

Health Matters

Assistance Programme

Employee Support Bulletin April 2012



Bowel Cancer Awareness Month



Bowel Cancer UK which raises awareness of bowel (colon) cancer, and its signs and symptoms, has organised April as '**Bowel Cancer Awareness Month**'.

Bowel cancer is the third most common cancer in the UK but is highly treatable, especially if diagnosed at an early stage, with survival rate of more than 90% over five years.

In conjunction with this event, your Employee Assistance Programme (EAP) can provide a range of free, practical assistance to help, including:

- *Further information about bowel cancer*
- *The causes and risks*
- *Signs and symptoms*
- *The importance of a good diet*
- *The importance of regular exercise*
- *Links to specialist organisations*
- *Extra sources of support*

You can contact Bowel Cancer UK directly on their national information and support service Freephone number: 0800 8 40 35 40. Website:

www.bowelcanceruk.org.uk

Available 24 hours-a-day, 7 days-a-week, 365 days-a-year !



Just some of the issues covered...

Stress & Anxiety

Depression

Bullying & Harassment

Performance at Work

Self-Confidence

Managing Pressure

Retirement

Family Life & Relationships

Divorce & Separation

Illness, Health & Wellbeing

Childcare & Parenting

Eldercare

Bereavement

Traumatic Incidents

You may also find information on the HMAP Secure Website:

www.hmap-hub.co.uk