



**On behalf of the Directors, staff members and volunteers of White House Cancer Support may we take this opportunity to wish all supporters and users of our services, both past and present, a Happy and Healthy 2024**

### **Paul Singh—Welcome to the Board of Directors**

I am sure you will all join us in welcoming our newest Board Member, Mr Paul Singh.

Working for the NHS, Paul is the strategic lead for inequalities and diversity however, for many years been a great supporter of the voluntary sector having served on several boards.

### **Addressing inequalities in Dudley borough in 2023**

Working with the Voluntary, Community, and Enterprise Sector (VCSE) in 2023, the NHS Integrated Care Board started to address health inequalities and raise awareness of cancer and cancer screening in Dudley borough and beyond and with the support of the VCSE successful engagement has been undertaken with the following communities:

- Men only and women only groups with mixed ethnicities
- Black and Afro Caribbean Ladies
- Mental Health lets chat groups
- Deaf Community
- Iris Project – Sex Workers
- Sheltered Housing
- Sessions in the deprived areas
- Romany and Gypsy traveller
- Refugee and Migrants



Further to the above work, awareness sessions and supported engagement work within GP Surgeries was also carried out and by December 2023, awareness was raised in over 60 settings/groups with total contacts and conversations reaching over 1300 people. Moving forward the work is set to continue with focus being on raising awareness with homeless people, people with visual impairment, people with Learning Disabilities and those from the LGBTQ+ community.

Furthermore, from February 2024 the following areas will be hosting a cancer tour bus to continue to raise awareness to all members of the community:

- Monday 26th February—Morrisons, Union Street, Wednesbury
- Tuesday 27th February— Queen Square 1&2, Wolverhampton
- Wednesday 28th February—Park Street, WS1 1NP, Walsall
- Thursday 29th February—Foundation, High Street, Dudley
- Friday 1st March—New Square SC, B70 7PP, West Bromwich

### **Dudley borough—road and public transport update:**

Due to the upgrading of Dudley Bus Station and metro routes, several roads around the town centre have temporarily become one-way, with these roads also being used as a temporary bus station including Ednam Road therefore, access to the White House can only be gained from either direction via the A459

### **White House Cancer Support—office closure**

Please be aware that White House Cancer Support offices will be closed on the following dates:

Good Friday - 29th March 2024

Easter Monday - 1st April 2024

## **Moderna-Merck vaccine cuts odds of skin cancer recurrence in half, study finds.**

A vaccine shows promising results in treating the most deadly form of skin cancer, Moderna and Merck recently announced. Those with severe melanomas who received the vaccine alongside Merck's cancer drug Keytruda, were 49% less likely to die or have their cancer come back after three years than those who were given only Keytruda, the biotech companies said in a recent news release. Their findings are based on an ongoing randomised trial involving 157 patients with high-risk stage III/IV melanoma who first had surgery to completely remove cancerous growths. Patients received one milligram of the mRNA vaccine every three weeks for nine doses, and 200 milligrams of Keytruda every three weeks for about a year versus Keytruda alone for approximately a year. Further trials and work are planned for 2024 and 2025.

For further information visit: <https://www.cbsnews.com/news/merck-moderna-vaccine-skin-cancer-melanoma/?intcid=CNI-00-10aaa3a>

Article dated 14.12.23 cited 9.1.24



## **Can a capsule sponge change how we diagnose oesophageal cancer?**

The BEST4 trial, which started this week, will show if a capsule sponge ('pill-on-a-thread') test can be used to monitor people at high risk of oesophageal cancer. Ultimately, this could give the NHS a quick and simple way to screen for the disease and according to researchers, it would save thousands of lives every year.

Funded trials have shown that the capsule sponge test is safe and accurate.

After being piloted for people on endoscopy waiting lists in parts of England, Scotland and Northern Ireland, trials have shown that the capsule sponge test is safe and accurate and if the BEST4 trial is successful, the capsule sponge could become part of a national screening programme across the NHS, in the same way mammograms are used to screen for breast cancer.

To find out more about the trial and its results visit: <https://news.cancerresearchuk.org/2024/01/11/capsule-sponge-diagnose-oesophageal-cancer-barretts-oesophagus/>

Article dated 11.1.24 cited 12.1.24

## **NHS to put warnings about cancer symptoms on urinal mats in pubs and football grounds.**

The message "Blood in your pee? Contact your GP practice" will appear on mats as a way of urging men to seek help for the major symptom of bladder, kidney, and prostate cancer. Pubs, restaurants, shops, hotels, and sports stadiums will be among the public places using the mats, and men's workplaces will also be targeted.



Further information on this article can be found at:

<https://news.sky.com/story/nhs-to-put-warnings-about-cancer-symptoms-on-urinal-mats-in-pubs-and-football-grounds-13023532> dated 6.12.23 cited 15.1.24

## **Funding awarded to search for pancreatic cancer test.**

Scientists are to receive almost £100,000 from Cancer Research UK to search for a blood test to detect pancreatic cancer. The charity said that currently the majority of people with pancreatic cancer are diagnosed at an advanced stage when it is difficult to treat. To learn more about how the funding will be used visit: <https://www.independent.co.uk/news/science/scientists-cancer-research-uk-university-of-edinburgh-edinburgh-gps-b2470646.html> Article dated 29.12.23 cited 12.1.24



## Cancer News - latest results in England up to November 2023

According to Michelle Mitchell, Cancer Research UK's Chief Executive, every cancer wait time target in England has been missed and as a result thousands of cancer patients across the country face a more anxious and uncertain time. Despite the best efforts of NHS staff, many people are now waiting longer than they should to be diagnosed and treated. The last time all targets for cancer waiting times were met was as far back as 2015.

As stated by Ms Mitchell, "its vital that the UK Government delivers additional investment in NHS staff and diagnostic equipment, coupled with reform to cancer services. Without this, targets will continue to be missed, and patients will not receive the level of care that they deserve."

For full details of all targets visit: <https://news.cancerresearchuk.org/2024/01/11/cancer-waiting-times-latest-updates-and-analysis/> Article dated 24.11.23 cited 12.1.24

### NHS cancer bus tours country as over two in five wouldn't visit GP about possible symptom

An NHS double-decker bus is touring parts of the country from Monday to raise awareness of the signs and symptoms of cancer and urge people to visit their GP for potentially life-saving checks if they notice something unusual. The NHS cancer 'bus-ting' tour, in partnership with Stagecoach, comes as new survey data found that more than two in five people wouldn't make a GP appointment if they noticed a change they thought could be cancer. The survey of 2,000 adults also found a quarter would wait to see if a potential symptom gets better on its own or ignore it and hope it goes away. The giant blue bus is branded with striking messages to remind people that catching cancer earlier makes it more treatable, highlighting that of the 78 passengers that the bus can carry, 65 would survive cancer if found at the earliest stage. Teams of local NHS staff, charity workers and cancer survivors will be on board to share their expertise, provide expert advice to passers-by and help answer questions, discuss any worries, and get people directed to the right place. The bus really is a reminder that if you or anyone you know has any concerns or suspicions then always contact your GP.

For further information on the survey and the touring bus visit:

<https://www.england.nhs.uk/2023/11/nhs-cancer-bus-tours-country/>

Article dated 24.1.23 cited 10.1.24

### Appendiceal Cancer cause and risk factors.

Generally viewed as a rare form of cancer but appendix cancer starts when healthy cells in you're appendix mutate, grow out of control and form a tumour, but it is not certain what causes that process to begin however, there are risk factors associated with the cancer including:

- Age - it's more common in people 50 and over.
- Gender - women are more likely than men to develop it.
- Medical history - certain health conditions may increase your risk.
- Smoking - tobacco use can increase your risk of all cancers.

Symptoms of appendix cancer may include:

- Acute appendicitis: Most cases of appendix cancer are discovered during surgery for appendicitis.
- Increase in abdomen size/girth, bloating.
- Vague abdominal discomfort in the lower right abdomen.
- Pelvic discomfort.
- New hernias.
- Bowel obstruction.
- Changes in bowel habits.
- Ovarian masses.

For information about the colorectal and peritoneal oncology centre visit: [www.christie.nhs.uk/cpoc](http://www.christie.nhs.uk/cpoc)

The Christie information centre stocks a wide range of booklets free to patients, their families and carers and offers a free confidential service for anyone affected by cancer.

<https://www.christie.nhs.uk/media/eb4d4ux0/556-cancer-of-the-appendix-cpoc-october-2019.pdf>  
cited 15.1.24

# Cancer Awareness

## Black Country Integrated Care Board

Dedicated to helping local people stay healthy and look after their wellbeing all year round. The ICB website brings together information about the range of local NHS services available if you, a family member, or someone you care for is unwell or injured, so that you can choose the right service for your needs, first time. Furthermore, via the site you can also find information about various health campaigns plus, you can get up-to-date advice and information on a range of topics.

Further information is available at: <https://blackcountry.icb.nhs.uk/your-health>

World Cancer Day 2024

Sunday 4th February

To find out what is happening nationally and internationally, visit: <https://www.worldcancerday.org/>



## 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)

## 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
- Tiredness



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 about symptoms and for support for those living with Ovarian cancer Ovacome have a range of services, more information can be found at <https://www.ovacome.org.uk/>

## White House Cancer Support - Bereavement Hub Services

Due to a lack of interest in anyone attending the monthly bereavement hub, we have decided to postpone all future meetings until further notice. 1-2-1 counselling support is still available for those affected by bereavement please call us on 01384 231232 for more information.



# Fundraising and events

## Winners of the Christmas Raffle

**Drawn on the 22nd December 2023 the raffle prizes were awarded as follows:**

1st prize of £200 - won by

2nd prize of £100 - won by

3rd prize of £50 - won by

Our online funding platform with Peoples Fundraising has helped us raise over £13,780!



To donate you can visit

<https://>

[www.peoplesfundraising.com/](https://www.peoplesfundraising.com/)

[wall/white-house-cancer-support](https://www.peoplesfundraising.com/wall/white-house-cancer-support) or scan the QR code

We would like to say a massive 'Thank You' to Iris Higgitt who baked a wonderful array of Christmas cakes that were sold or raffled to raise funds for the charity. The total amount raised was £325 and I'm sure the cakes were enjoyed by many!

We are sure you will join us all in thanking Jan Slim who has held her second coffee morning in aid of the charity and raised a £639. We would like to thank Jan and all those that have supported her events which have raised a total of £1531.50.

## Recent Donations

No matter how large or small, we would like to convey a special thanks to all individuals and organisations who support the charity and below are some of the contributions we have received throughout the year:

Saracens Head - £326.77

Pensnett Memory Box - £203

St Matthew's Church, Tipton who invited us to hold a tombola at their Christmas fayre raising £169.50

Fred Jones - £1300

Malcolm Perks - £1000

Fierce Hairdressing - £200

Deborah King - £71.02

Arcade Café - £21.62

Charlton House - £74.92

**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.**

As a charity we rely heavily on public donations, simply put we could not do the work we do, supporting local people affected by cancer without your help. There are many ways to help such as suggesting us as a charity partner at your workplace, placing a collection tin in local shops, pubs, restaurant, or sports centre. You could even hold a fundraising event or raffle.



If you would like to speak to us about how you can help please call us on 01384 231232.

# Lets get together

All White House Cancer Support groups and activities are open to anyone affected by cancer, are free to attend and there is no need to book. Please feel free to just come along. Should you require more information please give us a call on 01384 231232.

<b><u>Breast Cancer Care Group - 2pm</u></b> The White House	Tuesday 13th February Tuesday 12th March Tuesday 9th April	Open meeting Open meeting Open meeting
<b><u>Gynae Cancer Group - 2pm</u></b> The White House	Thursday 15th February Thursday 21st March Thursday 18th April	Fish and Chip lunch - 1pm Anna Hudson & Sarah Homer - Ovacom Open meeting
<b><u>Prostate Cancer Group - 2pm</u></b> The White House	Tuesday 20th February Tuesday 19th March Tuesday 16th April	Open meeting Open meeting Open meeting
<b><u>Rainbow Breast Reconstruction Group - 10:30am</u></b> The White House	Thursday 15th February Thursday 21st March Thursday 18th April	Open meeting Open meeting Open meeting
<b><u>Skin Cancer Group - 11am</u></b> The White House	Thursday 8th February Thursday 14th March Thursday 11th April	Open meeting Open meeting Open meeting
<b><u>Upper GI Group - 2pm</u></b> The White House	Thursday 7th March	Open meeting
<b><u>Halesowen Group Meetings - 12pm</u></b> Halesowen Library	Wednesday 14th February Wednesday 13th March Wednesday 10th April	Open meeting Open meeting Open meeting

## Weekly activities

WHCS Choir - Monday 11:45am - 1:15pm

Open Support Group - Monday 1:30pm - 3.45pm

Art Therapy - Wednesday 2pm - 4pm

Yoga - Wednesday 10:30am - 11:30am

Relaxation - Thursday 10am - 11:15am

Craft Group - Friday 11am - 1pm



# General information

## White House Weekly

Our weekly lottery helps us raise over **£70** every week! If you would like to be in with a chance of winning up to **£50**, call us for more information. Recent winners are as follows:

Date	1st	2nd	3rd
3rd November	285	103	26
10th November	349	216	333
17th November	60	47	132
24th November	153	129	113
1st December	383	282	310
8th December	317	138	47
15th December	321	129	307
22nd December	132	246	349
29th December	270	385	137
5th January	371	129	238
12th January	187	44	188
19th January	37	317	153
26th January	321	383	41



## *In Loving Memory of*

*Elise Willetts  
Dorothy Rowley  
Ann Carney  
Churh Singh  
Michael Pritchard  
Mark Kear  
Tracy Round*



## Summer trip



Join us on a coach trip to Bourton-on-the-water on Tuesday 13th August 2024. The coach will leave White House Cancer Support at 9am and return around 4pm. Tickets are £20 per person, to book your place call us on 01384 231232 or email [info@support4cancer.org.uk](mailto:info@support4cancer.org.uk)

## Follow us on social media



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



White House Cancer Support



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



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