

# EngageGM

## ***In this issue:***

- October is Breast Cancer awareness month
- What does "Black History month" mean to you?
- What Answer cancer has been up to
- Banner making Competition
- Your questions answered

## **What's On>>>**

### **Breast Cancer Awareness Month**

October is Breast Cancer Awareness month - a period to learn more about breast cancer, a period to support everyone affected by breast cancer, and an opportunity to support breast cancer charities.

According to CRUK, about 150 people are diagnosed with breast cancer in the UK, everyday. This means that someone is told she has breast cancer every 10 minutes. Despite this, many still ignore breast cancer screening invitations with the assumption that breast cancer is of no relevance to them. This needs to change.

In support of Breast Cancer Awareness Month 2020, Answer Cancer will be hosting a series of virtual engagement sessions to highlight the importance of talking about breast cancer in homes, workplaces and community groups. The sessions will provide you with an opportunity to hear from survivors, Answer Cancer Champions, and people who work to improve breast cancer services within Manchester. There will be live interviews on several community radio stations and Answer Cancer social media channels in English as well as other languages. You can find more information on the [Answer Cancer website](#).

Here's how you can play your part and make this October memorable:

1. [Learn more about breast cancer](#) and start a cancer conversation with your friends and family.
2. You can "[wear it pink](#)" to raise awareness about the importance of cancer screening and breast self-examination.
3. [Change your lifestyle](#) to reduce your cancer risk.
4. [Support others](#) who are living with (or have love ones living with) breast cancer.
5. [Sign up as an Answer Cancer Champion](#).

We've produced [a series of graphics with key messages and quotes](#) for you to share throughout the month. Click on the link [here](#) to download and share on all social media platforms.

**We are in this together, so let us do it together!**

## Hot Topics>>>

# What does “Black History Month” mean to you?

Every October, the UK celebrates Black History Month. Although this is a period for reflection, many see it as an opportunity to challenge cultural norms that negatively impact on the health of black communities.

Perhaps you may be inclined to do something amazing for your community this month? We've produced [a series of graphics with key messages and quotes](#) for you to share on social media.

You may also produce your own social media graphics like the one opposite, which was posted [on twitter](#) by “Caring and Sharing”, an organisational Answer Cancer Champion in Rochdale.



## Update >>>

# What Answer Cancer has been up to

### Stakeholder collaborative:

Activities for the month kicked off with the Answer Cancer stakeholder collaborative event. Due to Covid-19, the event was held on zoom on the 8th September 2020. It was a moment of reflection for the Answer Cancer team and a time to celebrate the achievements of our community champions. It was thrilling to hear from [Asha Mehta](#), an Answer Cancer champion who shared her experience of having breast cancer. We also heard from [Sandra Lawal](#), Coordinator at Caring and Sharing who spoke about the impact Answer Cancer Champions are making in the communities despite covid restrictions. You can watch their presentations back on our [YouTube channel](#).

### Online Training:

Answer cancer also rolled out a brand-new training module during September 'Train the Facilitator – Training for Answer Cancer Champions'. The course aims to equip Answer Cancer Champions with the skills, knowledge and the confidence to be able to run a short cancer awareness session. Following the success of the first session, more training dates will be announced soon. Please [click here](#) for future dates.

### Radio Skills training:

A number of Answer Cancer Champions enrolled on ALL FM's free Covid Blues radio training during the month of September. This will prepare them for October when Answer Cancer will be making a number of broadcasts on community radio stations to mark Breast Cancer Awareness month. This is what one attendee had to say:

"I couldn't see myself on radio... I'd always thought radio presentation was for a certain elite class. It was a great experience and I can't wait to hit the airwaves with my health and wellbeing messages."

### Engagement sessions:

As Answer Cancer widens its outreach work, the engagement team joined groups outside Manchester virtually, this September. These included Diversity Matters NW (Tameside), Fatima Women's Association, (Oldham) and the Disability Panel (Oldham).

# Banner Making Competition

This Breast Cancer Awareness Month, Answer Cancer is running a banner making competition via social media with a £100 voucher as a prize. The rules are simple:

1. We are asking Champions and anyone in Greater Manchester to get creative and produce a breast cancer awareness banner/poster
2. Share a photo of themselves holding their banner to social media (Facebook/Twitter/Instagram) with the hashtags #AnswerCancerGoesPink and #BreastCancerAwarenessMonth.

Following the end of Breast Cancer Awareness Month, we'll pick a winner out from all of the entries and award them a £100 voucher of their choice. We'd like to ask our Organisational Answer Cancer Champions to help promote this competition through their networks – social media, WhatsApp groups, email bulletins, etc.

To help you with this we've put together [some graphics you can share to promote the competition, along with a resource pack which includes advice on the messaging and the full competition terms.](#)

For full set of rules and more information on how to take part, please visit our website [here](#).

## Your questions Answered >>>

**Q: I have a breast discharge. Do I need to worry?**

**A:** Nipple discharge isn't usually a sign of anything serious, but there is a small chance it could be cancer so it's a good idea to get it checked just in case. Some women have nipple discharge from time to time so it's about knowing what is normal for you and keeping an eye out for any changes.

If you have any concerns or the discharge is bloodstained, smelly or accompanied by other symptoms such as a lump or pain, please speak to your doctor.

[Click here for more information from the NHS](#)

## ***Final Thoughts...***

If we detect cancer early it can be treated. You can find signs and symptoms of common cancers in community languages [here](#).

**Eat well, live well, and get checked!**

### ***About us >>>***

**Answer Cancer** is a partnership of four VCSE organisations: Unique Improvements, Voluntary Sector North West, BHA for Equality, and Salford CVS. Our work is funded by the Greater Manchester Health and Social care partnership.

Our aim is to address the cultural, social and systemic barriers that prevent people from taking up cancer screening.

How do we do it?

1. We work with community and faith groups across Greater Manchester, so they know what causes cancer & why screening is important.
2. We offer free information sessions on breast, bowel and cervical cancer screening.
3. We train individuals as Answer Cancer Champions.
4. We support community groups with grants so they can increase awareness about cancer screening.

**For more information please contact:**

**Email:** [engagement@answercancergm.org.uk](mailto:engagement@answercancergm.org.uk)      **Phone:** 0161 883 3037

**ANSWER  
CANCER**

**Twitter:** [@AnswerCancerGM](https://twitter.com/AnswerCancerGM)

**Website:** [www.answercancergm.org.uk](http://www.answercancergm.org.uk)



**Twitter:** [@GMCancerChamps](https://twitter.com/GMCancerChamps)

**Website:** [www.cancerchampionsgm.org.uk](http://www.cancerchampionsgm.org.uk)