

HELLO EVERYONE

Welcome to our Autumn newsletter which coincides with October being Breast Cancer Awareness Month, so we are devoting this newsletter to it.

We support people with any form of cancer at any stage of their cancer treatment, but given breast cancer is the most common cancer in women in the UK, many of our clients have a breast cancer diagnosis.



Some facts for you:

- Breast Cancer is the most diagnosed cancer globally
- 55,000 women are diagnosed with breast cancer each year in the UK. It affects 1 in 7 women here in the UK.
- Survivorship is 80% after 10 years.
- The 5-year survival rate for women with metastatic breast cancer is 28%.



Early diagnosis, improved screening programmes, faster treatment times and improved access to new treatments are all areas where action is needed but, as the stats imply, more and more women (and some men) of working age are surviving cancer or living with it for many years and, quite naturally want to return to work. They might not want to return to

the same job, or employer, or the same hours, and they might opt to self-employment, but it's all about wanting to resume a 'normal' life.

That's why our work is more necessary and important than ever.

Items featured in this newsletter are:

- The 'Good, The Bad & The Ugly': Findings from the IES/WWC survey about breast cancer
- Our workshops and webinars for Breast Cancer Now
- Our work with the Transforming Breast Cancer Together initiative
- Our collaboration with the Advanced Breast Cancer Global Alliance (ABC GA)
- A link to a recent podcast about cancer and the menopause
- Speaking and advocating about breast cancer and work in the UK and Europe
- Our workshop programme for the remainder of 2022
- Doing a reel! Follow us on Instagram.

THE 'GOOD, THE BAD AND THE UGLY': FINDINGS FROM THE IES/WWC SURVEY ABOUT WORKING WITH BREAST CANCER

The survey we undertook last year threw up some worrying findings. There were 1241 participants in our survey, 28% with a breast cancer diagnosis. Some key points to note were that although many breast cancer patients had positive experiences when returning to work, they were:



- **Less likely to find return to work advice from nurses and specialists helpful**
- **Less likely to report their employer treated them well.**
- **More likely to report the emotional impact of cancer was greater than the physical impact.**
- **More likely to worry about being a burden to colleagues.**

You can read more about the survey [here](#).

Has this been true for you? If you have had cancer recently, breast cancer or any other form of cancer, what has your experience been?

OUR WORKSHOPS AND WEBINARS FOR BREAST CANCER NOW (BCN)



We have been working with BCN since 2020.

We started by running a workshop for their team on the challenges of managing work and cancer and then moved on to run workshops and Facebook Lives on various topics including advanced breast cancer.

Our ambassador Liz O'Riordan also works closely with BCN



and there's a great article where she talks about her experience of returning to work as a breast surgeon after her own diagnosis, and why she's now an ambassador for Working With Cancer. Click [here](#) to read Liz's article.

TRANSFORMING BREAST CANCER TOGETHER IN EUROPE



The **TBCT** initiative was launched following an event hosted in the European Parliament in November 2017 and since then has brought together a number of policymakers and organisations deeply committed to cancer care with the aim of increasing the understanding of living with early and advanced breast cancer in Europe and ensuring that policymaking reflects needs of individuals and society as a whole.

Let's Place The Needs Of People With Breast Cancer At The Heart Of Europe.

*Breast cancer is the leading cause of cancer death in women.
1 in 11 European women are likely to develop breast cancer over the course of their lifetime.*

Source: ECIS - European Cancer Information System

Through publications, advocacy work and events, the initiative contributes to increased recognition of the challenges posed by breast cancer. You can find out more about the group and the various initiatives we have been undertaking with them [here](#).

In May the TBCT launched a campaign 'Living a normal life' to raise awareness about the realities of living with primary, advanced, or metastatic breast cancer. As part of this campaign, TBCT Chair and MEP Frances Fitzgerald spoke to breast cancer survivor Yamina Krossa about the challenges to return to work during and after cancer. You can watch the video 'Live a Normal Life' on the home page [here](#).

And, in October last year I recorded a video for the TBCT, one of several recordings members of the group made that month, about the need for cancer patients and survivors in the EU to have the right to return to work. Click [here](#).

Editor's note: It's important to understand that in many EU member countries, unlike here in the UK, there is no automatic right to return to work and to reasonable adjustments if you have a cancer diagnosis. And remember here in the UK you have that right forever, however well or ill you are.

OUR WORK WITH THE ADVANCED BREAST CANCER GLOBAL ALLIANCE (ABC GA)

From the



In collaboration with



WWC has been working with the **ABC GA** 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 by implementing legislation that protects their right to work and ensures flexible and accommodating workplace environments'.

The results of the campaign were first shared last year at the ABC's International conference. Here are the links to the campaign which, of course, continues:

<https://www.workingwithabc.com> The truth about working with advanced breast cancer. (This film has been selected to be included in the UICC World Cancer Congress 2022 Cinema Programme Selection).

<https://www.workingwithabc.com/wall-of-stories> Individual stories about working with advanced breast cancer

<https://www.workingwithabc.com/film>. How it feels to go back to work with an advanced breast cancer diagnosis.

And ABC GA have recently published an excellent infographic about advanced breast cancer. [Click here](#).

SPEAKING AND ADVOCATING ABOUT BREAST CANCER AND WORK IN THE UK AND EUROPE

In March I spoke at this year's Health and Wellbeing at Work conference about 'Supporting Employees With Breast Cancer': what every employer should know' which included data from our recent IES/WWC survey.

We recommended that employers should:

- Educate and upskill HR & line managers
- Update their return-to-work policies to take account of

cancer & Equality Act

- Offer 1:1 coaching to employees with cancer and their line managers
- Support & fund 'buddy networks'

This October I also spoke at the European Cancer Organisation's Community 365 'Roundtable on Cancer Care Needs in the Community Setting' about 'Living & Working With Metastatic Breast Cancer: The Right to Work.' An Action Report will be published later this year.

CANCER AND THE MENOPAUSE

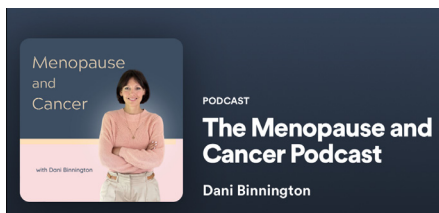
Hormone therapy is a treatment that uses medicines to block or lower the amount of hormones in the body to slow down or stop the growth of cancer and is often used to treat:

- breast cancer
- prostate cancer
- ovarian cancer
- womb cancer (also called uterine or endometrial cancer)

Like all treatments hormone therapy causes side effects and for those having it as part of their breast cancer treatment it can cause, hasten or worsen the menopause. I wrote about this in our [July newsletter](#).

The good news is that if your menopause has been caused or made worse by your cancer treatment, it would be covered by the Equality Act and that means you can request reasonable adjustments.

If you'd like to know more why not listen [here](#) to my podcast with Dani Binnington in September.



WWC WORKSHOP PROGRAMME FOR 2022

This year's Open Workshop programme, particularly our programme for employees – which are free - continues to be very popular.

Our next workshop for managers is on 1 November. It's a one-hour workshop and will help anyone in a managing role understand more about the challenges of managing work and

cancer. If you would like to attend or know someone who might benefit from attending the link is <https://workingwithcancer.co.uk/resources/events/>

THE CHALLENGES OF MANAGING WORK AND CANCER

Learn more about the impact of cancer on employees and your business



Changing the conversation about work and cancer

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

LAST BUT NOT LEAST, FOLLOW US ON INSTAGRAM



Instagram

We are beginning to build a really strong community on Instagram. Follow us at <https://www.instagram.com/workingwithcanceruk/>

And if you would like further information about our services please contact admin@workingwithcancer.co.uk

Tel: 07910 835585

Or visit our website at www.workingwithcancer.co.uk

