

## **Cancer Awareness Training Programme BME Elderly, Carers and Refugees & Asylum Seekers**



THE AFIYA TRUST

### **The main key topics covered by the training programme are:**

- Myths, beliefs, stereotypes and realities & facts about cancer
- Introduction on cancer – general signs, symptoms, treatment and prevention
- Do we give talks on main cancer types? (breast, prostate, lung, bowel, cervix)
- The benefits of the cancer screening and early detection and diagnosis
- Talks on cancer affecting specific ethnic communities? E.g., Arabic, Kurdish, Turkish, Afro-Caribbean, Asian, Chinese & other ethnic refugee groups.
- Understanding NHS & Social Care Systems, patient rights, entitlements to benefits, access to other related services and information
- Access to appropriate cancer information in a range of ways and formats
- Network support – participating on forums/committees /setting up groups
- Palliative care and hospice services, what are they and for whom
- Personal feeling and experience as patient, family member and/or carer
- Healthy balanced-food including vegetables and fruits, diet and nutrition
- Mental, emotional and spiritual support along with counselling service
- Enhance promotional/preventative factors and reduce the avoidable risk factors
- Take charge and control on your own health, self-care and management
- Personal development, building self-confident, self-esteem, liaising, negotiation communication skills and capability of making compromised decisions.
- Promote to develop and build cancer support groups for each ethnic community and then join / incorporate with Macmillan support networks, like cancer voice.