

Healthworks Cancer Awareness

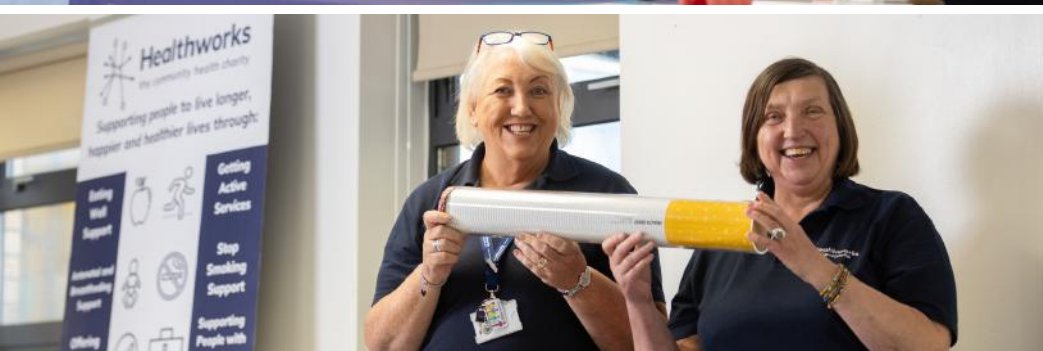
Working Together for a More Cancer-Aware Future

At Healthworks, we believe that cancer awareness should be accessible to all. That's why we deliver free awareness talks, training sessions, and support.

Whether you're a local business, healthcare provider, community group, or simply someone who wants to make a difference - Healthworks is here to help.

We offer free, interactive cancer awareness talks, training, and resources designed to inform, inspire, and equip people with the knowledge to take action.

From workplaces to community centres, online sessions to public events - together, we can raise awareness and save lives.





Healthworks is an
award-winning charity, working
across the North East region
with people of all ages to
enable them to lead longer,
happier and healthier lives.



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Healthworks
the community health charity

www.healthworksne.org.uk

0191 2724244



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CANCER AWARENESS

WHAT WE OFFER

Healthworks offers a wide range of free cancer awareness services for companies, community groups, and organisations, including:

- 45 minute cancer awareness talks*
- Cancer awareness stalls*
- Online cancer awareness training
- Cancer Champions training courses*



Contact the team for more info



0191 264 1959



cancerawareness@hwn.org.uk



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*There may be a small charge if you are outside of Newcastle or Gateshead



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DROP-IN INFORMATION STALLS

Looking for a fun, engaging way to raise awareness about cancer in your workplace, community space, or event?

Healthworks offers a drop-in Cancer Awareness Stall that's informative, interactive, and welcoming for all.

Our friendly team brings vital cancer awareness directly to you - with helpful resources, myth-busting resources, and practical tips to support early detection and healthier lifestyles.

What to Expect:

- A bright, engaging stall full of leaflets, displays, and interactive tools
- Expert staff ready to answer questions and start conversations
- Supportive, stigma-free environment — no question is too small!
- Ideal for health and wellbeing events, awareness days, or community fairs

Perfect for:

- Businesses and organisations promoting staff wellbeing
- Community centres, groups, and libraries
- Public events and health fairs
- Workplaces working towards the Better Health at Work Award
- Any group looking to educate and empower others



Interested in booking? Contact our team today!

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45 MINUTE AWARENESS TALKS

Looking to boost knowledge and start important conversations around cancer in your organisation, workplace, or community?

Healthworks offers a 45-minute Cancer Awareness Talk that's informative, engaging, and delivered by a knowledgeable, approachable team.

These sessions are designed to increase understanding, encourage early detection, and empower people to take positive steps for their health.

What the Talk Covers:

- Common signs and symptoms of cancer
- Importance of early detection and screening
- Lifestyle factors and cancer prevention
- Where to go for support and further information

Our team creates a relaxed, open space where everyone is welcome to ask questions — big or small.

Perfect for:

- Workplaces looking to support employee wellbeing
- Community groups and clubs
- Health and wellbeing days
- Schools, colleges, and local organisations
- Workplaces working towards the Better Health at Work Award
- Any group looking to educate and empower others



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CANCER CHAMPIONS

3 HOUR TRAINING SESSIONS

Want to feel more confident talking about cancer and making a difference in your community?

Our Community Cancer Champions are volunteers who play a vital role in raising awareness across the region. They help break down stigma, encourage early action, and ensure accurate information reaches those who need it - at home, at work, and in everyday conversations. Healthworks offers an interactive 3-hour Cancer Champions.

training course designed to increase general cancer awareness, promote healthy lifestyle choices, and equip you with the skills to share life-saving messages with others.

What the training covers:

- Understanding cancer signs, symptoms, and risk factors
- How lifestyle choices impact cancer risk
- Communicating key messages clearly and sensitively
- Signposting to local support, services, and screenings
- Building confidence to talk about cancer with family, friends, and your wider community

Perfect for:

- Community members passionate about health and wellbeing
- Volunteers and support workers
- Anyone who wants to make a difference and help us raise cancer awareness - no medical background needed



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CANCER CONVERSATIONS

FREE ONLINE TRAINING

Join the hundreds of people across the region who have already completed our free online Cancer Conversations course.

This short, accessible training increases your understanding of common cancers, their symptoms and risk factors, and gives you the confidence to talk about cancer in everyday settings.



**ENROL
FOR
FREE
TODAY**

What You'll Learn:

- Key signs and symptoms of common cancers
- Risk factors and prevention strategies
- The importance of early detection
- How to talk about cancer with family, friends, and colleagues

Why Take Part?

- Learn at your own pace, from anywhere
- Boost your awareness and communication skills
- Help break the stigma around cancer and spread awareness in your community

It starts with one conversation. Be the person who helps someone seek help sooner.

Sign up today - it's free, flexible, and could make a big difference.



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Want to Learn More?

Explore a wide range of free cancer awareness resources on our website - from downloadable materials to videos and further training opportunities by scanning the code below.



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If you have any questions, or if you're unsure which service is right for you, our friendly team is here to help.

Get in touch today - we're always happy to chat and support you in getting involved.

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Helping people of all ages across the
North East live longer, healthier and
happier lives since 1995