Lingen Davies Cancer Support

Hyrwyddwr Canser
Cancer Champions

October 2026

Welcome to our October update! This month, we're shining a spotlight on Breast Cancer Awareness Month, with useful information on breast screening in Mid Wales, resources to support your conversations and highlights from our recent Breast Cancer Awareness information session.

We're also sharing updates from our Cancer Champions work in prisons, the recent Powys Improving Cancer Journey events, and the support available through the Lingen Davies Wellbeing Programme.

Thank you, as always, for being part of our Cancer Champions community and for continuing to share important health messages with the people around you. Every conversation can make a difference.



WE NOW HAVE A TOTAL OF

1213

CHAMPIONS ACROSS POWYS, SHROPSHIRE AND TELFORD AND WREKIN.

Powys Improving Cancer Journey Events

The Powys Improving Cancer Journey team held a series of events across Powys in September, with Lingen Davies Cancer Support invited to attend and showcase the range of services available to people living with and beyond cancer, as well as their families.

During the events, we promoted our free Wellbeing Programme, the newly funded Welfare Rights Service based at the Hamar Centre at the Royal Shrewsbury Hospital, and our wider support services. The events aimed to raise awareness of the information, support and activities available throughout Powys for those affected by cancer.

The events also provided a valuable networking opportunity, allowing us to connect with local organisations and highlight the fantastic work being carried out through our Cancer Champions Programme.

For anyone affected by cancer who may be looking for additional support, the Powys Improving Cancer Journey website offers information on services and resources available across the county such as:

- Counselling
- Transport
- Money worries
- Making a will
- Health & wellbeing
- Practical assistance
- Returning to work
- Talking about your diagnosis

If you would like further information please visit the website.



Improving the Cancer Journey in Powys

Powys · GIG CYMRU NHS WALES · Bwrdd Iechyd Addysgu Powys · Powys Teaching Health Board · MACMILLAN CANCER SUPPORT · CYMORTH CANSER MACMILLAN

Wales Breast Screening dates

October is Breast Cancer Awareness Month, making it a great opportunity to highlight some of the useful information available on the Cancer Champions website.

If you are talking to people about breast screening, you can find details of the breast screening mobile units visiting locations across Mid Wales. Below, we have included the dates and locations, as well as contact numbers for each site if you, or someone you are supporting would like further information.

PLEASE NOTE THAT THESE ARE APPROXIMATE DATES AND ARE SUBJECT TO CHANGE

NORTH WALES REGION
TEL: 01492 860888

NEWTOWN - SEPTEMBER 2028 - MARCH 2029
WELSHPOOL - FEBRUARY 2026 - JULY 2026
DOLGELLAU - SEPTEMBER 2027 - NOVEMBER 2027
MACHYNLLETH - NOVEMBER 2027 - FEBRUARY 2028

CARDIFF REGION
TEL: 02920 397222

KNIGHTON - JANUARY 2028 - MARCH 2028
LLANDRINDOD WELLS - MARCH 2028 - JUNE 2028
BUILTH WELLS - JUNE 2028 - JULY 2028

SWANSEA REGION
TEL: 01792 459988
YSTRADGYNLAIS - APRIL 2027 - JULY 2028

Below is a handy video from **Stand up to Cancer** you can share with people who may be embarrassed or unsure of what happens during the screening.

BREAST SCREENING EMBARRASSMENT - LET'S TALK ABOUT IT | STAND UP TO CANCER



Please let us know if you are hearing similar feedback when speaking to people about screening. Your insights are extremely valuable in helping us better understand the barriers to screening attendance and contribute to the wider discussion around why some people choose not to take up screening opportunities.

Information Session

Breast Cancer Awareness

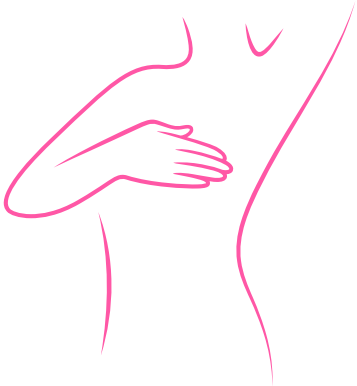
Our latest information session focused on Breast Cancer Awareness, and we were delighted to be joined by Elaine Nicholas from Breast Cancer Now and Darcie Scimia from the Shrewsbury and Telford Breast Screening Team.

The session was very well attended and provided valuable information to help attendees feel more confident in recognising the signs and symptoms of breast cancer, understanding the importance of being breast aware, and learning more about the national breast screening programme.

We also explored local screening figures and were pleased to see that screening uptake across Shropshire, Telford and Wrekin is slightly above the national average. Uptake in Powys breast screening is 69.1% just under the 70% All Wales target (Public Health Wales 2023). With your continued support in sharing key messages and encouraging participation, we hope to see these figures improve even further.

We have been given permission to share the presentation slides from the session, so please get in touch if you would like a copy.

If you would like to watch this session as well our catalogue of previous information sessions then please visit out Cancer Champion Website **here.**





Cancer Champions in Prisons

Our Cancer Champion project is dedicated to addressing health inequalities, as those who experience greater challenges through their life are more likely to have poorer health outcomes, including cancer survivorship.

We always strive to engage with groups and communities where we can have the greatest impact so we're particularly proud of our work in prisons. We've brought the Cancer Champions training into HMP Stoke Heath near Market Drayton, for several years, delivering 5 Cancer Champion training sessions for prisoners with a 6th session planned for November. Working in a prison has its own challenges - no electronic devices or access to the internet allowed, and on more than one occasion we've had to cut short or rearrange training due to constraints on prisoners' movements to or from their cells. However, the prisoners have all been very keen to learn and to help their fellow prisoners understand the importance of getting their concerns checked out: it a positive experience for all involved, and we've trained a total 32 prisoners at HMP Stoke Heath.

We've also trained HMP Stoke Heath staff, and the team have also been back to the prison to run 'catch- up' sessions, hearing from the Cancer Champion prisoners about what they've been doing to spread the word and what they've learnt about why prisoners may be not engage with health services. We also provide them with more resources; apparently the Oddballs testicular cancer poster in the prison toilet creates lots of jokes, leading to really helpful awareness conversations!

Based on the success of our HMP Stoke Health work, the West Midlands Cancer Alliance have commissioned us to deliver our Cancer Champions training to all six Staffordshire prisons. We've already delivered two days of training to both prisoners and prison staff at HMP Staffordshire, which have been well received. We're also taking on more work in the health and criminal justice system, training NHS Reconnect mental health support staff who work with adults on remand, on probation or about to be released form a custodial sentence.

It's not possible to photograph inside HMP prisons, so the best we could do was to take one outside!



Who we are



Earlier this year, our wonderful Communications Team created a video showcasing what Lingen Davies is all about and highlighting our commitment to supporting our local community. Please feel free to share it with anyone you are speaking to.

THE WELLBEING PROGRAMME

The Lingen Davies Wellbeing Programme supports people impacted by cancer at any stage of their journey, particularly after treatment ends and regular contact with clinical care teams becomes less frequent.

Our activities support physical and mental wellbeing, encourage creative expression, connect people with the outdoors, and provide opportunities to meet others with similar experiences.

FIND OUT MORE HERE

Spreading the word

Reaching those who could benefit most from the wellbeing programme can be challenging. For example, our Restorative Tattooing programme offers eyebrow and nipple tattooing to people who are 12 months post-treatment. Promoting these services online can be difficult, as we have to take care to ensure images aren't misinterpreted by social media platforms. This means traditional methods of promotion remain important. If you know someone who could benefit from the programme, please help us spread the word!

FIND OUT MORE HERE

Did you know?

Funding applications for next year's Wellbeing Programme will open soon. If you're interested in applying, or know someone who might be, please visit our website for updates.

APPLY HERE

Applications will close on 20th November.



RESOURCES

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

CANCER CHAMPION RESOURCES

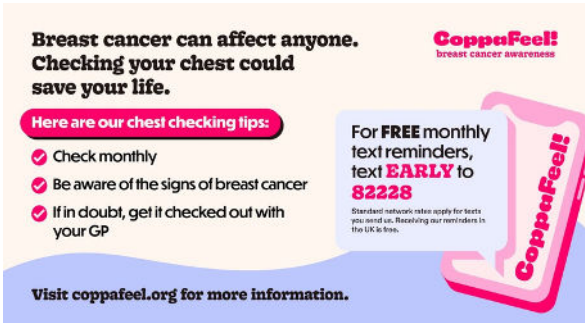
SCAN TO DOWNLOAD OUR FREE MULTILINGUAL VIDEOS

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



OUR TEAM

MIRANDA ASHWELL



REBECCA PETERS



DO YOU KNOW WHO TO CONTACT?

-For all things Mid Wales - contact Helen

HELEN DAVIES



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.

HANNAH MCGONAGLE



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