all the appointments had diminished, that was my loneliest time, but I stuck to the trust I had in my mind. My three important words throughout it all were 'Trust', 'Faith' and 'Belief', focusing on how I wanted things to be and not keep talking and reiterating about cancer, not holding myself there. Using my mind helped me tremendously to the point I became so fascinated by the knowledge that I trained to become a Hypnotherapist myself where I would be able to help people who are going through the same things that I did back then.

Working with cancer patients and their families at The Whitehouse has been an empowering experience for me. I wanted to help people and work with them to try and support a positive cancer journey. The mind certainly does matter and can create powerful change, and this is what I share in my relaxation sessions on a Thursday morning.

The group has developed over the last three years, we have a wonderful group of people who attend. I offer advice from the heart and find that having gone through the experience of cancer myself it allows me now as a therapist to help regarding different issues that arise on a cancer journey. Initially we start our sessions with a casual chat, I like the group members to share their general experiences from the week with each other, positive or negative. From this initial chat I guide the session sharing with the group how they can utilise the power of the mind, mindfulness techniques, meditation and how important it is on how we think about different everyday situations, some may seem silly but usually always very relevant. I then base the relaxation/meditation on the subjects which were spoken about, directing positive change allowing the group to move forward in a positive way. Sometimes I also share healthy eating options to help through a cancer journey, this again from my own experiences which the group have found very interesting and helpful.

I'm proud of what I've achieved in the last decade, I certainly couldn't have done it without the experiences of cancer, and I wouldn't change it, it's made me who I am today. I will be celebrating my special birthday the BIG 50 in May!! Never ever give up, no matter what, no one knows how long any of us have left...but what I have learned from this journey is to be grateful for every second. Gratitude is the key!!

We now also offer a WhatsApp group where everyone can communicate if they wish. I regularly share positive quotes and set projects for the group which they thoroughly enjoy, sharing helpful information. Handouts that I produce on the content I cover with the group are also uploaded here.

Occasionally I do a 'Facebook Live' on what we have covered in sessions which I link in The Whitehouse, they then share the content on their Facebook page for others to access also. This year 2020 I will be going 'Live' at the end of every month briefly covering some of the content that has been shared in the sessions that month, so look out for these as you may find them helpful. There may be a technique you can utilise yourself.

For further information about Relaxation and Hypnotherapy please get in touch, I also offer these on a private basis.

# Lets get together

Bowel Group - 11am The White House	Thursday 6th February Thursday 5th March Thursday 2nd April	Colorectal Nurse Open meeting Open meeting
Breast Cancer Care Group - 2pm The White House	Tuesday 11th February Tuesday 10th March Tuesday 14th April	Breast Care Nurse TBC RHH Pharmacist
Gynae Cancer Group - 2pm The White House	Wednesday 26th February Wednesday 25th March Wednesday 22nd April	Hayley Goode - Tropic Skin Care Ovacom College Beauty Day - TBC
Ladies Night - 6pm The White House	Tuesday 11th February Tuesday 10th March Tuesday 14th April	Open meeting Open meeting Open meeting
Prostate Cancer Group - 2pm The White House	Tuesday 18th February Tuesday 17th March Tuesday 21st April	Open meeting Angela Nicholls - CNS Gill Davey
Rainbow Breast Reconstruction Group 10:30am The White House	Thursday 20th February Thursday 19th March Thursday 16th April	Open meeting Open meeting Open meeting
Skin Cancer Group - 11am The White House	Thursday 13th February Thursday 12th March Thursday 9th April	Open meeting Open meeting Open meeting
Stourbridge Group - 2pm Amblecote Methodist Church 4 High Street, Stourbridge DY8 4BU	Monday 24th February Monday 30th March Monday 27th April	Open meeting Open meeting Open meeting
Halesowen Group - 2pm United Church, Hagley Road, Halesowen, B63 4PX	Wednesday 5th February Wednesday 19th February Wednesday 4th March Wednesday 18th March Wednesday 15th April Wednesday 29th April	Open meeting Open meeting Open meeting Open meeting Open meeting Open meeting
Sedgley and Gornal Group - 7:30pm St Peters Church Hall, Kent Street DY3 1UU	Monday 3rd February Monday 2nd March Monday 6th April	NO MEETING TBC TBC

## Weekly groups and activities

Relaxation - Monday 2pm - 3.45pm & Thursday 10am - 12pm  
 Exercise for Health & Wellbeing - Wednesday 10am - 12pm  
 Art Therapy - Wednesday 2pm - 4pm  
 Craft Group - Friday 11am - 1pm





# Activities and Events

## Oh, I do like to be beside the seaside or perhaps not?

After organising several successful summer and Christmas trips these past few years, White House Cancer Support is looking for your ideas on where you would like to visit this year?

If you would like to take a coach trip in the summertime to Llandudno, Weston-Super-Mare or even spend a day at Chester Races or perhaps Chester Zoo, we would like to hear from you with all suggestions, being with us no later than Friday 17th April 2020.

## Bereavement Hub Services

The death of a loved one, or impending death of a loved one can turn your life upside down. Everybody's experience of grief can be different, but many find that talking can help. The bereavement hubs are run by trained volunteers and offer the chance for you to express your feelings and share experiences with others who are experiencing loss and grief. The hubs are also a great space where you can access specialist and general information about other services you may find useful. Bereavement hubs are free to attend. Below are details of the hubs available.

For more information please call 0300 323 0250 or email [compassionatecommunities@comptoncare.org.uk](mailto:compassionatecommunities@comptoncare.org.uk)  
Bereavement Information Hubs are part of the Compassionate Communities initiative – encouraging people to support one another by creating supportive environments which reduce isolation and improve the health and wellbeing of members of the local community.

<p><b>White House Cancer Support</b></p> <p>10 Ednam Road, Dudley DY1 1JX Second Monday of the month 2 - 4pm</p>	<p><b>St Thomas' Church</b></p> <p>(facilitated by Mary Stevens Hospice) Meeting Room, Market Street, Stourbridge DY8 1AQ Last Wednesday of the month 10.30am - 12.30pm</p>
<p><b>The What? Centre</b></p> <p>31 Priory Street, Dudley DY1 1HA <b>Young Person's Hub</b> Third Saturday of the month 2 - 4pm <b>LGBTQ Hub</b> Third Thursday of the month 6.30 - 8.30pm</p>	<p><b>Coseley Family Centre</b></p> <p>(facilitated by Compton Care) Bayer Street, Bilston WV14 9DS First Tuesday of the month 2.30pm - 4.30pm</p>

## Will Writing Service – Opportunity to support those affected by cancer!

Writing a will might not generally be something that people think of doing, and recent research by the Royal London, YouGov, IRN Research and Orchard has revealed some interesting statistics:

- 5.4 million adults do not know where to begin when it comes to writing a will
- Around 54% of adults do not have a will
- Six in 10 (59%) parents do not have a will or have one that is out of date.

Working with Dunham McCarthy solicitors, at a greatly reduced cost, we are giving our readers the opportunity to meet and liaise with professionals to put a will in place. The only request we have for arranging this service, is that a small gift is left to the charity so that others with cancer may benefit from your gift once you have passed away. If you would like to take the opportunity to meet with a professional will writer from Dunham McCarthy Solicitors you may do so at White House Cancer Support on Monday 27<sup>th</sup> April 2020, by appointment only. Appointments will last for approximately 1 hour with the cost for a 1-2-1 service being £139 for a single will & £199 for a couple. For this service, White House Cancer Support would receive £89 for a single person and £99 for a couple. Clients may leave an additional sum in the body of their will, should they wish.

Alternatively, a free online will writing service (provided by Mylastwill) is available whereby, White House Cancer Support would pay £20 for you to have your will written however, you would be required to leave a gift in your will to the charity for a minimum of £250 or 1% of your total assets. For more information or to book, please telephone White House Cancer Support on 01384 231232.

Source for statistics: <https://levisolicitors.co.uk/news/new-statistics-about-wills-in-the-uk/> cited 21/01/20



# Fundraising

## White House Cancer Support - Spring Raffle

To all our family of supporters please find within your newsletter, raffle books in support of the charity. Each ticket sold helps the charity to provide vital 1-2-1 support and services to those affected by a cancer diagnosis. Tickets are £1 (£5 a book) with prizes allocated as follows: **1<sup>st</sup> prize: £250 2<sup>nd</sup> prize: £125 3<sup>rd</sup> prize: £75** The draw will take place on Monday May 4<sup>th</sup>, 2020. Thank you for your continued support.

### Recent Donations & Grants

No matter how large or small, we would like to convey special thanks to all individuals and organisations who supported the charity during 2019 and below are some of the more recent contributions:

- Tipton Building Society - £500
- George Henry Collins - £1000
- Roger & Douglas Turner - £3,000
- Geoff Hill Charitable Trust - £200
- Gentle Line Dance (J Brookfield) - £1,048.50
- Cath Glaze (Haircut activity) - £145.00
- Gary Hickman - £190.00
- Maureen Rhodes in memory of Mr Gutteridge - £223
- Mr Evans - £20.00
- West Midlands County Co-operative Christmas Memorial Service- £119
- Straits Primary School - £57
- Pegasus Academy - £20
- The Jolly Crispin Public House - £1500
- John Jones Lower Gornal British Legion - £1500 approx – exact amount tbc
- Martyn Palfreman Festival Community Choir - £3,000 approx but exact amount tbc



We would also like to take this opportunity to thank those that have contributed via our fundraising page <https://www.goldengiving.com/wall/white-house-cancer-support>



**All money raised for the charity goes directly to helping those affected by a cancer diagnosis so again on their behalf, we would like to say a massive thank you to all our supporters.**

### Tesco Christmas Bag Packing Event

Thank you for all who took part and contributed to the bag packing event on the 18th December - total raised on the day was £502.81



### Gloucester Quays Victorian Christmas Market

A wonderful day out was had by all who attended the recent Victorian Christmas Market. Furthermore, congratulations to you all as through your participation £420 was raised in support of the charity.



**IF YOU, OR SOMEONE YOU KNOW, WOULD LIKE TO SUPPORT WHITE HOUSE CANCER SUPPORT TO RAISE MUCH NEEDED FUNDS THEN WE WOULD LIKE TO HEAR FROM YOU.**

**CONTACT: Caroline Webb on 01384 231232 or email [info@support4cancer.org.uk](mailto:info@support4cancer.org.uk)**



# General Information

## White House Weekly

Our weekly lottery helps us raise over **£100** every week! If you would like to be in with a chance of winning up to **£50**, call us for more information.

Date	1st	2nd	3rd
22nd November	339	364	9
29th November	238	281	180
6th December	26	54	60
13th December	26	43	321
20th December	219	55	339
27th December	26	82	321
3rd January	373	238	187
10th January	347	315	349
17th January	264	274	126

Our Ednam Road office is open Monday - Friday from 9am-5pm. Please call 01384 231232. We also run an out of hours, cancer care helpline.

If you would like to talk to someone outside office hours, you are welcome to contact Sylvia on 01588 620142

*Tell us what you think...*

We would love to hear your views on our services we can offer.

Would you like to share your cancer journey or experience of using our services?

Get in touch and let us know!

We are here to help you, and need your feedback to ensure we are providing

*In Loving Memory of*

*Leslie Broadbent*

*Aileen Needham*



FEEDBACK

Follow us on social media



whitehousecancersupport



White House Cancer Support



@WHCancerSupport

White House Cancer Support Ltd

Registered Office: The White House, 10 Ednam Road, Dudley, DY1 1JX

Tel: 01384 231232

Fax: 01384 459975

Email: [info@support4cancer.org.uk](mailto:info@support4cancer.org.uk)

Web: [www.support4cancer.org.uk](http://www.support4cancer.org.uk)

Registered in England and Wales - Company No.07604847 Registered Charity No.1141904