

HELLO EVERYONE

Welcome to our Summer newsletter.

Well, it looks like the weather is making this an interesting British summer: rain, floods, heatwave, more rain, floods and another heatwave. And then there's Covid.



The latest relaxation of guidelines is making day to day life particularly worrying and uncertain for those with compromised immune systems caused by their cancer or cancer treatment. We have published some guidance below which we hope you will find helpful.

In this issue we also have:

- A blog by Anne Mathieson, a GP based in New Zealand, who is recovering from bowel cancer. (Yes, we have followers all round the world, particularly in New Zealand and Australia).
- News about the publication of a new Back-to-Work Guide for Head and Neck Cancer patients, which WWC helped to develop.
- Some of our latest videos you might like to watch: with WWC Ambassadors Liz O'Riordan and Stephen Bevan, and also with Helen Addis, founder of the C-List.
- An update about our work in Europe and our involvement in a new campaign about working with Advanced Breast Cancer.
- An update on new WWC services for clients.

RETURNING TO THE WORKPLACE AFTER JULY 19

Tips for those with cancer and those who are immune suppressed either permanently or temporarily.

JULY 19
2021

On 19 July the government lifted the remaining Covid restrictions in England.

- Face masks are no longer legally required (although guidance suggests wearing masks would still be advisable in enclosed and crowded places, and face masks continue to be mandatory on TfL services)
- The 2 metre (or 1 metre plus) social distancing rule has ended
- All legal restrictions on numbers meeting indoors and outdoors have been removed

- The guidance requiring people to work from home where possible has been removed.

Employers have a legal duty to protect the health, safety and welfare of their employees and others who may be affected by their business. As recommended by the CIPD we believe all employers should focus on this, particularly in relation to those who are immune suppressed because of their cancer treatment or their type of cancer (e.g., those with blood cancers – the various forms of leukaemia, lymphoma, myeloma etc for whom vaccines are less effective).

The [CIPD](#) recommends that employers consider 3 key questions before bringing people back to the workplace... To read the full article [click here](#).

FINDING BALANCE AND GROWTH - ONE NEW ZEALAND GP'S EXPERIENCE

Anne Mathieson



I took a break from working as a GP when I was diagnosed with Stage 3 Bowel Cancer in April 2019. Initially I had a huge burden of guilt around stopping work as I had only been in my new job for 3 months before I was diagnosed.

Before that I had been on maternity leave for 15 months with my second child, so I felt like I had just had a long break from work and I was only just getting back into the swing of it. However, the idea of work felt too difficult while my head was distracted dealing with my own emotions and the practicalities of appointments. To read more [click here](#).

WORKING WITH CANCER® WORKSHOPS

eventbrite

You can find an overview and details of all of our forthcoming workshops on the Events page of our website [here](#). Book your place for any of our workshops directly on Eventbrite [here](#).

Our next workshop "The Challenges of managing work and cancer" on 7 September is fully booked but you can add your name to the waitlist or join our next one on [16 November](#).





WWC ADVANCED CANCER CAMPAIGN; MAKING AN IMPRESSION

Gill Sharpe*

Over the years we have shared many individual stories from people working with or returning to work after cancer. So earlier this year we thought we'd turn our attention to those with advanced cancer. We wanted to share as many stories as possible of people working with advanced cancer. We put out a request on Twitter & LinkedIn for participants and were overwhelmed by the response.

Our initial plan was to create a poster, with all of our participants faces, asking the question 'how many of these people have cancer and are still working?'



But with so many participants and so many inspiring and different stories, we had to share each one. So, we created the poster alongside graphics with quotes from each of the stories, and we had 18 social media posts to share which were also posted on our website.

As with all of our content it was shared across Twitter and LinkedIn. The first couple of posts received around 30,000 impressions and an engagement rate of 4.7% meaning this content was being viewed, shared and receiving lots of likes and comments. It showed us that these stories are important and needed to be shared as they aren't seen often enough. We'll continue to share the content for the rest of the summer.

You can follow us on:

Twitter: @workwithcancer
LinkedIn: Working With Cancer
Instagram: @workingwithcanceruk



*Gill Sharpe from Sharpe Social manages our social media and offers a variety of services to support small businesses across organic and paid-for social. You can find her at: gill.sharpesocial@gmail.com, Mob: 07903700436
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Note from Barbara: We are now working with the Advanced Breast Cancer Global Alliance on a separate but related and much bigger initiative. More in our article about 'Working With Cancer® in Europe' in this newsletter.

LATEST VIDEOS: INTERVIEWS WITH LIZ O'RIORDAN, STEPHEN BEVAN, OUR AMBASSADORS AND HELEN ADDIS

Working With Cancer® has been using lockdown time to film interviews with [Liz](#) and [Stephen](#) our 2 WWC Ambassadors.



To find out more about their experience of cancer, what they learned and their tips about how to manage work and cancer [click here](#) to visit our Videos webpage.

I also recently did an interview with Helen Addis, Features Editor of the ITV Lorraine show and Founder of [the C-list](#). To watch the video, [click here](#).



NEW PRODUCTS AND SERVICES

We are developing a more holistic **Cancer Support Programme for Companies** which includes providing consultancy support and training to set up sustainable, in-house cancer networks. If you would like to find out more, please [contact us](#) or get in touch via the website.

And we are also finalising a comprehensive **Work and Cancer Survey** which should tell us all a lot more about the challenges cancer survivors are facing in the workplace and which adjustments, actions or behaviours will be more or less helpful. There will be more about this in our next newsletter.

BACK-TO-WORK GUIDE FOR HEAD AND NECK CANCER PATIENTS

We are delighted to announce the launch of the Back-to-Work Guide for Head and Neck Cancer patients

We know that going back to work after treatment is not always easy. The long-term physical effects of Head and Neck Cancer treatment can make simple tasks at work, like having a chat with a colleague, or presenting a new idea to a team, more challenging.

That's why we partnered with Bristol Myers Squibb and the Head and Neck Cancer Community to develop the Back-to-Work Guide; a co-created resource designed to help people living with Head and Neck Cancer feel more confident when returning to work.

The Back-to-Work Guide contains useful information about the rights for a person with cancer, solutions to overcome some of the typical challenges people may face, considerations for whether returning to the same employer, or looking for a new job, and more.

Whilst this guide does not guarantee someone will return to work, it aims to help them feel more confident when assessing options and making a plan, so they can hopefully return to work in the right way.

To download the Guide, please visit any of the links below:

- [The Swallows](#)
- [The Mouth Cancer Foundation](#)
- [Salivary Gland Cancer UK](#)

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Back-to-Work Guide

Helping people living with Head and Neck Cancer feel more confident when returning to work

[Available now](#)



This project has been created and funded by Bristol Myers Squibb

ONC-GB-2100559 | July 2021

WORKING WITH CANCER® IN EUROPE

Working with advanced breast cancer

Building on our Advanced Cancer Campaign, WWC is working with The Advanced Breast Cancer Global Alliance on an awareness campaign 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. A key part of this is collecting individual stories. To find out more about this and how to take part, [click here](#).

Transforming breast cancer together

We have been continuing to take part in a variety of initiatives linked to the European Beating Cancer Plan. As part of this we contributed to two papers published by the TBCT of which we are founding members.

- [Transforming Breast Cancer Together \(TBCT\) – Renewed Call for Change.](#)
- [Transforming Breast Cancer Together Statement in response to the European Parliament Special Committee's on Beating Cancer draft report.](#)



20 Million Reasons to Discuss Life after Cancer:

Establishing a European Cancer Survivorship Day

On June 29th Stephen Bevan and I both spoke at an event organised by the [European Cancer Patients Coalition](#). You can watch the video [here](#).



AND FINALLY

WWC is always happy to arrange speakers for conferences and events - if you would like to book us for an event, do please [contact us](#). And if you would like further information about our services please contact: admin@workingwithcancer.co.uk or call 07910 835585.