Breast Cancer Awareness

Fired up for hope

A message of hope, from one of our own

At Nando's, **People First** means caring for the humans behind the aprons, titles and roles. We're a human-first brand that cares deeply about our people.

Living the spirit of Ubuntu reminds us that we're stronger when we look out for one another. It's about humanity, compassion and recognising the strength we find in community.

This **Breast Cancer Awareness Month,** we're coming together with **Rozanne Day**, a deeply valued member of our franchise community, and **Reach for Recovery** to start an important conversation about breast health.

Rozanne brings a deeply personal connection to this cause as a breast cancer survivor. She also volunteers with Reach for Recovery and chairs its PE chapter.

Through this collaboration, we want to help Nandocas become more aware of their breast health, understand the importance of early detection and, above all, know that support and hope are there.

Rozanne's message is simple and powerful:

"As a breast cancer survivor, I know how deeply cancer can change your life. I also know how powerful awareness, support and early detection can be."

Know you normal. Know your body.

Reach for Recovery encourages women to take an active role in understanding their breast health. Their guidance highlights five important actions:

1. Know your normal

Get to know how your breasts usually look and feel so that you're more likely to notice a change.

2. Check regularly

Reach for Recovery recommends checking your breasts once a month, ideally a few days after your period when breasts are least tender.

3. Report changes

Be aware of changes including:

- A lump or thickening
- A change in size or shape
- Dimpling or puckering of the skin
- Nipple discharge or inversion
- Persistent pain in one area
- Report any changes to a healthcare professional.

4. Have concerns assessed early

If something doesn't feel right, don't wait. Have it checked by a healthcare professional.

5. Follow recommended screening guidelines

Follow screening guidance appropriate for your age and risk.

And while we're talking about looking after ourselves, remember to keep up with other recommended health screenings too, including cervical cancer screening.

Don't ignore the little voice that says, "Get this checked." We can be incredibly good at looking after everyone else. Our families. Our work families. Our friends. Your health deserves a place on that list too.

If you notice something unusual, get it checked. If you're concerned, speak up. And let's encourage the women around us to do the same.

A diagnosis can affect more than the person receiving it. Family members and loved ones can also find themselves navigating an unfamiliar and emotional road.

You don't have to navigate it alone.

Reach for Recovery

Reach for Recovery provides breast cancer support, centred around support, empowerment and restoring dignity.

www.reach4recovery.org.za
Reach for Recovery South Africa
@reachforrecoverysa

Sizani support for Nandocas

Whether you're navigating a diagnosis yourself or supporting an immediate family member through one, Sizani is here to support you.

Toll-Free Call: 0800 NTHUSE (684 873)
USSD, no airtime needed: *134*1103#

* Confidential support and guidance for Nandocas and their immediate families.

Let's look after our work family

A conversation can create awareness. Support can bring hope.

Let's create the kind of workplace where Nandocas feel comfortable talking about their health and asking for help.

Because **People First** isn't just something we say. Our Leadership Beliefs call on us to take responsibility for our work families, providing support and guidance when it's needed.

Know your body. Get checked. Support each other. Spread hope

Ngoba sindawonye. Because we're in this together.

Siya Phila
Firing up your wellness

reach for recovery
breast cancer support