



Thank you and welcome back!

White House Cancer Support Directors and Staff Team would first and foremost like to thank all our volunteers, members' and supporters for their continued support to the charity and the people it serves. It has been a difficult time for many individuals and their families and we have all been extremely saddened to hear of the impact and the loss that both cancer and covid-19 has had upon many people. I am sure everyone is in agreement that we owe a debt of gratitude to researchers and key workers alike for helping us to get through these difficult times and for bringing hope as, it would seem that to some degree we are now in a position to put the pandemic and its effects behind. It is with great pleasure therefore to announce, that White House Cancer Support continues to be open for business with full services resuming in line with government guidelines.

THE NHS is open for business

Public Health England is urging people who get worrying symptoms to have them checked out with their GP's after figures suggested that thousands of people in England could, as a result of the pandemic have undiagnosed cancer. A good example of this is lung cancer, as identified by Cancer Research UK in September 2020, as at least 14,000 fewer people than expected had been urgently referred for lung cancer tests and whilst towards the end of 2020; despite messages concerning awareness appearing to be getting through to the general public, the number of suspected lung cancer referrals were still down 30% compared to the same time the previous year. On behalf of everyone affected by a cancer diagnosis, we implore you. If you are someone you know has any symptoms, concerns or suspicions, it is imperative that you contact your GP immediately.

<https://www.cancerresearchuk.org/about-us/cancer-news/news-report/2021-02-17-thousands-of-lung-cancer-cases-going-undiagnosed-in-england> cited 6.4.21

Welcome to our most recent board member

White House Cancer Support would officially like to welcome to the Board of Directors our latest member, Nikki Fojan.

Nikki joined the board in early February and although a local resident of Dudley, she currently works nationally for Citizens Advice Bureau. Nikki has a range of experience working within the charitable sector and along with her current skills and experience, her knowledge and skill set will be extremely valuable in supporting the White House

2021 Bank Holidays

Please note that White House Cancer Support premises will be closed for the following bank holidays:

Early Spring Bank Holiday (May day) Monday 3rd May 2021

Spring Bank Holiday—Monday 31st May 2021

Summer Bank Holiday—Monday 30th August 2021



Cancer Awareness

Bladder Cancer Awareness Month

There are around 18,000 people diagnosed with bladder cancer each year in England alone, with a 55% surviving their cancer for 5 years or more.

Symptoms of bladder cancer include:

- Blood in urine
- Pain when urinating
- Needing the toilet more often
- Tiredness
- Lower back pain
- Unexpected weight loss
- Abdominal pain
- Incontinence



Sometimes symptoms can be overlooked but if you have any concerns you should contact your GP as soon as possible. Fight Bladder Cancer are a great organisation offering support, raising awareness, and campaigning for further research into bladder cancer.

For more information check out their website at www.fightbladdercancer.co.uk/

Skin Cancer Awareness Month

May is Skin Cancer awareness month and also Sun Awareness Week. These yearly campaigns involving organisations such as the British Association of Dermatologists', Cancer Research UK and Nivea encouraging people to regularly self-examine for signs of skin cancer and also inform people of the dangers of sunburn and excessive tanning.

Did you know almost all skin cancers are caused by over-exposure to UV radiation from the sun or sunbeds? Skin cancer is one of the most common cancers in the UK and in young adults aged 15-34.



Warning signs can include:

- A growth that increases in size and appears pearly, translucent, tan, brown, black, multi-coloured or looks different to other moles
- A mole, birthmark, beauty mark, or any brown spot that: varies in colour, changes in texture, irregular in outline, bigger than 6mm or 1/4"
- An open sore that doesn't heal

It's important you visit your GP as soon as possible if you notice a change in your skin. Further information can be found at:

<http://www.bad.org.uk/sun-awareness-campaign>

<https://www.cancerresearchuk.org/get-involved/become-a-partner/about-our-corporate-partnership-programme/nivea-sun>

Sarcoma Awareness Month

July is Sarcoma Awareness Month. 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. They can affect the inside or outside of the body, including the muscle, bone, tendons, blood vessels and fatty tissues.

As with any cancer early diagnosis is key. Symptoms of sarcoma include a lump or swelling in the soft tissue of the body under the skin, the lump may increase in size, be larger than 5cm and is usually painful.

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



Cancer blood test

NHS trials of the Galleri blood test are to begin this year. This test is said to detect a range of different types of cancers early by looking for abnormal DNA that is shed from cells into the blood. Trials in people who have already shown signs of cancer have already begun but is being extended to see if it can also spot cancer in people without symptoms.

The new test was developed by the company GRAIL and seems to be able to pick up cancer types that are considered difficult to diagnose early, including head and neck, ovarian, pancreatic, oesophageal and some blood cancers.

The study due to take place this year will involve 165,000 participants in total, 140,000 of which will be aged 50 to 79. This group will have no symptoms and will have annual blood tests for 3 years. A further 25,000 people who are referred to hospital with possible cancer symptoms will also be offered the test to see if this could speed up their diagnosis. Results from the study are expected to be released by 2023. If the results show that the test is picking up cancers early, the study will go on to recruit around 1 million people between 2024 and 2025.

Jodie Moffat, Cancer Research UK head of early diagnosis, did identify challenges that could arise from the test as it can be difficult to detect a very small amount of abnormal DNA. As the amount of DNA tends to increase as a cancer becomes more advanced the test is not currently very good at picking up stage 1 cancers.

For more information on the Galleri blood test please visit: <https://www.cancerresearchuk.org/about-cancer/cancer-in-general/tests/blood-tests/Galleri-blood-test>

2020 was a year like no other but we all somehow adapted to the health crisis and with the development of coronavirus vaccines the future is finally looking a little brighter but alongside these developments, researchers around the world have also worked hard to combat cancer and despite laboratories being closed and people working from home, cancer research has continued. As a result throughout 2020 12 innovative breakthroughs in cancer occurred:

- Evidence that some cells can help cancer from the immune system discovered.
- Gene found to be a key player in helping spread breast cancer around the body.
- Cancer gene discovered which helps lung cancers spread – new treatments being developed as a result.
- Molecule on the surface of cancer cells could be blocked to prevent them spreading.
- Promising new treatment approach uncovered to improve survival rates for most common types of childhood brain tumours.
- New drug treatments discovered to fight triple-negative breast cancer.
- Developments in chemotherapy treatments using DNA of microscopic worms.
- Clinical trials being developed for new cancer vaccine.
- New treatment option for bladder cancer.
- New discovery allows drug development for pancreatic cancer.
- Game-changing development in treatment for those affected by prostate cancer.
- New cancer drug that could help people with multiple myeloma

For full details on all of the above discoveries visit: <https://www.worldwidecancerresearch.org/stories/2021/february/twelve-cancer-research-breakthroughs-we-made-last-year/> cited 6.4.21

Cancer News

Benefits of meditation

Did you know studies have found mindfulness sessions can decrease depression and anxiety symptoms. The study found those that had taken part had seen results as effective as with cognitive behaviour therapy. Research has also found that mindfulness decreases density of the amygdala that plays a role in stress.

Here at White House Cancer Support we offer two weekly relaxation sessions, Monday's 2pm - 3.45pm and Thursday 10am - 11:15am. The sessions are open to anyone affected by cancer and no booking is needed.

Cited: Prima.co.uk April 2021

NHS – Recent Cancer News

Thousands of patients set to benefit from five-minute breast cancer treatment

An injection that cuts the amount of time breast cancer patients spend in hospital from two and a half hours to as little as five minutes is being rolled out across the country by NHS England. Breast cancer patients undergoing chemotherapy will be offered a new combined treatment called PHESGO. Released 4th April 2021 and for further details visit: <https://www.england.nhs.uk/2021/04/thousands-of-patients-set-to-benefit-from-five-minute-breast-cancer-treatment-2/> cited 13.4.21

'COVID-friendly' cancer care at home extended for more patients

Thousands of people with cancer can benefit from 'COVID friendly' treatments from home, the NHS announced today. More than 30 different drugs are available to treat patients, offering benefits such as fewer hospital visits or a reduced impact on their immune system. Around 8,000 people have already benefitted from the treatment 'swaps' since April. Released 31st March 2021. For further details visit: <https://www.england.nhs.uk/2021/03/covid-friendly-cancer-care-at-home-extended-for-more-patients/> cited 13.4.21

NHS rolls out capsule cameras to test for cancer

11 March 2021 - 00:01

Miniature cameras which patients can swallow to get checked for cancer are being trialled across the NHS. The imaging technology, in a capsule no bigger than a pill, can provide a diagnosis within hours. Known as a colon capsule endoscopy, the cameras are the latest NHS innovation to help patients access cancer checks at home. Released 11th March 2021. For further details visit: <https://www.england.nhs.uk/2021/03/nhs-rolls-out-capsule-cameras-to-test-for-cancer/> cited 13.4.21

NHS gives women Human Papillomavirus Virus (HPV) home testing kits to cut cancer deaths

24 February 2021 - 00:01

More than 31,000 women will be offered kits to carry out smear tests in the privacy and convenience of their own homes in a trial, NHS England has announced. The swab tests will be posted to women or given out by a GP to increase take-up of screening for the Human Papillomavirus Virus (HPV). Released 24th February 2021. For further details visit: <https://www.england.nhs.uk/2021/02/nhs-gives-women-hpv-home-testing-kits-to-cut-cancer-deaths/> cited 13.4.21

Unexpected find!

Unique research carried out by Cambridge University has revealed greater details around the genetic structure of the placenta and has also unveiled revealing clues about DNA mutations normally seen in children's cancer.

For further information regarding this discovery visit:

<https://scienceblog.cancerresearchuk.org/2021/04/06/an-unexpected-find-clues-about-the-genetics-of-childrens-cancer-found-in-the-placenta/>
cited 6.4.21



Our services

Through our 1-2-1 counselling service we provide a safe place for anyone affected by a cancer diagnosis, including those who have suffered a bereavement as a result of cancer, to receive support with things such as fear, depression, anxiety, anger and stress. Over the last 12 months we have provided more than 550 sessions to over 76 people.

We recently caught up with Ben one of our counsellors to ask about his experience of joining The White House and how the pandemic has affected him and his clients.

What was your experience of joining the White House?

It was one of those fairly unique experiences in life where, within moments you get that sensation of finding home, I'd found my fit so to speak. I also knew pretty much immediately upon starting that the White House was going to be a supportive, friendly, caring environment where I could thrive as a therapist, safe in the knowledge that I was appreciated and no matter what support I needed, it would be there for me, allowing me to concentrate on my clients and not worry about anything else. Having my clients at the centre of what I do is a fundamental requirement for me so, knowing that the White House shared this principle with me was, well, it was freeing!

How has counselling in the pandemic been for you?

Counselling through the pandemic has been challenging in many ways but it has been essential that the service continued for both new and existing clients as we all had to adapt to a new way of being as a nation. I had to adapt to new ways of working, new considerations and dare I say it even new technology. I didn't even know Microsoft Teams existed! A steep learning curve was undertaken by most of the country and the counselling profession was absolutely no different!

How have you had to adapt your usual practice?

The single biggest adaptation had to be my decision to move my work away from face to face to telephone or online, at least temporarily. I was suddenly beholden to the quality of both my phone signal and my broadband provider. When working face to face you do not need to worry about your client suddenly vanishing from in front of you! This was something that became a reality almost over night. I was concerned about how my clients would feel about this sort of thing happening. Of equal concern was suddenly having to be aware of how secure platforms like Zoom and MS Teams actually were, was I going to be able to keep work confidential? Fortunately in just a matter of what felt like days, the information became readily available and therapists up and down the country breathed a collective sigh of relief.

We all worked together, appreciative of the limits of phone signal etc and the result was that therapy continued to a greater extent, uninterrupted.

What challenges have you and your clients faced?

I think the single biggest challenge I felt I faced was, surrounding the ability to truly connect with my clients without actually physically occupying the same space. In my opinion, connection is the energy in therapy when people truly feel seen, heard and valued without judgement. I had so many questions surrounding this fundamental element. Would it still be there? How would it feel, strong, weak or unchanged? Would therapy still give my clients what they needed? I would not speak for my clients on this but, I certainly still very much felt the energy of connection regardless of the way we worked, it was just as intense, just as alive as it ever had been face to face. Any concerns I had were soon replaced with the excitement of being able to work in an entirely new way and the possibilities this could hold for the future of counselling.

As for challenges my clients faced, I do not feel it would be fair for me to answer that, you would need to ask them.

Fundraising and events

Fish and Chip lunch

White House Cancer Support is happy to announce that in line with Government Covid Guidelines, we will see the return this year of our annual fish & chip lunch. The event will take place on Thursday 15th July from 12.30pm onwards. Please let us know if you intend to join us as food needs to be ordered in advance and no later than 30th June. The cost of the lunch will be £4.50. If you wish an alternative from the menu, please ring to let us know

Trip to Llandudno—date for your diary

Starting with a seaside trip to Llandudno on Thursday 19th August, and with Covid rules permitting, White House Cancer Support will be resuming our extremely popular day trips. If you wish to attend you need to let us know and make payment of £20 no later than Friday 23rd July .

Spaces may be limited due to social distancing rules.

Three peaks challenge

Mark, David and Steve are three 'Black Country boys' taking on The National Three Peaks Challenge to raise vital funds for White House Cancer Support. The challenge will see them climb Snowdon, Scafell Pike and Ben Nevis, the three highest peaks of Scotland, England and Wales, all within 24 hours! The total walking distance is 23 miles with an ascent of 3064 metres and a total driving distance is 462 miles. We think this brave bunch deserve all our support and if you would like to sponsor them on their gruelling challenge please get in touch with us on 01384 231232.



Dudley Borough Events

With the recent lifting of Coronavirus restrictions; with the exception of 2020 it is beginning to feel more like the summers of old. By adhering to social distancing rules, we can all enjoy the range of forthcoming summer social activities that will be taking place around the borough.

Dudley MBC are showcasing a number of activities whereby we can enjoy the summer sunshine, gather with family and friends and support our local economy and local communities for example, you may wish to visit The Black Country Living Museum, the Canal Trust, Dudley Zoo & Castle or stay more local and support an activity in your local park. To find out what's on and where visit:

Dudley Metropolitan Borough Council website: <https://www.dudley.gov.uk/things-to-do/events/>

We recently came across a lovely poem written by one of our service users Josie Hickens. Josie began volunteering with us in 1995 and started writing to help her through her cancer. We thought we would share this lovely poem about The White House.

The White House

Such really great people I meet there
what warmth and affection I get
Wet or fine, rain or shine
I've never been let down yet.

The welcome there is genuine
you surely will find a friend
to listen, to talk to understand
Patience, kindness without end.

I truly believe that without them
I would not be here today
I have had support plus encouragement
which has helped me day by day.

The healing, the Reiki with Derek
Reflexology with Roy
My health has improved since it started
I know peace of mind now, and Joy.

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 13th April	Open meeting
	Tuesday 11th May	Open meeting
	Tuesday 8th June	Open meeting
<u>Gynae Cancer Group - 2pm</u> The White House	Thursday 24th June	Open meeting
<u>Prostate Cancer Group - 2pm</u> The White House	Tuesday 20th April	Open meeting
	Tuesday 18th May	Open meeting
	Tuesday 15th June	Open meeting
<u>Rainbow Breast Reconstruction Group - 10:30am</u> The White House	Thursday 20th May	Open meeting
	Thursday 17th June	Open meeting
<u>Skin Cancer Group - 11am</u> The White House	Thursday 8th April	Open meeting
	Thursday 13th May	Open meeting
	Thursday 10th June	Open meeting
<u>Upper GI Group - 2pm</u> The White House	Thursday 17th June	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
 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
1st January 2021	199	85	66
8th January 2021	264	137	122
15th January 2021	307	331	270
22nd January 2021	177	53	374
29th January 2021	82	375	321
5th February 2021	48	266	317
12th February 2021	26	137	270
19th February 2021	9	282	183
26th February 2021	115	188	349
5th March 2021	199	121	321
12th March 2021	376	373	47
19th March 2021	132	310	139
26th March 2021	99	9	11
2nd April 2021	3	9	307
9th April 2021	41	137	6
16th April 2021	48	188	245
23rd April 2021	183	218	66
30th April 2021	85	331	199



In Loving Memory of

Rosson Knight
 Stephen Nightingale
 Doreen Williams
 Marjorie Laycock
 Helen Pearce
 Pat Percival
 John Lilley
 Patrick Drummond
 Christine Cooper
 Anthony Edmonds

Donalds Astley
 Paul Adams
 Deborah Hubbleday
 Dominica Wilson
 Alan Fletcher
 David Chatman
 Leonard Davies
 Dennis Rowley
 Michael Avery



Raffle

We have recently received a beautiful, one of a kind statue from local artist Martin Poole.

The hare has been modelled using raku clay and can be displayed either indoors or outdoors.

Tickets for the raffle are available from The white House at £2 each or 3 for £5.

The raffle will be drawn at the fish and chip lunch on 15th July.



Follow us on social media



whitehousecancersupport



White House Cancer Support



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