

Newsletter March 2026



Thursday 2nd April - OPEN
Friday 3rd April – CLOSED
Saturday 4th April – CLOSED
Sunday 5th April – CLOSED
Monday 6th April – CLOSED
Tuesday 7th April – OPEN

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

Ovarian Cancer Awareness Month, 1st–31st March

Did you know, over the past ten years there has been no improvement in ovarian cancer survival rates? Over 7,000 women are diagnosed every year, with two-thirds at a late stage when it's harder to treat.

This Ovarian Cancer Awareness Month, it's time to make a change. Often symptoms can be missed or attributed to another condition. If you're struggling with persistent bloating, pain around the tummy, difficulty eating or feeling full, or a change in urination habits, you may find this checker useful: <https://ovarian.org.uk/ovarian-cancer/ovarian-cancer-symptoms/ovarian-cancer-symptoms-checker/>

Let's help to raise awareness of the symptoms and improve survival rates. If you have any concerns, or any symptoms, please don't hesitate to make an appointment with your GP.

You can find some useful guides here:

<https://ovarian.org.uk/get-involved/campaigns/download-our-materials/>)

Endometriosis Action Month, 1st–31st March

Take action on endometriosis this March and make a change for the 1 in 10 women, and those assigned female at birth, with endometriosis in the UK.

Endometriosis can affect everyone differently. Some people may have transient symptoms, and some may struggle to cope day to day.

Common symptoms include:

- Pelvic pain
- Disruptive, painful periods
- Pain during/after sex
- Bloating around periods
- Bowel difficulties
- Fatigue combined with the above

Find out more here: <https://www.endometriosis-uk.org/what-is-endometriosis>

If you suspect you have this condition or it's interfering with your ability to live a normal life, please make an appointment with your GP.

NO MORE Week, 2nd–8th March

The UK says 'No More' to domestic abuse and sexual violence.

If you're experiencing domestic abuse, reaching out can be a frightening step, but there is help and you can access a safe space. There are over 4,500 safe spaces across the UK; simply walk in and ask to use their safe space, alongside online space [\[PS1\]](#) to find the help you need, when you need it.

<https://uksaysnomore.org/safespaces/> #NoMoreWeek

<https://uksaysnomore.org/online-safe-spaces/>

You can find some great resources to download and use

here: <https://www.hestia.org/Handlers/Download.ashx?IDMF=a4afee25-8bc2-4c3e-a8c7-8bc388f40f4c>)

World Obesity Day, 4th March

On World Obesity Day, we're taking steps to reduce the prevalence of weight concerns and the associated long-term health risks.

Childhood obesity is rising rapidly – particularly among children of primary school age. It leaves them with life-long risks, such as a greater risk of issues such as diabetes, heart disease and some cancers. Now is the time to take action. How do we help?

- Increase exercise – think about joining a club or team
- Get out for walks with your family to increase your steps
- Choose snacks such as fruit and raw vegetables instead of processed foods
- Control portions at meal times
- Aim for five portions of fruit and vegetables per day

It can be really difficult to discuss weight with a child, particularly when you may have concerns about their self-perception, so it can be useful to reach out for support.

<https://www.nhs.uk/live-well/healthy-weight/childrens-weight/advice-for-parents-overweight-children/>

International Women's Day, 8th March

Started 115 years ago, #IWD2026 is working towards an equal, inclusive and diverse world. Be part of the change! The theme of International Women's Day 2026 is 'Give to Gain'.

What does that mean? When we give to others, we gain! We're encouraging a mindset of generosity and collaboration, and the power of supporting other women.

Covid National Day of Reflection, 8th March

The pandemic was a challenging and unprecedented time, and remains a significant part of recent history.

Holding an annual National Day of Reflection helps us to:

Remember and commemorate those who lost their lives since the pandemic began

Reflect on the sacrifices made by many, and on the impact of the pandemic on us all

Pay tribute to the work of health and social care staff, front-line workers and researchers

Appreciate those who volunteered and showed acts of kindness during this unprecedented time

<https://dayofreflection.campaign.gov.uk/>

Young Carers Action Day, 11th March

Are you a young carer registered with our practice? Being a young carer can take its toll on you, and it's really important you have access to the right support yourself.

If you're a carer for someone, and you're under 18, please do let us know at reception.

No Smoking Day, 12th March

'Commit to Quit' this No Smoking Day. If you're looking for a sign to improve your health, breathe easily and minimise the risk of long-term conditions, here it is! Start today and you'll feel the benefits so quickly!

Within days, you'll notice:

- Your sense of taste and smell improves
- You start to breathe more easily
- You have more energy

As the weeks progress, you'll find you have:

Better blood circulation to your heart and muscles, making physical activity easier

Improved lung function – any coughs, wheezing or other breathing problems can reduce

And you'll see the benefits in your pockets! Why not start today?

<https://www.nhs.uk/better-health/quit-smoking/>

World Kidney Day, 12th March

World Kidney Day 2026 is on 12th March and we're challenging the myths about kidney disease and explaining why kidneys matter!

Our kidneys have an incredibly important role in our overall health and in removing toxins, so it's vital to take care of them.

- Stay active – this can help to maintain an ideal body weight, reduce your blood pressure and the risk of chronic kidney disease

- Eat a healthy diet – this can assist with maintaining an ideal body weight and reducing your blood pressure
- Keep control of your blood sugar and blood pressure
- Minimise use of over-the-counter NSAIDs to reduce the burden on your kidneys
- Drink plenty of water

Give your kidneys the care they deserve.

<https://www.worldkidneyday.org/about-kidney-health/>

World Sleep Day, 13th March

It's World Sleep Day! Did you know that without enough sleep, your health can suffer? The theme this year is to 'Sleep Well, Live Better', and to understand the importance of getting plenty of snoozing time.

Sleep is essential to your health and has so many benefits:

- It boosts memory and learning
- It helps to clear waste from the brain and promote brain health
- It supports immune health

Find some tips here on promoting a better quality of sleep: <https://www.nhs.uk/every-mind-matters/how-to-fall-asleep-faster-and-sleep-better/>

World Oral Health Day, 20th March

Did you know, World Oral Health Day was chosen for the significance of March 20th (3/20), which reflects a goal of 32 teeth and 0 cavities, representing a life-long healthy mouth.

Here are some tips on maintaining great oral health:

- Brush twice daily
- Clean between your teeth
- Reduce your sugar intake
- Try to limit other damaging activities such as smoking and alcohol intake
- Brush baby teeth as they come through
- Get children into good oral habits early
- Cut out fizzy drinks
- Book regular dental checkups

<https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth-and-gums/>

Have a look at these resources targeted at children

here: <https://www.worldoralhealthday.org/campaign-theme-2026>

FND Awareness, 25th March

Functional Neurological Disorder (FND) is a complicated brain network disorder that can affect anyone, at any age.

Many people face severe, life-changing symptoms, yet access to specialist care across the United Kingdom remains limited. Sufferers can experience seizures, limb weakness, pain, fatigue and many other debilitating symptoms that can reduce their ability to live a normal life, thereby creating loneliness.

If you have FND, reach out as support can help you feel you're not alone.

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

Social Prescribing Day, 26th March

You may have heard the term 'social prescribing' and wondered what it is, and can it help me?

Social prescribing is a service to help boost wellbeing by linking you into local support networks or services, as part of an overall approach to individual care.

International Trans Day of Visibility, 31st March

The International Trans Day of Visibility aims to shed light on the struggles that transgender and non-binary people face daily. Hate crime is prevalent in the LGBTQ+ community, and it's time to put a stop to it.

Educating, sharing and advocating for equality and acceptance are an integral part of inclusion, and a simple but powerful act of allyship is to respect chosen names and pronouns. Try to include pronouns in your email signatures and social media profiles to normalise their usage, and if you're unsure, simply ask politely what someone's preferred pronouns are.

<https://lgbt-speakers.com/news/event-planning/transgender-day-of-visibility>

<https://www.lpft.nhs.uk/about-us/equality-and-diversity/pronouns>



In February 129 patients failed to attend appointments here

21.5
HOURS
WERE
MISSED

Equivalent
to
6.5 GP
Clinics

129
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