



Welcome to UK News 13th April 2023
your weekly update from around Cemex UK

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HEALTH & SAFETY

Be Bowel Smart this April



April is recognised nationally as Bowel Cancer Awareness Month. Bowel cancer is the fourth most common cancer in the UK and the second biggest cancer killer.



What is bowel cancer?

- Bowel cancer is also called colorectal cancer. It affects the large bowel, which is made up of the colon and rectum.
- Most bowel cancers develop from pre-cancerous growths, called polyps. But not all polyps develop into cancer. If your doctor finds any polyps, they can be removed to prevent them becoming cancerous.

- Cancer cells may stay in the bowel or they might spread to other parts of the body, like the liver or lungs.

Who does it affect?

- More than nine out of ten new cases (94%) are diagnosed in people over the age of 50, and nearly six out of ten cases (59%) are diagnosed in people aged 70 or over.
- But bowel cancer can affect anyone of any age. More than 2,600 new cases are diagnosed each year in people under the age of 50.
- 1 in 15 men and 1 in 18 women will be diagnosed with bowel cancer during their lifetime.

What are the symptoms?

In a recent survey, the charity Bowel Cancer UK found that nearly four in ten people in the UK can't name a single symptom of bowel cancer. That's why the charity has launched our #KnowTheHigh5 campaign to raise awareness of the red flag symptoms of the disease.

Knowing the symptoms is so important – it really could save your life:

- Bleeding from your bottom and/or blood in your poo which may look red or black
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

What should I do if I notice any symptoms?

- Understandably, people can feel embarrassed about talking to others about their bowel movements! However, it is very important to seek help if you notice any symptoms for three weeks or more.
- Remember, GPs are medical professionals and will be used to talking about these symptoms.
- To help you record symptoms, Bowel Cancer UK have produced a helpful symptom diary, which you can download with the rest of the resources for this month at the end of this article.

Screening in the UK

- The NHS offers free screening to certain people in the UK.
- People aged 60 to 74 years who are registered with a GP practice and live in England are automatically sent a FIT kit every two years.
- As part of plans to lower the age of people that receive the test to age 50 by 2025, 56-year-olds are sent the test kit and it is currently being rolled out to 58-year-olds.
- People concerned that they may have missed their invitation or have lost or thrown away their kit can call the free bowel cancer screening helpline for advice on 0800 707 60 60.
- Information on bowel cancer and the screening programme can be found at: [nhs.uk/bowel-screening](https://www.nhs.uk/bowel-screening).

How many people survive bowel cancer?

Bowel cancer is treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage. However, this drops significantly as the disease develops. Early diagnosis really does save lives!

Next steps:

Please use April as an opportunity to highlight bowel cancer with your team.

- To help, we have compiled a range of resources that you can print off and display at your sites:
 - Bowel cancer fact card
 - Symptoms poster
 - Diary for recording symptoms
 - Guide for maintaining good bowel health
 - Graphic with QR code, where you can access all these resources in one place

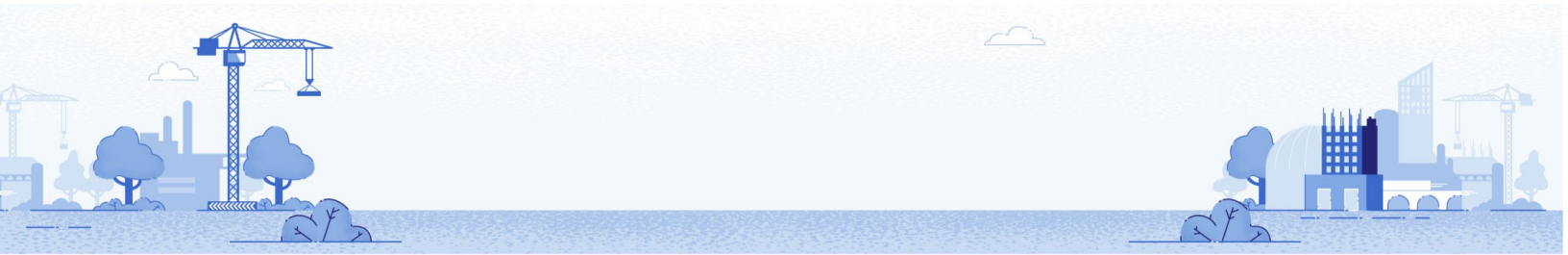
VFLs Stepped Up in Materials



The Materials UK Management team continue to significantly increase their VFLs in April and May to increase our visibility within the business and to focus on safety in the workplace and with our Drivers.

Last week Paul Nicholson, Operations Manager Readymix, undertook a VFL with a new Driver at Cemex's Hereford Concrete plant, who was delivering to

a local farm. "After doing his induction training a few weeks ago it was great to spend some time in the cab and on site with Kirien. It was pleasing to hear that he is enjoying the job and fully engaged on what I discussed with him."



Let's keep pushing the safety standards together.

Nationwide Test of Emergency Alert System



The new UK government's Emergency Alerts system will be tested nationally on 23rd April.

The Emergency Alerts system will enable people to be contacted via their mobile phone when lives are in danger. It will be used to warn you in emergencies such as severe flooding.

An Emergency Alert is a loud, siren-like sound with a message on your mobile phone screen. Listen to the sound [here](#).

Reasons you might get an alert:

- severe flooding
- fires
- extreme weather

Emergency alerts will only be sent by:

- the emergency services
- government departments, agencies and public bodies that deal with emergencies

What happens when you get an emergency alert

Your mobile phone or tablet may:

- make a loud siren-like sound, even if it's set on silent
- vibrate
- read out the alert

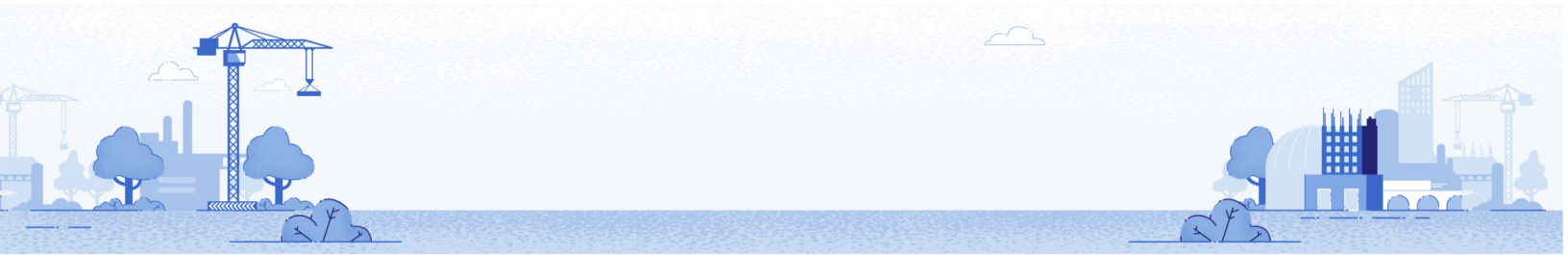
The sound and vibration will last for about 10 seconds. An alert will include a phone number or a link to the GOV.UK website for more information.

You'll get alerts based on your current location - not where you live or work. You do not need to turn on location services to receive alerts.

Emergency Alerts are sent to all compatible mobile phones when there's a danger to your life, health or property in the area you're located. They don't track your location, need your phone number, or collect personal data. Only the government and the emergency services will be able to send them. If you receive an alert, you will hear a loud siren-like sound for up to 10 seconds and a message will appear on the screen until you acknowledge it.

If you're driving or riding when you get an alert

- You should not read or otherwise respond to an emergency alert whilst driving or riding a motorcycle.
- If you are driving, you should continue to drive and not respond to the noise or attempt to pick up the mobile phone and deal with the message.



- Find somewhere safe and legal to stop before reading the message. If there is nowhere safe or legal to stop close by, and nobody else is in the vehicle to read the alert, tune into live radio and wait for bulletins until you can find somewhere safe and legal to stop.

It is illegal to use a hand-held device while driving or riding.

To find out more, visit gov.uk/alerts



CUSTOMER CENTRICITY

Successful Readymix Collaboration



Last week, Cemex's Home Counties and London Readymix teams jointly undertook a 600m³ pour for John Graham Construction at junction 28 of the M25 in London.

The very successful pour was a result of close collaboration between both Readymix businesses and Logistics Manager, Mark Fennel, for supplying his Lead Driver for traffic management at Brentwood, due to the yard's small footprint.

Nick Vivian, General & Commercial Manager, said: "The first loads were batched just after 5.30am and 12 hours and 614m³ later, the last load was on its way to finish it all off. Even with the customer testing every load, the Home Counties and London teams kept a steady supply throughout and finished the day with the work split pretty much as originally planned, Brentwood (326m³) and Dagenham (288m³). A job well done and a great collaborative effort from all involved!"



FUTURE IN ACTION

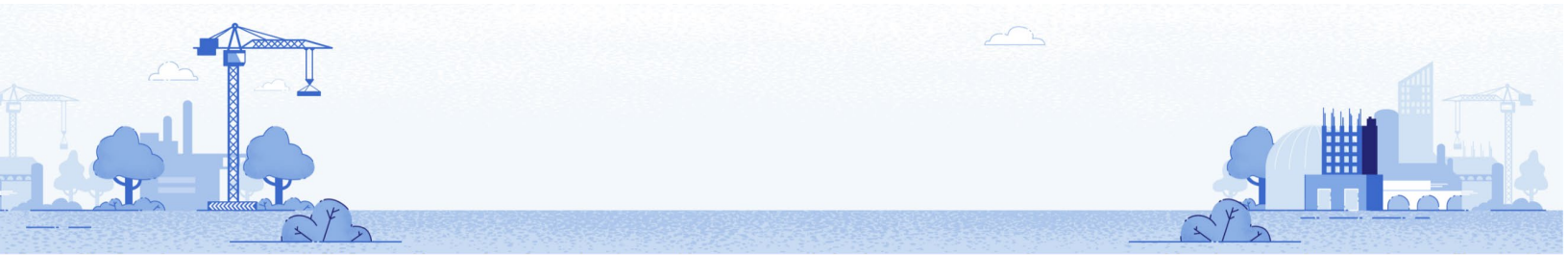
Cemex Launches Vertua® Brand Expansion



Cemex has restructured its Vertua® portfolio to allow for easier identification of the most sustainable options available for its customers. The new Vertua system now provides a more detailed and enhanced view of the specific characteristics of a product's environmental impact.

The Vertua brand now covers five sustainability attributes: lower carbon emissions, increasing energy efficiency, saving water, incorporating recycled materials and optimising design. These attributes have been identified in line with

Cemex's dedicated climate action strategy, Future in Action, which targets operation as a net-zero company globally by 2050.



Any products to bear the Vertua brand must meet strict criteria for at least one of these sustainable attributes, with the benefits clearly and transparently presented for customers on a fact label. These new labels also fulfil the function of promoting the most technical part of each attribute and will be applied on assets including packaging, websites and brochures.

The launch of this updated brand portfolio has now begun in Cemex's European business. It started in France last week, where the company appeared at the Low Carbon World exhibition in Paris on the 5th and 6th April (see photo). Deployment will continue across the region, with all countries anticipated to have integrated the new brand into its operation by June.

You can read the full European press release [here](#):

Richard Kershaw Discusses Circular Thinking to Build a Better Future



In a recent article published by Professional Builder, Cemex UK's Technical Manager, Richard Kershaw, discusses the business and environmental benefits of circular thinking to build a better future.

Read the full article [here](#)

Supporting the Next Generation of Future Makers

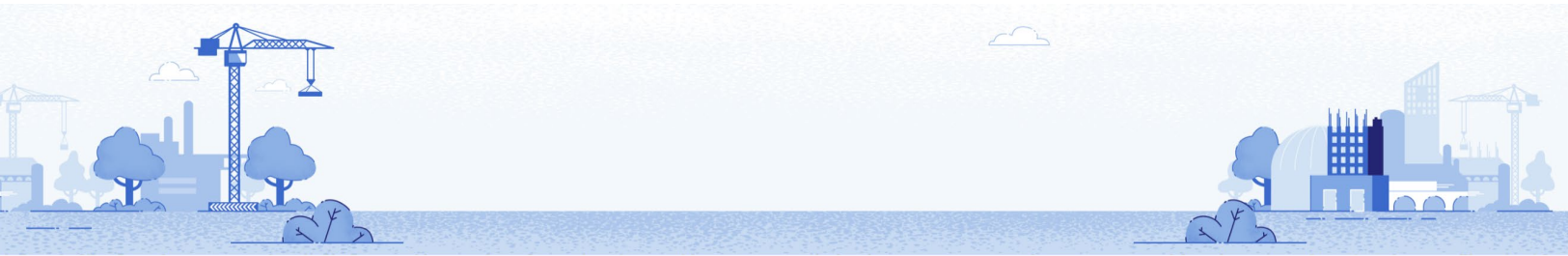


A key focus area of Cemex's Social Impact Strategy is to provide community members with access to education and workplace training that enables inclusive long-term upward mobility. We aim to contribute to diminishing youth unemployment through our programs and partnerships with global and local organisations to enhance employability capabilities and income opportunities for youth.

Actively supporting this key element of our Social Impact Strategy, Aman Jandu, Business Development Manager, UK Materials, has recently joined an innovative mentoring programme, Future Makers 2023. This aims to support young people across North Derbyshire, who may be interested in exploring or pursuing careers working in the built environment. This might include designers, architects, surveyors, structural engineers, builders, and construction workers.

The 2023 mentoring programme, led by the D2N2 Local Enterprise Partnership in partnership with The Work-Wise Foundation and funded by the Careers & Enterprise Company, launched in March. Aman, already a STEM ambassador, felt his experiences would benefit older secondary school aged children with CV writing, career advice, and on hearing about the Future Makers programme, got in touch with the Work-wise foundation.

Aman said: "It really seemed to align with all my motivations of becoming a STEM ambassador. Being part of the programme, I'll be hoping to educate and attract individuals into the industry with the



growing age/skill gap, helping to break down external pre misconceptions. The industry has moved a lot in a short period of time... digitalisation/innovation/sustainability. I'm really keen to give back and help develop young individuals to build their confidence. The programme is a great example of how partnership working can strengthen the links between education and business and help ensure that more school leavers are developing the skills they need to enter the workplace."

Over the coming few months Aman is planning to help his mentee with interview techniques, take them on a site visit to a Cemex plant to provide visualisation of the end product (concrete/aggregates) demonstrating the vertically integrated nature of the company, and then to work together on a Circular Economy project which his mentee will then present back at the end of the project.

Building (and Ploughing) Community Spirit at Halkyn



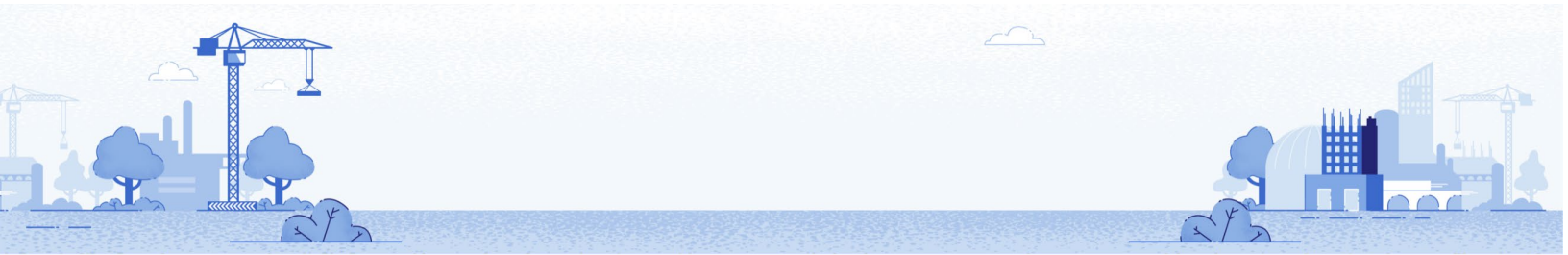
At the weekend a local community came together for a lively ploughing competition, proudly sponsored by Cemex's Halkyn quarry. The event was a great success with a large turnout of 45 participants across various classes of ploughing and many more spectators enjoying the spectacle.

Among the competitors was Graham Jones, a dedicated employee of Halkyn quarry, who demonstrated exceptional skill and determination. Competing against a field of 11 talented participants, Graham managed to secure an impressive second place, showcasing his impressive ploughing skills.

The competition provided an opportunity for community members to come together and engage in a friendly display of agricultural prowess. With a wide range of ploughing classes, the event was accessible to participants of all skill levels, making it a true celebration of the area's rich agricultural heritage. Emrys Owen from the Ploughing Association expressed his gratitude towards Cemex for sponsoring the event.

Cemex Halkyn quarry was honoured to sponsor the event. Creating positive stakeholder experiences is one of the major goals of our social impact strategy and one of the one ways in which we do this is by responding to requests from the local communities. The company takes pride in the achievements of its employees, both in and out of the workplace, and everyone was thrilled to see Graham excel in the competition.

Graham Jones's success at the ploughing competition is a testament to the spirit of determination and skill that Halkyn quarry values in its workforce. As a company that is dedicated to promoting community engagement and supporting local events, Cemex Halkyn quarry looks forward to continued involvement in similar initiatives in the future.





Hard Work Pays Off!



Over a two-week period, the Fitting team at Cemex’s Coventry Concrete plant have worked very hard to renovate areas of the plant that needed modernising to cope with its growth and future needs.

The team gave the plant a face lift, installing alfabloc bays to store over 450ton of aggregate. New admixture tanks and pumps were installed which now hold more and can deliver faster. The old Pan mixer has been brought back to life and works like new, providing quality products to already happy customers.

Howard Reid, Fitter Team Manager, said: “I couldn’t be prouder of my team and what they are capable of. This was all completed by five fitters and an apprentice within two weeks. Well done team!”

Midlands Readymix Wins EXCEED’s Idea of the Month



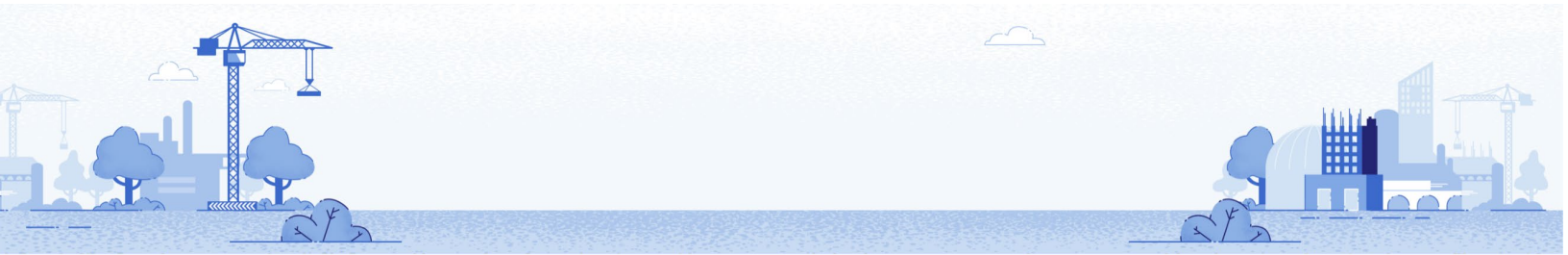
On behalf of the Management team, another big ‘Thank You’ goes out to everyone for continuing to develop and implement their ideas that will help make Cemex a Safer place to work, with better Quality and greater Efficiency / Effectiveness.



The following summary gives a brief overview of the ideas from the March 2023 competition:

- Midlands Readymix – Have developed a simple ‘Induction Sign’ to communicate Site Rules and ensure collect customers do not overload vehicles.
- West Deeping quarry – Developed a ‘Safety Boot Cleaning Station’ to effectively remove mud from boots and reducing the likelihood of STF injuries.
- Midlands Readymix – Installed ‘Evacuator’ alarms to safely and effectively evacuate employees, contractors and visitors on site in the event of an emergency.
- Midlands Readymix – Installed ‘Weatherproof Eyewash Stations’ on top of Silos - close to where they are potentially most needed.
- Midlands Readymix – Following a T5T the team have installed small ‘5-in-one Fire Extinguishers’ as a backup to a fire blanket, which covers five different types of fire: electrical, cooking oil, textiles, petrol/diesel and paper/card.

Our congratulations go out to **Midlands Readymix** who took the top award this month for the ‘Evacuator’ alarm system!



You can find out all about the winning idea at the end of document and on the UK News download page: www.cemexuknews.co.uk/downloads

You can find the high-level PDF presentation of the winning entry to share with your teams here: https://cemex.idhall.com/idea/view.php?ide_id=351&vw_ccache=642c65aa-1

Mayor's Energy Summit



Recently, Cemex's Dan Mann, Public Affairs Analyst, joined the West Midlands Industrial Energy Taskforce, Black Country Local Enterprise Partnership (LEP) and Andy Street, Mayor of the West Midlands, to discuss on-going energy cost crisis for business with fellow members of the UK manufacturing sector, along with energy suppliers.

Energy costs are of paramount importance to our business, and representing our interests in the region is integral to us due to our status as an Energy Intensive Industry user. With the volatility of energy markets, understanding the needs and priorities of the region is important for our forward planning, and how best we can work with political leaders to deliver solutions that deliver the best outcomes for all users.

We are pleased that the Mayor is taking such a hands-on approach to this and for his leadership on the issues that make a difference to businesses across the region. At the end of May we will be hosting a visit from the Mayor at our Rugby Cement plant.

For info, the WMCA press release is [here](#).

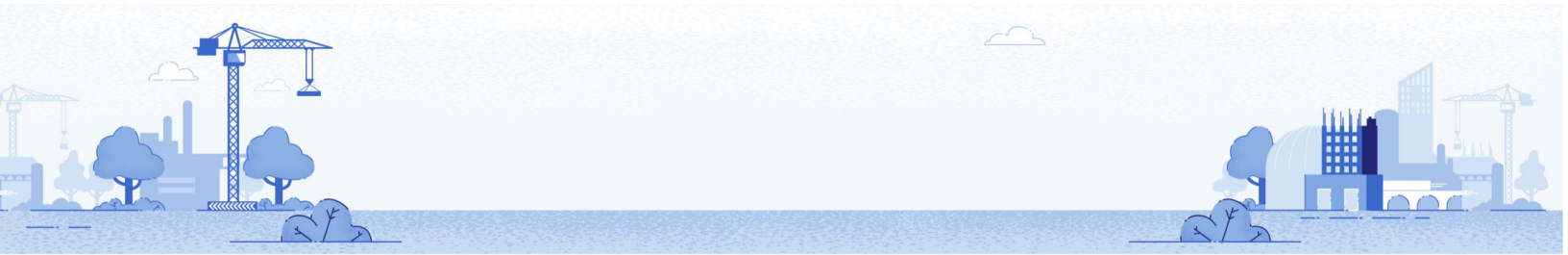
EMPLOYEES

What Will Cemex Look Like in 2050?



With our recent brand evolution some senior leaders from around our company have shared what they think Cemex will look like in 2050.

You can watch the short video to find out what they say, [here](#)



Need Help to Identify an Allergy?

**IT'S NOT ONLY SPRING
IN THE AIR!**

Allergy test from the comfort of your own home & receive results within 7 Days.



Allergies can be life-changing, with various symptoms like sneezing, itching, swelling, vomiting, and diarrhoea; YorkTest provide accurate allergy testing to help you to understand what might be contributing. The YorkTest Food and Environmental Allergy Test tests you against 23 foods and 19 environmental allergens.

Over on the Cemex Lifestyle platform, you can get 40% off YorkTest home testing kits with our promo code! Click [here!](#)

Once you receive your results, you'll have the power to take the next steps to improve your lifestyle for good. Our clear results provide guidance on what environmental or food allergens you should avoid.

Thanks For Your Effort – Nominate A Colleague



Who do you think deserves a Thanks For Your Effort Award?

Nominate any colleague you think has gone above and beyond their day job and demonstrated any of the Cemex values.

Please email: gb-hrplanning@cemex.com for a nomination form or use the form on the UK News website: www.cemexuknews.co.uk

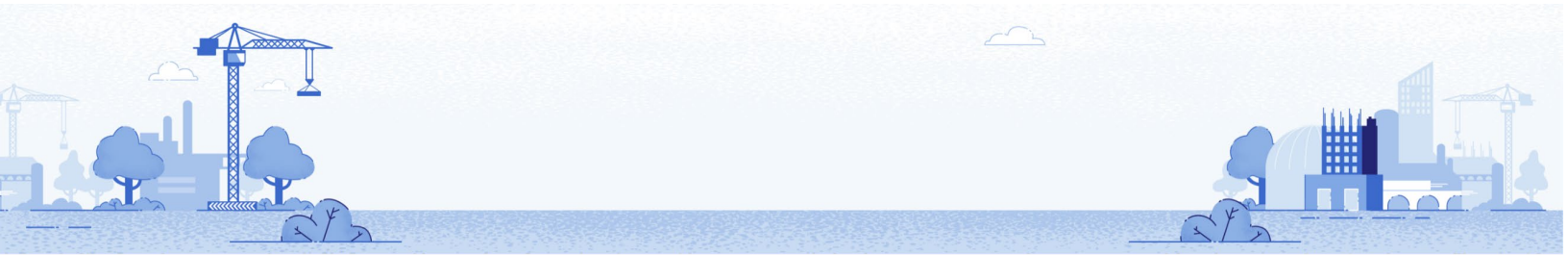
Internal Vacancies

IVC Ref	Position	Company	Location	Closing date
82-04-2023	Operative	Materials - Aggregates	Leamouth Wharf	14/04/2023

We would love to hear from you for the next edition

To send us a story: either click on 'submit a story' on the UK News website or email gb-communicationsandpublicaffairs@cemex.com

If you can, please include a photo too (taken in super fine landscape setting and saved as a jpeg.) Thank you.





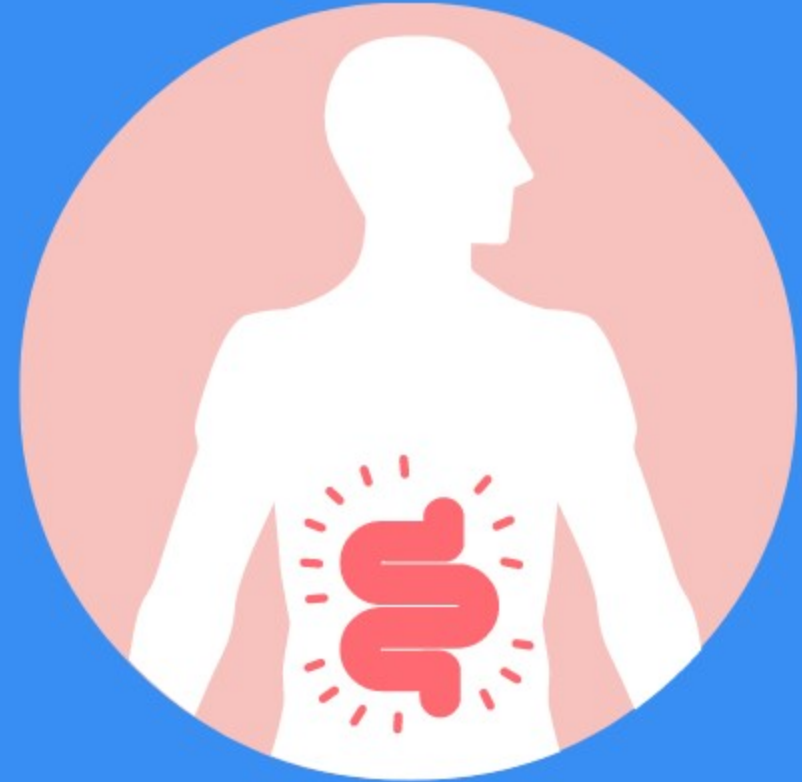
BE

BOWEL



SMART

APRIL IS BOWEL CANCER
AWARENESS MONTH



Scan
above for
free
resources



Bowel Cancer^{UK}

The facts about bowel cancer

Bowel cancer is the fourth most common cancer in England

It's treatable and curable, especially if diagnosed early.

Nearly everyone survives bowel cancer if it's diagnosed at the earliest stage.

However, survival drops significantly as the disease progresses.

Symptoms to look out for



Bleeding from your bottom and/or blood in your poo



A persistent and unexplained change in bowel habit



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. But if you have **any** of these, or if things just don't feel right, go and see your doctor.

You may need to visit your doctor more than once if your symptoms don't get better.

NHS Bowel Cancer Screening Programme

Bowel cancer screening could save your life.

Screening can find tiny amounts of blood in poo, which you can't normally see.

If you're 60-74 you will receive a screening test in the post every two years. The age that people are invited to take part is changing, so you may get a test before you turn 60.

Bowel screening helpline for England:
0800 707 6060.

Find out more at [bowelcanceruk.org.uk/screening](https://www.bowelcanceruk.org.uk/screening)

You are more at risk if you:

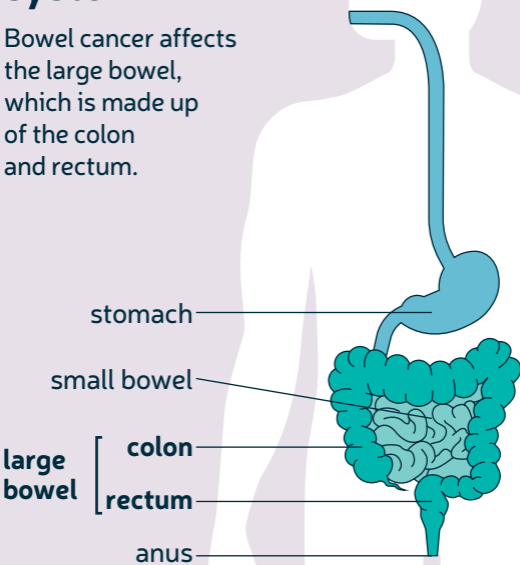
- have a strong family history of bowel cancer
- have a history of non-cancerous growths (polyps) in your bowel
- are over 50, but it can affect anyone of any age
- have longstanding inflammatory bowel disease, for example Crohn's disease or ulcerative colitis
- have type 2 diabetes
- have an unhealthy lifestyle – see below for ways to be more healthy

You can reduce your risk by:

- taking action to be a healthy body weight
- being more physically active in everyday life
- drinking less alcohol
- stopping smoking
- avoiding processed meat and limiting red meat
- eating plenty of fibre, including wholegrains, pulses, vegetables and fruit
- using your bowel cancer screening test kit – don't ignore it

Your bowel is part of your digestive system

Bowel cancer affects the large bowel, which is made up of the colon and rectum.



Registered Charity Number 1071038 (England and Wales) and SC040914 (Scotland)

Bowel Cancer UK is the UK's leading bowel cancer charity. We're determined to save lives and improve the quality of life of everyone affected by the disease.

 @bowelcanceruk

 /bowelcanceruk

bowelcanceruk.org.uk

Version 2. Information correct at time of publication: April 2022. To be reviewed April 2025.



**Simple steps
for good
bowel health**



Bowel CancerUK
Beating bowel cancer together

This booklet contains simple steps you can take to keep your bowel healthy. This is important as these small changes will help your digestive system to work well and could reduce your risk of bowel cancer.

Contents

- 3** How your digestive system works
- 4** Eating well
- 5** Fibre
- 6** Getting your 5 A Day
- 7** Protein
- 8** Alcohol and smoking
- 9** Get active
- 10** Be a healthy weight
- 11** Bowel cancer symptoms

The information in this booklet is designed to help people achieve a healthy diet and lifestyle to improve bowel health and reduce the risk of bowel cancer. If you have been diagnosed with bowel cancer, you can find out more on our website bowelcanceruk.org.uk

How your digestive system works

The bowel is part of your digestive system, which turns food and liquid into energy that your body can use. Eating healthily helps your digestive system work well and can reduce your risk of bowel cancer.

The picture shows the parts of the body that make up the digestive system.

1 Mouth

Food and liquid enter the body through the mouth. Chewing breaks down the food.

2 Oesophagus

Carries the food and liquid to the stomach for digestion.

3 Stomach

Stores and breaks down the food into a liquid mixture before slowly releasing it into the small bowel.

4 Liver

Produces bile, which helps the body absorb fat from food.

5 Gallbladder

Stores bile until the body needs it.

6 Pancreas

Produces enzymes (substances that speed up chemical reactions) that help the body digest fat, protein and carbohydrates (starchy foods).

7 Small bowel

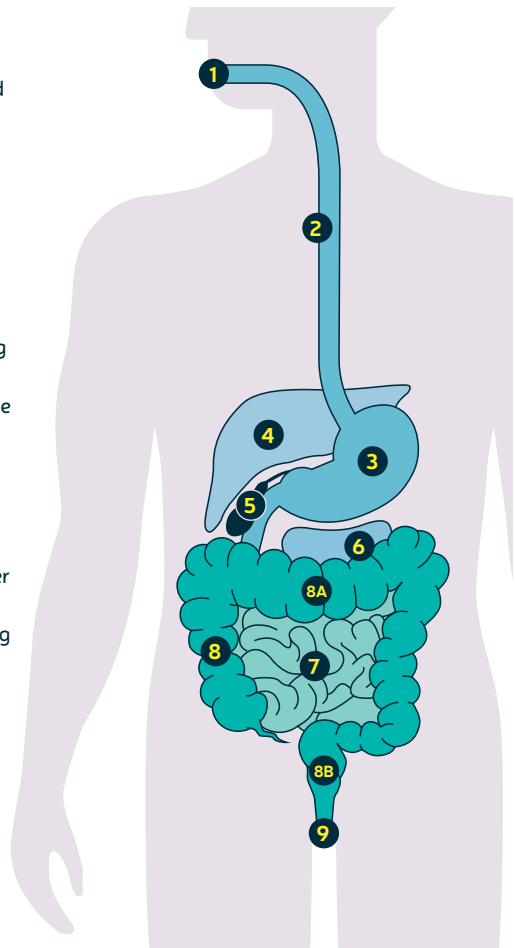
Breaks the food down even further, absorbing the nutrients into the body. Undigested waste moves into the colon.

8 Large bowel

Made up of the colon (8A) and rectum (8B). The body absorbs water from the undigested waste as it moves along the colon towards the rectum. Waste (poo) is stored in the rectum until it passes out of the body.

9 Anus

Poo passes through the anus as it leaves the body.



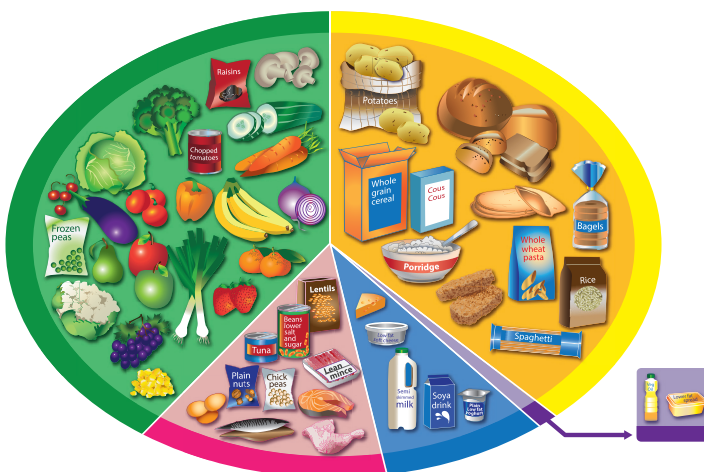
Eating well

The Government's Eatwell Guide shows you how much of your daily diet should come from each food group. This includes everything you eat during the day, including snacks.

To stay healthy, we should:

- Eat at least five portions of vegetables and fruit every day.
- Choose wholegrain varieties of bread, rice and pasta.
- Enjoy more pulses, such as beans and lentils.
- Eat some fish, chicken, eggs and tofu but limit red meat and avoid processed meat.
- Eat some milk and other dairy foods but choose those without added sugar.
- Choose unsaturated oils and spreads and use in small amounts.
- Limit food and drinks high in fat or sugar such as sweets, cakes, crisps and fizzy drinks. They are not needed for a healthy diet and should only be eaten in small amounts.

The Eatwell Guide



Source: Public Health England in association with the Welsh Government, Food Standards Scotland and the Food Standards Agency in Northern Ireland.

Fibre

Fibre is an important part of a healthy diet and helps reduce your risk of bowel cancer. Fibre keeps everything moving easily through your digestive system. Try increasing the amount of fibre in your diet gradually. Not everyone will be able to tolerate a high fibre diet.

Here are some suggestions:

- A healthy breakfast containing fibre is the best way to start the day. Porridge, wholegrain cereals and wholegrain toast are good examples.
- Beans and pulses such as lentils, chickpeas, baked beans, kidney beans and peas (including frozen) are all good sources of fibre as well as protein. Try using these in soups, stews, curries and salads.
- Choose wholegrain foods like brown rice, bread and pasta instead of white.

Top tip

Vegetables, fruit, nuts and seeds are also good sources of fibre. Try apples, berries, apricots, figs, pumpkin and sunflower seeds, carrots, broccoli, parsnips and potatoes in skins.



Keep hydrated

We need to drink about 1.6 to 2 litres (6-8 glasses) of fluid every day to stop us getting dehydrated. Water and low-fat milk are great choices.

Avoid sugary drinks such as cola, lemonade, fruit squash with added sugar and fruit juices (one small glass of fruit juice per day is enough). Fibre and water are a great combination for good bowel health.

Getting your 5 A Day

As well as containing fibre, vegetables and fruit may also help to protect against bowel cancer because they contain antioxidants, which are substances that help to delay or prevent cell damage. We all know eating five portions of vegetables and fruit a day forms part of a healthy, balanced diet but do you know how to get your 5 A Day?

Ideas to boost your 5 A Day:

Breakfast

- Add a banana, or any other fruit you like, to your cereal or porridge.

Lunch

- Try a vegetable soup such as butternut squash.
- Include sliced cucumber and tomato in your sandwiches.

Dinner

- Include some carrots and peppers in your pasta sauce.
- Add a side salad to any meal.

Remember

Frozen, juiced, canned and dried fruit and vegetables count towards your 5 A Day. Beans, peas and lentils all count too and are a key part of a balanced diet.



Top tip

Fruit and vegetables can also make great snacks. Here are some examples of one portion:

- one and a half sticks of celery
- six or seven cherry tomatoes
- a handful of grapes
- an apple, orange or banana
- three dried prunes

Protein

We need protein in our diet to help our body repair cells and make new ones. There are many good sources of protein shown in the Eatwell Guide. These include chicken, fish, peas, beans, tofu and lentils. But there is strong evidence that eating a lot of red and processed meat increases your risk of bowel cancer.

To reduce your risk:

- Limit the amount of red meat you eat to 500g or less (cooked weight) per week. This includes beef, pork, lamb and goat.
- How much is that? One portion of spaghetti bolognese contains about 140g of red meat and one medium pork chop is about 90g of red meat. Try using chickpeas or beans to replace some or all of the meat in bolognese or chilli recipes. As well as being a great source of protein, they are high in fibre too.
- Avoid processed meats as much as possible. These are meats that have been preserved by smoking, curing, salting or adding preservatives. Processed meats include bacon, ham, salami and sausages.
- Include milk and dairy in your diet as shown in the Eatwell Guide. Low-fat options, such as skimmed or semi-skimmed milk, rather than full fat will help you keep to a healthy weight.



Alcohol and smoking

Alcohol is linked to seven types of cancer including bowel cancer. Alcohol can damage cells, making them more likely to become cancerous. For cancer prevention, it's best not to drink alcohol at all.

If you do drink alcohol, keep it as low as possible with an upper limit of no more than 14 units a week and try to spread it out over the week. Remember to have at least two alcohol-free days a week. This recommendation is for men and women.

What is a unit of alcohol?



2 units

A pint of ordinary strength (3-4%) lager, cider or bitter



2 units

A 175ml glass of wine (12.5%)



3 units

A pint of premium strength (5-5.5%) lager, cider or bitter



Just under 1.5 units

A 275ml bottle of alcopop (5%)



1 unit

A small single (25ml) spirit (40%), with or without a mixer

Smoking

As with many other cancers, smoking increases your risk of bowel cancer. We know that smokers are more likely to develop polyps (non-cancerous growths) in the bowel which could turn into cancer if they're not treated. If you want to give up smoking, your local NHS Stop Smoking service offers free one-to-one support. Find out more at [nhs.uk/livewell](https://www.nhs.uk/livewell)

Get active

People who are more physically active have a lower risk of bowel cancer. Being active can help you keep to a healthy body weight and helps to make you feel good.

Aim for at least 30 minutes of physical activity five times a week. If you don't do much physical activity, try starting with 10 minutes and increase the time gradually. It doesn't have to be about working out in a gym. Enjoy it!

You can be more active in your daily life by:

- taking the stairs rather than the lift or escalator
- walking briskly to the shops
- doing the housework
- walking the dog
- getting off the bus a few stops earlier

Don't forget

If you miss a few days, don't give up. Just start again tomorrow. Physical activity can really help to reduce your risk of bowel cancer. The more active you can be, the better.



Wearing a fitness monitor, or using a phone app to count the number of steps you take, could encourage you to walk further.

Try swapping less active hobbies like reading or watching TV, for things like:

- dancing
- cycling
- swimming
- yoga
- hiking

Spend less time sitting down. If you have an office job, try not to sit for longer than one hour at a time, stand up while talking on the phone and take a walk at lunchtime if you can.

Be a healthy weight

Being overweight or obese and carrying a lot of weight around your waist can increase your risk of bowel cancer. Measuring your BMI (Body Mass Index) is a simple way of finding out if you're a healthy weight for your height. Your practice nurse, GP or dietitian can help you or you can check your BMI on the NHS website [nhs.uk](https://www.nhs.uk)

Take action if you start to gain weight

As well as being physically active, here are a few tips to reduce your calorie intake if you need to lose weight.

- Be aware of portion sizes, don't overload your plate and avoid second helpings. If you are still hungry, have some fruit after your meal.
- Be wary of 'large' or 'value-sized' offers. They often give you more food than you need, leading to weight gain.
- Avoid sugary drinks such as cola, lemonade, fruit squash with added sugar and fruit juices (one small glass of fruit juice per day is enough).
- Alcohol is high in calories so limit the amount you drink.

- Watch out for extra calories from biscuits, cakes, sweets and crisps. Snack on fruit and vegetables instead.
- Set some goals for making changes.

If you are very overweight, or have other health problems, speak to your GP before beginning a weight management and exercise programme.

Top tip

The energy in the food we eat is measured in kilocalories, often shortened to calories. The recommended daily calorie intake for moderately active people is around 2,000 calories per day for women and 2,500 for men.

Bowel cancer symptoms

It's important to know what symptoms to look out for because bowel cancer is treatable and curable especially if diagnosed early. Nearly everyone survives bowel cancer if diagnosed at the earliest stage, however this drops significantly as the disease develops.

Symptoms of bowel cancer can include:



Bleeding from your bottom and/or blood in your poo



A persistent and unexplained change in bowel habit



Unexplained weight loss



Extreme tiredness for no obvious reason



A pain or lump in your tummy

These symptoms don't always mean bowel cancer. If you have one or more of these, or if things just don't feel right, go and see your GP.

For more information visit:

NHS Change4Life
nhs.uk/Change4Life

World Cancer Research Fund
wcrf-uk.org

NHS Live Well
nhs.uk/livewell

Bowel Cancer UK
bowelcanceruk.org.uk

Bowel Cancer UK is the UK's leading bowel cancer charity. We're determined to save lives and improve the quality of life of everyone affected by the disease.

We support and fund targeted research, provide expert information and support to patients and their families, educate the public and professionals about bowel cancer and campaign for early diagnosis and access to best treatment and care.

To donate or find out more visit
[bowelcanceruk.org.uk](https://www.bowelcanceruk.org.uk)

 [/bowelcanceruk](https://www.facebook.com/bowelcanceruk)

 [@bowelcanceruk](https://twitter.com/bowelcanceruk)

Please contact us if you have any comments about the information in this booklet: feedback@bowelcanceruk.org.uk

Symptoms diary



Supported by Coloplast

Bowel cancer symptoms

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit
- Unexplained weight loss
- Extreme tiredness for no obvious reason
- A pain or lump in your tummy

Most people with these symptoms don't have bowel cancer. Other health problems can cause similar symptoms. But if you have one or more of these, or if things just don't feel right, go to see your doctor.

Find out more at bowelcanceruk.org.uk

How to use this diary

- Use this diary to help you keep track of your symptoms before you talk to your doctor.
- Tick the relevant boxes each day you experience a symptom. Use the free text box to record any extra details, such as how often or severe your symptoms are.
- Keep a record of your symptoms for at least three weeks and take your diary with you when you visit your doctor.

This document/resource has been formally endorsed by the Royal College of General Practitioners.

Visiting your doctor



To give your doctor as much detail as possible, it might also be useful to think about and note down answers to the following questions:

- When did you first notice your symptoms?
- Do your symptoms come and go?
- Are you going to the toilet more or less often than usual?
- Do you have any pain when you go to the toilet?
- Have any members of your family had cancer? If so, roughly how old were they and what type of cancer did they have?
- Have there been any changes in your life recently e.g. change in diet, medicines or any recent travel abroad?

About Bowel Cancer UK

Bowel Cancer UK is the UK's leading bowel cancer charity. We're determined to save lives and improve the quality of life of everyone affected by the disease.

This diary was pioneered by Bethany Purvis, who was diagnosed with advanced bowel cancer at 37 years old. Bethany is passionate about improving early diagnosis for patients with bowel conditions.

Beating bowel cancer together

Symptoms

- Bleeding from your bottom and/or blood in your poo
- A persistent and unexplained change in bowel habit*
- Unexplained weight loss
- A pain or lump in your tummy
- Extreme tiredness for no obvious reason

Week 1: _____
Date

M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S

Week 2: _____
Date

M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S

Week 3: _____
Date

M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S
M	T	W	T	F	S	S

Other symptoms or details you would like to jot down

(for example if you notice any mucus in your poo, a sensation of wanting to go to the toilet without passing anything, changes in the colour and consistency of your poo or the number of times you're going to the toilet):

*Change in bowel habit means anything that isn't normal for you, for example looser poo or going to the toilet more or less often

Knowing the symptoms of bowel cancer could save your life



Bleeding from your bottom
and/or blood in your poo



A persistent and unexplained
change in bowel habit



Unexplained weight loss



Extreme tiredness for
no obvious reason



A pain or lump in your tummy

If you have **any** of these symptoms or if things just don't feel right, go and see your doctor. You may need to visit your doctor more than once if your symptoms don't get better.

Find out more at [bowelcanceruk.org.uk/symptoms](https://www.bowelcanceruk.org.uk/symptoms)

Cheap effective fire alarm

James Wainwright | 2 Mar 2023 | ID351

🚩 Idea of the Month Competition Nominees

🟢 Closed with success by James Wainwright

Approver: James Wainwright

Implementation coordinator: James Wainwright

Plan: Quick Wins

Class: Health & Safety

Problem, context, environment, status

Air horns and fire bells aren't the best to use because when you release they stop and you might be close to the fire where the alarm is situated so the alarm won't continue to sound

Description of the initiative

Fire "evacuator" can be pressed and escape can be carried out immediately without staying in the area as you would with the other devices

Resources: [a4ccab84-8173-446b-9135-562e8ea49cdd.jfif](#)



a4ccab84-8173-446b-9135-562e8ea49cd
d.jfif

Expected benefits

More effective than a bell or air horn and can be easily installed without electrically fitted so very cost effective

Can be put up anywhere on the plant that is required so numerous alarms can be accessed ie closest first rather than running towards the only one that is fitted 5 alarms will only cost £150 if required

Financial analysis

Title	Impact distributed over time	Forecast amount
Cost effective	01-01-2023 – 31-12-2023	-£30.0
ROI		-£30.0

James Wainwright – 2 Mar 2023