

**NHS  
Cancer  
Screening  
Programmes  
Let's Bake It!**

**ANSWER  
CANCER**



# Cancer Screening Let's Bake It!

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## How to use at engagements

Get creative in the kitchen. Ask your group members or friends to bake a cake to promote cancer awareness. You can theme it around an awareness month i.e. Breast Cancer Awareness month in October or Bowel Cancer Awareness month in April.

This is a great way for people to get involved by getting creative in the kitchen and showcasing their baking skills. You can have engaging conversations around your chosen theme for the first part of the session, then tea and cakes for the remainder.

Win win!

For all those competitive types, you could also have a prize for creativity or taste.

The Answer Cancer quizzes and fact sheets can be used to help with planning and having brief advice conversations.



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### How to evaluate

- How many people attended the session? Is it appropriate to record gender, age or postcode of people so you know if you are reaching 'target audiences'?
- How many brief advice conversations did you have?
- How many key messages were passed on?
- How many social media posts were 'Liked/Shared' across networks

### Top Tips

- You can ask members to decorate cakes together instead of baking them, to include people who 'can't bake/won't bake'
- **Session can take place in real life or over zoom**
- Members can post pictures of cakes to social media sites
- Can be adapted for workplace team meetings
- Can be used to fundraise i.e. Macmillan Coffee Morning
- Best cakes/recipes can be included in newsletters and on website



# Cancer Screening Key Messages

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## Key Messages:

### **If it's unusual for you – see your GP**

We all know our own bodies so if you notice anything unusual, book an appointment to talk through your concerns with your GP.

### **Early detection saves lives**

People who regularly attend for screening or who go see their GP when they notice anything unusual, will have any changes picked up early. Treatment options and health outcomes will usually be better for them.

### **Cancer screening saves lives**

People who regularly attend for screening are more likely to have any early changes in their body picked up **before** they turn cancerous.

