Wednesday 29th June 2022

Dear colleagues,

I am writing on behalf of Sakoon Through Cancer, a local charity supporting South Asian women through Breast Cancer. Breast cancer is the most common cancer affecting women in the UK, with around 150 women being diagnosed with it every day. We find in many South Asian households, cancer isn't something that is spoken about, especially when it is associated with intimate areas such as the 'breast'.

It can affect both Men and Women and the good news is, around two thirds of women survive 20 years or more after their diagnosis. This is due to early detection, screening programs and self examination. We would like to raise awareness with the aim of improving rates of early diagnosis and survival outcomes. We feel it is imperative to make this a comfortable topic for young people.

Sakoon Through Cancer volunteers deliver workshops around self awareness, pupils learn all about detecting lumps and how to address the conversation about cancer at home. We have devised an education programme that has been very successful in local secondary schools as part of the PSHE lessons. We encourage open discussion ideally aimed at year 10, 11 or older. The charity would like to reach out to pupils from all backgrounds. When it comes to self-care and knowledge around breast cancer we could support with the following:

* Raising awareness of the fact that cancer does not discriminate.
* Educating young people about breast cancer: what it is, and how to engage in breast health.
* Empowering young people to take that information on to their friends, parents/grandparents, neighbours and everyone else.
* Offer support to anyone that might need it, especially if they are from the South Asian Community, or from heavily cultured backgrounds with unspoken truths and taboos around body and health with a Q&A.

The schools and colleges we currently work with use this opportunity as a PSHE lesson for year 10 and 11 students. We have had fantastic feedback with young people valuing the safe space to share their experiences. This can be offered to both girls and boys, please contact us to discuss this further or to book a visit. We are keen to share our knowledge and understanding of breast cancer as we know that early detection saves lives.

Kind regards.

***Samina Hussain***

Sakoon Through Cancer