

Welcome to Healthworks

Cancer Awareness Work

We are on a mission to tell as many people as we can about the signs and symptoms of various cancers and the importance of taking up screening invites when received and you can play a huge part in this!

Did you know that every two minutes someone in the UK is diagnosed with cancer? That's a pretty shocking statistic and illustrates why our awareness raising work is so important in helping reduce people's risk of developing cancer!



Through Cancer Awareness Sessions and Community Cancer Champion Training in groups and workplaces, we are helping communities in the region become more informed about cancer and the importance of screening in reducing risk.

They are free, fun, informative and by taking part people help us save lives!



The Cancer Champions training we recently undertook with Healthworks was so interesting and informative. I have taken part in cancer training programmes in the past, but I learned new aspects in this training that I will use in the community to encourage people to undertake screening, as well as know the signs and symptoms to look out for. The facilitators have a relaxed training style, which made it so easy to ask questions.

Wendy Hadlington, Healthwatch Sunderland



www.healthworksnewcastle.org.uk - cancerawareness@hwn.org.uk

Why get involved in raising Cancer Awareness?

- 1** 1 in 2 people will get cancer in their lifetime
- 2** 4 in 10 cancer cases every year are preventable (135,000 every year)
- 3** There are around 375,000 new cancer cases in the UK every year, that's around 1,000 every day!
- 4** Every 2 minutes someone in the UK is diagnosed with cancer
- 5** Breast, prostate, lung and bowel cancers accounted for over half (53%) of all new cancer cases in the UK
- 6** There are more than 166,000 cancer deaths in the UK every year, that's more than 450 every day!
- 7** Early detection, through screening and knowing signs and symptoms, is key to survival rates

By helping us reduce people's risk of cancer through promoting screening, lifestyle changes and raising awareness of signs and symptoms, you will be helping save lives!



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What we can offer your organisation or group

Free Cancer Awareness Sessions

Learn about cancer awareness for free!

Our sessions are available to anyone in a workplace or community group that lives or is based in Newcastle or Gateshead and some other areas in the North East*.

With information learnt through Cancer Research UK's training programme, Talk Cancer, these sessions can help equip people to have impactful cancer conversations with others.

Sessions are around 45 minutes long and can be delivered in person at your workplace or group and virtually.



* Please check to see if we can deliver for free in your area

Free Cancer Awareness Resources

Healthworks have developed some great free Cancer Awareness videos and resources for you to use and share, including our range of [Take A Minute](#) videos that highlight the signs and symptoms of many common cancers and how to reduce the risk of getting them. Visit our [Cancer Awareness](#) page on our website for more information and additional resources.

We also have a great [Cancer Awareness Resource Page](#) for you to use and share and a free [Community Cancer Champion Facebook Group](#), which is open to all people who want to get involved in our Cancer Awareness work. In addition, if you are hosting a conference or event, why not invite our team who will bring along their interactive Cancer Information Stall?



Free Community Cancer Champion Training



Our Community Cancer Champions are volunteers who work across the region and raise awareness about cancer among their family, friends, neighbours and work colleagues.

They do this by spreading key messages through word of mouth and information distribution and they can also signpost people to local services and support people to seek early medical assistance where appropriate.

Our team offers free Community Cancer Champion training* which covers common types of cancers, reducing the risk of getting cancer, the importance of early detection and cancer screening.

*This training is free for people in some areas of the North East region please contact us to check if your area is covered.



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Community Cancer Champion Training

This course is around 2 hours long. Once training is completed, participants will be equipped in their role to raise awareness of signs and symptoms with their family, friends, neighbours, and work colleagues. This will include by word of mouth and through distribution of information we provide during the course.

They will have also gained valuable knowledge that will enable them to signpost people to appropriate support services available. In addition they will have access to up-to-date cancer information that they can share with others and will develop skills that will help them motivate people to seek early medical assistance.

Cancer Champions are invited to a Cancer Champion Check-In every month where all of our trained Champions are invited to get together virtually. This is very informal and people can pop in and stay for however long they want or need.

It's a great networking opportunity and we share local and national campaign resources, news and updates about our Cancer Awareness work. Our team also gives updates of new training and development opportunities available to Champions to support them in their role.



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What's covered in our Community Cancer Champion Training?

By the end of the training your staff will:



- Have gained up-to-date knowledge on the signs and symptoms to look out for and empower individuals to 'know their body'.
- Be able to raise awareness of cancer throughout your group or organisation, their friends and family and in the wider community.
- Have a better understanding about where to signpost colleagues, friends and families.
- Be equipped to hold awareness talks and training within groups, networks or organisations.

Other benefits of having trained Community Cancer Champions:

- They can contribute to reduced sickness in the workplace by communicating key health and lifestyle messages to staff including the 'healthier version of you' aspect of the training and help build confidence in seeking medical assistance.
- It's a great personal development opportunity and all staff who complete the training receive a Certificate of Attendance.
- Use of the Community Cancer Champion badge to show your organisation's commitment and support and a Cancer Champions poster to display in public (both subject to copyright and approved use guidelines).
- Community Champions receive ongoing training and support from our team and a chance to participate in monthly Cancer Champions Check-Ins virtual networking and support sessions.
- Having a workplace Community Cancer Champion has helped organisations work towards the Better Health At Work Award.



What do people think about our awareness sessions and training?

"The session was so informative, and the interactive parts really help with engagement!"

"I have become more knowledgeable about breast screening and cancer awareness signs to look out for and it's hopefully going to get me to check myself more often than I do currently."

"Fab trainers - their energy really made the session"

"The information and content delivered in such a way that was engaging, fun and took the awkwardness out of it"

"Very good session, lovely people who explained everything in a way all could understand"

"Working as a health professional I was already well informed but found the presenters engaging, knowledgeable, and informative and wouldn't hesitate in recommending them and sign posting patients in their direction."

"Fantastic and informative session - it was incredibly interesting and engaging and I feel so much more confident in my knowledge on Cancer!"

"Excellent presentation. Facilitators were knowledgeable and pitched the information just right."



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Davey's Story - Cancer Champion at Wates Construction

Having personally experienced the effects of cancer, I became a Cancer Champion to raise awareness of the disease. I wanted to address the elephant in the room and encourage men to talk about cancer.

I attended a Community Cancer Champions course at Healthworks, and after the course I shared the information with my colleagues.

With Healthworks support I facilitated cancer awareness sessions at Wates, with the aim to encourage men to understand when and why to seek medical attention before it's too late.

Nine men attended and the feedback about the information received was excellent.



As a direct result of the information received from Davey, one of his colleagues identified possible signs of cancer and visited their GP. This visit ultimately led to a cancer diagnosis.

“

They told Davey:

“If it had not had been for you and Healthworks sharing the cancer awareness information, I probably wouldn't have gone to the doctors and received an early diagnosis and the treatment I needed!”

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Interested in our Cancer Awareness services? Here's what to do next!

All you need to do is contact us to express your interest and one of our team will contact you for a chat about how we can support you and your group or organisation.

Please contact:

Email:

cancerawareness@hwn.org.uk

Telephone:

0191 264 1959

Mail:

The Lemington Centre
Tyne View
Lemington, NE15 8RZ

Visit our website:

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