



The Rural Communities Cancer Project

Research shows people in rural communities often have more advanced cancer when they are diagnosed and are 5% less likely to survive than people in urban areas. Farmers often won't get checked until the last minute and migrant / seasonal workers can face extra barriers in accessing care. We need your help to change this.

Help us to **Nip it in the Bud** by supporting our campaign.

How can you support #NipItInTheBud?

- Download our campaign toolkit
- Share graphics on social media using the hashtag #NipItInTheBud
- Raise awareness of Macmillan Cancer Support and other help available
- Put our posters up in your communities, businesses and places of work
- Invite FCN to deliver cancer awareness presentations / training
- Include information about the campaign in newsletters etc.
- Help us to give a voice to people who have experienced cancer in farming and rural communities
- Share your story or experience
- Become an FCN FarmWell volunteer in your community

Take our survey to help us understand barriers our rural communities face



Visit fcn.org.uk/cancersupport
for more information on who to
contact in your region or
email: help@fcn.org.uk



FarmWell

INFORMATION | SUPPORT | RESILIENCE



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The Farming Community
Network / Cymru



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The Farming
Community Network