

# AWARENESS MONTH

1<sup>ST</sup> MAY – 31<sup>ST</sup> MAY

May is  
SKIN CANCER  
AWARENESS MONTH

## SKIN CANCER AWARENESS MONTH

May is skin cancer awareness month. We should all be mindful of our skin as the weather gets warmer, always apply sun creams no matter what factor we are. This is a crucial time to highlight the importance of protecting your skin and understanding the risks associated with skin cancer. We need to share the facts and help to save life's. Macmillan cancer support teamed up with soltan last year please see the following link for more information.

<https://www.macmillan.org.uk/about-us/working-with-us/corporate-partners/our-partners/soltan>

WE ARE  
MACMILLAN.  
CANCER SUPPORT

#KnowYourSkin

BE SMART ABOUT SKIN CANCER

1 in 47 women will be diagnosed with melanoma skin cancer in their lifetime

Get the facts about skin cancer:

- Skin cancer is the most common type of cancer.
- If you catch it early enough you can be A-Okay
- Your risk for melanoma doubles if you've had more than 5 sunburns.
- Regular use of spf15 or higher sunscreen reduces your risk of you melanoma by 50%
- Every hour more than 2 people die of skin cancer.



1. Seek the shade, especially between 10 AM and 4 PM.
2. Don't get sunburned.
3. Avoid tanning, and never use UV tanning beds.



4. Cover up with clothing, including a broad-brimmed hat and UV-blocking sunglasses.
5. Keep newborns out of the sun. Use sunscreen on babies over the age of six months.
6. Use a broad-spectrum (UVA/UVB) sunscreen with an SPF of 15 or higher every day. For extended outdoor activity, use a water-resistant, broad-spectrum sunscreen with an SPF of 30 or higher.



7. Apply 1 ounce of sunscreen to your entire body 30 minutes before going outside. Reapply every two hours or after swimming or sweating.
8. Examine your skin head-to-toe every month.
9. See a dermatologist at least once a year for a professional skin exam.

## KNOW YOUR ABCDE's

- |  |                |   |  |  |
|--|----------------|---|--|--|
| <b>A</b>                               | <b>B</b>       | <b>C</b>                                    | <b>D</b>   | <b>E</b>   |
| ASYMMETRY                              | BORDER         | COLOR                                       | DIAMETER   | EVOLUTION  |
|  |                |   |  |  |
| One half does not match the other half | Uneven borders | Variety of colors like brown, tan, or black | Grows larger than the size of a pencil eraser (¼ inch) | Change in size, shape, color, elevation, another trait, or new symptom |

Macmillan have answered some of the most frequently asked questions about skin cancer. Please see the website for all the details:

<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month#:~:text=May%20is%20skin%20cancer%20awareness%20month.>

MACMILLAN  
CANCER SUPPORT

1<sup>ST</sup> MAY – 31<sup>ST</sup> MAY



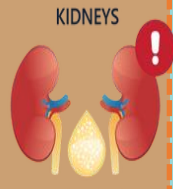
### PRE- ECLAMPSIA AWARENESS MONTH

May is designated as Preeclampsia Awareness Month, an annual event that promotes improved healthcare practices and encourages research into this condition. May 22nd is World Preeclampsia Day, a global healthcare awareness event. Preeclampsia can lead to serious complications for both the mother and the baby, including preterm birth, low birth weight, loss of womb and even death. Most people have heard of this but don't know exactly what it is.

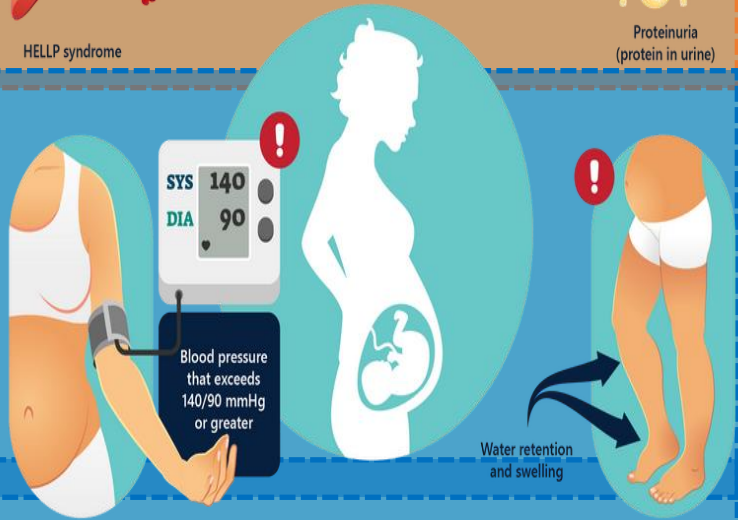
#### SIGNS AND SYMPTOMS OF PREECLAMPSIA



HELLP syndrome



Proteinuria (protein in urine)



Water retention and swelling

#### OTHER SYMPTOMS



Severe headaches



Changes in vision



Upper abdominal pain



Nausea or vomiting



Shortness of breath



signs of this can be –

- severe headaches,
- Vomiting, swelling (face, hands or feet)
- vision problems (blurring or flashing lights)
- pain below the ribs.

Share this link:

<https://preeclampsia.org/aspirin>

also help share this video

<https://preeclampsia.org/postpartum-preeclampsia>

All women need to know the risk factors for developing high blood pressure during pregnancy and that you can also have no risk factors but still may develop it.

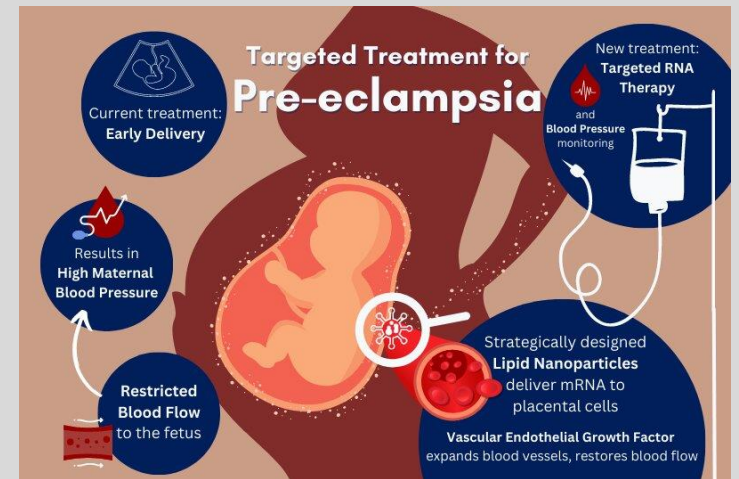
### Steps Pregnant Women can take to avoid Preeclampsia



It is critical for pregnant women to attend all prenatal appointments so that blood pressure can be regularly monitored. Gynaecologist consultation is necessary if you experience:

- Headaches
- Blurred vision
- Fast weight gain (more than 1 kg per week)
- Significant water retention in the body
- Restlessness

World Preeclampsia Day 22 May



# 5<sup>th</sup> MAY – 11<sup>th</sup> MAY



## MATERNAL MENTAL HEALTH AWARENESS WEEK

Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems before, during and after pregnancy. The week is all about raising public and professional awareness of perinatal mental health problems advocating for women and families impacted by it, changing attitudes and helping people access the information, care and support they need to recover. <https://maternalmentalhealthalliance.org/about-maternal-mental-health/maternal-mental-health-awareness-week/#:~:text=Maternal%20Mental%20Health%20Awareness%20Week%202024,2024%20on%20Wednesday%201%20May.>

### Daily themes

This year's daily themes, chosen by PMHP UK, are:

- Monday: Conversations that matter - let's talk about maternal mental health
- Tuesday: Walking with you as you find your voice - supportive organisations
- Wednesday: World Maternal Mental Health Day - Stronger Together
- Thursday: Breaking the silence: Financial stress and Maternal Mental Health
- Friday: Perinatal Positivity Pot
- Saturday: Information for Impact for Healthcare Professionals
- Sunday: Reflect and rise

**1 in 5 women around the world will suffer with maternal mental health complications**

Our survey this year *overwhelmingly* showed how women do not feel listened to with regards to their mental health... We want to highlight the power of women knowing it is ok to express their needs, feelings, and experiences...

PMHP UK, official organisers of Maternal Mental Health Awareness Week

# 5<sup>TH</sup> MAY – 11<sup>TH</sup> MAY



## DEAF AWARENESS WEEK

<https://rnid.org.uk/information-and-support/how-to-communicate-with-deaf-people-hearing-loss/>

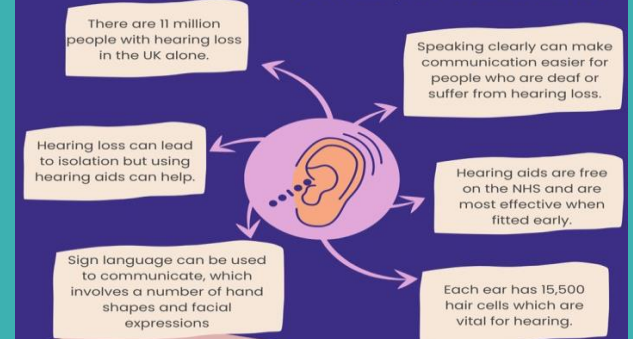
12 million adults in the UK are deaf or have hearing loss. We can all play our part to be more deaf aware, both at work and in daily life. Tinnitus can play a part in reducing hearing, we all need to be aware of the different circumstances to be able to communicate with someone with hearing loss.

### Three simple ways to start

1. Get my attention – use simple gestures
2. Face me – might be able to lip read.
3. Be patient – don't be afraid to repeat.

## DEAF AWARENESS

(& what you should know)



# 12<sup>TH</sup> MAY – 18<sup>TH</sup> MAY



## SUN AWARENESS WEEK

Sun Awareness Week 2025 is an essential initiative that aims to highlight the risks associated with excessive sun exposure and the importance of protecting the skin from harmful UV rays. This event promotes sun safety to prevent skin cancer and encourages everyone to enjoy the sun responsibly.

<https://www.skinhealthinfo.org.uk/sun-awareness/sun-awareness-week/>



15<sup>TH</sup> MAY – 21<sup>ST</sup> MAY

Coeliac Disease



Awareness

usaalcoalfic

## COELIAC AWARENESS WEEK

Coeliac disease is a condition where your immune system attacks your own tissues when you eat gluten. This damages your gut (small intestine) so your body cannot properly take in nutrients. Coeliac disease can cause a range of symptoms, including diarrhoea, abdominal pain and bloating. Coeliac disease is caused by an adverse reaction to gluten, which is a dietary protein

found in 3 types of cereal: Wheat, Barley, Rye

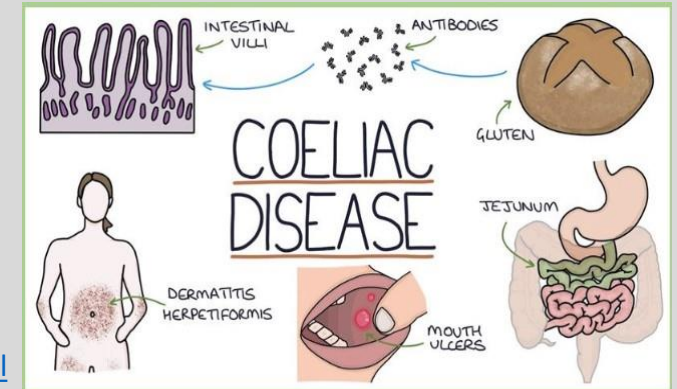
Gluten is found in any food that contains those cereals, including:

pasta, cakes, breakfast cereals, most types of bread,

certain types of sauces, some ready meals

In addition, most beers are made with barley.

<https://www.bda.uk.com/resource/coeliac-disease-and-gluten-free-diet.html>



May 12<sup>th</sup> – May 18<sup>th</sup>



**Mental Health Awareness Week** happens every year, and it's the biggest opportunity for the whole of the UK to come together to focus on getting good mental health.

The week aims to tackle stigma and help people understand and prioritise their and others' mental health. We know that we thrive when we have strong connections with others and supportive communities around us. We also know that people who are more socially connected to family, friends, or their community are happier, physically healthier, and live longer, with fewer mental health problems than people who are less well connected. Communities can provide us with a sense of belonging, safety, support in hard times, and give us purpose.

<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>



May 19<sup>th</sup> – May 25<sup>th</sup>



The first national celebration of vegetarianism started as a single day in 1992. Over time, the holiday gradually increased in popularity and morphed into an entire week as more people showed interest in the vegetarian lifestyle.

National Vegetarian Week is an annual awareness-raising campaign promoting the benefits of a meat-free lifestyle while showcasing inspirational vegetarian food. There is also the International Vegetarian Week that runs from October 1 to 7. It features many events that promote the vegetarian lifestyle. This global week is an annual event that begins with World Vegetarian Day.

<https://nationaltoday.com/national-vegetarian-week/#:~:text=National%20Vegetarian%20Week%20occurs%20on,people%20enjoy%20a%20vegetarian%20diet>

May 19<sup>th</sup> – May 25<sup>th</sup>



Alzheimer's  
Society

**Dementia Action week** is an awareness raising campaign. Each year Alzheimer's society works with individuals and organisations across the UK to encourage people to act on dementia. Diagnosis is vital to give people access to the care, treatment and support they desperately need. Yet, incredibly, 1 in 3 people with dementia do not have a diagnosis. As a person's dementia progresses, they may begin to behave in ways that other people find difficult to understand. This can be one of the most difficult aspects of living with dementia, both for the person with the condition and those around them. As a person's dementia progresses they are likely to experience additional symptoms:

- Aggressive behaviour – as a person's dementia progresses, they may sometimes behave in ways that are physically or verbally aggressive.
- Walking about - walking repeatedly around at home or leaving the house during the day or night.
- Lack of insight - when a person with dementia is unable to recognise changes in their behaviour and emotions.
- Sleep problems – As well as disruption to their body clock, a person with dementia may sleep more in the day and have difficulty sleeping at night.
- Delusions – strongly believing something that is false.

<https://www.alzheimers.org.uk/get-involved/dementia-action-week#:~:text=Dementia%20Action%20Week%202024,from%2013-19%20May%202024.>

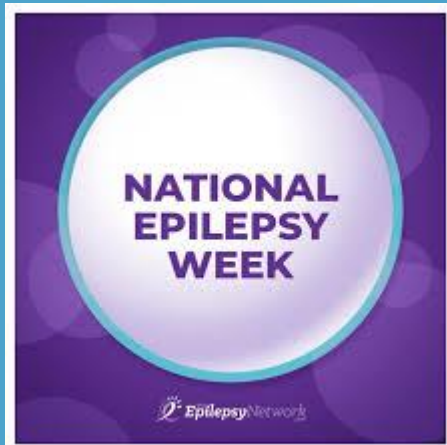
## WHAT IS DEMENTIA?

DEMENTIA IS AN UMBRELLA TERM FOR A RANGE OF PROGRESSIVE CONDITIONS WHICH AFFECT THE BRAIN.

Symptoms include:

MEMORY LOSS	LOW MOOD OR ANXIETY
BECOMING LOST OR DISORIENTATED	LOSING INTEREST IN THINGS OR PEOPLE
LOSING OR MISPLACING THINGS	ATTENTION DIFFICULTIES
FORGETTING NAMES OR FACES	REPETITIVE STATEMENTS OR QUESTIONS

May 26<sup>TH</sup> June 2<sup>nd</sup>



**National Epilepsy week** will be taking place to raise awareness for those affected by epilepsy, and what can be done to help those who suffer from this condition. This week aims to increase public understanding of epilepsy break down stigmas associated with the condition and provide support for those living with epilepsy. Epilepsy is a neurological condition that affects the brain and causes recurring seizures or fits in people. Due to an uncontrolled increase of excess electrical activity in the brain interfering with the normal functions, this causes a short interruption to the relay of messages in the brain. Approximately 500,000 people in the England are diagnosed with epilepsy, affecting people of all ages, from newborns to the elderly. knowing the early warning signs and what to do when a seizure occurs can make a big difference helping those affected by the chronic condition.

<https://nationaltoday.com/epilepsy-awareness-week/>

## EPILEPSY & SEIZURES

Would you know what to do if you witnessed someone having a Seizure? These dos and don'ts could help you save a person's life.

### Dos

- 01 Keep a cool head under pressure.
- 02 Cushion the person's head and remove dangerous obstacles.
- 03 Try to turn the person on her/his side.
- 04 Time the seizure.
- 05 Call for emergency assistance when needed.

### Don'ts

- 01 Restrain the person.
- 02 Offer food or drink.
- 03 Put anything in the person's mouth.
- 04 Panic.
- 05 Perform CPR.