



Black Country Integrated Care Board and Macmillan Cancer Support Annual Cancer Awards 2025

We are pleased to announce that in two categories, White House Cancer Support was nominated for two awards at the recent Annual Awards Event held on Thursday 13th March 2025. In the category of 'Team of the Year for Dudley' White House Cancer Support Drivers came runners up for all the marvellous work they undertake not only in supporting cancer patients with their home to hospital transport needs but for the kindness, care and professionalism they show on a daily basis to those needing their support. Narrowly missing winning the main award, White House Cancer Support Drivers were pipped to the post by another worthy service which was namely, the Home Chemotherapy Service however, I am sure everyone would agree that to us and the people of Dudley, they are all winners and along with all White House Volunteers richly deserve the praise they receive.

Secondly, our very own CEO, Caroline Webb working with partners across the Black Country won the 'Going Above and Beyond Award' for work carried out in raising awareness of cancer and breast cancer screening opportunities to Black African and Caribbean Women across Dudley and the Black Country. As a result of the Black Breasts Matter project, health inequality is being addressed, and we are seeing more ladies from diverse communities having greater awareness and presenting earlier to their GP's any concerns they may have. More importantly, working with partners including the ICB, work regarding addressing health inequalities continues for all communities and in respect of all cancers. Resources developed to raise awareness and support women from diverse communities through the Black Breast Matters Project is available on the ICB website:

https://blackcountry.icb.nhs.uk/have-your-say/get-involved/previous-consultations-and-engagement/black-breasts-matter?search_query=Black+Breasts+Matter



Volunteers Week 2nd - 8th June 2025



On behalf of White House Cancer Support, I would like to thank all our volunteers for the time and support you provide to the charity. Without your knowledge, experience and support the organisation would find it difficult to provide all the services and support currently given to cancer patients, carers and family members. To show our appreciation for your contribution, I will shortly be writing to all our volunteers to express both our thanks and to invite you and your families to a BBQ to be held at the White House. Additionally, Volunteers Week is closely followed by Carers Weeks and again, we would also like to acknowledge the role and work of carers across the country. Like Volunteers and Carers are the backbone of the UK and should be recognised and thanked accordingly by all.

Office closure

White House Support will be closed for the following bank holidays:

Monday 5th May 2025

Monday 26th May 2025



Cancer Awareness

Manchester scientists discover simple blood test to spot skin cancer returning.

Affecting around 17,500 people annually, melanoma is the most serious form of skin cancer and unfortunately cases are on the rise. For most people diagnosed with melanoma, if caught early the cancer is often successfully removed by surgery but in a small number of cases, for some patients, the cancer will return however, now thanks to a new blood test developed by Cancer Research UK scientists, patients most at risk of a relapse can be identified early with further treatment being provided for those who need it. To learn more about the research visit:



<https://news.cancerresearchuk.org/2025/03/20/manchester-scientists-discover-simple-blood-test-to-spot-skin-cancer-returning/>

Report dated 20 March 2025, cited 24.3.25



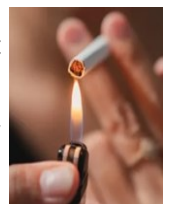
NHS offers new drug to stop children and teenagers losing their hearing after chemotherapy.

A first-of-its-kind drug that protects the hearing of babies, children and young people undergoing cancer treatment has been approved for NHS use in England. The SIOPEL-6 study shows that sodium thiosulfate (Pedmarqsi) almost halves the percentage of children and teenagers losing their hearing. The National Institute of Health and Care Excellence (NICE) has now recommended the use of the drug to NHS England resulting in children and young people being able to receive over the next few months.

To learn more about this work visit: <https://news.cancerresearchuk.org/2025/01/28/nice-recommends-pedmarqsi-sodium-thiosulfate-nhs-england/>

A key milestone passed: The Tobacco and Vapes Bill completes report stage and third reading stage in the House of Commons

Smoking is still the biggest cause of cancer in the United Kingdom and although smoking rates have been declining since the 1970s, around 6 million people in the UK still smoke. It is certain that without wider intervention, smoking rates will not fall on their own and that to achieve a smokefree UK (less than 5% of the population smoking), further government action is critical and this is why Cancer Research UK, alongside other partners and supporters have been campaigning for over a decade to end cancers caused by smoking with prevention being part of the solution by ensuring people never start smoking in the first place and the Tobacco and Vapes Bill offers a unique opportunity to do just that.



Therefore, after hours of debate in the House of Commons, Members of Parliament (MPs) voted in favour of the Tobacco and Vapes Bill during its Third Reading. This brings the country one step closer to preventing people born on or after 1 January 2009 from ever legally being sold tobacco and helping to create the first ever smokefree generation. The Bill is comprehensive, and in addition to the landmark age of sale legislation, it includes regulations to reduce the appeal of vapes to young people.

Report dated 27.3.25 cited 1.4.25 via <https://news.cancerresearchuk.org/2025/03/27/tobacco-and-vapes-bill-third-reading/>

Cancer Awareness

There are a number of cancer awareness months and their associated activities will be featured throughout a variety of media outlets. Unfortunately, we do not have the capacity to feature and profile each specific cancer, we have below highlighted a few however, greater details concerning all specific cancers and their awareness raising activities will be featured on our social media pages throughout the year.

Sun awareness week – 12th – 18th May 2025

Sun Awareness is the British Association of Dermatologists' annual campaign to raise awareness of the damage the sun can cause to skin, how to protect your skin and the increased risks of skin cancer.

Advice for being safe in the sun includes putting on sunscreen at least 30SPF and at least 4-star UVA protection, wearing a hat, and covering up where possible.

Over-exposure to the sun's rays can cause serious damage to your body, with two common types of cancers (non-melanoma and melanoma). Symptoms of skin cancer include: a sore or area of skin that doesn't heal within 4 weeks, looks unusual, hurts, is itchy, bleeds, crusts or scabs for more than 4 weeks. For more information about skin cancer and the signs and symptoms visit <https://www.skincancer.org/skin-cancer-information/> cited 03.04.25



Sarcoma Awareness Month – July 2025

A sarcoma is an uncommon cancer that commonly affect the arms, legs and trunk but



can also appear in the stomach and intestines as well as behind the abdomen. It can affect the inside or outside of the body, including the muscle, bone, tendons, blood vessels and fatty tissues.

As with all cancers early diagnosis is key and symptoms of sarcoma can vary depending on the size and location of your tumour. You may experience a lump or swelling in the soft tissue of the body under the skin, often on the arm, leg or trunk. The lump may increase in size, be larger than 5cm and is usually painful, but not always. If you have any concerns about a lump or swelling, please contact, you GP as early as possible.

For anyone diagnosed with a sarcoma, Sarcoma UK are a great organisation with lots of information and details of support available on their website at www.sarcoma.org.uk/ cited 03.04.25

Dying matters week – 5th – 11th May 2025



This week aims to break down barrier around death and bereavement, encouraging people to talk about their death, matters that are important to them and raise awareness of support available to those who are grieving. Here at White House Cancer Support we offer a number of services that may assist with this including:

Will Writing Service

Working with Dunham McCarthy solicitors, we are offering a free online will writing service in return you will be asked to leave a gift in your will to the charity. This can be done via the following website www.mylastwill.co.uk/coupon/S2C

Alternatively, if you would prefer a face-to-face appointment to complete your will this option is also available.

1-2-1 counselling

Our emotional support service is provided by a team of counsellors who give 1:1 support to anyone affected by cancer including patients and those who have suffered loss as a result of cancer.

For more information on any of the above services please contact us on 01384 231232 or email info@support4cancer.org.uk

Fundraising and events

We would like to thank Jagir Kaur, one of our long standing service users who recently celebrated her 70th birthday. To mark the occasion she held a coffee morning and afternoon tea weekend to raise funds for the charity following the support she has received, and the event raised £360. We are sure you will all join us in thanking Jagir and agree it looks like they had a wonderful time.



We will be holding our fish and chip lunch on Thursday 7th August between 12:30pm and 2pm. Tickets will be £10 per person and include a mini fish and chips, bread and butter and drinks. Tickets can be purchased from reception, by phone 01384 231232 or email info@support4cancer.org.uk

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



Walking Football

Cancer Kickers Walking Football is taking place weekly at Birmingham County FA HQ, Ray Hall Lane, B43 6JF on a Wednesday 11am - 1pm. The sessions are led by qualified exercise instructors and a Level 4 cancer rehabilitation practitioner.

Sessions are free to attend and no booking is needed, it is suitable for all ages and abilities.

For more information please contact Kevin on 07813101672 or email cancerkickerswf@gmail.com

Peoples Fundraising

We would like to thank everyone who has made a donation via our Peoples Fundraising online platform. We have received donations of over £10,600 in the last year alone.

For anyone wishing to donate please visit the following website.

<https://www.peoplesfundraising.com/donation/white-house-cancer-support>



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.

Breast Cancer Care Group - 2pm The White House	Tuesday 13th May Tuesday 10th June Tuesday 8th July	Flower arranging with Sue Reiki/ Mindfulness - Tracey Kindon Open Meeting
Gynae Cancer Group - 2pm The White House	Wednesday 21st May Wednesday 18th June Wednesday 16th July	Fish and Chip Lunch Summer Trip Strawberry Tea
Prostate Cancer Group - 2pm The White House	Tuesday 20th May Tuesday 17th June Tuesday 15th July	Laura Martin - Dudley Stroke Association TBC Garden Party
Rainbow Breast Reconstruction Group - 10:30am The White House	Thursday 15th May Thursday 19th June Thursday 17th July	Open Meeting Open Meeting Open Meeting
Upper GI Group - 2pm The White House	Thursday 5th June	Open Meeting
Halesowen Group Meetings - 12pm Halesowen Library	Wednesday 14th May Wednesday 11th June Wednesday 9th July	Open Meeting Open Meeting Open Meeting

Weekly activities

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

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

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

Relaxation - Thursday 10am - 11:15am

Art Therapy - Wednesday 2pm - 4pm

Craft Group - Friday 11am - 1pm

Follow us on social media



whitehousecancersupport



White House Cancer Support



@WHCancerSupport



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