



White House Cancer Support Annual General Meeting (AGM) Update



On behalf of all members and supporters of White House Cancer Support, we would like to express our thanks to both Nikki Fojan and Martin Day for agreeing to stand for election at our recent annual general meeting. Both received unanimous support from the membership and fellow Directors and staff look forward to working closely with them as their skills and knowledge will greatly benefit the charity and all those affected by a cancer diagnosis.



Seasons Greetings & CEO Forward



On behalf of the Directors, staff and volunteers may we wish all our members and supporters a very Merry Christmas and Happy and Healthy New Year.

Moving forward into 2022 we are all likely to feel the impacts of coronavirus for many months if not for some, many years to come. Thankfully, cancer services within the NHS do appear to be returning to pre-pandemic levels however, this in itself brings challenges to the charity as, due to late diagnosis, delayed treatments and operations etc., we are likely to see a greater demand placed upon all our services at a time when locally, the NHS is going through a restructure with the development of the DIHC and the ICP and added to this traditional funding streams to support all charities is in greater demand. With the help of all our supporters we will endeavour to maintain and in many areas develop service to ensure we continually meet increased demand.



2021 / 2022 Christmas Bank Holidays



Please note that White House Cancer Support premises will be closed from 12pm on Thursday 23rd December 2021 until 9am Tuesday 4th January 2022

Should you need to contact a member of staff, mobile phone services are available on the following numbers.

Thursday 23rd December 12pm - 5pm: Transport - 07709887801 Information & Support - 07483355506

Friday 24th December Eve 9am - 5pm: Transport - 07709887801 Information & Support - 07483355506

Wednesday 29th December 9am - 5pm: Transport & Information & Support - 07483355506

Thursday 30th December 9am - 5pm: Transport & Information & Support - 07709887801

Friday 31st December 9am - 5pm: Transport & Information & Support - 07709887412

Cancer News

Cancer Alliances – improving care locally

Cancer Alliances bring together clinical and managerial leaders from different hospital trusts and other health and social care organisations, to transform the diagnosis, treatment and care for cancer patients in their local area. These partnerships enable care to be more effectively planned across local cancer pathways. Each Cancer Alliance brings together the key organisations in their area to co-ordinate cancer care and to improve outcomes for patients locally. To find out more about the Cancer Alliances and their priorities visit: <https://www.england.nhs.uk/cancer/cancer-alliances-improving-care-locally/#priorities> cited 5.10.21

Breakthrough Lung cancer drug

Following a 40 year search for a treatment for the KRAS gene that is found in lung cancer patients NHS England have secured a drug deal for Sotorasib. It is the first treatment of its kind and NHS patients will be the first in Europe to be offered the drug, and treatments have already started following an early access deal. The drug attacks the KRAS G12C mutation that is found in up to a quarter of all tumours and prevents the cancer growth. The drug will be initially given to around 600 NHS patients who have lung cancer and could prevent cancer growth for seven months. **Professor Peter Johnson, NHS Clinical Director for Cancer said:** “This revolutionary treatment has taken decades of research to reach the clinic, and now that it is here this new targeted drug will be available for eligible people with lung cancer as quickly as possible thanks to this agreement.”

Source:<https://www.england.nhs.uk/2021/09/lung-cancer-patients-to-get-breakthrough-drug-on-nhs/> cited 27.9.21

Cancer chemotherapy drug reverses Alzheimer’s symptoms in mice

According to a University of Columbia a drug commonly used to treat cancer can restore memory and cognitive function in mice that display symptoms of Alzheimer's disease, new research has found. The drug, Axitinib, inhibits growth of new blood vessels in the brain -- a feature shared by both cancer tumours and Alzheimer's disease. This hallmark represents a new target for Alzheimer's therapies. Mice that underwent the therapy not only exhibited a reduction in blood vessels and other Alzheimer's markers in their brains, they also performed remarkably well in tests designed to measure learning and memory. For further details of these findings visit:

<https://www.sciencedaily.com/releases/2021/10/211005124658.htm>

Sourced the Science Daily News Released 5,10.21

Cited 6.10.21

The National Cancer Research Institute (NCRI) have a number of up and coming free and pay per view seminars available to stream including “the experience of black people in cancer research.”

To find out more visit:

<https://conference.ncri.org.uk/virtual-webinars/> cited 6.10.21



Lymphoma Matters magazine

Lymphoma Matters magazine comes out three times a year and is packed with useful information for people affected by lymphoma. It covers the latest developments in diagnosis and treatment, symptoms management, stories of how other people are living with lymphoma and how you can get involved. To find out more or to sign up for a free copy of the magazine visit:

<https://lymphoma-action.org.uk/support-you/lymphoma-matters-magazine>

cited 6.10.21



Cancer News



New drug available for rare thyroid cancer on NHS in England

The National Institute for Health and Care Excellent (NICE) has recommended the use of the drug selpercatinib (Reteymo) for some people in England with a type of thyroid cancer. Although trials are ongoing for selpercatinib, current results are providing positive results with around 70 to 80% of recipients responding to the treatment.

For further details of the result and the results gained visit:

<https://news.cancerresearchuk.org/2021/10/01/new-drug-available-for-rare-thyroid-cancer-on-nhs-in-england/> dated 1st October cited 4th October 2021

Galleri Trial

The world's largest trial into the early detection of over 50 types of cancer including lung, bowel, pancreatic and head and neck, has started in the UK. The Galleri test will involve 140,000 people aged 50 to 77, with the first results expected in 2023, it could then be opened up to a further 1 million people in 2024 and 2025.

The aim of the test is to identify fragments of DNA that shred from the tumour with the hope that detecting these cancers at early stages they will be more treatable. Previous research showed the Galleri test picked up 67% of the pre-specified cancers that amount to 41% of all cancers in the UK and the US. Prof Peter Sasieni, the director of the Cancer Research UK and King's College London cancer prevention trials unit said "The test could be a gamechanger for early cancer detection and we are excited to be leading this important research. Cancer screening can find cancers earlier, when they are more likely to be treated successfully, but not all types of screening work."

Source:<https://www.theguardian.com/science/2021/sep/13/nhs-england-announces-large-scale-trial-of-potential-early-cancer-test> cited 30.9.21

Cancer Targets Missed

According to Cancer Research UK, over the last 6 years targets have been missed for around 55,000 patients. Several reasons have been attributed to this including people not presenting with early symptoms or not turning up for scans, workforce shortages and of course the impact of Covid-19.

For full details of the report visit:

<https://news.cancerresearchuk.org/2021/09/22/cancer-target-missed-for-55000-patients-over-six-years/> cited 5.10.21

Hormone therapy gets green light for advanced prostate cancer

The National Institute for Health and Care Excellence (NICE) has approved apalutamide (Erleada) in combination with hormone treatment for some prostate cancer patients in England. The therapy will be available for adults with advanced hormone sensitive prostate cancer that has spread to other parts of the body. Furthermore, according to NICE the drug will only be an option for patients if the chemotherapy docetaxel is not suitable or cannot be tolerated. For further details of this new treatment visit:



<https://news.cancerresearchuk.org/2021/09/14/hormone-therapy-gets-green-light-for-advanced-prostate-cancer/> dated 14.9. 2021 cited 4.10.21

New drug for secondary breast cancer

AstraZeneca have announced "groundbreaking" results with their new drug Enhertu. The third phase of the drug trial compared results when treating HER2-positive metastatic breast cancer in around 500 patients and found that the risk of death or disease progression was reduced by 72%.

Susan Galbraith, executive vice president of Oncology R&D at AstraZeneca, said: "Today's results are ground-breaking, and illustrate the potential for *Enhertu* to transform more patient lives in earlier treatment settings."

Source: <https://www.independent.co.uk/news/health/breast-cancer-drug-enhertu-astrazeneca-b1922771.html> cited 5.10.21

Cancer Awareness

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 in the UK.

Symptoms 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.

For information and support on lung cancer visit: <https://www.roycastle.org/> cited 27.9.21

Movember are a wonderful charity tackling the premature death of men. Mental Health and Suicide Prevention, Prostate cancer and testicular cancer their taking them all on! Since 2003, they have funded more than 1,250 men's health projects around the world.

For more information on Movember and the fantastic work they do visit:

<https://movember.com/?home> cited 4.10.21

November is Mouth Cancer Action Month.

Around 8,300 people are diagnosed with mouth cancer each year in the UK, which is about 1 in every 50 cancers.

Symptoms of mouth cancer can include:

- sore mouth ulcers that do not heal within several weeks
- unexplained, persistent lumps in the mouth that do not go away
- unexplained, persistent lumps in the lymph glands in the neck that do not go away

For information on how to spot mouth cancer, possible risk factors and the blue lips selfie campaign visit: www.dentalhealth.org/mouthcancer cited 4.10.21

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 28.9.21

**Pancreatic
Cancer
UK**

Urgent Investment needed in NHS cancer workforce – Autumn Spending Review

According to Macmillan Cancer Support, Covid-19 exposed a terrible strain on the NHS cancer workforce and they are now calling on the Government to secure additional provision to recruit new and support existing NHS staff. To ensure this is brought to the forefront of Government discussion, they are asking individuals to sign their petition and full details of their findings and how to sign the petition can be obtained by visiting: <https://petition.parliament.uk/petitions/596566> cited 30.9.21

**Sign our
petition**



Our services

NHS Living with and beyond cancer

The Dudley Group If you have received a cancer diagnosis and would like to meet other people in similar situations why not join the Living with and beyond cancer group.

The group will be held at White House Cancer Support on the first Thursday of each month between 2pm - 4pm starting Thursday 6th January.

The group will be run by the living with and beyond cancer team based at Russell's Hall Hospital and if you would like any more information about the group they can be contacted on 01384 456111 ext 5315 or by email dgft.lwbc@nhs.net

Lung cancer event

On Monday 22nd November between 9am - 12pm at White House Cancer Support the Lung Cancer Nursing Team will be hosting an event.

The event will offer support, symptom management and information about lung cancer. Alongside the nursing team there will also be a specialist physiotherapist and Macmillan Citizens Advice.

There is no need to book anyone is more than welcome to drop in.



Complementary therapy's

Did you know we offer complimentary therapies here at White House Cancer Support? These therapies include Reiki, Aromatherapy, Massage 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
- Aid with better sleep

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

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

Bereavement Hub Services

The death of a loved one, or the 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. Our bereavement hub is run by trained volunteers and offers the chance for you to express your feelings and share experiences with others who are experiencing loss and grief. The hub is held at White House Cancer support and the second Monday of each month between 2pm - 4pm, they are free to attend and no booking is needed. They are a great space where you can access specialist and general information about other services you may find useful.



Fundraising and events

Special thanks to Superfast I.T.



White House Cancer Support would like to express our sincere thanks to James Cash and his team for all the expertise and support the Stourbridge based IT company have provided to the charity over several years. In support of those affected by a cancer diagnosis, James provides discounted IT support to White House Cancer Support, saving the charity several thousands of pounds each year.

Again, thank you Superfast IT, your services we highly recommend and your support is highly valued. Get in touch with James if you know a business looking for IT support: james.cash@superfast-it.com



Garfield Weston Foundation

Garfield Weston
FOUNDATION

Sincere thanks to the Weston Family and the Trustees of the Garfield Weston Foundation for their recent award of £15,000 to help support the core costs of the charity.

We thoroughly appreciate that demand for support from the Foundation continues to remain high therefore, this one off donation is received with much gratitude by everyone connected to White House Cancer Support

West Midlands County Cooperative

Special thanks to the West Midlands County Cooperative teams for the continued support and funds they provide to the charity and the local community. Recently, funds to the tune of £790 were donated to White House Cancer Support and in support of the local community and despite recent inclement weather, teams from across several stores and services undertook a litter pick in the Kingswinford area.

Another litter pick is planned for November and full details will be available on our website and social media platforms for those wishing to get involved.



Marathon

We would like to say a massive 'Thank You' to Lisa Kendrick who ran the Dorney Marathon on Sunday 3rd October to raise funds for White House Cancer Support. Lisa ran the marathon to raise funds for us in memory of her late father who had been supported by the charity. She smashed her target and ran the 26 miles in an incredible time of 3:29!! I'm sure you will all join us in thanking Lisa for her support and congratulating her on her achievement.



WHCS upcoming events

WHCS Fashion Show

Why not bag a bargain or buy your early Christmas gifts at White House Cancer Support Fashion Show. Taking place on Thursday 18th November at Netherton Sports & Social Club from 7pm. Tickets are £7 each and can be purchased from White House Cancer Support reception. Tickets are going fast but we do have limited numbers still available.



Christmas Trip to Oxford Victorian Christmas Market

We are now able to offer a limited amount of **free** tickets for the coach trip to Oxford Christmas Market on Monday 13th December. The coach will leave WHCS at 9am and return at roughly 6pm. Tickets are available on a first come first served basis.



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.

<u>Breast Cancer Care Group - 2pm</u> The White House	Tuesday 9th November	Open meeting
	Tuesday 14th December	Christmas Party
	Tuesday 11th January	Open meeting
<u>Gynae Cancer Group - 2pm</u> The White House	Thursday 25th November	Open meeting
	Thursday 16th December	Christmas meal
	Thursday 20th January	Bring and buy sale
<u>Prostate Cancer Group - 2pm</u> The White House	Tuesday 16th November	Open meeting
	Tuesday 21st December	Open meeting
	Tuesday 18th January	Open meeting
<u>Rainbow Breast Reconstruction Group - 10:30am</u> The White House	Thursday 18th November	Open meeting
	Thursday 16th December	Open meeting
	Thursday 20th January	Open meeting
<u>Skin Cancer Group - 11am</u> The White House	Thursday 11th November	Open meeting
	Thursday 9th December	Open meeting
	Thursday 13th January	Open meeting
<u>Upper GI Group - 2pm</u> The White House	Thursday 2nd December	Open meeting
<u>Sedgley & Gornal Group</u>	Currently no meetings	
<u>Stourbridge Group</u>	Currently no meetings	
<u>Halesowen Group</u>	Currently no meetings	

Weekly activities

Relaxation - Monday 2pm - 3.45pm
 Relaxation - Thursday 10am - 11:15am
 Exercise for Health & Wellbeing - Wednesday 10am - 12pm (currently unavailable)
 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.

Date	1st	2nd	3rd
23rd July	270	367	220
30th July	321	245	156
6th August	190	266	282
13th August	25	285	183
20th August	54	53	47
27th August	264	183	270
3rd September	41	139	137
10th September	43	66	9
17th September	307	25	188
24th September	132	82	139
1st October	282	47	99



In Loving Memory of

<i>Florence Malpass</i>	<i>Margaret Green</i>
<i>Doreen Dickinson</i>	<i>Shirley Chenery</i>
<i>Frank Whitehead</i>	<i>Margaret Biddlecombe</i>
<i>Colin Davies</i>	<i>Andrew Whale</i>
<i>Gwendoline Edwards</i>	<i>Sharron Henley</i>
<i>Stephanie Wood</i>	<i>Patricia Davis</i>
<i>Margaret Griffin</i>	<i>Patricia Currin</i>



Christmas raffle



Tickets enclosed for the annual **White House Cancer Support** Christmas draw tickets are **£5 a book** or **£1 per ticket**. Prizes are as follows
1st - £200, 2nd - £100, 3rd - £50.

Also, tickets now available to purchase at **White House Cancer Support** reception for our annual **Christmas hamper raffle** draw.

Both will be drawn on **Wednesday 22nd December**



Follow us on social media



whitehousecancersupport



White House Cancer Support



@WHCancerSupport



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