

CAN YOU ME?

THE WANDSWORTH CANCER 2024 CONFERENCE

Building Bridges to Better Health:
**Collaborative Approaches in Cancer
Care for the BME Community**

28TH THURSDAY
NOVEMBER
2024

WANDSWORTH
CANCER
CONFERENCE
FEEDBACK FORM



In partnership with

MACMILLAN
CANCER SUPPORT



enable.
For happy, healthier communities.
Not for profit.

WELCOME TO THE WANDSWORTH CANCER CONFERENCE 2024

About the Conference

This conference aims to address racial disparities within cancer support, an area that requires more attention according to documented evidence. The Croydon BME Forum has partnered with Macmillan Cancer Support on a three-year project spanning six southwest London boroughs: Croydon, Merton, Sutton, Wandsworth, Richmond, and Kingston. This initiative tackles health inequalities and amplifies the voices of marginalised communities from Black and minority ethnic backgrounds.

According to the British Journal of Cancer, Black people are more than a third less likely than White people to be diagnosed with cancer via screening in England. This research highlights stark disparities, showing that Black people are 38% less likely to be diagnosed via screening compared to White people. Cancer rates vary by race and ethnicity, revealing significant discrepancies between different groups. It is imperative for minority ethnic communities to understand these differences and inequalities in cancer. Addressing these disparities will not only improve regular screening and early diagnosis but also highlight the need to fill gaps in policy and practice.

While there have been significant strides in cancer diagnosis and treatment, these achievements are not equally distributed. At the Croydon BME Forum, we will continue to raise awareness of long-term health conditions, provide appropriate community-led interventions, and champion the voices of those with lived experiences.

Thank you for attending, and we hope to see you at the next conference.



Thank you to everyone who attended, participated, and helped organise this impactful conference on racial disparities in cancer care. A special thanks to the **Can You C Me? Macmillan Team at Croydon BME Forum** for their exceptional planning and execution.

The pandemic has highlighted the severe inequalities faced by minority ethnic communities. Working on cancer awareness has been eye-opening, revealing troubling disparities in care and support. Hearing your stories has been deeply inspiring and has profoundly shaped my perspective.

Croydon BME Forum remains dedicated to raising awareness, providing vital information, and building lasting relationships to ensure equality in healthcare. Disparities in cancer treatment and outcomes demand urgent action, and we are committed to being a part of the solution.

We are grateful to Macmillan for their partnership and to the Royal Marsden for collaborating on the Cancer Awareness Programme.

Your enthusiasm has been incredible, and we look forward to continuing this work at next year's conferences as we strive for health equity and lasting change.

Andrew Brown, CEO, The Croydon BME Forum

CONFERENCE HOSTS



Nicola Delsol

Since my diagnosis in September 2023, it's inspired me to do more public & inspirational speaking. Having had such an extraordinary journey over the last 10 months.

I feel compelled to share my journey of change and to push the message of not to wait for a diagnosis to make changes. I want to raise more awareness of breast cancer in younger people and that it doesn't mean it's a death sentence but rather a time to inspire.



Andréa Tshibangu

I am a dynamic and determined Christian woman with a bright and creative spirit. As a Field Service Coordinator at a technology company, I excel in planning, maintaining confidences, speaking three languages, and derive great satisfaction from assisting others.

With over 13 years of experience in the financial sector, encompassing retail, public health, technology, and social media industries, I am a seasoned office professional. Throughout my career, I have cultivated strong, positive relationships with individuals across all organisational levels, from senior management to stakeholders.

Currently, I volunteer at "Cancer Don't Let It Win," a valuable support group for men facing prostate cancer, led by Jeff Thompson. In a significant personal triumph, I successfully completed cancer treatment in May 2024. I am immensely proud and grateful to announce that God and I have emerged victoriously over Breast Cancer

CAN YOU ME?

Agenda

Time	ACTIVITY	WHO
10:30	Registration & Exhibition	
11:00	Welcome	Nicola Boyd, Lived Experience Andrea Tshibangu, Lived Experience
11:10	Can You C Me?	Councillor Henderson, Roehampton LB Wandsworth
11:25	Keynote speaker	Saffron Hanson, Zak Miah, Michael Samuel, Nadia Sabir Ali
11:30	Croydon BME Forum	Andrew Brown, CEO
11:35	Macmillan Cancer Support	Christine Young, Partnership Quality Lead
11:40	What is therapy?	Vanessa Richards, Macmillan Psychotherapist
11:50	Emancipated Run Crew	Trojan Gordan, Co-Founder & Director Carmelita Goodwin, Project Coordinator
12:00	Macmillan Community Cancer Link Worker Service	Pip Thorne, Senior Macmillan Community Lead Elaine Nangle, Macmillan Community Cancer Link Worker Wandsworth
12:10	Q & A – Cancer Support Questions	
12:35	Lunch and Exhibition	
13:40	St Trinity Hospice	Adebusola Olalekan-Sule (Ade), Clinical Hub Lead
13:50	Breast Screening and Breast Awareness	Sarah Lea, Clinical Nurse Special
14:00	Lived Experience	Anslim Pope, Lived Experience
14:10	Improving the quality of cancer care for the BME community. What we have learnt and what we still need to understand.	Caitlin Harvey, Macmillan Head of Nursing for Cancer Helen Ricketts, Living with and beyond cancer lead physio Jennifer Wainman, Chair of VOICE, Cancer patient and carer group
14:30	Supporting sleep disturbance	Kath Malhotra, Personalised Care Clinical Lead, RMP
14:40	Spot it early, break the cycle	Shakira Hector, Croydon BME Forum, Cancer Awareness Project Co-ordinator
14:45	Q & A – General questions	
15:10	Thank You	Can you C Me Team?
15:20	NETWORKING, MUSIC AND VACATE	

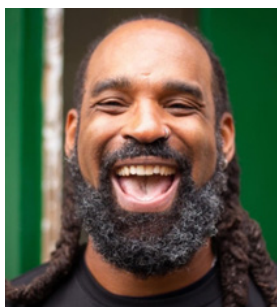
SPEAKERS



Christine Young

Christine supports Macmillan Professionals and their teams with tools and guidance to help them continually improve their service.

Christine plays a key role in the Can You C Me project by building connections with stakeholders, community leaders, and similar initiatives nationwide. She also provides guidance to the Can You C Me team, addressing questions, sharing insights, and highlighting available support from Macmillan.



Trojan Gordon

Trojan Gordon, a qualified therapist and co-founder of Emancipated Run Crew, has over 10 years' experience as a mental health therapist. He is passionate about making mental health support accessible, particularly for men and racialised communities.

Recognising the link between physical and mental health, Trojan uses running to encourage open conversations about culture, health, and well-being. Through the Emancipated

Run Crew project Reinvalidate Croydon, he combines movement and mental health, hosting weekly walks and fortnightly runs to promote community and wellness in local green spaces.



Carmelita Goodwin

Carmelita, a qualified Gym and Exercise to Music Instructor, owned a South London gym for 17 years. She saw firsthand how group exercise supported members' physical and mental well-being, particularly during cancer treatment.

As Walk & Talk leads for Emancipated Run Crew's Reinvalidate Croydon project, Carmelita and Trojan host walking and running events for Croydon's older Black and Brown communities. Participants, including a cancer survivor,

have highlighted the positive impact on their physical and emotional well-being.



Pip Thorne

Enable is a not-for-profit organisation, working in partnership with councils, charities and other organisations to deliver health, leisure and community services and events that enrich people's lives.

Enable delivers the Macmillan Community Cancer Community Link Worker service delivered in partnership with Macmillan.



Kath Malhotra

Kath, a physiotherapist with over 28 years in cancer care, is the Personalised Care Clinical Lead at RM Partners. She has led roles in complex rehabilitation, physiotherapy services, and postgraduate cancer education at The Royal Marsden.

A Darzi Fellow in Clinical Leadership (2019), Kath developed a trust-wide physical activity strategy and served as a Physical Activity Clinical Champion for Public Health England

(2019–2023). She also volunteers for the 5K Your Way initiative, promoting physical activity for those affected by cancer.

Kath leads projects in prehabilitation, rehabilitation, and care experience, ensuring high-quality, personalized support for people with cancer.



Sarah Lea

Clinical nurse specialist working within the breast screening service with over 35 years' experience of working with cancer patients. I have worked within breast screening for nearly 30 years. Having completed my nurse training at the Middlesex Hospital in London I worked on various oncology wards.

Anglia Pope (Lived experience speaker)

Suffering with Chronic backpain since 2021 I was due for back surgery. On the day of my surgery, I was informed by the surgeon that my back surgery would not take place as my blood report showed an elevated PSA count. I was diagnosed with Prostate cancer.



Helen Ricketts

With over two decades of experience as a physiotherapist, Helen has dedicated the last ten years to specialising in oncology. Since joining St George's in 2004, Helen has been involved in supporting patients through all aspects of cancer care, from treatment to rehabilitation.

A highlight of Helen's career includes presenting work at several international conferences, showcasing her expertise and commitment to advancing the field of cancer rehabilitation. Currently, Helen serves as the Trust Lead for Living With and Beyond Cancer, a role driven by a passion for

creating sustainable change and involving patients in their care.

In addition to her professional achievements, has a tortoise called Doris and participates in humanitarian work. She has made significant contributions internationally by establishing a respiratory physiotherapy training program in Gaza and supporting breast cancer training programs across the occupied Palestinian Territories.



Jennifer Wainman

Jenny is a dedicated health advocate and experienced clinician with expertise in health studies, counselling, and cognitive behavioural therapy. A mother of two, she draws on her own health challenges to advocate for better patient communication and education.

Holding a BSc in Health Studies, a PGCE, an MA in Counselling in Education, and a PGDip in Children and Young People Therapy, Jenny has worked in education and therapy, running a CBT practice supporting individuals, NHS staff, children, and the Haemolytic and Blood Disorders Community.

Passionate about resilience and community support, Jenny shares her journey to inspire others. In her free time, she enjoys singing and collecting elephants.



Caitlin Harvey

Qualified in 2006, Caitlin has worked across various specialties, dedicating the past five years to leading personalised cancer care. Now Head of Nursing for Cancer at St George's, she oversees a team of 60+ specialists, focusing on quality, strategy, and equitable patient care.

A career highlight was supporting cancer and COVID-19 care during the pandemic. Passionate about nursing education, workforce development, and patient co-design, Caitlin strives to enhance patient experience and safety.

Outside work, she enjoys running, hiking in her native Lake District, and spending time with her cat, Archibald.



Vanessa Richards

Vanessa is a skilled mental health professional with extensive experience providing psychological support across diverse settings. As a Macmillan Psychotherapist, she supports individuals affected by cancer, offering therapy to patients, survivors, and caregivers to ease emotional challenges and improve well-being.

With a Master's in Integrative Counselling and Psychotherapy, Vanessa became a family and systemic practitioner, addressing the complex dynamics of family systems shaped by culture, ethnicity, and other factors.

As a Black Jamaican woman, Vanessa values representation in mental health care, ensuring individuals from diverse backgrounds feel seen and supported in their journey.



Shakira Hector

Shakira is the Cancer Awareness Project Coordinator, committed to improving community health through cancer prevention and early detection. Focused on engaging Black and South Asian communities, she leads outreach and training programmes, including focus groups, educational events, and health checks.

Shakira also coordinates the training of Croydon Cancer Champions and develops multilingual resources to promote accessible learning about cancer risks.

Her goal is to empower individuals with knowledge and strengthen local health outcomes.



Adebisola Olalekan-Sule (Ade)

My name is Adebisola Olalekan-Sule (Ade), an experienced healthcare professional with over 14 years of dedicated management experience in the palliative care field.

Throughout my 18 years nursing career, I specialized in creating compassionate, patient-centred care environments that prioritize the dignity, comfort, and quality of life for individuals facing lifelimiting illnesses.

Stalls

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South West London



Appreciation



Saffron Hanson

I extend a heartfelt thank you to all of you for joining and supporting us today as we work together to address health inequalities and enhance cancer support for Black and Minority Ethnic (BME) communities across six Southwest London boroughs.



Zak Miah

A special thank you to all those that have supported and engaged with the “Can You C Me” project. It has only been ten months, but yet we have achieved so much! We are shining a light on the disparities in healthcare outcomes for those of a BME background dealing with Cancer.



Michael Samuel

With over 30 years of experience in the corporate sector, I am committed to using my knowledge and expertise to address health inequalities, not only in Croydon, Kingston, Merton, Richmond, Sutton, and Wandsworth, but also across London and beyond. I look forward to expanding our impact through this exciting work.



Nadia Sabir Ali

Thank you all for attending today’s event and for your continued support of the Can You C Me project. I am excited about the opportunity to make a difference in Croydon and Merton, working to address and tackle health inequalities within these communities.

FURTHER SUPPORT INFORMATION

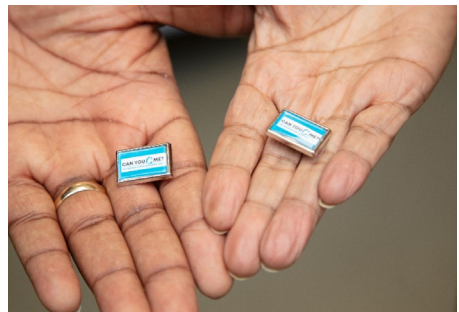
Company Name	Telephone Number	Website	Email address
Reframe Cancer Support	0207 965 0309	www.cancer-support.reframe.co.uk/home	supporter.relations@mariecurie.org.uk
Marie Curie	0800 716 146	www.mariecurie.org.uk	supporter.relations@mariecurie.org.uk
African Caribbean Leukaemia Trust (ACLT)	0203 757 7700	www.aclt.org Info@aclt.org.uk	
Macmillan Cancer Support	0808 808 0000	www.macmillan.org.uk/ contact@macmillan.org.uk	contact@macmillan.org.uk
Bowel Cancer Group	0208 668 0796	www.bowelcancer.org.uk	admin@bowelcanceruk.org.uk
Prostate Cancer UK	0203 310 7000	www.Prostatecancer.org	Supportercare@prostatecanceruk.org
BME Cancer Communities	0115 8456 432	www.bmecancer.com	service@bmecancer.com
Cancer Black Care	0208 9614151	www.cancerblackcare.org.uk	admin@bowelcanceruk.org.uk
MAGGIE'S	0300 1231 801	www.maggies.org	enquires@maggies.org
Breast Cancer Research Foundation (BCRF)	001-866 3463228	https://www.bcrf.org/	bcrf@bcrf.org
Living Beyond Breast Cancer	001404921 7915	www.lbbc.org/black	mail@lbbc.org
Sisters Network	001-866781 1808	www.sistersnetwork-inc.org/	infonet@sistersnetworkinc.org
Race Equality Foundation	0207 428 1880	https://raceequalityfoundation.org.uk/health-and-care/cancer-and-black-and-minority-ethnic-communities/	info@racefound.org.uk
U.S Food and Drug Administration	001-888 463632	https://www.fda.gov/about-fda/oncology-center-excellence/national-black-family-cancer-awareness	208 9614151

FURTHER SUPPORT INFORMATION

Company Name	Telephone Number	Website	Email address
American Cancer Society	001-800 2272345	https://www.cancer.org/about-us/what-we-do/health-equity/cancer-disparities-in-the-black-community.html	
Jama Network		www.jamanetwork.com	supporter.relations@mariecurie.org.uk
National Library of Medicine		www.ncbi.nlm.nih.gov	
Black in Cancer		https://www.blackincancer.com/	blackincancer@gmail.com
Cancer Care Map	020 8961 4151	https://www.cancer-caremap.org/	Natalief.cbc.org@btconnect.com
TOUCH - The Black Breast Cancer Alliance	001-443 7581924	https://www.keep-abreast.org/black-women-breast-cancer	info@keep-a-breast.org
Keep a Breast	01603819113	www.bmecancer.com	service@bmecancer.com
The Leanne Pero Foundation		www.theleannepero-foundation.com	foundation@leannepero.com
Errol McKellar Foundation		www.theerrolmckellar-foundation.com	info@errolmckellar.com
Black Breast Cancer	0203 432 7261	www.blackbreastcancer.com	info@blackbreastcancer.com
Kidney Cancer UK	0800 002 9002	www.kcuk.org.uk	
Oregon Psychological Association	001-503 2539155	www.opa.org.uk	info.opa.org.uk
From Me To You		www.fromme2u.uk	
Throat Cancer Foundation	0203 4754 065	www.throatcancerfoundation.org	hello@throatcancerfoundation.org
Melanoma UK	0808 1712455	melanomauk.org.uk	info@melanomauk.org.uk
Blood Cancer UK	08082080888	bloodcancer.org.uk	support@bloodcancer.org
RM Partners		www.rmpartners.nhs.uk	rmpartners.info@nhs.net

Croydon Cancer Conference July 3rd 2024





About Croydon BME Forum

Croydon BME Forum is the umbrella organisation for Croydon's Black and Minority Ethnic (BME) voluntary and community sector, working to engage people, build capacity, and promote equality and cohesion. We are a registered company limited by guarantee.

Our projects focus on various areas, including mental health, general health, family support, financial assistance, and overall well-being. The Forum was established to maximise the engagement of BME communities in all aspects of living and working in Croydon.

We represent Croydon's Black and minority communities to public sector agencies and other statutory and non-statutory organisations.

For more information on the **Can You C Me?** Project or to contact the team, please visit www.canyoucme.org or email macmillanteam@bmeforum.org

You may also contact **Macmillan Cancer Support** on 0808 808 0000 or visit their website www.macmillan.org.uk

Get in touch with the **Croydon BME Forum** by calling us or dropping in:

Scan to our website



Address

Croydon BME Forum

56A Mitcham Road, Croydon, CR0 3RG

The Wellness Centre

1st, Floor Whitgift Centre , Croydon CR0 1LP

Croydon Health And Wellbeing Space

Unit 1101-1102, Whitgift Centre , Croydon CR0 1TY

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