

## March is Prostate Cancer Awareness month

The year is marching on and many Healthy Working Lives Groups and workplaces in all sectors and whether big or small may be thinking about Prostate Cancer Awareness month – what they can do and how to go about this. Well, we may just have a possible solution to help you.

We are delighted to announce - the new and extensively revised Prostate Scotland Workplace Tool Kit (WPTK), hot off the press in February 2015.



The WPTK has been purposely developed with businesses in mind and is specifically designed so that each business, organisation or company can decide how to take forward a workplace initiative (WPI) not only on prostate cancer but also prostate disease in their individual workplace. The WPTK provides all the information necessary with additional assistance being offered from Prostate Scotland should they wish it. A WPI could range from displaying some leaflets in the workplace through to a full health event and programme of ToolBox Workshops (TBWS). This type of WPI could potentially help those workplaces who

are participating in the Healthy Working Lives Initiatives and striving to achieve bronze, silver or gold awards.

### **So what can you expect from it?**

The WPTK is divided into various sections and will assist organisations who are coming new to the topic of prostate disease and prostate cancer. It will be of benefit to organisations that are new to running health events as well as those who are more experienced. The WPTK provides flexibility so the organisation or business can decide how best to take forward a prostate workplace initiative in their particular circumstances.

Contents include; an introduction, information on prostate disease and prostate cancer, extensively revised 'Top Tips' section with 2 snapshots of how the WPTK has been put into practice, benefits, quiz, more information, evaluation form and sample pack of resources available.

### **ToolBox Workshops (TBWS)**

An extremely effective way of reaching men in the workplace is through the Prostate Scotland TBWS. These brief, but informative workshops, have proved very popular amongst a variety of organisations and businesses and feedback from attendees and management has been extremely positive. It may be an avenue that workplaces would wish to explore by contacting Prostate Scotland. Details are provided below:

Duration	25 minutes
Format	Interactive power-point which includes quiz and short film
Packs	Small pack of information is provided to each man along with newsletter
Requirements	Suitable room with screen (laptop and projector if possible)
Min. no. attendees per session	12 maximum number 20-25
Suitable for	Male or female employees
Our target audience	Men over 50years. However, younger men have a vital role to play as they can pass the message to fathers, uncles, older brothers.  Women play an extremely important role as once they have the information they are often the catalyst to encourage men to see their GP

During previous ToolBox Workshops, a volunteer who had prostate cancer has co-presented and this is a very powerful way of presenting information to men.

*“Thank you so much for your very informative and "comfortable" awareness presentation on Monday and last night's double session. Everyone in attendance has spoken very highly of this”*

From a construction firm

*“Thanks again for coming out and delivering a really thought provoking presentation. We received some really positive feedback from staff who attended”*

From a research company

With 1 in 2 men over middle-age likely to develop prostate disease at some point in their life and prostate cancer now being the most common male cancer with 1 in 11 men at risk of developing prostate cancer, then this may be an opportune time to consider a workplace initiative on prostate disease and prostate cancer.

To find out how we can be of assistance to you or for more information, please get in touch; [mae.bell@prostatescotland.org.uk](mailto:mae.bell@prostatescotland.org.uk) or call us on 0131 603 8663 or check our website [www.prostatescotland.org.uk](http://www.prostatescotland.org.uk)