



TALK CANCER FULL-DAY WORKSHOP LEARNING OUTCOMES

The 'Talk Cancer' cancer awareness training programme offers a range of workshop options. The full-day workshop is the most detailed, with ample time to practice conversations and scenarios, and to discuss and explore the key topics of prevention, early diagnosis and screening in depth.

We recommend the full-day workshop for anyone new to cancer, or health promotion generally. The full-day workshop allows more time for reflection, questions and time to practice putting the learning into action compared to a 3-hour workshop. To discuss the options available, please call [020 3469 8111](tel:02034698111) or email talkcancer@cancer.org.uk.

LEARNING OUTCOME		BY THE END OF THE WORKSHOP, TRAINEES WILL BE ABLE TO	
General cancer awareness knowledge gained			
TC1	Understand and discuss general cancer awareness information	TC1.1	Explain what cancer is in simple terms
		TC1.2	Recall key cancer statistics about prevention, incidence, survival, and early diagnosis
		TC1.3	Identify and signpost to reliable sources of information about health and cancer
		TC1.4	Identify and signpost to appropriate support services and resources
Application of knowledge specifically relating to prevention, early diagnosis and screening			
TC2	Understand and encourage people to make healthy lifestyle changes	TC2.1	Discuss the impact of different lifestyle risk factors on the risk of developing cancer
		TC2.2	Explain the difference between evidence-based cancer risk factors, and myths about what increases cancer risk
		TC2.3	Share practical tips that can promote and support people to make healthy lifestyle changes
		TC2.4	Signpost to available national and local lifestyle support services where appropriate
		TC2.5	Demonstrate how they can support people to address and overcome barriers which prevent them from making a healthy lifestyle change
TC3	Understand the importance of early diagnosis of cancer and empower people to seek help earlier	TC3.1	Communicate the importance of spotting cancer early
		TC3.2	Appreciate the positive impact an early diagnosis of cancer can have, compared to a later diagnosis
		TC3.3	Identify opportunities to discuss and promote the importance of individuals knowing what's normal for their bodies, and empower them to act early if anything's unusual
		TC3.4	Encourage people to visit the GP and relevant services with any concerns, and signpost appropriately
TC4	Understand and discuss the NHS Cancer Screening Programmes	TC4.1	Discuss the NHS Cancer Screening Programmes currently available in the UK
		TC4.2	Describe the role of NHS Cancer Screening Programmes in earlier diagnosis
		TC4.3	Explore barriers to participation in NHS Cancer Screening Programmes



		TC4.4	Share practical tips about completing the Bowel Cancer Screening Programme
		TC4.5	Understand the processes and eligibility criteria associated with each of the NHS Cancer Screening Programmes
Confidence to incorporate cancer awareness into their roles			
TC5	Confidently talk about and promote cancer awareness within their role; highlighting key messages clearly and appropriately	TC5.1	Appreciate the importance and impact of talking about cancer and health
		TC5.2	Recognise the boundaries of their role when having conversations about cancer and health
		TC5.3	Initiate and identify opportunities within their role to integrate cancer awareness and health messages
		TC5.4	Manage difficult conversations, using reflective listening when talking to someone about cancer and the key prevention, screening and early diagnosis messages
		TC5.5	Demonstrate how to introduce general cancer awareness information into conversations, comfortably
Addressing barriers and attitudes			
TC6	Appreciate and address the fears and barriers faced by people when talking about cancer	TC6.1	Recognise and appreciate common attitudes and beliefs many people have about cancer, including fear and fatalism, and how these can act as barriers to taking action
		TC6.2	Identify and discuss common barriers people may experience when trying to take positive action about their health
		TC6.3	Recognise and be self-aware of the impact their own personal beliefs may have when talking about cancer
		TC6.4	Display empathy during cancer and health-related conversations