



Welcome to Lynn Smith recently elected to the Board of Directors

Happy New Year to all our readers and I would like to invite you all to join me in welcoming the latest addition to the Board of Directors for White House Cancer Support, Lynn Smith. As a retired nurse and practicing reflexologist with the charity, Lynn has a range of skills and knowledge that has and will continue to benefit those we support.

Community Diagnostic Centres

Two community diagnostic centres have been opened in the Black Country to help speed up diagnostic tests for patients.

Community Diagnostic Centres (CDCs) are key to transforming current care delivery by providing access to “right first time” diagnostics and treatment services closer to patients’ homes. They have played an important role in supporting the Black Country to become one of the first systems in the country to eliminate 104-week referral to treatment waiting times. The centres, one at the Corbett Outpatient Centre in Dudley and one at Cannock Chase Hospital in Cannock, aim to improve patient outcomes in areas such as cancer, stroke and heart disease, as well as provide quicker access to testing and results for patients in their community.

- As well as helping to cut waiting times for patients receiving scans and other tests, CDCs also offer:
- A one-stop diagnostic location to allow patients to have all tests in one place (where appropriate)
- Separate emergency diagnostics from planned/elective diagnostics
- A location away from an acute hospital site
- A focus on locations with greatest population need
- Easy access for patients
- Connection with primary, secondary and community care

Support for increasing workforce numbers by offering training capacity.

There are plans to deliver at least two more CDCs in the Black Country in the future.

Visit: <https://blackcountryics.org.uk/news-and-documents/our-successes> cited 7.1.25

Major plan to cut waiting lists will see millions receive faster diagnosis and treatment

Hundreds of thousands of patients will be able to get directly referred and booked in for tests, checks and scans by their GP for a range of conditions as part of a radical new plan set to be launched by the NHS and government in January 2025.

As part of the government’s Elective Reform Plan, millions of people will receive quicker diagnosis and treatment to deliver routine care to nine in ten patients within 18 weeks. Furthermore, under the upgraded services, patients could receive their diagnosis weeks earlier with NHS chiefs vowing to boost patient experience and end the cycle of people getting stuck waiting between GP referrals and hospital appointments.

The plan will see more patients receiving a same day service with a follow up consultation on the same day as their diagnostic test or scan. Under the reforms, thousands more patients will receive a diagnosis and treatment date within a single day, providing people with peace of mind or a clear way forward for their treatments.

The plan will also ensure that people are as fit and prepared as possible for treatment while they wait for an operation etc.

To find out more about the plan visit: <https://www.england.nhs.uk/2025/01/major-plan-to-cut-waiting-lists-will-see-millions-receive-faster-diagnosis-and-treatment/>

Article dated 4 January, 2025, cited 8.1.25

Office closure

Due to the Easter holidays, White House Cancer Support will be closed on the following days:

Friday 18th - Monday 21st April 2025



New oesophageal cancer screening trial begins testing the capsule sponge.

A pivotal trial to determine whether we can use a quick 'pill-on-a-thread' test to screen people with chronic heartburn for early signs of oesophageal cancer is now underway.

BEST4 Screening is the culmination of more than 20 years of research into the capsule sponge test, which was developed by Professor Rebecca Fitzgerald, director of the Early Cancer Institute at the University of Cambridge.

Though it starts out as a pill, Fitzgerald's invention changes into a small sponge after being swallowed. When it's pulled back up with the attached thread, the sponge collects cells from the oesophagus (the food pipe) for lab testing.

Previous trials have shown that the capsule sponge is much more effective at finding Barrett's oesophagus, a rare condition that can lead to oesophageal cancer, than current options.

The most common symptom of Barrett's oesophagus is heartburn, so BEST4 Screening will recruit 120,000 people in specific age groups who regularly take heartburn medication. With funding from Cancer Research UK, the trial will find out whether the capsule sponge test can help find more cases of Barrett's oesophagus, prevent cancers and save lives as part of a national oesophageal cancer screening programme.

"The capsule sponge is changing how we detect Barrett's oesophagus and oesophageal cancer," says Fitzgerald, one of BEST4's two principal investigators as, "catching it earlier can save lives and reduce the need for chemotherapy and surgery to remove the oesophagus. Thousands of people have already benefited in trials and pilot programmes, and now we're taking the test to the next level to see if we could offer this to everyone with heartburn."

Why we need to diagnose oesophageal cancer earlier

Roughly 1 person out of every 50 diagnosed with cancer in the UK has oesophageal cancer. It's the 14th most common cancer across the country, with around 9,400 new cases each year. But those statistics don't tell anything close to the full story. Oesophageal cancer kills a disproportionate number of people as, oesophageal cancer often takes a long time to cause clear symptoms, so most people are diagnosed after it has already begun to grow and spread to other parts of their body. At that point, there's much less doctors can do to treat it. As a result, oesophageal cancer causes 1 out of every 20 deaths from cancer. It's the UK's 7th leading cause of cancer death.

But there's a way to change that. Many oesophageal cancers develop from Barrett's oesophagus, so, by giving us a better way of identifying Barrett's oesophagus, the capsule sponge test could put doctors in position to catch more oesophageal cancers early, when treatment is much more likely to be successful. The test could even give us a window to stop some oesophageal cancers developing in the first place. To find out more about visit: <https://news.cancerresearchuk.org/2024/11/28/best4-capsule-sponge-oesophageal-cancer-screening-trial/>

Article dated 28 November 2024, cited 7.1.25



2025 WORLD CANCER DAY

The World Cancer Day 2025's campaign "United by Unique" is about placing people at the centre of cancer care. United in our goals, unique in our needs. That is the World Cancer Day credo that will be heard around the world in the lead up to and on 4 February 2025.

Cancer News

Southampton scientists switch focus and make a key discovery that could make immunotherapy more effective

Immunotherapy is a type of treatment that uses our immune system to fight cancer, but it does not work for everyone and in many patient's, it can stop being effective over time.

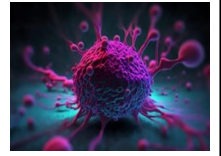
A team of our researchers at the University of Southampton, led by Professor Gareth Thomas, have been examining the types of cells that surround tumours — cancer associated fibroblasts — to identify features that stop the treatment from working.

Now, in a new paper published in *Molecular Cancer*, the research team have made a significant discovery that could help make immunotherapy more effective and improve outcomes across multiple cancers.

To learn more about this exciting research visit:

<https://news.cancerresearchuk.org/2025/01/07/key-discovery-could-make-immunotherapy-more-effective/>

Article dated 7 January 2025, cited 7.1.25



Diet and cancer

With the start of the new year, most of us will promise ourselves that we will lose more weight, but did you know that by eating a healthy and balanced diet can also help us to reduce the risk of cancer. Over many years Cancer Research UK has highlighted that there are certain foods which have links to some cancers however, we also know that there are many foods that can help us prevent and/or help us fight cancer. To learn more about diet, nutrition and which foods can help support us in our fight against cancer visit: <https://www.cancerresearchuk.org/about-cancer/causes-of-cancer/diet-and-cancer> Cited 8.1.25



Cancer Awareness Months for February/March/April 2025.

February – Kidney Cancer Awareness Week and Oesophageal Cancer Awareness Month.

March - Brain Tumour/Colorectal Cancer/Kidney Cancer/Ovarian Cancer and Prostate Cancer Awareness Month.

April - Bowel Cancer and Testicular Cancer Awareness Month.

More details of these can be found on our social media pages.

Bowel cancer could be reduced with an extra glass of milk

It's common knowledge that calcium is important for strong bones and teeth, but could it help decrease the risk of bowel cancer?

According to new research funded by Cancer Research UK, consuming an additional 300mg of calcium (about the amount in a large glass of milk) a day could be linked to decreasing the risk of bowel cancer by 17%

Using data from more than 500,000 women to investigate the link between 97 dietary products and nutrients and bowel cancer risk over an average time of 16 years. Led by researchers from the University of Oxford, they found that consuming foods rich in calcium, like milk and yoghurt, was linked to a lower



risk of developing bowel cancer; this was also true for non-dairy calcium sources, like dark green leafy vegetables. Dr Keren Papier, lead researcher for the study stated "this is the most comprehensive single study ever conducted into the relationship between diet and bowel cancer, and it highlights the potential protective role of calcium in the development of this disease and therefore, it is likely that calcium is an important factor in helping reduce the risk of bowel cancer. To learn more about the study visit:

<https://news.cancerresearchuk.org/2025/01/08/bowel-cancer-risk-could-be-reduced-from-an-extra-glass-of-milk/> Article dated 8.1.25, cited 8.1.25

Cancer Awareness

Black Country ICB News - Community Cancer Champions

Cultural barriers and a lack of awareness about “what cancer is”? in communities can often lead to late diagnosis and poorer survival rates. We will look to address these issues through a proactive community engagement training programme.

The key main areas that we will look at are;

- Health and Wellbeing
- Cancer Prevention and Early Diagnosis
- Cancer Screening Programmes
- Signs and Symptoms
- Living well and beyond Cancer

This training will aim to improve early diagnosis of cancer by breaking down fear and barriers. It will give participants the knowledge and confidence to have conversations in their community about cancer prevention, myth busting and early diagnosis.

This training runs over 2 sessions, and both sessions must be completed.

If you would like more information about the training and future training dates, contact:

Kassandra.styche@nhs.net or visit: <https://blackcountry.icb.nhs.uk/news-and-events/events/event-details?occurrenceID=1820> Article cited 7.1.25

Early cancer diagnosis in England reaches highest ever level

The proportion of patients being diagnosed with cancer at an early stage in England has risen to its highest ever level, according to new NHS analysis. Latest data on 13 of the most common cancers, such as breast, prostate and lung cancer, shows that nearly three in five patients are now being diagnosed at stages one or two, when the cancer is easier to treat.

The increased number of cancers being caught earlier follows a major drive by the NHS over the last two years to encourage millions of people to come forward for potentially life-saving checks, especially those who may be at higher risk because of hereditary or lifestyle factors. Rapid cancer registration data shows that 120,958 of the 206,038 common cancers (58.7%) diagnosed between September 2023 and August 2024 were identified at an early stage – an improvement of 2.7 percentage points on pre-pandemic levels, corresponding to an estimated additional 7,000 patients diagnosed at an early stage.

Among the initiatives rolled out by the NHS to help catch more cancers earlier are its innovative NHS Lung Health Check (Targeted Lung Health Check Programme (TLHC)) and Liver Health Programmes along with hi-tech mobile scanning trucks and vans going into the heart of communities to offer in-depth checks to people at shopping centres, sports stadiums, food banks and supermarket car parks. As a result, data now shows that more than 5,000 people have been diagnosed with lung cancer earlier via the TLHC programme, since it was launched in 2019.

Dame Cally Palmer, National Cancer Director for NHS England, said: “Lives are saved when cancers are caught early – and following a major drive on early detection in recent years, it’s really encouraging to see more people than ever are now being diagnosed at an earlier stage but there is still much more to do.” To learn more about the report and recent data visit: <https://www.england.nhs.uk/2025/01/early-cancer-diagnosis-in-england-reaches-highest-ever-level/>

If anyone you know is worried that they might have signs or symptoms of cancer, please encourage them to get checked – the NHS is there for people and wants to see them at the earliest opportunity.

Report published 2 January, 2025, cited 7.1.25

Fundraising and events

We would like to say a massive Thank you to Jade Roach who has recently raised £850 for the charity by raffling a selection of hampers. Jade chooses to support the charity provided to a family member, we are extremely grateful and are sure you will all join us in thanking Jade for her support.

We would like to thank Iris Higgitt for her recent donation of £385 from the recent sale of her fabulous Christmas cakes. Iris also donated a cake for our Christmas raffle that raised a further £104, we are sure you will all join us in thanking Iris for her support.



We are sure you will join us in thanking the staff and patrons of the Forester Arms, Wollaston for their recent donation of £525.00 following their fundraising activities.

We would like to extend our sincere thanks to the staff and patrons of The Saracens Head, Stone Street, Dudley. Their continued support has blown us away and since being chosen as their charity partner they have raised an amazing £5,797.82!!



We are sure you will all join us in thanking the team at Beau Boutique, Lower Gornal for their recent donation of £108. The team very kindly have one of our collection cans in the store and we would like to thank them and their customers for their continued support.

Did you know our collection cans help us raise over £4000 a year!! If you or someone you know is part of a sports club, runs their own business or has another opportunity for us to place a collection can please call our team on 01384 231232.

We are pleased to introduce you to Jane, a personal travel consultant who can help with all your travel needs.

Last year, Jane came to The White House following a breast cancer diagnosis to help support the work we do any holiday booked with Jane where you mention "The White House" the charity will receive a donation at no extra cost to you.

Janes travel planning services are entirely free, so whether you know exactly where you want to go or have just a few ideas, Jane is there to help you turn those dreams into a reality.

More details can be found on the below website

<https://notjustholidays.com/whitehousecancersupport>

Or by contacting Jane directly on 07980 474195 or email jane.bevan@notjusttravel.com



Lets get together

All of our group meetings and activities are free to attend and no prior booking is required. Please feel free to just pop along. If you require any further information please call us on 01384 231232.

<u>Breast Cancer Care Group - 2pm</u> The White House	Tuesday 11th February Tuesday 11th March Tuesday 8th April	Angela Furnival (Dimensions of Health Care) Open meeting Open meeting
<u>Gynae Cancer Group - 2pm</u> The White House	Wednesday 19th February Wednesday 19th March Wednesday 16th April	Valentine Tea with duo Second Chance Sarah Homer - Gynae CNS Flower arranging with Sue Cooper
<u>Prostate Cancer Group - 2pm</u> The White House	Tuesday 18th February Tuesday 18th March Tuesday 15th April	Open meeting Helen O'Donnell – Adults/Older People's Public Health Linzi Pearson – Healthwatch Dudley
<u>Rainbow Breast Reconstruction Group - 10:30am</u> The White House	Thursday 20th February Thursday 20th March Thursday 17th April	Open meeting Open meeting Open meeting
<u>Upper GI Group - 2pm</u> The White House	Thursday 6th March	Open meeting
<u>Halesowen Group Meetings - 12pm</u> Halesowen Library	Wednesday 12th February Wednesday 12th March Wednesday 9th April	Open meeting Open meeting Open meeting

Weekly activities

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

Relaxation - 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



White House Weekly

Date	1st	2nd	3rd
1st November	26	139	37
8th November	43	238	149
15th November	46	280	371
22nd November	11	285	311
29th November	113	310	192
6th December	188	37	337
13th December	177	373	333
20th December	367	54	46
27th December	385	55	87

Our online funding platform with Peoples Fundraising has helped us raise over £8,305.00!

To donate you can visit

www.peoplesfundraising.com/wall/white-house-cancer-support or scan the QR code.



General information

White House Cancer Support Lottery

It is with great regret that despite continuously advertising for new lottery members, the number of people wishing to participate in the White House Weekly Lottery continues to decline. After a great deal of consideration therefore, the Board of Directors have decided that before the lottery starts to cost the charity money, we will no longer continue with the draw.

We are fully aware that since its inception, several members of the lottery have participated with the view of providing some financial support to the charity and if members still wish to support the charity it would greatly appreciated. If members no longer wish to participate, please feel free to cancel your standing order with your bank or please contact us on 01384 231232 in the new year to let us know how you wish to be reimbursed.

White House Cancer Support Ltd would like to take this opportunity to once again say 'Thank You' to James Cash and his team at Superfast IT for their continued support.



Annually IT support costs can reach over £4000 however, SuperFast IT, a local firm based in Stourbridge, provide this support to the Charity free of charge; allowing us to spend money raised on those most needing our help.

Follow us on social media



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White House Cancer Support



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



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