

Annual General Meeting

In these unprecedented times, the charity would like to thank everyone who either attended or submitted their postal votes to our recent virtual annual general meeting and we are pleased to announce that the following officers were appointed to the Board of Directors:



**Jayne Emery, Chief Officer,
Healthwatch Dudley**

Jayne has been employed in a senior management position within both local and national charities for over twenty-five years. These include Dudley Mind, Dudley Stroke Association and the British Heart Foundation. In 2013, Jayne became Chief Officer for Healthwatch Dudley, a consumer champion for health and care services in the borough. Jayne has excellent relationships with key stakeholders and has seats on numerous multi-agency strategic boards including Dudley's Health and Wellbeing Board, Health and Adult Social Care Scrutiny Committee, Dudley Clinical Commissioning Group Governing Body and Dudley Group NHS Foundation Trust Patient Experience Group. These meetings provide an opportunity to challenge and influence decision makers and ensure that people who access services have real opportunities to be involved in the design of future health and care services.

**Sharon McGlynn,
Carer Coordinator to Dudley
Group Hospital NHS Trust**

Sharon is currently employed by Dudley Council for Voluntary Service as Carer Coordinator to Dudley Group Hospital NHS Trust, where she has been in post for 9 years. Her role is to both raise awareness with staff of the needs of family carers and also to provide direct information and support to the individuals themselves. She works holistically to identify both physical and mental health services which can benefit the carer and the person that they are caring for. Prior to this she has worked in education as a trainer/assessor of Health and Social Care Awards at Bournville College Birmingham and also as a Mental Health Nurse working in various hospitals and voluntary sector organisations across the West Midlands. She is passionate about people receiving the right information at the right time in their lives to enable them to make the best choices for them to lead happy fulfilling lives with long term conditions.



Will Writing Service

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 that around 54% of adults do not have a will. Working with Dunham McCarthy solicitors, 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 **Wednesday 25th November**, 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. To book and appointment please contact us on 01384 231232.

Christmas Closure

Please be aware that White House Cancer Support offices will be closed over the Christmas period with the offices closing from 12pm on Wednesday 23rd December 2020 and will reopen at 9am on Monday 4th January 2021.

Throughout the Christmas period, telephone support regarding transport and general support will be available with full details published on our website www.support4cancer.org.uk

On behalf of the Directors, Staff and Volunteers may we wish everyone a very Merry Christmas and Happy New Year.



Cancer symptoms and Covid-19

Unfortunately, many people through not wishing to burden their doctor or the NHS or because their GP surgeries are no longer operating as before, are not acting upon possible signs of cancer. However, it is still a fact that 1 in 2 people will get cancer in their lifetime and COVID-19 will not change that therefore, it is vitally important to contact your doctor if you have any possible signs or symptoms of cancer.

Contacting your GP:

The coronavirus outbreak means that GPs are offering more appointments over the phone or online instead of face to face. This is to reduce the risk of coronavirus to them and their patients. When you speak to them, they will ask about your symptoms and tell you if you need to go into the surgery to see a GP. Alternatively, they may suggest that you keep an eye on your symptoms and arrange another appointment to check in with them after a certain amount of time. Make sure you know when and how to contact them and contact them again if your symptoms get worse or do not improve.

Getting the most out of your telephone appointment:

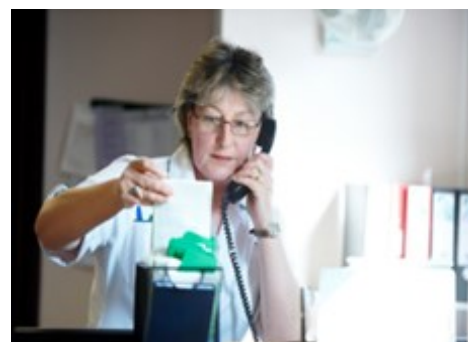
When speaking to your doctor, it can be difficult to remember everything you want to say, and it can be difficult to remember everything they say, especially on the phone. Below are some tips to help you get the most out of your telephone appointment.

Tips to get the most out of your appointment:

- Let your medical team know if you prefer a telephone, video call or a face to face appointment.
- Let your team know in advance if you're hard of hearing or need an interpreter.
- Ask for a timeslot when your doctor will call you and find a quiet part of the house to take the call.
- Start with a phone call if you're not confident with a video call.
- Ask for help if you need it and, if possible, practise a video call with a friend.
- You can ask someone to listen in for support, put your phone on loudspeaker to do this. They could also ask questions and help you remember what the doctor says.
- Write down a list of questions before the call, and think about what you want to find out from the doctor.
- Tell your doctor if you are worried about anything in particular.
- Ask the doctor who you can call if you have any further questions after your phone appointment. Ask them to explain anything you don't understand.
- Ask your doctor to summarise what the next steps are.
- Do make sure you are close to your phone or computer around the time of your appointment as people often miss telephone calls from their doctor. Your doctor's call might not always be at the exact time of your appointment due to delays in their clinic.

Questions you may wish to ask your GP:

- Do I need to see a specialist?
- Is it urgent?
- When will I see them?
- Where will I see them?
- Will I find out about my appointments by post or telephone?
- Do I need tests? What will they involve?
- How long should I expect to wait?
- Where can I find out more about tests?
- Do I have to do anything to prepare for this test?
- When will I get the results and who will tell me?





Cancer news

Prostate Cancer: Precision Medicines

New treatments for advanced prostate cancer have been called a “breakthrough” by a leading cancer charity. Olaparib and lpatasertib have the potential to become the first precision medicines for the disease, according to research presented at the European Society for Medical Oncology's Virtual Congress 2020. Precision medicines allow doctors to select the treatments most likely to help patients based on a genetic understanding of their illness.

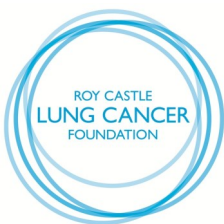
Already approved for breast cancer patients, Olaparib has been shown to slow the progression of prostate cancer in men whose tumours contain certain gene defects. lpatasertib drug trials have also shown positive results in men whose cancers lack a specific gene called PTEN. Dr Matthew Hobbs, Director of Research at Prostate Cancer UK, said the results “mark a new era for prostate cancer treatment.”

Sourced: <https://news.sky.com/story/prostate-cancer-precision-medicines-a-breakthrough-prostate-cancer-uk-says-12077951> cited 6.10.20

November

In England alone, over 40,000 men are diagnosed with prostate cancer every year of which 9,000 men will die from the disease. November, is when brave and selfless men around the world grow a moustache, and women step up to support them, all to raise awareness and funds for men's health - specifically prostate cancer, testicular cancer, mental health and suicide prevention.

If you would like to take part in supporting the fight against prostate cancer visit: <https://uk.movember.com/> cited 5.10.20



November is Lung Cancer Awareness Month. There are around 47,800 new lung cancer cases every year and it is the 3rd most common cancer here in the UK.

Symptoms of lung cancer include:

- Persistent cough that lasts three weeks or more
- Breathlessness
- Repeat chest infections
- Chest and/or shoulder pain
- Loss of appetite and/or unexplained weight loss
- Change in a long term cough, or a cough that gets worse
- Coughing up blood
- Unexplained fatigue or lack of energy
- Hoarseness
- Finger clubbing
- Blood clots

Statistics from Cancer Research UK show that 79% of lung cancer cases are preventable. Causes of lung cancer include smoking, poor diet and lack of exercise. Lets Get Healthy Dudley offer advice and support to quit smoking and leading a healthy lifestyle for more information visit <https://lets-get.com/> Cited 6.10.20

For information and support on lung cancer visit <https://www.roycastle.org/>

November is Pancreatic Cancer Awareness Month. There are around 10,300 new pancreatic cancer cases in the UK every year.

As with all cancers early detection is key and Pancreatic Cancer UK are working to increase awareness and influence decisions that will improve the care, treatment and outcomes for people with pancreatic cancer.

Symptoms of pancreatic cancer include:

- Tummy and back pain
- Unexplained weight loss
- Indigestion
- Loss of appetite

For more information on symptoms, treatment and their campaign work visit <https://www.pancreaticcancer.org.uk/> Cited 5.10.20





Cancer news cont'd

White House Cancer Support is a charity providing practical help, emotional support and information to people with cancer, their families, friends and carers across the Black Country.

HPV vaccine reduces cervical cancer risk

HPV is a virus that infects the skin and cells lining the inside of the body. It is an extremely common infection that generally does not cause any problem for most people but for some individuals, some strains of HPV can lead to the development of cervical cancer.

Long awaited study results however, have recently confirmed that the quadrivalent human papillomavirus (HPV) vaccine substantially reduces invasive cervical cancer risk. Published in the New England Journal of Medicine, the most recent research followed over 1.5 million girls and women in Sweden for up to 11 years and found that the risk of cervical cancer by the age of 30 was 63% lower in vaccinated women compared with unvaccinated women.

For full details regarding the study and its findings visit: <https://www.cancerresearchuk.org/about-us/cancer-news/news-report/2020-10-01-hpv-vaccine-reduces-cervical-cancer-risk> cited 7.10.20

Benefit advice for those affected by cancer

Working in partnership with Macmillan, Dudley Citizens Advice Bureaux continues to provide welfare benefits advice to people affected by cancer across the boroughs of Dudley, Sandwell and Walsall. The purpose of the service is to minimise the financial loss that people face as a consequence of a cancer diagnosis with their staff helping with the following:

- Benefit checks to maximise current income
- Assisting with form completion to obtain required benefit
- Assisting with Tribunals if unsuccessful in benefit claim
- Application for Macmillan grants
- Signposting to other supporting agencies
- Appropriate referrals to other organisations and third parties

Anyone with a diagnosis of Cancer living in Dudley, Sandwell or Walsall areas can access the service by telephoning for an appointment, Monday – Friday, 9.30am – 4.30pm on either 01384 817721 or 01384 814690



DRY JANUARY

Dry January is an increasingly popular post-festive trend that sees participants try to forgo alcohol for both health reasons and in the name of trying to do some good after the outright indulgence of the Christmas period.

Alcohol Concern says drinking less alcohol is a chance to have "better skin, more energy, a healthier body and better sleep". It is also seen as a great way to save money, particularly after the financial cost of Christmas and therefore improve one's mental health and financial situation.

As highlighted by Cancer Research UK however, alcohol can also cause 7 types of cancer including breast, mouth and bowel cancers and by changing your routine or intake levels, individuals can reduce the risk of developing any one of these cancer's.

For further information on the effects of alcohol and cancer or how you can support a charity to raise funds by taking part in dry January then visit: <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/alcohol-and-cancer/does-alcohol-cause-cancer> cited 23.9.20

World Cancer Day 2021

Aiming to save millions of preventable deaths each year by encouraging individuals to take action, this global event takes place every year on the 4th 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/faqs> cited 23.9.20

White House news

White House Cancer Support - Services

Throughout the pandemic and the subsequent lock-down that followed, White House Cancer Support has continued to provide help to those affected by both cancer and the fear and threat of covid-19. With the correct PPE and guidance in place I would like to reassure people that our services continue, where possible to run normally. Our home to hospital transport has been maintained, information and support including counselling has been provided, group meetings and other activities have taken place. To ensure support was maintained, a number of services have been delivered differently for example, we have provided counselling support either via telephone or virtual means. Alongside existing services, during lock-down and for the most vulnerable patients and carers; particularly those living on their own, we introduced a befriending support service and as a result over 560 individuals were contacted and offered additional support such as a friendly ear so they could express their concerns or assistance with obtaining shopping or the collection of medication. As result of all the hard work of staff and volunteers, I am pleased to announce that we have been successful with our recent National Lottery Community Fund and the Government's Digital, Culture, Media and Sport department's funding application, as we have recently been awarded the sum of £85k. This money will go towards supporting our core business of helping those affected by a cancer diagnosis and on behalf of White House Cancer Support and all our service users, I would like to take this opportunity to thank them for their support during these unprecedented and difficult times.

Caroline Webb, Chief Officer



HM Government

In partnership with

THE NATIONAL LOTTERY
COMMUNITY FUND

On behalf of everyone associated to the charity, we would further like to take this opportunity to say 'Thank You' to Dudley Council for recognising the work of the charity and for recently awarding us the sum of £9k.



The Midcounties Co-operative

Charity Partner

It is with great joy that we can confirm that Midcounties Co-operative have recently informed us of their intention to support White House Cancer Support into the year 2022. Recognising the difficulties charities currently face and in response to the immediate impact of Covid-19, the Co-operative further awarded us the additional sum of £2,000 to help us through this crisis and again on behalf of everyone, we wish to extend our thanks to them for their current and future support.

Special 'Thank You' to everyone who has recently donated to the charity.

Unfortunately, we cannot list all but please see below a sample of those and their families who have recently provided funds:

Albert Hunt Trust - £5,000

Xander Automated - £400

The Band of Friends - £150

W E D Charitable Trust - £500

Amy Hadley & Tipton Harriers - £580

Anthony & Gwendoline Wylde Trust - £750

In memory of:

Mrs Andrews - £5,246

Sharon Broom - £400

A Price - £500

S. Hopcroft - £595

G. Baker - £620

Albert Smith - £5,000

Please Note:

Some of the complimentary services have now resumed, please call to find out what is available and to make an appointment.

Due to Covid-19, the fashion show and trip to Oxford Christmas Fayre have been cancelled. We will look to re-arrange in 2021.

VOLUNTEERS REQUIRED

WE ARE PREENTLY SEEKING VOLUNTEER DRIVERS AND VOLUNTEERS TO ASSIST OUR SUPPORT GROUPS.

PLEASE CALL 01384 231232 TO FIND OUT MORE

Coronavirus - Dudley Public Health Notice

Dudley Council's cabinet member for health and adult social care has issued a reminder to borough residents to only seek a Covid-19 test when necessary. Cases in Dudley borough have increased in line with national and regional trends however, the council is stressing the need to preserve test availability for those who need it the most. The Department for Health and Social Care, which manages national testing, has said that people should usually only be tested if they are displaying symptoms. Tests can be booked online or by calling 119. Anyone who has any coronavirus symptoms including a high temperature, a new, continuous cough and a loss or change to sense of smell or taste must isolate immediately for 10 days. Anyone who is identified as a contact of a positive case must isolate for a full 14 days, even if they get a negative test during that period. People are also reminded not to turn up at a testing centre without having booked a test, as they will not be seen without an appointment.

To help reduce the spread of this virus by remembering 'Hands. Face. Space'. We all need to wash hands regularly, use a face covering when social distancing is not possible and try to keep distance from those not in our own household.

Please be aware that advice concerning Coronavirus appears to change regularly therefore, to find the government's latest advice on coronavirus, including symptoms and when to seek a test, visit www.gov.uk/coronavirus

Sourced: <https://www.dudley.gov.uk/news/dudley-residents-asked-to-seek-test-only-when-needed/>
cited 6.10.20

Flu Vaccination

Influenza (flu) is a highly infectious disease caused by influenza viruses, the virus attacks the respiratory tract (the ear, nose and throat). Although most people recover from flu within a week, for some people the infection is more serious and leads to complications. These illnesses may require treatment in hospital and can be life threatening especially for older people or those with heart or chest disease, reduced immunity and for those in poor health.

The flu vaccine is a safe and effective vaccine which is offered every year on the NHS to help protect people at risk of flu and its complications. The vaccine is generally available to a range of individuals, for details see: <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>

The advice for those aged 50 to 64 living with a health condition is that you too should get the flu vaccine as soon as possible. Details of how to access the flu vaccine is available <https://www.nhs.uk/conditions/vaccinations/flu-influenza-vaccine/>
cited 6.10.20



Staying Safe and Well!!!

While many people are looking out for others within their community it has been reported that there are a small minority of individuals looking to profit from the effects of coronavirus. In recent weeks Action Fraud have seen reports of coronavirus themed scam emails with fraudster attempting to trick people into revealing sensitive personal and financial information. To protect yourself the following advice is offered: **do not** click on links or attachments in suspicious emails; **do not** respond to unsolicited messages asking for personal or financial information; ensure you research a company before making payments online and where possible, use a credit card instead of a debit card.

Dudley MBC have also become aware of bogus callers trying to gain unauthorised entry into peoples homes. Remember genuine callers will always carry ID. **NEVER** let people into your home unless you are sure they are genuine. If you suspect bogus callers to be operating in your neighbourhood, you should call 999 or the dedicated bogus caller hotline on 01384 812045. Further details for protecting yourself against scammers and bogus callers can be found <https://www.dudley.gov.uk/council-community/emergencies/coronavirus-advice/coronavirus-guidance/> cited 6.10.20

Lets get together

Below are dates for November, December and January peer support group meetings, currently all community support groups at Sedgley & Gornal, Stourbridge and Halesowen are cancelled due to the venues being closed.

All peer support groups and activities held at The White House are done so following government guidelines. However, as these are subject to change please check our social media pages, website or contact us by phone on 01384 231232 or email info@support4cancer.org.uk if you have any queries or concerns.

<u>Breast Cancer Care Group - 2pm</u> The White House	Tuesday 10th November Tuesday 8th December Tuesday 12th January	Open Meeting Christmas Meal TBC
<u>Gynae Cancer Group - 2pm</u> The White House	Wednesday 25th November Wednesday 23rd December Wednesday 27th January	No meeting No meeting TBC
<u>Prostate Cancer Group - 2pm</u> The White House	Tuesday 11th November Tuesday 15th December Tuesday 19th January	Open meeting Cancer Nurse Specialist Open meeting
<u>Rainbow Breast Reconstruction Group - 10:30am</u> The White House	Thursday 19th November Thursday 17th December Thursday 21st January	No meeting Open meeting TBC
<u>Skin Cancer Group - 11am</u> The White House	Thursday 12th November Thursday 10th December Thursday 14th January	Open meeting Open meeting Open meeting
<u>Upper GI - 2pm</u> The White House	Thursday 3rd December	Open meeting

Weekly Groups



Relaxation - Monday 2pm - 3.45pm
 Relaxation - Thursday 10am - 11:15am
 Exercise for Health & Wellbeing -Wednesday 10am - 12pm
 Art Therapy - Wednesday 2pm - 4pm
 Craft Group - Friday 11am - 1pm



WHITE HOUSE CANCER SUPPORT VOLUNTEERS

It is with regret and great disappointment that due to Coronavirus restrictions, White House Cancer Support Volunteers Christmas Party will not be taking place this year. WHCS Directors and staff do wish all our volunteers a healthy and happy Christmas and New Year and once this pandemic is truly over, we will celebrate in style!



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
July 24th	11	53	107
July 31st	43	220	317
August 7th	190	245	266
August 14th	270	60	266
August 21st	139	199	9
August 28th	307	202	35
September 4th	43	331	282
September 11th	285	367	282
September 18th	349	6	264
September 25th	319	264	177

Our Ednam Road office is open Monday - Friday from 9am-5pm.

Outside of these hours we also operate 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.

General information

Have you used one or more of our services?

If so we would love to hear from you.

If you would like to share you cancer journey or experience of using our services please get in touch by phone or email

info@support4cancer.org.uk



In Loving Memory of

Harry Wooldridge

Colin Mcnay

Wilfred Grimshaw

Trevor Jones

Nigel Savage

Robert Baggott

Suzanne Hopcroft

John Day

Bernard Bate

Margaret Moss

Geoffrey Baker

John Massey

Ronald Reynolds

Fay Perry

Avril Balkeen

Robert Byers



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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

Web: www.support4cancer.org.uk

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