

## **Newsletter July 2026**

### **Group B Strep Support (GBSS) Awareness Month, 1st–31st July**

Group B Streptococcus is a type of bacteria which can be passed on by direct physical contact, and is carried by around 1 in 4 adults, usually harmlessly and with no symptoms. But during childbirth, it can be passed to babies – and in rare cases, lead to serious complications like sepsis, pneumonia, or meningitis. On average, two babies a day in the UK develop group B Strep infection. One baby a week dies, and another is left with life-changing disability.

However, most group B Strep infections are preventable. With better awareness, routine testing, and timely antibiotics during labour, the risk can be significantly reduced. Because GBS can be passed on by skin-to-skin contact, everyone should wash and dry their hands properly before handling a newborn baby.

Group B Strep Awareness Month, aims to save lives by educating expectant parents and health professionals about how GBS is carried, how it can be transmitted during childbirth, and what steps can be taken to reduce the risk.

Information about GBS and getting support in the UK can be found at <https://gbss.org.uk>, and you can see more information, fundraising toolkits and materials, and take a fun quiz on the Group B Strep International website: <https://www.groupbstrepinternational.org/gbs-awareness.html>

### **Hyperpigmentation/Melasma Awareness Month, 1st– 31st July**

Melasma is an adult skin condition, affecting millions of people, where brown or greyish patches of pigmentation develop, usually on the face, and usually during the summer months. It is more common in women, but can also affect men. Melasma is more common in people with brown or black skin and those who tan very quickly, but can occur in anyone.

Melasma is not an infection, so it is not contagious, and it is not due to an allergy. It is not cancerous and will not develop into skin cancer. The exact cause is not known, but it is thought to be due to cells in the skin producing too much melanin pigment. Triggers might include hormonal changes during pregnancy, medication and UV light, which is also known to make melasma worse.

Although melasma is not harmful, and does not cause pain or itching, many people find its appearance upsetting, and may experience a drop in self esteem, or prejudice due to

misunderstanding of the nature of the condition. Melasma Awareness Month aims to improve awareness and knowledge of the causes, treatments and preventative steps people can take to lessen its impact.

You can find out more about melasma, and discover ways you can fundraise for a variety of skin conditions on the British Skin Foundation website at <https://www.britishskinfoundation.org.uk/conditions/melasma>.

### **Good Care Month, 1st–31st July**

Good Care Month is an opportunity to celebrate the dedicated professionals working across the social care sector. Carers, both paid and unpaid, make a vital contribution to communities by providing support to vulnerable individuals.

It is spearheaded by adult social care organisations, local authorities, and care providers, and also aims to raise the profile of care as a rewarding and essential career path, particularly at a time when recruitment and retention in the sector are national priorities.

Everyone is encouraged to join in by doing simple things to thank carers in their local community, such as sending thank you cards, or providing a gesture such as pastries for staff tea breaks at a local care home.

The Good Care Month initiative began in Hertfordshire, and there are lots of inspiring personal stories from carers, talking about why they love working in care at the Hertfordshire Care Providers Association website: <https://www.hcpa.info/good-care-month-material-july/#good-care-month>.

If you feel inspired to learn more about a career in care, you can explore your options and find out how you can get into a caring role at <https://nationalcareers.service.gov.uk/job-profiles/care-worker>.

### **Disability Pride Month, 1st–31st July**

Disability Pride Month is an important opportunity for disabled people and allies to come together as a community to share experiences and start conversations. It's also a celebration of the creativity, resilience, and achievements of disabled people and a time for challenging the negative attitudes that hold disabled people back.

Disability Pride Month began in Boston, USA, in 1990 and has grown into a global movement. Scope has proudly supported the growth of Disability Pride Month in the UK since 2009.

Disabled people still face unfair treatment and harmful stereotypes, and Disability Pride helps change the conversation. It's a chance to speak up, be proud, and create change.

You can join in by sharing stories and photos online, fundraising or donating, or helping to raise awareness on social media. Find out more and download fundraising resources at <https://www.scope.org.uk/disability-pride-month>.

### **UV Safety Month, 1st–31st July**

July is UV Safety Month, which highlights the dangers of ultraviolet (UV) radiation, the importance of protecting yourself from UV rays and how you can stay safe in the sun.

Sunshine helps our bodies to make vitamin D, and while this is very important, the benefits of getting some sun must be balanced with the need to protect yourself from over-exposure. There is no such thing as a healthy, safe way to tan, and a tan does not protect you from UV rays.

The risks of excessive UV exposure include:

- Sunburn
- Premature ageing (such as wrinkles and age spots)
- Increased risk of skin cancer
- Eye damage (increasing the risk of cataracts and other eye conditions)

Did you know that 90% of UV rays can pass through cloud cover, so even when it is cloudy, windy and cool, you can still burn. In the UK, the sun is strongest from March to October, particularly between 11am and 3pm, so you should avoid direct sunlight between these times. Ways to protect yourself include:

- Staying in the shade of trees, buildings or parasols
- Covering up legs and arms with long sleeves and trousers or long skirts
- Wearing UV-protective sunglasses
- Wearing a wide-brimmed hat
- Applying a minimum SPF30 sun cream regularly to all exposed skin

Visit <https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/> to find out more about the dangers of UV light, and how to stay safe this summer.

### **South Asian Heritage Month, 1st–31st July**

South Asia is a region of extraordinary diversity: eight countries, hundreds of languages, multiple faiths, and millennia of shared and distinct histories. South Asian culture has made a profound impact on British life through food, clothing, music, language, enterprise and

community, contributing to the richness and diversity of our nation in ways that deserve dedicated recognition.

South Asian Heritage Month is observed annually across the UK in workplaces, schools, cultural institutions and communities. It is a national moment for learning, reflecting on and celebrating South Asian contributions to British life. This year's theme is 'Unity in Diversity', and it aims to shine a light on the extraordinary breadth and richness of South Asian communities in the UK and worldwide.

SAHM provides space for South Asian communities to tell their own stories, to showcase what being South Asian in the 21st century looks and feels like, while also reflecting on the histories that have shaped them. This year's theme invites us to explore what unites us across these differences, such as shared values, intertwined histories, and a common commitment to community and belonging, while celebrating the beauty and strength that diversity brings.

Find out more, including information about events near you, and toolkits to help you get involved at <https://southasianheritage.org.uk/south-asian-heritage-month/about-sahm/>.

### **Cycle to Work Day, 2nd July**

Cycle to Work Day celebrates the many benefits of getting around by bike compared to driving or using public transport. It saves money, boosts mental and physical wellbeing, reduces traffic congestion and pollution, improves employee punctuality and results in fewer sick days. And it's fun!

It was started by Cyclescheme in 2013 to promote cycling as a commuting option and to highlight the 'cycle to work' scheme, which makes cycling more accessible to employees by enabling them to save up to 47% on bikes and equipment.

Cycle to Work Day is free and open to anyone. If you can't cycle the whole way to work, going part way by public transport and riding the rest still counts. You can even join in if you work from home: just go for a ride in your lunch hour or run some errands by bike!

You can find more information about Cycle to Work Day, as well as opportunities to win prizes by logging bike rides on the day at: <https://www.cyclescheme.co.uk/cycletoworkday>.

### **National Bereaved Parents Day, 3rd July**

National Bereaved Parents Day was set up in 2020 to remedy the fact that there wasn't a specific day that honoured bereaved parents from all walks of life. Organisers wanted to bring together anyone affected by the loss of a baby, child or adult child to show them that

they are not alone. The day aims to keep the conversation going, raise awareness and support the bereaved parent community.

This year's theme is 'This is my place'. It focuses on finding a sense of belonging and community within grief, and highlighting that no matter where you are in your journey, there is a place for your child's memory. To mark the day, we are all invited to light a candle at 7pm to remember all children who have lost their lives too soon.

The day is organised by the charity 'A Child of Mine', and you can find information about donating, fundraising and getting support on their website, <https://achildofmine.org.uk/national-bereaved-parents-awareness-day/>.

### **Alcohol Awareness Week, 6th–12th July**

The theme of this year's Alcohol Awareness Week is 'Alcohol and me'.

Alcohol is the cause of many health problems including:

- Insomnia
- Low energy
- Increased anxiety
- General feeling of ill health
- Liver disease
- Stroke, high blood pressure and cancer

The effects of alcohol on our brain can also lead to issues which can snowball into much worse, such as:

- Inability to work or low productivity
- Financial problems
- Relationship problems
- Hurting loved ones
- Homelessness

Alcohol is promoted all the time in the media and by the manufacturers, so it often feels like an inevitable part of our lives. This Alcohol Awareness Week invites a different conversation, asking: how might alcohol truly be impacting our lives and what can we do about it? When we drink less alcohol, the benefits often reach far beyond ourselves, strengthening our relationships, our families, and improving our working lives, communities, and society.

During this awareness week, Alcohol Change UK want to help people understand their own relationship with alcohol, and how they might cut down, or even go alcohol-free. They will

provide:

- Tools to help you learn more about how alcohol might be affecting your health and wellbeing and what – if anything – you'd like to do next
- Top tips for cutting down
- Stories of change

It only takes two minutes to explore the role alcohol is playing in your life, and although exploring your relationship with alcohol might feel uncomfortable, that's okay. But it might be a sign that this is just the right time to learn more, get advice and take a step forwards.

Visit <https://alcoholchange.org.uk/get-involved/campaigns/alcohol-awareness-week-1> to find out more, share your story and discover how you might make a change for the better.

### **World Population Day, 11th July**

The UN's World Population Day shines a light on issues affecting the world's population levels, such as barriers to having children, fertility, and the social and economic realities of the nations of the world. This year's theme will draw on The World Populations Highlights 2026: Youth research publication, which shows that:

- More than half of the world's 1.3 billion youth live in low- and lower-middle-income countries. Substantial investment is required in those countries to meet their needs
- In higher-income countries the proportion of youth in the total population is projected to decline rapidly, so they need to be supported to have their voices heard
- Safe, orderly and regular migration can empower young people, while creating more opportunities in their home countries can address some of the factors that often compel them to migrate
- Adopting healthy habits from a young age, including diet, lifestyle and avoiding drug-taking is crucial for a longer life and greater well-being
- Young men are disproportionately impacted by fatal injuries and violence. Creating environments where they are able to thrive can prevent injuries and violence among young people, with positive ripple effects for individuals and societies
- Inadequate maternity care is among the leading causes of death for young women, particularly in low-income countries
- About 1 in 5 women aged 20–24 globally were married before age 18. Increasing the legal age of marriage in countries where early marriage is common can have many positive repercussions for women
- Young women and girls are entitled to the full and equal enjoyment of their human rights, and in many places this is still not the case.

Find out more at <https://www.un.org/en/observances/world-population-day>.



22 Nottingham Road,  
Somercotes, Derbyshire  
DE55 4JJ

Tel 01773 602141  
Email [ddicb.adminsomercotes@nhs.net](mailto:ddicb.adminsomercotes@nhs.net)

### **#Samaritans Awareness Day 24/7 / #TalkToUs, 24th July**

Samaritans is a charity that prevents suicide through the power of human connection. They connect people in crisis with trained volunteers who will always listen, and they connect people calling for change with those who need to listen. They answer a call for help every ten seconds.

Samaritans Awareness Day takes place on the 24th of July to highlight the fact that Samaritans are available to listen 24/7. It is a day to help raise awareness and funds to prevent suicide today, because tomorrow could be too late.

You can help by donating or fundraising to help keep their call centres open and staffed by highly-trained volunteers. There are lots of fundraising ideas and resources on their website, <https://www.samaritans.org/support-...your-own-fundraising/fundraising-inspiration/>.

Or you can visit their volunteering page, <https://www.samaritans.org/support-us/volunteer/>, to get involved as a regular fundraiser, support the work of Samaritans in other ways, or even become a volunteer listener yourself.



## In June 155 patients failed to attend appointments here

**26 HOURS  
WERE  
MISSED**

**Number of  
Appointments  
in June = 4079**

**155  
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