

Please use the space below to share with us any other information

Thank you

If you would like to enter into the free prize draw with the chance to win an ipod, please complete your name and address.

Name

Address

Please send me (insert number) additional packs.

The draw will take place on (insert date) and the winner will be notified by post within 28 days. Terms and conditions apply?

Please return the completed entry form to:

Competition
South of Tyne Bowel Cancer Screening
Queen Elizabeth Hospital
Sheriff Hill
Gateshead
NE9 6SX

Please tear along perforation and post to the address opposite

More information and support

- For information on **bowel cancer screening** contact:
Free phone **0800 707 60 60**

For information and support on healthy lifestyles contact the **Gateshead Health Trainers**: 0191 433 6953 or healthtrainers@gateshead.gov.uk

- Information on **NHS Cancer screening** including, bowel, breast and cervical screening: www.cancerscreening.nhs.uk
- **Cancer Research UK** offer information on causes, treatment, prevention and research visit www.cancerresearchuk.org
- Information on all areas of bowel cancer try **Bowel Cancer UK**:
www.bowelcanceruk.org.uk
Advisory service Free phone **0800 8 40 35 40**
- **Beating bowel cancer** offer a range of information of bowel cancer including support groups:
www.beatingbowelcancer.org
Nurse adviser **0845 0 71 93 01**
- MacMillan cancer support offer information and advise as well as services for people with cancer, supporting others with cancer or looking for information on cancer:
www.macmillan.org.uk
Information line **0808 808 00 00**



Gateshead Health NHS Foundation Trust
South Tyneside NHS Foundation Trust
City Hospitals Sunderland NHS Foundation Trust
North East Health Trainers



Bowel Cancer Screening Programmes

South of Tyne Screening Centre

Bowel Cancer Info Share Pack

Helping raise awareness of bowel cancer, with family and friends

Did you know bowel cancer is the second most common cause of cancer death in the UK, but most importantly caught early it can be treated very successfully. This is why the South of Tyne Bowel Cancer Screening Centre and the Gateshead Health Trainer Champions have produced the info share pack.

The info share pack aims to give you information that can be shared with your family and friends. It may not be a topic that is easy to share but the information is important to know and can help reduce deaths from bowel cancer.

The risk of bowel cancer increases with age. The NHS offers a free bowel cancer screening service for all those aged over 60 and we all need to know the signs and symptoms and how to be healthy. The health trainers can also help individuals with healthy lifestyles, they offer support to people throughout Gateshead. (see enclosed leaflets)

How to use this pack

Have a look through the info share pack; then use the **Share it** section to help you decide who you can best share the information with. You may chose to share information with family or friends, the more people the better.

If you would like additional information or would like further copies of this information pack please let us know.

Contact us at:
Health Trainer Champions
Kay Robson
Old Town Hall
West Street
Gateshead. NE8 1HE
Tel: **0191 433 6953**
healthtrainers@gateshead.gov.uk

or

South of Tyne Bowel Cancer Screening
Julie Tucker
Queen Elizabeth Hospital
Sheriff Hill
Gateshead. NE9 6SX
Tel: **0191 445 2554**
julie.tucker@ghnt.nhs.uk

Share it

This is a list of the leaflets enclosed in your info share pack and a brief overview of each. Please share the information as widely as possible.

Be clear on cancer

This Leaflet is useful for everyone, it gives information on the importance of seeing your GP if you have any concerns.

Talking to your GP

This is useful for people who feel they need to speak to their GP. This can often be a concern for people who may feel worried or embarrassed. The leaflet lists questions the GP may ask.

Simple steps for good bowel health

This looks at the things we can all do to have good bowel health.

Bowel cancer: the facts

A handy credit card sizes leaflet, useful to everyone including signs and symptoms.

One person's journey through bowel screening

This is most useful for people of screening age, it shows the screening journey using photos.

Gateshead Health Trainers

Health trainers offer support to individuals who want support to make healthy lifestyle choices such as; give up smoking, get fit and advice on healthy eating.

Chance to win an ipod

As a **thank you** for completing the share pack evaluation please find enclosed a **free swim voucher**. Don't forget to add you name and address on the bottom of this sheet to be entered in the prize draw to **win an ipod**.



Please complete and return for a chance to win.

My age is: Under 30 years 30–50 years over 50 years

I am: Male Female

Did you find the Bowel cancer info share pack useful?

Yes No

Did you share information with others? Yes No

How many people did you share information with?

Has the information in the pack made you more likely to visit the GP with a bowel symptom?

Yes No Would of already visited GP

Has the information in the pack made you more likely to complete bowel cancer screening when invited to do so?

Yes No Would of already complete screening

Sample terms and conditions that I took from internet, do you need to include something like this for legal purposes. Shorter though?

Prize Draw Terms & Conditions

The following terms and conditions will apply to this prize draw:

It is drawn every three months/quarterly

The prize is for two adults and two children only

The competition is only open to people aged 16 or over.

Participants must have a valid email and postal address to participate.

Participants must supply full details as required by the entry form. No responsibility is accepted for ineligible or fraudulent entries.

Information provided by Participants in registering for this competition will be used in line with the Eden Breaks privacy policy. Your personal details will not be disclosed to third parties.

This competition is not open to employees or contractors of Eden Breaks or Holiday Extras or any person directly or indirectly involved in the organisation or running of the competition or their direct family members.

Only one entry per person.

Draw takes place on the last day of every third month and winners will be notified within two weeks of the draw taking place.

The winner agrees to the use of their name and image in any promotional activity following the competition.

The winner will be drawn at random from all entries received within 2 weeks after the closing date of the prize draw.

No alternative prize is available and the prize is not transferable. There is no cash equivalent.

For winners details please send an S.A.E to Holiday Extras, Newingreen, Hythe, Kent, CT21 4JF, United Kingdom. within two months of the draw date stating the specific dates of interest.

The judges decision is final and no correspondence will be entered into.

This competition is organised by Holiday Extras, Newingreen, Hythe, Kent, CT21 4JF, United Kingdom. It is governed by the laws of England.

No purchase is necessary to take part in this competition.

Prize must be claimed within six months

By entering the prize draw you are giving your permission to be contacted with special offers from Eden Project and Eden Project Breaks but you can unsubscribe at any time.