

## Newsletter November 2025

### **Pancreatic Cancer Awareness Month**

Pancreatic cancer often causes no symptoms in the early stages, which can mean it often gets missed. When symptoms do appear, they're the same in men and women and often vague or intermittent so diagnosis is difficult. Understanding and knowing the symptoms to look out for can help medical professionals investigate early. As with most cancers, catching this early on can help outcomes and survival rates.

Some of the symptoms:

- Unexplained upper abdominal pain
- Sudden weight loss or loss of appetite
- Indigestion, bloating or early fullness after small meals
- Nausea or vomiting, especially after fatty foods
- Fatigue or general weakness

If you're worried, please make an appointment via our online request form.

<https://www.pancreaticcancer.org.uk/information/signs-and-symptoms-of-pancreatic-cancer>

### **Movember**

*\*Trigger warning\**

Did you know that in the UK, three out of four suicides are by men? This has to change.

This month is a time to focus on men's mental health, prevention and health promotion. Have you noticed a friend's change in mood? Maybe they're not around as much, or they're going through life changes?

Movember is here to change the face of men's health. Too many men are dying before their time, and growing a moustache in November is a conversation starter for those difficult topics that could save lives.

If you know someone who's struggling with their mental health, reach out – it can make all the difference. <https://uk.movember.com/men-s-health/spot-the-signs>

## Winter weather warnings and staying warm

Feeling the chill this winter? Keeping warm is essential for your well-being and health. Winter weather can stop vulnerable people getting out and about, so it's important to check on your neighbours and friends during this time.

When it's cold outside, and inside, there are some tips you can use to preserve heat and keep warmer:

- Reduce draughts where you can
  - Layer up – wear lots of layers of thinner clothing
  - Cover extremities – hats, gloves, thick socks and scarves
  - Eat healthily with plenty of hot drinks
  - Avoid alcohol
  - Keep moving
  - Hot-water bottles are a great, cost-effective way to keep warm
  - Look into financial support such as the winter fuel payment
- Keeping the cold at bay can help you stay healthy over the wintry months.

<https://www.ageuk.org.uk/informatio...keep-well-this-winter/stay-healthy-in-winter/>

<https://www.gov.uk/winter-fuel-payment>

## Lung cancer awareness

Did you know lung cancer can affect **anyone**, not just smokers? This month is a great opportunity to raise awareness of this devastating disease and to help save lives. Understanding the signs and symptoms of lung cancer can help with an early diagnosis.

If you find that any of the following symptoms are affecting you, and last more than three weeks, make an appointment with your GP:

- Persistent cough
- Coughing up blood
- Chest pain or shortness of breath
- Unexplained weight loss or fatigue
- Repeated chest infections

Early detection saves lives.

<https://www.macmillan.org.uk/cancer-information-and-support/lung-cancer/signs-and-symptoms-of-lung-cancer>

### **Mouth cancer awareness**

Mouth cancer (also known as oral cancer) can develop in any part of the mouth and is one of the most common head and neck cancers, usually starting on the side of the tongue or the floor of the mouth.

As with other types of cancer, early diagnosis can help to improve long-term outcomes and open up more treatment options. Keeping an eye out for symptoms can help to pick up any concerns at an early stage.

The most common symptom of mouth cancer is a mouth ulcer or sore that does not heal within three weeks. These can be found in the cheeks, roof of the mouth, gum or tongue. You may also notice pain in the mouth or red or white patches.

If you're concerned, see your doctor.

<https://www.macmillan.org.uk/cancer-information-and-support/head-and-neck-cancer/mouth-cancer>

### **Social Media Kindness Day, 9th November**

Social Media Kindness Day is the annual reminder of the need to be respectful and thoughtful all year round when posting on social media.

We understand that it can be difficult to get an appointment sometimes, or you may have to wait for a callback, but we're doing our best to help you while under huge pressure. Our team are people too, and online social media posts left in frustrated haste can be hurtful.

If you have any concerns about any aspect of our service, please speak to the Practice Manager. We're always happy to hear from you.

### **Anti-Bullying Week, 10th to 14th November**

40% of children were bullied over the last year. Bullying can be in person or online, and includes physical, verbal, emotional and discriminatory behaviour (e.g., racist, homophobic, disability-related). Recognising the signs in your children can help you to intervene. Watch for:

- Change in mood
- Change in sleeping patterns
- Belongings getting 'lost' or damaged

- Physical injuries, such as unexplained bruises
- Being afraid to go to school, having mysterious illnesses
- Skipping school
- Stealing money
- Being withdrawn or upset

Let's use our 'Power for Good' to stop this harmful behaviour this Anti-Bullying Week.

### **Transgender Awareness Week, 13th to 19th November, with Transgender Day of Remembrance (TDOR) on 20th November**

Trans Awareness Week helps to raise the visibility of transgender and gender non-conforming people, and addresses the issues the community faces. It's also a time to celebrate, embrace and share stories from the trans community.

Show you're an ally with these few tips:

- Respecting pronouns – use an individual's chosen pronouns
- Listening to trans voices – hear and validate
- Learn – spend time understanding more, such as sex assigned at birth, gender identity, and gender expression.

<https://www.hrc.org/campaigns/transgender-awareness-week-transgender-day-of-remembrance>

### **Disability History Month, 14th November to 20th December**

This Disability History Month, we recognise and celebrate the history, achievements and voices of disabled people – while reflecting on the ongoing fight for equality, inclusion and human rights.

It's the ideal time to start a conversation about disability rights, to challenge stigma and discrimination, and consider accessibility issues.

Let's learn, listen and take action – not just this month, but always.

### **UK Malnutrition Week, 17th to 23rd November**

Malnutrition is a serious condition that happens when your diet doesn't contain the right amount of nutrients, affecting millions of people in the UK. There are many factors contributing to this statistic, such as the rising cost of living, food and energy prices, social isolation and much more.

UK Malnutrition Week aims to increase understanding of the dangers, risk factors and signs of malnutrition and dehydration.

Find out how to access help and support, and if you're concerned, please make an appointment with our team. <https://www.nhs.uk/conditions/malnutrition/treatment/>

### **National Self-Care Week, 17th to 23rd November**

It's Self-Care Week, and your annual reminder to set aside some time for you.

We're living longer lives, but not necessarily healthier. Demand for health services has risen significantly in recent years, with long-term conditions growing. Preventive health is key to a healthier future for both your mental and physical well-being, and self-care is at the heart of this.

Try these self-care ideas:

- Take a mindful walk
- Try meditation
- Set boundaries – it's okay to say no
- Speak to someone if you're struggling
- Do one thing that brings you joy

Self-care looks different for everyone; find what works for you.

<https://nshcs.hee.nhs.uk/training-s...-handbook/self-care-ideas-to-get-you-started/>

### **Sugar Awareness Week, 17th to 23rd November**

Did you know that nine in ten children, and four in five adults, in the UK are eating more sugar than recommended? This raises the risk of obesity, type 2 diabetes and tooth decay – starting from childhood.

This Sugar Awareness Week, the theme is 'Cutting Through the Sweet Talk: What You See Isn't What You Eat', highlighting the importance of looking past marketing and packaging.

Terms such as 'smart snacking' can distract from the nutritional value of a food.

- Always read the label
  - Swap sugary drinks for water
  - Choose whole, unprocessed snacks
- Try the NHS food scanner to look into labels in more

detail: <https://www.nhs.uk/healthier-families/food-facts/nhs-food-scanner-app>

### **Antimicrobial Resistance Awareness Week, 18th to 24th November**

Antibiotic resistance can happen when bacteria are treated with an antibiotic, and some survive. When bacteria become resistant, the original antibiotic can no longer kill them, which can result in infections that are hard to treat.

Resistance to antibiotics is a growing concern. Help preserve their efficacy for when they're really needed!

- Always take antibiotics as prescribed
  - Never miss a dose
  - Complete a course in full
  - Vaccinate yourself and your family
- Keep antibiotics for when they're really needed. You could save a life.

### **International Men's Day, 19th November**

This International Men's Day is the opportunity to make a positive difference to the well-being and lives of men and boys, and to promote positive conversations about men, manhood and masculinity.

Did you know:

- Men are less likely to seek help for physical or mental health issues
- Suicide is one of the leading causes of death for men under the age of 50 in the UK
- Promoting healthy role models, respect, and equality benefits everyone

Start the conversation this International Men's Day. <https://ukmensday.org.uk/>

### **Carers' rights, 20th November**

Being a carer is hard. There are no set hours, and you're often caring for someone close to you.

Every day, 12,000 people become unpaid carers for a partner, family member or friend. They may not even view themselves as carers. But who looks after you when you're looking after someone else? Carers' Rights Day is about raising awareness of what you're entitled to as a carer and how to access support. This year, the theme is 'Know your rights, use your rights'. As a carer, knowing your rights empowers you and helps you to reach the support you so need, to reduce the pressure when you're caring for others.

<https://www.carersuk.org/news-and-campaigns/our-campaigns/carers-rights-day/>



## In October 189 patients failed to attend appointments here

**31.5  
HOURS  
WERE  
MISSED**

**Equivalent  
to  
9 GP Clinics**

**189  
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](http://www.somercotesmedicalcentre.co.uk)



Visit the practice in person