

Humber and North Yorkshire Cancer Alliance hosts its 2023 annual conference

On Thursday, 21st September 2023, Humber and North Yorkshire Cancer Alliance was pleased to host its annual conference at MKM Stadium in Hull.

The conference celebrated the work that is taking place across the Humber and North Yorkshire area to improve the diagnosis, treatment, and care for cancer patients.

One hundred and forty-four people attended the event, with representation from primary and secondary care, NHS England, patient representatives, cancer charities, and third-party organisations.

The event consisted of presentations which showcased achievements such as: the continued delivery of **NHS Targeted Lung Health Checks**, the implementation of **faecal immunochemical testing (FIT)** in primary care, the introduction of **non-symptom specific pathways**, and the impact of free **Cancer Champions** awareness sessions.

Among the speakers was David Fitzgerald, Programme Director for NHS England's Cancer Programme, who provided an overview of the **NHS Long Term Plan for cancer** and highlighted the progress made so far.



Delegates also heard from Lucy Gossage, who is an oncologist and co-founder of **5k Your Way**. 5k Your Way encourages people affected by cancer to take part in a local **parkrun**. The **benefits of being active** was a key theme that ran throughout the annual conference, and Lucy noted it is one of the few things people with a cancer diagnosis can do to make them feel better, reduce their fatigue and hopefully help them live longer.

The focus of the event was improving outcomes for patients and Simon Maddocks and Allyson Kent, patient representatives for the Cancer Alliance, shared their own experiences of cancer and highlighted the importance of involving people affected by cancer when working to improve services.

Lucy Turner, Managing Director for Humber and North Yorkshire Cancer Alliance, said: "The conference provided the perfect platform for us to not only celebrate the work that has taken place, but also to challenge and inspire us to achieve more."

"For me, the take home message was to 'remember your why'. As a Cancer Alliance, our why is to improve outcomes for patients with cancer and we will continue to work with our partners, and people affected by cancer, to transform diagnosis, treatment and care locally."



Cancer Alliance sets out its stall to encourage earlier diagnosis of cancer across Humber and North Yorkshire



Throughout September, the Cancer Alliance set out its stall to champion earlier diagnosis of cancer by visiting community venues across Humber and North Yorkshire to encourage people to become more vigilant about their bodies.

Cancer Alliance staff members, patient representatives, and volunteers from partner organisations such as **City Health Care Partnership** and **Care Plus Group**, came together to speak to members of the public about the importance of being able to spot **symptoms of cancer** early. Anyone experiencing potential symptoms of cancer was encouraged to contact their GP practice.

The local activity was in support of **NHS England's Help Us Help You campaign**, which aims to address the barriers to people coming forwards with a symptom of cancer early. The campaign, which will run until Sunday, 18th October 2023, also highlights how being tested for cancer can help to put minds at rest. More than 90% of people in Humber and North Yorkshire who were referred for urgent tests for cancer in 2021/22 found out they did not have cancer.

Simon Middleton, who is 50 years old and lives in York, had his mind put at ease after potential symptoms of prostate cancer prompted him to contact his GP practice.

Simon said: "I started to notice I was frequently getting up during the night needing to go to the toilet, which was unusual for me.

"After speaking with a colleague who was recently diagnosed with prostate cancer about his symptoms, I decided to book in with my GP and became nervous about what they might find.

"I was quickly given an appointment and went on to have blood and urine tests. My prostate was also checked. Thankfully, all was clear and I am glad I did not let my fear of having cancer stop me from getting checked.

"The process was much simpler than I thought it would be and having peace of mind was well worth it."

Find out more about the Help Us Help You campaign [here](#).

Latest Cancer Patient Experience Survey (CPES) results welcomed

Patient experience of care is incredibly important to the NHS and that is why the Cancer Alliance recently welcomed the publication of the 2022 Cancer Patient Experience Survey (CPES) results.

The CPES results help organisations that commission and provide cancer services to understand what aspects of services are working well and identify areas for improvement.

The survey captured information about how and when a patient's cancer was diagnosed, how involved patients felt in decisions about their care and treatment, and how much information and support they were given.

The 2022 survey was completed by 1,994 patients in Humber and North Yorkshire and a copy of the results can be viewed [here](#).

The areas for improvement identified in the 2022 survey across the Humber and North Yorkshire area include:

- Ensuring patients have a main point of contact within care teams
- Explaining a cancer diagnosis in a way that patients can completely understand

Kartikae Grover, Clinical Director for Humber and North Yorkshire Cancer Alliance, said: "There are some encouraging results for our region and some areas which we can improve upon. During the course of the year, we will work partner organisations to co-develop and implement improvement plans based on the results of this year's survey."

Cancer Alliance News



Cancer Alliance staff spotlight



Cancer Alliance News

A warm welcome to Lizzie Walker who has joined the Cancer Alliance as Non-Surgical Oncology Project Lead.

Since becoming a registered nurse 15 years ago, Lizzie has spent most of her career working in hospitals, where her roles have included Lead Chemotherapy Nurse and Matron for Cancer Services.

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

I have joined the Cancer Alliance as Non-Surgical Oncology (NSO) Project Lead. Non-surgical oncology is the name given to services that provide treatment and care for patients with cancer, using Radiotherapy and Systemic Anti-Cancer Treatments (SACT, formerly referred to as Chemotherapy).

This project aims to develop a future model for non-surgical oncology service delivery across the Humber and North Yorkshire area.

What attracted you to the role?

I have experienced first-hand the challenges that non-surgical oncology services are facing to meet the increasing demand. The opportunity for system wide thinking, innovation and collaboration to deliver solutions attracted me to the role.

Being able to work for people affected by cancer is a privilege and I am passionate about shaping services to meet the needs of our patients, whilst supporting and developing our workforce.

What do you see as the main challenges?

Non-surgical oncology services are under increasing pressure. More people are being diagnosed with cancer; new cancer treatments are continuously becoming available, often with increasing complexity; and therefore, patients are treated for longer meaning the demand on the services is ever increasing.

All this comes at a time when there are significant non-surgical oncology workforce challenges locally and nationally.

The vast geographical area of Humber, and North Yorkshire is another significant challenge for cancer services. It is important that services are accessible and equitable for our patients whilst sustainable for our workforce.

What are you looking forward to most?

Working within the Cancer Alliance team that has a shared commitment to improving cancer services for patients and carers across our healthcare system.

I am also looking forward to the opportunity to facilitate collaboration between our acute providers and clinical teams, to share learning and good practice, and work together to create a shared vision for an innovative model to meet the needs of our patients now and in the future.

Cancer Alliance team strives towards goal of 75,000km during NHS 75th birthday year



Cancer Alliance News

Over the last few months, Humber and North Yorkshire Cancer Alliance colleagues have been walking, running, cycling, and swimming towards their goal of reaching 75,000km in the NHS 75th birthday year.

The team has made a strong start with 20,597km achieved so far but, with over 54,000km remaining, there is still a long way to go.

Thankfully, the team remains motivated by the knowledge that being active has many benefits. Being active can help people maintain a healthy weight, which reduces the risk of 13 different types of cancer, and it can also provide opportunities for team building.

Throughout September, the Cancer Alliance has taken on mini challenges including a 5km 'wellness walk' to the [Milk Well in Willerby](#) on Tuesday, 12th September 2023.

On Monday 30th September 2023, Cancer Alliance colleagues put on their sparkly tutus and fairy lights to take part in the Cancer Research UK Shine Night 10k Walk in York, which also helped to raise over £600 for the charity.

Keep up to date with the 75,000km challenge by following the Cancer Alliance on [Facebook](#) or [X](#), or by visiting huncanceralliance.org.uk.





Cancer Alliance News

Get involved

The Cancer Alliance is committed to ensuring the voices of people affected by cancer are at the heart of service improvements.

If you are a patient, family member, carer or friend, we would love to hear from you. By sharing your experiences and opinions, you can help make sure that the care provided is what people really need.

Find out more [here](#).

Lung Health Check service welcomes patients from Grimsby

An NHS Targeted Lung Health Check service, which is helping to save lives through earlier diagnosis of lung cancer, is now being offered to people living in Grimsby.

Former and current smokers, who are aged from 55 to 74 and registered with a local GP are being invited in phases. Eligible participants will receive a letter from their GP practice inviting them to book a telephone assessment with a respiratory nurse. [Find out which GP practices are currently sending invites.](#)

Following the telephone assessment, some people may be offered a low dose **CT scan** on board a mobile unit located at Tesco on Market Street, in Grimsby. The scan can help to identify cancer at an earlier stage when treatment can be simpler and more successful.



Dr Stuart Baugh, Programme Director for NHS Targeted Lung Health Checks in Humber and North Yorkshire, said: "Lung cancer is often symptomless in the early stages, so it is important to book an appointment even if you feel fine."

"Eligible participants from Open Door, Quayside Medical Centre, Fieldhouse Medical Group, Woodfield Medical Practice, or Littlefield, have started to receive their invitations and it is expected that more than 18,000 people living in Grimsby will be invited for a lung health check by April 2024."

Find out more about lung health checks [here](#).

Cancer Champions programme reaches a new milestone of 5,000 people trained whilst celebrating its fifth birthday



Awareness and Early Diagnosis

Five is the magic number for the Humber and North Yorkshire Cancer Alliance Cancer Champions programme.

It has been five years since the programme first started to deliver free cancer awareness sessions to people living in Humber and North Yorkshire and in September 2023, the Cancer Alliance trained its 5,000th Cancer Champion.

Cancer Champions awareness sessions teach people the knowledge needed to engage in conversations about cancer. The training covers early signs of cancer, the importance of early diagnosis and information about NHS cancer screening programmes, plus much more.

To celebrate the fifth birthday, the Cancer Champions team hosted five celebration events at local community venues across Humber and North Yorkshire. The events saw people take part in games, including 'bra pong', which provides an opportunity to talk about the importance of regularly **checking your breasts for any changes** that could be a sign of cancer.

Dr Dan Cottingham, Cancer Research UK GP Lead for the Cancer Alliance, said: "It has been great to see the programme grow from strength to strength over the last five years. Thank you to every one of our 5,000 Cancer Champions for taking part in the training, and for supporting us to raise awareness of cancer across our region."

