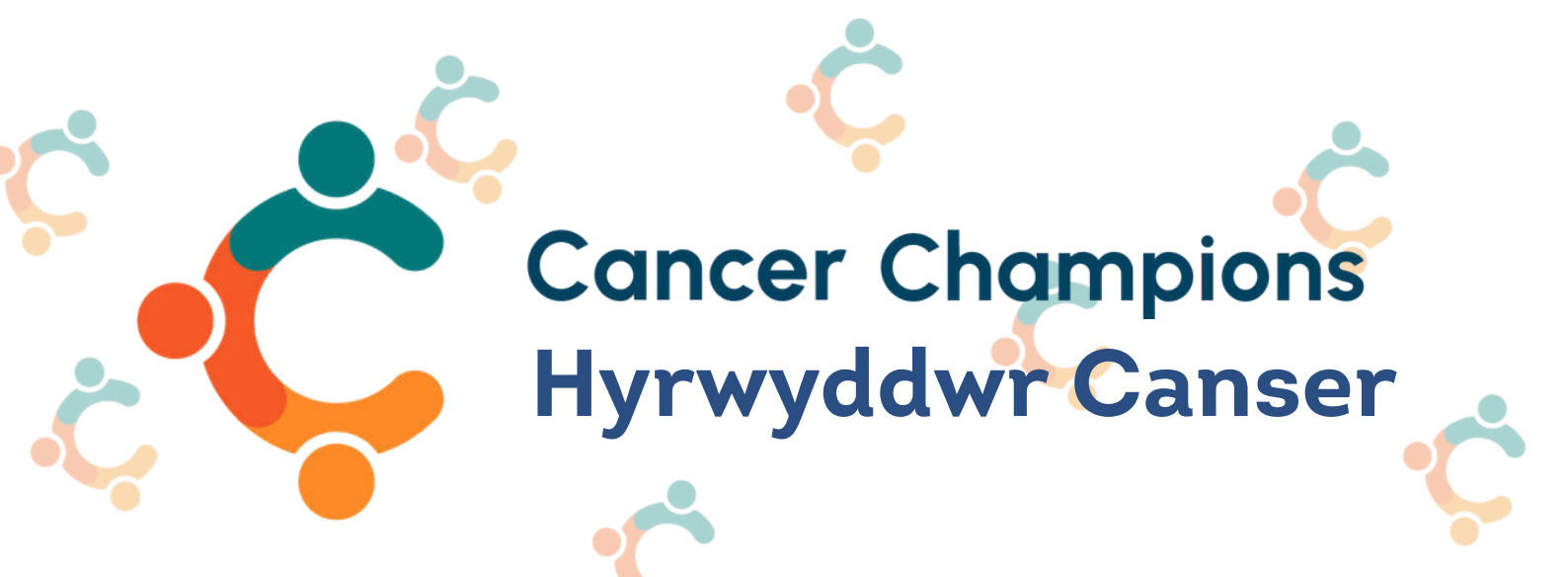




Cancer Champions Hyrwyddwr Cancer

AUGUST 2026

Happy August!

We hope you've been enjoying the summer and finding plenty of opportunities to continue those important conversations about cancer awareness in your communities.

This month we're celebrating some fantastic fundraising milestones, sharing the latest cancer news and research, highlighting upcoming events, and keeping you up to date with what's happening across the Cancer Champion network.

As always, thank you for everything you do. Every conversation you have, every resource you share, and every person you support helps make a real difference across Powys and beyond.

We hope you enjoy this month's updates!



Save the date:

In preparation for Breast awareness month in October we will be offering a Breast Awareness information session online with Breast Cancer Now:

**Wednesday 9th
September at 10 am.**

More details to follow soon

WE NOW HAVE A TOTAL OF

1217

**CHAMPIONS ACROSS POWYS,
SHROPSHIRE, TELFORD AND WREKIN!**

This year Lingen Davies Cancer Support attended the Royal Welsh Agricultural Show with a charity information stand. Helen also supported the Farming Fit offer at the show on Tuesday 21st July.

Farming Fit is an outreach programme in Powys providing free health checks, lifestyle assessments, and mental wellbeing support directly to rural and farming communities at livestock markets and agricultural shows. It is run through a partnership between Powys County Council, Powys Teaching Health Board, and the Powys Association of Voluntary Organisations (PAVO).

Many of the Farming Fit team are Cancer Champions, and we are always happy to support the amazing work they do. It was also good to catch up with Cancer Champions and other cancer support charities, health organisations and businesses attending the show.

Angela from Lingen Davies also attended the Farming Fit panel discussion. The discussion focussed on the collaborative effort with farmers and the wider agricultural community to shine a light on the positive work that already exists in the farming community to tackle the stigma around mental health and to encourage others – particularly young men – to share the load.

If someone from the farming community needs help, the Farming Fit website has a list of resources available: [Get Help - Powys County Council](#).

For more general information about Farming Fit, please see [Farming Fit Videos - Powys County Council](#).





The HPV Vaccination is Saving Lives

The first study looking at lives saved by the human papillomavirus (HPV) vaccine has estimated that the vaccine reduces the risk of cervical cancer death before age 30 to effectively zero.

Between 2020-2024 and for the first time on record, no women in their early 20s have died from cervical cancer in England. Around 9 in 10 women in this age group received the HPV vaccine, most when they were 12 or 13, which is when the vaccine offers the strongest protection.

This is the strongest evidence yet that the HPV vaccination programme not only prevents cervical cancer, but saving lives.

Around 200 cervical cancer deaths have been prevented so far in England, but lead researcher Professor Peter Sasieni says, this is just the tip of the iceberg.

“As vaccinated generations grow older, we’ll see many more lives saved from cervical cancer,” he explains. “It is incredible to think that a single jab can almost eliminate a particular type of cancer, and this new research shows just how vital it is to keep HPV vaccination levels high so more people are protected.”

[Read more on Cancer Research UK](#)

The infographic features a blue background with a white UK Health Security Agency logo at the top left. A prominent red box contains the text: "The HPV vaccine is saving lives, but around 1 in 4 young people are still leaving school unprotected." Below this, a white box with red text states: "The HPV vaccine is one of the most effective cancer-preventing vaccines available. Now just a single dose given in school, it protects against cervical cancer, and several cancers caused by HPV that affect both boys and girls, helping to save thousands of lives and the terrible stress on families." A smaller white box follows with the text: "This new study provides striking evidence of just how significant the impact of HPV vaccination has been in helping to reduce deaths from cervical cancer in England. If you've missed out on vaccination, please speak to your GP about catch-up options: young people remain eligible until their 25th birthday." At the bottom, a red double-quote icon is next to the name "Dr Sharif Ismail" and his title "Consultant Epidemiologist at UKHSA".

UK Health Security Agency

The HPV vaccine is saving lives, but around 1 in 4 young people are still leaving school unprotected.

The HPV vaccine is one of the most effective cancer-preventing vaccines available. Now just a single dose given in school, it protects against cervical cancer, and several cancers caused by HPV that affect both boys and girls, helping to save thousands of lives and the terrible stress on families.

This new study provides striking evidence of just how significant the impact of HPV vaccination has been in helping to reduce deaths from cervical cancer in England. If you've missed out on vaccination, please speak to your GP about catch-up options: young people remain eligible until their 25th birthday.

Dr Sharif Ismail
Consultant Epidemiologist at UKHSA

If you would like some more resources around the HPV vaccine and signs and symptoms of Cervical Cancer, please get in touch!



New Research Aims to Improve Cervical Screening for Autistic Women

Research funded by Cancer Research Wales is exploring why many autistic women delay or avoid cervical screening and how healthcare services can better meet their needs.

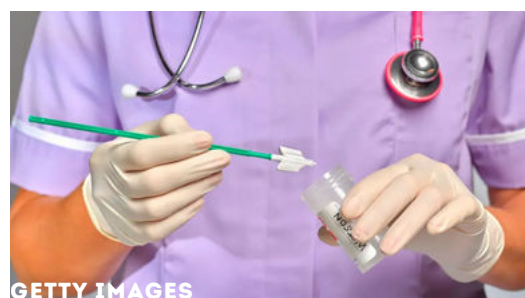
Led by Dr Aimee Grant, Associate Professor of Public Health at Swansea University, the study will investigate barriers including anxiety, sensory sensitivities, communication difficulties, previous traumatic experiences, and concerns about pain being dismissed. Evidence suggests autistic women are less likely to attend cervical screening or receive the HPV vaccine, increasing their risk of preventable cervical cancer.

Autistic women involved in the project have described feeling unheard, lacking control during appointments, and struggling with busy clinical environments. Others highlighted the importance of clear communication, having procedures explained step by step, and agreeing on a way to pause or stop the examination if needed.

The research is being co-produced with autistic women and Cervical Screening Wales to develop practical improvements, including staff training and more autism-friendly approaches to care. Future home-based HPV self-sampling kits may also help improve participation.

Currently, around 69% of eligible women in Wales attend cervical screening, compared with an estimated 50% of autistic women. Researchers hope this work will reduce inequalities and ensure more women can access potentially life-saving screening with confidence and dignity.

For the full article: [Cancer Research Wales](#)



GETTY IMAGES



EVENTS



Titty Trail- Mid Wales

Titty Trail is a 10 mile walk to raise awareness of the signs and symptoms of breast cancer, highlight the importance of screening uptake and boost funds for local cancer services.

Join as we walk enjoy a coastal walk in Aberystwyth.

Event Details

Titty Trail Mid Wales – Saturday, 10th October

Start and finish: Aberystwyth University

Parking will be at the university. Participants will travel via coach from the university to the start line, approximately 20 minutes away. The scenic coastal walk will bring you back to the university to collect your medals and make your way home.

Price: £35 per person.

Your entry will include an branded Titty Trail t-shirt, medal keep-sake and snacks along the route.

There are three ways to complete the Titty Trail:

Trail Run – run the route with a map. Start time – 7:45am.

Guided – walk in the group with a trained expedition leader. Please note, guided spaces are limited. Start time – 8.45am.

Self Guided – walk with a detailed picture guide and instructions. Choose your start time – 7:45am or 8.45am.

Key Info

October 10th, 2026

Aberystwyth

Book you spot **here** or visit the events page on the Lingen Davies website!



RESOURCES

To find further information on a range of topics, visit our cancer champions website:

CANCER CHAMPION RESOURCES

SCAN TO DOWNLOAD OUR FREE
MULTILINGUAL VIDEOS

Currently available in the following languages:

Polish | Ukrainian | Bulgarian | Punjabi | Mandarin

These videos provide an understanding of
bowel, breast and cervical screening plus
general signs and symptoms to look out for.

www.cancerchampions.co.uk



PROSTATE CANCER UK

1 IN 8 MEN WILL GET PROSTATE CANCER

Check your risk of prostate cancer in 30 seconds



OUR TEAM

MIRANDA ASHWELL



REBECCA PETERS



DO YOU KNOW WHO TO CONTACT?

-For all things Powys -
contact Helen

-For all things Telford and
Wrekin - contact Hannah

Please email us with
any feedback, insights
or questions. If you
need additional
printed materials to
support your
conversations, please
contact us directly
and we will be happy to
provide them.

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