

## Hello again!

Hello everyone. Welcome to this autumn edition of the Working With Cancer newsletter. In this edition, we explore....



- A blog about cancer and mental health and how coaching can support people affected by cancer – those with cancer, their colleagues and working carers too
- An interesting article by the Dutch Federation of Cancer Patients about the late consequences of cancer on life and on work
- Two articles about finding work during or after cancer treatment: one about using social media to find work and the other about Astriid which helps people with chronic illnesses like cancer to find flexible employment
- Some news about our second open workshop for employers in Spring 2019
- A profile of Genevieve Isaacson one of our associates who provides lots of helpful pro bono information and advice to individuals about managing work and cancer

And, as I always say, if there is anything else you'd like us to cover, do please get in touch!

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## Cancer and it's impact on our mental wellbeing

One of the things those of us who have had cancer tend not to discuss with friends, family and especially with our employers is that the emotional and psychological impact of cancer is often as great if not greater than the physical consequences of treatment.

We grieve for a life we have lost, we remain fearful of recurrence not just for months or years but often for the rest of our lives, we lose confidence in our bodies given that in many cases we didn't feel ill when we were first diagnosed. [More here](#)



## Finding employment during and after treatment. *Lainey Mitchell writes about using social media.....*

Having an up to date online profile is hugely important in today's marketplace. Using social mediums such as Twitter to start conversations with individuals and companies on any industry related topics or posting interesting articles on LinkedIn are effective ways of drawing positive attention and increasing your profile. I had a great example recently of the power of social networking with a coachee I am working with...

[read more here.](#)

**And we are delighted to tell you more about another partner of ours - Astriid** – a charity connecting businesses with professionals who have long term health problems but who still have many skills to offer employers.

[Read more here.](#)



## Did you know.....

### **About cancer :**

- Around one third of deaths from cancer are due to the 5 leading behavioural and dietary risks: high body mass index, low fruit and vegetable intake, lack of physical activity, tobacco and alcohol use. Tobacco use is responsible for approximately 22% of cancer deaths.
- There is NO EVIDENCE that the following cause cancer: cosmetics and toiletries such as deodorants; mobile phones, wifi and powerlines; plastic bottles and food containers and one issue that comes up time and time again, stress. For more information, from CRUK, [click here.](#)

### **About work and cancer :**

- A 2016 Macmillan survey found that 44% of people living with cancer say that their career is important to their personal sense of identity.
- BUT around 55% of people stated that they did not know where to go for more information and support regarding making decisions on staying in work or returning to work after cancer.

## In the spotlight: Génevie Isaacson

I was diagnosed with breast cancer in 2008 and again in 2014. I was fortunate to have a supportive workplace during my treatment in 2008, but never fully understood the impact on my body and mind at the time. In 2014 I was diagnosed with stage 3 cancer and the merry go round started again, but this time I was a full-time mum to three toddlers, coping with every “highly unlikely” side effect doctors warned me about. What I didn’t expect was the post cancer treatment hangovers that I am still dealing with today.



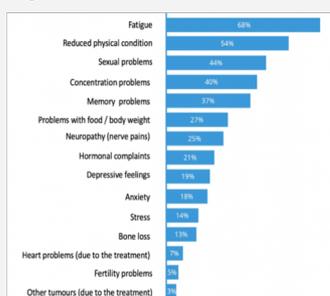
It has been really meaningful for me to provide legal advice to people affected by cancer, giving me a unique perspective in terms of personally experiencing the impact of cancer while employed, and also being a solicitor specialising in employment law. I have also contributed to the Leukemia Trust through helping them develop their patient handbook and website. Most legal issues are due to management not having dealt before with employees diagnosed with cancer and therefore not being equipped to manage the situation. And with cancer, businesses cannot apply a ‘one size fits all’ policy. People are individuals and deal with cancer and its side effects differently. Allowing flexibility in applying employment policies is key. With more education and consultation, working with organisations like WWC, we can ensure people are treated well and fully supported in their workplace not only during cancer but thereafter.

## Late consequences of cancer: what are your experiences?

The Dutch Federation of cancer patients ([the NFK](#)) asked this question in October 2017 to 3679 (former) cancer patients.

With 'late consequences' they meant long-term changes being experienced on a psychological, physical, or cognitive level that were limiting an individual’s daily functioning.

Looking at the results, it is worth noting the impact of long-term changes on work and the fact that employers and colleagues seem less understanding than others. [Read more here](#)



## WWC Open Workshop for employers

We ran a very successful open workshop last July on ‘How to fully support employees affected by cancer at work’ and we will be running another in Spring 2019 in London.



This highly practical and participative workshop covers areas such as handling communication and difficult conversations sensitively, understanding how to support employees from diagnosis through to a return to work and beyond, the legal framework and workplace adjustments, and how to develop a cancer strategy, policies and action plans. If you’d like to reserve a place, email us at [admin@workingwithcancer.co.uk](mailto:admin@workingwithcancer.co.uk)

## 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 at [admin@workingwithcancer.co.uk](mailto:admin@workingwithcancer.co.uk).

You can also follow us on Twitter for the latest news & updates: [@WorkWithCancer](https://twitter.com/WorkWithCancer)

Tel: 07910 835585

Or visit our website at [www.workingwithcancer.co.uk](http://www.workingwithcancer.co.uk)

