

G M E N G A G E*Monthly Newsletter*



Join the hive with our Bee Seen, Get Screened pledge!

Hundreds of workers across Greater Manchester are now able access vital cancer screening services as employers continue to sign up to our Bee Seen, Get Screened workplace pledge!

By signing up, employers are committing to giving their staff time off or flexible conditions to attend their cancer screening appointments if they are unable to arrange these outside of working hours. They also pledge to raise awareness about cancer and the importance of screening with employees. This could be through sharing information with staff or holding an event in the workplace.

This gives staff the confidence that they will be able to take part in screening and ensures that they are fully aware of what services they are eligible for on the NHS. It will also help to make them feel more valued as employees, leading to improved staff morale & retention.

You can find out more about the Bee Seen, Get Screened pledge and what is involved on our website [here](#).

To sign up, please email: info@answercancergm.org.uk

Let's Get Men Talking this November!

November has been Men's Health Awareness Month and at Answer Cancer we want encourage all men to have conversations about their health. This can be with friends, family or their GP. It's time to break the silence that is meaning that some men ignore their symptoms! Here are a few things you can do.

Know the symptoms and seek help if you find anything unusual for you!

Make sure you know the possibly signs of cancer and check yourself regularly. These could include:

- Any changes in bowel habit, e.g. going more often or loose stools
- Unexplained weight-loss or tiredness
- Blood in your stool or urine
- A persistent cough
- Any new lumps or swelling
- Unexplained pain or discomfort

These symptoms could be the result of lots of different conditions, but it's important that you get them checked out as soon as possible. **If it is cancer, it's vital that you get diagnosed as early as possible as this usually makes it easier to treat and increases your chances.**



Check yourself regularly: Know your body and look out for any unusual changes or symptoms.



Take part in Bowel Screening: Currently offered to everyone aged 60-74, but is gradually being lowered to start at 50.



Seek professional help: If you spot anything unusual or have any concerns, contact your GP as soon as possible.

Take Part in Bowel Screening & Health Checks

Bowel Screening is offered to **everyone aged 60-74**. However, this is gradually being changed to start at **aged 50**. You'll receive a special kit in the post which you then complete in the privacy of your own home. A small sample of poo is collected and sent off to be checked for tiny amounts of blood. If you need a replacement kit or have any questions, please call: 0800 707 6060.



Bowel Screening is currently offered to everyone **aged 60-74**, but is gradually being lowered to **start at 50**.



When eligible you will be sent a **test kit in the post**. You complete this at home by collecting a small poo sample.



The test works by looking for **tiny amounts of blood** in your poo, which could be an early sign of cancer.

Some **Trans Men** may also be eligible for breast & cervical cancer screening, depending on what gender confirmation surgery they have received. However, if the gender marker on their records has been changed they may need to request this, so please speak to your GP or other health professional.

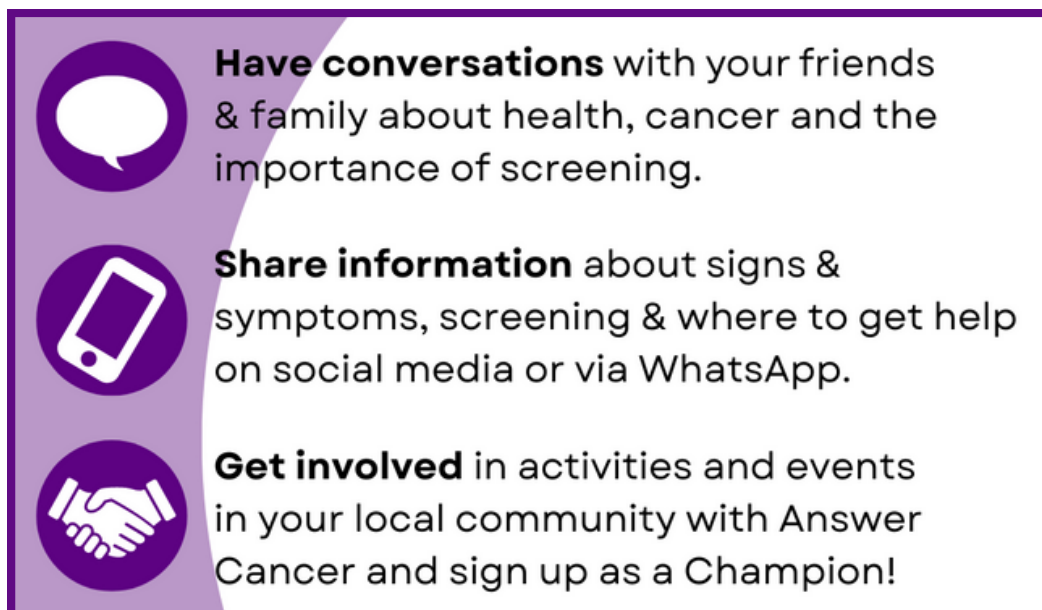
You should also be invited for an NHS Health Check every 5 years from 40-74. **These are like an MOT for your car** and can help identify possible issues before they get too serious, such as high blood-pressure or cholesterol. You may also be given lifestyle advice to help keep you healthy.




It's really important that you take part in these and any other checks you are invited to by your GP! They will protect you from serious illness by picking up issues before they develop!

Keep the Conversation Going

Cancer affects everyone, regardless of gender, sexuality or background. However, because of a combination of lifestyle and genetics, cancers which affect everyone such as lung, bowel and kidney are more prevalent amongst men than women. We also know that some men are more reluctant to seek help or talk about their illnesses, resulting in their cancers getting diagnosed at a later stage.

That's why it's so important that we keep having conversations about cancer and men's health; share information where possible for example via social media or via WhatsApp; and get involved in activities in our local community.



-  **Have conversations** with your friends & family about health, cancer and the importance of screening.
-  **Share information** about signs & symptoms, screening & where to get help on social media or via WhatsApp.
-  **Get involved** in activities and events in your local community with Answer Cancer and sign up as a Champion!

To help you share the word during Men's Health Awareness Month we have prepared some [resources](#) for you to use on social media or WhatsApp.

You can also find quizzes, games and ideas in our [Bowel Screening Toolkit](#).

There is an online [Bowel Screening Quiz](#) you can complete or send to your friends & family.

We look forward to hearing what you have been doing for Men's Health Awareness Month so please let us know!

December Training

We are now offering training through a mixture of online and face-to-face sessions so please make note when signing up!

Workplace wellbeing: Cancer and Cancer Screening

Online: Friday 9th December, 10am-11.30am

This short (75min) interactive session will increase your knowledge and confidence about cancer and cancer screening, and the important role that workplaces have.

How to Run Brilliant Cancer Screening Awareness Sessions

Positive Steps, Oldham, Thursday 8th December, 9.30am

This exciting course focuses on growing your facilitation and presentation skills, knowledge, and confidence. It is designed for any level, from beginners upwards. You will come away with lots of ideas and tips to help you run cancer screening awareness sessions in your work or community.

Difficult Conversations: Talking about Cancer

Online: Tuesday 6th December, 1pm-3pm

The session is around how to have conversations about cancer. This will cover areas including why it's important to talk about cancer, how to do it using empathy and listening skills.

Cervical Screening: What you need to know

Online: Monday 12th December, 1pm-2.30pm

Cervical cancer can be prevented. Cervical Screening saves lives. This training seeks to show women how they can protect themselves and share messages through their networks that may help family, friends and co-workers do the same.

Find out more and book now!

**ANSWER
CANCER**

Twitter: @AnswerCancerGM

Website: www.answercancergm.org.uk

LinkedIn: Search "Answer Cancer"



Twitter: @GMCancerChamps

Website: www.cancerchampionsgm.org.uk

Facebook: @answercancerchampions