

All about Macmillan

Macmillan Cancer Support improves the lives of people affected by cancer. Two million people in the UK are living with cancer. We are all affected by it in some way. We can all help. We are Macmillan.

As treatments improve, more and more people are living with cancer in their daily lives. This means they need more than medical help – they also need practical, emotional and financial support.

We are a source of support

We are a source of support, helping with all the things that people affected by cancer want and need. It's not only patients who live with cancer, so we also help carers, families and communities. We guide people through the system, supporting them every step of the way. We fund nurses and other specialist health care professionals and build cancer care centres. But we give so much more than medical help.

People need practical support at home, so we provide anything from some precious time off for a carer, to a lift to hospital. People need emotional support, so we listen, advise and share information through our Macmillan CancerLine, YouthLine, website, support groups and trained professionals. People need financial help to cope with the extra costs cancer can bring, so we give benefits advice, and grants for anything from heating bills to travel costs. Together we listen, we learn, we act to help people live with cancer.

We are a force for change

We are a force for change, listening to people affected by cancer and working together to improve cancer care. People who live with cancer are experts by experience.

Together we use this knowledge to make a positive difference to the lives of people affected by cancer. This could be anything from getting a coffee machine installed in a waiting room, to bringing about changes in the law.

We fight discrimination – from challenging unfair travel costs and insurance policies to improving the national benefits system. Together we challenge the status quo, we push for change, we lead the way.

We are Macmillan

We believe we can all help. We can raise money – through marathons, coffee mornings, street collections, sponsored events. We can give time – at cancer care centres, events, fundraising groups. We can share experiences – online, in the media, with each other. We are Macmillan.

www.macmillan.org.uk

Further information about cancer

Cancertalk teaching pack

Talking to your class about cancer can seem a daunting task, but it's essential that young people learn the facts about a subject that affects us all. Macmillan Cancer Support worked with teachers, pupils, education specialists, medical professionals and psychologists to develop the Cancertalk teaching pack. The free pack comes in three versions to cover all ages from upper primary to secondary and comes complete with resource sheets, teacher's notes, a DVD and a poster. To order your copy, log onto www.cancertalk.org.uk or call 0845 601 1716.

Websites

Cancertalk: www.cancertalk.org.uk

Macmillan's online resource guide for teachers and youthgroup leaders. The site is a one-stop shop for anyone looking to download lesson plans, find out what support is available for young people and how to get involved in fundraising, whether it be through one of the Macmillan organised events (such as The World's Biggest Coffee Morning held every September) or through one of your own events.

Why Bother: www.whybother.org.uk

This site is designed for 11-16 year olds and is intended to meet their needs by providing up-to-date information, dispelling misconceptions and raising awareness about cancer, its effects and treatments. There is also a dedicated section on lifestyle choices and how to reduce the risk of developing cancer, such as being body aware, etc.

TIC – Teen Info on Cancer: www.click4tic.org.uk

Cancerbackup's informative website for young people going through a cancer experience, with advice and support on how to cope with cancer and an online forum to share tips and advice with other teens.



Katherine Donaghy

Schools and Youth Co-ordinator, Macmillan Cancer Support
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Introduction to the teaching pack

With one in three people being diagnosed with cancer in the UK, every school community is affected by cancer in some way, either directly or indirectly. Equipping young people with the facts will help shed any taboos, assist them in making informed lifestyle choices and create a more sensitive and cancer-aware society.

Cancer is not a single disease with a single cause or type of treatment. There are many factors involved in developing the disease including, age, lifestyle, genetics and our environment. We don't know why people get cancer, but we do know there are ways to reduce your risk. Macmillan Cancer Support, working in conjunction with nutritionists, medical and educational professionals explores these areas with the teaching materials in this pack.

The importance of eating a balanced diet, not smoking and taking regular exercise are investigated through a series of well-planned, curriculum-linked, key question-led lesson plans. They will assist you, as a teacher or youth group leader, to confidently deliver a series of lessons on healthy lifestyle choices. The pack comes in three versions, covering upper primary and secondary national curriculum requirements.

Use the teaching pack to help you:

- educate your class/school about healthy living, active lifestyles
- present the facts using a no-nonsense approach to shed any of the myths and misconceptions that surround cancer
- reduce the fear surrounding cancer and encourage pupils to talk about it.

The new materials are designed to link closely to PSHE/PSE/PSD and Citizenship specifically, with many additional cross-curricular links to Literacy, Science, Design and Technology and Physical Education, amongst others. You can find more information about how the lessons fit in with the curriculum requirements using the curriculum grids on each individual lesson plan. Links are made to all UK National Curriculum guidelines.

What's in the pack?

Lesson plans

- Seven, key question-led lesson plans focussing on diet, smoking and fitness. Clear curriculum links are made to each plan and links to further support are listed.

Resource sheets

- Each lesson plan has a corresponding resource sheet which can easily be photocopied and used as part of a lesson on healthy living.

Poster

- The poster promotes the importance of maintaining a healthy lifestyle. Display the poster in the classroom or on a school notice board.

Summary

Macmillan Cancer Support's Keep healthy, be active lesson plans are designed to complement work modules that schools are studying on the importance of making wise lifestyle choices.

Topics covered within this pack are:

Balanced diet (three lesson plans)

- Key Question 1: What are the different food groups?
- Key Question 2: How can we get our recommended five portions of fruit and vegetables a day?
- Key Question 3: What health problems can result from an unbalanced diet?

Smoking (two lessons)

- Key Question 1: What is a cigarette?
- Key Question 2: What happens when we smoke?

Fitness (two lessons)

- Key Question 1: How do I become fit and healthy?
- Key Question 2: How do people in other countries keep fit?

Macmillan Cancer Support is grateful to everyone who has contributed to this teaching pack. Your tips and advice have been invaluable in helping to shape a first class resource for schools.

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