Cancer Support at The White House

Registered Charity No.: 1141904

White House Cancer Support Newsletter

November 2026 – January 2027

Local support • Stronger together • Brighter tomorrows

Chief Executive Officer's Forward

On behalf of White House Cancer Support, may I take this opportunity to offer all our readers festive greetings and wish you a happy and healthy 2027.

For members and supporters who were unable to attend October's Annual General Meeting, we can confirm that despite continuing challenges for all charities, White House Cancer Support continues to meet the needs of local communities affected by cancer. Moving forward, we will strive to ensure that everyone affected by the disease receives support for as long as required.

Additionally, the charity has recruited additional board members, and these individuals will be introduced to all readers in the next edition of the newsletter.

Macmillan Care Grant

Working in partnership, White House Cancer Support has recently received funding to support people with a cancer diagnosis who are also affected by other long-term medical conditions. Through this funding, and by working with voluntary and health-sector partners, we hope to make life easier for individuals and families affected by cancer and other conditions.

We are inviting people to tell us what could or can be done to make life easier for them and their families. If you are happy to share your experiences, please contact Kelly on **01384 231232** or email **kelly.macchiareli@support4cancer.org.uk**.

By working with others, we really can help improve the lives of people affected by a cancer diagnosis.

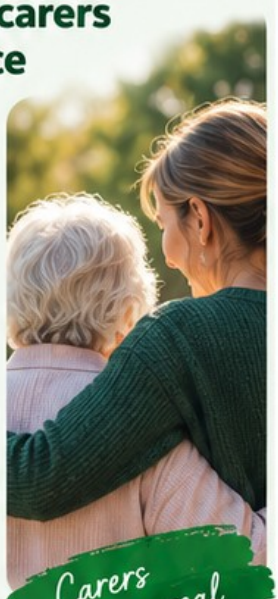
Christmas Closure

White House Cancer Support offices will be closed from 5pm, Wednesday 23rd December and will re-open 9am, Monday 4th January 2027. Telephone support will be available. Please visit **www.support4cancer.org.uk** for further details.

Community updates & events

Local news • Support • Events • Making a difference together

Dudley among first areas to pilot national survey giving unpaid carers a stronger voice



Dudley Council is one of six West Midlands local authorities piloting a new national survey of unpaid carers. The survey aims to better understand the experiences, needs and challenges of unpaid carers, and will help shape future care and support services.

If you are an unpaid carer, we encourage you to take part. Your views can help make a real difference for carers in Dudley and across the West Midlands.

The survey is open until **14th December.**

Find out more: **councilnews.dudley.gov.uk**

Article dated 15.10.26, cited 19.10.26

Grief Awareness Week

2nd – 8th December is National Grief Awareness Week. This is a time to raise awareness about grief, to remember loved ones and to encourage conversations about loss.

Help is available for anyone who is struggling with the loss of a loved one. At White House Cancer Support, we offer one-to-one support and a listening ear for those who need it. You are not alone.

Find out more:
macmillan.org.uk/cancer-awareness
or contact White House Cancer Support for one-to-one support.

Protect yourself this winter – Flu vaccination

Flu vaccination is one of the best ways to protect yourself and your loved ones from serious illness this winter. The NHS in Birmingham, the Black Country and Solihull is encouraging eligible residents to get vaccinated.

The flu jab is especially important for people who are more at risk, including:

- people with long-term conditions
- pregnant women
- people with weakened immune systems
- people aged 65 and over
- young children.

Learn more: **blackcountry.icb.nhs.uk**
Cited 19.10.26

Dynamics Rock and Pop Choir presents – Sleigh the Stage

Dudley Town Hall,
Sunday 20th December 2026,
7pm start.

Dynamics Rock and Pop Choir returns for an upbeat, feel-good family Christmas concert in support of White House Cancer Support.

Enjoy a fantastic evening of music with a live band, around 100 singers, a junior choir and a selection of festive favourites to get you in the Christmas spirit.

Tickets: £10
More details: **boroughhalls.co.uk**

Cancer news

Latest news • Information • Research • Hope

Breast cancer is the most common form of cancer in the UK – but it is rare in younger women

Women in their twenties accounted for only 250 (0.5%) of the 50,535 breast cancer cases in England in 2023, with only three women aged 19 or under diagnosed that year, according to the National Disease Registration Service.

NHS data recently examined by BBC Panorama suggests cancer in younger adults, including breast cancer, is increasing, so it is important to know the signs and symptoms.

Read more: **bbc.co.uk/news**
Published and cited 19.10.26

Cancer waiting times – latest updates and analysis

Testing, diagnosis and treatment starting quickly often reduces stress for people and their families. However, pressure on NHS cancer services continues, with the latest data showing that key waiting time targets were not met.

Faster Diagnosis Standard	Target missed
62-day referral to treatment standard	Target missed
31-day decision to treat standard	Target missed

Read more: **news.cancerresearchuk.org**
Article dated 12.10.26, cited 19.10.26

250,000-person study to investigate diet, lifestyle and the rise of bowel cancer in under-50s

Bowel cancer still mostly affects people aged 50 and over, but rates in younger people are rising, with England seeing the fourth fastest rise among high-income countries.

Researchers want to better understand how changes in lifestyle, diet and environment may affect the risk of bowel cancer in younger adults.

Find out more or take part: **news.cancerresearchuk.org**
Article dated 05.10.26, cited 19.10.26

If you are worried about symptoms or need support,
contact your GP or White House Cancer Support.

Cancer awareness months

Raising awareness • Spotting the signs • Supporting each other

November – Lung Cancer Awareness Month

Possible signs and symptoms

- A cough for 3 weeks or more
- A change in a cough you have had for a long time
- A chest infection that does not get better or repeated chest infections
- Feeling breathless and wheezy for no reason
- Coughing up blood
- Losing weight for no obvious reason
- Chest or shoulder pain that does not get better
- A hoarse voice for 3 weeks or more

November – Mouth or Oral Cancer Awareness Month

Possible signs and symptoms

- Ulcers or sores that do not heal in 3 weeks, affecting areas such as the inside of the cheeks, roof of the mouth, lips, gums or tongue
- Red or white patches in the mouth
- Lumps or thickened areas in the mouth
- Persistent pain or tenderness in the mouth
- Difficulty swallowing
- A persistent sore throat
- Numbness in the mouth or lips
- Loose teeth without an obvious cause

November – Pancreatic Cancer Awareness Month

Possible signs and symptoms

- Pain or discomfort in the upper tummy (abdomen), sometimes spreading into the back
- Signs of jaundice such as yellowing of the skin or eyes, itchy skin, dark urine, or pale and smelly stools that are difficult to flush away
- Unexplained weight loss
- Loss of appetite
- Feeling sick (nausea) or being sick (vomiting)
- Indigestion that is not relieved by usual medicines

January – Cervical Cancer Awareness Month

More than 3,200 women are diagnosed with cervical cancer each year in the UK.

Possible signs and symptoms

- Heavier periods than normal
- Vaginal bleeding between periods, after sex, or after menopause
- Unpleasant-smelling discharge
- Pain or discomfort during sex
- Repeated urine infections
- Pain in the lower tummy or back

Please remember:

these symptoms do not always mean cancer, but if you are concerned, speak to your GP. White House Cancer Support can also provide information and support.

Early awareness can save lives

Support groups & weekly activities

Local support • Stronger together • Brighter tomorrows

Support group dates

All of our group meetings and activities are free to attend and no prior booking is required. However, group plans can occasionally change, so if you are new to a meeting or activity we recommend calling **01384 231232** beforehand.

You are not alone

Group	Location	November 2026	December 2026	January 2027
Breast Care Group – 2pm	The White House	Tuesday 10th November – Open Meeting	Tuesday 8th December – Open Meeting	Tuesday 12th January – Open Meeting
Bowel Group – 2pm	The White House	Tuesday 24th November – Open Meeting	Tuesday 22nd December – Open Meeting	Tuesday 26th January – Open Meeting
Evening Support Group – 6pm	The White House	Tuesday 10th November – Open Meeting	Tuesday 8th December – Open Meeting	Tuesday 12th January – Open Meeting
Prostate Cancer Group – 2pm	The White House	Tuesday 17th November – (LWBC) A. Nichols	Tuesday 15th December – Christmas Party	Tuesday 19th January – T.B.A.
Rainbow Breast Reconstruction Group – 10:30am	The White House	Thursday 19th November – Open Meeting	Thursday 17th December – Open Meeting	Thursday 21st January – Open Meeting
Upper G.I Group – 2pm	The White House	–	Thursday 10th December – Open Meeting	–
Halesowen Group – 12pm	Halesowen Library	Wednesday 11th November – Open Meeting	Wednesday 9th December – Open Meeting	Wednesday 13th January – Open Meeting

Weekly activities

Relax • Be creative • Feel better together

Yoga
Wednesday
10:30am – 11:30am

Art Therapy
Wednesday
2pm – 4pm

Relaxation
Thursday
10am – 11:15am

Craft
Friday
11am – 1pm

Weekly open support group – Monday 1:30pm

Our weekly support group includes guest speakers on a variety of topics. Additional speakers may be added, so please check the latest details on White House Cancer Support social media pages.

Informative talks, shared experiences and support

- **Monday 2nd November** – Lymph Care
- **Monday 16th November** – Cross Roads – Sandwell
- **Monday 7th December** – Cancer Care Navigators
- **Monday 4th January** – Cancer Care Navigators
- **Monday 11th January** – Maria Hickman, Prostate Cancer CNS

Our services and fundraising

Local support • Stronger together • Brighter tomorrows

Volunteer transport service

Our volunteer drivers play a vital role in helping people affected by cancer to get to their hospital appointments, treatments, scans or check-ups.

We know that ongoing treatment can make travelling to and from hospital difficult, especially when driving is no longer an option and public transport can be time consuming or physically challenging. Our friendly and reliable volunteer drivers provide a safe, supportive and reassuring service, helping to make life a little easier at what can be a very difficult time.

> *"I have stage 4 cancer, so my treatment and hospital appointments are ongoing and will continue indefinitely. White House have supported me with transport for the last 18 months, since I had to stop driving. The cost of taxis and the length of a bus journey was not feasible. All your drivers have been amazing, so friendly, helpful and always on time. Your service has made a stressful and life-limiting journey a little easier.*
> *A huge thank you to you and all your volunteer drivers."*
> — **Sarah Noakes**

Our services

Supporting you through every step

- **Support groups**
- **Information and signposting**
- **One-to-one support**
- **Transport service**
- **Community activities**

Thank you for your support

We are very grateful to the following organisations and supporters for their donations. Your kindness helps White House Cancer Support continue to provide our services and support local people affected by cancer.

- **Goolde Estates**
- **Freemason's Grand Charity**
- **Halesowen Ramblers**
- **Half Penny Green (Collection tin)**
- **Saracen's Head**