

An invitation to shape a future project to support people to live well after breast cancer

My name is Fiona Kennedy. I am a researcher based at the University of Leeds involved in planning a project to explore the support and services that could help to improve health and fitness after a diagnosis of breast cancer.

Research tells us that individuals can be supported to improve their health and fitness after a diagnosis of cancer, and this can be beneficial for their general health and wellbeing.

However, we know that the people who take part in research projects often differ from those who do not take part in research projects. We want to make sure that the services we design to support individuals to live well after a diagnosis of cancer are able to support ALL individuals. To do this we are especially keen to hear from people who are often under-served in research and healthcare services. This might include those from minority ethnic groups or individuals from areas that are more deprived.

I would like to speak to women who have experienced a diagnosis of breast cancer (or have cared for someone diagnosed with breast cancer) about the ideas we have for the project. The aim of the future project will be to develop a programme to support women from under-served communities to improve their health and live well after a diagnosis of breast cancer. I would like to hear women's thoughts and experiences of health support services available, whether they are interested in asking for health advice, and to find out what discourages women from asking for support to improve their health and fitness, so that we can work out some potential ways to help them and others like them.

Are you interested in helping to shape a future project to support people to live well after cancer?

I am interested in hearing from individuals who have experienced a diagnosis of breast cancer or individuals who have cared for someone diagnosed with breast cancer), and who live in one of the following locations:

<u>Bradford</u>		<u>Leeds</u>	
Bowling & Barkerend	Keighley Central	Armley	Harehills
Bradford Moor	Keighley West	Beeston Hill	Hawthorth
City	Little Horton	Belle Isle	Hunslet
Clayton & Fairweather	Manningham	Chapelton	Killingbeck
Green	Royds	Cross Green	Middleton
Eccleshill	Toller	Farnley	Monkswood
Great Horton	Tong	East End Park	New Wortley
Heaton	Wibsey	Gipton	Seacroft

If you are interested in taking part, I will invite you for a chat. This will last around 60 minutes at a time and place that is convenient for you and where you feel comfortable to talk. For example, this might be in your own home, at a community centre, a local café, or on a walk in a park. As a thank you for your time, we will offer you a fee to cover both your time and expenses.

Alternatively, if you would like to help, but don't have time for a chat or want to leave some comments anonymously, we have an online survey to get initial thoughts on our project idea. As a thank you for completing the survey you will have the opportunity to enter a prize draw (£100). The survey can be found at:

<https://leeds.onlinesurveys.ac.uk/for-all-survey>

How to get in touch

There is absolutely no pressure to take part in this project, but if you'd like any further information, you can contact me on 07793 675866 / 0113 3430813 or email me at f.r.kennedy@leeds.ac.uk