

ENGLAND FOOTBALLERS KICK START CANCER AWARENESS ROADSHOW IN WYTHENSHAW

September 29th 2011

The England Footballers Foundation is working with Cancer Research UK in Wythenshawe, Manchester to help people make positive changes to their lifestyle and reduce their risk of cancer.

The England Footballers Foundation will fund a Cancer Awareness Roadshow Unit. The Roadshow visits local communities and provides information on how to reduce the risk of cancer and the importance of early detection. Since launching in 2006, the mobile units have welcomed over 200,000 visitors on board.

Today, England and Manchester City Player Gareth Barry visited the Cancer Awareness Roadshow Unit for the first time. Gareth said:

“Cancer Research UK is a great cause the squad has decided to support over the next few years. We are putting our match fees into funding this Cancer Awareness Unit because we believe it can help save lives. It is somewhere people can go if they are worried about cancer. The staff on board are doing a great job on advising how to make healthy lifestyle changes to reduce the risk of cancer, and why it’s important to spot cancer early. We hope more and more people will visit the unit as it travels to communities across the country.”

The unit aims to raise awareness of how people can reduce their risk of cancer and spot signs and symptoms at an early stage, as well as providing support to help people make positive changes to their lifestyle. For free, visitors can talk to a specialist nurse in a private consultation room, take a BMI test to find out whether their weight is within a healthy range, and pick up useful health information to take away.

Claire Rimmer, Senior Cancer Awareness Roadshow nurse, said: “We hope to talk to members of the public – men and women, young and old - about how cancer can be prevented and detected. We offer visitors the opportunity to have a private consultation with our nurses and also invite local health workers onto the unit to inform people of health services in their area.”

The Cancer Awareness Roadshow will spread the word about how to reduce the risk of cancer and detect it early:

- Know your body – by getting to know your body and what’s normal for you it will be easier to spot a change. A change won’t usually turn out to be cancer, but if it is something serious then finding it early could make all the difference.

- Live a healthy life – being a non-smoker, keeping a healthy weight, being physically active, cutting down on alcohol, being SunSmart and eating a healthy diet can all lower the risk of cancer

- As well as the Cancer Awareness Roadshow Unit, Cancer Research UK is the largest funder of cancer research in Manchester – spending over £16 million each year. To find out more about the Roadshow or how to reduce the risk of cancer and detect it early, visit www.cancerawarenessroadshow.org