

Newsletter
September 2024

Chatterbox Café –Chatterbox Café which has been set up in Derby by a mental health service user who wanted to provide a place for other service users to meet and chat. Chatterbox Café is currently running every Friday 10-11am at the Quad in Derby.



CHATTERBOX CAFE
New location



WELLBEING DROP-IN
EVERY FRIDAY
10AM-11AM

**A FRIENDLY, SAFE SPACE TO MEET
OTHERS, CHAT, MAKE FRIENDS**

DERBY QUAD
MARKET PLACE DE13AS

Socialympics Get Together - Derbyshire Dales Council for Voluntary Service (DDCVS) are holding a get together on Wednesday 25th September 2024 at 11.30am at The Agricultural Business Centre, Bakewell. This free event is a social opportunity for adults, local community, voluntary organisations and charities to come together. Participants will have the opportunity to engage in a variety of gentle sports and craft activities, and learn about a diverse range of local groups you can join. You can also learn how DDCVS can assist individuals with ideas for new groups. Their Social Prescribing

team will also be on hand to talk to individuals interested in attending community groups. Light refreshments will be available. Booking is essential by contacting Amanda, Social Connectedness Worker 01629 812154 (option 1) or email amanda@ddcvs.org.uk. The ABC is an accessible venue with parking available (with a permit for participants) and near to a bus route.



Socialympics Great Get Together

Come and connect while taking part in some gentle, accessible sports and craft activities with light refreshments. **FREE**



 Date: 25 September 2024

 Time: 11:30 AM - 1:15 PM

 Location: Bakewell Agricultural Business Centre

It's essential to book your spot!

 Call Amanda: 01629 812154 (option 1)

 Email: amanda@ddcvs.org.uk

 www.ddcvs.org.uk

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Blood donation

Did you know that you're no longer able to take children aged 11 and under to a blood donation session with you unless you're with another adult who is known to the children, and who doesn't have an appointment booked within an hour of yours. There are other reasons you may not be able to donate and you can check these out on the NHS Blood and Transplant site.

<https://www.blood.co.uk/the-donation-process/children-at-donation-venues/>

NHS number

You can easily find your NHS number through your NHS app, or by using the Find your NHS number service.

<https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>

Blood Cancer Awareness Month, 1st - 30th September

Blood Cancer Awareness Month is all about fundraising and spreading awareness of blood cancer, the signs and symptoms, and how to help yourself and others around you. This year, during Blood Cancer Awareness Month, you can fundraise by using the fundraising kit supplied by Cancer Research UK. This includes things to help you with your fundraising.

It's important to be aware of the symptoms of blood cancer, and what to look out for. Some of the main symptoms of blood cancer include: weight loss, blood and bruising, shortness of breath, night sweats and fatigue. If you're worried that you or someone you know might have some of these symptoms, you should contact your GP for advice. To find out more about the symptoms of blood cancer and what to do if you're concerned, you can use the link below.

<https://www.cancerresearchuk.org/get-involved/do-your-own-fundraising/get-fundraising-pack>

<https://bloodcancer.org.uk/understanding-blood-cancer/blood-cancer-signs-symptoms/>

Urology Awareness Month, 1st - 30th September

Urology Awareness Month raises awareness of issues within the urinary system. This can include bladder cancer, prostate cancer, UTIs, kidney stones and other issues. It's important to raise awareness for these issues, as living with urinary problems can be life-changing and debilitating. Living with a UTI is incredibly difficult, especially if it's a chronic issue that you're dealing with. Some ways in which you can help a UTI at home include: drinking cranberry juice, drinking plenty of water, and taking D-mannose or cranberry supplements. For more advice about dealing with a UTI, please see below.

<https://www.theurologyfoundation.org/impact-achievements/campaigns/urology-awareness-month/>

<https://www.nhs.uk/conditions/urinary-tract-infections-utis/>

Vascular Disease Awareness Month, 1st - 30th September

Vascular Disease Awareness Month focuses on the different vascular diseases that impact a large number of people across the UK. The four main types of vascular disease are: coronary heart disease, aortic disease, peripheral arterial disease and TIAs.

There are several ways that you can help prevent the development of coronary heart disease, and being aware of them could make a huge difference to your long-term health. One way to decrease your chance of developing coronary heart disease is to try and eat a balanced and healthy diet. Try avoiding foods that are high in saturated fats, and aim to eat foods with unsaturated fats instead. Exercising regularly can also improve your overall cardiovascular health – walking daily, running or a bike ride can significantly improve your health when implemented as part of your daily routine.

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

<https://www.nhs.uk/conditions/coronary-heart-disease/prevention/>

World Alzheimer's Month, 1st - 30th September

Every September, World Alzheimer's Awareness Month takes place. World Alzheimer's Month aims to focus on the fact that Alzheimer's should not be seen as a normal part of aging, and that people suffering with Alzheimer's and their families need support. You can get involved by posting on social media, fundraising or attending a local fundraising event. To find out more about how you can contribute, use the link below.

<https://www.alzint.org/get-involved/world-alzheimers-month/>

Gynaecological Cancer Awareness Month, 1st - 30th September

Gynaecological cancer can affect any woman of any age. Gynaecological cancers are womb, ovarian, vaginal, vulval or cervical. Symptoms of gynaecological cancers vary, but include bloating, unusual bleeding or bleeding after the menopause, pain, ulceration, and swelling in the legs. Support and advice are available if you're concerned.

Attending your first smear test can be worrying, but it can be very important for your health. If you're nervous, you can let your doctor or nurse know, and they'll be able to reassure you and explain what they're going to do. There are videos on the NHS website describing the process of a smear test, and a description of what will happen during your appointment. If you're nervous about your smear test, you can use the link below to find out more.

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

<https://www.nhs.uk/conditions/cervical-screening/what-happens/>

Know Your Numbers Week, 2nd - 8th September

Know Your Numbers Week is about finding out your normal blood pressure numbers, to help you easily identify whether something is wrong. High blood pressure can increase the risk of chronic disease. Being aware of what is a normal blood pressure reading for you is important.

<https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/>

Sexual Health Week, 9th - 15th September

Sexual health is important, because sexual infections can cause long-lasting issues, and although you may feel that the issue is resolved, underlying problems can continue long term. Regularly getting your sexual health tested can make a difference to your fertility and prevent disease spreading. Using protection is important.

Sexual health problems can affect not only your physical health but your mental health as well. This year, Sexual Health Week will focus on the link between mental health and sexual health. To find out more information about what this means or how you can get involved, you can use the link below.

<https://www.nhsinform.scot/campaigns/how-to-prevent-stis/>

<https://www.brook.org.uk/shw/>

World Suicide Prevention Day, 10th September

Every year, we reflect on the ways in which we can help people suffering with their mental health, and aim to prevent deaths caused by suicide. Discussions about suicide can be hard and upsetting, but they can be the difference between life and death. The Samaritans work every day to prevent suicide, and to offer support to anyone who needs it. You can call the Samaritans at any time of the day or night, and they'll be able to offer you support. It's important to learn how to approach or discuss issues surrounding suicide if you're concerned about someone you know. The language we use can make a big difference. If you're unsure of how to bring up your concerns with someone you're worried about, you can watch the videos provided on the Samaritans website.

<https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>

World Sepsis Day, 13th September

Sepsis is a response to infection, where the body starts to injure its own organs and tissues. Sepsis can be fatal, and aiming to prevent it is vital. Vaccinations, hygiene and cleanliness, and avoiding the overuse of antibiotics can help to prevent sepsis. Finding out the signs of sepsis could save your, or someone else's, life. To learn about the signs of sepsis and what to do if you're concerned, you can use the link below.

<https://www.worldsepsisday.org/preventsepsis>

Male Cancer Awareness Week, 16th - 22nd September

Male Cancer Awareness Week raises money for cancers that only affect men, such as testicular cancer, prostate cancer and penile cancer. Funding research into male cancers will help to save lives. You could host a coffee morning, do a sponsored walk or run, share information around your community or simply donate anything you can. If everyone gets involved, even in a small way, more awareness will be raised and more funding will be dedicated to research.

<https://orchid-cancer.org.uk/>

National Eczema Week, 16th - 22nd September

Eczema is a dry, irritating skin condition that affects many people across the UK. Atopic eczema affects 1 in 5 children and 1 in 10 adults. Often eczema can affect the areas of the body where joints are, such as the elbows or the knees. Eczema can change your skin and cause scarring, which can affect both physical and mental health. There are booklets available for both adults and children in the link below for information about eczema and how to deal with it.

Living with eczema can be very difficult, and seeking help from your GP practice is the best thing to do. Your medical practice may be able to provide you with creams and medication, and help you to identify your triggers. If you think you're suffering from eczema, you should book an appointment with a member of your GP team.

<https://eczema.org/wp-content/uploads/Living-with-Eczema-info-for-adults-2023.pdf>

<https://eczema.org/information-and-advice/treatments-for-eczema/>

Rheumatoid Arthritis Week, 16th - 22nd September

Rheumatoid Arthritis Awareness Week highlights the issues that people with this condition suffer with on a daily basis, and increases public awareness and understanding. Rheumatoid Arthritis (RA) impacts roughly 2-3 times more women than men. In RA, the immune system doesn't know when to stop doing its job, so mistakenly attacks the synovial membrane around the joints, causing pain and swelling, and it can also affect other organs.

<https://nras.org.uk/campaigning/ra-awareness-week/>

EveryWoman Day, 16th September

EveryWoman Day recognises the issues that women face on a daily basis, from periods to hormones, weight and pregnancy. EveryWoman Day recognises that funding is normally spent on conditions that can be fatal, and women's health is often overlooked. The day-to-day health of women is vital, and managing things like menstrual cycle issues can be difficult. It's important that everyone is aware of the issues that women struggle with, and what we can do to help each other.

<https://everywomanday.com/>

Youth Mental Health Day, 19th September

The internet and social media can impact youth mental health significantly. It's important to keep an eye on your children's social media usage and mental health, offering them ways in which they can improve their mental health, such as going for a walk or spending time with friends and family. It's important to let your children know that they can speak to you, and ask you for advice.

If you're a teenager struggling with your mental health and you don't know what to do about it, there are plenty of places where you can go for help. Your school will have a mental health advisor who can help you, your family and friends can listen and understand, or you could ask your parents to book you a doctor's appointment if you're not able to book one yourself. You can try and help your mental health at home, by doing things that you enjoy, and taking time to reflect on where these feelings are coming from and how you can help yourself. The Mind website has plenty of information about who you can talk to or how you can help your mental health.

<https://stem4.org.uk/youthmentalhealthday/>

<https://www.mind.org.uk/for-young-p...mental-health/#HowCanILookAfterMyMentalHealth>

Cycle to School Week, 23rd - 29th September

Cycle to School Week, held by Bikeability, promotes health for you and for the earth. Cycling to school, instead of going in a car or on a bus, can start your day with some exercise and reduce the emissions being released from vehicles. You can make a pledge and cycle to school every day, and see what a difference it makes to how you feel. To find out how to get involved, click on the link below.

<https://www.bikeability.org.uk/cycletoschoolweek/>

Migraine Awareness Week, 23rd - 29th September

1 in 7 people live with migraines consistently. Often being thought of as 'headaches', migraines are actually a neurological disorder. Migraines can affect not just your head but also your vision, awareness and ability to complete day-to-day tasks. Migraines can also affect your stomach, and cause vomiting and nausea. Migraines are painful and there isn't really a cure, but taking pain medication and over-the-counter painkillers can help.

<https://migrainetrust.org/understand-migraine/what-do-we-currently-know-about-migraine/>

National Eye Health Week, 23rd - 29th September

Two million people in the UK are struggling with sight loss that's severe enough to impact their daily life. Making sure you're attending your eye tests and regularly checking on your eyesight can prevent it from getting any worse. Sight issues can cause eye strain and headaches, and can cause issues more complex than just your eye health. Making sure you're taking care of your eyes is important, and if you're often in front of screens, you could try buying blue-light glasses, which can help to preserve the health of your eyes.

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

National Inclusion Week, 23rd - 29th September

National Inclusion Week is about ensuring that workplaces are inclusive and fair, and providing the same support for all employees. Discussing National Inclusion Week in your workplace can help to encourage important conversations and raise awareness. To get involved, you can use the link below and join in with fundraising and discussions.

<https://www.inclusiveemployers.co.uk/national-inclusion-week/>

Organ Donation Week, 23rd - 29th September

This year is the 30th year of the Organ Donor Register, so the focus is on the impact that organ donation has had on so many lives so far, and to say thank you to all the people who have donated organs. This Organ Donation Week, the theme is 'paint the sky pink' and pink lights will represent organ donation to say thank you to those who have donated. Recognising the importance of organ donation is crucial, and organ donation will continue to save many lives in the future.

<https://www.nhsbt.nhs.uk/how-you-ca.../turn-the-skies-pink-for-organ-donation-week/>

World Contraception Day, 26th September

Your life, your choices. No one else should have any input regarding what contraception you choose, and choosing the right one for you can be difficult. Hormonal contraception, barrier methods and more are available to you, and it's important that you choose the right one. Your GP or local sexual health clinic can help you decide what might be right for you, and they can discuss possible outcomes with you.

A woman's right to choose the number, timing and spacing of her children is fundamental. World Contraception Day aims to ensure that women all over the world are given access to methods of contraception.

<https://www.your-life.com/en>

<https://www.unfpa.org/events/world-contraception-day>



In August 99 patients failed to attend appointments here

16.5
HOURS
WERE
MISSED

Equivalent
to
5 GP Clinics

99
PATIENTS DID
NOT ATTEND

If you are unable to attend **always** cancel your appointment



Call us on **01773 602141**



Contact us @ www.somercotesmedicalcentre.co.uk



Visit the practice in person