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News this month...

Dear Answer Cancer Champions,

This week has been Mental Health Awareness week, and it's been a good time to remember that along with the physical impacts of the current crisis, there will also be a significant impact on the nation's mental health with increased anxiety, stress and isolation. This will be particularly felt by the most vulnerable people in our communities such as the young, elderly, disabled and those already experiencing mental health issues. Already we are hearing reports of increased substance abuse, online gambling, and, sadly, suicide attempts.

It is even more vital that the support is available for those who need it, and within Greater Manchester a 24/7 helpline has been set up by the Mental Health NHS Foundation Trust on: 01204 483071. You can also find resources on wellbeing during COVID-19 [here](#).

We hope you are all keeping well and staying safe.



Answer Cancer's Digital Campaign

Answer Cancer are looking for digital champions who can support friends, neighbours, and colleagues to stay physically and emotionally healthy while social distancing restrictions are in place. We also want to encourage people to access healthcare services for other potentially serious, non-Covid, conditions including cancer. The NHS is looking at how it can help people who need them and have stayed away.

As a digital Answer Cancer Champion you can commit as much or as little time as you wish to the role. If you're keen to get stuck in and organise regular online events that's amazing, but if all you can spare is a couple of minutes each week you can still make a big difference by committing to regularly sharing our health and wellbeing advice and resources on social media.

You can read more about this opportunity [here](#). Once you are ready to sign up, click on the button below to give us your contact details and answer a few quick questions about what you would like to do and what support you would need to help you do this.

[Sign up now](#)

Answer Cancer on the Airwaves

Following on from Kirit's interview on Radio Africana last month, Answer Cancer has made several further appearances on community radio stations over the last few weeks, including ALL FM 96.9MHz, FastFm (Radio Ramadan) 87.7MHz, and

You can listen back to Kirit's interview with ALL FM DJ Sean Conners below.

[Listen back](#)

New Training Videos

As Answer Cancer adjusts to life under Covid-19, we have started to expand our online training offer. As a first stage, we have developed some training videos, presented by Answer Cancer Training & Development Worker, Elizabeth O'Connor. These cover two subjects:

- [Cancer Screening Update During Coronavirus](#)
- [Prevention awareness during lockdown](#)

We will be adding more training videos to our YouTube channel over the coming weeks so please visit our page and click "Subscribe" to receive notifications on new videos.

[Subscribe to our YouTube channel](#)

Connecting communities while socially distant

To help organisations who are looking to adapt their services to the current restrictions, we have produced a guide on how to connect with communities whilst socially distant by using different tools, such as social media, WhatsApp groups and leafleting.

You can read this below or there is a video presentation version [here](#).

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