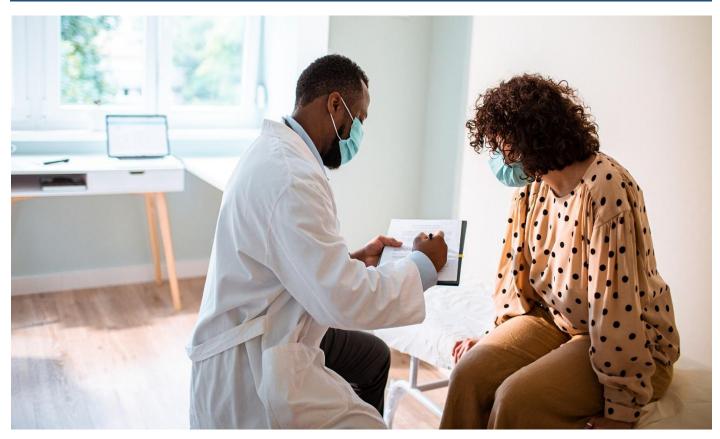






Cancer Screening Awareness: Question and Answer Virtual Event



Hounslow Report 18th August 2021

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Introduction

Since the start of the COVID-19 Pandemic, the number of people taking up cancer screening appointments and attending cancer referral appointments has decreased significantly. To support the North West London CCG's Cancer Screening Awareness Campaign, Healthwatch Ealing and Healthwatch Hounslow delivered a joint Cancer Screening Awareness Webinar on Wednesday 18th August 2021 from 6PM - 7.30PM.

The purpose of the webinar was to raise awareness around the importance of cancer screening and to encourage residents to speak to their GP if they notice any unusual changes in their bodies. The webinar provided residents of Ealing, Hounslow and other boroughs with the opportunity to ask any questions that they had about cancer screening or cancer, in general. Members of the public who are over the age of 50 were particularly encouraged to join. In total, 48 members of the public attended the webinar.

The webinar provided information on the signs and symptoms of cancer, an overview of Bowel cancer, Breast cancer, Cervical cancer, and Prostate cancer. The webinar was hosted by Healthwatch Ealing and Hounslow with presentations from Ealing and Hounslow clinicians, a consultant nurse from Imperial College Healthcare NHS Trust and speakers from The Mulberry Centre, Prostate Cancer UK, and RM Partners: West London Cancer Alliance. After each presentation, speakers welcomed questions from members of the public.

We would like to thank all the professionals who presented at this webinar as well as all the members of the public who attended.

This report offers information, advice and guidance for members of the public around cancer screening, particularly Bowel cancer, Breast cancer, Cervical cancer, and Prostate cancer.

UK Cancer Screening

Cancer Screening is a term used to describe the tests that are involved in looking for early signs of cancer in people without symptoms.¹ The COVID-19 Pandemic significantly affected the delivery of NHS Cancer services due to a pause in national screening programmes throughout the UK between March and June 2020.²

Overall, this disruption has led to a decrease in people taking up screening appointments. A Cardiff University-led UK-wide survey found that more than 1 in 5 people are less likely to take part in cancer screening than before the Pandemic.³

¹ Cancer Research UK https://www.cancerresearchuk.org/about-cancer/cancer-symptoms/spot-cancer-early/screening/what-is-cancer-screening

² Cancer Research UK https://news.cancerresearchuk.org/2021/07/16/survey-results-reveal-attitudes-towards-cancer-screening-during-the-pandemic/

³ Cancer Research UK https://news.cancerresearchuk.org/2021/07/16/survey-results-reveal-attitudes-towards-cancer-screening-during-the-pandemic/

Screening can play a crucial role in detecting precancerous lesions and cancers in their earliest stages, when they might be most treatable, and before symptoms appear. The data below compares the cancer screening performance data for the London Borough Hounslow to performance at a national level as well as how actual uptake compares to local and national targets.

Cancer Screening Performance Data

Overall, targets for cancer screening uptake in Hounslow have not been met. The table and graphs below highlight the most recent screening performance data for Breast, Bowel and Cervical cancer screening.

Table 1. RM Partners: West London Cancer Alliance (Screening Performance data 2019-2020)

Breast Screening (50-70 age group)	Target 70%	Cervical Screening (25-49 age group)	Target 80%
England	70.1%	England	70.4%
Hounslow	66.8%	Hounslow	61.7%
Bowel Screening (60-74 age group- reducing to 50)	Target 60%	Cervical Screening (50-64 age group)	Target 80%
England	63.8%	England	76.2%
Hounslow	56.7%	Hounslow	73.2%

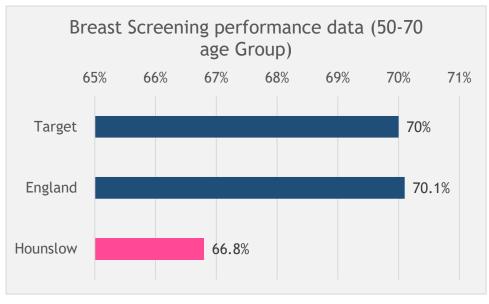


Figure 1. Local and national Breast screening uptake in the 50-70 age group compared to uptake target

Whilst England has met its national target for Breast screening, local uptake in Hounslow is below the target uptake level. RM Partners are working with breast screening hubs and centres to address this and have commissioned a charity called Community Links to call patients who have not responded to their initial screening invitation letter.

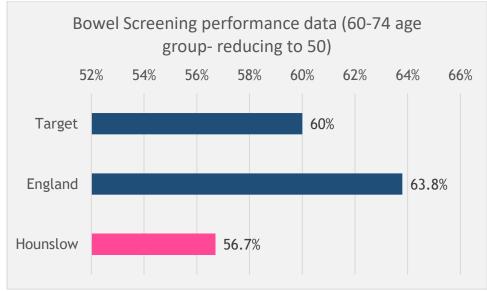


Figure 2. Local and national Bowel screening uptake in the 60-74 age group compared to uptake target

Again, whilst England has met its national target for Bowel screening, local uptake in Hounslow is below the target uptake level of 60%. Community Links is also working in this area calling individuals who are approaching their 60th birthday and those who have received their first invitation to Bowel screening. To assist with this, there is a cohort of health facilitators that speak a range of different languages in order to engage with those who do not speak English as their first language. The aim is to not only educate people about the importance of attending

screening appointments but also provide wider education around the signs and symptoms of cancer.

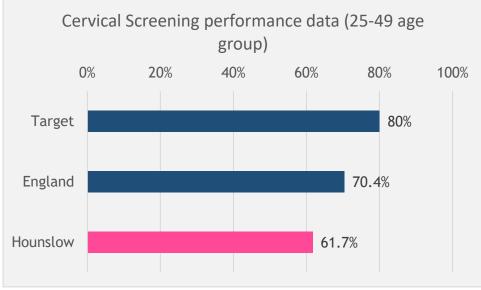


Figure 3. Local and national Cervical screening uptake in the 25-49 age group compared to uptake target

At both a national and local level, the screening uptake target has not been met for cervical screening in the 25-49 age group. Unfortunately, this is also the case for the 50-54 age group (bar chart below). RM Partners have developed an approach with Jo's Cervical Cancer Trust to raise awareness about Cervical screening and to offer additional clinic availability. Hounslow will be providing weekend clinics and are aiming to contact patients who have not attended screening for 7 years or more.

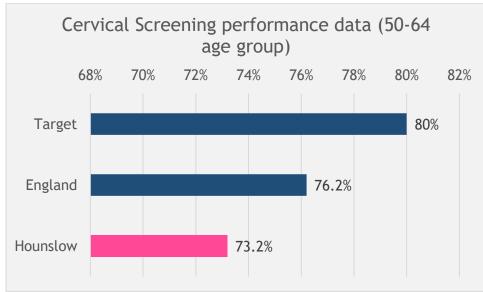


Figure 4. Local and national Cervical screening uptake in the 50-64 age group compared to uptake target

Frequently asked Questions (FAQ)

From the questions that were asked and the discussions that took place during the webinar, Healthwatch Ealing and Hounslow produced an FAQ for members of the public.

This FAQ provides an accessible source of information to help those that are concerned about cancer and raise awareness around the importance of screening. This FAQ focuses on Cervical, Breast, Prostate and Bowel cancer.

Cervical Cancer

Question: Can you explain how it works for cervical screening? It's my first time being invited, and I want to know how it works.

Answer:

Dr Parmod Luthra:

All women and trans men with a cervix aged between 25-64 are invited for cervical screening.

If you are over the age of 65, you are usually not tested as you will have a low risk of developing cervical cancer unless you have not been tested since the age of 50 or if one of the last three tests were abnormal.

A sample is taken from the cervix (the opening of the womb of the vagina). In the laboratory the sample is checked for certain high risk human papilloma viruses (HPV) which is the cause of nearly all cervical cancers.

If high risk HPV is detected, the lab checks for abnormal cervical cells in the same sample. Those with abnormal tests may be referred for further tests at the hospital or advised to have an early repeat cervical screening.

Results are sent by post to the patient mostly likely after 2 weeks.

For more information see:

https://www.youtube.com/watch?v=QjuEYqQvb0E

https://www.nhs.uk/conditions/cervical-screening/

Question: If I don't go for my cervical screening, what could happen? I'm in my late 20's, is there a chance of getting cancer at that age?

Answer:

Dr Shanker Vijaydeva:

If you don't attend cervical screening, then there is a chance that a cancer might develop without you realising and that can happen at your age.

For more information see:

https://www.nhs.uk/conditions/cervical-screening/why-its-important/

https://www.jostrust.org.uk/about-us/our-research-and-policy-work/our-research/barrierscervical-screening-among-25-29-year-olds

Question: I assume then if a woman has had a hysterectomy they can no longer go for cervical screening?

Answer:

Dr Shanker Vijaydeva:

This depends on whether they have had a total hysterectomy (most common procedure - where the Cervix removed) or subtotal hysterectomy (less common procedure - where the Cervix not removed).

For more information see:

https://www.nhs.uk/conditions/cervical-screening/when-youll-be-invited/

Answer:

Dr Shanker Vijaydeva:

I assume you are referring to women who have had the HPV vaccine. Here is an evidencebased answer taken from the Jo Trust website: "If I've had the HPV vaccine, do I still need to go for cervical screening (a smear test) when invited?

"If you are female and have had the HPV vaccine, cervical screening is still important. The HPV vaccine protects against 7 in 10 (70%) cases of cervical cancer, so cervical screening helps find any cell changes (abnormal cells) caused by other HPV types"

For more information see:

https://www.nhs.uk/conditions/vaccinations/hpv-human-papillomavirus-vaccine/

Videos on Cervical Screening in different languages (Jo's Cervical Cancer Trust)

A short video in a range of different languages with information about cervical screening. Videos include information on Human Papillomavirus (HPV), the main cause of cervical cancer and cervical abnormalities.

Arabic: https://www.jostrust.org.uk/video/arabic-your-guide-cervical-screening

Bengali standard: https://www.jostrust.org.uk/video/bengali-your-guide-cervical-screening

Bengali Sylheti: <u>https://www.jostrust.org.uk/video/bengali-sylheti-your-guide-cervical-</u> screening

Chinese Mandarin: <u>https://www.jostrust.org.uk/video/chinese-mandarin-your-guide-cervical-</u> screening

English: https://www.jostrust.org.uk/video/what-cervical-screening

Hindi: https://www.jostrust.org.uk/video/hindi-your-guide-cervical-screening

Polish: <u>https://www.jostrust.org.uk/video/polish-your-guide-cervical-screening</u>

Tamil: <u>https://www.jostrust.org.uk/video/tamil-your-guide-cervical-screening</u>

Urdu: https://www.jostrust.org.uk/video/urdu-your-guide-cervical-screening

Breast Cancer

Question: Why are women over the age of 70 not screened?

Answer:

Dr Shanker Vijaydeva:

Breast Cancer Screening does not completely stop at 70. See NHS link below. Anyone aged over 70 years old can contact a local Breast Screening unit to seek screening every 3 years.

https://www.nhs.uk/conditions/breast-cancer-screening/faqs/

Link to finding local Breast Screening Unit: <u>https://www.nhs.uk/service-search/other-services/Breast-screening-services/LocationSearch/325</u>

Question: My uncle died of breast cancer, are there any significant differences in relation to the way breast cancer is treated for men?

Answer:

Dr Victoria Harmer:

Breast cancer for men is unusual. We would be interested to know if there was a genetic link. We would recommend visiting your GP to ask to be referred due to a family history of cancer.

For more information see:

https://www.nhs.uk/conditions/breast-cancer-in-men/

https://www.cancerresearchuk.org/about-cancer/breast-cancer/stages-typesgrades/types/male-breast-cancer

Links to resources on Breast cancer

Breast-check video: <u>https://vimeo.com/manage/videos/298985447</u> Breast- check video in British Sign Language version: <u>https://vimeo.com/coppafeel</u> Breast cancer: signs, symptoms & risk factors <u>https://www.youtube.com/watch?v=Jv4K4InGvDw</u> <u>https://www.nhs.uk/conditions/breast-cancer-screening/</u>

Breast Cancer Fact Sheet produced by Macmillan Cancer Support (multiple languages available)

Topics covered:

- What is Breast cancer?
- What are the possible causes of Breast cancer?
- Symptoms of Breast cancer
- How Breast cancer is diagnosed
- Treatment options

Arabic: <u>https://www.macmillan.org.uk/_images/Breast-cancer_Arabic_tcm9-317947.pdf</u>

Bengali: https://www.macmillan.org.uk/_images/Breast-cancer_Bengali_tcm9-317948.pdf

Chinese (Traditional): <u>https://www.macmillan.org.uk/_images/Breast-cancer_Traditional-</u> <u>Chinese_tcm9-317956.pdf</u>

English: https://www.macmillan.org.uk/_images/Breast%20cancer_ENGLISH_tcm9-321248.PDF

Gujarati: https://www.macmillan.org.uk/_images/Breast-cancer_Gujarati_tcm9-317949.pdf

Polish: https://www.macmillan.org.uk/_images/Breast-cancer_Polish_tcm9-317951.pdf

Portuguese: <u>https://www.macmillan.org.uk/_images/Breast-cancer_Portuguese_tcm9-</u> 317952.pdf

Punjabi: <u>https://www.macmillan.org.uk/_images/Breast-cancer_Punjabi_tcm9-317953.pdf</u>

Romanian: https://www.macmillan.org.uk/_images/Breast-cancer_Romanian_tcm9-321249.pdf

Russian: <u>https://www.macmillan.org.uk/_images/Breast-cancer_Russian_tcm9-317954.pdf</u>

Urdu: <u>https://www.macmillan.org.uk/_images/Breast-cancer_Urdu_tcm9-317957.pdf</u>

Breast Cancer Screening Awareness videos in multiple languages











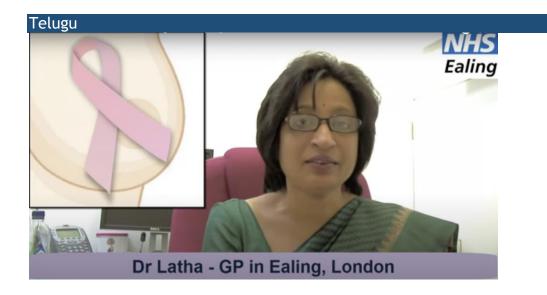
Polish

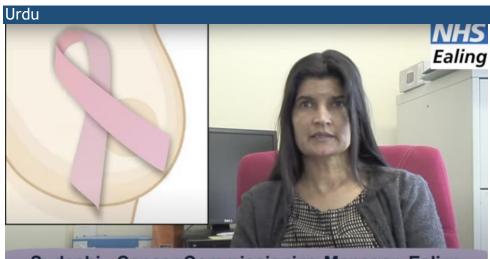












Sudeshi - Cancer Commissioning Manager, Ealing

Prostate Cancer

Question: We have spoken to our GP but they are not so willing to do tests because there are so many false positives with this particular test (PSA) What is your take on this?

Question: Why are you not automatically invited to your GP for a PSA Test?

Answer:

Patrick Williams (Prostate Cancer UK - Awareness Volunteer, diagnosed with prostate cancer) and Dr Shanker Vijaydeva:

We do not have a national screening programme. There are a lot of challenges to take into consideration with a screening programme. For example, every test has an error rate. You could have a test that appears normal, but have something else going on. Therefore, we would recommend getting tested.

Non - clinical perspective: The test itself is not definitive, but it does give an indication if something is not right. When my PSA test was done, it was incredibly high, immediately they did a second one.

For more information see:

https://prostatecanceruk.org

https://prostatecanceruk.org/prostate-information/prostate-tests/psa-test

https://www.nhs.uk/conditions/prostate-cancer/should-i-have-psa-test/

Prostate Cancer Fact Sheet produced by Macmillan Cancer Support (multiple languages available)

Topics Covered:

- The Prostate
- What is Prostate cancer?
- How is treatment planned?
- Questions to ask about treatment
- Treatment options
- Side effects
- Follow up, your feelings
- How can Macmillan help you?

Arabic: https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_ARABIC_tcm9-343216.pdf

Bengali: https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_BENGALI_tcm9-343231.pdf

Chinese Traditional Cantonese:

https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_CHINESE_TRADITIONAL_tc m9-343232.pdf

Gujarati: https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_GUJARATI_tcm9-343233.pdf

Polish: https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_POLISH_tcm9-343234.pdf

Portuguese:

https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_PORTUGUESE_tcm9-343235.pdf

Punjabi: <u>https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_PUNJABI_tcm9-</u> 343236.pdf

Romanian:<u>https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_ROMANIAN_tcm</u> <u>9-343237.pdf</u>

Russian: https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_RUSSIAN_tcm9-343238.pdf

Urdu: <u>https://www.macmillan.org.uk/_images/Prostate_cancer_Combined_URDU_tcm9-</u> 343239.pdf

Bowel Cancer

Question: I wish to ask about Bowel cancer - Signs, investigations and treatment.

How does the bowel screening work?

Answer:

Dr Shanker Vijaydeva:

Bowel cancer is a general term for cancer that begins in the large bowel.

Signs:

- 1. Persistent blood in your poo that happens for no obvious reason or is associated with a change in bowel habit.
- 2. A persistent change in your bowel habit which is usually having to poo more and your poo may also become more runny.
- 3. Persistent lower abdominal (tummy) pain, bloating or discomfort that's always caused by eating and may be associated with loss of appetite or significant unintentional weight loss.

When you first see a GP, they'll ask about your symptoms and whether you have a family history of bowel cancer. They'll usually carry out a simple examination of your bottom, known as a digital rectal examination (DRE), and examine your tummy (abdomen).

Surgery is usually the main treatment for bowel cancer, and may be combined with chemotherapy, radiotherapy or biological treatments, depending on your particular case.

If it's detected early enough, treatment can cure bowel cancer and stop it coming back.

NHS bowel cancer screening checks if you could have bowel cancer. It's available to everyone aged 60 or over. The programme is expanding to include 56-year-olds in 2021.

You use a home test kit, called a faecal immunochemical test (FIT), to collect a small sample of poo and send it to a lab. This is checked for tiny amounts of blood.

For more information see:

https://www.nhs.uk/conditions/bowel-cancer/ https://www.nhs.uk/conditions/bowel-cancer-screening/ Question: On my maternal side it seems nearly all have passed with bowel cancer, yet a doctor told me it doesn't run in families. History shows me differently. Can you tell me if this form of cancer is or can be in the genes / inherited?

Answer:

Dr Shanker Vijaydeva:

Bowel Cancer can have a genetic element.

https://www.nhs.uk/conditions/bowel-cancer/causes/

It may depend a bit on the details of what happened with the family members, but it might be worth a further discussion with your doctor if any onward referral is indicated.

Question: I was invited to Bowel cancer screening at the age of 55, but I couldn't take it. Can I still have a screen after a few years? If possible, who can I contact? I misplaced the original letter.

Answer:

Dr Parmod Luthra:

Your Doctor will arrange a simple camera test and stool sample examination for you once you reach the age of 55.

Dr Shanker Vijaydeva:

Try calling the free Bowel cancer screening helpline on 0800 707 60 60 to see if another kit can be posted to you.

You will receive a second reminder letter if you are unable to attend the initial screening appointment. You will also continue to receive an invitation to take part every 2 years, until you are 74.

For more information:

https://www.macmillan.org.uk/cancer-information-and-support/diagnostic-tests/bowelscreening

Bowel Cancer Fact Sheet provided by Macmillan Cancer Support (multiple languages available)

Topics Covered:

- What is Bowel cancer?
- How is Bowel cancer diagnosed and treated?
- Questions to ask about your treatment
- Treatments for bowel cancer
- Possible side effects of your treatment
- Follow up; Your feelings
- How can Macmillan help?

Arabic: https://www.macmillan.org.uk/assets/bowel_cancer_2020_arabic.pdf

Bengali: https://www.macmillan.org.uk/_images/Bowel-cancer_Bengali_tcm9-317931.pdf

Chinese (Traditional):

https://www.macmillan.org.uk/_images/Bowel%20cancer%20traditional%20chinese%20merged% 20with%20english_tcm9-317943.pdf

English: https://www.macmillan.org.uk/_images/Bowel%20cancer_English_tcm9-321782.pdf

Gujrati: https://www.macmillan.org.uk/_images/Bowel-cancer_Gujarati_tcm9-317933.pdf

Polish: https://www.macmillan.org.uk/_images/Bowel-cancer_Polish_tcm9-317935.pdf

Portuguese: https://www.macmillan.org.uk/assets/bowel_cancer_2020_portuguese.pdf

Punjabi: https://www.macmillan.org.uk/_images/Bowel-cancer_Punjabi_tcm9-317939.pdf

Romanian: https://www.macmillan.org.uk/_images/Bowel-cancer_Romanian_tcm9-317945.pdf

Russian: https://www.macmillan.org.uk/_images/Bowel-cancer_Russian_tcm9-317941.pdf

Urdu: https://www.macmillan.org.uk/_images/Bowel-cancer_Urdu_tcm9-317944.pdf

Question: What type of cancer screening tests do men get invited to? Also, how old are you when you get invited? What if I'm young - how would it be possible to identify cancer in younger people? I heard that cancer tends to be really aggressive in younger people.

Answer:

Dr Shanker Vijaydeva:

Men are invited for Bowel Cancer Screening tests. Everyone aged 60 to 74 is offered a bowel cancer screening home test kit every 2 years. If you are younger, then you should seek a review with your GP if you developed any potential symptoms (see following link: https://www.nhs.uk/conditions/bowel-cancer/)

For more information see:

https://www.cancerresearchuk.org/about-cancer/childrens-cancer/symptoms

https://www.cancerresearchuk.org/health-professional/cancer-statistics/statistics-by-cancertype/young-peoples-cancers#heading-Three

Question: What age do you have to be to get invited to cancer screening tests? Does it depend on the type of cancer?

Answer:

Dr Shanker Vijaydeva:

In the UK there are national screening programmes for Breast, Cervical and Bowel cancer. There is no screening programme for Prostate cancer because the PSA test is not reliable enough, but men over 50 can have the test if they ask for it.

Breast screening is offered to women aged 50-70 throughout the UK.

Cervical screening is offered to women aged 25-64 in England, Wales and Northern Ireland.

Bowel screening is offered to men and women aged 60-74 in England, Wales and Northern Ireland.

For more information see:

https://myhealth.london.nhs.uk/health-and-wellbeing/cancer/detecting-cancer-earlier/cancerscreening Question: I found something on my skin which looked strange and I tried to make a GP appointment, but there were no appointments for 2 weeks, so in the meantime I am left to worry. How am I supposed to do anything about it if I can't get an appointment?

Answer:

Dr Shanker Vijaydeva:

Perhaps consider an "online consultation" that you may be able to access via your GP Practice's website or sometimes via the NHS App. This often allows you to send photos for your GP to review.

Alternatively, why not discuss with your GP practice if you can send some photos to them another way and if they can review them quickly and come back to you.

For more information see:

https://www.nhs.uk/nhs-services/gps/online-health-and-prescription-services/

https://digital.nhs.uk/services/nhs-app/nhs-app-guidance-for-gp-practices/online-consultations

Question: I had a lump, and I phoned my GP surgery, but it took such a long time to make an appointment. I was waiting on the phone for 20 minutes and then got cut off. It was a nightmare, but when I managed to get through I got an appointment fairly quickly. If people find something, how can people make an appointment if it is such a long process?

Answer:

Dr Shanker Vijaydeva:

Perhaps consider an "online consultation" that you may be able to access via your GP Practice's website or sometimes via the NHS App. This often allows you to send photos for your GP to review.

Alternatively, why not discuss with your GP practice if you can send some photos to them another way and if they can review them quickly and come back to you.

For more information see:

https://www.nhs.uk/apps-library/nhs-app/

https://www.nhs.uk/nhs-app/nhs-app-help-and-support/

Question: I had a lump in my breast for months, but was too afraid to check it out. Finally, when I went to book an appointment, the receptionist was rude and made me very uncomfortable. People need to be reassured during this time. Is there any training for receptionists in being more understanding?

Answer:

Dr Shanker Vijaydeva:

Sorry to hear about your experience. Why not discuss your experience with your GP Practice Manager, so that they review it further with the administrative team to help with their learning and development. There are courses available for receptionists to learn customer service skills.

For more information see:

https://www.citizensadvice.org.uk/health/nhs-and-social-care-complaints/nhs-complaintswho-is-your-complaint-against/complaints-about-gps/

Resources from Macmillan Cancer Support (Signs and Symptoms of cancer in multiple languages)

Provided below are translations of a leaflet about the signs and symptoms of cancer. The leaflet also offers advice on talking to your GP about cancer.

Arabic:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Arabic_z_card_M arch_2020.pdf

Bengali:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Bengali_z_card_ March_2020.pdf

Chinese:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Traditional_Chin ese_z_card_March%202020.pdf

Gujarati:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Gujarati_z_card_ March_2020.pdf

Polish:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Polish_z_card_Ma rch_2020.pdf

Portuguese:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Portuguese_z_ca rd_March_2020.pdf

Punjabi:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Punjabi_z_card_ March_2020.pdf

Romanian:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Romanian_z_card _March_2020.pdf

Russian:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Russian_z_card_ March_2020.pdf

Urdu:

https://be.macmillan.org.uk/downloads/bemacmillan%20pdfs/MAC15200_E03_Urdu_z_card_Mar ch_2020.pdf

Healthwatch Hounslow would like to hear about your experience of Health and Social care services.

If you would like to share your experience with us, please contact us at:

Tel: 020 3603 2438 Website: https://www.healthwatchhounslow.co.uk Email: info@healthwatchhounslow.co.uk Address: 45 St Mary's Road, London, W5 5RG