

# EngageGM

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**ANSWER  
CANCER**

## Current topics >>>

### Answer Cancer Champions on the move

ANSWER CANCER depends on a network of individuals, groups and/or organisations, to disseminate the important information about cancer. These are called Answer Cancer Champions.

The past few months have seen soaring numbers of Answer Cancer Champions undergoing training to equip them to share life-changing messages about cancer prevention.

Are you inspired to join the movement and help your community?

Register your interest [here](#).



## Staying safe from cancer whilst under lockdown

### What does it take?

The phrase "staying safe" has become synonymous with the current Covid-19 pandemic. Many of us are adhering to this advice to protect ourselves, our loved ones and our NHS. There is no doubt this demands a lot of effort on our part. Can we do the same for cancer?

According to Cancer Research UK, about half of the population of the UK will have cancer in their lifetime.

Just like Covid-19, cancer does not discriminate. It affects both the rich and the poor, both men and women, both white and black. It is a sad fact that most of us know someone who has lost their life to cancer.

So how do we reduce our risk of cancer? The [steps](#) are simple but take a lot of commitment.

Thankfully, there are a number of simple and easy lifestyle changes which will significantly reduce our risk of getting cancer. One step at a time is all that is required.

So, whilst at home, can you:

- take the opportunity to exercise more, either outdoors or in your home?
- learn to cook and eat differently so you have less processed food, less red meat, less carbs and sugars but more fruits and veggies, more fibre and oily fish in your meals?
- cut down on your alcohol intake and increase your intake of water to stay hydrated?
- use the opportunity to quit smoking?

**We are in this together, so let's do it together!**

# Reach out to your doctor

The emergence of the Covid-19 outbreak has seen most of us make changes to the way we do things, the way we perceive things and the support we can expect to receive from others.

On the minds of many what signs and symptoms of Covid-19 to look out for. What seems to have been relegated to the background are non-Covid related illnesses like cancer.

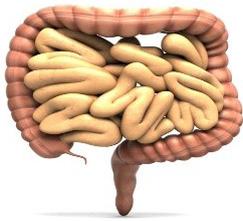
It seems that many people have been avoiding healthcare facilities either from fear of coming into contact with the Covid-19 virus, or because they don't want to put extra pressure on the NHS. That needs to change.

You should not delay seeking healthcare for any reason. Your GPs still wants to hear from you if you are worried about your physical and mental wellbeing. For many illnesses, including cancer, early detection and treatment is vital.



You should continue to contact your GP practice by telephone, via their website or using the NHS app or GP online services.

Here is a [video](#) on how to contact your GP practice remotely.



## Watch out!

Bowel cancer may present as:

- Persistent and unexplained changes in bowel habits.
- Feeling the need to empty your bowel, that is not relieved even when it is done.
- Feeling of a lump in your tummy.
- Unusual cramping or pain in the abdomen.
- Unintended or unexplained weight loss.
- Extreme tiredness or fatigue.
- Bleeding from your bottom/seeing blood in your poo.

## What we missed >>>

# Bowel Cancer Month

## What you did not hear this year

April was bowel cancer awareness month. For the first time in decades, the media appeared very silent about it. Understandably, everyone's focus was on Covid-19 and the dangers that presents. This is what was missed...



Did you know that bowel cancer is the second biggest cancer killer in the UK, but is highly preventable?



It is common in the elderly but few cases occur in the under 50s.



In the UK, bowel cancer screening is offered to men and women aged 60-74, but those over that age can still request for the test.



**What is trending >>>**

## **Community engagement like never before!**



Are you worried about how to continue engaging with your service users in this era of social distancing? Well many including ANSWER CANCER are now using technology to replace the traditional face-to-face engagement sessions.

Whether it is Skype, Facetime, Zoom, Microsoft Teams, Facebook or some other means, ANSWER CANCER can support your group to set it up and present the all-important message about Cancer. Just text "help" to 07469596870.

Embracing technology can be scary in the first instance but you only get better at it through practice. There are tons of self-help videos and guidance you can utilise. For example, for a QuickStart Guide to using Zoom, [please see this link](#).

**We at ANSWER CANCER would like you to continue staying safe by staying at home.**

### **Funding >>>**

Would your organisation like to help play a part in boosting cancer screening rates in Greater Manchester?

Financial support is available to voluntary, community and social enterprise organisations who can help recruit Answer Cancer Champions to promote cancer screening amongst under-represented groups.

[Please click on the link here for further information.](#)

**Deadline is 18th May, 2020**

It is not all about cancer funding. There are more funding opportunities in Manchester.

Just [click on this link](#) and you will find funding in your locality.

## ***Final Thoughts...***

The effects of cancer can be devastating, but if we detect it early, we are sure to beat it. You can find signs and symptoms of common cancers in community languages [here](#).

Eat well, live well, and get checked!

### ***About us >>>***

**Answer Cancer** is a partnership of four VCSE organisations: Unique Improvements, Voluntary Sector North West, BHA for Equality, and Salford CVS. Our work is funded by the Greater Manchester Health and Social care partnership.

Our aim is to address the cultural, social and systemic barriers that prevent people from taking up cancer screening.

How do we do it?

1. We work with community and faith groups across Greater Manchester, so they know what causes cancer & why screening is important.
2. We offer free information sessions on breast, bowel and cervical cancer screening.
3. We train individuals as Answer Cancer Champions.
4. We support community groups with grants so they can increase awareness about cancer screening.

**For more information please contact:**

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