



#Cancer + Inequities = lives lost.
www.worldcancerday.org

#CloseTheCareGap



Preventing cancer

Over a third of all cancers can be prevented by reducing your exposure to risk factors such as tobacco, obesity, physical inactivity, infections, alcohol, environmental pollution, occupational carcinogens and radiation.

Prevention of certain cancers may also be effective through vaccination against the Hepatitis B Virus (HBV) and the Human Papilloma Virus (HPV), helping to protect against liver cancer and cervical cancer respectively.

Reducing exposures to other carcinogens such as environmental pollution, occupational carcinogens and radiation could help prevent further cancers.

Signs and symptoms of cancer

With so many different types of cancers, the symptoms are varied and depend on where the disease is located. However, there are some key signs and symptoms to look out for, including:

- Unusual lumps or swelling
- Changes in bowel habit
- Fatigue
- Pain or ache
- New mole or changes to a mole
- Complications with urinating
- Unusual breast changes
- Appetite loss
- A sore or ulcer that won't heal
- Heartburn or indigestion
- Heavy night sweats

Early detection of cancer

There are a number of cancers which can be identified early which helps to improve the chances of successful treatment outcomes, often at lower costs and with fewer (or less significant) side effects for patients. There are cost-effective tests that help detect colorectal, breast, cervical and oral cancers early and further tests are being developed for other cancers.

Check with your doctor for guidance on the national recommendations regarding vaccinations, testing and screenings. These can and do vary from country to country.

For more information, please visit www.worldcancerday.org/understanding-cancer

Revival North Yorkshire – Our objective is to revive community spirit and provide a range of support, services and activities to improve the well-being of the community, particularly the elderly, in the North York Moors.

Please can you help?

Revival North Yorkshire support older and vulnerable people in Danby, Castleton, Lealholm, Glaisdale, Staithes, Sleights and surrounding moor and coastal villages.

Many of our people have long term health problems, no transport and no family living locally, despite the lockdown lifting this can leave them at home, alone.

We have a fabulous team of volunteers – would you be able to join us?

Even if you have just one hour a week that would be a great help. You can choose what you would enjoy doing from friendly phone calls or visits, lunch or magazine delivery, helping our Community Support Worker to take someone shopping or for coffee and cake.

Can we help you or someone you know?

Villages

Danby, Castleton, Westerdale, Commondale, Sleights, Staithes

Target Client Group

Older people (age 65+) and other vulnerable people

If you know of anyone in the villages above who would like a regular phone call to cheer them up and make sure they have things they need, please contact us.

What can Revival Offer?

Regular phone calls to chat, be positive and offer reassurance regarding any fears or concerns

Identify any issues regarding: food, prescriptions, other;

Assist to set up shopping deliveries and (if essential) deliver shopping if no other alternatives found;

Prescription deliveries;

Provide information and link people to useful contacts;

Direct people to, or register them as Extremely Vulnerable on the Government website;

Provide exercise and entertainment information and links.

For more information, contact Debbie: 07970955407, debbie@revivalnorthyorkshire.com

You can visit their website and Facebook page.

First Contact Mental Health Practitioner

My name is Sarah Godbold and I have just started a new role as a First Contact Mental Health Practitioner. The role is a joint role with the Whitby PCN and Tees Esk and Wear Valley NHS Trust.

I will be working at each of the five practices within the PCN Monday to Friday. This will be for a combination of 30 minute appointments and some on-the-day urgent appointments (these are shared through the week across the PCN).

Patients who are suitable to be seen by the first contact mental health practitioner

- Mild to moderate mental health problems
- 18+
- Depression, anxiety, stress, panic, difficulty with emotions, feeling suicidal, feeling overwhelmed

- Those who are on a waiting list for treatment but feel they need their mood reviewed
- Anyone feeling their mental health is relapsing
- People unable to follow a structured treatment model
- x Not under secondary care services or actively receiving treatment

When would an urgent appointment be necessary?

- People who are in emotional distress
- People who are experiencing thoughts they would be better off dead or hurting themselves in some way
- Appointment will consist of safety planning and liaison with other services if necessary
- x If actively harming or planning to end life contact 999 or TEWV Crisis Service: 0800 0516 171

Its okay to not to be okay!

Call reception and ask to be booked in to an appointment with Sarah

Depression isn't a choice – it can happen to anyone

Powerful words from Nadia who reached out for help with her depression.



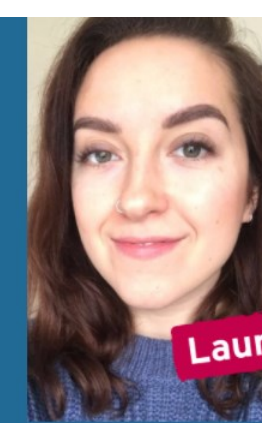
Nadia

“Without help my mind would have been stuck in the same place forever and the hopeless thoughts would have taken over me.”

If you suffer with your mental health or know anyone who does, remember that depression can start at any time and can happen to anyone. No one is immune to mental health issues like anxiety and depression, and what triggers you may or may not be the same as what triggers someone else. You're still strong and there's still a solution to the problem. It can be cured.

5 ways to start a conversation about mental health

Starting conversations that seem 'deep' or potentially emotional can be daunting - here are five tips to help you get started.



Lauren

“If you know that someone has experienced mental illness, don't be afraid to ask how they're doing.”

Here are 5 tips for starting conversations about mental health that you might find helpful.

1. Don't wait to find the perfect moment

It's important that conversations happen at times and in places that feel natural. Sometimes it's easier to talk about our feelings when we are doing something else. Driving in the car; jogging around the park; eating breakfast in the cafe. The more typical the setting, the less unusual and uncomfortable the conversation can feel. Having something else to do at the same time also means that the pressure is off to fill silences, maintain eye contact, and wrap things up in a particular way.

2. Ask twice

We know that people often say they're fine when they're not. So asking twice is an important way of starting conversations about mental health and letting people know that you really are interested. Sometimes we feel uncomfortable opening up if someone asks, "how are you?" because we think they're just being polite. But if that person says, "no, really, is everything OK?" we know that they're not just going through the motions. Even if someone doesn't feel like talking at that moment, they know you'll be there to listen when they're ready.

3. Talk about yourself

If you want someone to open up to you it can help them feel safe and understood if you share your own feelings. It could be as simple as sharing that you get down sometimes or sharing something that you've been worrying about recently. This will make it clear that you're happy to talk about feelings and that there won't be any judgement.

4. Approach the elephant in the room

If you know that someone has experienced mental illness – maybe they took some time off work recently, or spoke about it in the past – don't be afraid to ask how they're doing. There are respectful ways to do this and it might not be appropriate to bring up specific details, but asking, "how are things now?" or "are you back at work?" shows that person that they have nothing to feel awkward about.

If you think someone has been acting differently it's OK to mention that too, if it is done in a kind way. "You've seemed a bit quiet recently, is everything alright? I'm here if you want to talk." This shows that you care and opens the door for them to chat about things when they're ready.

5. It doesn't have to be face to face

Talking in person is great, but some people find it easier to talk about things via text or email, and that's fine too. If your main form of communication is WhatsApp, check in with them on there. All the above tips still apply online. Social media is a brilliant way of keeping in touch with people, but just because we've liked a post or shared a funny video doesn't mean we've really connected with that person.