

## Hello again!

Hello again, and welcome to our second quarterly newsletter.

In this edition we include:

- Advice about how to talk about cancer at work and when
- An article about the importance of good communication about cancer in the workplace
- An example of an employer who got it wrong and hit the headlines in July
- A profile of Debbie Palmer who has worked with us as a coach and trainer since we set up WWC
- Information about WWC workshops and events
- The latest news about WWC

And if there is anything else you'd like us to cover, do please email us at:

[admin@workingwithcancer.co.uk](mailto:admin@workingwithcancer.co.uk)



## What's on?

### For cancer survivors

- Tuesday 7 November 2017, Somerset House, Strand, London WC2R 1LAP. This 'Working After Cancer' workshop is being run in partnership with the Lymphoma Association and Shine Cancer Support
- A workshop to be run over three consecutive weeks is being planned for October/November to be run at the West London Maggie's Centre (sponsored by Schroders). If you know someone who might be interested in attending do get in touch with us.



### AND SOMETHING NEW AND EXCITING!

We will be running a half day open workshop for employers on 7<sup>th</sup> February next year covering all you need to know about successfully managing work and cancer. Do get in touch if you would like to book a place by contacting us at:  
[admin@workingwithcancer.co.uk](mailto:admin@workingwithcancer.co.uk)

## The importance of good communication

Talking about cancer in the workplace isn't always easy. It can be frightening, awkward to discuss, and very personal. Some people find it easy to talk about their cancer but others are more private.

Factors like gender, age or cultural differences can also make a conversation more difficult. For example, some men may not want to talk about their testicular cancer to a female boss or HR colleague. Or some women may find it awkward discussing the fitting of a breast implant or coping with hot flushes with a male colleague or manager.



Cancer treatment is often difficult and the side effects can be exhausting, unpredictable, and long lasting. You can read more about this topic [here](#).

## Getting it wrong in the headlines

In July a Kensington PA who was harassed by her boss after getting breast cancer won a £47k payment. These things are never straightforward but what caught our eye was the employer's claim that they 'made decisions in the interest of her welfare'. Take care – even good intentions – real or professed – are not an adequate defence. Read more [here](#).

## Did you know.....

**About cancer** : According to the latest stats you have more chance of getting cancer than getting married!

**About work and cancer** : People diagnosed with cancer are covered by the Equality Act FOREVER.

Many line managers do not know this or mistakenly believe it does not cover people once they have completed their treatment.



## In the spotlight: Debbie Palmer

I've been working with Barbara since the formation of Working With Cancer, after we met through our work on the Macmillan Work & Cancer programme. Like all our coaches, I have a close personal experience of cancer, after supporting my Dad through his treatment for lung cancer, following a terminal diagnosis. Before my work with Macmillan and WWC, I knew little of the challenges faced following treatment and recovery from cancer. Like many I thought that recovery was swift and complete and knowing this ignorance exists, makes me all the more passionate about raising awareness of cancer, it's treatment and their side effects.

As an executive coach specialising in personal leadership, my work with WWC and the 'living with and beyond cancer' team at The Christie hospital, means I have strong focus on supporting people through recovery from this huge life challenge – helping them find their 'new normal' and refocus on their lives at work. The ripples we create when working with an individual, their Line Manager and colleagues, goes a long way towards improving the experience of all those living with and beyond cancer at work and I'm extremely proud



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## The value of cancer coaching in supporting employees to manage work – watch our new film [here](#)

Ecancer have helped us make a film about the value of cancer coaching. Ecancer is a not for profit, independent organisation which provides easily accessible educational content free to the global oncology community.

Their mission is to get the best outcomes for patients by supporting healthcare professionals to improve their practice behaviours.

All of their resources are available for free and have been developed in partnership with leading global experts. We will be publishing some of their articles in future newsletters but if you are interested in finding out more do visit their website at <http://ecancer.org>.

## About Working With Cancer

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

Our services comprise consultancy, training, and one-to-one coaching (with unlimited support for employers).

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.

To find more information visit our website at:

[www.workingwithcancer.co.uk](http://www.workingwithcancer.co.uk)

## TOP TIPS for Employers (and Employees): When to talk about cancer at work?

There are 4 key stages when you should have a structured conversation:

1. At the point of diagnosis
2. Before primary treatment begins (by this we mean surgery, chemotherapy etc)
3. A few weeks before returning to work after primary treatment
4. After returning to work – every 2-4 weeks – for as long as is necessary.

Keep talking to each other, however busy you are.

