



September 2024

	<p><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.</p> <p>Blood cancer symptoms vary depending on the type of blood cancer, whether it's leukaemia, lymphoma, myeloma, MDS, MPN or any other blood cancer.</p> <p>Blood cancer symptoms include:</p> <ul style="list-style-type: none"> • 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) <p>Some symptoms look different in different skin tones</p> <p>Blood Cancer Awareness Month Blood Cancer UK</p>
	<p><u>1st- 30th Urology Awareness month</u> Every September Urology Awareness Month raises awareness of urology diseases including bladder, kidney, prostate and male reproductive cancers and non-malignant conditions including incontinence, urinary tract infections (UTIs), erectile dysfunction and kidney stones.</p> <p>For more information visit Urology Awareness Month - The Urology Foundation</p>



1st- 30th 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.

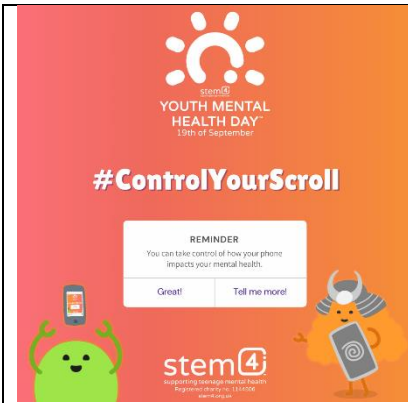
Just as there is rarely a simple answer to a complex issue, there is no magic bullet for dementia. But there are tangible steps – big and small – that individuals can take to reduce risk, and any step is better than nothing:

- 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.

	<p>Time to Act on Dementia, Time to Act on Alzheimers Alzheimer's Disease International (ADI) (alzint.org)</p>
	<p><u>2nd-8th Know Your Numbers Week (Blood Pressure UK)</u></p> <p>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.</p> <p>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.</p> <p>Check your blood pressure checked at the GP practice or local pharmacy.</p> <p>Blood Pressure UK</p>
	<p><u>9-15th Sexual Health Week</u></p> <p>9-15 September is @BrookCharity's #SHW24 and the theme is Are You Feeling It?</p> <p>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</p> <p>http://brook.org.uk/shw</p>
	<p><u>10th World Suicide Prevention Day</u> WORLD SUICIDE PREVENTION DAY 2024</p> <p>Changing the Narrative on Suicide</p> <p>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".</p> <p>The aim of the theme is to raise awareness about the importance of changing the narrative surrounding suicide and transforming how we perceive this complex issue. Changing the narrative requires systemic change. It's about shifting from a</p>

	<p>culture of silence and stigma to one of openness, understanding, and support. #StartTheConversation WSPD - IASP</p>
	<p><u>13th World Sepsis Day</u> Sepsis arises when the body’s response to an infection injures its own tissues and organs. It may lead to shock, multi-organ failure, and death – especially if not recognized early and treated promptly. The following symptoms might indicate sepsis:</p> <ul style="list-style-type: none"> • Slurred speech or confusion • Extreme shivering or muscle pain, fever • Passing no urine all day • Severe breathlessness • It feels like you’re going to die • Skin mottled or discolored <p>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</p>
	<p><u>16-22nd Male Cancer Awareness Week</u> Every year over 50,000 men in the UK will be 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 Orchid Fighting Male Cancer - Small Change, Big Difference (orchid-cancer.org.uk)</p>
	<p><u>16-22nd National Eczema Week</u> It can be confusing finding the right information and advice about eczema that 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</p>

	<p>and learn how to take control of your eczema https://eczema.org/</p>
	<p><u>16-22nd Rheumatoid Arthritis Awareness Week</u> https://nras.org.uk/campaigning/ra-awareness-week/</p>
	<p><u>16th EveryWoman Day</u> 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! 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/</p>



19th Youth Mental Health Day

Mental health concerns for young people have multiplied in recent times. 1 in 5 children and young people presented with a probable mental health disorder in 2023 (NHS Digital, Nov 2023). Yet only a third are able to access any effective treatment. Though times continue to be difficult, Youth Mental Health Day is here to provide hope and positivity.

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

Do you want to save money, get healthier and protect the environment? Then get involved with Cycle to School Week between Monday 23 – Friday 27 September.

[Cycle to School Week - Bikeability](#)



23-29th Migraine Awareness Week

1 in 7 people live with migraine.

Migraine has been dismissed for too long as 'just a headache', despite it being a complex and debilitating neurological disorder. We 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 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](#)

	<p><u>23-29th National Eye Health Week</u> 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 Vision Matters - National Eye Health Week</p>
	<p><u>23rd - 29th Organ Donation Week</u> Organ Donation Week is the perfect time for people to confirm their support for organ donation by adding their name and decision to the NHS Organ Donor Register. The brightest Organ Donation Week yet - NHS Organ Donation</p>
	<p><u>26th Sept- World Contraception Day</u> 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)</p>
	<p>Saturday and Sundays Feel unwell today? Call GP Care Wakefield between 9am and 5pm Saturdays and 9am and 1pm Sundays Phone our practice number as usual & your call will be diverted to GP Care Wakefield. Advice, prescription & a face-to-face appointment if you need one.</p>
	<ul style="list-style-type: none"> • 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! [https://www.nhs.uk/nhs-app/about-the-nhs-app/] • Use the NHS App to manage your healthcare. You can order repeat prescriptions, book appointments,

	<p>access your health record, and much more. [https://www.nhs.uk/nhs-app/about-the-nhs-app/]</p>
	<p>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.</p> <p>➔ nhs.uk/111</p>
	<p>You can use PATCHS to contact your GP practice for health advice, condition monitoring, repeat prescriptions, fit notes, appointment bookings, and more...</p> <p>Make requests in your own time, avoid telephone queues and waiting rooms, and getting quick responses. Visit [insert website address] to access PATCHS.</p>
	<p>Pharmacy First Ear ache? If needed, your pharmacist can now provide some prescription medicine without seeing a GP.</p> <p>Think pharmacy first.</p> <p>https://nhs.uk/thinkpharmacyfirst</p>



Think pharmacy first

See your pharmacist Help us help you

Subject to age eligibility. Service available at majority of pharmacies.

Pharmacy First

Sore Throat? If needed, your pharmacist can now provide some prescription medicine without seeing a GP.

Think pharmacy first.

<https://nhs.uk/thinkpharmacyfirst>

Care Coordinators are part of your general practice team



They can help by:

- preparing you for upcoming conversations about your health and care
- monitoring your health and care needs and responding to any changes
- supporting you to understand and manage your care.

Talk to the reception team to find out more.



ARRS Roles Promotion

At many GP surgeries, there is a range of health professionals who can help you.

Your general practice team is here to help you.

→ nhs.uk/GPservices

Mental Health Practitioners and Therapists are part of your general practice team



They can help by:

- carrying out assessments
- providing advice and support to manage your condition
- supporting you to access appropriate mental health services and community resources.

Talk to the reception team to find out more.

