CANCER RESEARCH UK

Together we are beating cancer



Cancer Awareness in the Workplace

Our Impact 2025/2026

Our Vision

Nearly 1 in 2 people will get cancer in their lifetime*

All of us can support the work that will beat it.

At Cancer Research UK, we fund research into the prevention, detection and treatment of more than 200 types of cancer through the work of over 4,000 scientists, doctors and nurses. Our vision is a world where everybody lives longer, better lives, free from the fear of cancer.

Our Cancer Awareness in the Workplace programme was set up in 2016 to help make this vision a reality. We help employees understand the ways they can reduce their risk of cancer and spot it early, encouraging positive behaviour change. We tailor our products and services to meet each company's specific needs.

*cruk.org/lifetimerisk



"

The Cancer Awareness in the Workplace programme is the result of a huge, collective effort from many teams across Cancer Research UK, including nurses and health experts.

Given the large proportion of our lives we spend at work, it's vital that people are supported by their employers with their health and wellbeing.

I'm so pleased that our Cancer Awareness in the Workplace programme works in partnership with companies to give their employees the information and support they need to help them reduce the risk of cancer and take positive action for their health."

Message from Michelle Mitchell OBE, Chief Executive of Cancer Research UK

What is the Cancer Awareness in the Workplace programme?

We empower employees across the UK to take positive action for their health by raising awareness of how they can help reduce their risk of cancer and the importance of spotting it early.

Our programme:

Helps debunk cancer myths and provides evidence-based health information

Outlines how spotting cancer early can save lives and where to go for help with any concerns

Provides tips and information on how to live a healthier life

Directs people to reliable sources of information about health and cancer

We work with our behaviour change and health experts, as well as our experienced cancer awareness nurses, to design and deliver our evidence-based programme, which includes:



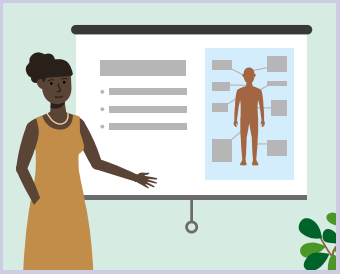
Health communications



Cancer awareness stands



Webinars



Cancer awareness talks

Why does raising awareness about cancer in the workplace matter?



The Cancer Awareness in the Workplace programme supports employees to live longer, healthier lives through activities and communications that focus on cancer prevention and early diagnosis.

Every year, around 133,000 people of working age are diagnosed with cancer in the UK. [1] Yet we know from our research that making healthy changes can reduce the risk of over 20 types of cancer through things like not smoking, keeping a healthy weight and staying safe in the sun. [2]

And then there's early diagnosis. When cancer is detected at an early stage, treatment is more likely to be successful, so knowing where to turn with a health concern can make a life-saving difference. We know that for some employee groups, raising awareness of cancer and supporting people to take positive action is even more vital.

Over 30,000 extra cases of cancer in the UK each year can be attributed to social and financial deprivation. [3]

Our impact

Since setting up our programme in 2016 we've worked with a variety of industries across the UK and used our experience and expertise to tailor packages suited to specific companies and their employee needs. Some of the companies we've worked with include:



ScottishPower

Bellway

Amey

Warburtons

TESCO

Message from Eve Mitchell

Head of Partnerships at Cancer Research UK



“Cancer Awareness in the Workplace is an invaluable offering for our corporate partners. It helps to raise awareness of cancer and provides practical tips to their workforces on ways to help reduce cancer risk and support people to seek the help they need. Delivered by our team of nurses and health experts, the programme is interactive and engaging, and helps companies support their people to look after themselves and others. And our results have shown that Cancer Awareness in the Workplace has helped our partners’ employees to feel more positive about their employer.

We’re incredibly proud of our programme and the positive impact it has on the workforces of the companies we partner with.”

2025/2026 in numbers

After taking part in the programme

34
companies benefited from our programme

96% were likely to recommend the activity to a colleague [4]

87%
of workplace staff reported having a better understanding of what to do if they notice a change to their body [7]

85%
of workplace staff felt more positive towards their company [9]

303
pieces of activity were delivered by our team

99%
of workplace staff reported a better understanding of ways to improve their health [5]

8,759
employees engaged face-to-face. Our health communications reached more than

200,000
employees

99%
of workplace staff reported having a better understanding of how spotting cancer at an early stage can affect treatment and survival following the activity [6]

94%
of workplace staff reported a greater intention to make a new positive change following the activity (eg doing more exercise) [8]

What have people said about our programme?

Sue Racster, Social Value Manager, Amey

"The Cancer Awareness in the Workplace programme has been really well received by our people, the Cancer Research UK Nurses are outstanding at what they do and the level of engagement has exceeded our expectations."

Pat Mitchell, Senior Occupational Health Nurse Consultant, ScottishPower

"Our partnership with Cancer Research UK supports our ongoing health promotion and helps to raise awareness around what supports a healthy lifestyle. Since the partnership began in 2012, Cancer Research UK's health activity and information provision has helped us maintain our Healthy Working Lives Gold Award, which is an important objective for the business."



Employee

"The talk was a real eye opener. I wanted to hear and discuss more. I found out things I didn't know. I strongly believe the availability to speak to the experts should be made more available to employees. Brilliant. I'd suggest everyone should have go to these types of sessions."

Employee

"After attending an informative and interactive workshop on cancer prevention by Cancer Research UK, with what I learnt, I pledged to stop smoking. I've now been smoke-free for a year and I feel incredible! I'd thoroughly recommend this programme for employees – it's really made a huge, positive difference to my health. Thank you Cancer Research UK."

Employee

"This is the first time I have never felt judged by anyone, just supported and informed. It was really very helpful. You let me make my own mind up. This is how it should be."

Employee

"As someone who has lost both their parents to cancer, I'm very aware of the impact it has on patients and their families, but also the great work that you and other organisations do (including the NHS) to prevent or treat all aspects of cancer for patients and their families and friends. You're also helping dispel people's fear of cancer, so people realise it can be beaten. So a massive thank you from me for all the work you do."



"As a team of Senior Cancer Awareness Nurses within Cancer Research UK, we're extremely privileged to work with such dynamic corporate partners, supporting their employees to live a healthier life and to seek help with any persistent or unusual changes to their health. We're proud that we make a tangible difference, facilitating early diagnosis by empowering employees to seek further advice with possible signs and symptoms of cancer, or by reducing their risk of cancer using evidenced-based behaviour change models."

Zena, Cancer Awareness Nurse Manager

Our aims for 2026/2027

We're dedicated to encouraging early diagnosis of cancer and providing information and support to help prevent it.

We'll build on the success of previous years, continuing to raise awareness and empower even more employees across the UK to make positive changes for their health.

This important work is bringing us closer to a world where everybody lives longer, better lives, free from the fear of cancer.

Helping employees who need it the most:

Reducing health inequalities is at the heart of our programme, so we'll prioritise employees who may have a higher risk of poor health.

A local approach:

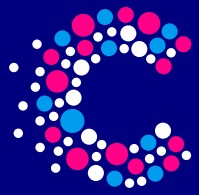
We'll continue to find new ways of reaching employees wherever they're located, working with companies to make sure all their workforce can engage with the Cancer Awareness in the Workplace programme.



Find out more about Cancer Awareness in the Workplace at **cruk.org/work-placehealth**

References

1. Based on the average annual number of new cases of all cancer (ICD10 C00-C97 excl. C44) in the UK in adults aged 20 to 64 years in the years 2018-2019, 2021.
2. Brown KF, Rumgay H, Dunlop C, et al. The fraction of cancer attributable to known risk factors in England, Wales, Scotland, Northern Ireland, and the UK overall in 2015. British Journal of Cancer 2018.
3. Calculated by the Cancer Intelligence team at Cancer Research UK, April 2020. Based on method reported in National Cancer Intelligence Network Cancer by Deprivation in England Incidence, 19962010 Mortality, 1997–2011, using cancer incidence data 2013–2017 (Public Health England) and population data 2013-2017 (Office for National Statistics) by Indices of Multiple Deprivation 2015 income domain quintile, cancer type, sex, and five-year age band.
4. Based on 1135 responses from employees after attending a talk, webinar or visiting a cancer awareness stand (2025/2026).
5. Based on 1088 responses from employees after attending a talk, webinar or visiting a cancer awareness stand (2025/2026).
6. Based on 31 responses from employees after attending a spotting cancer early talk or webinar (2025/2026).
7. Based on 41 responses from employees after attending a spotting cancer early talk or webinar (2025/2026).
8. Based on 1029 responses from employees who could increase their readiness to make a new positive change after attending a talk, webinar or visiting a cancer awareness stand (2025/2026).
9. Based on 1120 responses from employees after attending a talk, webinar or visiting a cancer awareness stand (2025/2026).



CANCER
RESEARCH
UK

Together we are
beating cancer