

EngageGM

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What's On>>>

Ho! Ho! Ho! We are talking "C" again.

The year 2020 appears to have gone so quickly, with so many C's running through the news headlines: COVID! CANCER! Just to name a few. Thankfully we have Christmas, Celebrations and Cheerful moments to look forward to.

As we embrace the festive season, here are five things we can do:

- 1. Take a break from the screens and spend time connecting with others:** Many have assumed screen-friendly lifestyles since Covid. As lockdown restrictions are eased, it is important you choose carefully who to include in your bubble. Spend some time reconnecting with people who matter most in your life. Share a thought, a laugh and a cry. It's been a long hard year for all of us, and we need to lift each other up.
- 2. Step outside to enjoy some "winter sunshine":** The weather may not be great, but you can improve your mental wellbeing by spending time in a park, by a river or lake, or even in a garden just observing nature. Why not go for long walks with the family, a friend, your dog or simply on your own. Who knows you may be fortunate to spot the winter sun amongst the clouds. Just don't forget to wrap up warm!
- 3. The "tricky" healthy eating bit:** Festive moments like Christmas can be notorious for comfort eating and diet-breaking. To avoid this, try setting strict mealtimes and pre-plan your meals. If you get invited for a meal, be sure to let you host know in advance what you prefer. Indulge in more fibre, fruits and vegetables. Choose meals with less processed or red meat. Swap the booze and fizzy drinks for soups and water.
- 4. Give more if you can:** It's not about the presents or the money, it is about giving your time to help others. Random acts of kindness, checking on an elderly neighbour or volunteering to help others is all that it takes to put the smile back on the faces of those affected by covid.
- 5. Get the flu jab if eligible:** Research has shown that if you get flu and coronavirus at the same time, you're more likely to be seriously ill. That is why it is ever more important this year to get the flu jab. If you are over 50 years, pregnant or have an underlying health problem you may be eligible. [Here is more information.](#)

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

Just to say thank you

The COVID lockdown came with a lot of uncertainties. Community centres that usually serve the needs of marginalised people needed to be closed. Information sharing has become harder than anticipated. Although some of us have embraced the new normal (the “Zoom” world), there are still many who remain digitally excluded.

Answer Cancer would like to say a big “thank you” to all who have supported the vulnerable and isolated in diverse ways.

We are very grateful to the radio stations, community groups and VSCE organisations that welcomed us into their digital spaces to share cancer awareness messages.

To the many Answer Cancer Champions who have used their skills and time to share cancer messages on the radio, on social media, in blogs and vlogs, your efforts are yielding life-saving fruits and you are invaluable to our community.

We look forward to a fruitful 2021 very soon.



Update >>>

It was a moving “Movember” at Answer Cancer

As part of Movember and Men’s Health Awareness month, Answer Cancer organised an online event ‘Men Talk Cancer’ on 23rd November.

The event was hosted by the Dean of Manchester Rodgers Govender and men with a personal experience of cancer shared their stories. This was an opportunity to hear about cancer and other men’s health issues and discuss these with other men.



David and Winston are two male campaigners set out on a mission to raise cancer awareness amongst men. Winston, a retired father and grandfather and a prostate cancer survivor, has been promoting cancer awareness within communities, especially men, urging them ‘not to be scared to tell people that you have prostate cancer’ and recommends ‘it’s better for partners, for relationships, better for them, spiritually, physically and mentally’ to talk and communicate with each other.

David, 56, was diagnosed with Breast Cancer a year ago. Breast Cancer is rare for men, with around 350-400 diagnosed a year. As support services are traditionally focused on women, David felt more alone, and more isolated. For David, ‘every day brings with it new challenges, both physical and mental’ and ‘how we deal with those challenges that makes the difference. Take each day as it comes, and be kind to yourself. Cancer is a rollercoaster of a journey, you just have to buckle up and learn to understand the ride’.

The Dean stressed the importance of men ‘to get themselves checked out, especially as we get older, try to avoid the shyness, the embarrassment’, early detection means earlier treatment and saves lives. The take away message for men was ‘don’t be silent, don’t delay, get yourself checked!’

Welcoming our new Answer Cancer Champions

Since March 2019, hundreds of individuals have signed up to become Answer Cancer Champions.

These are everyday people that live in our communities and share a common passion - to create more awareness around cancer. The role is flexible so anyone can commit as much time or as little time as they wish. For some this might just be learning more about cancer screening programmes and signs and symptoms of cancer, so they can share this information in everyday conversations with their family, friends, colleagues and community members. Others might wish to take advantage of Answer Cancer's training opportunities and get involved in activities such as making a radio show, public speaking or working on creative campaigns.



Induction sessions are held twice a month on Zoom for newly recruited champions. A special induction session will be held for champions that registered throughout the months of October and November, via community groups that received grants from Answer Cancer. This is scheduled on:

Saturday 12 December 2020, 11.00am - 12noon

Register here: <https://tinyurl.com/ACInduction12Dec>

Your Questions Answered >>>

Q: My dad was recently been given a catheter after a prostate surgery. Is this going to be there forever? How do we care for it?

A: Catheterization may be a temporary measure after prostate surgery.

However, it is important you discuss the care of a loved one after the surgery, with his doctor if you are concerned.

Once a catheter is inserted, you will have to learn to keep it clean and avoid infection. To find more information on catheter care, click [here](#).

Answer Cancer January 2021 Stakeholder Collaborative

Start 2021 with a spring in your step! Our Answer Cancer Get Together (Stakeholder Collaborative) is taking place on Weds 13th January 2021 at 10am – 11.30am. We're focusing this online event around Cervical Cancer Awareness week in January.

Come along and:

- Hear the latest news and updates
- Find out how Answer Cancer staff can help and support your work
- Get new ideas to help you plan for Cervical Cancer Awareness Week (18th – 24th January)
- Network! We'll make time for people to meet, catch-up and share news

We particularly want to invite Answer Cancer Champions and Voluntary Sector organisations, but anyone with an interest in cancer screening, cancer prevention and early detection is welcome.

Register in advance for this meeting: <https://bit.ly/ACJan2021>

We look forward to seeing you online in 2021

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:

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