



### White House Cancer Support Annual General Meeting (AGM)

Could all members please note that the AGM will take place at  
**5pm on Thursday 23rd September 2021.**

After the impact of the pandemic and subsequent lock-downs, it is hoped that this year we will be able to meet in person however, depending on the spread of the virus and government guidelines, we may again have to meet virtually.

Relevant papers confirming all details will be distributed in early August.

### Covid-19 – Be aware!

People who live and work in the Black Country are being urged to remain cautious and get their vaccinations when called, as currently Covid-19 cases are continuing to increase. As of June 2021, there were 33.9 cases per 100,000 residents in Dudley borough alone - a 67.8% increase compared to figures recorded four weeks previously with the delta variant now being the most dominant strain particularly amongst 10 to 19, followed by the 30 to 39 age groups.

Remember it is not too late to take up the offer of a vaccination and for further information regarding what support is available within your area the local, visit the nearest local authority website.

source:<https://www.dudley.gov.uk/news/people-warned-about-covid-19-rise/> cited 9.7.21



### A warm welcome to our most recent board members

White House Cancer Support would like to offer a warm welcome to two of our most recent board members, Nikki Fojan and Martin Day.

Nikki lives in the Stourbridge area and works for Citizen's Advice Bureau at national level. Martin lives in the Sedgley area of the borough and alongside running his own business, he has personal experience of caring and supporting a loved one affected by cancer. Both Nikki and Martin have a range of skills and experience which will be extremely beneficial to the White House. A full introduction from both Nikki and Martin will be available in the forthcoming and soon to be received AGM papers.

### Update - CCG Merger

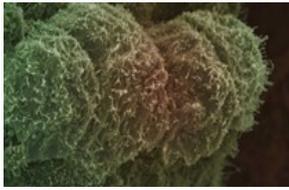
As of the 31<sup>st</sup> March 2021, Dudley Clinical Commissioning Group (CCG) formally merged with Sandwell & West Birmingham, Walsall and Walsall CCGs to form the Black Country & West Birmingham CCG

### 2021 Bank Holidays

Please note that White House Cancer Support premises will be closed for the following  
bank holiday:

**Summer Bank Holiday - Monday 30th August 2021**





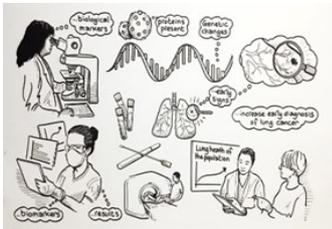
## New hormone treatment for advanced prostate cancer made available in England

Men with advanced, hormone-sensitive prostate cancer will now have another treatment option following the approval of the hormone therapy enzalutamide (Xtandi). The National Institute of Health Care Excellence (NICE) has approved the combination of enzalutamide and androgen deprivation therapy (ADT) for adults with hormone-sensitive prostate cancer. Kruti Shrotri, Cancer Research UK's Head of Policy stated, "the decision was good news for those who could benefit from the treatment.

To find out more visit: <https://news.cancerresearchuk.org/2021/06/08/new-hormone-treatment-for-advanced-prostate-cancer-made-available-by-nice/> cited 21.6.21

## Ground-breaking trials pilots new tests to detect lung cancer earlier

Through partnership and collaboration with Cancer Research UK clinical trials unit at the University of Southampton, the



University of Leeds and other healthcare and diagnostic companies, participants have taken part in a new research trial at the Royal South Hants Hospital that aims to save lives by detecting lung cancer at an earlier stage when it is more treatable. The trials have shown that CT scanning people at increased risk of developing the disease, can reduce lung cancer deaths. The wider community of the UK will benefit from these trials from the Autumn with the use of mobile NHS targeted lung health check vans.

For further details visit: <http://news.cancerresearchuk.org/2021/06/16/ground-breaking-trial-pilots-new-tests-to-detect-lung-cancer-earlier/> cited 21.6.21

## Thousands of patients set to benefit from five-minute breast cancer treatment!

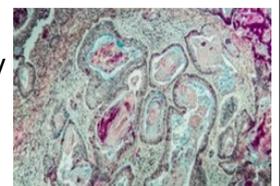
An injection that cuts the amount of time breast cancer patients spend in hospital from two and a half hours to as little as five minutes is being rolled out across the country by NHS England. Breast cancer patients undergoing chemotherapy will be offered a new combined treatment called PHESGO, which is injected and takes as little as five minutes to prepare and administer, compared with two infusions that can take up to two and a half hours. More than 3,600 new patients each year will benefit from the treatment, as well as others who will switch from the treatment they are on to the single injection, following an NHS deal with the manufacturer. The injection will be offered to eligible people with HER2-positive breast cancer, which accounts for 15% of all breast cancers, and can be given alongside chemotherapy or on its own.

To learn more about this treatment visit: <https://www.england.nhs.uk/2021/04/thousands-of-patients-set-to-benefit-from-five-minute-breast-cancer-treatment-2/> article dated 4.4.21 and cited 22.6.21

## Combination immunotherapy for advanced bowel cancer approved for NHS England

The National Institute of Health and Care Excellence (NICE) have approved a combination of immunotherapy drugs for use in adults with bowel cancer that has spread to other parts of the body. Cancer Research UK Policy Manager, Ben Chiu stated that "the decision is excellent news for people with this type of cancer and even though some uncertainty remains, clinical evidence suggests that the combination of nivolumab and ipilimumab can improve patients survival and help maintain their quality of life."

For more information on the trials and the combination of the drugs visit: <https://news.cancerresearchuk.org/2021/06/16/combination-immunotherapy-for-advanced-bowel-cancer-approved-for-nhs-in-england/> cited 21.6.21



## **New Research for Lung Cancer Patients**

The Norfolk and Norwich University Hospital has recruited its first patient onto a new research trial to help lung cancer patients after they have received treatment.

The Second Primary Lung Cancer Cohort Study (SPORT) aims to detect early signs of secondary cancers amongst lung cancer patients two to five years after their treatment.

The study, run by Papworth Hospital NHS Foundation Trust, funded by Cancer Research UK and supported by the National Institute for Health Research (NIHR), and is looking to recruit 850 people to increase understanding and support for patients at risk of cancer years after treatment. Patients who take part in the trial after having undergone radical treatment, surgery or radiotherapy will be asked to provide blood samples every six months for up to five years to measure DNA in the blood, which has come from a tumour.

Dr Eleanor Mishra, Respiratory Consultant at NNUH, said: "Patients who have had curative treatment for lung cancer are at an increased risk of developing second primary lung cancers and other cancers over the next 10 years and this study aims to develop better ways of monitoring patients during follow-up so we can intervene as quickly as possible with further treatments. We are grateful to our patients who are taking part in this vital study to help improve the care and better detect secondary cancers in this group of patients."

### **The main symptoms of lung cancer include:**

- a cough that doesn't go away after 2 or 3 weeks
- a long-standing cough that gets worse
- chest infections that keep coming back
- coughing up blood
- an ache or pain when breathing or coughing
- persistent breathlessness
- persistent tiredness or lack of energy
- loss of appetite or unexplained weight loss

If you have any of these, you should seek medical help from your GP.

For further details of the study visit:

<https://www.nnuh.nhs.uk/news/2021/06/lung-cancer-patients-take-part-in-new-research-study-at-nnuh/> cited 22.6.21

## **NHS to offer new drug that halves the risk of lung cancer returning**

A world-leading treatment that halves the risk of lung cancer patients suffering a return of the disease after undergoing treatment, is to be rolled out by NHS England.

In a trial of the drug, which is the first of its kind, around nine out of ten patients treated, remained alive and disease-free after two years – compared to more than four in ten who hadn't received the new therapy.

Lung cancer is the most common cause of cancer death in the UK, accounting for one in five of all cancer deaths. Around 100 patients in England with a rare form of cancer will initially have access to the drug, called Osimertinib, with many more expected to benefit this year. Eligible patients with rare forms of early-stage non-small cell lung cancer will be offered the drug, which catches the tumour early, stopping it developing and potentially increasing the chance of surviving the disease.

Osimertinib is the first treatment for patients with non-small cell lung cancer whose tumours have a specific type of genetic mutation, to be licensed for use in patients who have just had surgery.

To find out more about this news report dated 7<sup>th</sup> May 2021 visit:

<https://www.england.nhs.uk/2021/05/nhs-to-offer-new-drug-that-halves-the-risk-of-cancer-returning/> cited 22.6.21

# Cancer Awareness

**A leukaemia patient is urging people not to assume their symptoms are coronavirus after he mistook his cancer for long Covid.**

Rob Hale from Thornbury said he delayed seeking medical help because he believed he was experiencing the after-effects of Covid-19. When he did see his GP he was diagnosed with leukaemia. Rob said "I just completely broke down...I remember slumping down on to a table and crying". Rob described his symptoms as extreme fatigue and tiredness, stating "I was having to sleep several hours a day, several times a day, I had absolutely no appetite and just sort of brain fog." His parents only convinced him to see a doctor when they saw his back was covered in welts. Rob was diagnosed with cancer of the white blood cells and told he urgently needed a bone marrow transplant. "Only around one in four patients will find a match from a sibling, the vast majority of patients facing transplant will be reliant on a complete stranger having joined a register such as Anthony Nolan", said Amy Bartlett, the charity's development manager however, in a stroke of luck, Rob's sister Nikki Foss was found to be a perfect match. Rob's bone marrow transplant is due to take place in September. By sharing his story Rob hopes to encourage anyone suffering from similar symptoms to get checked by a professional.



Dr Alison Wint, clinical lead for cancer at Bristol North Somerset and Gloucestershire Clinical Commissioning Group said: "Just because an illness is very common at the moment doesn't mean that's the only reason for the symptoms that you've got, it's worthwhile just making sure it's not something else." Full details of this story can be found at: <https://www.bbc.co.uk/news/uk-england-bristol-57500453> cited 21.6.21



## **Dietary Support for Cancer Patients**

World Cancer Research Fund have partnered with Life Kitchen to provide free, online cookery classes for people affected by a cancer diagnosis.

Run by professional chef, Ryan Riley and Life Kitchen staff; using flavour-enhancing cooking techniques that can help with taste changes that are often associated with cancer, recipients of the course will be shown how to cook healthy recipes.

Furthermore, free, private and online group sessions with oncology dietitian, Adele Hug will be available to anyone signing up for the sessions.

To find out more or to view some of the wonderful recipes that will be available visit:

[https://www.wcrf-uk.org/uk/health-advice-and-support/eat-well-during-cancer/cancer-during-coronavirus?gclid=EAlaIqobChMlvqbiovoOo8QIVoe\\_tCh01nwHfEAAYASAAEgJv2PD\\_BwE](https://www.wcrf-uk.org/uk/health-advice-and-support/eat-well-during-cancer/cancer-during-coronavirus?gclid=EAlaIqobChMlvqbiovoOo8QIVoe_tCh01nwHfEAAYASAAEgJv2PD_BwE) cited 21.6.21



## **Blood Cancer Awareness Month**

September is blood cancer awareness month, this annual event is a time to raise awareness. Blood cancer is the fifth most common type of cancer in the UK and affect an estimated 230,000 people in the UK. There are 3 main groups - leukaemia, lymphoma and myeloma, within these groups there are different types.

The most common symptoms include:

- Unexplained weight loss
- Unexplained bruising or bleeding
- Lumps or swellings
- Drenching night sweats
- Unexplained fever (38°C or above)
- Unexplained rash or itchy skin
- Bone, joint or abdominal pain
- Tiredness that doesn't improve with rest or sleep
- Breathlessness
- Unusually pale complexion (pallor)



For more information on all of the types of blood cancer and symptoms please visit: <https://bloodcancer.org.uk/>

# Cancer awareness

## Breast Cancer Awareness Month

Around 55,000 women and 370 men are diagnosed with breast cancer every year in the UK. October is Breast Cancer Awareness Month, the aim is to highlight the importance of breast awareness, education and research. Common breast cancer signs and symptoms include:

- a lump or swelling in the breast, upper chest or armpit – you might feel the lump but not see it
- a change to the skin, such as puckering or dimpling
- a change in the colour of the breast – the breast may look red or inflamed
- a change to the nipple, for example it has become pulled in (inverted)
- rash or crusting around the nipple
- any unusual liquid (discharge) from either nipple
- changes in size or shape of the breast



For more information on breast cancer, the sign and symptoms, how to check yourself and details of how to speak to a nurse please visit:

<https://breastcancernow.org/>

Here at White House Cancer Support we have two support groups who work to support those who have been affected by breast cancer. If you would like more information about the groups and the activities taking place, please see our 'Lets get together' page.

## Complementary therapy growing in England

A recent study by Ipsos MORI has shown that the number of people accessing complimentary therapies is increasing, with a 12% rise between 2005 and 2015. Here at White House Cancer Support we have a team of wonderful therapists who offer a range of services including aromatherapy, massage, reiki and reflexology.

There is evidence that these therapies can help with things such as:

- Lifting mood and giving a feeling of overall wellbeing
- Relaxing and enabling you to cope with stress and anxiety
- Relieve pain and headaches

In addition to this it has been found that aromatherapy can aid with sleep in cancer patients. A recent study looked at three groups of patients who received a two-week course of inhalation aromatherapy. The first group was a control group with no intervention, a second group received 5% essential oils and the third group given 10% essential oils. It was found that there was a significant improvement in sleep quality in the two groups who used essential oils with a greater improvement in those using 10% oils.



If you would like more information or to book one of the the complimentary therapies available at White House Cancer Support please contact us on 01384 231232 or email [info@support4cancer.org.uk](mailto:info@support4cancer.org.uk).

Further information about a range of complimentary therapies and their benefits is available at: <https://www.cancerresearchuk.org/about-cancer/cancer-in-general/treatment/complementary-alternative-therapies/individual-therapies>

Source: [fht.org.uk/IT-129-research-Sharp](http://fht.org.uk/IT-129-research-Sharp) cited 12.07.21 [fht.org.uk/IT-129-research-Heydarirad](http://fht.org.uk/IT-129-research-Heydarirad) cited 12.07.21

# Fundraising and events

## Three peaks challenge

All of us at White House Cancer Support would like to say a massive 'Thank You' and well done to David Delamare and Mark Hobson for their fundraising support. What started out as the pair taking up afternoon walks during lockdown quickly escalated to them signing up for the Three Peaks Challenge.

This weekend they climbed Ben Nevis, Scafell Pike, and Snowdon in just over 28 hours! David and Mark covered a total walking distance of 23 miles and a total ascent of 3064 meters during the challenge, and let's not forget their driver Steve who covered over 1000 miles between the climbs. They have raised over £1200 for the charity and I'm sure you will all agree what they completed is a massive achievement! Well done lads!!



## Thank you

We would like to say a massive 'Thank you' to Vicki from Mind and Body Fit with Vicki.

Vicki recently held a Megafit class and donated all proceeds raising £100 for the charity. Thank you to Vicki and all those that supported her in raising these much needed funds.

*In Memory*

We would like to thank all those who have made donations to White House Cancer Support in memory of their loved ones.

## Dudley Borough Events

As COVID-19 restrictions begin to lift its great to see some wonderful events scheduled through out the borough.

Himley Hall are also hosting a range of events in the coming months including Black Country Musicom, a day to celebrate the council granting the Freedom of the Borough to the NHS, public health, adult social care, children's services, bereavement services and voluntary sector workers for their work during the Covid-19 pandemic. For tickets and full details of this and other events visit <https://www.himleyhallandpark.co.uk/whats-on>

Its all systems go at Dudley and Stourbridge Town Hall with Jason Manford, Jim Davidson and The D-Day Darlings all scheduled in the coming months.

For full details of these visit [www.boroughhalls.co.uk](http://www.boroughhalls.co.uk)



## Let's Get Moving

Guidance from Dudley Public Health Let's Get Moving is to move and stretch for at least 30 minutes a day. Physical activity can help reduce your chance of getting disease, strengthen bones and muscle, help you sleep better and reduce anxiety.

The Let's get team are hosting FREE weekly outdoor fitness sessions in local parks including Steven's park and Buffery Park. The sessions are run by a qualified instructor, are family-friendly and suitable for all abilities.

For more information and to book your space visit <https://lets-get.com/explore/healthy-hubs/park-active/>



# 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 10 August	Open meeting
	Tuesday 14 September	Breast Cancer Nurse
	Tuesday 12 October	Open meeting
<b><u>Gynae Cancer Group - 2pm</u></b> The White House	Thursday 26 August	Open meeting
	Thursday 30 September	Open meeting
	Thursday 28 October	Open meeting
<b><u>Prostate Cancer Group - 2pm</u></b> The White House	Tuesday 17 August	Open meeting
	Tuesday 21 September	Open meeting
	Tuesday 19 October	Open meeting
<b><u>Rainbow Breast Reconstruction Group - 10:30am</u></b> The White House	Thursday 19 August	Open meeting
	Thursday 16 September	Open meeting
	Thursday 21 October	Open meeting
<b><u>Skin Cancer Group - 11am</u></b> The White House	Thursday 12 August	Open meeting
	Thursday 9 September	Open meeting
	Thursday 14 October	Open meeting
<b><u>Upper GI Group - 2pm</u></b> The White House	Thursday 16 September	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.



## 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
7th May 2021	60	139	373
14th May 2021	45	280	317
21st May 2021	331	25	264
28th May 2021	199	307	321
4th June 2021	282	47	99
11th June 2021	319	375	310
18th June 2021	60	376	121
25th June 2021	44	27	349
2nd July 2021	45	41	82
9th July 2021	177	298	11
16th July 2021	319	183	48

# General information

## *In Loving Memory of*

Rita Homer  
Terry Worton  
Gillian Charlesworth  
Clement Baugh  
Gloria Jones  
Paul Cunneen  
Jill Sherwood  
Raymond Cooper  
George Room  
Phyllis Pain

### We need your help!

We're on the lookout for volunteer drivers to join our existing team!

We need people to drive patients to hospitals for their appointments and treatment.

No previous experience is required just a friendly and caring attitude.

If you have your own vehicle, a clean driving licence and can commit to regular slots we would really like to hear from you.

We cover all out of pocket expenses.

For more details contact us on 01384 231232 or email : [jon.rebello@support4cancer.org.uk](mailto:jon.rebello@support4cancer.org.uk)

## Follow us on social media



[whitehousecancersupport](https://www.instagram.com/whitehousecancersupport)



White House Cancer Support



[@WHCancerSupport](https://twitter.com/WHCancerSupport)

White House Cancer Support Ltd

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