

## Newsletter

May 2023



**Monday 1<sup>st</sup> May - CLOSED**

**Monday 8<sup>th</sup> May - CLOSED**

**Monday 29<sup>th</sup> May - CLOSED**

IF YOU REQUIRE MEDICAL ADVICE OR ASSISTANCE OUTSIDE THE PRACTICE HOURS  
PLEASE CALL 111 OR, IN AN EMERGENCY, CALL 999

### **Stroke Awareness Month 1st-31st**

A stroke is an attack on the brain which happens when the blood supply to the brain is cut off in a certain place. This then causes that part of the brain to become damaged or die. The effects of a stroke can be very different depending on the severity and which area of the brain has been affected. Strokes can be permanent but it is also possible to recover from one, but a sufferer will always be at greater risk of a stroke.

Stroke Awareness Month raises funds that are needed to support sufferers and to get the correct information into the community so that people know the signs of a stroke and what to do if they suspect they or someone else is having a stroke.

<https://www.nhs.uk/conditions/stroke/>

<https://www.stroke.org.uk/get-involved/stroke-awareness-month>



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### **National Walking Month 1st-31st**

Walking is one of the easiest and quickest ways to increase exercise and improve physical and mental wellbeing. Walking can also help to reduce reliance on vehicles as transport, if you decide to walk a short journey instead! A regular 20-minute walk can also help to prevent diseases such as heart disease, cancer and mental health problems. This year, Living Streets have put together 20 tips to help you fit a 20-minute walk into your day, and they challenge you to see how many of the 20 tips you can do this month. <https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

### **Skin Cancer Awareness Month 1st-31st**

May is Skin Cancer Awareness Month. This year there is a big focus on how to stay safe in the sun, to help prevent the development of skin cancer, and to lower your risk of this. Some tips include: drinking plenty of water, covering up with a hat and sleeves, wearing a 5\* UVA protection sun cream, wearing sunglasses, and limiting your time in the sun. These little changes can really ensure you keep yourself safe so that you can enjoy your time in the sun worry-free!

It has been found that many people in the UK don't know the proper way to apply sun cream; yet knowing this is vital as it ensures the sun cream is protecting you properly. An average-sized adult needs around 6-8 teaspoons of sun cream each time in order to be fully protected. It's also important to make sure you're applying sun cream to dry skin so that it can properly protect you, keeping it on for as long as possible<sup>[1]</sup>. Sun cream should be applied 20-30 minutes before going in the sun, so that it can provide the best protection, and you should reapply every two hours, or after you've been in water. These tips can help you to stay safe and reduce the risk of developing skin cancer.

<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>

<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

### **Deaf Awareness Week 1st-7th**

This year, the National Deaf Children's Society is working on making it easier for people to communicate with deaf children and sharing the stories of over 50,000 deaf children and young people. They have free, online resources that can be delivered to you. Some examples of these resources are: finger spelling postcards, finger spelling posters, 'talking to your deaf friend' postcards and more. These resources aim to make communication easier and raise awareness for deaf children around the UK. <https://www.ndcs.org.uk/deaf-awareness-week/>

### **World Asthma Day 2nd**

World Asthma Day is held every year to raise money for asthma worldwide. This year's theme is 'Asthma care for all'. This day aims to raise awareness for asthma sufferers all over the world and raise funding to help with support, equipment and medications. The majority of fatal or serious asthma cases occur in low or



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middle-income countries that struggle to get the funding to help with diagnosis or basic medication like an inhaler. Global Initiative for Asthma (GINA) hopes to improve this by raising awareness and informing healthcare leaders, urging them to ensure the availability of effective medications.

Allergies can trigger asthma, especially in the summer when there are increased levels of pollen. Other allergens can be in the environment too, such as animal fur, dust mites, feathers, wood dust and latex. Symptoms can be controlled or helped by inhalers, tablets, injections, surgery or complementary therapies. Asthma can be difficult to deal with, and it's important to know what triggers are making your asthma worse, and how you can avoid them.

<https://ginasthma.org/world-asthma-day-2023/>

<https://www.nhs.uk/conditions/asthma/>

### **International Day of the Midwife 5th**

2023's International Day of the Midwife focuses on 'Together Again: From Evidence To Reality'. This year focuses on the changes that have been made previously in midwifery. Midwives are critical to the safety and wellbeing of women and babies. <https://www.rcm.org.uk/international-day-of-the-midwife-2023/>

### **Global Hand Hygiene Day 5th**

Hand hygiene is vitally important, and could save people's lives in some cases. This year, the WHO is focusing on civil society organisations, to help draw attention to hand hygiene on a local, national and international level. If many civil society organisations around the world can get involved, then big changes can be made. It's important that we learn from the COVID-19 pandemic how important hand hygiene is, and that we implement good handwashing in our daily routine. <https://www.who.int/campaigns/world-hand-hygiene-day/2023>

### **World Lupus Day 10th**

Lupus is an autoimmune disease that can affect any organ in the body. This year, to raise awareness for Lupus, there is a ten-day challenge. This challenge involves you completing challenges that you set for yourself ten days in a row and posting to raise awareness when you've finished. You could get sponsored to do these challenges, or just do it to raise awareness. LUPUS UK also encourages you to decorate a butterfly and display it in a shop window, or post it on social media to raise awareness. There are also many other events and activities taking place, such as coffee mornings. <https://www.lupusuk.org.uk/world-lupus-day-may-10th/>

### **Equality, Diversity and Human Rights Week 2023, 9th-12th**

Equality, Diversity and Human Rights Week focuses on creating a fairer and more inclusive NHS for staff and patients. During the week, healthcare organisations from around the UK will host activities to raise



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awareness about inclusivity and diversity in the NHS. The themes for this year are inclusive recruitment, psychological and physical safety for staff, pay gaps, and health inequalities.

### **International Nurses Day 12th**

This year's International Nurses Day theme is 'Our Nurses. Our Future'. This theme aims to bring attention to what is wanted for nursing in the future, to be able to fight global health issues and improve overall global health. This year will focus on the investments needed in nursing, and the improvements these investments would make to healthcare, and to prevent another pandemic. There are posters and a social media toolkit available to download from the International Council of Nurses webpage, where you can find out more information. <https://www.rcn.org.uk/Get-Involved/Campaign-with-us/Nurses-Day>

### **Walk to School Week 16th-20th**

Walk to School Week encourages primary school children to walk to school instead of using their usual method of transport. This is to help increase activity levels and help children stay fit and healthy. Living Streets has an activity pack on its website that teachers can use to guide their students, which includes a sticker reward chart and posters. This year's theme is Walking with Wildlife, which means that as your child walks to school they can look out for wildlife, making the walk more interesting and interactive. <https://www.livingstreets.org.uk/products-and-services/projects/walk-to-school-week>

### **Dementia Action Week 15th-21st**

Someone develops dementia every three minutes in the UK. Dementia does not only affect older people; it can also affect people in their 30s, 40s and 50s. Dementia Awareness Week is all about supporting people who are suffering with dementia and making sure they have a network of people around them to talk to them and help them with anything they need. You can help by joining the Alzheimer's Society campaign, volunteering with the Alzheimer's Society or joining an event. <https://www.alzheimers.org.uk/get-involved/dementia-action-week>

### **Action for Brain Injury Week 15th-21st**

This year's theme for ABI week is '90 seconds'. This is to raise awareness of the fact that every 90 seconds someone in the UK is admitted into hospital with a brain injury. The main causes of brain injury are: stroke, tumour, meningitis, a car accident, and a fall, though there are many other examples. Brain injuries can impact both the sufferer's and the family's life hugely. <https://www.headway.org.uk>

### **Mental Health Awareness Week 15th-21st**

It's important to know the difference between normal levels of stress and anxiety, and when these become a problem. This year's Mental Health Awareness Week focuses on recognising anxiety, and knowing when to reach out and ask for help. The Mental Health Foundation has some tips on how to cope with anxiety. Some of these are: focusing on your breathing, the 4-7-8 breathing technique, doing exercise, challenging your



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thoughts, keeping a diary, getting support and talking to people, and improving your sleeping and eating habits. These might be small ways of making a big difference to how you feel, and they can start to get you on the path to feeling better. If doing these tips doesn't work, or you think that you might need professional help, then you should get in touch with your GP and make an appointment. <https://www.mentalhealth.org.uk/our...ess-week/what-can-we-do-cope-feelings-anxiety>

### **Learning at Work Week 15th- 21st**

Learning at Work Week aims to inspire people to think about their working environment and how it can be improved to help them become more productive and learn new things that might help in the future. The theme this year is 'Create the Future'. This theme explores how lifelong learning at work can improve not only your working life but also your personal life. It's suggested that the ways in which you can implement learning at work are: by thinking about the spaces you work in, the skills that you have, and the ability for movement within companies. All of these methods can help to develop an environment where it's easy to learn something new every day. <https://www.learningatworkweek.com>

### **International Day Against Homophobia, Transphobia and Biphobia 17th**

The International Day Against Homophobia, Transphobia and Biphobia focuses on standing up to discrimination and raising awareness for the LGBTQ+ community. This day can help to support the LGBTQ+ community, and gives a place for the community to come together and support each other. Even if you're not involved in the LGBTQ+ community, there are ways in which you can support the event. You can do this by donating, learning more about the community, sharing the day with friends and family, and discussing the day and what it means. The day also remembers the events that have happened in history that have allowed the day to exist. <https://may17.org>

### **Global Accessibility Awareness Day 18th**

Global Accessibility Awareness Day is about thinking and learning about digital inclusion and the importance of digital access and inclusion for people with disabilities or learning difficulties. There are 1 billion people around the world with disabilities, the most common of which are sight, hearing, motor or cognitive disabilities. Some examples of adjustments that might need to be made, to make the internet accessible to everyone are: captioning on videos, alternative text descriptions for images, alternative keyboards and uncluttered screens. These measures could make a huge difference to someone's life, and give them independence. You can help by attending and participating in events and raising awareness about global accessibility. <https://accessibility.day>

### **World MS Day 30th**

The theme for World MS Day this year is 'connections'. This is all about building self-connections, community connections and healthcare connections. This aims to challenge social barriers, support people suffering from MS, promote self-care and help to connect people affected by MS to MS research.



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Multiple sclerosis affects around 2.8 million people around the world. MS is a condition that causes damage to the myelin that insulates the nerves. This damage affects the way that the nerves can conduct impulses to the brain. This can therefore mean that the sufferer can have blurred vision, weak limbs, tingly feelings, memory problems and fatigue. Most people are diagnosed between the ages of 20 and 40. There is no cure for the disease, but there are treatments that can make symptoms more manageable or can modify the course of the disease.

<https://worldmsday.org>

<https://www.mssociety.org.uk>

### **Coronavirus vaccination**

If you're over 75, live in a care home or fit the other criteria, you're eligible for a booster injection of the coronavirus vaccine. If you're eligible, it's vital that you get your booster vaccination. <https://www.gov.uk/government/publications/a-guide-to-the-covid-19-spring-booster-2023>

### **Fibromyalgia**

Fibromyalgia is a condition that causes pain all over the body. Symptoms include increased sensitivity to pain, muscle stiffness, difficulty sleeping, problems with mental processes, IBS and feelings of low mood. These symptoms can be extremely difficult to deal with, and symptoms may change randomly and get worse or improve randomly. Treatments include lifestyle changes such as exercise programmes or relaxation techniques, CBT, and antidepressants. There is currently no cure for fibromyalgia, but these treatments can help to improve life with the disease. If you're concerned that you may be suffering from symptoms of fibromyalgia, then you should get in touch with your GP and make an appointment. <https://www.nhs.uk/conditions/fibromyalgia/>

### **National Smile Month**

Dental and oral health are very important for your overall health. It's important to ensure that you're taking care of your teeth and your children's teeth, if you have children. You should do this by making sure you brush your teeth at least twice a day, you floss between your teeth, you cut down on sugar, brush any baby teeth as soon as they come through, get children into a regular brushing routine, and go to regular dental health checks at your dental practice. Doing these things will ensure that your dental health is okay, and that you avoid issues such as gum disease and sensitive teeth. <https://www.dentalhealth.org/national-smile-month>

### **Postnatal depression**

Postnatal depression affects more than 1 in 10 women. There's a difference between postnatal depression and 'baby blues', which is a common feeling of sadness and anxiety after giving birth. 'Baby blues' shouldn't last for more than two weeks, but if you're feeling like these feelings have been going on for a longer time,



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it's important to reach out and get help. Postnatal depression doesn't have to start as soon as you've given birth; it can be at any point in the first year postpartum.

Symptoms of postnatal depression include: a persistent feeling of sadness or low mood, lack of enjoyment and interest in the wider world, lack of energy and feeling tired all the time, finding it difficult to look after yourself or your baby, and other similar symptoms. If you're concerned that you might be suffering from postnatal depression, it's important to get in touch with your GP or midwife, or speak to someone you trust. There are treatments to help you manage and start to feel better.

<https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>

### STIs

If you're engaging in sexual relationships, it's important to make sure you're protecting yourself from sexually transmitted infections. You can usually get protection from sexual health clinics for free, or from any local supermarket; it's very important to protect yourself. It's also important to remember that STIs can spread through touching, not just intercourse. <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

Symptoms of STIs can include: unusual discharge, pain when going for a wee, lumps or growths on the genitals, a rash, unusual bleeding, itchy genitals, blisters and sores. If you're suffering from any of these symptoms, then you should speak to a GP or a sexual health clinic who will be able to offer you medication and advice. It's important to get help if you have any concerns, because leaving an STI without proper attention can cause fertility issues and health problems. <https://www.nhs.uk/conditions/sexually-transmitted-infections-stis/>

### March for Men

March for Men is taking place on 23rd July in London. March for Men aims to raise money for men suffering from prostate cancer, to aid research, and to support and fund treatments for prostate cancer. Prostate Cancer UK offers a wide range of information, support, advice and help for people who are close to someone who has prostate cancer. Prostate cancer affects 1 in 8 men, and there are certain risk factors that may make it more likely for you to develop it. Some examples of these are: getting older (aged 50 or over), having a family history of prostate cancer, and being black. If you have any of these risk factors and you're also suffering from symptoms, then it's important that you speak to your GP. They will be able to speak to you about the next steps, and what tests and resources are available to you.

<https://prostatecanceruk.org/get-involved/march-for-men>

<https://www.nhs.uk/conditions/prostate-cancer/>



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### **Smoking, tobacco and vaping for young people**

Vapes, smoking and tobacco are becoming more and more prevalent in the younger generation, particularly vaping. Vaping was designed as a tool to help people quit smoking, as although it's still harmful, it's less harmful than cigarettes. It's important to understand the dangers of vaping and the effects it can have on your body. Vaping, particularly disposable vapes, haven't been around for that long, so it's difficult to know the long-term effects that vaping might have. It has been found that vaping can cause lung issues, mental health issues, and can affect your overall health. It's also difficult to know how much nicotine is actually in your vape, which can be dangerous. It's important that you know the short-term and long-term risks of vaping before you start doing it, because it can become incredibly addictive and hard to stop. <https://www.nhs.uk/conditions/stop-smoking-treatments/>

### **Arthritis**

Arthritis is a common joint condition that affects mostly older people and can cause quite severe pain. The two most common types of arthritis are osteoarthritis and rheumatoid arthritis. Osteoarthritis is the most common type and is generally more common in older women who have a family history of arthritis. The joints that are most commonly affected are the hands, spine, knees and hips. Rheumatoid arthritis usually starts a bit earlier in life, sometimes as early as 30. This type of arthritis can also affect other organs in the body. Symptoms include joint pain, inflammation in the joints, restricted movement in the joints, warm red skin over the joints, and weakness and muscle wasting. If you're worried that you may have symptoms of arthritis, you can find out more on the NHS website. <https://www.nhs.uk/conditions/arthritis/>