

Press release

Volunteer to save a life

Bury people can become life safers by volunteering with the Community Action to Promote Early Detection of Cancer (CAPED) project.

Recognising the signs and symptoms of cancer early can save lives and local people are being given an opportunity to learn about these, particularly the most common cancers - breast, bowel and lung cancer. This knowledge can then be used to spot signs on yourself, advise family and friends and be valuable to the local community.

Cancer affects around 1 in 3 people in Bury.

Common symptoms of cancer can be unexplained weight loss and tiredness. Learning to recognise these and by seeking medical help (early) can literally make the difference between life and death.

Dr Peter Elton, Director of Public Health said: "We are looking for local people who have a genuine interest in learning about the signs and symptoms of cancer and then helping us to raise awareness of these within the community. We would urge people to contact us and they will be able to assist us at a range of events across the borough. Devoting time in this way may not only help to save your life, but it could save a family member, a friend or a neighbour."

Becoming a Volunteer with Community Action to Promote Early Detection (CAPED) of cancer involves;

- Learning about breast, bowel and lung cancer
- Teaching others to recognise the early signs and symptoms and encouraging them to seek advice sooner
- Promoting screening opportunities available through the NHS to detect bowel, breast and cervical cancers

No previous skills are needed as full training will be given. For more information about CAPED and to find out about opportunities to volunteer contact Stephanie Mills or Claire Rogers on **0161 762 7345** or email bur-pct.communitiesagainstcancer@nhs.net