

HELLO EVERYONE

Hello everyone. Welcome to our Winter newsletter.

Well, it's that time of year when the urge to hibernate kicks in and going straight to March doesn't seem such a bad idea to me although my apologies to everyone with birthdays and lovely anniversaries and celebrations this month and next. In this newsletter we are featuring two must read/must watch contributions: from Lynne Connolly and Dr Jane Clark.



- The first of a series of blogs by Lynne Connolly, who is Global Head of Diversity and Inclusion at a major investment company about her experience of working with secondary cancer and what advice she would give to others about supporting people managing work during cancer treatment.
- Lynne also recorded an interview with Liz O'Riordan just before Christmas and you can watch it on our website – either in full or as shorter clips organised.
- A video of an interview I had with Dr Jane Clark, a Lead Consultant Clinical Psychologist at a large NHS Teaching Hospital Trust in the north of England about the psychological impact of cancer and how employers can and should support employees. I would highly recommend you watch some or all of this as Jane sheds light on a subject that is critically important but too little discussed.

Other items featured are:

- An update on the WWC/IES 'Living and working with cancer study' undertaken at the end of last year.
- Our workshop programme for 2022.
- The ABC Global Alliance Video for the campaign we collaborated with them on to draw attention to the needs of those working with Advanced Breast Cancer. Of course, those needs apply to anyone diagnosed with advanced cancer.

STEPPING AWAY FROM WORK AFTER A CANCER DIAGNOSIS

Lynne Connolly

About Lynne: Lynne is a long-term supporter of ours and of Maggie's.

In her blog she writes about her diagnoses of primary and then secondary breast cancer and the impact on her life and her work.



This is the first of a series of blogs we will be issuing on our website each week over the next five weeks.

One in two. That's a stark figure. And we all hope that we, or those we love, are not the one. It's not that we wish it on anyone else, it's just that we don't want it to be us. And then it happens.

My initial diagnosis came when I was 37. I had a four and a one-year-old and clearly remember saying to the consultant 'I can't be ill, I have two small children'. But it doesn't discriminate. I was devastated. Hundreds of questions flooding my brain - how could this happen to a healthy, active young mum with a great life and job? My chest constricted as the reality kept coming... what about my children, my family, my friends, my work? To read more, [click here](#).

WWC/IES LIVING AND WORKING WITH CANCER STUDY: UPDATE



Being able to work with or after cancer is an unresearched area but one of increasing importance to our society. Because of this last year Working With Cancer partnered with the Institute of Employment Studies and Dr Liz O'Riordan to develop a survey to understand the challenges cancer survivors have faced managing work and cancer. Its purpose is to help us understand better the difficulties people face and to help guide interventions to improve the lives and wellbeing of individuals in similar circumstances in the future.

The survey has now closed with over 1200 respondents completing the questionnaire.

A summary of the results will be available on the WWC & IES websites in a few weeks' time.

AN INTERVIEW BETWEEN LYNNE CONNOLLY AND LIZ O'RIORDAN



At the end of last year our ambassador Dr Liz O'Riordan spoke to Lynne Connolly about her experience of working with advanced breast cancer and what advice she would give to others.

Lynne talks powerfully about the main challenges she has faced and is now facing, the importance of not taking control away from employees and, most importantly, the need to provide empathy, not sympathy (see below).

The interview can be watched on our website [here](#) in full or as a series of short clips.

Finally, Lynne recently brought our attention to an excellent short video on understanding what empathy is and why it's very different from sympathy. It's important to know this if you are supporting someone who has cancer and are concerned about doing and saying the right thing.

You can watch the video [here](#).

WORKING WITH CANCER® WORKSHOPS PROGRAMME FOR 2022

WWC will be running 12 online Open Workshops this year. All these workshops can be accessed [here](#) from our website or booked directly via [Eventbrite](#).



We have workshops on:

- The challenges of managing work and cancer
- A masterclass on managing work and cancer
- Managing advanced cancer and work

New in 2022

We will be running 2 Open Workshops for (ex) cancer patients about *'How to return to work successfully after cancer'* on 15 March and 11 October during lunchtime. These workshops will be free of charge, but we would appreciate a small donation if you decide to attend.



The posters are arranged in a 2x2 grid. Each poster features the Working With Cancer logo and the tagline 'Changing the conversation about work and cancer'. The top-left poster is titled 'THE CHALLENGES OF MANAGING WORK AND CANCER' and includes the text 'Learn more about the impact of cancer on employees and your business'. The top-right poster is titled 'MASTERCLASS MANAGING WORK AND CANCER' and includes the text 'Helping employees manage work and cancer'. The bottom-left poster is titled 'MANAGING ADVANCED CANCER & WORK' and includes the text '* Dealing with uncertainty', '* Difficult conversations', '* Legal framework', and '* Reasonable adjustments'. The bottom-right poster is titled 'HOW TO RETURN TO WORK SUCCESSFULLY AFTER CANCER' and includes the text '* Impact of side effects on managing work', '* Journey back to normal', '* Return to work plan', '* Reasonable adjustments', and '* Managing expectations'.

In addition to these, we run a variety of bespoke webinars and half day workshops for organisations (employees, HR, line managers) for health professionals and for charities.

AN INTERVIEW WITH DR JANE CLARK

Jane Clark is a Lead Consultant Clinical Psychologist at a large NHS Teaching Hospital Trust in the north of England. She did this interview in her own time and was not representing the Trust. Many of you will be familiar with the work of Dr Peter Harvey



published on the Cancer Counselling Trust's website in 2004 about the psychological impact of cancer. Just after he retired in 2007, Peter spent six months updating the work with Jane's help. The article can be found [here](#).

Many people have found his work to be very helpful so when Sara Liyanage (the Founder of Ticking Off Breast Cancer) asked Jane to write a short article on life after cancer this spurred Jane, during lockdown, to refresh the information. She did this with Peter Harvey's approval and her revised article is available on our website [here](#) or you can find it as a series of articles on the Future Dreams website [here](#).

In this video Jane talks to me about how a cancer diagnosis affects people emotionally and what advice she would give to families, friends and employers worried about how best to support them. It covers a variety of issues including why people experience a loss of confidence, and sometimes depression after a cancer diagnosis, why it's so difficult 'getting back to normal' and how an employer should support a colleague struggling with the emotional impact of cancer.

The interview can be watched on our website [here](#) in full or as a series of short clips.

ABC GLOBAL ALLIANCE WORK AND CANCER CAMPAIGN



WWC has been working with The Advanced Breast Cancer Global Alliance on an awareness campaign **'Uncovered: The truth about working with advanced breast cancer'** focused on goal number 10 of the ABC Global Charter: to help patients with advanced breast cancer (ABC) continue to work.

The results of the campaign were first shared at the ABC6 International conference last November.

Here are the links to the campaign which, of course, continues:

- <https://www.workingwithabc.com/>
- <https://www.workingwithabc.com/wall-of-stories>
- <https://www.workingwithabc.com/film>

If you have advanced breast cancer and are working and would like to share your story – and every story is important – please click [here](#).

AND FINALLY

And if you would like further information about our services please [contact us](#) or give us a call at 07910 835585.