

Newsletter **June 2025**

Pride Month

Did you know that Pride Month is celebrated in June to commemorate the 1969 Stonewall riots, the protests that marked a huge change for gay rights? Pride is just as important today; LGBTQ+ people still face unacceptable stigma and discrimination. Show your support this Pride Month!

It's a time to honour acceptance and equality, and to promote education about LGBTQ+ history, while raising awareness of the ongoing challenges the community faces.

LGBTQ+ individuals often face unique challenges and disparities in healthcare. Patients are at the heart of our inclusive and welcoming practice. At [NAME OF PRACTICE], we welcome everyone and strive to provide a safe, supportive and caring environment. We believe in fairness and equality, and value diversity in our staff and patients.

Stillbirth and neonatal death – SANDS Awareness Month

Trigger warning – infant loss

Every day in the UK, 13 babies die shortly before, during or soon after birth and at least one in six pregnancies end in loss. The heartbreak of baby loss can affect families for years to come, and it's important that bereaved parents can access the right support.

SANDS (stillbirth and neonatal death) Awareness Week is a chance to find out about the work being done to save babies' lives and how to offer support to bereaved families.

If you've been affected by baby loss, there is help and support here: <https://www.sands.org.uk/support-you>

CHD

Coronary heart disease affects around 2.3 million people in the UK and is the most common cause of premature death. You can make some simple lifestyle changes to help reduce your risk of CHD such as eating a healthy, balanced diet, increasing physical activity and stopping smoking.

If you're 40–75 years old and concerned about your heart health, why not book your free [NHS health check](#) to assess your risk of CHD and help reduce your risk. <https://www.bhf.org.uk/informationsupport/support/taking-control-of-your-weight>

Volunteers' Week, 1st – 7th June

We're celebrating all our volunteers! Thank you for your hard work and dedication; we'd be lost without you!

Volunteers' Week is a UK-wide campaign held to celebrate and recognise the contributions of volunteers! 25 million people in the UK volunteered informally at least once last year and celebrating and sharing the importance of their contributions can help encourage even more people to volunteer!

Men's Health Week, 9th – 15th June

Men's Health Week takes place every year during the week leading up to Father's Day. It's happening this year from 9th – 15th June. The focus is on raising awareness about the health challenges men face and encouraging them to prioritise their wellbeing. Been putting off seeing your GP? Make an appointment today! #menshealthweek

Did you know that four in five suicides are by men, with suicide noted as being the biggest cause of death for men under 35 (UK Parliament)? Men's health cannot take a back seat. We're urging the Government to fulfil their promise of putting in place a Men's Health Strategy for the NHS this #menshealthweek.

<https://www.menshealthforum.org.uk/mhw>

Carers' Week, 9th – 15th June

Are you a carer? There are 5.8 million people in the UK caring for a family member, friend or neighbour who's ill, older or disabled. Make sure you let us know if you're caring for someone; it's important that we can look after your health while you're looking after them.

This year, Carers' Week will focus on '[Caring About Equality](#)', highlighting the disparities and disadvantages faced by unpaid carers across the UK, to increase awareness and improve support. Caring for someone can have a significant impact on your own health, finances, employment and education opportunities. 70% of carers report a long-term physical or mental health condition, disability or illness, compared to 50% of non-carers, so it's important you access the help you need as a carer. <https://www.carersuk.org/help-and-advice/>

Diabetes Week, 10th – 16th June

If you're living with diabetes, it's important to attend your regular checks with us at the surgery. We understand it can feel like you don't have time or you're feeling fine, but these checks will help keep you healthy and provide support, even if you feel like you don't need it!

Diabetes can cause other health issues, so it's vital to pick these up in the early stages. Make your yearly health check an essential date in your diary.

Read here what to expect: <https://www.diabetes.org.uk/about-diabetes/looking-after-diabetes/care-to-expect>

Bike Week, 10th – 16th June

Bike Week is the chance to celebrate the benefits of cycling for individuals, communities and the environment. Whether you ride every day or haven't cycled in years, there are events for you!

Bike Week shines a spotlight on the many ways cycling benefits us all – from boosting health and wellbeing to cutting carbon emissions and creating more connected communities. There are so many benefits to your health, including:

- Increased cardiovascular fitness
- Increased muscle strength and flexibility
- Improved joint mobility
- Decreased stress levels
- Stronger bones
- Decreased body fat levels

World Blood Donor Day, 14th June

Blood stocks throughout the UK remain critically low. You can save someone's life this #WorldBloodDonorDay by giving blood.

If you're fit and healthy, and you're aged between 17 and 65, you can generally give blood! The UK needs around 4,300 donations a day to meet the needs of hospitals and critical care. Men can donate every 12 weeks and women every 16 weeks. Do something amazing and save someone's life today by giving blood. <https://www.blood.co.uk/why-give-blood/>

Cervical Screening Awareness Week, 19th – 24th June

Cervical screening (which used to be called a smear test) is a free NHS health test that's offered to women and all people with a cervix between the ages of 25 and 64. It helps prevent cervical cancer by checking for human papillomavirus (HPV). Screening saves over 5,000 lives a year. It's a quick test, and we'll make you feel relaxed and comfortable.

This is a life-saving test, so when invited, please make sure you #AttendScreening.

<https://www.cervicalcancerpreventio...appDefId=14c92d28-031e-7910-c9a8-a670011e062d>

Armed Forces Day, 28th June

Today is an opportunity to show your support for the men and women who make up the Armed Forces community – from currently serving personnel to service families, veterans and cadets.

#ArmedForcesDay

Are you a veteran? It's really important to let us know if you're currently serving or have left the Armed Forces so we can ensure we look after the needs of you and your family.

World Allergy Week, 29th June – 5th July

[Anaphylaxis](#) is a preventable threat! This #WorldAllergyWeek we're raising awareness of recognising the signs of anaphylaxis and what to do in this emergency situation. Often referred to as the ABC, you can look out for the following:

Airway – swelling in the throat/tongue, tightness in the throat

Breathing – sudden onset wheezing or breathing difficulties

Circulation – faint, sudden fatigue, confusion, pale clammy skin, even loss of consciousness

If you suspect an anaphylactic reaction:

- Immediately use an adrenaline auto-injector (e.g., Epi-Pen) if you have one
- Call 999.
- Get the patient to lie down and raise their legs, and if they're struggling to breathe, they should sit up and raise their shoulders.
- Do not allow them to stand or walk.
- After five minutes, you can administer a second adrenaline auto-injector if they're not responding.

It's important to remain as calm as you can; in this way, you'll really help the patient.

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



In May 134 patients failed to attend appointments here

**23 HOURS
WERE
MISSED**

**Equivalent
to
6.5 GP
Clinics**

**134
PATIENTS DID
NOT ATTEND**

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



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