



ONE VISION
BRINGING PEOPLE TOGETHER

In partnership with

MACMILLAN
CANCER SUPPORT

ANNUAL REPORT FOR ONE VISION'S CANCER CHAMPIONS PROGRAMME



Photo from the Cancer and Hope Conference in June 2025



Impact of Cancer Champions Programme

This report covers:

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1. Introduction to our Cancer Champions Programme

One Vision's Cancer Champions Programme is part of a cohort of eleven similar projects across the UK that are funded by Macmillan Cancer Support. This initiative originated from Macmillan's recognition that trusted local community groups are often the best placed organisations to connect with under-served populations and address the barriers to equitable cancer care and support.

Our Programme started in June 2024 and is funded for three years. This report summarises the activities undertaken in the second year of the project.

In summary, our Programme aims to:

- Improve access to cancer services for ethnically diverse residents in Watford and Three Rivers;
- Raise awareness of cancer symptoms, improve knowledge on how to reduce the risk of cancer and promote the importance of screening for early diagnosis in a culturally sensitive approach;
- Connect people to wider support services.

2. Our Cancer Champion Volunteers

- Cancer Champion volunteers are the driving force behind the Programme. Currently we have trained and deployed 67 volunteers over the last two years.
- They support outreach activities to recruit new volunteers and expand community engagement.
- Volunteers deliver cancer awareness activities in both faith and non-faith settings to reach wider and underserved groups.
- They use their local community knowledge and networks to increase awareness of cancer prevention, symptoms, and early detection.
- Cancer Champions act as trusted community anchors, signposting individuals to relevant OV health, wellbeing, and other support services.
- Volunteers with lived experience contribute to the co-design of the delivery model, ensuring it is culturally sensitive and responsive to community needs.
- Cancer Champions share personal stories through community sessions and social media to encourage open conversations and promote preventative behaviours.

2a. How many volunteers do we have and who are they?

Our target for trained and deployed Cancer Champions, as set out in our grant application, was:

- Year 1: 28 volunteers
- Year 2: 35 volunteers
- Year 3: 50 volunteers

We successfully met and exceeded our Year 2 volunteer target.

By December 2025, 24 additional volunteers had been recruited and trained, bringing the total number of deployed Cancer Champions to 67 by our new Volunteer Managers, Jasbir Surana and Sadia Din.

Our volunteers come from all walks of life and contribute a wide range of skills, experience, enthusiasm, and community connections.

They range in age from 26 to 86 years, with 80% from diverse ethnic backgrounds.

Volunteers include health professionals, charity sector workers, a retired police officer, a social worker, a lorry driver, a chef, a military veteran and chaplain, local councillors, a scientist, a home care provider, IT professionals, and a pilot.

Volunteers represent South Asian, African Caribbean, and White British communities and collectively speak a wide range of languages, including Urdu, Hindi, Gujarati, Tamil, Punjabi, Marathi, Bengali, Malayalam, Telugu, Afrikaans, Danish, Swahili, Kikuyu, Shona, and Ndebele.

Many volunteers have personal experience of cancer, strengthening their empathy, credibility, and impact within the communities they support. Some also care for loved ones with cancer.

2b. How do they support us?

Between January 2025 – December 2025, we have had over 162 Cancer Awareness and Engagement Sessions.

These volunteers contributed over 645 hours to support us. See Appendix 1 for more data

Number of hours:

Month	Hours
January	28
February	45
March	63
April	58
May	35
June	80.5
July	55
August	41
September	46
October	100
November	64
December	29
TOTAL	645

The activities they have supported us with include:

- Community outreach events at local supermarkets and shopping areas
- Cultural occasions such as Diwali, Iftaar and Christmas celebrations
- Community Events such as Men's Health Event, International Women's Day celebrations, Hertfordshire Pride, South Asian Heritage Month, Black History Month, Watford Celebrations, etc.
- Community Conversations that focus on specific cancers across faith and non-faith settings
- Social media strategy, and delivery model approach has been formulated
- Refreshing of the volunteer training and onboarding pack
- Mapping new communities
- Sharing stories and insights
- Supporting with the development of signposting resources
- Training volunteers regarding BP & AF checks

2c. Volunteer Retention Strategies

To create a sense of value among our volunteers, we have introduced several initiatives:

- **Recognition:** Our quarterly Champion Moments celebrate the contributions of four outstanding volunteers. We also host regular appreciation activities, including a volunteer Christmas get-together with shared meals and games such as carrom. In addition, we organise quarterly bowling sessions to provide opportunities for volunteers to connect, relax, and feel valued.
- **Support, Engagement and Feedback:** Our Volunteer Managers conduct bi-monthly check-ins with volunteers to support their motivation and wellbeing. We host monthly feedback drop-in sessions to hear from our volunteers and acknowledge what is working and what can be improved.
- **Communication:** A google form has been created which showcases the list of upcoming activities and events that the volunteers can participate in. This tool gives our volunteers advance notice which has led to an increase in engagement. We now ensure WhatsApp groups are created for specific events a week in advance with duties and accountability for the team and the volunteers. We have also created an impact form which helps us track numbers, feedback and outcomes.
- **Lead Volunteers:** Due to the upskilling of our volunteers, they are now able to lead certain events without One Vision staff members always being present. This has helped us create a wider impact and use our resources wisely.

Photos of volunteers



CHAMPION MOMENTS

JULY 2025 - SEPTEMBER 2025



Your kindness, dedication, and unstoppable spirit
as a volunteer have made a real difference.
Today we celebrate YOU - our **CANCER CHAMPION!!**

3. Testimonials from Our Volunteers

3a. My volunteering experience as a Cancer Champion

Shilpa Kashyap Dixit



Volunteering as a cancer support volunteer has been one of the most humbling and meaningful learning experiences of my life. Working with the wonderful team at One Vision Charity and Macmillan Cancer Support has taught me the power of simply showing up—listening without judgement, being present when words fall short, and understanding that kindness can become a lifeline on the hardest days. I've learned that strength comes in many forms, not just in fighting, but also in vulnerability, resilience, and quiet hope. This role has deepened my empathy and reminded me that even the smallest acts of compassion can make a profound difference in someone's journey.



Photos of Shilpa



3b. My volunteering experience as a Cancer Champion

Simanga Billiat



A few things influenced me to sign up for the Cancer Champions Project. I have a lot of experience working in statutory adult care services. I worked with a lot of other agencies when I was still working for local authorities.

The other thing is I was already comfortable talking to people through my job. It's quite natural for me to talk to people about the cancer champion program as a volunteer.

When I was working at the hospice, I was also supporting patients with a diagnosis of cancer, helping them and their families with practical needs and emotional, psychological needs and referrals to other inter-agencies just like I was doing in my previous job.

I follow the Christian faith, the biggest thing we focus on is service to our fellow men. When I heard about this program, I knew I would be able to offer my knowledge, my skills, my time to others who may need support and guidance.

The One Vision project aligned with both my professional and my personal interests. I still find a lot of joy over a year on volunteering as a cancer champion. I find it very rewarding. I find it very humbling. I've learned a lot of things. I've worked with amazing people.

I've met a lot of people through the events that I've attended and supported as a volunteer. I'm still excited to be a part of One Vision and can't wait for the next chapters to see what's lying ahead. I would encourage anybody who has those interests to volunteer as a cancer champion for One Vision.



Photos of Simanga



4. Reaching the Faith and Ethnic Community

As part of our Programme's aims, we are consistently focussed on reaching under-represented communities. As part of this, we have organised and/or been part of, a significant number of faith and cultural events. The target for Year 2 (and subsequent years) has been to reach 52 ethnic community and faith organisations. We are proud that we have achieved this, and we are now deepening our relationship with some key organisations. We will build on this further to support our Programme's aims, including mapping out the local ethnic community and identifying key stakeholders and services.

Examples of Faith and Culture events (the majority organised by One Vision)

- **Watford Celebration** - this event held at the Atria Mall in Watford was attended by hundreds of local people, and celebrated the rich diversity of our community, with performances from cultural groups and speeches from local dignitaries. We had a stall and also spoke to the audience about our project.
- **South Asian Heritage Month Celebrations** - this included a range of cultural celebrations, activities and performances. There were also talks from local businesses, the police and the fire service to promote role models. It was an opportunity to raise awareness of One Vision programmes and build relationships with the community.
- **Black History Month Celebrations** - this included a well-attended event at Watford Football Club, with a range of inspirational speakers. We had an information stand and were able to speak about our project to the audience. We also attended a networking event at the local police station which also showcased their own celebrations.
- **The Faith and Health Network events at Parliament** - the event united faith leaders, NHS professionals, and policymakers to tackle health inequalities and foster collaboration between faith communities and healthcare systems in a prestigious location.
- **One Vision Cancer Conference** - the conference was organised & hosted by One Vision at Stanborough Park Church. It was a rich and engaging event, bringing together a wide range of system partners, individuals with lived experience, and representatives from the VCFSE sector. We also celebrated our Macmillan Cancer Champions Programme, highlighting powerful volunteer stories and the impact of their contributions. We then had a panel discussion and keynote speakers regarding cancer screening and faith and health research around this.

- **Diwali** - this event engaged a wide and diverse cross-section of the South Asian community. Over 13 volunteers supported and led the sessions, alongside a strong presence of VCFSE organisations hosting stands. A range of holistic wellbeing activities were also offered, creating a vibrant and inclusive celebration. Promotion of all One Vision programmes were highlighted and shared.
- **Vasant Panchami (Spring Festival)** - we were delighted to be invited by the Saraswati Puja Committee to speak at this celebration with the Hindu community, which was attended by approximately 350 people. During the event, we promoted the One Vision Cancer Programme. In addition, one of our volunteers who is a local GP delivered a short talk on heart failure awareness, highlighting key symptoms. Surveys were distributed to attendees following the session to capture their understanding and knowledge
- **Event for Unpaid Carers** - (part of One Vision's Care for Carers Programme which is focused on the South Asian community) - we joined several events throughout the year with our Cancer Champion volunteers, to build relationships and spread awareness of health and wellbeing, various stakeholders from across the system also presented their services.
- **Iftaar Celebration** - One Vision organised an Iftaar celebration to mark the breaking of the Ramadan fast. This community event specifically focused on engaging the South Asian community and fostered connections between attendees from the Council, faith organisations and statutory bodies. Attended by over 100 people, the celebration provided an opportunity to build trust with the Muslim community, and our volunteers used the occasion to network and promote healthy living.

Photo of Iftaar event



Photo of Parliament event



Photos from Watford Celebration



Photo from South Asian Heritage Month Celebration



Photo from Diwali



5. Community Outreach Events

In addition to the above examples, we have carried out a huge variety of other community outreach work, which, while focussed on under-served communities, also reaches wider groups and local people. A few examples of our innovative work are below -

- In summer 2025, we attended Herts Pride - the largest Pride event in Hertfordshire, held in Watford - to network with attendees and raise awareness of our project among the LGBTQIA+ community.
- We delivered a variety of inclusive sports sessions, including a Badminton Tournament, Cricket Tournament, and Herts Walk sessions, promoting physical wellbeing, social connection, and active lifestyles within the community.
- We have attended many community events in different areas in Watford and Three Rivers, which have included Healthy Hubs, Charity Events, Family Fun Days, Seniors Forum - Keeping well in the winter and beyond, Unity in the Community, Community Fun Day.

Hertfordshire Pride



6. Cancer Support

A key element of our Programme is to ensure that those affected by cancer, particularly from under-served communities, can access inclusive support services. We have done a lot of work in developing information on local and national services that can help support people, and will be creating a Cancer Support Directory that will be accessible to our communities & use for signposting purposes.

This year, we have strengthened relationships with medical professionals, including GPs and Social Prescribers. For example: Bridgewater Surgery, Dr Hina Shahid, Dr Neha Vijh, and Dr Tanvir Alam to increase awareness of our programme. These partnerships support culturally sensitive engagement, help address language barriers, and enable us to better reach underserved and diverse ethnic communities. They also allow us to provide appropriate clinical support, facilitate appointments, and help individuals navigate services more effectively.

In addition to our community engagement efforts, we have actively participated in and organised cancer-focused events. The Macmillan Information and Support Centre at Watford General Hospital hosts quarterly Wellbeing Events for those with a cancer diagnosis in the Hertfordshire and West Essex ICB. We have consistently been part of these events, directly interacting with attendees and engaging with approximately 80 people each quarter.

We have made progress in strengthening our communication materials to better reach and engage relevant groups, with a particular focus on faith groups that represent our area's diversity.

In February 2025, we started our cancer safe spaces in non-faith settings. Our approach has been to use BP and AF checks as an ice breaker to ease people into talking about cancer. We ran this for 6 months, but our footfall was limited so we then changed our strategy and moved these cancer safe space into faith setting locations including ; North Watford Mosque , Watford Gurdwara and Watford Seventh day Adventist Church. We have now seen an increase in footfall using this approach.

Our partnership with Hollywood Bowl Watford has been emplaced since July 2025. It offers an innovative way to reach people affected by cancer. It has been a valuable activity where our volunteers and people affected with cancer can learn more about signposting services, release stress through bowling, and reduce social isolation. The sessions are volunteer led, taking place every month. We have received positive feedback about the welcoming environment, shared experiences, and the overall impact on wellbeing.

Photos of Hollywood Bowl Sessions



ONE VISION
 HOLLYWOOD BOWL
 MACMILLAN CANCER SUPPORT

COMMUNITY MEET UPS

Monthly Drop-In for People Impacted by Cancer

Whether you're living with cancer or caring for someone, these meet ups are for you.

A relaxed drop-in space to:

- Connect with others who understand
- Find support
- Share stories in a safe, welcoming environment

- ✓ Open to anyone affected by cancer
- ✓ Friendly conversations
- ✓ Free to attend
- ✓ No booking needed

Every 2nd Tuesday of the month

11am - 1pm

Hollywood Bowl, Woodside Leisure Park, Kingsway North Orbital Rd, Watford WD25 7JZ

MORE INFORMATION
 priyanka@ovwatford.org
 jasbir@ovwatford.org

NEXT MEET UP
 Tuesday 09th December 2025
 11am - 1pm



We now have a volunteer who has been trained as Wellbeing Walk volunteer. She has been leading these for those impacted by cancer, in partnership with Hertfordshire's Health Walks.




Well-being Walk and Talk

Are you impacted by cancer?

You're invited to join a gentle walk with our trained volunteers. Enjoy the scenery while having a friendly chat with people who understand what you're going through.



Please join us as part of **Hertfordshire Health Walks** on

DATE	TIME	LOCATION
JUN 3 TUESDAY	10.30 AM	Cassiobury Park, Watford.



Meet by the main car park Gode Avenue WD18 7LG
Bring your friends and family, all abilities welcome!

For more information please contact

 **07886 198573**

 **Susannaheovwatford.org**

Scan here to register as a new walker 



www.hertfordshire.gov.uk/healthwalks
 (For more information about other free Health Walks in the area)

7. Cancer Awareness Activities

We have attended, and often ran, several events specifically to raise awareness of cancer symptoms and how to reduce your risk. Our target is to meet the following number of minoritised ethnic members of the public through awareness raising activities:

- Year 1 = 1,000
- Year 2 = 2,000
- Year 3 = 2,000

We are pleased that we have met this target, through the many awareness activities that we have arranged and attended across faith and non-faith settings.

Here is a list of some of the cancer awareness activities delivered in 2025:

- Cervical Cancer Awareness with Unpaid Carers – Stanbrough Park Church
- Prostate Cancer Awareness Session – Watford FC
- Ovarian and Breast Cancer Awareness - North Watford Mosque
- Chai and Chat: Cancer Awareness Session - Watford Gurdwara

Photos of Cancer Awareness Sessions



8. Cultural Intelligence Training Workshop

Our target for our second year was to reach 40 Macmillan and other Voluntary, Community, Faith and Social Enterprise staff through training workshops (focus on cultural intelligence and capacity building).

We arranged a Cultural Intelligence Workshop which was co facilitated by Samira Ben Omar (Independent Consultant) and Dr Tanvir Alam (Deputy Medical Director Northeast Essex ICB). We had over 50 people from the VCSFE sector who attended this session. We are considering similar workshop due to the positive response from all the attendees.

Photos of Cultural Intelligence Training



9. One Vision Cancer Advisory Group (CAG)

Our CAG supports our Programme. This group of experts have a range of skills and experience and include academics, researchers, clinicians and community leaders. The Chair is Harjit Singh DL, and the Vice Chair is Sharon Platt-McDonald. This group has had three meetings, with our Cancer Champion Volunteers invited to the most recent one where there was an opportunity for interactive breakout sessions to reflect on the Programme's progress and discuss future priorities.



10. Next steps and Conclusion

We have made good progress in our second year. Some future areas we want to focus on are:

Building a Strong Volunteer Base

To ensure our service is effective and creates a lasting impact, we will prioritise strengthening our volunteer programme through the following key areas:

- **Volunteer Recruitment and Retention:** Regularly assess and refine our recruitment and deployment methods to attract and retain a diverse group of committed enthusiastic and talented volunteers.
- **Improved Volunteer Communication:** Provide ongoing support and ensure volunteers have access to necessary information. We have Implemented of online calendars and rotas for better planning and task allocation. We also have monthly check-ins to get feedback from our volunteers.
- **Expanded Training and Development:** Enhance our training programmes to equip volunteers with the skills needed for their current roles and support their future growth, thereby increasing their empowerment.
- **Measuring Volunteer Impact:** Implemented a new impact form to improve the collection of data on volunteer activities and interactions.
- **Strengthening Community Engagement:** Leverage our volunteers' knowledge and connections within the community to foster stronger relationships with faith groups, ethnically diverse communities, and cultural organisations.
- **Empowering Volunteer Leadership:** Continue to support volunteers in developing leadership skills, enabling them to play a significant role in shaping the project's future.
- **Volunteer co-production and co-delivery:** Embed co-production and co-delivery across the programme, with volunteers actively involved in planning and delivering key events, contributing to delivery plans, and co-producing leaflets, resources, and engagement materials. Their lived experience and community insight will help shape our strategy, ensuring activities are relevant, accessible, and responsive to the needs of the communities we support.

10a. Other Priorities

- Improve visibility and outreach by strengthening communication and marketing to increase awareness of our services.
- Deepen our engagement with GP surgeries to improve screening participation among under-represented groups and reach individuals affected by cancer.
- Cultivate stronger relationships with faith groups through respectful collaboration to reduce stigma and fear, raise awareness, and foster open and culturally sensitive conversations about cancer.
- Build organisational capacity and nurture long-term, mutually beneficial partnerships to support impactful, community-driven work.
- Map out key non-faith settings to attract a younger audience and engage people from diverse backgrounds who may not access traditional or faith-based services.

11. Case Study

Case Study from our Lived Experience Volunteer

Kirti Shah



Hello, my name is Kirti and I'm proud to be a Cancer Champion for One Vision. The reason for championing is I want to raise awareness, reduce stigma, create safe spaces to help others to tackle this difficult journey. This isn't just a title for me, it's a commitment to making a difference and from the perspective of somebody going through the journey, i.e. living with cancer.

When I was first diagnosed with ovarian cancer in 2023, I never thought it could happen to me. The uncertainty, the confusion surrounding my diagnosis left me feeling isolated, frightened and overwhelmed as I struggled to understand what it meant for my future. At first, I held self-pity. I did not know where to turn to get help or even understand my diagnosis.

Conversations with others helped me to talk, share stories, tap into self-help resources. The more research I did, the more accepting it became. It is what it is and started to build connections. I was introduced to One Vision, safe spaces for support and meeting other individuals going through a similar journey. I found great value in attending and so chose to support such events and became a volunteer. I supported events and talks in the community, helped break down barriers to be listening to individuals. Every conversation mattered. Cancer affects so many lives, but the truth is awareness, and early detection can also save lives.

I wanted to be part of that change and make people understand the signs and support those going through treatment that it's okay to have good as well as bad days because it could be one that saves a life. Being a cancer champion allows me to share knowledge, signpost or simply be a listening ear and together we make a real difference.

If my story inspires even one person to act, then it's worth it. Thank you



Photos of Kirti



12. Data Summary

Appendix 1: Data Summary for One Vision's Cancer Champions Programme

TABLE ONE: Volunteer Data

Month	No. trained	No. first time deployment
January	3	4
February	1	4
March	11	6
April	3	3
May	1	1
June	3	3
July	0	0
August	0	0
September	4	4
October	1	1
November	5	2
December	4	2
TOTAL	38	39

TABLE TWO: Volunteer Impact

Month	No. of events attended	No. of hours given to us	No. deployed
January	6	28	7
February	7	45	14
March	10	63.5	14
April	9	58	16
May	11	35	13
June	14	80.5	14
July	8	55	13
August	9	41	10
September	8	46	13
October	10	100	20
November	7	64	17
December	4	29	12
TOTAL	103	644	163

TABLE THREE: Community Engagement - Events and Activities

Month	No. of cancer awareness events	No. of other engagement events & activities	Total attendees at events	Of those engaged with, no. who are MEC
January	4	12	288	229
February	2	20	1,191	708
March	2	18	850	490
QUARTER TOTAL	8	50	2,329	1,427
April	2	12	249	83
May	1	21	1241	786
June	1	18	771	340
QUARTER TOTAL	4	51	2261	1209
July	1	10	595	419
August	0	3	3120	29
September	1	7	3259	271
QUARTER TOTAL	2	20	6974	719
October	3	10	541	376
November	3	7	261	232
December	1	3	159	148
GRAND TOTAL	21	141	12,525	4,111