

May 2011

Bedford LINK is supporting



**COULD YOU BE A COMMUNITY
CANCER LIFESAVER IN BEDFORDSHIRE?
FREE TWO-DAY TRAINING COURSE**

24th & 25th May 2011, 9.30-4.30pm

St Andrew's Church, Kimbolton Road, Bedford



Everyone knows someone who has been affected by cancer. If cancer is detected early, the chance of surviving increases dramatically. NHS Bedfordshire is looking to recruit volunteer Community Cancer Lifesaver within the local community to spread the word about the most common cancers, signs and symptoms early and point to treatment that could save someone's life.

As a volunteer Community Cancer Lifesaver you will:

- Be happy to talk to local individuals and community groups about common cancers
- Attend a free two-day training course to learn more about cancer, what to look out for and how to communicate effectively to groups
- Receive help and support along the way

What will you learn on the course?

- What it means to be a Community Cancer Lifesaver
- Insights and common myths about cancer, signs and symptoms and who might be at risk
- More confidence in talking with people about cancer including dealing with strong emotions
- How to deliver a short training session to others about lifestyle and cancer
- Where to advise people for referral and support

HOW TO BOOK?

To discuss this further and book your place on the course, phone Karen Handscomb at NHS Bedfordshire on 01234 897125.

