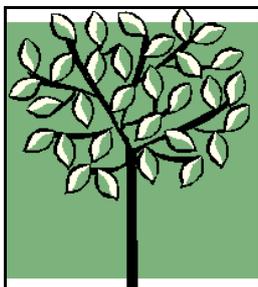


**Spring  
2014**



Some sample collection facts about **Wales Cancer Bank** :

To date **nearly 10,000** patients have donated samples

WCB are currently collecting samples from patients at **eleven hospitals** across Wales and this number is increasing

**26 different tumour types** are currently collected and this number is increasing



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# South Wales Cancer Network Newsletter

## Introduction

Welcome to the Spring Edition of our Newsletter



## Come and join the Wales Cancer Bank to celebrate their 10<sup>th</sup> anniversary!

In June 2004, Jane Hutt (the then Health Minister) officially launched the Wales Cancer Bank (WCB). This pioneering project was set up to build a bank of biological samples that could be used by cancer researchers worldwide. Cancer patients around Wales are asked to donate tissue and blood samples that would otherwise be discarded. Since its launch, thousands of samples have been donated to WCB. Research groups from around the world have used WCB samples in their work.

To celebrate this important milestone, WCB are holding an event in Cardiff for anyone interested in cancer research – patients, clinicians, researchers and the general public. To mark the last ten years, a number of prestigious speakers will be reflecting on achievements so far and looking forward to the future with the emerging era of personalised medicine in the UK. There will also be an interactive session; a debate to discuss the future of patient consenting, with input from researchers, clinicians and patients.

This event (which is free of charge) will be held on Thursday 19<sup>th</sup> June at the Masonic Hall in Cardiff. For further details and to register, please visit the WCB website at [www.walescancerbank.com](http://www.walescancerbank.com) or call 029 2074 3700 (Mon – Fri, 9am – 4pm)

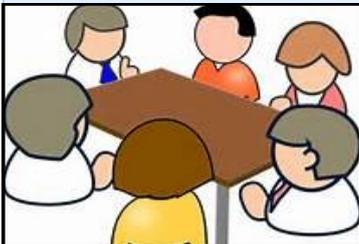


## Save the date !!!!

The Third annual South Wales Cancer Network Patient Conference will be taking place on **Wednesday 1st October** at The Orangery, Margam Park. Further details and registration forms will be available nearer the time.



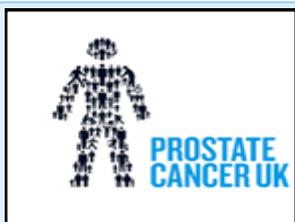
## Prostate Cancer UK comes to Wales



This newsletter has been produced by the South Wales Cancer Network if you wish to place an article in the newsletter please contact Eleri Girt via e-mail:

Eleri.girt@wales.nhs.uk

The network newsletters are available on the South Wales Cancer Network website : <http://www.cancernetwork.wales.nhs.uk>



For further information or support From the Prostate Cancer UK Wales Team please ring **02920 351606**

Visit the Prostate Cancer UK website : [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

Prostate Cancer UK is the leading UK charity for men with prostate cancer and prostate problems. The charity which has expanded its services across the UK by opening a number of regional offices has launched its Welsh presence in Cardiff.

Prostate cancer is the most common cancer in men but too many men are unaware of the disease. We already know that 1 in 8 men will get prostate cancer and the statistic for black men is even more alarming at 1 in 4. But, do men know enough about prostate cancer – Who can it affect? What are the possible signs and symptoms? Over 2,400 men are diagnosed with prostate cancer each year in Wales and over 500 men die from the disease.

Dr. Ed Bridges, Senior Policy and Strategy Manager for Wales at Prostate Cancer UK said:

'Survival rates for men with prostate cancer lag behind those in the rest of the UK and too often the services men need are out of reach. We know from the Welsh Government's Cancer Patient Experience Survey that things are getting better for men in Wales but we still lag behind other parts of the UK. That is why Prostate Cancer UK is here to support men in Wales and we call on the people who can make change to join us in leading change

We need to bring cancer support services to the men who need them when they need them, so we've rolled out new support services in the country. We're upping our campaigning work to talk to decision makers on home turf and leading research at Welsh universities. What's more, we've launched Men United, a vehicle for men across the country to come together to fight the injustices facing men. I want people across Wales to join us and sign for Men United because while cancer is a formidable opponent we can win this.'

For further information or support, you can contact any member of the Wales team on 02920 351606 or visit the Prostate Cancer UK website at [www.prostatecanceruk.org](http://www.prostatecanceruk.org)

By Samantha Fairclough

**Community Support Services Manager (Wales)**

**Prostate Cancer UK**



## Gradually Back To Normal

Having cancer treatment is a worrying time. During treatment, you have been given all the information about your cancer medicines from the team that is treating you. After treatment, I found that I was continuing with some medicines for a while, and over some months as I improved the team said that I did not need them.

It is good to feel better after cancer treatment. For those of us who still have several medications, we can have medicines reminder charts.

(Further information about an example of such a chart can be found on [www.amsg.org](http://www.amsg.org))

These simple charts keep a record of our medicines, when to take the medicine and what they are for. Although the medicines reminders charts are often given to patients leaving hospitals, you can ask your health professional to fill in one for you at any time. An up to date medicines reminder chart can reassure you, your family and carers.

**By Jane Barnard**

## Cancer Awareness Dates 2014

### January

Cervical Cancer

### February

World Cancer Day

### March

Prostate Cancer

Ovarian Cancer

Brain cancer

### April

Bowel Cancer

Orchid Male Cancer awareness

### June

Carers week.

Myeloma week

### July

Mesothelioma Day

### September

Thyroid Cancer week

Lymphatic Cancer week

### October

Breast Cancer

### November

Mouth Cancer

Lung Cancer

NET Cancers

### December

Childhood Cancer Awareness Week

**WE ARE  
MACMILLAN.  
CANCER SUPPORT**

**WE'D  
LIKE TO  
INVITE  
YOU**

**Bladder Cancer Support  
Group**

**1st May 2014 7pm to 9pm  
Council Room,  
University Hospital of Wales  
Heath Park  
Cardiff  
CF14 4XW**

**RSVP to [Sharon.Arkless@wales.nhs.uk](mailto:Sharon.Arkless@wales.nhs.uk)  
029 20748401**

**OR  
Ron Smith 07726685409**



## Macmillan Learning Disability Project in Wales

**For further information please contact :**

Tracey Lloyd  
MacMillan Specialist  
Nurse , Learning  
Disabilities

Email:  
tracey.lloyd@wales.nhs.uk  
Tel: 01554 783586



Macmillan have funded a new initiative which hopes to improve the outcome for people with learning disabilities, their families and supporters, and staff within primary and secondary care services.

Tracey Lloyd, a Learning Disability Nurse is in place to take a closer look at strengths and needs of services for all concerned with learning disabilities and cancer. The project stems across Wales and is keen to educate and empower people, and help collaborative working build a healthier future.

### **What we know:**

People with learning disabilities are a growing population both in number and in age. Many reports show they have higher levels of ill health and often have multiple chronic and complex health conditions.

Access to health care can be problematic and there are higher rates of premature deaths, however data specifically around learning disabilities and cancer is incomplete or ambiguous.

Cancer is of lower incidence than the general population but there are issues with late or lack of diagnosis which may account for this, such as a lower uptake of national screening programmes.

In Down's Syndrome, there are higher rates of leukaemia in children plus significantly higher rates of testicular cancer in young men. There is also a generally a higher incidence of gastrointestinal cancers in the learning disabled population.

All this accounts for a gloomy picture, but hope is not lost!



## Cont'd

Plans for the project include rolling out educational programmes for people with learning disabilities to demystify health screening and access, and to talk about cancer. This will involve a joint initiative with Carmarthenshire People First who are a self advocacy group of people with learning disabilities, and education will be extended to carers and families over the next year as well as training other self advocacy groups across Wales.

Information will be shared as an online resource so that accessible or pictorial advice is available to all.

A network of people to share information will be created for local advice. Interested people are urged to make contact – full support will be given and you are not expected to become overnight experts!

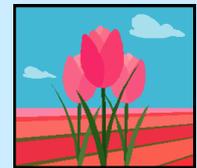
Tracey, who is based at Ty Bryngwyn, Prince Phillip Hospital is available to advice and support for all on Tel:01554 783586 or Email: [tracey.lloyd@wales.nhs.uk](mailto:tracey.lloyd@wales.nhs.uk)

**Please feel free to get in touch, we can only make a difference together!**

**By Tracey Lloyd**

**Macmillan Specialist Nurse , Learning Disabilities**

**Hywel Dda Local Health Board**





## The Patients Voice at the Heart of the Hospital

### Who are we?

A mixture of **Velindre Cancer Centre** patients, carers, management and staff who work together to improve the lives of patients and carers.

### What do we do?

Patient Information Bags – over 11,000 produced since Jan 2004.

Provide the patients view on a wide variety of subjects from Transport to Catering to Dignity.

Help out at Radiotherapy Open Evenings.

Help with annual audits at the Hospital.

Discuss all your comments, suggestions and opinions.

**For Further Details Email: [plg@velindre-tr.wales.nhs.uk](mailto:plg@velindre-tr.wales.nhs.uk) or ring Helen Davies on 029 20 316278**

### WE ARE ON THE WEB:

[www.http://www.cancernetwork.wales.nhs.uk](http://www.cancernetwork.wales.nhs.uk)



GIG  
CYMRU  
NHS  
WALES | Bwrdd Iechyd Prifysgol  
Abertawe Bro Morgannwg  
University Health Board

### South West Wales Cancer Centre Patient Forum

#### DO YOU HAVE OR HAVE YOU HAD CANCER?

We are setting up a South West Wales Cancer Centre Patient Forum and we are looking for patients and carers to join the group

If you would be interested in getting involved then please come along to our meeting

If you are interested in joining the Forum then please contact:

**Mandy Town**

**Specialty Manager - Cancer Services**

**Abertawe Bro Morgannwg University Health Board**

Tel: (01792) 205666 Ext 8389

Email: [mandy.town@abm-tr.wales.nhs.uk](mailto:mandy.town@abm-tr.wales.nhs.uk)