



### **MySunrise launches in Dudley.**

A free smartphone app has launched to give cancer patients across Dudley a helping hand through their treatment journey. The MySunrise app has been specifically tailored for the Dudley Group NHS Foundation Trust, meaning local patients can access information specific to Russells Hall Hospital and the Georgina Unit. The app guides patients and their families through every stage of their cancer journey and has information relating to treatment wards, introduces you to members of the team, allows you to track and monitor side effects, view appointments, and also links other local information such as White House Cancer Support.



The app is completely free and can be downloaded today from the Apple App Store or Google Play Store. You can also access it online via the MySunrise website <https://www.mysunrise.co.uk/>

### **HPV vaccine is saving lives from cervical cancer.**

Across England, The HPV vaccine has reduced the risk of cervical cancer death before the age of 30 to effectively zero. With no deaths recorded in this age group between 2020 and 2024 for the first time on record. The success is driven by high uptake, with approximately 9 in 10 women vaccinated at age 12 and 13.

This milestone demonstrates how routine vaccines can successfully protect long term health and potentially save lives. It is hoped by reaching the 90% recommended target of girls being vaccinated and by continuing the cervical screening programme that by 2040 cervical cancer will be eliminated.

#### **Source:**

<https://news.cancerresearchuk.org/2026/06/18/new-data-shows-the-hpv-vaccine-is-saving-lives-from-cervical-cancer/> Cited: 15.07.26

### **Radiotherapy for Prostate Cancer cut from 20 sessions to 5.**

NHS England is rolling out a high-powered precision radiotherapy (SABR), that cuts hospital visits for early-stage Prostate Cancer from 20 sessions to 5. This treatment is already being offered to patients with other cancers such as lung and brain, in prostate cancers it will target the disease more effectively than standard radiotherapy and will also help reduce side-effects. Around 3,500 men are expected to benefit annually, drastically lowering the burden on families and freeing up thousands of NHS appointments.

**Source:** <https://www.bbc.co.uk/news/articles/crm02mmgr3ro> Cited: 15.07.26

### **White House Cancer Support - Annual General Meeting (AGM)**

To all members and supporters of White House Cancer Support, please be aware that the AGM will be taking place in October (date to be confirmed) at

White House Cancer Support

Written notification to all members will be sent out shortly.

### **Office Closure**

**White House Support will be closed for the following bank holiday:  
Monday 31st August 2026**



# Our services



## Weekly Yoga class

Hi, I'm Karen, and I teach Yoga at The White House every week for people who have been affected by cancer.

I had breast cancer five years ago, so I appreciate the struggles people go through. The anxiety, the hurt, the fear, the anger – so many emotions.

After getting the all-clear, I had been given another chance in life, and I wanted to LIVE IT. I went to Goa, India, to learn yoga after benefiting from it during my own treatment; it was amazing and a life-changing experience.

Once qualified, I wanted to share the benefits Yoga can bring. So, I began a class at The White House on Wednesday mornings at 10:30am. Yoga will help clear your mind, ease your breath and slow your heart. These are the three things we need to heal the body. Feel free to come and join me on the mat or chair.

### **What people have said about Karen's class.**

"I enter feeling tired, leave feeling refreshed"

"I started Yoga over a year ago, and was very stiff – now I feel so much better, I can move easier, and breathe better. Even family have commented on the improvements."

## Transport Service

Below two of our drivers share their experience of supporting the transport service.

Roger joined us as a volunteer driver in May 2010, when he retired.

Roger says, "I retired after 40 years as a teacher. A friend drove for White House, and as I was looking for something to do, I went along with him on a few occasions. I really enjoyed the experience, and the rest is history."

"It has introduced me to a new circle of friends, both drivers and patients. Over the past 16 years, I must have taken more than 1000 patients to Russells Hall, New Cross or Queen Elizabeth hospitals for Radiotherapy treatments, consultations or chemotherapy. The patient's relief of not worrying about getting to their appointments is a major factor, but also the opportunity to chat with others who are in a similar situation has given me my greatest satisfaction."

Terry, another of our drivers share's his experience.

"I'm Terry Langford, a retired Company Director, and for the last couple of years have been taking a friend for treatment at various hospitals. As I'm no longer needed, I decided to offer my help to The White House as a Volunteer Driver. In my first 6 weeks, I have found it to be extremely rewarding."

"It has been my pleasure to have collected a number of members from their homes and to transport them for their treatment. The transport facility that the White House offers is greatly appreciated by the members, and it has been one of the best things I have been involved in, supporting them during their treatment journey."

If you or someone you know would be interested in joining our volunteer driver team, we would love to hear from you.

You would require your own vehicle, have a clean driving licence and can commit to a regular day, then we would really like to hear from you. All mileage and telephone expenses are covered.

# Cancer News & 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.

## Breast Cancer Awareness Month



October is Breast Cancer Awareness Month. Around 55,000 women and 370 men are diagnosed with breast cancer every year in the UK. This month aims to highlight the importance of breast awareness, education and research.

Common breast cancer signs and symptoms include: a lump or swelling in the breast, upper chest or armpit, a change to the skin, such as puckering or dimpling, a change in the colour of the breast, a change to the nipple, any unusual liquid (discharge) from either nipple, changes in size or shape of the breast.

For more information on breast cancer, the signs and symptoms, how to check yourself and details of how to speak to a nurse please visit: <https://breastcancer.org/> or contact your GP for further support & information.

Here at White House Cancer Support we have two support groups that will be meeting during October to raise awareness. If you would like more information about the groups and the activities taking place, please see our social media pages, website or call us on 01384 231232.

## Urology Awareness Month

September is Urology Awareness Month, this event started in 2014 and is organised by The Urology Foundation. It aims to raise awareness of urological conditions, so that people can spot the symptoms early and seek treatment.

It is estimated that 1 in 2 of us will be affected by a urology condition in our lifetime, and every hour 7 people are diagnosed with a form of urological cancer.

For more information on urology health please visit

<https://www.theurologyfoundation.org/>

If you have any concerns, please visit your GP at the earliest opportunity.



## Blood Cancer Awareness Month

September is blood cancer awareness month. Did you know blood cancers are the fifth most common type of cancer in the UK and affect an estimated 230,000 people. There are 3 main blood cancer groups - leukaemia, lymphoma and myeloma; within these groups there are different types of cancer.

The most common symptoms include:

- Unexplained weight loss
- Unexplained bruising or bleeding
- Lumps or swellings
- Drenching night sweats
- Persistent, recurrent or severe infections
- Unexplained fever (38°C or above)
- Unexplained rash or itchy skin
- Bone, joint or abdominal pain
- Tiredness that doesn't improve with rest or sleep
- Breathlessness
- Unusually pale complexion (pallor)

For more information on all of the types of blood cancer and symptoms please visit: <https://bloodcancer.org.uk/>



# Let's get together

All of our group meetings and activities are free to attend and no prior booking is required however, please be aware that on occasion group plans can change and therefore, we would advise anyone who is new to a meeting or activity to call us on 01384 231232 beforehand.

|                                                                                |                         |                                                |
|--------------------------------------------------------------------------------|-------------------------|------------------------------------------------|
| <b><u>Breast Cancer Care Group - 2pm</u></b><br>The White House                | Tuesday 11th August     | Open Meeting                                   |
|                                                                                | Tuesday 8th September   | Open Meeting                                   |
|                                                                                | Tuesday 13th October    | Open Meeting                                   |
| <b><u>Bowel Cancer Group - 2pm</u></b><br>The White House                      | Tuesday 25th August     | Open Meeting                                   |
|                                                                                | Tuesday 29th September  | Open Meeting                                   |
|                                                                                | Tuesday 27th October    | Open meeting                                   |
| <b><u>Evening Support Group - 6pm</u></b><br>The White House                   | Tuesday 11th August     | Open Meeting                                   |
|                                                                                | Tuesday 8th September   | Open Meeting                                   |
|                                                                                | Tuesday 13th October    | Open Meeting                                   |
| <b><u>Prostate Cancer Group - 2pm</u></b><br>The White House                   | Tuesday 18th August     | Linzi Pearson Healthwatch                      |
|                                                                                | Tuesday 15th September  | Patient Experience A. Fellows                  |
|                                                                                | Tuesday 20th October    | Renita Horton Prostate Consultant Radiographer |
| <b><u>Rainbow Breast Reconstruction Group - 10:30am</u></b><br>The White House | Thursday 20th August    | Open Meeting                                   |
|                                                                                | Thursday 17th September | Open Meeting                                   |
|                                                                                | Thursday 15th October   | Open Meeting                                   |
| <b><u>Upper GI Group - 2pm</u></b><br>The White House                          | Thursday 27th August    | Open meeting                                   |
| <b><u>Halesowen Group Meetings - 12pm</u></b><br>Halesowen Library             | Wednesday 12th August   | Open Meeting                                   |
|                                                                                | Wednesday 9th September | Open Meeting                                   |
|                                                                                | Wednesday 14th October  | Open Meeting                                   |

## **Weekly activities**

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

# Patient experience

## Leanne shares her experience of receiving a cancer diagnosis and accessing support at The White House



I was diagnosed with breast cancer just weeks after my 50th birthday.... what a way to start a new decade, eh?

I'd been away to celebrate, doing all the things you're supposed to do, walking, sightseeing, making memories, but deep down I knew something wasn't right.

Thankfully my GP referred me and things moved quickly from there. Mammogram, Scans, Biopsies, and then the words no one ever wants to hear 'You have cancer', received on my son's 18th birthday, of all days, the pretence that everything was ok to enjoy the birthday celebrations was difficult to say the least, I still find it really hard to say the words even now, 2 years on.

From that moment on, everything became a blur. Appointments, surgery, followed by radiotherapy. I was swept along on this relentless rollercoaster that didn't stop long enough for me to catch my breath. I didn't process it, I couldn't, I just functioned. I continued to work through treatment (I don't recommend this), I smiled when I was meant to... But inside? I felt empty, like I wasn't there anymore... just going through the motions.

And then the treatment ended. Everyone expects you to be happy its "over" (it's never over), and for me, that's when everything fell apart. The appointments slowed down, the phone calls stopped, people expect you to be back to normal, and suddenly I was left alone with everything I hadn't had time to feel.

It hit me like a brick. The exhaustion, the pain, the mental toll, the fear, changes to my body the constant quiet panic in the background... *what if it comes back?* I struggled more after treatment than I did during it. And I know now I'm not alone in that.

That's when I found White House Cancer Support. I tried counselling, and it helped a little, but I still felt lost in my own head, disconnected from myself. Then earlier this year, after having my ovaries removed and being thrown into surgical menopause overnight, everything intensified, my body didn't feel like mine anymore, my mind felt even harder to control.

I knew I needed something... different. That's when I found Reiki with Tracey, I can only describe it as a turning point. For the first time in a long time... I felt still. I felt calm I felt *something* other than fear and exhaustion.

Reiki doesn't fix everything, the pain doesn't magically disappear, the side effects are still there, but it gives me space to breathe, to feel safe in my own body again, to quieten that constant noise in my head. It's so hard to explain... but it's been one of the only things that's truly helped me cope.

I'm slowly starting to find my way back, not to the person I was before, because she's gone, but to a new version of me, one that's still learning, still healing, still finding her strength again.

And for that, I will always be grateful.

To The White House Cancer Support team and to Tracey a BIG thank you. You helped me (and are still helping me) when I was at my lowest. If you're also in that dark place, please know you're not alone, even when it feels like you are. My fellow warriors, try the complimentary therapy that The White House offers, I promise you won't regret it.

Lots of love Leanne

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