



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

## What is Bowel Cancer Awareness Month?

**Bowel Cancer Awareness Month**, observed every April, is a dedicated time to raise awareness of bowel cancer, also known as colorectal cancer. This month-long campaign encourages people to learn the signs and symptoms, understand the importance of early detection, and support life-saving research and services.

Bowel cancer is the fourth most common cancer in the UK and the second biggest cancer killer — yet it is treatable and curable, especially if caught early.

## History and Mission

Bowel Cancer Awareness Month is championed by charities such as Bowel Cancer UK and Beating Bowel Cancer, which merged in 2018 with the mission of achieving a future where nobody dies of bowel cancer by 2050. Over the years, these organisations have worked tirelessly to:

- Raise awareness of symptoms and screening.
- Support patients and their families.
- Fund research for better treatments and prevention.

## What are the symptoms of bowel cancer?

Key symptoms to look out for include:

- Persistent changes in bowel habits.
- Blood in your poo.
- Unexplained weight loss.
- Persistent lower abdominal pain or discomfort.
- Extreme fatigue without obvious cause.

Anyone experiencing these symptoms is encouraged to see their GP as soon as possible.

## How to Celebrate and Raise Awareness

### 1. Get Informed and Share Information

Learn the signs and symptoms and share them with friends, family, and colleagues. Early detection can save lives.

### 2. Join 'Step up for 30'

Bowel Cancer UK runs a campaign encouraging people to be active every day for 30 minutes throughout the month. This not only raises funds but highlights the link between physical activity and reduced cancer risk.

### 3. Host a Fundraiser

Organise coffee mornings, bake sales, or charity walks to raise funds and spread awareness in your community.

### 4. Wear a Ribbon

The Bowel Cancer UK ribbon is a simple but effective way to show support and start conversations.

## How to Get Involved

- **Donate** to Bowel Cancer UK or local charities.
- **Take part in local events** — many communities run sponsored walks or awareness days.
- **Encourage screening** — talk to family members, especially those over 60, about taking part in bowel cancer screening programmes.

- **Share on social media** using hashtags like **#BowelCancerAwarenessMonth** and **#NeverTooYoung** to raise awareness.

### Local Support in North Tyneside

- **Maggie's Newcastle** - Offering free cancer support and information for anyone affected by cancer.
- **Northumbria Healthcare NHS Foundation Trust** - Provides bowel cancer screening services and advice for local residents.
- **Macmillan Cancer Support North East** - Support groups, information, and practical advice for people affected by cancer.

Together, by raising awareness, encouraging early detection, and supporting ongoing research, we can move closer to a future where no one dies from bowel cancer.

### Related Links

- [Bowel Cancer UK](#)
- [NHS bowel cancer screening](#)
- [Cancer Research UK – Bowel Cancer](#)
- [Maggie's Newcastle](#)
- [Northumbria Healthcare NHS Foundation Trust](#)
- [Macmillan Cancer Support North East](#)



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