



## Spring Edition 2024

Dear Alice,

Winter has finally gone and Spring is finally here! The season of hope, growth and new beginnings. We're pleased to welcome you to the Spring edition of the **Blood Cancer UK Clinical Trials Support Service** Newsletter.

We've some great stories for you this month, and, as ever, if you've anything you'd like us to cover or have any questions, please get in touch.

Happy reading!

Jane, Rachel, Lynne and Leanne  
The CTSS Team

## Eating Healthy For You

**Eating well is an important part of looking after your body and mind.**

Our Eating Well with Blood Cancer Booklet provides essential guidance on maintaining a balanced diet, overcoming common eating challenges, eating well on a budget and staying safe during high risk periods.



[Download your free copy now](#)

**MPN Voice - Online Talk**



## **Myeloproliferative Neoplasms Support**

MPN Voice has hosted it's first online forum to discuss important scientific breakthroughs in blood cancer, what they do and more.

This month there is also focus talks on the blood cancer types of MF, ET and PV!

[Watch Here](#)

**Patient Congress 2024**

# HPCCC 24

The Haematology Patient and Carers Congress brings together patients, caregivers, and medical experts nationwide for knowledge sharing and community building. Join over 1000 patients, carers, and families for the UK's largest patient-focused haematology.

[Find Out More](#)

## Keeping Connected

### Forum Survey 2023/2024

#### After using the forum...

96% agreed they have a better understanding of where they can get support and information about blood cancer

88% agreed they feel better able to manage their health and wellbeing

89% agreed they feel more confident in having conversations with their healthcare team

85% agreed they feel less alone

88% agreed they feel more supported

100% of those who are a loved one of someone diagnosed, agreed they feel better able to support their loved one



[Take a Look](#)

The Blood Cancer UK Forum is a great place for people affected by Blood Cancer to connect and be informed of topics that affect our community.

In a recent survey **96%** of people who use our Forum **agreed that they have a better understanding of where they can get support and information about blood cancer.** You don't even need to register to view content.

## Leave Your Legacy

## As a community we've helped change the world.

Over 60 years, thanks to the generosity of people like you, we've now invested £500 million into blood cancer research. As a community, we've helped to change the world.

A gift in your Will could get us to the day when every single person with blood cancer survives.



[Find Out More](#)

## Keeping in touch

Remember, if there's anything in the newsletter you'd like to ask about, if you have any questions or want to talk through any clinical trial options, we're always here for you. Just drop us a line at [trials@bloodcancer.org.uk](mailto:trials@bloodcancer.org.uk) and if you'd prefer we can arrange a phone or video call at a time to suit.



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**Need to talk about blood cancer? Call our support line free on 0808 2080 888**

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