

Welcome!

I am delighted to welcome you to our first quarterly newsletter which we hope you'll find interesting, useful and informative. Each newsletter will feature:

- Advice about how to manage work and cancer successfully
- Information about WWC workshops and events
- Who We Are? A WWC associate in the spotlight
- The latest stats/facts/news about cancer and work
- WWC in the news

And if there is anything else you'd like us to cover, please get in touch.



What's on?

For employers

- 12th July 1400-1500 Webinar, ENEL, 'Supporting Cancer in the Workplace'

For cancer survivors

- 27th September 0930-1600, Newcastle, Lymphoma Association/WWC/Shine Cancer Support
- 7th November 0930-1600, London, Lymphoma Association/WWC/Shine Cancer Support

We are also delighted to announce that we will be running a workshop to be run over 3 weeks with the Maggie's Centre in Oxford later this year – details to be announced. The workshop is sponsored by Schroders.

About Working With Cancer: Q&A

What is WWC?

Working With Cancer is a social enterprise established in June 2014 to support cancer survivors and their employers.

What is a Social Enterprise?

We make profits but for a social purpose. Our corporate work supports our pro bono work with charities, third sector organisations and individuals. At least half our profits are ploughed into the company or the community.

What services do you offer?

Consultancy, training, and one-to-one coaching (with unlimited support for employers)

How does this benefit people affected by cancer?

We support people affected by cancer to continue to lead fulfilling and rewarding working lives by helping them:

- Successfully return to work
- Remain in work or
- Find work

How does this help Employers?

- Retention of a valued employee
- Reduced long term absence
- Reduced reputational risk



Did you know.....

About cancer : 1 in 2 of us will face a cancer diagnosis in our lifetime? The most common cancers in people of working age are breast, colorectal, prostate and lung.

About work and cancer : there is still a lot to do! Research released in November 2016 by Macmillan and YouGov showed that:

- 15% said they went back to work 'before they felt ready'
- 35% reported negative experiences
- 18% said they faced discrimination from their colleagues or employer.

In the spotlight: Dr Sally Ann Law

I've been working with Barbara at Working with Cancer for a couple of years now. I am one of the coaching team and I work mainly 1:1 with people who could use support dealing with the many challenges that a cancer diagnosis brings to a person's work and family life. As a breast cancer survivor myself, I know only too well that the path from diagnosis to 'normal' life again is neither easy nor predictable. What strikes me again and again when coaching clients is how unique each person's experience is and therefore, how the support one person needs is often very different from that of another.



When coaching Working with Cancer clients, I try to help each person cope with the uncertainty and turbulence that cancer has inevitably brought into their lives and to build up self-belief and determination to move on from the experience. I help my clients set goals for their recovery and reentry back to work and develop resilience to cope with any setbacks along the way. Probably unsurprisingly, I find my work really rewarding and am happy to be part of the Working with Cancer team.



The Cancer Coaching Community (CCC)

Barbara and several WWC associates are founding members of the Cancer Coaching Community which was launched in April this year. The CCC currently comprises 12 professional coaches in the UK who coach people affected by cancer to support them to move forward from their cancer experience.

The CCC published their 1st newsletter earlier this month: www.cancercoachingcommunity.com



Social Media Campaign

Over June and July we are running a **social media campaign** with the help of Digital Mums to promote WWC so please do follow and support us on Twitter: [@workwithcancer](https://twitter.com/workwithcancer) or [LinkedIn](https://www.linkedin.com/company/working-with-cancer)



TOP TIPS for Employers: why do things sometimes go wrong?

'Returning to work is a process and not an event', in other words, it takes time to recover from the physical and psychological impact of cancer treatment, often 12 months or more.

- Take the time to find out more about your employee's diagnosis and treatment,
- Make the time to talk to them regularly about how they are coping with work and what support they need,
- Be aware of your legal responsibilities under the Equality Act,
- Make temporary or permanent adjustments to support their return,
- Be guided by your employee.

