



# C & Hair News

*December 2024*

*Newsletter 2*

## **Celebrating our work in the community and recent events.**

As the year draws to a close, we reflect on our recent work in the community and the events that have united us in raising awareness, sharing knowledge, and providing support.

We are grateful for the incredible connections, conversations, and collaborations that have strengthened our community.



Lorna Jones at Jamaican National Bank in Brixton

## **Collaborating with St George's Hospital to Support Hair Care During Cancer Treatment.**



From left to right, Caitriona, Lorna, Macmillan Head of Nursing Services Caitlin

We are thrilled to announce our partnership with St George's Hospital, working closely with their dedicated Macmillan Cancer Information department to provide tailored support for patients experiencing hair loss and changes to their hair during cancer treatment.

### **Highlighting The Work Of C & Hair**

As part of this collaboration, Lorna delivered two sessions on the work that we do, to the hospital's cancer clinical nursing teams. These sessions focused on increasing awareness about hair loss and the unique services we provide to the community for individuals with afro-textured hair.



Lorna Jones with the Nursing Team

## Hair Care Team

Lorna Jones is pleased to be a member of the Hair Care Team at St George's Hospital, which meets quarterly to discuss and enhance patient services. This team is dedicated to providing holistic hair care support that helps patients feel confident and cared for during their treatment journeys.



From left to right: Hair Reborn, Lorna Jones, Headwrappers, and Cecilia from St Georges (Wigs)

## **Services for Patients**

Through this partnership, patients at St George's can benefit from a range of resources and support, including:

- The art of headwrapping: Learn stylish and practical ways to use headwraps as a form of self-expression and comfort.
- Hair loss and hair care advice: Receive guidance on maintaining healthy hair and scalp care before, during, and after treatment.
- Wig services: Explore the options available through the hospital's wig service to find a style that suits you.
- Scalp cooling: Learn more about scalp cooling technology and how it may help reduce hair loss during chemotherapy.
- Understanding hair changes: Gain insights into how cancer treatment may affect your hair and tips for managing these changes.

For more information about these services, please feel free to reach out or visit the Macmillan Information Centre at St George's Hospital.

## Recent Events

From September to November, we hosted four remarkable events that educated, inspired, and united us in the fight against cancer.

1. Cancer Awareness & Cancer-Related Afro Hair Loss (September)
2. Afro Hair & Cancer Awareness Night (September)
3. Macmillan Coffee Evening (September)
4. Hair Loss and Cancer Treatment Event (November)

We are thrilled to share highlights.

### **A September to Remember: Raising Awareness and Celebrating Strength.**

At the Cancer Awareness & Afro Hair Loss event in Wandsworth, we were pleased to be supported by RM Partners North West and South West London Cancer Alliance to host this enlightening event.

1. The Rising Incidence of Cancer and its impact.

Experts shared insights into the increasing rates of cancer emphasizing the importance of early detection and community action.

2. Dispelling Myths About Cancer.

Addressing common misconceptions about cancer, the discussion highlighted the importance of understanding factual information to combat fear and misinformation.

3. Hair Dyes, Chemicals, and Studies Linking in incidents of Cancer.

We explored studies that suggest a potential link between prolonged use of certain hair dyes and chemical treatments and increased cancer risk. This topic sparked engaging discussions about safer alternatives and informed choices.

4. Research and Clinical Trials.

Attendees learned about the latest advancements in cancer research and how clinical trials are paving the way for better prevention, treatment, and cures. Participants were also encouraged to consider involvement in such trials to further scientific progress.



This event laid the groundwork for informed conversations and emphasized the importance of early detection.

It reinforced the need for education and open dialogue and support within the community, leaving attendees empowered and informed.

We extend our heartfelt thanks to everyone who participated and contributed to making this event a success.

### **A Celebration in Brixton: Afro Hair & Cancer Awareness Night**

September continued to be a month of meaningful connections and impactful conversations. Later that month, we had an unforgettable sold-out event at the Jamaica National Bank in Brixton!

The evening began with a heartfelt discussion on:

- The history of Afro hair and its cultural significance.
- How styles have evolved over time, including the cultural importance of locs and hair care
- The role of camouflage options, including wigs, in managing hair loss with confidence and dignity.



At the Jamaican National Bank,  
Ovi King Technology Consultant & Haircare Researcher



The night was a celebration of Afro hair's rich legacy and education.

### **Macmillan Coffee Evening Highlights**

The night transitioned into our Macmillan Coffee evening, and this heartwarming evening brought people together, all for a great cause. We were pleased to raise £237 that evening and thank everybody for their contributions.

#### **1. Dispelling Myths .**

We continued our mission to provide accurate information, we addressed more common cancer myths, and empowered attendees with knowledge and confidence.

#### **2. Bingo Fun.**

The room was filled with excitement as we played a lively game of bingo. Congratulations to our two lucky winners who received Marks and Spencers gift vouchers.

#### **3. Andrea's Inspiring Story.**

The highlight of the evening was hearing Andrea share her personal journey with breast cancer. Her words, "God and I beat cancer," resonated deeply and her courage and resilience moved us all.

#### **4. A Joyful Dance Celebration.**

Andrea demonstrated the celebratory dance she performed when she rang the hospital bell to signify the completion of her cancer treatment. That moment was unforgettable as she taught us the dance, and together, we celebrated life, hope, and strength on the dance floor.



Andrea demonstrating her celebratory dance.

## **Hair Loss & Cancer Treatment Event, November.**

We collaborated with Lewisham & Greenwich NHS to present this meeting.

The event had a fantastic turn-out, reflecting the community's dedication to education, connection, and empowerment. Here's what we covered:

### **1. Cancer Prevention, Early Detection, and Treatment Options.**

Experts shared practical advice on lowering cancer risks, recognizing early symptoms, and understanding the treatment pathways available.

### **2. Cancer-Related Hair Loss: The Challenges.**

We explored the physical and emotional challenges associated with cancer-related hair loss, focusing on the unique experiences of individuals with afro-textured hair.

### **3. Scalp Cooling.**

The session included insights into scalp cooling—a technique that can reduce hair loss during chemotherapy.

### **4. Support from the NHS Trust.**

Attendees learned about the vital resources and assistance offered by the Lewisham and Greenwich NHS Trust,



From left to right representatives from Black Woman Rising, Lewisham & Greenwich NHS Trust, Macmillian & DChanger



## **Thank you for your support**

We would like to extend our deepest thanks to all who attended, participated, publicised and partnered with us to make our events possible.

These events have strengthened our mission to inform, inspire, and support those affected by cancer. We are deeply grateful for the participation, engagement, and contributions of everyone involved.

We look forward to sharing more opportunities to connect, learn, and support one another in the months ahead.

## **Looking Ahead: Save the Date**

We are excited to announce our up-coming conference taking place on Saturday, 12 April 2025 at St Mary's Conference Centre, Croydon.

Mark your calendars for an incredible day of learning, networking, and inspiration.

More details to follow soon!

Thank you for being a part of our journey.

