

Humber and North Yorkshire Cancer Alliance's annual report captures the work and achievements made during 2022/23 and outlines plans for the future

We are pleased to announce that the 2022/23 Humber and North Yorkshire Cancer Alliance annual report has been published.

The year has been another productive one, with many successes achieved and many challenges faced. The Cancer Alliance remains committed to transforming the diagnosis, treatment and care for cancer patients in Humber and North Yorkshire.

The Cancer Alliance continues to lead the local delivery of the NHS Long Term Plan to help transform cancer care and outcomes so that, from 2028:

- An extra 55,000 people each year in England will survive for five years or more following their cancer diagnosis
- Three in four cancers are diagnosed at an early stage (stage one or two)

The Cancer Alliance also continues to play a pivotal role to support national plans to complete recovery from Covid-19 and improve cancer waiting times standards performance. The annual report captures the Cancer Alliance's work and documents the key achievements of our different programmes throughout 2022/23 in line with the requirements of the NHS Long Term Plan and Covid recovery plans.

The following are just a few of the many achievements of the work that has been undertaken in partnership across the Cancer Alliance from April 2022 to March 2023.

By working collectively with partners, the Cancer Alliance has:

- Completely recovered its suspected cancer two-week wait referral position. Between April 2021 and February 2023 there were 9,508 additional referrals into the system in addition to the 2019/20 baseline activity
- Reduced its first treatment shortfall to 634. Between April 2021 and February 2023 there were 399 additional first treatments in addition to the 2019/20 baseline activity
- Launched the NHS Targeted Lung Health Check service in North East Lincolnshire (in January 2023), which is expected to deliver 8,459 assessments and diagnose a number of cancers and other respiratory diseases at an earlier stage during 2023/24
- Covered all parts of Humber and North Yorkshire by a non-site specific pathway which is benefiting more than 3,500 patients in the region
- Worked with the Humber and North Yorkshire imaging network to deliver a higher than expected number of community diagnostic centre imaging activity during the year
- Developed a primary care-based pilot programme to increase cervical screening take-up rates in areas with lower screening rates and in areas of higher deprivation

- Delivered a project to reduce the number of incorrectly submitted faecal immunochemical tests for colorectal cancers across North and East Yorkshire
- Worked with hospital trust partners to install operational personalised stratified follow-up pathways at Hull University Teaching Hospitals NHS Trust; at Northern Lincolnshire and Goole NHS Foundation Trust; and at York and Scarborough Teaching Hospitals NHS Foundation Trust
- Carried out a review and refresh of the Cancer Alliance's patient and public involvement approach, including the development and implementation of a new engagement strategy

Find out more about these achievements, and many more accomplishments, in greater detail by [clicking here](#) to read our 2022/23 annual report.



Cancer Alliance News

Lucy Turner
Managing Director
Humber and North Yorkshire Cancer Alliance



Cancer Alliance announces appointment of Kartikae Grover as **new Clinical Director**



Cancer Alliance News

Humber and North Yorkshire Cancer Alliance is pleased to announce the appointment of Kartikae Grover as its new Clinical Director.

Kartikae will play a key role in bringing together the different organisations which provide cancer services in Humber and North Yorkshire, supporting them to work collectively to improve cancer outcomes for the people living in the region.

Kartikae, Associate Chief Medical Officer (Quality and Safety) and a Consultant Oncoplastic Breast Surgeon at Hull University Teaching Hospitals NHS Trust, succeeds Dr Stuart Baugh who has served as the Cancer Alliance's Clinical Director for several years.

He will officially join the Cancer Alliance in June and will combine this role while continuing to work in his various positions at Hull University Teaching Hospitals NHS Trust.

Kartikae joined Hull University Teaching Hospitals NHS Trust in 2011. He has played a pivotal role in establishing the trust's health inequalities steering group.

He has held a number of senior positions, including Clinical Information Officer, Governance Lead and Clinical Lead of the breast service.

Kartikae was also chair of the Humber and Yorkshire Coast Cancer Network's Breast Clinical Experts Group between 2012 and 2014.

Commenting on Kartikae's appointment, Lucy Turner, Humber and North Yorkshire Cancer Alliance Managing Director, said: "I am delighted to announce the appointment of Kartikae as our new Cancer Alliance Clinical Director.

"Kartikae is passionate about cancer services, improving patient experience and outcomes and recognises the benefits of innovation and collaborative working."

Lucy added: "I want to place on record my sincere thanks to Dr Stuart Baugh for his contribution to the Cancer Alliance over the last five years. He has played a significant role in driving and delivering key programmes such as the NHS Targeted Lung Health Checks in Hull and North East Lincolnshire."

Kartikae said: "I am honoured to be joining the Cancer Alliance as Clinical Director. I am looking forward to starting this leadership role very soon and working with partners across the region to further develop cancer services which deliver the best possible treatments and care for patients."

Faecal Immunochemical Test pilot trial shows promising outcomes

A five-month pilot trial focusing on Faecal Immunochemical Test (FIT) submissions across North and East Yorkshire has had promising outcomes, saving approximately £65,000 in GP time and reducing processing time for tests and results.

The FIT is used when patients present with signs of colorectal cancer and involves obtaining a sample of faeces at home.

Dr Mark Hajjawi, Head Biomedical Scientist (Specialist Services), Scarborough, Hull and York Pathology Service, said: "Collecting a faecal sample can be difficult and daunting. Some people fail to collect their sample correctly. Previously when this happened, the laboratory contacted the GP, who then advises the patient and sends out a new kit. This can be time consuming and result in delays."

The pilot, which operated between September 2022 and January 2023, saw Scarborough, Hull and York Pathology Service contact participants directly by telephone when they failed to return a correct sample. Patients were told what was needed and a new kit was posted out with a bespoke letter.

The trial was run by Humber and North Yorkshire Cancer Alliance with the Scarborough, Hull and York Pathology Service, and following additional funding it will continue into 2024 to monitor its long-term impact and reduce the burden on GP surgeries.

Diagnostics



Raising awareness of sun safety and skin cancer with outdoor workers

Humber and North Yorkshire Cancer Alliance has joined forces with Macmillan Cancer Support, Skcin and MKM Building Supplies for Skin Cancer Awareness Month to raise awareness of skin cancer and the importance of outdoor workers protecting themselves.

There are over 220,000 skin cancer cases diagnosed annually in the UK and cases continue to rise. Outdoor workers receive five to 10 times more sun exposure and have a 60% greater risk of developing skin cancer. However, with simple precautions such as covering up with clothing and wearing sunscreen, this risk can be significantly reduced.

Throughout May, Humber and North Yorkshire Cancer Alliance, Macmillan Cancer Support and Skcin, have hosted skin cancer awareness information stalls in MKM Building Supplies stores, to raise awareness of the importance of sun protection, as well as the skin cancer signs and symptoms to look for.

Dr Dan Cottingham, Cancer Research UK GP Lead, Humber and North Yorkshire Cancer Alliance, said: "You do not have to be exposed to the sun for lengthy periods and it does not have to be a clear and sunny day for the sun's rays to damage your skin."

"Outdoor workers are out in the elements year-round. Just like they would don their high viz, waterproof jackets to protect themselves from the elements in winter, it is equally important that they protect themselves from the harmful and powerful UV rays of the sun."

Heather Lysiak, Macmillan Cancer Support Engagement Lead for Humber and North Yorkshire, added: "Over 90% of skin cancers are preventable. By taking the information direct to the workforce we can help encourage people to make simple changes that might just save their lives."



Humber and North Yorkshire Cancer Alliance is also running free online awareness sessions for people to find out more about skin cancer and what to look for. To find out more [click here](#).

Skcin also offers the national [Sun Safe Workplaces accreditation programme](#). Marie Tudor, CEO at Skcin, said: "Employers of outdoor workers have a legal obligation to assess the level of risk imposed to their workers, implement a sun protection policy and provide employees with information, instruction and training."

"Our Sun Safe Workplaces accreditation programme provides employers and health and safety representatives with the resources they need to do this."

Help to balance the demands of work and home life following a loved one's cancer diagnosis



Following a cancer diagnosis, thoughts can turn to treatment, side effects, the impact on family, work, and what the future holds.

To help guide people through uncertain times, the Macmillan Living With and Beyond Cancer Team at Castle Hill Hospital, Cottingham, has teamed up with local carers support services to offer specialist advice to people with cancer and their families and carers.

[Hull Carer's Information Support Service](#) is holding weekly drop-in clinics on Thursdays between 9am and 5pm at the Macmillan Information Centre in the Queen's Centre at Castle Hill Hospital.

Sessions offer advice on financial and family support, carers respite, support groups and more.

[East Riding Carers Support Service](#) also offers quarterly drop-in sessions at the centre.

Claire Walker, from the Living With and Beyond Cancer Team at Castle Hill Hospital, said: "Partners often struggle to cope after taking on more responsibilities and this can have an impact mentally and physically."

Julie Watson, Macmillan Lead Cancer Nurse at the Queen's Centre, added: "The sessions are an extra resource to ensure the personal, social and clinical needs of our patients and carers are met and they also complement the support services already in place."



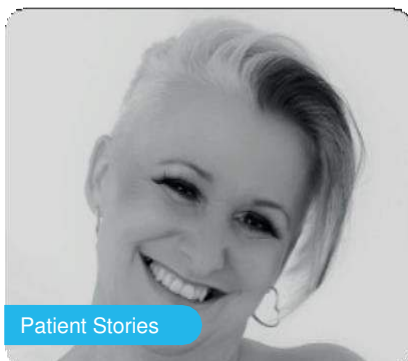


Living With and Beyond Cancer

You CANcervive: Let's Talk About Cancer podcast

Yorkshire Cancer Community's podcast, **You CANcervive: Let's Talk About Cancer**, aims to turn cancer into an everyday conversation and get people talking. If you have not yet had the chance, [click here](#) to listen to inspirational shows from Arzoo and Rob that focus on personal experiences, screening and much, much more.

If something does not feel right always get checked, early detection could save your life – **Lindsey's bowel cancer story**



Patient Stories

Spotlight on: Living Well Health Community support group in York

For anybody living with and supporting someone with chronic and life limiting illnesses, feeling connected, building resilience and developing coping strategies is essential to their overall health and wellbeing.

The Living Well Health Community support group in York provides people with a welcoming and safe environment to share their experiences, connect with others and get advice and support.

The group began in September 2022 following the Covid-19 pandemic. Alli Shirbon, co-founder of the group, said: "Following the pandemic, support that had previously been in place did not necessarily exist. People felt isolated and wanted to reconnect with others and feel supported. Our mission is to support those with chronic and life limiting illnesses to live well through group support and shared experiences."

Lindsey, 50, from Hull, experienced unusual bowel symptoms over several weeks but put her symptoms down to stress. She later discovered that the symptoms had been bowel cancer.

She is now calling on people to trust their bodies and seek advice straight away if something does not feel right.

Lindsey said: "If something does not feel right it is so important to speak to your GP and have any necessary checks. If a problem is caught early your chances of making a full recovery can be much better."

When Lindsey saw her GP in early 2021, she was initially prescribed medication for her symptoms, but they did not improve and in March 2021 things got worse.



The group meets on the second and fourth Friday of every month between 10am and midday at St Edward the Confessor, Tadcaster Road, Dringhouses, York.

Carole Dalton, co-founder of the group, explained: "We all share the same worries, concerns and similar experiences, so can be a valuable resource for each other."

"Whether someone wants to just come and sit and listen, chat or take part in an activity, it is a great environment to just support one another. We also have a tonne of laughter too which can help."

Find out more on [facebook](#), or email livingwellhealthcommunity@yahoo.com or call 07939 466773.

Lindsey said: "I started to develop a pressure and an ache in my back. I was in pain and knew something was not right."

Lindsey requested blood tests, which showed abnormalities, but before she had chance to speak to her GP, she was admitted to hospital in pain with a perforated bowel.

Following surgery Lindsey was diagnosed with bowel cancer and a few weeks later she started chemotherapy which successfully reduced her tumour. In December 2021 she decided to have her colon removed to reduce the risk of her cancer returning.

She has since devoted her time to raising funds for the hospitals that supported her, raising over £5,000.

