

Breast awareness month, October 2017



October may feel like a long way off but as we are all busy enjoying the summer it will soon be here. This year we thought it would be great to get every woman in the North East and Cumbria with a learning disability thinking about breast awareness and screening during breast awareness month in October. To help us achieve this we would like your help. We have identified a range of materials and ideas you could use to promote awareness, run sessions or share experiences.



Get together



Hold a breast awareness coffee morning, share information on how to check your boobs. Your local community learning disability team or local authority public health team may be able to help with this. Get crafty and make pink ribbons or pink bracelets.

Learn



Link with your local breast screening centre and arrange a tour of a screening unit to help women understand what happens at screening. Middlesbrough Moving Forward made a short video of their experience.

<https://www.youtube.com/watch?v=fZNDHTSQfUk>

Share



Share posters with community settings. Check out the resources on next page or make your own.

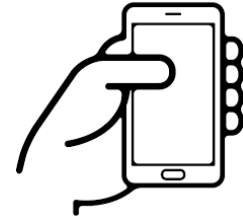
Share experiences of screening with friends.

Share what you are up to through social media and don't forget to share with us on twitter

@neclnetwork



Resources and links



Breast Cancer Care has an information page and downloadable PDF's available at:

<https://www.breastcancercare.org.uk/information-support/have-i-got-breast-cancer/signs-symptoms-breast-cancer/supporting-people-learning-disabilities-take-care-their-breasts>

There are a number of videos online that talk about screening and breast awareness, try:

<https://www.youtube.com/watch?v=6EI0t5AOJD0>

or

https://www.youtube.com/watch?v=7OVR_KP1QoA

The materials from Leicestershire Partnership Trust can also be provided as a DVD.

As part of the 'Be clear on cancer series there is a breast awareness and screening booklet was written as part of the campaign for older women but all the information is accessible whatever age you are working with, this can be found at

https://www.cancerresearchuk.org/sites/default/files/150724_bcoc_breast70_easyread_leaflet_web.pdf

Or on Easy Health.

http://www.easyhealth.org.uk/sites/default/files/null/Breast%20cancer%20and%20how%20to%20spot%20it_0.pdf

The NHS easy read breast screening booklet is available at:

<https://www.gov.uk/government/publications/breast-screening-information-for-women-with-learning-disabilities>

Finally, let us know what you are up to and we will share through our October Newsletter. Or share on twitter @neclidnetwork



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