Research News –

The world of Head and Neck research is evolving and consequently going through an exciting time. Some of you may be aware of the original Head and Neck 5000 Trial which looked at care for people with head and neck cancer. Whilst this trial is now closed, there is a new study called Head and Neck 5000 follow up which is currently contacting original participants. The aim is to describe the social, lifestyle and clinical outcomes in people with head and neck cancer and relate these to baseline characteristics from the original Head & Neck 5000 study.

NIMRAD is a new trial comparing the effectiveness of standard radiotherapy versus radiotherapy with an additional new drug called Nimorazole. This is for people with locally advanced Head and Neck Squamous Cell Carcinoma, not suitable for radiotherapy with additional chemotherapy or Cetuximab.

CompARE is an up and coming trial comparing alternative treatments for people with intermediate and high risk Oropharyngeal Cancer. The trial aims to examine the outcomes of the alternative treatments in combination with quality of life, side effects and swallowing function.

If you have any questions then please don’t hesitate to contact Paul Brittain at York Oncology Research Department on 01904 726488.

Dietetics Corner –

Eating and maintaining weight can be a difficult task for many cancer patients, especially for those who experience swallowing difficulties. A new book has been created by oncology dieticians to provide patients with advice on how to best combat unplanned weight loss and other eating related problems that are encountered. In the book you can find 60 nourishing, texture-modified recipes which have been specifically adapted. The book is available for purchase or download here:

https://www.breakthroughcancerresearch.ie/shop/eating-well-with-swallowing/

Please see Page 3 of the newsletter for two sample recipes!
Our new Facebook Group –

The North Yorkshire Head and Neck Support group is a group set up with the aim of supporting people following a diagnosis of Head and Neck Cancer, providing advice, information and a basis for peer support throughout the cancer journey.

The group is set with maximum security and privacy settings, meaning it cannot be found by searching for it on Facebook. If you are interested in joining the group or have any questions, please email beth.trenchard@nhs.net

Fundraising -

Paul Cawte is going to be taking part in a charity bicycle ride from Carcassonne to Barcelona, a distance of approximately 450km, organised by Macmillan in September this year. To donate to this amazing cause please go to www.justgiving.com/Paul-Cawte

Poem Requests –

Paul D’Arcy is compiling a booklet of Poetry from work submitted by people who have either fought Cancer themselves, or are linked to someone who has suffered from Cancer. The aim being to raise awareness of the illness along with raising support for The Laryngectomy Cancer Trust and York Cancer Care Centre. Please contact us if you have a poem to submit.

Coming up…

The next drop in clinics will be held on the 3rd April, 8th May, 5th June and the 3rd July at the Cancer Care Centre, York Hospital. 2-4pm, first Monday of each month.

The next Evening Support Group Meeting will be held on Tuesday 11th July in the seminar room in the Head & Neck outpatients department at York Hospital.

The UK’s first Face Equality Day is being held on Friday 25th May. The campaign aims to raise awareness to discourage prejudice and discrimination, and to help everyone learn new ways of thinking and behaving towards people with disfigurements. We will be supporting this campaign with a stand in the entrance of York Hospital on the 25th May. For more information please contact us, or have a look on the Changing Faces website.

Thank you!

Next newsletter available July
**Cream of Chicken Soup**

**Prep time:** 10 minutes  **Cooking time:** 40 minutes

**Serves:** 4

- 2 Tbsp. olive oil (30ml)
- 1 medium onion, peeled and finely chopped (150g)
- 1 medium leek, thoroughly washed and finely chopped (150g)
- 2 large chicken breasts, chopped (400g)
- 600ml chicken stock
- 1 Tbsp. fresh parsley, chopped (5g)
- 1 Tbsp. fresh thyme, chopped (5g)
- 175ml double cream
- Pinch of pepper

This smooth, mild soup provides a nourishing protein kick.

1. Heat the oil in a pot, add the onion and allow to soften for about 5 minutes.
2. Add the leek and cook for a further 5 minutes.
3. Add the chicken, stock, herbs and seasoning and bring to the boil for 2 minutes, reduce the heat to a simmer.
4. Allow to simmer for 25 minutes until the chicken is cooked through.
5. Allow to cool completely then blend the soup until it is completely smooth. Adjust consistency by adding more liquid if required.

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**Strawberry, Peanut Butter & Banana Smoothie**

**Prep time:** 5 minutes  **Serves:** 2

- 200g Greek-style yogurt
- 100g strawberries
- 1 medium banana, peeled (100g)
- 3 Tbsp. smooth peanut butter (45g)
- 50ml full-fat milk
- 20g skimmed milk powder

1. Blend all of the ingredients together until smooth.

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**Typical Values**

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<td>Protein g</td>
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<td>Salt</td>
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<td>Fibre</td>
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High in protein, rich in vitamin A, B4, thiamin and folate.

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**Typical Values**

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<thead>
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<tr>
<td>Fibre</td>
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</table>

A good source of protein, calcium & vitamin E. Rich in vitamin C & B vitamins.
Humber Coast and Vale Cancer Alliance invites patients and carers to attend a half day workshop:

Participants will be able to:

- Comment on our cancer plan
- Have the opportunity to help us shape our public and patient involvement/participation plans for our Cancer improvement work.

Refreshments and lunch will be provided.

Programme details to follow.

Mindfulness (1 Day Course)
21 June 2017 Leeds
18 September 2017 Durham

What is it for?
This course is aimed at people who have been affected by cancer, service users, volunteers and support group members. Mindfulness can help us enjoy life more and understand ourselves better. Mindfulness can often help with mental wellbeing and developing emotional resilience techniques.

This course will help you to:
- look at up-to-date science of mindfulness and self-compassion with a variety of teachings;
- learn and practice some simple meditations that can help us to develop these aspects of ourselves;
- take part in a variety of practical and creative ways of working with our own experiences;
- share individual and group reflections of our experiences.

Limited places available
To book a place, please contact:

Jonathan Fuller
Learning & Development Administrator
NorthLearning@macmillan.org.uk
Please include details of this course, your name, role and contact details.

Alternatively, call:
01904 756 459