



Welcome to our first newsletter of 2026!

Hello and a big welcome to our newsletter! As we begin 2026 and look forward to the year ahead, it feels like the perfect time to pause and look back on the year we've shared.

2025 was extra special – we celebrated 10 years together! Ten years of connection, growth, and community... and honestly, it still amazes me to say that out loud.

Looking ahead, our upcoming newsletters will introduce you to our Trustees and Staff Team, share stories from service users, highlight exciting research and clinical trials, and show you ways to get involved. You'll also hear about our support groups in Manchester, Trafford, and Salford, explore CSUK Vintage, and join us in our Help Can-Survive Thrive fundraising campaign.

Our newsletter is here to keep us connected, inspired, and informed. Whether you're a service user, supporter, partner, or just discovering us for the first time – we're so glad you're here.

From all of us at CSUK, we hope you had a restful, joyful festive season and wish you a bright start to the new year.

Thank you for being part of our journey.

Marcella Turner
Founder & CEO



INSIDE THIS ISSUE

Happy birthday to us!

Celebrating 10 years

Don't go it alone

Update on our services

Cooking up a storm

How a healthy eating group created their own cookbook

Help Can-Survive Thrive

Our new fundraising campaign

Happy birthday to us!

Celebrating 10 years of Can-Survive UK

In September 2025, we proudly celebrated ten incredible years of Can-Survive UK – a whole decade of supporting people affected by cancer. What an achievement!

Since our beginnings, the organisation has grown from strength to strength, now delivering support across Manchester, Salford, and Trafford. Over the years, we've shared countless moments with those we support – moments of courage, laughter, and sometimes tears.

To everyone who has trusted Can-Survive UK, thank you. Here's to the next 10 years and beyond!

A night to remember

To mark this special milestone, we hosted a celebration on 19th September in the stunning Compass Room at The Lowry Theatre – and what a night it was!

Guests enjoyed a warm drinks reception and photo booth fun, followed by a delicious three-course meal. The evening continued with heartfelt speeches, an exciting raffle with fantastic prizes, and top-quality entertainment.



A heartfelt thank you...

We couldn't have done it without the amazing support of so many people:

Our sponsors

Awards for All and Macmillan Cancer Support – your partnership made this celebration possible.

Raffle prize donors

Halo Hair Angels, Ena and Winston Campbell, Lead Station (Chorlton), Styling Room Hair Salon, Positive Reflection Photography, and those who chose to remain anonymous – your generosity helped us raise £2,550 – all of which will go into our Help CSUK Thrive fundraising campaign.

Entertainment

Emmanuel Adepoju (Sax Serenades), DJ Mega and DJ Silky – thank you for keeping everyone on their feet!

Speakers

Maurice Blake and Manda Ncube – we are deeply grateful for your courage in sharing your personal cancer journeys.

Special Guest

Carroll Thompson – thank you for taking us down memory lane with your timeless songs and for

Our wonderful host

Our brilliant host, **Elva Joseph-Rock**, kept the energy high from start to finish, guiding us through an evening filled with laughter, reflection, and celebration.

And all too soon, it was over!



supporting our cause.

The Lowry Theatre team

Ellen and team – your professionalism and support from start to finish were truly exemplary.

Most importantly:

Thank you to our service users and the community.

We are humbled by your trust and honoured to walk alongside you.

“I had to come out and support you – what you are doing for the community needs to be celebrated. Thank you to you and your team.”

“Oh, what a night! Thank you Can-Survive – that was excellent! When's the next one?”

“That was the best night out I have had in a long time. The warmth in the room was lovely. Fabulous evening.”

“Even getting stuck in the lift did not take away from the evening! Carroll Thompson was fabulous.”



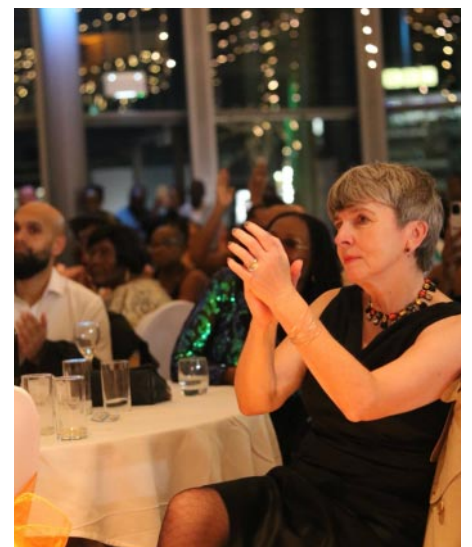
On behalf of the Board of Trustees and the CSUK Team, thank you for celebrating with us and for your continued support.

We look forward to serving the community for another decade – and beyond!



“Everything about the event was spot on. The venue, drinks when you arrived, meal, having your photo taken – everything! So glad I came.”

“Just when you thought it couldn’t get better – it went up a notch again! Brilliant!”





If you were a guest at the event and had your picture taken (we've only been able to print a few of them here) and would like them emailed to you – please email info@can-survive.org.uk and we will send them to you.

Our support hubs

Here so you don't have to go through cancer alone

Did you know we now have support groups in Manchester, Trafford and Salford?

Please don't go through cancer alone. If you have been diagnosed, recovering from, caring for or have lost someone to cancer, we are here to help.

Our confidential, safe and culturally appropriate support hubs have been created for you to come along, meet other people going through similar circumstances, socialise, make new friends, take part in health and wellbeing activities, and try something new.

Our regular groups

Manchester

Women Only Wednesdays

Every other Wednesday 1pm–3pm

Men Only Thursdays

Every other Thursday 1pm–3pm

Coffee Connect Chat

Every other Wednesday 1pm–3pm

Trafford Wellbeing and Support Group

Every Thursday 12.30–2.30pm

Salford Wellbeing and Support Group

Every Thursday 11am–1pm

[See the website for full details](#)

More than just groups

Our regular support groups are a lifeline for many. But Can-Survive UK does much more besides . . .

Home Visits

If you cannot come to a group, but would like to feel less isolated, then our home visiting service may be for you. Contact: familysupportworker@can-survive.org.uk or call **07950 314676**.

Advocacy

A visit to the GP or hospital appointment, can sometimes be overwhelming. So much information to take in, so many questions you want to ask. Our advocacy service is there to offer you moral support. Please call **0161 232 1286** for further information.

Health and Wellbeing

We offer a range of health and wellbeing activities. Fancy a massage? Try something new like a sound bath. Take part in light exercise and yoga classes. Singing therapy – good for your soul! Cookery classes, alongside diet and nutrition and group talking therapy. These are just some of the activities you can take part in.

A powerful expression of life, one bite at a time

Cook and Thrive, the cookbook

Cooking a cultural dish can be deeply meaningful for someone with cancer – it becomes a form of self-care that connects them to their roots, identity, and community during an uncertain time.

Cultural dishes often carry personal history: smells from childhood, family traditions, or memories of home. In preparing these foods, the person may feel comforted and grounded, even as they navigate a changing body and life.

Our **Cook and Thrive** project offered service users opportunities to recreate a beloved dish from 'back home' – providing a



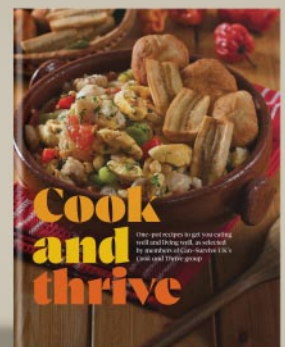
reassuring sense of familiarity and control – two things that cancer can often take away.

Last year we received a grant from Manchester City Council that enabled us to turn some of the service users' recipes into a professionally produced cookbook. The result – ***Cook and Thrive: One-pot recipes to get you eating well and living well*** – is a fantastic celebration of identity, resilience, and connection. A powerful expression of life, 'one bite at a time.'

The cookbook would not have been possible without the help and support of our service users, who generously shared their recipes, stories, and memories. We extend our heartfelt thanks to them – as well as to the staff and volunteers – for being part of the Cook and Thrive project. Also, a big thank you to Rupert Aikman of Healthy Eating Solutions for facilitating the cooking sessions and Manchester City Council for funding the project.

Snap up a copy of Cook and Thrive!

The fabulous, hard back *Cook and Thrive* cookbook is available for just £19.99. To get your copy, drop us a line at info@can-survive.org.uk



Share Your Breast Cancer Story

Help improve support for African, Caribbean and South Asian Women

Have you experienced breast cancer and hormone therapy? Your voice matters.

Researchers from University College London are working with African, Caribbean, and South Asian women to better understand experiences of breast cancer and treatments like hormone therapy. The aim is to improve care, support, and reduce health inequalities.

You may be able to take part if you:

- **Have been diagnosed with breast cancer, and**
- **Have taken (or been offered) hormone therapy such as Tamoxifen, Letrozole, Anastrozole, or Exemestane (within the last 5 years, or offered in the past year)**

What's involved?

- **A one-to-one conversation about your experience**
- **Your choice of in-person, phone, or online**
- **it will take up to 60 minutes**
- **You'll receive a £20 voucher as a thank you for your time**

By sharing your story, you can help shape better support for African, Caribbean, and South Asian women affected by breast cancer.

Interested or want to know more?

Contact Ola via email:

odunola@can-survive.org.uk

Or call: **07908 429297**

Help Can-Survive Thrive

Our new fundraising campaign

At our ten year celebration event in September, we launched *Help Can-Survive Thrive*, our fundraising campaign to raise £10,000.

By donating £1 to £5 a month, you can help us to reach our target. The money raised will contribute towards the cost of running our support groups, wellbeing and therapeutic activities and cover travel costs for service users. It will also enable us to kick start our new 'Crisis Fund' to help community members diagnosed with cancer facing financial hardship.

You can *Help Can-Survive Thrive* by making a donation today! [Donate via our website.](#)

Or set up a **monthly direct debit** using the following bank details:

Bank:	HSBC
Account Name:	Can-Survive UK
Sort Code:	40-31-20
Account No:	71287877
Ref:	HCSUKThrive

Get in touch

Can-Survive UK
 Kath Locke Centre, 123 Moss Lane East, Manchester M15 5DD
 Website: www.can-survive.org.uk
 Email: info@can-survive.org.uk
 Office: 0161 232 1286
 Instagram: @CanSurviveUK
 TikTok: @CanSurviveUK

Future newsletters

We hope you've found this issue of our newsletter interesting. If you'd like to receive our next issue, out in Spring, drop us an email at:

info@can-survive.org.uk

