

A photograph of two women wearing red hijabs and abayas, engaged in conversation. The woman on the left is looking towards the right, and the woman on the right is looking towards the left. A dark green rectangular box is overlaid on the center of the image, containing white text.

**EVENT REPORT: TEA & CHAT  
– UNDERSTANDING  
CANCER: LEARN, SHARE,  
AND PREVENT!**

**FEBRUARY 2024**

## Event Report: Tea & Chat – Understanding Cancer: Learn, Share, and Prevent!

**Date: 21 February 2024**

**Facilitator: Sammy Khan (Age 43, British Pakistani)**

**Event Type: Community Education & Engagement Session**

**Location: Pearls Tearoom**

**Duration: 6:00pm- 8:30pm**

**Attendees: 80 women**

**Ethnicity: 50% Pakistani, 25% Indian, 5% White British, 10% Afro Caribbean, 5% Arab, 5% Eastern European**

### **Overview**

This interactive “Tea & Chat” session, led by Sammy Khan, Sammy Khan is a solicitor from Bradford with a passionate drive to make a difference beyond the courtroom. Having seen multiple loved one’s face cancer, Sammy was deeply impacted by the pattern in her own family. Motivated by both personal loss and the desire to protect future generations, she began exploring the roots of cancer, seeking to learn, share, and prevent. Her mission is to raise awareness, challenge assumptions, and encourage open conversations that empower communities to take charge of their health.

This community-focused session aimed to increase awareness and understanding of cancer through interactive activities and open discussion. Designed with cultural sensitivity and inclusivity in mind, the session empowered participants, primarily women from Bradford, to challenge myths, learn prevention strategies, and take personal action toward better health.

## Ice Breaker

The session began with an icebreaker activity: “Myth or Fact?”, where participants were presented with common statements about cancer (e.g., “Cancer is contagious,” “Eating sugar causes cancer”) and asked to vote whether each was a myth or fact. This activity sparked lively discussion and helped clarify misconceptions about cancer causes, symptoms, and treatments.

The goal was to challenge misinformation and promote evidence-based understanding of cancer. This was achieved as women attending felt more informed and able to distinguish between myths and facts about cancer. And a willingness to explore and find out more information.



Some of the comments made by the women after this first activity were:

*“I always thought microwaving food in plastic caused cancer, now I know”*

*“I used to think cancer was a punishment, this helped me understand it’s a medical condition, not a stigma.”*

*“It was eye-opening to learn that not all lumps mean cancer. I feel less afraid now.”*

## Activity 1

This was followed by an interactive presentation: “What Is Cancer?” A visually engaging presentation explained the biological basis of cancer, including how it develops through cell mutation and tumour growth. Real-life analogies, like, “Cancer is like weeds growing in a garden” helped simplify complex concepts. Trivia questions were also used throughout to maintain engagement and reinforce learning.

This covered topics:

- Types of cancer
- Risk factors
- Early detection and screening

Participants gained a clearer understanding of cancer biology and the importance of early detection. They said:

*“The comparison to the garden made it so easy to understand. I can explain it to my kids this way.”*

*“I didn’t know screening was available for free, I am going to speak to the nurse at my doctors.”*

*“The garden story really helped me understand how cancer spreads. I finally get it!”*



## Activity 2

We held a “Healthy Habits Scavenger Hunt”, where the women worked in teams to find items around the room that signified healthy lifestyle choices (e.g., water for hydration, sunscreen for sun protection). This hands-on activity helped reinforce key cancer prevention strategies, and helped to promote awareness of daily habits that can reduce cancer risk, such as:



- Healthy eating
- Regular physical activity
- Avoiding tobacco
- Sun safety

The women enjoyed the hunt and learned important knowledge:

*“I never thought about how little water I drink, this made me realise I need to change.”*

*“Being Asian I thought I didn’t need sunscreen.”*

*“It was fun and practical. I’ll be using sunscreen more often, even in cloudy weather.”*

*“We talked about how our diet at home could be healthier...less takeaways and fried food, more fresh food, home cooked meals and vegetables.”*

*“It was fun and made me think about what I actually do every day to stay healthy.”*

## Closing Activity

Finally, we made the women commit to personal action by completing a “Take-Home Pledge”, where they wrote and shared one personal action, they would take to reduce their cancer risk and raise awareness in their community. Examples of pledges made include:

*“I’m going to encourage my sisters to go for screening, it’s not something we talk about enough.”*

*“I’ll share what I learned at our next women’s circle at the mosque.”*

*“This session gave me the confidence to ask my GP questions I was too shy to ask before.”*

*“Making a pledge made it real for me, I’m going to follow through.”*



## Conclusion

The session received highly positive feedback. Attendees described it as informative, engaging, and empowering. Many appreciated the interactive format and expressed a commitment to applying what they learned in their daily lives.

- *“I learned so much I didn’t know before.”*
- *“The activities made it fun and easy to understand.”*
- *“I feel more confident talking about cancer with my family now.”*
- *“It felt respectful and inclusive, thank you for making it comfortable for us.”*
- *“We need more sessions like this in our community. It’s so important.”*

Report created by the Tea & Chat participants  
supported by the MWC Team

