



April is Bowel Cancer Awareness Month. This year, Bowel Cancer UK are asking everyone to share important information about bowel cancer, the fourth most common cancer in the UK. Early diagnosis is key – nine out of ten people survive bowel cancer if it's found early.

Please find below, links to information and resources from Bowel Cancer UK - why not get involved this April and help spread the word *#PassItOn*:

- Join one of our **free online awareness talks** delivered by a volunteer with a personal experience of bowel cancer. Learn about the symptoms of bowel cancer, risk factors and the NHS bowel screening programme.
- Use our **toolkit** to share important information about the symptoms of bowel cancer. The toolkit includes social media graphics, videos, copy and posters.
- Help raise awareness of the bowel screening programme with our **screening poster** and pocket sized **“Facts about bowel cancer” leaflet**.

For more information about bowel cancer and details of how to get involved during Bowel Cancer Awareness Month, visit bowelcanceruk.org.uk/bowel-cancer-awareness-month

Other sources of information and support

- NHS Inform is Scotland's national health information service www.nhsinform.scot/bowelscreening It provides access to a range of health and wellbeing information including bowel cancer and bowel screening. The website is also home to Scotland's Service Directory, a source of reliable, quality assured information

containing details of local and national health and wellbeing services and support groups
www.nhsinfom.scot/scotlands-service-directory

- Cancer Research UK : www.cancerresearchuk.org
- Macmillan : www.macmillan.org.uk
- You can also keep up to date on social media as Public Health Scotland, NHS Lanarkshire and Bowel Cancer UK will be raising awareness via their platforms.