

**CURRENT
AWARDS:**

17 **GOLD**

14 **SILVER**

53 **BRONZE**

3 **M H
COMMEN -
DATION**

**ORDER RE-
SOURCES
ON-LINE
FROM -**

**RE-
SOURCES
DIRECT:**

[www.nhsghpc
at.org](http://www.nhsghpc.at.org)

**Register for the
HWL National e
-Newsletter at:**

[www.healthyworking
lives.com/subscribe](http://www.healthyworkinglives.com/subscribe)

Workplace Health

MARCH 2011

Forthcoming Campaigns :

**ORCHID
MALE CANCER
AWARENESS
WEEK 11-17 APRIL 2011**

Every year in the UK over 37,000 men will be diagnosed with testicular, prostate or penile cancer.

Early detection, diagnosis and treatment can make a difference, helping to increase survival rates and ultimately save men's lives.

And everyone has a role to play in helping to raise awareness of male cancers.

For more information about male cancers, signs and symptoms, the latest treatments, research news and Orchid's Male Cancer Awareness Week contact us:

www.orchid-cancer.org.uk

Email:

admin@orchid-cancer.org.uk

Or telephone:

0203 465 5766

ORCHID
FIGHTING MALE CANCER 

Supported by a grant from
The Light Fund



[Click here for further info](#)

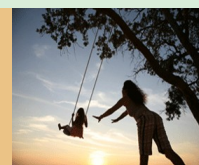
New Healthy Working Lives Registrations February 2011
Welcome to:

**TAQA Bratani Ltd
TAQA Bratani Ltd—Tern Alpha
Champion Technologies
Flower Pots Childcare Ltd**

Forthcoming Campaigns continued:



Depression Awareness Week: 18th—24th April 2011



[Click here for info](#)



[Click here for further info](#)

Bowel Cancer Awareness Month

April is [Bowel Cancer Awareness Month \(BCAM\)](#), an ideal time to raise awareness of bowel cancer and bowel cancer screening. This April, to mark BCAM, national charity Bowel Cancer UK is encouraging men and women across the UK to be aware of the [signs and symptoms](#) of bowel cancer and to act on their concerns, sooner rather than later.

Bowel cancer is the third most common cancer in the UK, after lung and breast cancer. It is the second most common cause of cancer death, after lung cancer. Despite the fact that someone is diagnosed with bowel cancer every 15 minutes in the UK, too many people are still unaware of the symptoms or of the simple steps they can take to [reduce their risk](#). Prevention and early detection of bowel cancer can make a difference. That's why we need you to help us to raise awareness and why we need you to help us make 2011 the biggest BCAM yet.

Do you have anything planned for BCAM?

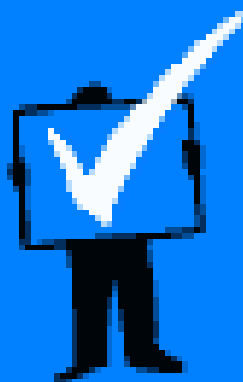
With BCAM only five weeks away, start planning now.

BCAM 2011 is all about being aware of the symptoms of bowel cancer.

There are many ways in which you can help:

1. Promote and display our materials. Bowel Cancer UK has a wide range of bowel cancer [awareness and screening materials](#) including posters and booklets. Request an order form by emailing bcam@bowelcanceruk.org.uk
2. Organise an [awareness event](#): why not organise something fun and raise awareness at the same time.
3. Publicise our Bowel Cancer [Advisory Service](#) (freephone 0800 8 40 35 40) so we can continue to support the 38,600 people diagnosed with bowel cancer each year.
4. Come along to one of our [Spring Step](#) sponsored walks, on Saturday 2nd April in London, or Saturday 30th April in Edinburgh. You can request a poster advertising the walks to display in your workplace, or hold your own sponsored walk during April. Email events@bowelcanceruk.org.uk for more information.

check it



Healthy Working Lives

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Local Advisory Session

'Bowel Cancer Awareness'

Male Urological Cancers

Tuesday, 29th March 2011

Start: 12 15pm - Finish: 2 00pm



Grampian



**Healthy
Working
Lives**

As part of the Health & Work team commitment to supporting workplaces through the Healthy Working Lives programme we would like to invite you to attend our forthcoming Advisory Session. This will give you an opportunity to network with others, discuss with our advisors any aspect of Healthy Working Lives and help you plan and develop activities.

The theme for this session is **Bowel Cancer Awareness & Male Urological cancers**. We have invited representatives from Bowel Cancer UK & UCAN

Dr. Simon Hilton, NHSG Screening Co-ordinator for NHS Grampian will give the local perspective.

Bowel Cancer UK's health promotion and outreach service can help you to raise awareness at your workplace of the symptoms of bowel cancer, risk factors, preventative lifestyle measures and the NHS bowel screening programme.

Raising awareness of bowel cancer is essential to lowering the number of people who die from the disease every year. Bowel Cancer UK works with workplaces and community groups across the UK to raise awareness of bowel cancer in the general population.

Urological cancers (prostate, bladder, kidney, and testicular) are among the commonest cancers affecting families in the north of Scotland, as in other areas of the UK.: The session is intended to be informal, interactive and informative, offering advice and practical tips on how to promote the various themes within your organisation.

A light sandwich lunch will also be provided.

If you would like to book a place please email: GrampianHWL@nhs.net or telephone 01224 558 677 by 22nd March 2011.

Prostate Cancer Awareness Month: March 2011- Time To Declare 'I'm Aware'

The Prostate Cancer Charity is staging its third annual Prostate Cancer Awareness Month this March when thousands of people will join together and declare 'I'm aware' to support men and their families affected by the disease.

Lending their support to the month-long campaign is a range of recognisable faces, including television presenter, Julia Bradbury, actor, Max Beesley, and Texas singer, Sharleen Spiteri, all of whom have seen family members affected by prostate cancer. They will be urging people to get involved and show their support for the awareness month.

Also joining the charge is Marks & Spencer, which has already raised £700,000 for the Charity in five years. The High Street retailer will be raising funds through a specially-designed range of men's underpants, designed by mystery celebrities, to be sold in stores nationwide.

Numerous events and activities from information days to the Real Man Cup, a five-a-side football tournament, a mass skydive day and blue fun runs will be taking place across the country with the universal aim of raising awareness of the most common cancer in men in the UK.

The Prostate Cancer Charity's Chief Executive, John Neate, said: "This March we are hoping to make sure that everyone knows about prostate cancer and we are calling on people up and down the country to join us in declaring 'I'm aware'. There are 250,000 men living with the disease in the UK, yet many of them are still facing difficulties in accessing the support and information that they need to cope with the disease. We want to galvanise people in calling for the improvements in men's experience of prostate cancer that we urgently need to see."

Anyone wanting to participate in Prostate Cancer Awareness Month can request an information pack. Please call 020 8222 7141 or email aware@prostate-cancer.org.uk or visit the campaign website www.prostateaware.org.uk

Prostate cancer is the most common cancer diagnosed in men in the UK. Every year in the UK 36,000 men are diagnosed with prostate cancer. One man dies every hour of prostate cancer in the UK.

African Caribbean men are three times more likely to develop prostate cancer than white men.

The Prostate Cancer Charity is striving for a world where lives are no longer limited by prostate cancer. The Charity is fighting prostate cancer on every front - through research, support, information and campaigning.

For further information contact: Vivienne Francis, Nikki Nagler or Claire Blackburn on 0208 222 7136/7670/7687. Out of hours contact: 0798 432 5001. Email:

Vivienne Francis@prostate-cancer.org.uk or [Ni-
cola.Nagler@prostate-cancer.org.uk](mailto:Nicola.Nagler@prostate-cancer.org.uk) or
Claire.Blackburn@prostate-cancer.org.uk



[http://
www.runbalmoral.com/](http://www.runbalmoral.com/)

23rd & 24th April 2011

Local Services Guide

The workplace team has developed a directory of local and national organisations, websites, services and resources that can help YOU in working towards your HWL Award. To access an electronic copy of the guide please [click here](#). If you would like a paper copy please contact the workplace team.

ABERDEEN COUNCIL OF VOLUNTARY ORGANISATIONS

(for ideas for fundraising and volunteering)

The ACVO E-Bulletin is an excellent communication tool for Grampian and is used to increase meaningful communication and consultation across all sectors.

To view current and past editions of their newsletter, as well as to potentially link your own newsletter to theirs, click on the link below:

<http://www.aberdeencn.info/MiscPages/news.asp>