

After Cancer Matters

The forgotten side of cancer

Approximately 3.5 million people are currently living with or beyond a cancer diagnosis in the UK, and that number is rising. With 1 in 2 of us likely to receive a cancer diagnosis in our lifetime, this isn't a niche issue. It touches all of us, either directly or through someone we know.

And yet, there's a point in cancer care that often goes unspoken.

Not diagnosis. Not treatment. It's what happens after.

When clinical support reduces, but the impact continues. When expectations shift faster than recovery. When understanding quietly fades. This is the forgotten side of cancer.

This session shines a light on what happens when active treatment ends — a period overlooked, underestimated, and in need of informed, sustained support.

For anyone who wants to better understand life after cancer, and respond with confidence, clarity and compassion.

Session Outline:

- Prevalence – the scale and growth of people living beyond cancer
- Long-term and late effects – physical, cognitive and emotional impact outside the clinical setting
- Returning to everyday life and work - why “back to normal” is rarely straightforward
- The workplace reality – how this shows up in performance, confidence and communication
- The impact of silence – how uncertainty and avoidance deepen isolation

Facilitator: Sharron



Sharron is a Mental Health First Aid Instructor and Cancer Awareness Trainer, who has worked with leading brands and brilliant teams of all sizes. She knows exactly how powerful the right support at work can be — and how damaging it feels when it's missing.

Her training is human, practical, and impossible to forget. Making complex topics accessible, practical, and impactful, Sharron is all about shifting perspectives, inspiring action, and creating culture change that lasts.