

**Cancer Focus NI works with other organisations to facilitate the following programmes:**

**Cook - it!**

Fun, fast food for less! This is a practical six-week nutrition programme aimed at encouraging healthy cooking on a limited budget. It helps enhance cooking skills while learning more about a balanced diet.



**Engage Men's Health Training**

'Engage' training is a comprehensive one or two day programme. It aims to increase understanding of the best practices to engage with men.



**Weigh to Health**

This is a six week programme aiming to help adults lose weight safely with group support. The programme promotes positive motivation, healthy nutrition, alongside low level physical activities and is based on behaviour change.



**Personal Development**

This programme is a six week training programme for groups of adults and focuses on promoting self-confidence, self-understanding and finding a sense of purpose in our lives.

All of these programmes can be adapted to suit the needs of your workplace or community.

For more information contact the Cancer Prevention team

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**Keeping Well**  
in your workplace  
and community



## The Cancer Focus Northern Ireland Keeping Well services are delivered directly to local workplaces and communities.

Our services help local people lower their cancer risk and increase awareness of cancer symptoms and screening programmes. You can choose from a number of services to best meet your needs.

### Keeping Well Vans

Our Keeping Well vans are mobile drop-in units which deliver health checks, cancer awareness and healthy lifestyle information directly to people in their workplace and community.

This service empowers people to take control of their own health and take steps to lower their risk of cancer. We offer up to 20 appointments per full day visit.

### Health checks include:

- Body composition (% of fat, water and muscle in your body)
- Waist measurement
- Blood sugar level
- Blood pressure
- Information on screening programmes
- Lifestyle advice
- Skin scanning
- Stop smoking support
- Signs and symptoms of various cancers

### Quick Fit

The Quick Fit programme offers positive steps to improve your health through diet and exercise in two sessions over a three to six month period. You will receive one-to-one body composition checks and tailored advice on setting achievable goals to improve your health. This is then followed by the second session to chart progress. Up to 50 people can be seen in one full day.



### Cancer Awareness Presentations

We provide a wide range of presentations to meet the needs of your workplace or community. Topics can be adapted as requested and the sessions are made interactive with the use of models and displays.

#### The most popular are:

- Reduce your risk
- Women and cancer
- Men and cancer
- Stop smoking
- Care in the sun
- Health and hydration



The **stop smoking presentation** can be accompanied by carbon monoxide testing and followed up with our free and confidential **Stop Smoking Support service** (funded by the Public Health Agency). This service provides personally tailored motivational and behavioural support along with pharmacotherapy such as nicotine patches, gums and other medications.

The **care in the sun presentation** can be complemented by our skin scanner which assesses the level of sun damage to the face. We can also integrate our Age Progression Software (APRIL) which shows how the individual will look in 20 years' time following exposure to the effects of sun damage, obesity or smoking.

**Wherever you are our staff can come to your office, sports club, community centre or building site.**