

Newsletter October 2026

ADHD Awareness Month, 1st–31st October

ADHD is a neurodevelopmental disorder affecting both children and adults, which involves a long-term pattern of inattention and/or hyperactivity-impulsivity that interferes with daily life or typical development. People with ADHD may also have difficulties with:

- Maintaining attention
- Executive function (the brain's ability to properly carry out tasks)
- Working memory

Some of the symptoms that might appear in two types of ADHD are:

Inattentive presentation:

- Makes careless mistakes
- Has difficulty sustaining attention or listening
- Struggles to follow through on instructions or organise themselves
- Avoids or dislikes tasks requiring sustained mental effort
- Loses things and is forgetful in daily activities

Hyperactive-impulsive presentation:

- Fidgets with hands or feet or squirms in chair
- Has difficulty remaining seated, waiting, or taking turns
- Runs about or climbs excessively in children; extreme restlessness in adults
- Difficulty engaging in activities quietly
- Talks excessively, interrupts, and answers before questions have been completed

There is a third type of ADHD which combines symptoms from both these types. You can find out more about ADHD, the symptoms, diagnosis and what support is available at the ADHD UK website: <https://adhduk.co.uk>.

The goal of ADHD Awareness Month is to share awareness, information and supports worldwide. People with ADHD are invited to share their art, stories and memes to inform and inspire others. Find out more and get involved at <https://www.adhdawarenessmonth.org>.

Black History Month, 1st–31st October

Black History Month is an opportunity to share, celebrate and understand the impact of black heritage and culture. People from African and Caribbean backgrounds have been a

fundamental part of British history for centuries, but campaigners believe their contribution to society has often been overlooked or distorted.

The first Black History Month in the UK took place in 1987, the 150th anniversary of the abolition of slavery in the Caribbean. It was arranged by Akyaaba Addai-Sebo, who came to the UK from Ghana as a refugee in 1984, because he wanted to challenge racism and celebrate the history of black people.

While Black History month has often highlighted specific black people and events from history, this year's theme is 'Honouring Our Communities'. We are all invited to look more closely at the communities that shape, support and sustain us, and to recognise the black individuals, including volunteers, teachers, nurses, carers, community leaders and organisers, who help make lives better and bring people together, often working quietly, without recognition.

You can find out more about black history and this awareness month, submit the names of black people making a difference in your community, and download resources to help you get involved this year at <https://www.blackhistorymonth.org.uk>.

Breast Cancer Awareness Month, 1st–31st October

Breast cancer is the most common cancer in the UK. It mainly affects women, but men can get it too. There are a number of symptoms to look out for, if you notice one or more of the symptoms, it doesn't mean you definitely have cancer, as they can all be caused by other things, but you should go to your GP to get checked, as the earlier breast cancer is diagnosed, the easier it is to treat and cure. Symptoms include:

- A lump in your breast
- A lump or swelling in your armpit
- Changes in the size, shape or feel of your breast
- Skin changes, including puckering, dimpling, a rash, redness or a new sore
- Fluid leaking from your nipple when you're not pregnant or breastfeeding
- A change in the position of your nipple
- Breast pain
- Breast pain is common and it's not normally due to cancer.

Breast Cancer Awareness Month is a global campaign held every October to raise awareness of breast cancer, promote earlier diagnosis, and support those affected. Many people take part through fundraising events and education activities

There are lots of ways you can take part. We are asked to help raise awareness of the signs

and symptoms of breast cancer, perhaps by holding an awareness event, or encouraging friends, family and colleagues to check their breasts regularly. You can also run or join fundraising activities and 'Wear it pink' in October to show support.

The Breast Cancer Now website has lots of ideas and resources to help you get involved, visit <https://breastcancernow.org/get-involved/breast-cancer-awareness-month> to find out more.

Sober October, 1st–31st October

Sober October is a fundraising challenge that asks people to go alcohol-free for the month of October. It is an opportunity to make a healthy lifestyle change while raising vital funds to support all those affected by alcohol harm.

Alcohol is a part of many of our lives. It is legal and socially acceptable, and sometimes even encouraged, so we use it for celebration, for comfort, to socialise, to wind down and sometimes to cope. But in the UK, one person dies every hour as a result of their drinking, leaving behind grieving families and friends. Drinking too much alcohol increases your risk of:

- Mouth cancer, throat cancer and breast cancer
- Stroke
- Heart disease
- Liver disease
- Brain damage
- Damage to the nervous system
- Mental health issues

You can find out more about the risks associated with drinking alcohol at <https://www.nhs.uk/live-well/alcohol-advice/the-risks-of-drinking-too-much/>.

Taking a month off alcohol has many benefits, including a better general sense of wellbeing, having a clearer head and more energy, getting better quality sleep, and a sense of achievement. It can also help break the cycle of regular drinking which can lead to alcohol dependency. If you are worried about your own or someone else's drinking, visit <https://alcoholchange.org.uk> for support and advice.

Sober October use the funds raised to help people reduce their alcohol intake by providing advice and support and helpful apps, as well as campaigning for better education and policies on alcohol consumption and availability. You can find more information and sign up for the challenge at <https://www.soberoctober.org.uk/about>.

National Cholesterol Month, 1st–31st October

Almost half of UK adults have raised cholesterol, which can lead to heart disease, heart attack and stroke. We need cholesterol in our blood to stay healthy, it's when it gets too high that it's a problem. Anyone can have high cholesterol, even young, slim people who eat well and exercise, because although high cholesterol can be caused by an unhealthy lifestyle, it can also be genetic.

The only way to find out whether you have high cholesterol is to get it tested. This involves a simple blood test, and you can arrange to have one by speaking to your GP or pharmacist, or by getting an NHS health check. You can find out more about cholesterol and how to get tested at <https://www.heartuk.org.uk/cholesterol/overview>.

National Cholesterol Month is an annual initiative to increase awareness of the dangers of high cholesterol and its effect on heart health. This year's theme is 'Cholesterol matters. Every swap helps.' We are invited to swap out the things we do to make healthier choices and raise funds to support awareness and treatment. You can 'Swap the Scroll for a Stroll' and take a walk instead of sitting staring at your phone. You can also:

Swap one coffee for a HEART UK weekly lottery ticket

- Swap cards and stamps for HEART UK e-cards
- Swap binning old ink cartridges for recycling them and raising funds
- Swap a catch-up coffee for a HEART UK fundraising coffee morning
- Swap spare change/leftover holiday money for a HEART UK donation
- Swap online shopping as usual for Easyfundraising and raise money for free
- Swap putting off your Will for a FREE Will with HEART UK

And of course, swap bad food and lifestyle choices for good ones. You can find out how to take part in all these activities, and see examples of healthy choices to make in your daily life at <https://www.heartuk.org.uk/national-cholesterol-month/ncm26>.

Speak Up Month, 1st–31st October

Speaking up is also known as 'whistleblowing' and is when someone within an organisation reports wrongdoing, illegal activity, or unethical behaviour by a member of the organisation, or the organisation as a whole.

Speak Up Month aims to raise awareness of the importance of speaking up, and the protections you have when you do. The month focuses on speaking up in the NHS, but knowing that you can tell someone when you see something wrong in your organisation is important for everyone.

Public interest wrongdoing includes:

- Criminal offences (such as fraud, theft, or bribery)
- Failure to comply with a legal obligation
- Miscarriages of justice
- Endangerment of an individual's health and safety
- Damage to the environment
- Sexual harassment
- Deliberate concealment of any of these issues

Speaking up about any of these is known as a 'protected disclosure'. If you have a concern that fits one of these activities, even if you are not sure, you can speak up, and you will be legally protected from unfair dismissal and things like bullying, demotion and unfair treatment that you receive as a result of speaking up.

You can speak up to your employer, a lawyer or a prescribed person. Your organisation should have a speaking up policy you can refer to, or you can contact Citizens Advice: <https://www.citizensadvice.org.uk>. If your concern is a personal matter, rather than a public one, such as bullying in the workplace, you should follow your organisation's grievance policy.

For more information about speaking up in the NHS, visit <https://www.england.nhs.uk/ourwork/freedom-to-speak-up/>, or to find out more about whistleblowing in all organisations, see the information on the ACAS website: <https://www.acas.org.uk/whistleblowing-at-work>.

Back Care Awareness Week, 5th–9th October

Back Care Awareness Week aims to raise awareness of back pain, how to prevent it, and how to treat it. Most back pain does not have a serious medical cause, but is due to strains or sprains caused by moving, lifting weights or sitting poorly. You can avoid many of the common causes of back pain by learning the risks of activities like:

- Work, whether the occupation is physically demanding or sedentary
- Long periods of immobility/poor posture such as staring at a screen
- Studying at home without a suitable workstation
- Caring for relatives at home – particularly when moving and handling
- Having a poor diet and carrying too much body weight
- Housework such as vacuuming, taking out heavy bins, and reaching for things

Back pain can be very distressing, worrying and debilitating. However, most back pain is short lived and goes away after a time. The pain does not usually mean you have a serious medical condition, and can often be attributed to 'strains and sprains'. Ways to speed up

your recovery include:

- Staying active and trying to continue with daily activities
- Taking anti-inflammatory medicine like ibuprofen if you are able to
- Using an ice pack or a bag of frozen peas wrapped in a tea towel to reduce pain and swelling
- Using a heat pack or hot water bottle wrapped in a tea towel to relieve joint stiffness or muscle spasms
- Doing some exercises and stretches specifically for back pain

However, some back pain is an indicator of something more serious going on.

Make an appointment to see your GP if:

- The back pain does not improve after treating it at home for a few weeks
- The pain is severe or getting worse over time

Ask for an urgent GP appointment or call 111 if:

You have back pain and:

- A high temperature
- You've lost weight without trying to
- There's a lump or swelling in your back, or your back has changed shape
- The pain does not improve after resting, or is worse at night
- The pain is made worse when sneezing, coughing or using the toilet
- The pain is coming from the top of your back (between your shoulders), rather than your lower back

Call 999 or go to A&E if:

You have back pain and:

- Pain, tingling, weakness or numbness in both legs
- Numbness or tingling around your genitals or buttocks
- Difficulty passing urine

You can find more information, including exercises to help with back pain, and details about this year's campaign at <https://backcare.org.uk>.

Cycle to School Week, 5th–9th October

Cycling to school instead of driving is quicker, healthier, cheaper and more fun! It is cheaper, often quicker and calmer (no parking issues or drop-off queues), and less polluting than driving, and helps children build confidence and independence and arrive energised and ready for the day ahead.

Cycle to School Week is a national celebration of everyday cycling. Whether you already cycle, or are just getting started, it's your chance to build confidence, try something new, and discover how good the school run can feel on two wheels.

This is a great time to reinforce positive behaviours from a young age, and help to reduce the congestion, pollution and danger from school run traffic.

You can discover lots of help to get cycling, and make a pledge for you or your family, school or organisation to join in at <https://www.bikeability.org.uk/cycleetoschoolweek/>.

National Work Life Week, 5th–9th October

The UK charity Working Families launched the annual National Work Life Week in 2010, to get both employers and employees talking about wellbeing at work and work-life balance, particularly for parents and carers.

For millions of people, flexible working isn't just 'nice to have', it's essential. So last year the charity called on employers to make flexibility the default for all who have caring responsibilities.

Employers can use the week to provide activities for staff, and to showcase their flexible working policies and practices. There are lots of resources and information on the Working Families website, including:

- Free downloadable toolkit for employers
- Last year's recorded webinar – Barriers to Equal Parenting
- Ideas for things you can do this week
- Booking a Lunch and Learn session, or group training
- Becoming a Working Families Member
- New Support Package for SMEs

Go to <https://workingfamilies.org.uk/nationalworklifeweek/> to find out more about this year's theme and the ways you can get involved, and how to keep informed throughout the year.

National Hygiene Week, 5th–11th October

National Hygiene Week aims to raise awareness about hygiene poverty.

The Hygiene Bank started this awareness week to highlight just how much hygiene poverty there is, even in the UK. They highlight that around 4.2 million people in the UK have to make the choice between feeding their family or buying shampoo so they can go to work

with clean hair, or between paying rent or buying laundry detergent to send their child to school with a clean uniform. Some people who struggle to find the money for hygiene essentials are afraid to leave the house because they smell and are afraid of what others might say, while others have to reuse nappies because they can't afford them. Shame, anxiety and depression often prevent people from seeking help.

For those who can afford toiletries and other hygiene products, these facts may be unimaginable and shocking. But we can all help to change lives, improving physical and mental health and restoring dignity, by donating to local food banks, which often give out toiletries, sanitary products and nappies alongside food; or by making a regular donation to The Hygiene Bank, so that they can provide toiletries, washing powder and toothbrushes and toothpaste to individuals, families, schools and community centres where the need is greatest.

Find out about this year's theme, learn how to donate or volunteer with the charity, and sign up to the newsletter at <https://thehygienebank.com/national-hygiene-week/>.

World Dyslexia Awareness Week, 5th–11th October

Around 10% of the population are thought to have dyslexia, which is a neurological difference causing a specific learning difficulty which primarily affects reading and writing skills, but is actually about information processing. For this reason, dyslexic people may have difficulty processing and remembering information they see and hear, which can affect learning and organisational skills.

Dyslexia can affect people in different ways, it can be more or less severe, and some people with dyslexia also have other learning difficulties. It usually runs in families and is a life-long condition. However, it is important to remember that there are positives to thinking differently. Many dyslexic people show strengths in areas such as reasoning and in visual and creative fields.

The British Dyslexia Association is a members group which provides support, training and resources for people with dyslexia, their families and professionals working with dyslexic children and adults. They also form a community, supporting each other and campaigning for a more dyslexia-friendly society.

The BDA runs Dyslexia Awareness Week in the UK. This year's theme is 'Dyslexia in real life: At work', focusing on dyslexic adults and their experiences of work and the workplace. Dyslexic employees bring valuable skills, experience and different ways of thinking, but recruitment, communication, workplace systems, management and access to adjustments can affect the ability of dyslexic employees to show what they can do.

Find information about dyslexia, resources and how to join the community, as well as more information about the theme at <https://www.bdadyslexia.org.uk/support-us/awareness-events>.

Public Health Workforce Week, 6th–10th October

Every year, the Royal Society for Public Health leads a week long celebration of the vital work done by the public health workforce.

The public health workforce covers a wide range of occupations.

- Core public health workers are professionals for whom public health is the main purpose of their job such as public health nurses, emergency planners, environmental health practitioners and many others.
- The wider public health workforce includes anyone who sees the protection of the health of others as a part of their role. This includes a huge number of occupations, such as pest controllers, health coaches, emergency service workers and allied health professionals.

All these people contribute to make our communities safer and our lives healthier, and this week is a time to celebrate them and raise awareness of their work and the growing hurdles they face in the current climate.

You can find out more and see the 2026 campaigns, stories and training opportunities on the RSPH website, <https://www.rsph.org.uk/our-work/public-health-policy/public-health-workforce-week/>.

Baby Loss Awareness Week, 9th–15th October

Every year around 2600 babies are stillborn in the UK, and another 1700 die within the first 28 days of life. There are no good statistics for the number of miscarriages, but it is thought that there are between 110,000 and 150,000 each year. Every baby or pregnancy loss can be devastating for the parents and their families, but very often their grief is not understood or recognised by medical professionals, friends and family or employers.

Baby Loss Awareness Week aims to change that. It is an opportunity:

- To support bereaved parents and families and to commemorate their loss
- To raise awareness about pregnancy and baby loss
- To drive improvements in care, support and prevention

You are invited to ‘turn blue and pink’ – the colours of the Baby Loss Awareness ribbon – to show your support and spread knowledge and understanding. You can:

- Organise a Ribbon Remembrance Display – the website has downloadable resources
- Light up your garden
- Light up your windows
- Put out decorations like pink and blue tea-light holders, bunting or window decorations
- Dress up for the day in pink and blue, and tell colleagues, friends and family to do the same and spread awareness

Baby Loss Awareness Week culminates with the global “Wave of Light” on 15th October. We are all invited to join people across the world in lighting a candle at 7pm local time and leaving it burning for at least one hour to remember all the babies who died too soon.

You can join a virtual Wave of Light, too! Take a photo of your candle and post it to social media using the hashtag #WaveOfLight at 7pm local time. Join the Baby Loss Awareness Week Facebook Event to watch the livestream.

Find how-to guides on lighting up your home, workplace or garden, and downloadable resources to use and share, and discover what else you can do to support the event at <https://babyloss-awareness.org/about/>.

If you, or someone you know has been affected by pregnancy or baby loss, or has had a very premature baby, or if you just want to learn more, the Tommys website has a wealth of information on current statistics, research and support. Visit <https://www.tommys.org>.

World Mental Health Day, 10th October

The overall objective of the World Health Organization’s World Mental Health Day is to raise awareness of mental health issues around the world and to mobilise efforts in support of mental health.

Nearly 1.2 billion, or about 1 in 7 people worldwide live with a mental disorder. Anxiety and depression are the most common conditions globally and women are more likely to be affected than men. Mental health issues cost the global economy trillions of dollars in lost work and medical care.

In the UK, about 1 in 4 adults face a mental health issue each year, according to data from the charity Mind, with about 1 in 5 people experiencing a common problem like anxiety or depression in any given week. The highest-risk group is young women aged 16 to 24, with over 28% affected by a common mental disorder. If you, or someone you know is struggling with mental health issues, there is information and support available at <https://www.mind.org.uk>.

World Mental Health Day is an opportunity for everyone working on mental health issues to

talk about their work, and discuss what more needs to be done to make mental health care a reality for people worldwide. You can learn more about events and opportunities associated with this awareness day at <https://www.who.int/campaigns/world-mental-health-day>.

National Coming Out Day, 11th October

National Coming Out Day is an annual awareness day that recognises the process of 'coming out'. Many LGBTQ+ people spend time 'in the closet' before coming out to their family and friends, but some are faced with ignorance and homophobia when they do so, making it a difficult and sometimes frightening thing to do.

National Coming Out Day aims to educate family, friends and colleagues on the correct way to support LGBTQ+ people, particularly when they first come out. Why not get involved?

- Volunteer at an LGBT event or community centre, joining in the celebrations personally
- Share posts on social platforms that spread awareness and generate support for the members of the LGBT+ community
- Educate those around you on why it is important to celebrate this day, by informing them of the challenges and prejudice that LGBT+ people continue to face
- Set up a fundraiser to support an LGBTQ+ charity, such as a bake sale or a sponsored event
- Book an LGBTQ+ speaker to come to your organisation, volunteer group, school or a local hall to increase awareness, generate support, and help LGBTQ+ people to feel empowered to reveal their true identity

You can see a list of speakers for National Coming Out Day 2026, and other useful information at <https://lgbt-speakers.com/news/top-10-lists/national-coming-out-day-top-speakers-to-book>.

World Arthritis Day, 12th October

Around 10 million people in the UK are thought to have arthritis, which is a name used to describe pain, swelling and stiffness in a joint or joints. We don't know exactly what causes arthritis in many cases, although there is a genetic factor, and there is no cure. Arthritis can make it harder to get about or perform certain tasks, but with the right treatment and approach, the condition can be managed.

Many forms of arthritis are long-term conditions, but there are more treatments available now than ever before, and many of them work better if they are started early, so if you experience pain in and around your joints that doesn't go away after a few days, you should see your GP to check whether it might be arthritis.

Key facts about arthritis:

- Arthritis isn't a single condition – there are several different types
- It can affect people of all ages – including children and teenagers
- Some types of arthritis are more common in older people
- Arthritis symptoms can vary from week to week, and even from day to day

World Arthritis Day aims to highlight the impact of arthritis by increasing understanding of conditions and symptoms, healthcare challenges, and treatment options, so that one day arthritis becomes preventable, more manageable and treatable.

Arthritis UK invites us all – individuals, charities, organisation and communities to help spread the message. You can help by:

- Liking or sharing one of their social media posts,
- Downloading and sharing a digital badge from the Arthritis UK resources page
- Ordering free posters for your community and asking if you can display them in your local health centre or library

All of these resources, along with information about the different types of arthritis, symptoms, treatment and support are available on the Arthritis UK website:

<https://www.arthritis-uk.org/get-involved/world-arthritis-day/>.

Dyspraxia Awareness Week, 12th–18th October

Dyspraxia is a condition that starts in childhood and causes children to appear clumsy and uncoordinated compared to others. It can cause them to drop things, break things, or bump into things. They may also have trouble with fine motor skills, like using a pencil or eating with a spoon, and/or gross motor skills, like catching a ball or riding a bike. All these skills can be improved with the right help and training, but many children with dyspraxia will still have some problems as adults.

Dyspraxia is not a problem with the muscles themselves, it occurs when the brain struggles to tell those muscles what to do. In young children, signs of dyspraxia include being slow to develop abilities including:

- Sitting up
- Crawling
- Walking
- Using utensils
- Drawing

- Making hand gestures

Meanwhile, signs that a school-age child might have dyspraxia include:

- Trouble with fine motor skills like holding a pencil, using a zip, or fastening buttons
- Difficulty balancing
- Trouble with physical activities like running and jumping
- Frequently stumbling or tripping
- Avoiding activities like drawing, writing by hand, or playing sports
- Getting teased by peers for being clumsy

This year, the theme of Dyspraxia Awareness Week is 'Like a girl', and it aims to highlight the severe under-diagnosis of and support for women and girls, and the additional problems that arise from the common 'like a girl' phrases used to diminish girls and ridicule boys who struggle with coordination.

The event is aimed at raising awareness of Dyspraxia and providing the community with a place to ask questions and meet others. A number of free online events will take place, including live Q&A panels, webinars and workshops, as well as a social event. You can access all these events live or recorded, and find out more at

<https://www.dyspraxiamagazine.com/pages/dyspraxia-awareness-week>.

Allied Health Professions Day, 14th October

Allied health professionals form the third largest clinical workforce in the health and care sector, and AHPs Day is an annual opportunity to spotlight the huge impact they have on the delivery of health and care. There are fourteen allied health professions:

- Art therapists
- Dietitians
- Drama therapists
- Music therapists
- Occupational therapists
- Operating department practitioners
- Orthoptists
- Osteopaths
- Paramedics
- Physiotherapists
- Podiatrists
- Prosthetists and orthotists
- Radiographers
- Speech and language therapists

AHPs are invited to celebrate their professions and share information on this day, and if you are not an AHP, why not use this day to find out more and maybe take the time to say thank you to an AHP professional who has helped you or someone you love? Find out more about AHPs and this celebratory day at <https://www.england.nhs.uk/ahp/ahps-day/>.

World Menopause Day, 18th October

Menopause is the time, usually at some point between 45 and 55 years of age, when periods change, and eventually stop due to lower hormone levels. The process usually takes place gradually over several years, and will happen for anyone who has periods. The phase when the menstrual cycle starts to change is called 'perimenopause'. During this phase, women may experience menopausal symptoms, including:

- Changes to the frequency or heaviness of their periods
- Hot flushes and night sweats
- Sleep problems
- Mood changes, poor memory and brain fog
- Weight gain
- Vaginal problems, such as dryness, burning or itching, which can make sex painful
- Urinary tract infections

Menopause and perimenopause can also cause:

- A faster, slower or more noticeable heartbeat (palpitations)
- Loss of bone density, which can lead to osteoporosis
- Needing to pee more, or urinary incontinence
- Headaches and migraines
- Muscle aches and joint pains
- Hair thinning or hair loss
- Skin changes, including dry and itchy skin
- Reduced sex drive
- Sensitive teeth, painful gums or other mouth problems

Menopause is considered to have taken place when a woman has had no periods for one year or more. Information about menopause and perimenopause and what you can do when you have symptoms is available on the NHS website, <https://www.nhs.uk/conditions/menopause-and-perimenopause/symptoms/>.

World Menopause Day is designed to raise awareness of menopause, and improve the experience of women around the world. This year's theme is 'Chronic Pain At Midlife –

From recognition to evidence-based care'. Chronic pain affects a significant proportion of women during and after the menopause transition, yet it remains underestimated in both

research and care. The 2026 campaign brings together trusted information and practical guidance to support better recognition and care worldwide.

You can find more information about this year's theme, find tools and resources to share trusted information, and make a pledge to raise awareness at <https://www.imsociety.org/education/world-menopause-day-2026/>

Infection Prevention Control Week, 19th–25th October

Infection prevention and control (IPC) is a practical, evidence-based approach preventing patients and health workers from being harmed by avoidable infections. It includes hand hygiene, surgical site infections, injection safety, antimicrobial resistance and how hospitals operate during and outside of emergencies. Programmes to support IPC are particularly important in low- and middle-income countries, where secondary infections can affect health care delivery and medical hygiene standards.

This week is a global initiative dedicated to raising awareness about the critical importance of infection prevention. It celebrates the impact of IPC and reinforces the essential practices that save lives.

The theme for this year's event is Generations of Infection Prevention | Past. Present. Protected. The theme recognises how far IPC has come and how much further we go when we work together.

You can find out more about the event, read stories, buy merchandise and see the related activities at <https://infectionpreventionandyou.org>.

National Adoption Week, 19th–25th October

National Adoption Week raises awareness of adoption in the UK today, connects people who have lived experience of adoption, celebrates the wonderful and diverse adopter community, and encourages people to consider providing a permanent home and family for children who need it.

Thousands of children of all ages are in need of a safe, loving and permanent home. People decide to adopt for many different reasons, including not being able to have children themselves, feeling a deep commitment to children or wanting to grow their existing family. Children in need of adoption come from a range of ethnic, cultural and faith backgrounds. Some may live with a disability or health needs but all are looking for a loving, safe and stable home.

You can find out more about this year's theme and learn about adoption at

<https://www.youcanadopt.co.uk/you-can-adopt/national-adoption-week/>. And for more detailed information, support and year round events, visit <https://www.adoptionuk.org>.

Pharmacy Technician Day, 20th October

Pharmacy Technician Day recognises the extraordinary contributions of pharmacy technicians to patient care and their essential role within the healthcare team. It is a tribute to the hard work and unwavering commitment of pharmacy technicians, highlighting the vital support they provide to their colleagues and patients.

Pharmacy technicians work under the supervision of a pharmacist to make sure that patients get the most out of their medicines. They offer advice to patients, and give out medicines as required. They can refer patients to other healthcare professionals and work in the dispensary to ensure the supply of medicines.

You can find resources to help you spread awareness of the great job that pharmacy technicians do, and ways to honour them at <https://www.pharmtechsociety.org/member-center/pharmacy-technician-day>.

If you think becoming a pharmacy technician might be for you, you can find out more about pharmacy roles and careers, including pay, pathways into the role and job vacancies at <https://www.healthcareers.nhs.uk/explore-roles/pharmacy/roles-pharmacy/pharmacy-technician>.

World Psoriasis Day, 29th October

Psoriasis is an inflammatory condition in which the immune system is overactive. It causes symptoms which can be seen on the skin and can sometimes also affect the joints. There is no cure for psoriasis, but it can be managed with the right treatment and advice.

Psoriasis causes a person's skin replacement process to speed up, so that it takes just a few days to replace skin cells, when it usually takes 21-28 days. This results in a build-up of immature skin cells, which are visible as raised patches of flaky skin covered with silvery scales (known as 'plaques'), which can also be itchy. Psoriasis can occur on any area of the body, including the scalp, hands, feet and genitals, although different types tend to occur on different areas.

Psoriasis and psoriatic arthritis are complex conditions, and there are many aspects which are misunderstood, under-treated and under-appreciated. There is also a lot of 'information' available which is inaccurate, incorrect, or doesn't give the full picture. World Psoriasis Day aims to get accurate information to a wider audience.



22 Nottingham Road,
Somercotes, Derbyshire
DE55 4JJ

Tel 01773 602141
Email ddicb.adminsomercotes@nhs.net

The Psoriasis UK website contains more information about psoriasis and this year's event, as well as volunteer opportunities, fundraising ideas, and opportunities to share your experiences. Visit <https://psoriasisuk.org.uk/raising-awareness/default.aspx>.



In September 155 patients failed to attend appointments here

**26 HOURS
WERE
MISSED**

**Number of
Appointments
in Sept = 4282**

**155
PATIENTS DID
NOT ATTEND**

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



Call us on **01773 602141**



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