

**G M E N G A G E***Monthly Newsletter***Bee Seen,  
Get Screened  
workplace pledge  
takes flight!**

We are delighted to announce that since launching in September, our Bee Seen, Get Screened workplace pledge has gained an enormous amount of interest, with several organisations already signed up.

This pledge asks employers to commit 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 commit to raising 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.

**You can find out more about the pledge, what is involved and how we will support you on our website [here](#).**

It's not too late for your organisation to take part! Just send us your details to the email address below and we will send you our Bee Seen, Get Screened pack which will help you get started.

**To take the pledge or find out more, please email:**

**[info@answercancergm.org.uk](mailto:info@answercancergm.org.uk)**

# Be Breast Aware this October!

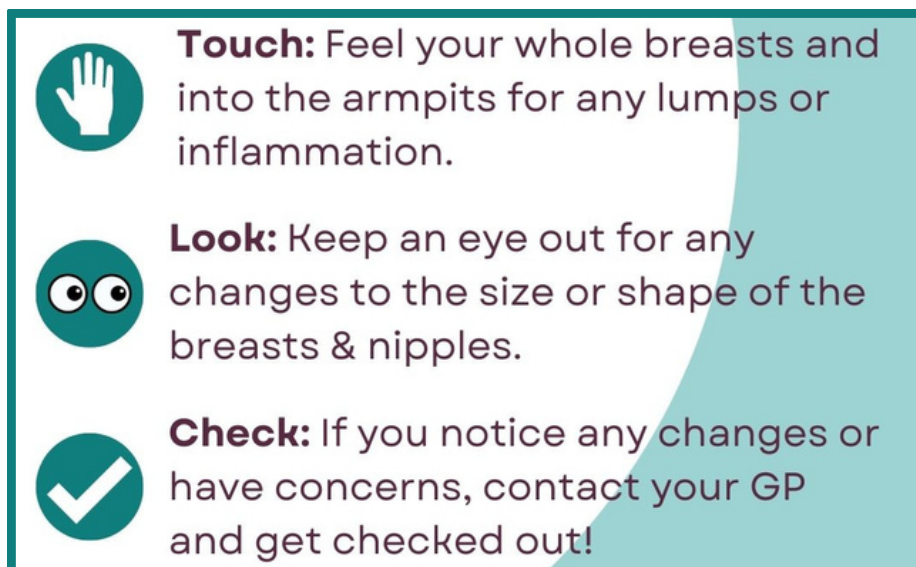
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October is Breast Cancer Awareness Month and at Answer Cancer we want everyone to Be Breast Aware, whoever you are! Here some simple things that you can do.

## Know the Symptoms and Touch Look Check

Make sure you know the signs & Symptoms of Breast Cancer and check yourself regularly. This particularly applies to women, but also some Trans & Non-binary people. It's also worth remembering that, although rare, men can get breast cancer too!

Everyone should “**Touch, Look, Check**” their breasts to keep an eye out for changes or anything unusual. If you do spot something, don't delay, go and see your GP and get checked out! It could save your life.



## Take Part in Breast Screening

If you are a woman aged 50-70 you will be invited to take part Breast Screening every three years. Trans & Non-binary people may also be eligible for screening. We urge everyone to attend when invited.

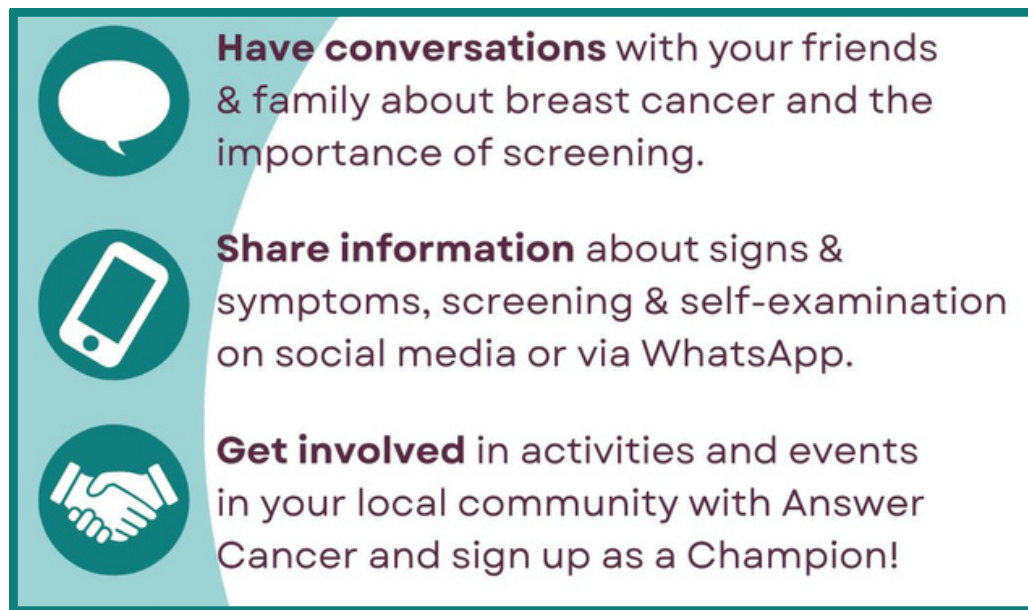
However, if you have missed an appointment, get it booked in as soon as possible! If you live within Greater Manchester, call **0161 291 4444**.

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## Keep the Conversation Going

Even if you haven't affected by breast cancer yourself, the chances are you know someone who is, as current estimates are that **1 in 7 women will be diagnosed with breast cancer at some point in their lives**. This could easily be your friend, family member or work colleague.

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



To help you share the word during Breast Cancer 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 **Breast Cancer Screening Toolkit**.

There is an online **Breast Screening Quiz** you can complete or send to your friends & family.

Finally, we are running a special **Breast Screening training session** on 27th October.

**We look forward to hearing what you have been doing for Breast Cancer Awareness Month so please let us know!**

# Autumn Training

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We are now offering training through a mixture of online and face-to-face sessions so please make note when signing up! Most sessions also have alternative dates later in the Autumn, so if you can't make these, take a look at upcoming training here.

## **Workplace wellbeing: Cancer and Cancer Screening**

### **Online: Thursday 10th November, 1.30pm-3pm**

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**

### **St Thomas Centre, Wednesday 9th November, 9.30am-11.30am**

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 the 6th of 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.

## **NHS Cancer Screening Programmes**

### **Online: Wednesday the 16th of November, 10am-11.30am**

This 90 mins session will super charge your knowledge and understanding of the 3 NHS Cancer Screening Programmes and why they are so important.

**Find out more and book now!**

# Upcoming Events

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We have three special one-off sessions coming up later in the Autumn which you can book on to now. In these we will be discussing the three NHS screening programmes in more detail. Click the links to book!

## **Breast Screening: What you need to know**

**Online: Thursday 27th October, 10am-11.30pm**

1 in 8 women/people with breasts will get breast cancer at some point during their lifetime. This training seeks to increase breast cancer awareness and encourage people to share messages through their networks that may help family, friends and co-workers do the same.

## **For the Lads: Prostate Cancer and Bowel Screening**

**Salford CVS, Tuesday 22nd November, 9.30am-11.00am**

This 90 mins session aims to increase your knowledge and understanding of the Bowel Cancer Screening Programme and the importance of prostate cancer awareness. We will discuss these two cancers which are important to men, their families, friends and organisations who work with men.

## **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. This session will be interactive, fun, and full of facts, key messages and information to take away and share with others.

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