

# Humber and North Yorkshire Cancer Alliance

## Stakeholder Newsletter

August 2023

## Humber and North Yorkshire Cancer Alliance goes the extra mile to celebrate NHS 75th birthday year

As NHS colleagues across the UK celebrated the NHS turning 75 on Wednesday, 5th July 2023 by taking part in activities such as **Parkrun for the NHS**, Humber and North Yorkshire Cancer Alliance marked the milestone birthday by setting an ambitious challenge that will see them complete a distance equivalent to 15,000 parkruns.

Being active can help to lower the risk of some cancers, including breast and bowel cancer, and that is why Cancer Alliance staff are aiming to collectively walk, run, swim or cycle 75,000km during the NHS's 75th birthday year.

The challenge, which will see staff participate in a series of events throughout the year such as **5k Your Way, Move Against Cancer**, began with a bespoke 75km in seven and a half hours event at Health House in Willerby on Tuesday, 4th July 2023.

Using a treadmill and an exercise bike, the team raced against time and managed to exceed their 75km target by clocking up an impressive 183km in the allotted time. The event also helped to raise £135 for **NHS Charities Together**.

Lucy Turner, Managing Director for Humber and North Yorkshire Cancer Alliance, said: "We wanted to mark this special occasion by taking extra steps to promote the benefits of maintaining an active lifestyle.



Cancer Alliance Team Members

"Regular exercise can help someone to lose weight or stay at a healthy weight, which can lower the risks of many types of cancer, and there is evidence to show that doing lots of exercise can prevent breast and bowel cancer directly.

"Physical activity can also have positive benefits for people living with cancer, such as fewer side effects or a quicker recovery, and healthcare professionals may encourage exercise during different stages of cancer or treatment.

"The Cancer Alliance is excited to be embarking on a challenge that will encourage everyone affected by cancer to benefit from activities that not only help to look after our health and wellbeing, but also provide opportunities for socialising and developing new skills."

**Find out more about the benefits of exercise [here](#)** or to keep up to date with the Cancer Alliance team's progress throughout the year, follow us on **Facebook** and **Twitter**.



Cancer Alliance News

## Local salons take on a new topic of conversation for **Cervical Screening Awareness Week**



Awareness and Early Diagnosis

In June the Cancer Alliance marked **Cervical Screening Awareness Week** by working with over 20 local salons in Humber and North Yorkshire areas where cervical screening uptake is lowest to encourage more women and people with a cervix to book their appointment.

Evidence suggests if women and people with a cervix take up their first cervical screening invitation (offered from the aged of 25), they will attend screening appointments when invited throughout their lifetime.

With this in mind, hairdressers and beauticians in local communities were equipped with the information needed to talk to their clients about the benefits of cervical screening and to **address any fears or concerns** that might prevent them from booking an appointment.

Meg Long, 26, from Hull, is encouraging others to book their cervical screening test after she overcame her nerves to attend her first appointment. She said: "Life is busy and I could have easily let my cervical screening fall to the bottom of my to-do list, especially as I was not looking forward to having it done, but I am so glad I went."

"It was not as unpleasant as I thought, and all of the NHS staff made me feel as comfortable as possible. Plus, getting the peace of mind when you get your results is worth it."

Dr Dan Cottingham, Cancer Research UK GP Lead for Humber and North Yorkshire Cancer Alliance, said: "I would encourage anyone who has not taken up their invite for a cervical screening to test to book without delay."

"Cervical screening helps to prevent cervical cancer by checking for a virus called high-risk HPV, which causes nearly all cervical cancers. This means any cervical cell abnormalities can be treated."

"It has been great to work with local hairdressers and beauticians who can talk to people about cervical screening. The more local **Cancer Champions** we have encouraging uptake of NHS cancer screening programmes, the more likely we are to improve outcomes for people in our area."

Find out more about the NHS Cervical Screening programme at [www.nhs.uk/conditions/cervical-screening](http://www.nhs.uk/conditions/cervical-screening).

## Cancer Alliance welcomes new Clinical Delivery Group leaders

Humber and North Yorkshire Cancer Alliance is pleased to announce the appointment of three new Clinical Delivery Group (CDG) Leads.

Mr Auos Al-Dujaily has been appointed as the lead for the gynaecological cancer CDG, Dr Ansar Saleem will lead the group for skin cancer, and Miss Jenny Smith will lead for the breast cancer CDG.

Clinical Delivery Groups bring together people with expertise in a specific cancer to drive forward the delivery of objectives set out in the Cancer Alliance 2023/24 plan, including:

- Reducing the number of patients waiting over 62 days to start treatment
- Achieving the **Faster Diagnosis Standard** for 75% of patients
- Working towards the delivery of the **NHS Long Term Plan** which would see 75% of cancers diagnosed early (stage 1 or 2) by March 2028

Kartikae Grover, Clinical Director for Humber and North Yorkshire Cancer Alliance, said: "As our Clinical Delivery Groups work to identify and reduce variation in cancer services across our region, I know our new leads will be instrumental to ensuring strong clinical engagement from across the local healthcare system and I look forward to working with them to improve outcomes for patients living with and beyond cancer."

Cancer Alliance News



## Cancer Alliance staff spotlight



Cancer Alliance News

**A warm welcome to Jez Newton who has joined the Cancer Alliance as Programme Lead for Treatment, Pathways and Living With and Beyond Cancer.**

Jezz has worked in the NHS for 15 years, undertaking varying roles such as Strategy Manager at Humber Teaching NHS Foundation Trust, Project Manager at Hull University Teaching Hospitals NHS Trust and more recently working as the Senior Programme Manager for the Humber and North Yorkshire Covid Vaccination Programme.

### What is your new Cancer Alliance role and what does it entail?

I am the Programme Lead for Treatment, Pathways and Living With and Beyond Cancer. This involves working with colleagues and organisations from across the system to try to improve the experience of care for patients who are either receiving treatment, on a **Best Practice Timed Pathway**, or who are living with cancer or beyond cancer.

### What attracted you to the role?

Having worked in the Covid Vaccination Programme for two and a half years, I wanted to find a role that would appeal to my programme management experience and provide me with a chance to contribute to improving the outcomes for people affected by cancer locally.

### What do you see as the main challenges?

On a personal level, it will be gaining the knowledge and understanding of the language of cancer services.

There is a vast amount of clinical involvement required in the work I do and trying to learn some of the terminology and ways of working will be a challenge.

As my responsibilities lie across the whole patient pathway, I also need to understand a lot about the multitude of cancer services available to our population.

### What are you looking forward to most?

Having been in the role for almost two months, it is evident that staff working in cancer services across our area are extremely passionate about improving the outcomes for people with cancer, and I am excited to use my skills to drive forward the delivery of the Cancer Alliance's plans to transform diagnosis, care and outcomes for people living in our area.

I want to feel like my work makes a difference and improves patients' experience of care and I know this role will offer me that.

## Newly refurbished Macmillan Cancer Information Centre opens at Hull University Teaching Hospitals NHS Trust



Living With and Beyond Cancer

A newly refurbished Macmillan Cancer Information Centre has been unveiled at the Queen's Centre, Castle Hill Hospital, in Cottingham.

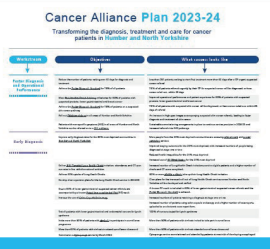
The centre, which has been relocated to a bigger and more central area, has merged Macmillan Cancer Information and Living With and Beyond Cancer services, such as health and wellbeing support, into one location. Included in the transformation is a new quiet room named after former volunteer, Ray Dove, who passed away during the pandemic.

The Macmillan Cancer Information Centre is free to use and available for anyone affected by cancer.

The space provides an area for people to talk to Macmillan Cancer Support professionals and has a range of services, including help with money worries, signposting to cancer support groups, wig and head wear accessories, clinical advice and much more.

The Macmillan Information Centre and Ray's Room was opened by Ray's widow, Pam, and their three daughters, who were on hand at the ribbon-cutting ceremony on Thursday, 22nd June 2023.

Anyone needing support or advice is invited to [visit the centre](#) or call 01482 461154.



**Cancer Alliance News**

## A summary of 2023/24 Cancer Alliance plans

Humber and North Yorkshire Cancer Alliance has published a 'plan on a page' which outlines its objectives for 2023/24. The document also highlights what success looks like for the following workstreams:

- Faster diagnosis and operational performance
- Early diagnosis
- Treatment and care
- Patient engagement and experience of care

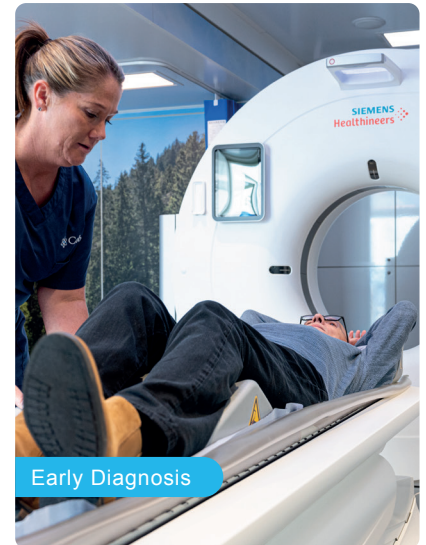
[Click here](#) to read the document.

## Cancer Alliance welcomes lung cancer screening programme announcement

The Cancer Alliance has welcomed the **Department of Health and Social Care announcement** that a national targeted lung cancer screening programme will be introduced in the coming years, following the successful delivery of the **NHS Targeted Lung Health Check Programme** in some parts of the country.

In Humber and North Yorkshire, the NHS Targeted Lung Health Check Programme was established in Hull (early 2020) and North East Lincolnshire (early 2023) and there are plans to introduce the service in North Lincolnshire in early 2024. It is expected that the service will be available in all parts of our region by 2028/29.

Dr Stuart Baugh, Programme Director for NHS Targeted Lung Health Checks in Humber and North Yorkshire, said: "As there are often no signs or symptoms of lung cancer at an early stage, Lung Health Checks can help to find problems early - when treatment could be simpler and more successful.



Early Diagnosis

"We have already seen the positive effects of the service for people at highest risk of lung cancer, and the recent announcement will help us to ensure Humber and North Yorkshire Cancer Alliance can work with **its partners** to save more lives through earlier diagnosis of lung cancer."

## New 'train the trainer' model sees staff at Scarborough TEC deliver **Cancer Champions awareness sessions**



Awareness and Early Diagnosis

The delivery of **Cancer Champion awareness sessions** to tutor groups at Scarborough TEC college marks the launch of a new 'train the trainer' model, which will see educational staff and local volunteers carry out Cancer Champions awareness sessions on behalf of Humber and North Yorkshire Cancer Alliance.

The Cancer Alliance first delivered free cancer awareness sessions to students studying health and social care at the college in May 2022.

After receiving positive feedback, the Cancer Alliance equipped college staff with the information needed to deliver Cancer Champions training to 47 tutor groups, and there are now over 280 people who have learned about the signs and symptoms of cancer, NHS screening programmes and the importance of early diagnosis, at Scarborough TEC.

Lisa Routledge, Programme Leader at Scarborough TEC, said: "We are grateful to the Cancer Alliance for supporting us to roll out the delivery of cancer awareness sessions across our college.

"Cancer is something that touches everyone in one way or another and that is why it has been great to raise awareness of cancer with our students and break down any taboos that may already exist."