

# THE HEALTH CHAMPION TEAM

Please feel free to contact any of your Health Champions for help, advice or with suggestions of how to promote health and wellbeing in our school.

## To email the whole team use:

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# Wadebridge School Health & Wellbeing



ISSUE 1

OCT 2014

Dear all

Welcome to the first issue of the Health & Wellbeing Newsletter produced by the Wadebridge School Health Champion Team; we will be formally introducing ourselves to you at our next training day but just wanted to give you a taste of what we're about.

October is **Breast Cancer Awareness Month** so look out for information on the display board in the staff room. Some statistics...

- Every year nearly **55,000** people are diagnosed with breast cancer in the UK, that's the equivalent of **one person every 10 minutes**.
- **1 in 8 women** in the UK will develop breast cancer in their lifetime. 
- Breast cancer is the **second** most common cause of death from cancer in women in the UK.
- Nearly **12,000** people die from breast cancer in the UK every year.
-  Breast cancer also affects men, but it's rare – around **400 men** are diagnosed each year.

The three main risk factors are:

1. **Gender** - being a woman is the biggest risk factor for developing breast cancer.
2. **Age** - the older the person the higher the risk, more than 80% of breast cancers occur in women over the age of 50. Most men who get breast cancer are over 60.
3. **Significant family history** – although rare, around 5% of people diagnosed with breast cancer have inherited a faulty BRCA1 or BRCA2 gene.

The good news is that more than eight out of 10 (85%) of people survive breast cancer beyond five years.

The Health Champions have access to lots of different organisations they can signpost you to for further information and support. For free, confidential support and information about breast cancer visit [www.breastcancercare.org.uk](http://www.breastcancercare.org.uk) or call their Helpline on 0808 800 6000.



## Notices



### World Mental Health Day - Friday 10th October

Join us for tea and a natter in the staff room at break time and raise money for a mental health charity (either Mind or Young Minds).



### Stoptober [www.stoptober.smokefree.nhs.uk](http://www.stoptober.smokefree.nhs.uk)

Stop smoking for 28 days and you're 5 times more likely to stop for good. There are lots of free support tools from apps to packs giving you all the help you need. Register online.



### Go Sober For October [www.gosober.org.uk](http://www.gosober.org.uk)

Go sober for October and help make a difference to the lives of people with cancer by registering online and fundraising for Macmillan Cancer Support.

# How do I check my breasts?

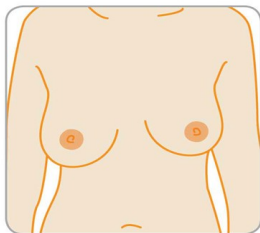
There's no right or wrong way to check your breasts for any changes. Try to get used to looking at and feeling your breasts regularly. You can do this in the bath or shower, when you use body lotion, or when you get dressed. There's really no need to change your everyday routine. Just decide what you are comfortable with and what suits you best.

Remember to check all parts of your breast, your armpits and up to your collarbone.

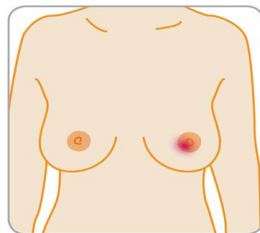
When you check your breasts, try to be aware of any changes that are different for you.

Most breast changes are likely to be normal or due to a benign (not cancer) breast condition rather than being a sign of breast cancer. If you notice a change, go and see your GP (local doctor) as soon as you can.

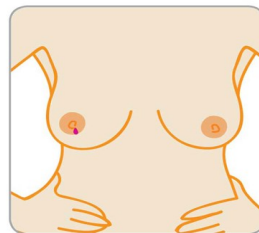
If you have questions about breast cancer or breast health call the Breast Cancer Care Helpline 0808 800 6000



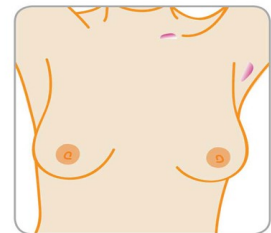
A change in size or shape



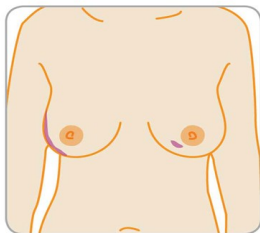
Redness or a rash on the skin and/or around the nipple



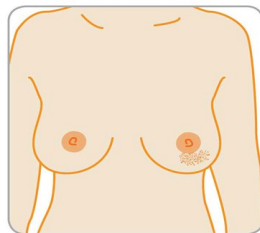
Discharge (liquid) that comes from the nipple without squeezing



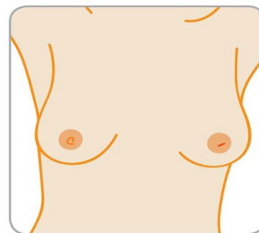
A swelling in your armpit or around your collarbone



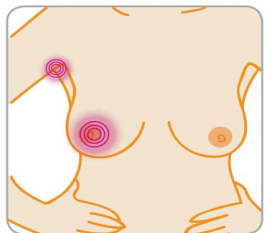
A lump or thickening that feels different from the rest of the breast tissue



A change in skin texture such as puckering or dimpling (like orange skin)



Your nipple becoming inverted (pulled in) or changing its position or shape



Constant pain in your breast or your armpit

**breast cancer care**  
the breast cancer support charity

## FUTURE EVENTS

**MOVEMBER**  


**MOVEMBER**  


**MOVEMBER**  


“Mo Bros (the men!) take action by changing their appearance by growing a moustache for the 30 days of Movember, to spark conversation and raise funds. Mo Sistas (the women!) commit to supporting the men in their lives while helping to promote men's health. Register online at [www.uk.movember.com](http://www.uk.movember.com) and help raise funds and awareness for men's health, specifically prostate cancer, testicular cancer and mental health.