



### **White House Cancer Support**

Directors, Staff and Volunteers

Would like to wish all our members and followers a brighter and happier 2021 and although the Coronavirus is continuing to impact on all our lives, under the current tier systems rules, we are pleased to announce that with the exception of complementary services, subject to change, we are continuing to run all services to the benefit of cancer patients, their carers and family members. If you or someone you know would like our help and support both on a practical and emotional level, please do not hesitate to contact us. Stay safe and well by continuing to follow all government guidelines and hopefully in the not too distant future, Covid-19 will be a distant and for many unhappy memory!

### **Notice from Dudley Clinical Commissioning Group**

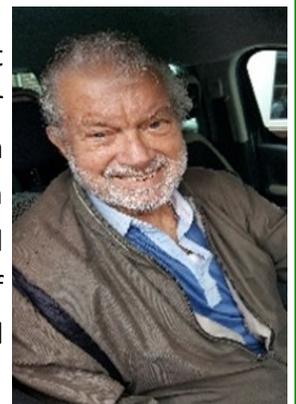
We are currently receiving a large volume of enquiries regarding Covid vaccinations, please note the current status in Dudley is as follows:

The vaccine is not widely available yet and a roll out plan has to consider the priorities for Phase 1 as noted nationally: <https://www.gov.uk/government/publications/priority-groups-for-coronavirus-covid-19-vaccination-advice-from-the-jcvi-30-december-2020/joint-committee-on-vaccination-and-immunisation-advice-on-priority-groups-for-covid-19-vaccination-30-december-2020>

White House Cancer Support will continue to keep our members and followers informed via our website and social media platforms, once further information is received from Dudley CCG

### **Geoff Clark 1935 - 2021**

It is with great sadness that White House Cancer Support is reporting the recent passing of former volunteer and previous Director of White House Cancer Support, Geoff Clark. Having become personally involved with the charity as a result of the tragic death of his beloved wife Beryl to cancer, Geoff was an inspiration and gave unconditional support to his fellow Directors, staff and volunteers and will be sadly missed by everyone who knew him. On behalf of White House Cancer Support, we would like to give our thanks to Geoff and express our condolences to all his family and friends.



### **2021 Bank Holidays**

**Please note that White House Cancer Support premises will be closed in the next spring term for the following bank holidays:**

**Easter Holidays—Friday 2nd April until Monday 5th April 2021 incl.**

**Early Spring Bank Holiday (May day) Monday 3rd May 2021**

**Spring Bank Holiday—Monday 31st May 2021**

## **Scientists develop new drug that targets pathway found in several hard-to-treat cancers**

A team of scientists have finally found a way to target the KRAS mutation, a common mutation found in several hard-to-reach cancers. A newly developed drug currently called CCT3833, blocks two pathways in the KRAS signalling pathway and by targeting the two components, the CCT3833 drug was found to be much better at stopping the growth of pancreatic tumours with a KRAS mutation in mice. Furthermore, the drug has already shown a great deal of promise in one sarcoma patient whose tumour had a KRAS mutation and will be tested in patients with a variety of cancers in a Phase II clinical trial.



Mutations in KRAS are found across 25% of cancers and are commonly found in several hard-to-treat cancers, including pancreatic, lung and colorectal tumours. Having tested the CCT3833 drug on mice, results have shown that it can restrict the growth of cancers cells and has also been more effective in killing cancerous cells. The team of scientists are now planning to investigate the drug and its effects with further clinical trials expected. For further details regarding CCT3833, the trials and its development visit: <https://www.cancerresearchuk.org/about-us/cancer-news/press-release/2020-12-30-scientists-develop-new-drug-that-targets-pathway-found-in-several-hard-to-treat-cancers>

Source: <https://www.cancerresearchuk.org/about-us/cancer-news/press-release> cited 11.1.21

## **86% of teenagers exposed to junk food ads on social media**

Young people are being exposed to junk food adverts across all forms of social media and streaming services by celebrities and influencers according to research undertaken by Cancer Research UK.

Furthermore, they are widely exposed to the advertising of junk food via traditional channels, such as television, radio, billboards and printed materials. Taking place during the first lockdown, the research identified that young people also reported a greater awareness of junk food and its effects on the body including higher fat, sugar and salt contents and the effects these can have on them.

Although many young people are recognising the effects junk food and the link it has to obesity, worryingly we do still have an obesity problem among children and adults in the United Kingdom and sadly we are all too aware of the link it has for them developing one or more cancers. Therefore, to ensure our young people have a long and healthy future, we must all support campaigns such as BiteBack2020 ensuring that by 2030 current levels of obesity in children is halved.

To find out more about the research and subsequent campaigns visit: <https://www.cancerresearchuk.org/about-us/cancer-news/press-release/2020-12-18-86-of-teens-exposed-to-junk-food-ads-on-social-media>

Source: <https://www.cancerresearchuk.org/about-us/cancer-news/press-release> cited 11.1.21

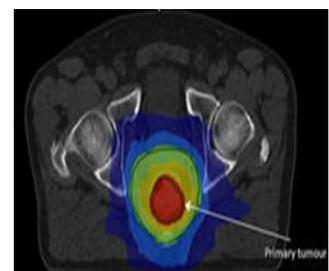
## **A new approach to rectal cancer**

Annually 11,500 people in the UK are diagnosed with a tumour located in the rectum, (the last part of the intestine which connects to the anus). Currently, less invasive treatments are required as, surgery at an early stage is effective however, the operation can lead to long-term side effects that can impact on the quality of life for survivors.

New and less invasive treatments are required to avoid major surgery and that is why results from a recent trial published in the Lancet Gastroenterology & Hepatology ([https://www.thelancet.com/journals/langas/article/PIIS2468-1253\(20\)30333-2/fulltext](https://www.thelancet.com/journals/langas/article/PIIS2468-1253(20)30333-2/fulltext)) could make all the difference to those affected by rectal cancer.

For further details of the trials visit: <https://www.cancerresearchuk.org/about-us/cancer-news/news-report/2020-12-10-new-treatment-could-spare-early-stage-rectal-cancer-patients-life-altering-side-effects>.

Sourced: <https://www.cancerresearchuk.org/about-us/cancer-news/press-release> cited 11.1.21



## 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 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/faqs> cited 23.9.20

### 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>

Sourced: Cancer Research UK cited 05/01/2020

### Prostate Cancer Awareness

March is Prostate cancer awareness month. In the UK, about 1 in 8 men will be diagnosed with prostate cancer in their lifetime. It is not known exactly what causes prostate cancer but there are some things that may mean you are more likely to get it – these are called risk factors.

There are three main risk factors for getting prostate cancer, which are things you can't change. These are:

- Age - it mainly affects men aged 50 or over
- A family history of prostate cancer
- Black men are also more likely to get prostate cancer (1 in 4)

Signs or symptoms can include:

- difficulty starting to urinate or emptying your bladder
- a weak flow when you urinate
- a feeling that your bladder hasn't emptied properly
- dribbling urine after you finish urinating
- needing to urinate more often than usual, especially at night
- problems getting or keeping an erection
- blood in the urine or semen
- unexplained weight loss



For more information please visit: <https://prostatecanceruk.org/prostate-information>

Sourced: Prostate Cancer UK cited 4.1.21

# Cancer News

## Ovarian Cancer Awareness

March is Ovarian cancer awareness month. With 7470 cases diagnosed between 2014-2016, resulting in 4116 deaths in 2017 and with a survival rate of 35% for 10 years it is often known as 'the silent killer' as the symptoms can easily be dismissed. It is worth noting that unlike cervical, bowel and breast cancers, there is still no reliable, effective screening method for ovarian cancer.

Symptoms may include:

- Persistent stomach pain
- Persistent bloating
- Difficulty eating/feeling full more quickly
- Needing to wee more frequently
- Back pain
- Changes in bowel habit

These can also be symptoms of other, less serious, conditions such as irritable bowel syndrome, ovarian cysts and polycystic ovary syndrome so if you're experiencing them it doesn't necessarily mean you have ovarian cancer.

For more information please visit <https://www.ovacome.org.uk/key-symptoms>

Sourced: Ovacome.org.uk cited 5.1.21



## Ultraviolet Radiation

According to recent Cancer Research UK study, ultraviolet radiation (UV) can cause a rare type of eye cancer "conjunctival melanoma." We

are already aware of the effects UV radiation can have on skin but it has only recently come to light of its effect on the eyes. Further investigations from the team also discovered that current treatments for skin melanoma may also benefit those with this rare form of eye cancer. For full details of the research and its finding visit: <https://www.cancerresearchuk.org/about-us/cancer-news/press-release/2021-01-11-ultraviolet-radiation-causes-rare-type-of-eye-cancer>

Sourced: <https://www.cancerresearchuk.org/about-us/cancer-news/press-release> cited 12.1.21

## Cancer and Mental Well-being!

Cancer treatment can cause side effects and physical changes to people's bodies.

It can also cause a range of emotions, as there is no right or wrong way to feel. If you have concerns please do not try and deal with them in isolation as there is help and support available.

Speaking to your GP, your CNS, a district nurse or the team at White House Cancer Support for advice on cancer and how it is affecting your mental wellbeing is a positive first step. Together, we can find ways to help manage and improve one's mental well-being.

## 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)

Sourced: Bowel Cancer UK cited 5.1.21



# Volunteering News

Despite a very difficult year our volunteer drivers have provided over **1290** transport journeys to local hospitals for cancer patients to receive treatment. We recently received some fantastic feedback from some of our members following the use of the service so we thought we'd share it with you.

If you would like to join us as a volunteer driver and see what difference you can make please contact Jon by phone on 01384 231232 / 07709887801 or email [jon.rebello@support4cancer.org.uk](mailto:jon.rebello@support4cancer.org.uk)

I would like to take this opportunity to thank Jon, all the staff and volunteer drivers for all the wonderful work they do. Two years ago I was diagnosed with Prostate cancer and found it difficult to get to New Cross Hospital for treatment. I was put in touch with The White House and spoke to Jon, who was most helpful and put me at ease straight away. He made arrangements for me to be taken to the hospital and back by volunteer drivers for my radiotherapy treatment, they were friendly and always ready to help.

Sadly, recently I was diagnosed with cancer again. Jon again came to my rescue, and for the second time organised transport for me all through this dreadful COVID-19 pandemic, the drivers risked their own health to provide this service. I can't thank them all enough for all the wonderful work they do. I shall always be indebted to them all, to me they are the unsung hero's and deserve full credit for what they do. Many thanks, Geoff Brown.

Having to undergo twenty radiotherapy treatments is, not surprisingly, a rather daunting experience, but it was made much less so by the generous help offered by the White House Cancer Support Charity. Every day a dedicated volunteer driver took me to New Cross Hospital, waited for me, and then brought me back home. By sacrificing a considerable portion of their time, they gave a clear witness to the value of what is best in human nature. I shall always be grateful for their cheerful kindness. The journeys were something to relish, and helped me in so many ways. (Revd.). David J. Lloyd

So we thought we would check in with one of our volunteer drivers and ask why she loves volunteering with us?

'I'm Sheila, I've been driving for the White House since 2003, so am the veteran of a group of about 20 drivers. So why have I been volunteering for so long? Because it is great fun, if you like meeting people and hearing their stories. Sitting side by side in a car for an hour's journey to New Cross Hospital provides a safe space to rehearse the complexities of a patient's cancer journey, or to hear about their holiday plans and memories, or to learn all about their children and grandchildren and great-grandchildren. And if you take the same patient several times in their 5-30 session treatment, you get to know each other really well. I wish I'd thought to jot down some of the stories I've heard of wide-ranging careers, time in the army, family quarrels, childhood memories in the Black Country and across England, I could have written a great book or series by now! But what's said in the car stays in the car, which also forms a bond.

It's been strange driving in the COVID era, no more party sessions in the Deanesley Centre waiting room when several drivers and their patients overlap in their times and share jokes and stories, and just one patient per car so none of the "Didn't you live round the corner from my mom?" conversations that have arisen with multiple pickups. And no cappuccino from the friendly little café either! But the basic operation goes on as ever, Jon checks with volunteers each week for availability, most of us offer a regular day or two/week but we can be flexible. Then he does the magic juggle with the appointments to be kept and the drivers available, and almost always makes it work for everyone. It's a great service, one I'm very proud to be part of, and which gives structure and meaning to my life as a retired person. We know how much stress it takes off the patients, to be assured of transport daily with a friendly driver who will wait for them, fetch prescriptions, and be happy to listen if they need to talk.

We are always looking for more volunteers to keep the service efficient, do consider if it is something that you might do!

# Whitehouse News

## Funding News

Under present circumstances, obtaining funds to support the running of all charities including White House Cancer Support is proving to be very difficult. Although we hope for things to improve in 2021, for several months, we and many of our supporters have not been able to organise fundraising activities and events. Competition for grants from trusts and other third parties is extremely competitive and as such, we would like to express gratitude to local people and businesses for their ongoing support and financial contributions in support of the charity. Without your continued help, many charities like ours would not survive and although we personally thank all for their contributions, below is a sample of funds recently received by the charity and again on behalf of everyone at White House Cancer Support and especially to those directly affected by cancer, may we express our gratitude to you all. Knowing that others care and are willing to provide support in all forms, makes a world of difference.

Thank you to the family and friends of the following individuals for the recent donations received in memory of:

- M. Fischl
- M. Hudson
- Elaine Pickersgill
- Margaret Griffin
- Mr John Yates

## Will Writing Service

Due to current lock-down rules, the will writing event for 17th March 2021 has been cancelled. Future dates for will-writing services will be published via the website and social media

## Special Thanks

To Penn Golf Club for their splendid contribution of £3,500 to the White House in support of those affected by Prostate Cancer. Special thanks also, to Upper Gornal Church Council for their recent contribution.

## **The Jolly Crispin Public House, Clarence Street, Upper Gornal, Dudley.**

Dating back to 1795, the Jolly Crispin is the epitome of a traditional and community inspired Black Country Pub. Everyone knows and supports each other and in more recent years, landlord Rob, his team and their regulars have annually got together to raise funds for White House Cancer Support and despite problems to the hospitality industry 2020 & onwards, they still raised £1000 to support people affected by cancer.



## Please Note:

As a result of current lock-down rules, Complementary therapy services for the foreseeable future have been cancelled. At the discretion of group members and their leaders, support groups up to 15 in number are, under the current guidance still allowed to meet. Therefore, if you wish to attend a group meeting over the coming weeks, please call 01384 231232 or visit our website or social media platforms check their availability.

## **Coming soon!**

White House Cancer Support will shortly be receiving 'The Future' a sculpture by Dudley born and world renowned artist Robert Bowers who has kindly donated the artwork to White House Cancer Support. Additionally, to raise funds on behalf of the charity, Robert is willing to give a presentation of his work to all interested parties. Further details on the event to follow.



# Lets get together

In line with Government guideline we are still inviting our support groups to meet with up to 15 people. This will be subject to change depending on government guidelines. Please check our website and social media pages for updates.

<b><u>Breast Cancer Care Group - 2pm</u></b> The White House	Tuesday 9th February	TBC
	Tuesday 9th March	TBC
	Tuesday 13th April	TBC
<b><u>Gynae Cancer Group - 2pm</u></b> The White House	Wednesday 24th February	TBC
	Wednesday 24th March	TBC
	Wednesday 28th April	TBC
<b><u>Prostate Cancer Group - 2pm</u></b> The White House	Tuesday 16th February	TBC
	Tuesday 16th March	TBC
	Tuesday 20th April	TBC
<b><u>Rainbow Breast Reconstruction Group - 10:30am</u></b> The White House	Thursday 18th February	TBC
	Thursday 18th March	TBC
	Thursday 15th April	TBC
<b><u>Skin Cancer Group - 11am</u></b> The White House	Thursday 11th February	Open meeting
	Thursday 11th March	Open meeting
	Thursday 8th April	Open meeting
<b><u>Upper GI Group - 2pm</u></b> The White House	Thursday 25th March	Open meeting
<b><u>Sedgley &amp; Gornal Group</u></b>	Currently no meetings	
<b><u>Stourbridge Group</u></b>	Currently no meetings	
<b><u>Halesowen Group</u></b>	Currently no meetings	

## Weekly activities

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

This will be subject to change depending on government guidelines. Please check our website and social media pages for updates.



# 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.



## *In Loving Memory of*

Margaret Harris	Geoff Clark
Alan Hunt	Patrick Christian
Elaine Pickersgill	John Yates
Margaret Betts	Derrick Jukes
Gillian Oliver	Jacqueline Wilmore
Geoff Clark	



**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**



Date	1st	2nd	3rd
2nd October 2020	66	132	137
9th October 2020	6	47	48
16th October 2020	60	183	115
23rd October 2020	99	85	25
30th October 2020	11	27	41
6th November 2020	43	44	45
13th November 2020	66	374	139
20th November 2020	60	310	139
27th November 2020	115	270	298
4th December 2020	375	188	317
11th December 2020	319	115	183
18th December 2020	85	374	55
25th December 2020	367	156	26

## Follow us on social media



whitehousecancersupport



White House Cancer Support



@WHCancerSupport



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