

### HELLO EVERYONE

A belated Happy New Year to everyone and welcome to our January 2024 newsletter.



We have lots of great new content this month:

- An update on the Working with Cancer Pledge Campaign.
- A link to an excellent article about work and cancer published in Business Leader this month.
- Some exciting news about a new team member who joined us this month.
- Two new videos:
  1. An interview with Kylie Russell, an environmental leader who we successfully coached during her return to work.
  2. Liz O'Riordan recently interviewed Melanie Hodson at Hospice UK about the work they do to support those with advanced or terminal illness. Liz recently became an ambassador for [The Good Grief Trust](#).

Looking forward, do remember 2 important dates for your diary:

- **February 4<sup>th</sup> World Cancer Day**
- **June 2nd (first Sunday in June) National Cancer Survivors Day**



There are a number of other dates which raise awareness of specific types of cancer – [here](#) you can find a link to a cancer awareness calendar published by Cancer Research UK.

**How do you or your organisation plan to mark these dates to show your support for people living and working with cancer? Do please get in touch if you'd like to discuss this.**

### THE WORKING WITH CANCER PLEDGE CAMPAIGN

The Working with Cancer Pledge campaign (the campaign, with our permission, is using our name) is being relaunched this January. Working With Cancer is a major partner, supporter and provider of services to organisations making a pledge.



The  
#workingwithcancer  
Pledge

The overall aim of the campaign is to end workplace stigma about having cancer and to

provide employees with better support and security of employment.

So far, over 1,300 employers, with more than 35 million employees in total, have taken the pledge. You can read a recent article about the campaign, started by Publicis CEO Arthur Sadoun, [here](#).

If you are employed, please visit the website [here](#) and bring this campaign to your employer's attention. This is a unique opportunity for employers to pledge and provide improved workplace support to employees affected by cancer – those with cancer and also working carers.

### LEADERSHIP STRATEGIES FOR A CANCER-INCLUSIVE WORKPLACE

I recently contributed to an article in Business Leader magazine by Patricia Cullen.



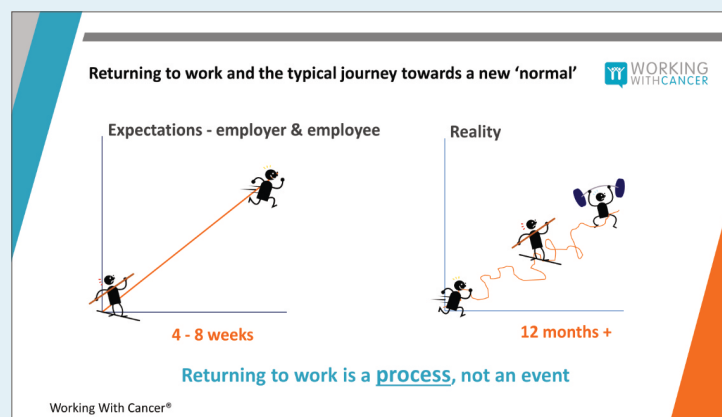
***'The number of under-50s worldwide being diagnosed with cancer has risen by nearly 80% in 30 years, prompting businesses to re-evaluate their approach. With more than 178,000 people diagnosed this year in the UK alone, responsible leadership demands more than just compliance with regulations: it requires empathy, flexibility, and proactive measures.'***

The stigma of cancer persists in many workplaces. Business leaders can do so much more to address the gap in services and support that exists here in the UK between coming to the end of active treatment and going back to work.

For most people returning to work during or after cancer treatment is a lengthy process. The rigours and side effects of treatment and medication often mean that individuals need support, for example, changes in their hours and their duties for several months if not longer.

Recovery is not linear, it can be a lengthy and tortuous business. So, for the vast majority of employees living and working with cancer a few weeks' support is not enough – very few people really ever 'go back to normal'.

This one diagram says it all.



You can read the full article [here](#).

## NEW ASSOCIATE JOINS WWC: SIMON TIMMONS

I am delighted to announce that WWC has a new associate who joined us this month: Simon Timmons.

Simon is a seasoned executive coach. Graduating from Henley Business School, Simon has coached teams and individuals at organisations such as Publicis and Havas, as well as Dentsu (the largest advertising agency in Japan and the fifth largest globally), Lego, and DHL. His coaching portfolio extends to collaborations with start-ups, NGOs, and the UK Government.

Before becoming a coach, Simon was the Managing Director at creative agency Tag (part of Dentsu), where he was responsible for the commercial delivery of the EMEA region. Prior to that, he played a pivotal role in the success of Williams Lea.

Beyond his professional achievements, Simon has a profound connection to cancer having been a carer for his sister, Michelle, who lived with breast cancer for 15 years before her death in 2022. In addition, his wife Fran experienced the loss of both parents to cancer while they were starting their family and Simon's father is currently living with bladder cancer and mental illness, demanding significant care.

Married to Fran, Simon is a dedicated father to a teenage daughter and son, and they share their home with a lively cocker spaniel named Oonagh.

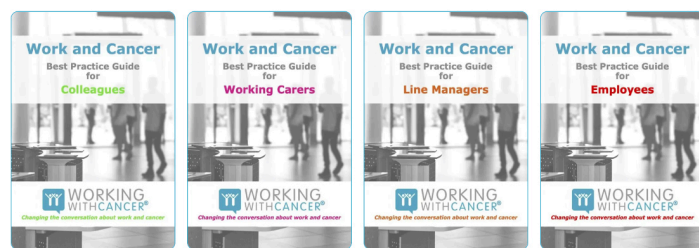


## BEST PRACTICE GUIDES

To help you support cancer in the workplace, Working With Cancer has 4 Best Practice Guides available, providing practical advice and guidance to:

- Line Managers
- Employees (diagnosed with cancer)
- Working Carers
- Colleagues

Each guide can be [downloaded here](#).



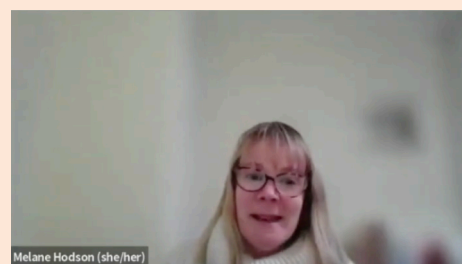
## LIZ O'RIORDAN INTERVIEWS MELANIE HODSON ABOUT THE WORK OF HOSPICE UK

There has been a lot in the press recently about assisted dying and whether this should be legal in the UK. I am not going to get into that debate here.

Whatever your views on this difficult subject it is important that we all understand the work undertaken by Hospice UK as they provide much needed support to all those with terminal illness, and their families.

In this important video, Liz O'Riordan interviews Melanie Hodson, Hospice UK's Head of

Information Support about the services provided by Hospice UK including the difference between palliative and end of life care, and how, when and where hospice care can be accessed.



### About Hospice UK

Hospice UK is the national charity for hospice and end of life care. They work to ensure everyone affected by death, dying and bereavement gets the care and support they need, when they need it.



Hospice UK plays an important national role in:

- Supporting more than 200 hospices across the UK who care for more than 300,000 dying people and their families every year.
- Equipping professionals with the knowledge, skills and expertise needed to deliver care in any setting, support their local communities and to work in partnership with others.
- Improving the quality of all palliative and end of life care by sharing good practice, innovative solutions and learning.
- Provoking and challenging across sectors, bringing partners together to collaborate in new ways and think differently about solutions.
- Embracing and provoking conversations about death, dying and bereavement across all sectors of society.

To watch the video click [here](#)

### WWC WORKSHOPS FOR 2024

This year's Open Workshop programmes for employees with cancer and for line managers - continue to be very popular.

**THEY ARE ALL FREE** so why not [book a place](#) now – we have places on programmes in February and in May.

<b>HOW TO RETURN TO WORK SUCCESSFULLY AFTER CANCER</b> Topics: * Impact of side effects on managing work * Journey back to normal * Return to work plan * Reasonable adjustments * Managing expectations  Changing the conversation about work and cancer	<b>THE CHALLENGES OF MANAGING WORK AND CANCER</b> Learn more about the impact of cancer on employees and your business  Changing the conversation about work and cancer
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We also run a variety of bespoke webinars and half day workshops for organisations – for employees, HR, line managers, cancer buddy networks, mental health first aiders, health professionals and charities.

Do please get in touch with us if you would like to find out more by contacting us via the website or by emailing at: [admin@workingwithcancer.co.uk](mailto:admin@workingwithcancer.co.uk).

### NEW VIDEO ABOUT WORKING WITH CANCER: KYLIE RUSSELL TALKS TO BARBARA WILSON

At the end of last year, I interviewed Kylie Russell, an environmental leader and specialist, now Deputy CEO of [ADEPT](#), about her experience of working with cancer and how coaching helped her return successfully to work.



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

### AND FINALLY ..... A CAUTIONARY TALE

It really helps to tell your boss about your cancer! You can get the support you need and your boss can manage accordingly...or not as in this case.

[US defence secretary Lloyd Austin kept cancer diagnosis from the White House - BBC News](#)

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)

Please follow us on Instagram, LinkedIn, X and YouTube:

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