

Blood cancer UK	<u>1st- 30th Blood Cancer Awareness month</u> Blood Cancer Awareness Month is held every September to raise the profile of blood cancer, which doesn't get the attention of other cancers. Every year, our blood cancer community comes together to raise awareness.
	Blood cancer symptoms vary depending on the type of blood cancer, whether it's leukaemia, lymphoma, myeloma, MDS, MPN or any other blood cancer.
	 Blood cancer symptoms include: Weight loss that is unexplained Bruising or bleeding that is unexplained Lumps or swellings Shortness of breath (breathlessness) Drenching night sweats Infections that are persistent, recurrent or severe Fever (38°C or above) that is unexplained Rash or itchy skin that is unexplained Pain in your bones, joints or abdomen (stomach area) Tiredness that doesn't improve with rest or sleep (fatigue) Paleness (pallor) Some symptoms look different in different skin tones Blood Cancer Awareness Month Blood Cancer UK
UROLOGY Awareness Month	1st- 30th Urology Awareness monthEvery September Urology Awareness Monthraises awareness of urology diseasesincluding bladder, kidney, prostate and malereproductive cancers and non-malignantconditions including incontinence, urinarytract infections (UTIs), erectile dysfunctionand kidney stones.For more information visit UrologyAwareness Month - The Urology Foundation





 $\frac{1^{st}-30^{th} \text{ World Alzheimer's month}}{1^{st}-30^{th} \text{ World Alzheimer's month}}$ 'Time to Act on Dementia, Time to Act on Alzheimers'

In the absence of a cure or a treatment that is globally accessible, risk reduction remains the most feasible and proactive way to combat dementia.

Just as there is rarely a simple answer to a complex issue, there is no magic bullet for dementia. But there are tangible steps – big and small – that individuals can take to reduce risk, and any step is better than nothing:

- Eat as healthy a diet as possible diversify the food groups you consume and avoid ultra-processed foods.
- There are many ways to eat well; personalised diets incorporating foods that are local and affordable where you live and fit your needs are best.
- Exercise be creative; walking, bike riding, tai chi, dancing... it all counts.
- Keep learning challenge your brain, whether it is by picking up a new language, doing crosswords, singing...
- Pay attention to your cardiovascular health and any other chronic diseases.
- Maintain connection humans are social animals; socialising replenishes our brain health and reduces depression and isolation.
- Pay attention to your general physical maintenance – check the health of your teeth, avoid head injury, make sure you get enough sleep, don't smoke nor drink excessive amounts of alcohol.
- One step that has stood out as a possible game changer is getting a hearing aid for those with hearing loss, which has not only shown to slow cognitive decline but is cost effective and scalable.



Alzheimers 1 Alzheimer's Disease International (ADI) (alzint.org)		Time to Act on Domentia, Time to Act on
International (ADI) (alzint.org) 2 ^m .8 ^m . Know Your Numbers Week (Blood Pressure US) High blood pressure can lead to heart attacks, strokes, and other illnesses. Once you Know Your Numbers! you can get support to bring your blood pressure under control and prevent these diseases. Around a third of people in the UK have high blood pressure, but most don't know it. It doesn't have any symptoms so, the only way to find out is to have a blood pressure check. Check your blood pressure checked at the GP practice or local pharmacy. Blood Pressure UK 9-155 September 1028 9-155 September is @BrookCharity's #SHW24 and the theme is Are You Feeling It? With mental health in decline and STIs on the rise, it's more important than ever to shine a light on the inextricable links between sexual health and mental health http://brook.org.uk/shw 10th World Suicide Prevention Day WORLD SUICIDE PREVENTION DAY 2024 Changing the Narrative on Suicide Suicide remains a critical global issue, affecting individuals and communities worldwide. In an effort to address this issue and encourage positive change, the theme for World Suicide Prevention Day (WSPD) 2024-2026 has been announced as "Changing the Narrative on Suicide". The aim of the theme is to raise awareness		Time to Act on Dementia, Time to Act on
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		about the importance of changing the
narrative surrounding suicide and		narrative surrounding suicide and
transforming how we perceive this complex		transforming how we perceive this complex
issue. Changing the narrative requires		
systemic change. It's about shifting from a		



	culture of cilonce and stigments and of
	culture of silence and stigma to one of
	openness, understanding, and support.
	#StartTheConversation
	WSPD - IASP
	13th World Sepsis Day
World Sepsis Day Infographics	Sepsis arises when the body's response to an
	infection injures its own tissues and organs.
THESE SYMPTOMS MIGHT INDICATE SEPSIS	It may lead to shock, multi-organ failure, and
	death – especially if not recognized early and
	treated promptly.
Slurred Speech Extreme Shivering Passing No Ukine	The following symptoms might indicate
or Confusion or Muscle Pain/Fever All Day	sepsis:
	Slurred speech or confusion
Severe It Feels Like Skin Mottled Breathlessness You're Going to Die or Discolared	Extreme shivering or muscle pain,
Microsoft 4/21 Bipertimolog any of these symptoms? Contact your local hospital or physician immediately.	fever
Global www.worldsepsisday.org September World Sepsis 13 September 13 September	 Passing no urine all day
Alliance www.global-sepsis-alliance.org 2020[Day	Severe breathlessness
	 It feels like you're going to die
	 Skin mottled or discolored
	If you have a confirmed or suspected
	infection and are experiencing any of these
	symptoms, please contact your local hospital
	or physician immediately.
	What Is Sepsis? — World Sepsis Day -
	September 13
	16-22nd Male Cancer Awareness Week
	Every year over 50,000 men in the UK will be
FIGHTING MALE CANCER	diagnosed with prostate, testicular or penile
	cancer. And that number is increasing.
	Early diagnosis is a strong predictor of a
	positive outcome. That's why it's vital for
	men to contact their GP as soon as they
	notice anything that may be a sign of male
	cancer.
	If you have noticed changes in your body or
	have any other concerns
	– such as a family history of male cancer
	– you should contact your GP.
	For more information visit <u>Orchid Fighting</u>
	Male Cancer - Small Change, Big Difference
	(orchid-cancer.org.uk)
NATIONAL 🚈	16-22nd National Eczema Week
	It can be confusing finding the right
ECZMA	information and advice about eczema that
SOCIETY	you can trust. National Eczema Society
	produces a wide range of evidence-based
	information on all aspects of the condition,
	from triggers to treatments. Do take a look



	and learn how to take control of your
	eczema <u>https://eczema.org/</u>
	16-22nd Rheumatoid Arthritis Awareness
	Week
	https://nras.org.uk/campaigning/ra-
	awareness-week/
\bigcirc	<u>16th EveryWoman Day</u>
EveryWoman Day 💱	EveryWoman Day is a project created to
	raise awareness and share experiences
	about women's health, so that other women
	can benefit.
	We care about your health, your emotions,
	your life story, because every woman
	matters.
	Because ordinary women do extraordinary
	things every day.
	Because we are you.
	Research funds tend to be spent on killer
	health conditions, so many women's health
	problems are poorly understood, even when
	they are severely life limiting.
	We women are inspiring, resourceful, strong
	and wonderful, but they don't always want
	to talk openly about problems with lady
	parts.
	That's why this project is illustrated with
	belly pics which don't show faces but can
	show what women are up against, and how
	they cope.
	Join in!
	Whether you are a patient, a nurse, a parent
	or a friend, you something to share. If there
	isn't a story section about your condition,
	start one!
	Change whether an and an at the second s
	Choose whatever word or phrase sums it up
	for you, and write it on your belly then take
	a selfie or get someone to snap it.
	Share your experience with others, for
	others.
	https://everywomanday.com/



	- · ·
	<u>19th Youth Mental Health Day</u>
	Mental health concerns for young people
	have multiplied in recent times. 1 in 5
HEALTH DAY" 19th of September	children and young people presented with a
#ControlVourCoupli	probable mental health disorder in 2023
#ControlYourScroll	(NHS Digital, Nov 2023). Yet only a third are
REMINDER	able to access any effective treatment.
You can take control of how your phone impacts your mental health.	Though times continue to be difficult, Youth
Creat Tel me morel	Mental Health Day is here to provide hope
K 4 + (1)	
stem 🕘 🛛 🔍	and positivity.
supporting services neural heats Registerior (1997) Automatical and a service of the service of	By getting young people engaged in
	discussions and activities about how to
	improve their mental health, YMHD goes
	beyond raising awareness and breaking the
	stigma surrounding mental health. It aims to
	tackle the heart of the issue by giving young
	people a voice and agency to take steps
	towards positive mental health.
	stem4, the UK's leading digital mental health
	charity for children and young people, is
	proud to be the founder of Youth Mental
	Health Day in the UK, which started in 2020.
	#ControlYourScroll #stem4YMHD
	Youth Mental Health Day - stem4
	23-27th Cycle to School Week
SCHOOL WEEK'24	Do you want to save money, get healthier
S. S. S. S. La la K. S.	and protect the environment? Then get
	involved with Cycle to School Week between
23 rd - 27 th September 2024	Monday 23 – Friday 27 September.
	Cycle to School Week - Bikeability
	23-29th Migraine Awareness Week
the	1 in 7 people live with migraine.
miaraine	Migraine has been dismissed for too long as
migraine trust	'just a headache', despite it being a complex
trust	and debilitating neurological disorder. We
11001	know that for those living with migraine it
	has a significant impact on their quality of
	life, impacting their mental health,
	relationships, education and ability to work.
	We believe people with migrains describe
	We believe people with migraine deserve
	better and no one with migraine should have
	to cope alone.
	For more information and advice visit
	Migraine Awareness Week - The Migraine
	Trust



NATIONAL EYE BALTH WEEK MONDAY 23 - SUNDAY 29 SEPTEMBER 2024 VISION MATTERS	23-29th National Eye Health Week Regular eye tests, once every two years unless advised otherwise by your optometrist, are essential health checks for EVERYONE! As well as spotting sight threatening eye conditions, routine eye tests can also detect a range of other health issues such as high blood pressure and diabetes. For more on looking after your eyes visit visionmatters.org.uk <u>Vision Matters - National Eye Health Week</u>
NHS Organ Donor Card	23rd - 29th Organ Donation WeekOrgan Donation Week is the perfect time forpeople to confirm their support for organdonation by adding their name and decisionto the NHS Organ Donor Register.The brightest Organ Donation Week yet -NHS Organ Donation
World Contraception Day 2024 September 26	26 th Sept- World Contraception Day World Contraception Day takes place on September 26th every year. The annual worldwide campaign centers around a vision where every pregnancy is wanted. Launched in 2007, WCD's mission is to improve awareness of contraception and to enable young people to make informed choices on their sexual and reproductive health. World Contraception Day (WCD) (your- life.com)
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 Do more with the NHS App! Order repeat prescriptions Book appointments View your records And much more 	 Did you know that the NHS App provides a single place to manage your healthcare? Use it to book appointments, access your health record, contact 111, and more! <pre>[https://www.nhs.uk/nhs-app/about-the-nhs-app/]</pre> Use the NHS App to manage your healthcare. You can order repeat prescriptions, book appointments,



access your health record, and much more. [https://www.nhs.uk/nhs: app/about-the-nhs-app/] If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you. Call, go online or use the NHS App. Image: the state of the s		
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Image: Second system If you need urgent medical help but you're not sure where to go, use 111 to get assessed and directed to the right place for you. Call, go online or use the NHS App. Image: Second system Image: Second system Image: Second system You can use PATCHS to contact your GP practice for health advice, condition monitoring, repeat prescriptions, fit notes, appointment bookings, and more Make requests in your own time, avoid telephone queues and waiting rooms, and getting quick responses. Visit [insert website address] to access PATCHS. Image: Second system Pharmacy First Ear ache? If needed, your pharmacist can now provide some prescription medicine without seeing a GP. Think pharmacy first Image: Heges		more. [<u>https://www.nhs.uk/nhs-</u>
Vou're not sure where to go, use 111 to get assessed and directed to the right place for you. Call, go online or use the NHS App. Image: Construction of the con		app/about-the-nhs-app/]
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Fink pharmacy first Ear ache? If needed, your pharmacist can now provide some prescription medicine without seeing a GP. Think pharmacy first Think pharmacy first		telephone queues and waiting rooms, and getting quick responses. Visit [insert website
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