

New campaign urges women over 70 to be alert to the symptoms of breast cancer

Public Health England yesterday launched a new NHS Be Clear on Cancer campaign aimed at raising awareness of breast cancer in women aged over 70.

The main message of the campaign, which runs to 16 March, is “1 in 3 women who get breast cancer are over 70 so don’t assume you’re past it.” The campaign also emphasises that a lump is not the only sign of breast cancer and women should tell their GP if they notice any changes to their breasts.

As part of the campaign, adverts will appear on TV and in the national media.

For further information about the campaign please visit: <http://www.nhs.uk/breast-cancer/Pages/changes-breast-nipple.aspx>.

The Be Clear on Cancer symptom awareness campaigns are designed to tackle late presentation of patients with possible cancer symptoms and thereby to promote earlier diagnosis of cancer, when the cancer is more treatable.

January/February issue of Caring Matters

Please find attached (to email) the January/February issue of Caring Matters, the regular newsletter from Bolton Carers’ Support. This can also be accessed via the CCG website (no need to log in):

https://www.boltonccg.nhs.uk/images/Caring_Matters_jan_feb_14.pdf.

This issue includes articles on:

- Carers cafes
- Carers allowance
- GP practice carers noticeboards
- Carers factsheets

Please share this with patients and colleagues.

If you require further information or have any questions, please contact Georgette Kay, Health Linkworker at Bolton Carers Support at georgettekay@nhs.net.

Time to Talk Day: 6 February

The Public Health Team at the Council are working with the Octagon Theatre company support Time to Talk Day. This initiative aims to inspire conversations about mental health and show that mental health problems are common and having those conversations needn’t be as hard as people sometimes fear. An event will be taking place at the Octagon Theatre between 1-3pm when people can drop in tea of tea, wellbeing activities, and a chat. Other events will be taking place across the nation on Thursday 6 February to raise awareness around mental wellbeing.

Time to Talk Day is run by [Time to Change](#), England's biggest mental health anti-stigma programme, a partnership between the charities Mind and Rethink Mental Illness.

If you would like more information about this event please contact the Public Mental Health Team at Bolton Council on 337299 or email publicmentalhealthteam@bolton.gov.uk