

G M E N G A G E

Monthly Newsletter

Gynaecological Cancer Awareness Month

September is Gynaecological Cancer Awareness Month, which covers a five different cancers:

Cervical, Ovarian, Vaginal, Vulvar and Womb (also called uterine cancer and endometrial) cancer.

Each of these cancers have their own symptoms, frequency and characteristics. Ovarian cancer, for example, affects around 7,400 people in the UK each year while Vaginal cancer affects just 250. In total, each year in the UK, over 21,000 people are diagnosed with a form of gynaecological cancer.

THE LATEST SCOOP IN THIS ISSUE:

*Gynaecological Cancer
Awareness Month!
Answer Cancer Training!
Drop-in & Induction
Sessions!
Breast Cancer Awareness
Month!*

However, there are a number of messages common to all five cancers:

- Know your body and what is normal for you. **Everyone is different!**
- If you have any new and persistent symptoms such as: pain or discomfort, either constantly or during sex; bleeding between periods or post-menopause; or unusual discharge, **contact your GP and get it checked out!**
- **Take part in cervical screening (smear tests) when you're invited.** This will be every 3 years between the ages of 25-49, and every 5 years for 50-64 year olds.

These messages apply to all women and also some Trans Men depending on what gender-confirmation treatment you have received.

Remember: with any cancer, early detection saves lives!

Answer Cancer Online Training

Answer Cancer have a number of different training courses coming up in the next few weeks covering a range of topics. These courses will help you both increase your knowledge about cancer but also make you more confident in sharing your knowledge with others, knowing not only **what** to tell people, but also **how**!

New Course – How to Run Brilliant Cancer Screening Awareness Sessions

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

- Monday 13th of September at 1.00pm: **Click [Here](#)**

Answer Cancer Signs & Symptoms

This 90 mins short session will equip you with knowledge around early signs & symptoms of cancer. You'll understand why and how early detection saves lives and learn key messages to share with others.

- Wednesday 15th September at 10:30am: **Click [Here](#)**

NHS Cancer Screening Programmes

This 90 mins session will super charge your knowledge and understanding of the 3 NHS Cancer Screening Programmes and why they are so important. You will learn who's eligible, what's involved, and what messages and approaches we can use to encourage others to take up their screening invite.

- Monday 20th September at 11.30am: **Click [Here](#)**
- Monday 27th September at 10.30am: **Click [Here](#)**

LGBT: (Health) Awareness and Best Practice (one off course)

Recognising and feeling confident engaging with LGBT community members is vital for those involved in delivering and improving community and public services. This session will ensure you have the appropriate skills and knowledge to succeed.

- Wednesday 22nd September at 10.00am: **Click [Here](#)**

Please be sure to register BEFORE each session! If you have any questions, or would like more information on the work we do, please contact actraining@uni.uk.net

Champion Induction & Drop In Sessions

Whether you are a new or existing Answer Cancer Champion, please come along to one of our regular online Drop-In or Induction sessions to keep in touch with the programme, find out latest news, and meet other Champions. You can also take part in training if you are looking to develop your skills in a particular area.



Induction sessions are designed for new Answer Cancer Champions to introduce you to the programme and give you all of the information you need to get started. Each session lasts for around an hour. Upcoming dates are:

- Saturday 18th September at 10.00am: [Book here](#)
- Monday 4th October at 12.00pm: [Book here](#)
- Saturday 23rd October at 10.00am: [Book here](#)

Drop-In Sessions are an informal get-together and networking session, where Answer Cancer Champions can hear programme updates and get to meet each other. There is no booking required for these, just click the link below to join the Zoom session:

- Wednesday 15th September at 5.30pm: [Join here](#)
- Friday 1st October at 10.00am: [Join here](#)
- Wednesday 20th October at 5.30pm: [Join here](#)

Not yet signed up as an Answer Cancer Champion?

Being an Answer Cancer Champion is fun, an opportunity to learn and meet new people, and your work could help save someone's life. You don't need any special skills or experience, just an interest in helping other people. We will provide all the training and knowledge you need. It is open to anyone aged 18 and over who lives, works or studies in Greater Manchester.

Sign up here: www.cancerchampionsgm.org.uk/sign-up

Coming Up: Breast Cancer Awareness Month

As you may know, October is Breast Cancer Awareness Month, one of the key events in our calendar as we remember all those women we have lost to breast cancer, and raise both funds and awareness regarding this condition, with the aim of saving lives.

Throughout the month, here at Answer Cancer we will be sharing messages and information specifically around breast screening, as we know that the more people who take part in this, the earlier that cancers can be detected. Early detection means that cancers can be treated easier and more successfully.



During October, our Drop In session taking place on Wednesday 20th October will be themed around Breast Cancer Awareness Month, with everyone also encouraged to wear something pink ahead of **Wear It Pink Day** on the Friday 22nd October.

We will also be answering some of the many questions that we get about breast cancer and screening in our new **FAQ Video**. If you have a question which you'd like answered, no matter how unusual, do let us know! Everything will be done anonymously, so please tell us what you really want to know but were always too afraid to ask.

Email your questions to: info@answercancergm.org.uk

**ANSWER
CANCER**

Twitter: @AnswerCancerGM

Website: www.answercancergm.org.uk



Twitter: @GMCancerChamps

Website: www.cancerchampionsgm.org.uk