

# GM ENGAGE

*Monthly Newsletter*



## THE LATEST SCOOP IN THIS ISSUE:

*Thanks for reading, as you can see we have a new format please let us know what you think!*

## We are doing it for the girls, ladies, she, her and them!

### *International Women's Day*

International Women's Day is fast approaching which means we're spending the whole of March celebrating!

International Women's Day takes place annually on 8th March and this year's theme is #ChooseToChallenge. Answer Cancer will be celebrating the wonderful women of Greater Manchester and supporting the #choosetochallenge campaign by raising awareness of the health inequalities that are creating barriers to cancer screening access.



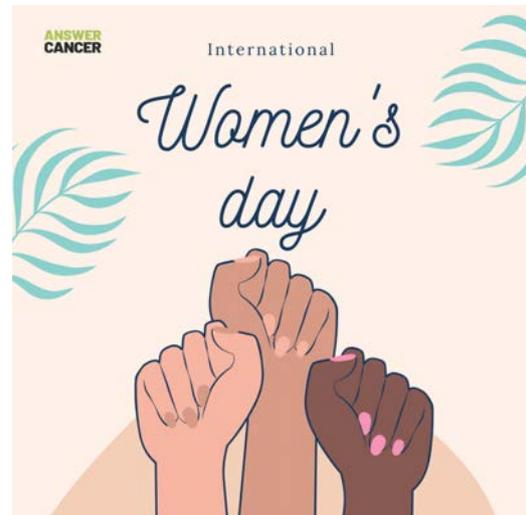
# Events, Training and Links

To mark International Women's Day, we've developed a new training course called Women & Cancer (Health awareness, Screening & Prevention).

This course focuses on promoting positive health, wellbeing and cancer awareness messages for women and those with an interest in women's health.

This training seeks to show women how they can protect themselves and share key messages through their networks that may help family, friends and co-workers do the same.

If you're interested in attending this training, book a slot here:



I choose to challenge gender expectations on children and are raising my daughters to be free in their identity and not feel pressured to fit into a box.

I choose to challenge the stigma and misinformation around mental health and campaigning for change in the service.

Vanessa (Digital Lead)



International Women's Day

#ChooseToChallenge #IWD2021

Throughout March we're also looking to work with local community groups to deliver our Let's Talk Cancer engagement session.

We want women of all backgrounds to have an awareness of what cancer screening programmes are available to them – making sure you are in a position of power over your own health.

On 24th March, 6 pm-7 pm we're hosting a Let's Talk Cancer, Let's Choose To Challenge online event for anyone living in Greater Manchester who is interested in finding out more information about cancer screening and prevention.

## How can you get involved?

We'd love to hear about what you #choosetochallenge and the changes you want to see in the world!

We'd be delighted if you could support Answer Cancer and International Women's Day by pledging your #choosetochallenge.

You can do this by sharing your pledge on social media and hashtagging #choosetochallenge #answercancer or you can send it into the team, and we can share it on social media for you!



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# Events, Training and Links

Conversations save lives!

You can have conversations with people in the community – whether it's a friend, your mum or the post-lady, all conversations about cancer screening have the potential to save lives.

We'd love to hear about the conversations you're having and the incredible impact you're having within your community.

Email Us: [engagement@answercancergm.org.uk](mailto:engagement@answercancergm.org.uk)



Book your place, to attend our online event.

Please share the details of our Let's Talk Cancer, Let's Choose To Challenge online event with anyone you think might be interested in learning more about cancer prevention!

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## Hot Topics

### #TheClockisTicking

In 2021, the Stop TB Partnership sounds the alarm on one of the world's leading infectious killers. Tuberculosis (TB) kills around 4,000 people every day, among them 700 children.

That means that 3 people die from TB every minute! In 2018, at the United Nations, all world leaders committed to taking specific actions by 2022.

They have until December 2022 to make good on those promises or they risk compromising the Sustainable Development Goal's achievement to end TB by 2030. We might like TB to be consigned to the history books, but the truth is that 1 in 4 people in the world has latent TB infection.

Find out more [click here](#)

Every year, 10 million people fall ill with TB disease, mostly in less developed countries.

This year, we commemorate the 139th anniversary of Dr Robert Koch's announcement in 1882 of his discovery of the TB bacillus, the cause of TB.

If we want to #EndTB by 2030, #TheClockIsTicking to reach the #TBTargets2022.



# Hot Topics

What are the differences between symptoms of COVID-19 vs TB?

COVID-19

Persistent Cough

High Fever

Difficulty Breathing

Symptoms of COVID-19 usually appear quickly and disappear after about seven days. If they last longer than this, call NHS 111.



TB (Tuberculosis)

Cough

Fever

Weight loss

Loss of appetite

Night sweats

Extreme tiredness

Symptoms of TB appear gradually over the course of several weeks and persist if they are not treated.

## #HPVAwarenessDay

The 4th of March is International HPV Awareness Day! HPV stands for Human Papillomavirus which is a very common group of viruses that can cause cancer.

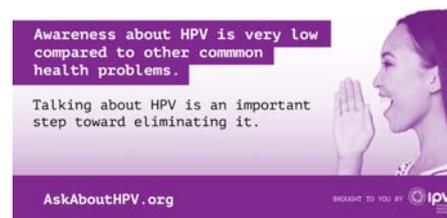
Here are some facts and myths about the HPV vaccine:

The HPV vaccine helps protect against cancers caused by HPV, including cervical cancer, some mouth and throat cancers and some cancers of the anal and genital areas.

In England, girls and boys aged 12 to 13 years are routinely offered the 1st HPV vaccination when they're in school Year 8.

The 2nd dose is offered 6 to 24 months after the 1st dose. It's important to have both doses of the vaccine to be properly protected.

If you're eligible and missed the HPV vaccine in school Year 8, you can have it free on the NHS up until your 25th birthday.



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# What have we been doing?



Members of the Answer Cancer Team were invited to receive their first dose of the coronavirus vaccine at the Etihad Stadium, in East Manchester, in February 2021.

They explain:

what it was like to receive the vaccine and what it meant to them.

**Elizabeth O' Connor**

**Answer Cancer Training and Development Worker**

Normally, Elizabeth would be out in the community delivering training and meeting people, but since the start of the Covid-19 Pandemic, Elizabeth, like most people, has been working from home and delivering training remotely to members of the community.

Having received her first dose, Elizabeth is hopeful of returning to normality and engaging with people.

Elizabeth describes how simple she found the vaccination process and that it was not painful.

She did display some mild side-effects, but they only lasted for a short time. "The vaccination didn't hurt; I had a very mild headache the next day and am now totally fine." Elizabeth also stated that she was hesitant at first to go for her vaccine, but after her experiences throughout the pandemic, she knew it was important to get vaccinated to keep herself and others safe. "Like a lot of people, I was a reluctant vaxer, but like everything we have done through Covid, I did it to keep others (my son) safe."

**Khalid Ahmed**

**Answer Cancer Research and Evaluation Worker**

Khalid was also invited to get vaccinated and he describes why it was important to him to do so as a BAME person.

He encourages everyone to get vaccinated when invited, especially amongst communities where uptake has so far been low.

Like Elizabeth, he did have some short-term side-effects, but he was thrilled to receive the vaccine and a sticker from the nurse.

"As a Bangladeshi Asian British Muslim, I thought it was important to take up the invite to get vaccinated as well as share my story, as many people from my ethnic and religious background remains reluctant to get vaccinated.

However, I have now had my first dose at Etihad Stadium, and I feel well. It didn't take too long, I was in, vaccinated and out of the centre within 10 minutes. I did develop a fever the night following my vaccination, however, I was advised that could have been a possible side effect by the nurse. That soon passed and I am now totally fine".

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# What have we been doing?

Jessica Pathak,  
Answer Cancer Programme Manager

Jess said, "I was invited by my GP because of underlying health conditions as I am shielding. Mine was at Clarendon leisure centre in Salford, really smooth, 10-minute wait as it was lunchtime, lovely friendly staff to ask answer any questions I had about my Arthritis and the vaccination and a painless injection, then waited 15 minutes before I could leave. I felt really relieved to be honest getting the vaccination as I am sure if I contracted COVID I would be very ill, and this has been on my mind for the past year! Also, to know that I am also protecting my Mum who I care for and my husband and niece.

I had a bit of a sore arm and a slight headache the day after – but it soon passed.

Now I feel happier to attend my breast screening appointment."



For More Information please contact:  
Email: [engagement@answercancergm.org.uk](mailto:engagement@answercancergm.org.uk)  
Phone: 0161 883 3037

## Coming Up!

Next Month is Bowel Cancer Awareness month!

If you would like some support with how to get involved around this awareness day. Vanessa works with our organisational champions supporting them with their digital needs around Social media.

You can email [vanessa.fisher@vsnw.org.uk](mailto:vanessa.fisher@vsnw.org.uk)

THANK  
YOU

## How to Find Us!

We are on all social media platforms. We are working really hard to keep you updated with any news, more importantly, we really want to support you with your work around cancer.

So please send us an email with any work you are doing so we can share it with you!

Email: [engagement@answercancergm.org.uk](mailto:engagement@answercancergm.org.uk)

**ANSWER  
CANCER**

Twitter: @AnswerCancerGM

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

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CHAMPIONS**

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