



SPECIALIST HEALTH AND WORK SERVICE (SHAWS)

The Specialist Health and Work Service (SHAWS) supports those affected by cancer, or those who are caring for someone with cancer, to communicate with their employer to remain in work, return to work, or look for a new job. Our support begins with a conversation and is delivered on a 1:1 basis, shaped by the needs of the individual.

I am worried about talking to my manager about my cancer.

My sick pay has ended, i don't know what to do.

I'm a carer, can I get support?

I feel I am not being heard at work.

Our SHAWS team are experienced in helping with a variety of issues including:

- Building confidence
- Stress and anxiety management
- Building supportive working relationships
- Adjusting to work life after a cancer diagnosis
- Communicating with your employer



WHAT WE OFFER



Tailored 1:1 support | Practitioner-led workshops | Psychologist-led workshops

How we help

- We can work with you and your employer to help with return to work planning
- We advise on rights and reasonable adjustments
- We support you in making decisions regarding your working future
- We can attend or advise on return to work meetings that will help employers understand your needs
- We can identify employability services which can help you find new employment opportunities



"It was a big help to attend the workshops to really think through the challenges of returning to work, and to get practical support and advice."

"Being able to speak to someone 1-2-1 who was extremely knowledgeable and supportive, when I had no one else to turn to, made a big difference."

"I found it empowering being able to navigate my rights and decisions."

If you want to find out more info about our SHAWS service, please get in touch.

✉ healthandworkservice@beatsoncancercharity.org

🌐 beatsoncancercharity.org

☎ 0141 212 0505

We also offer supportive information sessions to employers based on our "We're with you at work" toolkit. If you are an employer and would like to find out more about helping support colleagues with cancer, please get in touch.

