



WELCOME WORD FROM PHIL METTAM

Welcome to the first Humber, Coast and Vale Cancer Alliance Quarterly Newsletter which I hope will give our stakeholders news from across the Alliance.

We can only do this by you sharing what is happening from your organisation, so please do [get in touch](#) with us if

you would like to feature in the next edition.

As the relatively newly appointed Executive Chair of the Cancer Alliance I am pleased to share some of the highlights of incredibly important developments in cancer services across our area including the launch, on 24th January 2020, of the Lung Health Check programme in Hull.

Our Cancer Alliance

is one of ten sites, nationally, to be chosen to pilot the lung health check and our Cancer Alliance is the first to launch, nationally, the mobile lung health check. This is a programme that will change outcomes for people, in an area where diagnosis is often far too late for people.

We have much to celebrate, across many programmes of work, including the

move towards digital pathology which will all have a positive impact not only for patients, but also staff working in these pressured areas and you can read more about this and other programmes of work, in this newsletter.

We hope that you can join us for our first Annual Celebration Event on Thursday 5th March at York Racecourse further details below.

CANCER ALLIANCE CONFERENCE CELEBRATING THE WORK OF THE ALLIANCE

Humber, Coast and Vale Cancer Alliance are proud to be hosting their first annual Conference. The aims of the event are to:

1. Recognise and celebrate the exceptional work that is taking place across the Alliance.

2. Look to the future including the impact of the NHS Long Term Plan and the Alliance's Annual Delivery Plan.
3. Facilitate relationships and networking across the patch.

The conference will

feature speakers from the national stage including Cally Palmer, National Cancer Director for NHS England and David Fitzgerald, National Cancer Programme Director, as well as presentations from across the Humber, Coast and Vale area.

There will also be workshop sessions and opportunities to network with colleagues from across the Alliance.

**Thursday 5th March
at York Racecourse**

If you would like to attend, email:
comms.hvcanceralliance@nhs.net
to register your interest.



ANNUAL REVIEW



The first Humber, Coast and Vale Annual Review is available to view at www.hvcanceralliance.org.uk

The review provides a brief summary of work undertaken in 2018/2019 and focuses on the four main areas of work:

- Awareness and Early Diagnosis
- Diagnostics
- Treatment and Pathways
- Living With and Beyond Cancer

STAY CONNECTED

Follow the Cancer Alliance on social media:

[hvcanceralliance](https://www.facebook.com/hvcanceralliance)
[@HVCancer](https://twitter.com/HVCancer)

ABOUT US BEHIND THE SCENES

An About Us film has been created to summarise the work of the Humber, Coast and Vale Cancer Alliance.

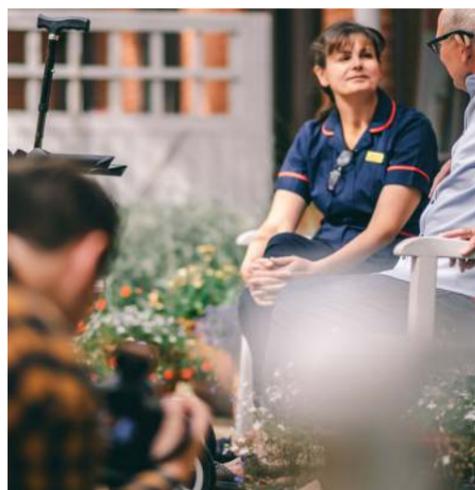
The Cancer Alliance brings together all the organisations that commission and provide

cancer services across our area to enable effective and co-ordinated partnership working.

The aim of the Alliance is to increase cancer survival rates across the area, ensuring

inequalities are reduced and patient experience improved where possible.

The video features staff and services from across the Humber, Coast and Vale area and can be viewed on [our website](#).



DIGITAL PATHOLOGY LOOKING AT THE FUTURE OF PATHOLOGY SERVICES

The introduction of digital pathology across the Humber, Coast and Vale area will provide greater opportunities for collaborative working and help to improve cancer survival rates through earlier diagnosis.

Digital Pathology will allow Pathologists to make diagnoses on a high-resolution computer display, speeding up the process and enabling the results to be stored and accessed securely online.

Traditionally Pathologists diagnose cancer by viewing physical slides

with a microscope. This method has challenges including transporting and storage of slides and sharing of information with other Pathologists for second opinions.

Digital slide scanners have already been procured for Hull University Teaching Hospitals NHS Trust and York Teaching Hospital NHS Foundation Trust. Angela Carling, Laboratory Manager at Hull University Teaching Hospitals NHS Trust, said:

“Thanks to the Humber, Coast and Vale Cancer Alliance, we are able to make some innovations

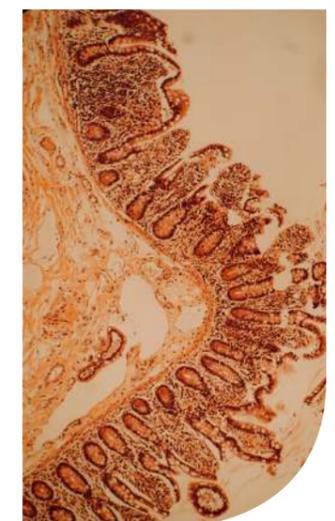
and change the way we work with the introduction of digital pathology.

“The benefits of digital pathology include the ability to work remotely, to work in sub specialist teams and to quickly share images with colleagues. This will help to improve the patient pathway, especially for cases that can be difficult to diagnose.”

Digital Pathology is a transformative and innovative programme of work that demonstrates how new technologies can be used in a joined up and collaborative way for the

benefit of patients but also for the clinicians who utilise this service.

It is hoped that by the end of 2020, all tumour sites will have the capability to report digitally.



CHAMPIONING CANCER AWARENESS

CANCER ALLIANCE WELCOMES TWO NEW PROJECT OFFICERS

Humber, Coast and Vale Cancer Alliance are pleased to welcome two new Project Officers to their team.

Newly appointed Project Officers, Sarah Patten and Zoe Bounds, will be working across communities to help ensure more people are diagnosed at an earlier stage, by improving cancer awareness and uptake of screening.

If cancer is diagnosed at an earlier stage, treatment could be simpler and more successful.



The free training session will inform people about the importance of early diagnosis, how to spot the signs and symptoms of cancer, and how to engage in conversation to help raise awareness of cancer in local communities.

Sarah will be working alongside Emma Lewin, Volunteer Co-Ordinator, to deliver Cancer Champion training sessions.

Sarah said: "I am excited to help increase cancer awareness in the Humber, Coast and Vale area."

TRAINING DATES

Tuesday 21st January 2020, 9.30am
Scarborough Hospital, Scarborough

Monday 27th January 2020, 10am
York Hospital, York

Thursday 6th February 2020, 10am
Community Room at Costa Coffee, York

Friday 24th April 2020, 10am
Scarborough Hospital, Scarborough

For more dates and to reserve a place visit:
www.hvcanceralliance.org.uk



Zoe, who will be working to promote the National Screening Programmes across the Humber, Coast and Vale area said:

"Having had two cancers it has felt as though cancer has

wanted to be a part of my life for a long time. I now get to control which area of my life cancer is involved with.

"I'm excited to be working on the cancer champion project, with

a particular focus on screening.

I will be using my own personal story as motivation to increase cancer screening uptake across our area."

AWARENESS CERVICAL CANCER PREVENTION WEEK

The 20th - 26th of January is Cervical Cancer Prevention week, an initiative set-up by Jo's Cervical Cancer Trust.

The Trust is a charitable organisation set-up to help raise awareness of cervical abnormalities and cervical cancer.

What are the signs and symptoms of Cervical Cancer?

You should visit your doctor if you notice any of the following signs:

- Bleeding between periods
- Bleeding during or after sex
- Bleeding after you have been through the menopause
- Any unpleasant vaginal discharge
- Discomfort or pain during sex

These symptoms may also be signs of other common conditions and do not necessarily mean you have cancer, but should always be checked.

How can you reduce your risk of cervical cancer?

Jo's Cervical Cancer Trust wants to ensure that all women and people with a cervix know how cervical cancer can be reduced. This means:

- Attending cervical screening when invited
- Knowing the symptoms of cervical cancer and seeking medical advice if experiencing any
- Taking up the HPV vaccination if aged 11-18
- Knowing where to find support and further information

WELCOME: NEW PATIENT REPRESENTATIVE



The Alliance are pleased to welcome Sheila, a qualified Therapy Radiographer, to the Cancer Alliance System Board this year.

Sheila is passionate about the importance of psychological and emotional support following diagnosis and treatment to improve quality of life having lived experience of breast cancer herself.

TREATMENT SUMMARIES

LAUNCH AT YORK TEACHING HOSPITAL NHS FOUNDATION TRUST

York Teaching Hospital NHS Foundation Trust have developed and launched a Cancer Treatment Summary document which will help improve communication and facilitate the exchange of key information about care and follow-up.



and pre-populates the documentation. The Treatment Summary is personalised and sits alongside other interventions, such as the Holistic Needs Assessments and Care Planning to support self-management.”

Produced at the end of a patient’s treatment, the summary is given to the person affected by cancer and will be shared with their GP.

Treatment Summaries facilitate a standardised and consistent approach to sharing crucial information between primary and secondary care and the person living with cancer. It helps inform the Cancer Care Review discussion between patient and GP and ensures that GPs are aware of the patients’ current circumstances following treatment.

The document provides important information, including information about side effects and/or consequences of treatment, signs and symptoms of a recurrence and any actions needed to be taken by the GP.

Bianca Cipriano,
Macmillan Recovery

Package Project Manager for York Teaching Hospital NHS Foundation Trust, said:

“The process of developing this document has seen considerable collaboration between various departments, organisations and people affected by cancer. It has been time consuming but worthwhile, however the final document utilises existing information

Alison Cockerill, Living with and Beyond Programme Manager for Humber, Coast and Vale Cancer Alliance, said:

“This is just one example of the Living With and Beyond Cancer programme implementations which are taking place and helping to contribute towards improving patient experience and personalised support.”

For more information visit www.yorkhospitals.nhs.uk



5K YOUR WAY MOVE AGAINST CANCER

People living with and beyond cancer, families, friends and those working in cancer services are invited to walk, jog, run, cheer or volunteer with 5k Your Way, Move Against Cancer.

- Cleethorpes Parkrun
- Hull Parkrun
- New Earswick Parkrun

Amy York, a 5k Your Way Volunteer Ambassador at Hull Parkrun, said:

“I am really proud to be an ambassador for 5k Your Way in Hull and would like to encourage and support patients, families, friends and carers to take part in the initiative.

5k Your Way is a community based initiative that encourages people affected by cancer to get active and build friendships.

Physical activity has been shown to have a number of important benefits for people living with and beyond cancer, including reducing the risk of cancer re-occurrence, improving psychological well-being and reducing cancer related fatigue.

There are three 5K Your Way support groups in the Humber, Coast and Vale area which meet at Parkrun events on the last Saturday of every month:

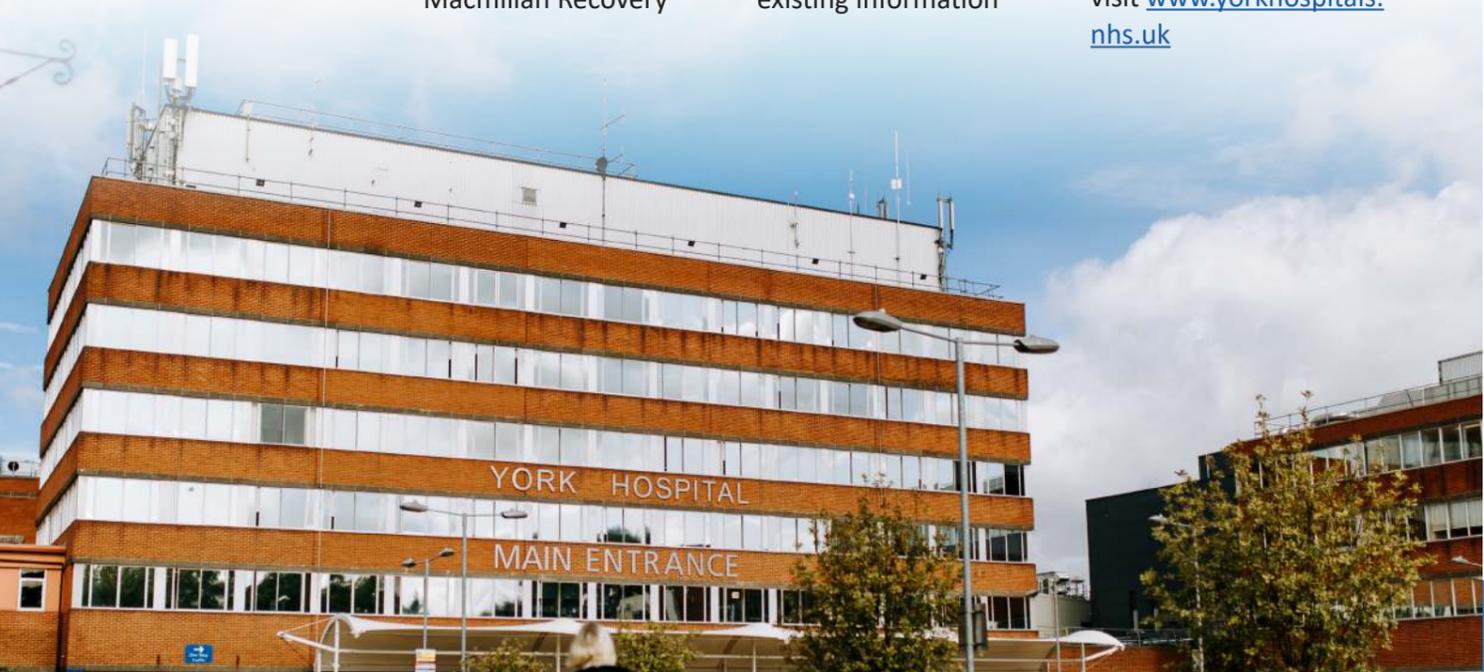


“The 5k Your Way initiative really is not all about running 5km (3.1 miles). It is a social event which enables those wanting to get out for fresh air, to be amongst a supportive group of people who value physical activity.

“The evidence, along with patient experience, strongly suggests that the physical exercise and being around people in fresh air has a huge positive effect on not only physical but psychological health.”

To find out more visit 5kyourway.org.

If your support group would like to feature in a future edition of the Humber, Coast and Vale Cancer Alliance news, email comms.hcvcanceralliance.org.uk





DETECTING LUNG CANCER EARLY

NHS LUNG HEALTH CHECKS IN HULL

From January 2020, thousands of Hull residents will be offered a new NHS Lung Health Check.

Lung health checks will take place on a mobile unit in a community based locations across Hull and help improve early diagnosis rates for lung cancer and other respiratory conditions by providing quick, easily accessible screenings for those deemed at high risk of lung conditions.

Those eligible for a lung health check – smokers and former smokers aged over 55 but younger than 75, have a Hull GP and live in Hull – will receive a lung health check invitation from their GP.

Run by specially-trained nurses, lung health checks aim to find out

how well your lungs are working.

The check will only take around 30 minutes in total and a lung health check can give you the reassurance that your lung health is well.

It could also help to find problems early – often before you notice anything is wrong.

If lung cancer, or another problem with your breathing or lungs, is found early treatment could be simpler and more successful.

The programme will commence in west Hull from Monday 27th January 2020 before moving to other parts of the city during 2020-2021.

To find out more visit lunghealthcheck.org.uk



CANCER ALLIANCE TRAINING OPPORTUNITY

In conjunction with NHS England and Northern Cancer Alliance we are delighted to be running a **Ten Steps to Better Patient Engagement** on Friday 31st January 2020. For more information or to confirm your place on the course, email comms.hvcanceralliance@nhs.net