

Free NHS Lung Health Check service now available to thousands of people in North East Lincolnshire

More than 19,000 people in North East Lincolnshire are now being invited for a free NHS Targeted Lung Health Check, which can identify potential lung problems earlier when they are often easier to treat.

The checks are open to past and present smokers aged between 55 and 74, who are registered with a local GP, and support the NHS Long Term Plan ambition to detect more cancers at an earlier stage.

Eligible people are being contacted in phases and will receive a letter from their GP inviting them to book an appointment.

Those first people to receive invites are patients from The Roxton Practice in Immingham, followed by patients from Open Door and Quayside Medical Centre.

Dr Stuart Baugh, Clinical Director for the Humber and North Yorkshire Cancer Alliance, said: "Lung cancer especially, is often diagnosed at a later stage as there are rarely symptoms early in the illness.

"The NHS Targeted Lung Health Check programme checks those most at risk of developing lung cancer to spot signs of lung and chest problems earlier when treatment can be simpler and more effective."



Dr Iain Chalmers, Cancer Care Lead for North and North East Lincolnshire and Medical Director at St Andrews Hospice Grimsby, added: "Lung Health Checks are going to make a huge difference to so many people.

"I urge anyone who receives a letter, to make an appointment straight away. If any problems with your lungs are found early, it could ultimately save your life."

Anyone invited for a Lung Health Check has an initial 20-minute phone assessment with a specially trained health care professional. The assessment looks at breathing, lifestyle, family, and medical history. If the assessment finds the person to be at high risk, they are offered a low dose CT scan which can detect early signs of lung cancer or lung disease.

CT scans take place in a mobile unit in community locations such as supermarket car parks and sports stadiums, making it easy and convenient for people to attend.

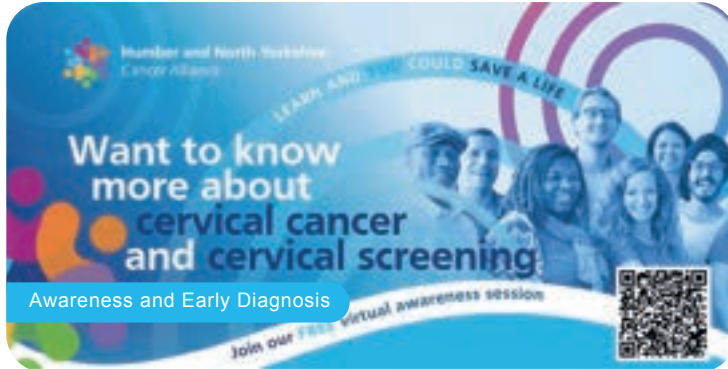
As the Lung Health Checks will operate in phases, the unit will move around to be convenient and accessible to people in those areas. Details of the locations can be found at www.lunghealthcheck.org.uk as they are released.

Stopping smoking can have immediate health benefits. Therefore during the check, current smokers will also be offered advice and guidance to support them to stop smoking should they wish to, and the Lung Health Check team will also be available to answer any questions people might have.

Scan results are analysed by specialist clinicians and participants usually receive their results in four weeks. If further follow up is needed participants are then referred to their GP or hospital.

For more information on the Targeted Lung Health Check programme please visit www.lunghealthcheck.org.uk.

Cancer Champions deliver screening awareness sessions for Cervical Cancer Prevention Week



Throughout Cervical Cancer Prevention Week (23rd – 29th January), the Humber and North Yorkshire Cancer Alliance offered free sessions to raise awareness of cervical cancer and encourage people to take up their cervical screening invites.

165 people attended the free online sessions which highlighted the signs and symptoms of cervical cancer, as well as providing advice about screening tests, the human papillomavirus (HPV), which can cause cervical cancer, and the HPV vaccination programme.

Dr Dan Cottingham, Cancer Research UK GP Lead for the Cancer Alliance, said: “Cervical cancer is the most preventable cancer and cervical screening can help identify changes in your cervix and the cells, before cervical cancer starts.

“Some people can be nervous of cervical screening. These sessions help alleviate people’s concerns and encourage them to attend their screening, which can catch problems at an earlier stage when easier to treat.”

Syeda signed up to a Cancer Champions training session having lost a family member to cancer and being nervous about attending her cervical screening appointment.

She said: “I had spoken to my GP about cervical screening, but I didn’t fully understand the procedure, so I avoided going for my screening when I was invited.

“After attending the Cancer Champions training everything felt so much clearer. Things were explained really simply, and it gave me the confidence to book a screening appointment. I would encourage anyone to take up screening appointments when offered as early detection can make a big difference.”

Emma Lewin, Project Delivery Manager for the Cancer Champions programme, said: “We’ve had people come back to us after the training sessions to let us know that the training encouraged them to have screening or to speak to their GP about a concern they have had, and it’s potentially saved their life or that of someone they know.”

The sessions are part of the Cancer Alliance’s wider Cancer Champions programme, which has supported over 4,000 people across Humber and North Yorkshire to recognise the signs and symptoms of cancer.

Find out more information and sign up to a Cancer Champions session on the [Cancer Alliance website](https://www.hnycanceralliance.org.uk).

New breast pain clinic access for patients living in parts of East Yorkshire

Patients who live in parts of East Yorkshire and who are experiencing breast pain alone can now be referred to specialist community breast pain clinics.

The clinics support the diagnosis and management of breast pain for patients with no other symptoms and offer support, advice and reassurance as well as an assessment of people’s family history.

It is estimated that up to 20% of referrals to two-week-wait breast clinics predominantly have breast pain as their only symptom and people therefore undergo unnecessary investigations.

Dr Dan Cottingham, the Cancer Alliance’s Cancer Research UK GP Lead, said: “The community breast pain clinics will provide an improved level of care for patients with breast pain alone, as well as reducing the need for unwarranted referrals to secondary care two-week-wait clinics. Any patient found to have suspicious symptoms will be urgently referred for a further assessment.”

The clinics are run by York and Scarborough Teaching Hospitals NHS Foundation Trust and Northern Lincolnshire and Goole (NLG) NHS Foundation Trust, and take place fortnightly in Malton Community Hospital, Oswald Rd Medical Centre, (Scunthorpe) and Raj Medical Centre (Grimsby).

Those eligible for referral to breast pain clinics in East Yorkshire include patients from GP surgeries in the Bridlington, Yorkshire Coast and Wolds and Cygnet East Riding Primary Care Networks.

Encouraging compassionate support in the workplace for those living with cancer



After a breast cancer diagnosis in early 2020, Clare Lewis felt a lack of sensitivity and understanding from her employer. However, after a chance invite from a friend to speak to the HR team of a large international brand, Clare decided to turn her negative experience into a positive to help others.

Clare, who writes a blog called **Boobies, Bits and Gubbins**, now has plans to reach as many local organisations as possible to help raise awareness of the importance of supporting people living with cancer with sensitivity and compassion.

Clare said: "Despite working for my organisation for over 12 years I felt like they really didn't understand what I was going through.

"Cancer is a disability and covered under the Equality Act 2010 so it's important that employers understand the impact it has on people. Reasonable adjustments should be made, and communication should be compassionate and timely. Sadly, this is far from what I experienced.

"From answering questions from faceless people in an online HR meeting a week after my first chemotherapy session, to no meaningful contact or plan for a phased return to work, I was utterly floored at their insensitivity and complete lack of understanding.

"I want to help employers to understand what a cancer diagnosis means, what people are going to go through, both physically and mentally and how they can support their staff both during their treatment and beyond.

"Whether you own a corner shop or are a CEO of a large company, you have a duty of care to your staff. There will be HR processes to follow but these can always be approached sensitively."

Through her talks Clare uses her personal experience to help guide organisations on the approaches they can take to support someone, from making sure work meetings do not coincide with treatment, to ensuring people do not have to repeat information and relive their experiences.

"When I first started my cancer journey, I never dreamed I'd be using my experience to help others in this way." Clare added.

"However, I believe knowledge is power, so if I can positively influence the way employers support their staff or encourage someone to examine themselves it will all have all been worthwhile."

If you would like to speak to Clare about speaking to your organisation you can contact her by emailing boobiesbitsandgubbins@gmail.com.

Cost of living support for people affected by cancer

The rising cost of living means that many people affected by cancer have had tough choices to make.

Macmillan Cancer Support knows that living with less money can be a struggle, particularly if people have had to stop working or reduce their hours because of cancer, and the current financial climate is only adding to the worry and stress that people may be feeling.

Macmillan Cancer Support provides a wide range of help to people living with cancer. As well as emotional support the charity also provides advice on **managing bills** and what **benefits** people may be entitled to, which can help reduce the pressures that people can feel.

Help with energy bills

If someone is having difficulty paying their energy bills, whether they are gas, electricity or water bills, they can speak to Macmillan's energy advisers on the Macmillan support line. The advisers can provide advice about **Macmillan grants** and other available charity schemes.



You can also read Macmillan's '**managing your energy costs**' booklet on the charity's website for tips and advice on cutting down energy bills. Call the free Macmillan support line on 0800 808 00 00, Monday to Friday, 8am to 6pm.



Living With and Beyond Cancer

Cancer Alliance launches new support booklet

Humber and North Yorkshire Cancer Alliance has launched a new information booklet - Supporting Someone with Cancer - which is designed to provide advice and guidance to people who have a friend or family member who has been diagnosed with cancer or is undergoing treatment. You can [read and download it on the Cancer Alliance website](#).

Cancer patients travelling to Grimsby now offered treatment closer to home

Cancer patients receiving treatment at Diana Princess of Wales Hospital in Grimsby now have the option to have treatment at the Lloyds Healthcare Centre in Scunthorpe, if clinically appropriate, thanks to a partnership between Lloyds Pharmacy and Northern Lincolnshire and Goole NHS Foundation Trust.

Research shows some of these patients live on the border between North Lincolnshire and North East Lincolnshire and are actually closer to the Lloyds Centre in Scunthorpe than the Grimsby Hospital Day Unit.

Having the opportunity to have treatment in Scunthorpe rather than Grimsby benefits both patients and staff and enables more patients to be seen.



Treatment and Pathways

Since opening in 2019, the Lloyds Centre has delivered over 1,800 complex injection and infusion treatments for a wide range of conditions, which were traditionally only offered in a hospital setting.

Linda used the service when she was diagnosed with breast cancer and found it a positive and welcoming environment. She said: "It's brilliant. It's just like any other appointment you go to, like the GP, or the hairdresser. You often have the same person to do your treatment and it feels like you have more time with them. Being able to choose your appointment is great and it's really handy having the pharmacy next door too."

Spotlight on: Walk With Me support group



Living With and Beyond Cancer

Walking really benefits your physical and mental health, which Allyson Kent from East Riding can attest to having set up the [Walk With Me](#) walking support group for women living with ovarian cancer.

After being diagnosed with ovarian cancer in 2020 Allyson took up walking to improve her fitness as she prepared for surgery. She set herself various challenges, from walking 1000 miles in 2021 to walking an amazing 52 marathons in 52 weeks.

Allyson said: "Hearing those three little words 'you've got cancer' takes you on a rollercoaster of emotions.

"Walking has been my salvation. It's something I look forward to every day and I am able to slow down the inner chatterbox inside my head.

"I wanted to share my passion and connect with others, so I contacted [Ovacom](#), an ovarian cancer charity that had supported me, about setting up a virtual walking support group.

"Together we set up Walk With Me. The group connects via WhatsApp to share friendship, encouragement, stories, and photos.

"The women in the group are so supportive, they encourage me to keep going and helped me achieve my marathon goal. Every day isn't always easy but through the highs and lows the support the group gives one another really does make a difference and you make friends for life."

Find out more or [sign up on the Ovacom website](#).