

Greater Manchester Pharmacies Helping to Prevent Cancer

The **Greater Manchester Health and Social Care Partnership** is working together with your pharmacy to help keep you healthy. This year we will be looking at ways to lower the risk of cancer. There will be campaigns throughout the year that focus on different areas. The poster will change for each campaign and you find resources in the pharmacy and will be able to ask for advice.

Please put your campaign poster here:

Top Tips

These key messages are important for reducing your risk of cancer and spotting cancer early:

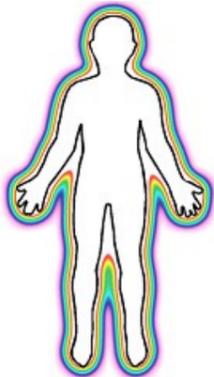


Quit Smoking Smoking is the **biggest cause** of cancer - the pharmacy staff can help you with advice and ideas on giving up.



Eat well and exercise

Obesity is the 2nd biggest cause of cancer. Keeping a healthy weight and staying active will help reduce the risk.



Know your body

Regularly examine yourself and note your toilet habits. If you notice any strange bowel or bladder symptoms (like blood) or lumps, see your GP

Attend your NHS screening

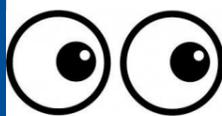
It's really important to attend your NHS screening. If you're Trans and worried about screening pick up a sticky note below.



Vaccinate The HPV Vaccine is available free of charge for girls from 12yrs old and offered in schools. All girls can get the human papilloma virus, which can cause cervical cancer.



Stress Less! Stress can lead to poor eating and a lack of motivation to exercise, which can lead to obesity, so look after your mind as well as your body.



Look after your eyes - Register with a local optician and keep your eyes healthy. **Children are eligible for free eye sight tests** and vouchers towards glasses should they need them. If you are on certain benefits, you may be able get a free eye test too.



Look after your mouth - Register with a dental practice. Children are entitled to free dental care and some adults are too.

To check if you are eligible for free eye or dental care see www.nhs.uk

Greater Manchester Mental Health Contacts

See www.nhs.uk for your local mental health services

Manchester Resilience Hub - For everyone who has been directly affected by the Manchester bomb attack Phone: 03330 095 071
Email: GM.help@nhs.net

If you have a mental health issue and wish to be part of the **Mental Health Steering Group**, please contact : Greater Manchester and Eastern Cheshire Strategic Clinical Network Floor 4, 3 Piccadilly Place, Manchester, M1 3BN

Who We're Here For	HOW WE CAN HELP YOU
 <ul style="list-style-type: none"> → Women → Trans People → Bi People → Men → Healthcare Professionals → Ambition For Ageing 	<ul style="list-style-type: none"> Befriending Domestic Abuse Substance Misuse Helpline And Email Advice Sexual Health Legal And Police Advice Surgeries LGBT Foundation Groups Motiv8 Pop-in Service Talking Therapies Village Angels And Village Haven Long Term Conditions Trans Advocacy Village Haven

Website: <https://lgbt.foundation/>
Tel: 0345 3 30 30 30
Email: info@lgbt.foundation
Visit: 5 Richmond Street, Manchester M1 3HF

NHS	
Health A-Z	Live Well
Care and support	Health news
Services near you	

NHS Website www.nhs.uk

Check out the NHS website information on:

- **Health A-Z**
- **Live Well** (advice and tips)
- **Care and Support** Social care and support guide
- **Health News**
- **Services**