

Going to the toilet more often...

...could be one of the signs of bowel cancer. If you notice any unusual changes in your bowel habits, talk to your GP without delay and **nip it in the bud**.



To learn more about signs, symptoms and risks of bowel cancer, scan the QR code below or visit fcn.org.uk/cancersupport/

To talk in confidence about any worries with a sympathetic person who understands farming life, contact The Farming Community Network (FCN) on 03000 111 999 (7am-11pm, 365 days of the year).



The Farming Community Network, registered charity in England and Wales (1095919) and Scotland (SC053538). Also operating in Northern Ireland.

In partnership with



Macmillan Cancer Support, registered charity in England and Wales (261017), Scotland (SC039907) and the Isle of Man (604). Also operating in Northern Ireland.



Scan for more information