



Keeping Well Services





The Keeping Well Service aims to increase public awareness of how to reduce the risk of cancer and promote healthier living.

Delivered directly to local workplaces and communities, the service includes a range of budget friendly options to best meet local needs.

Health Checks

A Cancer Focus NI health promotion officer and cancer prevention nurse will provide body composition, blood pressure and blood glucose checks. Participants will also be provided with health improvement and cancer awareness information based on set individual goals.

- Up to 16 people seen in a full day (9.45-3.15pm) and 10 people in a half day.
- Each individual appointment lasts approximately 30 mins.
- Cost: Full Day £480 / Half Day £300.

Body Composition & Cancer Prevention Advice

A Cancer Focus NI health promotion specialist will deliver a one-to-one body composition analysis and review your results in detail whilst providing advice on nutrition, healthy living and cancer awareness information.

- Up to 16 people seen in a full day (9.45-3.15pm) and 10 people in a half day.
- Each individual appointment lasts approximately 30 mins.
- Cost: Full Day £480 / Half Day £300.



Testimony

“The information was really useful; I have made a lot of lifestyle changes and it was good to see that they are having a positive impact.”

“I’m so grateful for the health checks. I’m conscious of risk because so many friends are getting cancer and because I know I need to do everything I can to keep well and keep working in order to be able look after myself and maybe others in future.”

“The staff were amazing, explained everything fully. Listened to my worries and helped me find ways I can help to improve my health and well-being. Very positive and great experience.”



Quick Fit

For larger workplaces, two Cancer Focus NI health promotion specialists can deliver body composition checks in our Keeping Well Van.

- Up to 36 people seen in a full day (9.45-3.15pm) and 24 people in a half day.
- Each individual appointment lasts approximately 15 mins.
- Cost: Full Day £360 / Half Day £240.

Skin Scanning

Our charity’s mobile skin scanner allows individuals to see into the deeper layers of their skin to look for evidence of UV damage. While the scanner is not a diagnostic tool, our health promotion specialists will be able to advise and signpost individuals to further information.

- Cost: Full Day £150 / Half Day £100

Cancer Prevention Talks

These informative talks focus on general health improvement messaging such as smoking, alcohol, physical activity, diet, care in the sun, exposure to chemicals. In addition, our professional and experienced health promotion specialists will educate participants and provide literature on signs and symptoms of specific cancers including breast, testicular and prostate.

- Each presentation lasts approximately 60 mins.
- Cost: £100

Online Webinars

Delivered live via Zoom or MS Teams, or recorded if desired, Cancer Focus NI’s online webinars cover a range of topics including Reducing Cancer Risks, Physical Activity, Nutrition, Types of Cancers.

- Each presentation lasts approximately 60 mins.
- Cost: £60

Stop Smoking Service

Our award-winning Stop Smoking Service is funded by the PHA and consistently has quit rates over 68% after 4 weeks. This service is a free 12-week programme to support individuals who want to quit. We can offer weekly support alongside Nicotine Replacement Therapy.

**Costs are negotiable to remove any barriers to accessing these services. Fundraising for our charity is one way in which you can help meet any costs. Health checks can be carried out in a room in your workplace or on our Keeping Well Van.*

If you have any concerns about cancer you can talk to one of our specialist nurses on the Cancer Focus NI **FREE** information and support Nurse Line

0800 783 3339

Monday, Wednesday and Friday 9am - 1pm.
Calls are **free** and **confidential** from a landline.
nurseline@cancerfocusni.org



Keeping Well Services

If you would like to know more about the Keeping Well services, please contact:

T: 028 9066 3281

E: keepingwell@cancerfocusni.org

www.cancerfocusni.org

Cancer Focus Northern Ireland
40-44 Eglantine Avenue
Belfast BT9 6DX



Charity No: NIC 101307

