May: Cancer Awareness

Our unique digital wellbeing studio will deliver to you a 4-part, live wellbeing series of 4 seminars plus additional content accessible on a dedicated platform every month.

Cancer is a disease that has touched us all in some way or another. This month we will be joined by a range of guests and experts as we consider what we can do to in terms of prevention. We encourage you to tune in and see how you can get involved in the fight against cancer.

Tune in from Wed 5th May at 1.15pm
May Wellbeing Series

An engaging health and wellbeing studio experience delivered to a dedicated platform, supporting you as you continue to work remotely. This month is all about cancer awareness.

Host: Grainne Gallanagh
TV Personality, Wellbeing Advocate and Registered Nurse

What this series delivers:

• 4 live seminars with option to interact with the host and guest via polling and Q&A function.
• ELearning: Understanding Cancer
• Supportive tipsheets relating to the series topics for you to download, read and share with your colleagues.

Seminars

Survivor Stories
They say 1 in 2 of us will get cancer, a frightening statistic. Cancer has touched all of us whether it’s been personal, a friend or family member. This week we’ll hear from people sharing their experiences with cancer.

Joe is an actor and Gaiety theatre legend, diagnosed with prostate cancer in Jan 2019. He was the ambassador for the Irish Cancer Society’s, ‘Living Well with and Beyond Cancer’.

Ciaran was diagnosed with Acute Myeloid Leukaemia (AML) after returning from his honeymoon. Ciaran and his wife Denise set up a new brand called: ‘The Head Plan’.

Awareness and Prevention
This week we’ll take a look at what are the most prominent cancers in the UK and Ireland. We’ll speak to Dr Robert O’Connor from the Irish Cancer Society, and hear from Anne-Marie Fay and Michelle Matthews from the Answers for Cancer Podcast.

Skin Cancer
Skin Cancer is one of the most common Cancers. It effects people of all ages. Our love of the sun and being outdoors is a cause for concern if aren’t protecting ourselves properly. This week we will be joined by Bernie Carter from the Marie Keating Foundation and Skin Check’s Dr. Janet Brady.

Join the Fight Against Cancer
To close we’ll speak to Breast Cancer Ireland and another special guest, CEO of Breast Cancer ireland, Aisling Hurley to discuss fundraising, and upcoming events you can get involved with.

Aisling is CEO of Breast Cancer Ireland. We will speak to her about the virtual pink Run and other events happening that you can get involved with.
Guides
An elearning course on Understanding Cancer, Available to view in your own time.

- This month’s course aims to help you understand cancer and the steps you can take to help prevent it. The course will also look at coping with cancer, and how to deal with cancer personally, in your family or with friends.

elearning
'How to' Tipsheets to download, view and share.

- Nutrition Tips to Help Prevent Cancer
- Lifestyle Tips to Help Prevent Skin Cancer

How to Access the Wellbeing Series

You will be able to see a full schedule of classes on your Health and Wellbeing platform. Here you can view recorded classes that have happened in the past.

1. Go to app.spectrum.life

2. Sign in using your username (email) plus password or valid organisation code available from your HR team lead (if this is your first time accessing the platform). The top navigation contains the Digital Studio with drop down for the Wellbeing Series.