



Cancer Grass Roots Awareness Project



In the UK more people are being diagnosed with cancer...
but more are surviving, often thanks to early detection,
early intervention and early treatment.

Cancer screening for some of the more common and life-threatening cancers now exists –
but many still choose not to go to their screening appointments. Why is this?

Join our community engagement sessions (in person or online) to help us to:

- Understand the barriers and fears to going for screening.
- Find out what further support is needed to get more residents to their screening appointments.
- Help you to explain to family, friends and neighbours the value of screening.
- Myth bust and find ways to make going for screening easier and less stressful. We can help with breath work exercises to help with anxiety, explain some of the alternatives to ask for when going for screening and look at exercises to help make some screening procedures easier if you have limited mobility or have had a negative previous experience.

Contact us today to join our project:

www.takingbackyourpower.today / info@takingbackyourpower.today

Get in touch if you would like us to deliver to a local group or organisation.

Scan for
more info
on our
website

