Hello again!

Hello again, and let me take the opportunity to wish you a healthy, peaceful and prosperous 2018.
In this New Year edition, we provide:

- Information about the workshop for employers we are running in London in February.
- Advice about chemo brain – what it is and its implications for employers supporting someone coping with it after cancer treatment.
- News about a major study into how talking therapy might help cancer. survivors adapt to their circumstances
- A profile of Lainey Mitchell who has worked with us as a coach since we set up WWC.
- The latest news about WWC.

And if there is anything else you'd like us to cover, do please email admin@workingwithcancer.co.uk

What's on?

Employers Workshop
We are running a half day workshop for employers during the morning of 7th February covering all you need to know about successfully managing cancer in the workplace, including the impact of cancer on working life, talking about cancer at work, and legal rights and responsibilities.

Do get in touch if you would like to book a place by contacting us at admin@workingwithcancer.co.uk

What is chemo brain - and how can you support an employee affected by it?

Chemo brain refers to the cognitive changes that people with cancer may experience before, during and after cancer treatment. These changes may include having trouble with mental tasks related to attention span, thinking, and short-term memory. Many people describe this as a mental fog. The condition is common in cancer patients and survivors, and sometimes it continues for quite a while after treatment.
Chemo brain is quite a common condition, but that's no consolation to people affected by it. In a busy work environment, even the simplest tasks can seem difficult to accomplish and get right.

Making what seem to be silly, unforced, mistakes quickly undermines an employee's confidence – and naturally, it can sometimes affect a manager's confidence in their employee too. This in turn can affect how quickly and effectively your employee returns to work.

So, as an employer, how can you help an employee experiencing this condition?

>> Read the full article here.

In the news: Talk therapy trial to help cancer survivors 'adapt to new normal'

In November there was an announcement about a new project to develop and test a talking-based therapy for cancer survivors. The project, which is being led by Queen Mary University of London (QMUL), Barts Health NHS Trust and King's College London, has been awarded £2.5m by the National Institute for Health Research (NIHR).
Our experience from our coaching is that talking therapies such as coaching can play a major role in reducing levels of concern and improving confidence about returning to work after cancer treatment.
We have the statistics to prove it.
We look forward to hearing more about the results of this trial. For more information click here.

In the spotlight: Lainey Mitchell

I am very proud to be part of the Working With Cancer Team. All of us who work with WWC have had our lives touched by Cancer and it was an instant yes to Barbara when she asked me to join the team.
My own experience is to sadly have lost several close members of my family to cancer, most recently nursing my dear Mum through treatment following a terminal diagnosis for secondary breast cancer.
I learnt so much during this time and whilst it was one of the most challenging times I have experienced, I wanted to use the knowledge and understanding I gained to the benefit of others and continue a legacy set by my Mum of helping others.
As a coach for WWC I provide support both to those returning to work following cancer along with those who are caring for family members with cancer. I have been amazed by the resilience of the people I have met through WWC and also struck by the value they gain from having someone there to help them when they need it.

WWC in the news

- In November the EIU (Economist Intelligence Unit] and Pfizer published a report entitled 'THE ROAD TO A BETTER NORMAL: Breast cancer patients and survivors in the EU workforce' to which WWC contributed.
- Also in November, Barbara Wilson spoke at a breast cancer awareness conference held at the European Parliament about work and cancer.
- Barbara Wilson will be interviewed on the Women in Business radio show on 11th January about her experience of cancer and setting up a business.

Did you know…….

About cancer *:* There are more skin cancer cases due to indoor tanning than lung cancer cases due to smoking. There are more than 200 different types and sub types of cancer, hence the shift towards tailored therapies and the importance of not making comparisons between one person's reaction to cancer treatment and another's, even when they have the same generic form of the illness e.g. breast cancer.
About work and cancer *:* Did you know about Access to Work? This is a Government initiative that provides advice and practical support in the form of grants to the disabled who are employed, self employed or unemployed and about to start a job or work scheme. Jobs can be part-time or full-time or temporary or permanent. It includes funding to pay for special equipment to use in the workplace such as specialist software or computer access equipment including speech recognition software. Their grants also cover travel to work. For more information click here.

TOP TIPS for Employers (and Employees): what not to say to someone with cancer – some common 'bear traps'

- " I know someone, who had that too and they worked all through their treatment"
- " I don't know why you want to go on working! Why not take the opportunity to spend more time with your family or use the time to tick off things on your bucket list?"
- " I know someone, who had that too……..yes, they died."
- " Have you tried…[insert any of: apricot kernels, blueberries, goji berries]."
- " We expect you to be back at work, working full time in [……] weeks."

And, last but not least, saying nothing at all.

Please keep talking to each other and take time to listen, however busy you are.