



Patient Newsletter

May / June 2024

Spring has sprung and Summer is upon us! It's a great time to increase activity levels by getting out into the fresh air for a walk in the sunshine - though keeping an umbrella handy is a good idea! Remember to protect yourself using a good sun cream - even if it doesn't feel that hot!

ACTION ON STROKE MONTH



May is Action on Stroke month 2024, a time to unite globally in the fight against stroke.

Are you aware of the signs and symptoms of stroke? Have you heard the acronym F A C E to help remember what to look out for?

Visit www.stroke.org.uk to find out more.

REMEMBER

We now have a First Contact Practitioner based within the practice!

They can see patients for a range of musculoskeletal issues - ask at Reception for more information.

Mental Health Awareness Week 13th - 19th May

Mental Health Awareness Week is this year focused on the benefits of moving more for our mental health. Regular physical activity is known to improve mental health, quality of life and wellbeing. It also helps prevent and treat heart disease, stroke, diabetes and breast and colon cancer.

Read more by visiting:
www.mentalhealth.org.uk



LEARNING DISABILITY WEEK

17TH - 23RD JUNE

Each year, the third week of June is Learning Disability Week. IT is when we make sure the world hears what life is like if you have a learning disability.

The theme this year is 'Do You See Me?' which is about challenging the barriers people with a learning disability face.

People with a learning disability want to be seen, heard and valued.
To find out how you can get involved please visit www.mencap.org.uk

Help people with learning disabilities be seen, heard and valued!

Volunteers Week 1st - 7th June

Volunteers week celebrates the amazing contributions volunteers make to communities across the UK.

It's a chance to recognise, celebrate and thank the UK's incredible volunteers for all they contribute to our local communities, the voluntary sector and society as a whole.

Find out more by visiting www.volunteersweek.org

National Carers Week 10th - 16th June

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much needed support. Visit www.carersweek.org for more!

Unsure if you are classed as a carer? Chat to one of our Reception staff and ask about our carers pack.



Cervical Screening Awareness Week 17th - 23rd June

Going for your cervical screening isn't always easy, and everyone's experience is different. So many changes in life, from big milestones to how we feel day-to-day, can have an impact.

Find more information and support by visiting www.jostrust.org.uk



MENS HEALTH WEEK 10TH - 16TH JUNE

This year for Men's Health Week men are being encouraged to share their stories - whether with family, friends, neighbours or colleagues.

Whatever's going on with your health, sharing it may well help you and, by putting a difficult topic on the agenda, it will certainly help others.

Sign up to receive more information by visiting www.menshealthforum.org.uk

DNA CORNER



As a practice we do understand that sometimes appointments can be missed for a genuine reason - if you think you are due an appointment or may have missed one please call us to check!