

Client: Wessex Clinical Senate and Networks

Project: Ongoing marketing support

Since March 2018, in the absence of a dedicated communications resource, NHS Creative has been managing this client's website and Twitter account, promoting events and writing blogs and case studies, as well as providing our usual design service.

"NHS Creative has helped us transform the way we communicate to our key target audiences. They've worked with the whole team and helped identify what has really made a difference to our clinicians and patients; and how to better articulate these benefits." **Debbie Kennedy, Senate Manager**

Read more about how we did this at: nhscreative.org/blog

Alcohol Weight Physical activity

Your lifestyle and the chance of developing breast cancer

Introduction

We are sorry that you have had to come into the hospital but want you to continue to stay healthy.

You will find some information here to help reduce your chances of developing breast cancer in the future and some services that you can contact to help you.

How much does your weight affect your chances?

Keeping a healthy weight can reduce your chances.

Most cases of breast cancer occur in women who have been through the menopause.

By maintaining a healthy weight throughout your life you can reduce your chances.

Am I a healthy weight?

Calculating your BMI www.nhs.uk/bmi

Don't Smoke.

If you smoke get support and advice to quit.

How much does drinking alcohol affect your chances?

14 units of alcohol a week, which is 6 pints of beer (1% strength) OR 7 glasses of wine (12% strength) OR 14 single drinks of spirits (40% strength)

How much does activity affect your chances?

10 minutes a day of any activity can reduce your chances of developing breast cancer.

What type of activity?

Walk to work for part of the way.

Who can help?

Recipients of the NHS Breast Cancer Campaign's 'Go for Green' campaign.

April

Creative by nature

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
		1	2 World Autism Awareness Day	3 Walk to Work Day	4	5
6	7 World Health Day	8	9	10	11	12 Easter Sunday
13 Easter Monday	14	15	16	17	18	19
20 MS Awareness Week	21	22	23 St George's Day	24 On Your Feet Britain	25	26
27	28	29	30			

Stress Awareness Month
Bowel Cancer Awareness Month