

### HELLO EVERYONE

Hello everyone and welcome to our Spring 2023 newsletter. In this bumper edition we feature:



- An update about the #workingwithcancer pledge campaign
- Two blogs from our Ambassadors Stephen Bevan and Gail Kenny.
- An article published recently in the Journal of Cancer Survivorship about the psychosocial experiences of breast cancer survivors and the need for tailored support and care
- An update on our work in Europe by Veronica Foote
- Profiles of and by Linda Fell, the person behind 'Admin@workingwithcancer' and Jo Edge our new Social Media Manager
- An update about WWC's Strategy Day in March
- Our workshop programme for 2023 – and please note we run bespoke programmes too for companies and charities.



### THE PUBLICIS #WORKINGWITHCANCER PLEDGE CAMPAIGN

I am sure many of you noticed the campaign that was launched by Arthur Sadoun, CEO of Publicis on 17th January with ads and videos featuring pretty much everywhere including the Super Bowl, TV, press, radio and cinema. We particularly like the film **Monday** which you can view [here](#).

So far over 400 companies representing approx. 10million employees have signed up to abolish the stigma and insecurity that exist for people with cancer in the workplace. The campaign is running for at least the rest of this year, so if you haven't had the time to take a look, please visit our website [here](#) to find out more or the Pledge where you can read about all the companies which have signed up and the pledges their CEOs or C Suite members have made.

Finally, please get in touch if you would like to find out more about the work we are doing to support companies joining the campaign.

### A LAST HURRAH?

#### REFLECTIONS ON A TERMINAL DIAGNOSIS

Earlier this month our WWC Ambassador Stephen Bevan, head of HR Research Development for the Institute of Employment Studies (IES), posted a blog offering a personal reflection on the emotional impact of a terminal cancer diagnosis for him and his family. It is a remarkable piece by a remarkable person.



So, my cancer came back. Almost exactly four years after successful surgery to remove a tumour in my oesophagus I had started to allow myself to feel that I could look ahead with a degree of optimism. That should have been a warning. Cancer, as we know, can be a wily opponent.

Two months after being told that my cancer is not curable and getting used to the idea that my abdominal pain will need to be managed by palliative chemotherapy, I feel a strange sense of relief that the uncertainty of the last few years has at least been diminished. Like many others I've had the haunting suspicion that being declared 'cancer free' is little more than a temporary reprieve.....

So, what have I learned about navigating my way through this most recent and difficult chapter? I offer three observations.....

To read the full article please click [here](#)

### PSYCHOSOCIAL EXPERIENCES OF BREAST CANCER SURVIVORS: A META-REVIEW

Here is an interesting article for those of you who have/have had breast cancer or are caring for someone with breast cancer.

On 1 March, the Journal of Cancer Survivorship published a meta-review of the psychosocial experiences of breast cancer survivors. The paper concludes that breast cancer survivors experience significant uncertainty and changes in identity, along with ongoing physical and psychosocial challenges. It is therefore important to provide timely and accessible support to these women who may benefit from tailored support and care.

Editor's note: Our coaching experience confirms all of the above. To read or download the article [click here](#).

**The article is a long one so you might want to focus on pages 10 to 12 and 32 to 36.**

### SHARING MY EXPERIENCE WITH BREAST CANCER

BY GAIL KENNY

A bittersweet moment happened on the 9th of January 2020 when we celebrated our travel recruitment agency's 15th birthday, as I was also diagnosed the next morning with Breast Cancer ER/PR negative, HER2+++.

It was a long, lonely year ahead as I had to go unaccompanied through chemotherapy, surgery, and radiotherapy, because the Covid pandemic has struck. There were a few other hoops to go through i.e., osteoporosis, cardiac dysfunctions, infections, gastro problems, lymph node cording etc.

I have always believed that we cannot control everything in life, but we can control how we respond to it. Everybody's choice as to how to respond is of course different. I chose to react positively and to treat this disease merely as an illness, one day at a time, and be kind to myself.....

To read the full article please [click here](#).



### INTRODUCING LINDA FELL: THE PERSON BEHIND ADMIN @ WORKING WITH CANCER

I left the corporate world in 2016 to start my own Virtual PA business. A chance meeting with a former colleague, who just happened to be an Associate of WWC, led to a successful interview with Barbara, who was looking for admin support. So, I landed my first client and the rest, as they say, is history.



I love working with Barbara and the WWC team of Associates – it's a varied role involving a lot of organisation and co-ordination, and dealing with individuals and large organisations. We pride ourselves on responding to enquiries as quickly as possible so that people receive the support they need. It has been interesting to see how organisations vary in their treatment of employees who want to return to work after a cancer diagnosis – thankfully there are many who are keen to get it right and I'm proud of the fact they turn to WWC for guidance and want to provide their people with as much help as they can.

I have over the years learnt so much about cancer and worked with some truly inspirational people – it is incredibly humbling sometimes. The WWC team are all remote workers so it's lovely when we get together a couple of times a year – we get a lot of planning done, but there is also so much laughter!

### GROWING OUR PRESENCE AND OUR SERVICES: WORKING WITH CANCER STRATEGY DAY

Last month the team held a strategy day to discuss the #workingwithcancer pledge campaign, our 3-year strategy as a company, our services and our team. It was an excellent meeting with another one booked for July.

As a self-funded 'not for profit' company (we are not a charity) corporate support is not only invaluable, it is essential if we are to continue to use our income to subsidise our work with cancer charities and all the many individuals affected by cancer who come to us for support.

**Many thanks to all our corporate clients for your support and a very big thank you to Schroders for letting us have a meeting room and refreshments for the day.**



### WWC WORKSHOP PROGRAMME FOR 2023

This year's Open Workshop programme has now been published in full.

Our programme for employees – which is free - continues to be very popular and the feedback we get is excellent. You can book a place by clicking [here](#).

We also run a variety of bespoke webinars and half day workshops for organisations (employees, HR, line managers, cancer buddy networks, mental health first aiders), for health professionals and for charities.

Do please [get in touch](#) with us. if you would like to find out more.

#### How to return to work successfully after cancer

Join our FREE online Masterclass on Thursday 4th May

Register today



WORKING WITH CANCER

Changing the conversation about work and cancer.

### WWC's WORK IN EUROPE

BY VERONICA FOOTE

The TBCT network continues to be a voice for those impacted by breast cancer across Europe and Working With Cancer plays an active role in this network, shining a spotlight on the impact of cancer on patients and caregivers who are working, not only from a socio-economic perspective but also the patient journey.



1st May (May Day) is a national holiday across Europe for many. It celebrates International Workers Day, commemorating the struggles and gains made by workers and the labour movement. The struggles many workers face when diagnosed with cancer range from the lack of employer support to being stigmatised by colleagues. As part of the TBCT network, we will be highlighting the #workingwithcancer pledge on the 1st May to encourage more employers to sign up and make a commitment to those of their employees impacted by cancer.

One of the biggest healthcare topics at EU level (and around the world) is ensuring we learn the lessons from how the Covid Pandemic affected healthcare, especially cancer patients. TBCT contributed to discussions, sharing experience and learnings from the pandemic years. The European Parliament is due to publish the Special Committee on the COVID-19 pandemic: lessons learned and recommendations for the future (COVI) report in the summer so we will share more than but in the meantime some of the key themes emerging are:

- 1. Implementation of Europe's Beating Cancer Plan:** calling on the need to strengthen Europe in the fight against cancer, building on the work conducted by the European Parliament Special Committee on Beating Cancer (BECA) and the implementation of Europe's Beating Cancer Plan
- 2. Impact of COVID-19 pandemic:** stressing the impact of the pandemic on cancer services (such as screening) and on cancer patients and survivors, and recognising the delayed access to care and consequent complications and decreased survival chances, as well as the deterioration of quality of life
- 3. Screening & quality of care:** recognising the impact of the pandemic on women's health, particularly for breast cancer screening and quality of care.

This coming year WWC will continue to work with the TBCT and other European partners to improve the lives of all those working with cancer, whatever their cancer and stage it has reached.



### INTRODUCING JO EDGE: OUR NEW SOCIAL MEDIA MANAGER

I joined the Working With Cancer team in November 2022 picking up the reigns from the previous Social Media Manager, Gill who had done a fabulous job over the past few years so I knew I had a lot to live up to.



In the past I have worked as a freelancer with mostly B2B and B2C businesses however, the opportunity to come on board with Working With Cancer really jumped out at me, particularly following some personal connections with family and friends with a cancer diagnosis which led me to want to support such a remarkable social enterprise.

The team have all experienced a cancer diagnosis themselves which gives them unique insights when supporting others. It's been such a pleasure to come on board with a team that has such genuine passion and commitment to raising awareness and better support for those impacted by cancer.

So far 2023 has seen a busy time with our social media activity with lots of focus on the #workingwithcancer pledge alongside our fellow campaign supporters. You can find us on LinkedIn, Twitter, Instagram and even Tik Tok these days, and there will be a special campaign on May 1st, International Workers' Day so look out for our posts.

Please make sure to follow us on social media and say hello!

### Last but not least follow us on Instagram

We are building a really strong community on Instagram. Follow us at <https://Instagram.com/workingwithcanceruk/>

And if you would like further information about our services including providing speakers for company or other events please contact: [admin@workingwithcancer.co.uk](mailto:admin@workingwithcancer.co.uk)

Tel: 07910 835585

Or visit our website at [www.workingwithcancer.co.uk](http://www.workingwithcancer.co.uk)