Greenfield Medical Centre

September 2026 Newsletter.

Hello Patients

Every month we are producing a newsletter to share what's happening in the practice and the wider health landscape. We hope you find it useful.

- This September there are over 20 different awareness days & weeks from Alopecia to Eczema, Sepsis to Migraine and many more all with useful information and links please see next pages.
- We will be offering a limited amount of flu clinics for our 65 and over patients from the 17th September . Patients under 65 will be able to have in October look out for dates.
- Next patient group meeting -September 17th by teams, if you would like to join

please contact our reception team who will be happy to help.

- Staff news- welcome back Monica practice pharmacist from maternity leave.
  Reception - hello to Sarah who has joined replacing Helen who has taken well earned retirement.
- New Registrar – Dr Sagal Mire
- New Foundation year 2 – Dr Kezia King

Alopecia Awareness Month, 1st–30th September

Alopecia simply means ‘hair loss’. There are many different types of alopecia, and various medical conditions and side effects of treatments that can cause hair loss. Some of the most well-known include:

- **Alopecia Areata –** an autoimmune condition that causes sudden, patchy hair loss on the scalp, beard, eyebrows, eyelashes, or other parts of the body. It affects people of all ages and backgrounds and can vary in severity from small round patches to complete hair loss.
- **Chemotherapy Induced Alopecia (CIA) –** hair loss that occurs as a side effect of chemotherapy treatment for cancer.
- **Pattern Hair Loss –** the most common type of hair loss, which occurs in both men and women and becomes more common with increasing age. Around 50% of men over 50 and women over 65 are affected, though it can also start in younger adults and occasionally in early teen years.

There is no cure for any type of alopecia, but there are treatment options that can work for some of those affected.

Alopecia Awareness Month aims to raise awareness about hair loss, reduce the stigma faced by people with alopecia and highlight the significant emotional and psychological impact of the condition. It is also an opportunity to raise funds for research into the various conditions and support for the millions of individuals affected.

You can find out more about the different types of Alopecia, treatments and support, as well as fundraising ideas and volunteering opportunities on the Alopecia UK website: https://www.alopecia.org.uk/Pages/FAQs/Category/treatments-for-alopecia.

Blood Cancer Awareness Month, 1st–30th September

There are more than 100 types of blood cancer, including leukaemia, lymphoma and Myeloma, and every year more than 40,000 people in the UK receive a diagnosis.

Blood cancer symptoms vary depending on the type of blood cancer, and not everyone will have the same symptoms. If you are worried, make an appointment to see a GP. The most common symptoms of blood cancer include:

- Unexplained bruising or bleeding
- Unexplained pain or aching in your bones or joints
- Unexplained pain, discomfort or feeling full (bloated) in your stomach area
- Frequent, persistent or severe infections
- Unexplained fever or a high temperature
- Unexplained weight loss
- Tiredness that doesn’t improve with rest or sleep
- Lumps or swelling anywhere on your body
- Drenching night sweats
- Paleness (pallor)

- Shortness of breath
- An unexplained rash or itchy skin that doesn't improve with treatment

Blood cancers are the third biggest cancer killer in the UK, but it remains a hidden cancer, so Blood Cancer UK are asking all of us to raise awareness with family and friends and on social media. Find out more and sign up to their newsletter at https://bloodcancer.org.uk/about-us/our-campaigns/blood-cancer-awareness-month/

Gynaecological Cancer Awareness Month, 1st–30th September

Gynaecological cancers include womb, ovarian, vulval, vaginal and cervical cancer. Great progress has been made in prevention, with HPV vaccines and cervical screening, but there is still a long way to go. Currently:

- There are more than 22,000 cases of gynaecological cancer in the UK each year
- 60 people are diagnosed each day
- 21 people die of a gynaecological cancer each day

Gynaecological Cancer Awareness Month is designed to improve knowledge of symptoms, raise funds for more research into prevention and cure, and ensure that more people are diagnosed early enough.

If you have gynaecological body parts, you are at risk. Look out for the following symptoms:

- Abnormal bleeding in between periods, or during/after sex
- Pelvic/abdominal pain that isn't menstrual cramps
- Menstrual cycle changes
- An itch or lump inside your vagina
- Blood-stained or unpleasant smelling discharge
- Skin changes in the vulval area such as lumps or rashes, or itching or swelling
- Persistent bloating or changes to bowel/urine habits
- Pain during sex

If you are concerned about anything that is unusual for you, speak to a GP or nurse.

You can find more information about the various cancers, including risk and prevention, diagnosis and treatment at https://foundationforwomenscancer.org/gynecologic-cancers/, and find fundraising ideas, support and more information about treatment in the UK at https://eveappeal.org.uk.

Pulmonary Fibrosis Awareness Month, 1st–30th September

Pulmonary fibrosis is a condition where the lungs become scarred over time, making it difficult for them to function properly. Symptoms often include shortness of breath, a dry cough, fatigue and weight loss. For many people, though not all, pulmonary fibrosis may get worse over time. Pulmonary fibrosis affects 70,000 people living In the UK.

Currently, pulmonary fibrosis cannot be stopped, but there are treatments to slow its

progress, and to assist with breathing. During September you can help to raise funds for research into prevention, treatments and cures for this debilitating disease.

Find out more about the condition, diagnosis, and support for living with pulmonary fibrosis at https://actionpf.org.

You can also read a variety of diagnosis stories and find fundraising ideas at the awareness month website, https://everybreathcounts.co.uk.

Urology Awareness Month, 1st–30th September

Urology diseases include urology cancers such as bladder, kidney, prostate, penile and testicular cancers, but also benign conditions, including incontinence, urinary tract infections (UTIs), erectile dysfunction and kidney stones.

This awareness Month is an opportunity to bring together the urology community, from researchers and medical professionals to patients and their families, to decision makers, in order to highlight the facts and statistics around urology health, share videos and resources, webinars and roadshows, and organise health and wellbeing sessions, events and fundraising activities.

There are lots of ways you can get involved and support the Month.
Visit https://www.theurologyfoundation.org/impact-achievements/campaigns/urology-awareness-month/ to find out more about this year's theme and discover events online and in your local area.

Vascular Disease Awareness Month, 1st–30th September

Vascular disease is the collective term for diseases of the veins and arteries, including things like varicose veins and arterial disease. It can affect every part of the body to which blood flows. It's just as common as cancer and heart disease, and accounts for 40% of deaths in the UK, many of which are preventable.

The charity for vascular disease in the UK is the Circulation Foundation, and they encourage lots of fundraising activities all year round. During this September awareness month, they ask people to sign up for the Body Walk, an annual campaign encouraging people to actively walk, run, cycle or swim the 60,000 miles that make up the length of the human circulatory system. Exercise like this is important for a healthy circulatory system!

You can find out more about vascular conditions, get support, investigate current research goals and sign up for fundraising events on their website: https://www.circulationfoundation.org.uk/fundraising/.

World Alzheimer's Month, 1st–30th September

Dementia can be caused by many different diseases, including Alzheimer's, and the term simply describes a set of symptoms that progressively affect memory, problem-solving, language and behaviour.

Everyone experiences dementia differently, and while it is difficult and often frightening for the person suffering with dementia, it can be even harder for the people around

them, as it can lead to upsetting personality changes and problems recognising family and friends, as well as issues like wandering away from home and getting lost, which can be very worrying.

People with early-stage dementia will experience some problems with daily life, but still be able to cope with most tasks, but the condition gets worse over time, and in the late stage, people need constant care to keep them safe and well.

There is no cure for dementia, but some medications can slow down its progress if prescribed early enough. Therefore it is extremely important for people who have noticed possible symptoms of dementia to go to their GP and get a diagnosis – the earlier it is diagnosed, the more can be done to help with treatments, care and support for the individual and their family.

Therefore, this year's campaign theme is: The Earlier You Know, The More You Can Do: A Dementia Diagnosis Matters. The aim is to tackle the persistent stigma and discrimination surrounding dementia by shining a spotlight on the timely and important issue of early diagnosis. You can help spread the word on social media by using the hashtags: #DementiaDiagnosisMatters, #AlzheimerDiagnosisMatters, #EarlyDiagnosisMatters

You can find out more about dementia symptoms, treatment and support at https://www.alzheimers.org.uk/about-dementia/stages-and-symptoms/progression-stages-dementia and discover how you can get involved at https://www.alzint.org/get-involved/world-alzheimers-month/.

Know Your Numbers Week, 7th–13th September

Know Your Numbers! Week is the UK's biggest blood pressure testing and awareness event and is run by Blood Pressure UK.

High blood pressure is when blood pushes against the walls of your blood vessels with too much force. This puts a strain on your heart and blood vessels.

Around a third of people in the UK have high blood pressure, which can lead to serious medical problems such as heart attacks and strokes, but it has no symptoms, so the only way to know you have it is to get it checked. High blood pressure can be treated with medication, and also by making healthier lifestyle choices, but this will only happen if you know your blood pressure numbers are high!

Blood Pressure UK now focuses on home blood pressure monitoring during Know Your Numbers Week, so that more people can keep an eye on their blood pressure numbers and make simple changes to reduce their risk of serious illness. You can find out how to take your own blood pressure at home on their website: https://www.bloodpressureuk.org/you...e/how-to-measure-your-blood-pressure-at-home/.

On the website, you can also find out how to donate, volunteer or fundraise for Blood Pressure UK, helping to improve research and raise awareness of the importance of checking your blood pressure regularly.

World Suicide Prevention Day, 10th September

It is estimated that there are currently more than 720,000 suicides per year worldwide, and each suicide profoundly affects many more people, it has far-reaching social, emotional and economic consequences.

This year's theme for World Suicide Prevention Day is 'Changing the narrative on suicide'. It aims to inspire individuals, communities, organisations, and governments to engage in open and honest discussions about suicide and suicidal behaviour. Conversations, like this can help to break down barriers, raise awareness, and create better cultures of understanding and support.

We are all invited to light a candle at 8pm to show support for suicide prevention, to remember a loved one, and for the survivors of suicide. There are also many other ways you can get involved, and the International Association for Suicide Prevention has suggested social media posts and many other resources, as well as fundraising ideas and information about their 'Cycle around the world' event on their website: https://www.iasp.info/wspd/.

Remember, if you are having suicidal thoughts, or are concerned about someone you know, you can contact Samaritans, who are there to listen 24/7. https://www.samaritans.org.

National Eczema Week, 12th–19th September

Eczema is a non-contagious, inflammatory dry skin condition that affects 1 in 5 children and 1 in 10 adults in the UK.

The skin of people with eczema may not produce as great a quantity of fats and oils as other people's, making it less able to retain water. Gaps open up between the skin cells, allowing bacteria or irritants to pass through more easily. Some everyday substances like soap and washing up liquid will remove oil from anyone's skin, but if you have eczema your skin breaks down more easily, quickly becoming irritated, cracked and inflamed. Mild cases of eczema cause itchy, scaly, dry, red skin, but in more severe cases, skin can weep, crust and bleed, while constant scratching cases it to split and bleed further, leaving it open to infection.

There are various medications such as emollients and steroid creams which can help to soothe eczema, and some people find that avoiding certain washing powders, foods or clothing materials can help, however, research is ongoing to try to find better treatments and cures.

National Eczema Week aims to highlight the prevalence of this sometimes debilitating skin condition, and Eczema UK's website has lots of information about the causes, treatments and research priorities for eczema, as well as support for adults and parents of children of all ages suffering with eczema.
Visit https://www.eczema.org.uk/support/all-treatments to find out more.

World Sepsis Day, 13th September

Sepsis is a medical emergency, where the immune system goes into overdrive in response to an infection and injures the body's own tissues and organs. It can quickly be fatal, but can be treated easily with antibiotics if spotted early enough.

Last year in the UK 48,000 people died as a result of sepsis, and many more were left with life-changing damage. Therefore it's really important that everyone is aware of what sepsis looks like. There is no single symptom, but if you or someone with you has one of the symptoms, Sepsis UK encourages you to call 999 or go to A&E and just ask, 'Could it be sepsis?

In adults, symptoms can include:

- **S**lurred speech or confusion
- **E**xtreme shivering or muscle pain
- **P**assing no urine (in a day)
- **S**evere breathlessness
- **I**t feels like you're going to die
- **S**kin mottled or discoloured

In children, symptoms can include:

- Breathing very fast
- Having a 'fit' or convulsion
- Looking mottled, bluish, or pale — on brown and black skin, colour changes may show on the inside of the forearms or palms
- Having a rash that does not fade when you press it
- Very lethargic or difficult to wake
- Feeling abnormally cold to touch

There is more information about spotting sepsis and what to do in an emergency at https://sepsistrust.org

World Sepsis Day aims to highlight milestones in the 2030 Global Agenda for Sepsis, which aims to avert millions of preventable deaths and disabilities through greater awareness and treatment capabilities worldwide. You can find out more about this year's theme and events, and also social media materials, downloadable resources, and merchandise at: https://www.worldsepsisday.org.

EveryWoman Day, 13th/14th September

EveryWoman Day is a project that was created to raise awareness and share experiences about women's health, so that all women could benefit.

Research funds tend to be spent on killer health conditions, and many common, life-limiting women's health problems are poorly understood. Sharing stories helps to remind women that they are not alone, and to raise awareness of the conditions which affect many women's ability to live a normal life, but which are often ignored or dismissed. EveryWoman Day invites women to share their stories and illustrate them in whatever way they feel is relevant.

On the EveryWoman Day website, you can also find stories from previous years, as well as articles, links and free video workshops covering women's health topics that often go

undiscussed. Visit https://everywomanday.com to find out more.

National Inclusion Week, 14th–20th September

Founded by Inclusive Employers in 2013, National Inclusion Week is a yearly event dedicated to celebrating inclusion and taking action to build inclusive workplaces by encouraging conversations, thoughtful consideration and meaningful action around inclusivity. It is designed to engage all communities across gender, race, religion, LGBTQ+, disability, carers and social mobility.

Many organisations are currently struggling to maintain a focus on inclusivity due to changing expectations, economic pressure and increased scrutiny, even if they desire a workplace where everybody can thrive. This year's theme, 'Build Trust. Navigate Change' reflects this reality.

This's year's National Inclusion Week aims to remind people that inclusion requires ongoing action, and accountability, as well as understanding and addressing the barriers that continue to impact people's experiences at work. By creating environments where people feel heard, respected and supported, organisations can make meaningful progress whilst navigating change with confidence

Discover how you or your organisation can take part, register to receive a free toolkit and find lots of useful resources at https://www.inclusiveemployers.co.uk/national-inclusion-week/.

Sexual Health Week, 14th–20th September

The theme of Sexual Health Week 2026 is 'Let's Connect!' In such a connected world, why do so many of us feel completely disconnected from other people?

As we increasingly prioritise our 'networks' and 'contacts', many of us find it harder to make the meaningful connections that truly enrich our lives. So this year, Sexual Health Week is championing human connection across platonic, romantic and sexual relationships.

The week is run by Brook, whose website and socials will be full of expert insights, lived experiences and practical advice exploring how to build and sustain authentic relationships in the modern world, what it means to feel connected to our own bodies, emotions and needs, how to gain a feeling of belonging in a highly individualised world, and the importance of community in tackling stigma, abuse and health inequalities.

You can find all this, plus a campaign toolkit to help you spread the word at https://www.brook.org.uk/shw/.

Male Cancer Awareness Week, 16th–22nd September

In the UK, 58,000 men are diagnosed with a male cancer each year. Orchid is a charity whose aim is to fight male cancer through research and support, and they encourage all of us to take part in the many fundraising events listed on their website, or do our own thing to join in. This week is dedicated to raising awareness of male-specific cancers: prostate, testicular, and penile cancer, highlighting the importance of early detection, breaking down stigmas, and knowing the signs.

Male cancers all have their own symptoms, and the earlier they are caught, the more likely it is that they can be treated and cured. If you have any of these symptoms, don't assume it will just go away. The symptoms could well be caused by some other medical condition, but see your GP so that if it is cancer, you can catch it early.

Main symptoms of male cancers:

- **Penile cancer –** a growth or sore on your penis and bleeding, sometimes a foul-smelling discharge.
- **Testicular cancer –** The most common symptom is a lump or swelling in your testicle. Other symptoms can include a heavy scrotum, or discomfort or pain in your testicle or scrotum.
- **Prostate cancer –** Prostate cancer does not usually cause symptoms in the early stages. To cause symptoms, the cancer needs to be big enough to press on the tube you pass urine through (the urethra). It can cause difficulty passing urine, but this can also be caused by other, benign conditions. Prostate cancer can spread to other parts of the body and cause symptoms such as: back or bone pain that doesn't go away with rest, tiredness and weight loss for no reason.

Learn more about the symptoms, diagnosis and treatment of male cancers at https://www.cancerresearchuk.org/about-cancer/mens-cancer.

Or find out more about how you can donate, fundraise or join an event at https://orchid-cancer.org.uk/event-types/all-events/.

Rheumatoid Arthritis Awareness Week, 16th–22nd September

Rheumatoid Arthritis Awareness Week is intended to raise awareness of the condition and eliminate misconceptions by educating and informing friends, family, employers of those with RA and the general population about what rheumatoid arthritis truly is, and highlight its distinction from other forms of arthritis.

Unlike osteoarthritis, rheumatoid arthritis is an auto-immune disease where the immune system mistakenly attacks the lining of the joints, causing inflammation, pain and swelling. In addition to joints, it can affect internal organs such as the heart, lungs, eyes. Late diagnosis or lack of targeted, appropriate treatment can therefore have serious consequences, and it is important to talk to your GP if you experience one or more of the following symptoms for more than six weeks:

- Soreness in the middle joints of your fingers, knuckles or wrists
- Pain, possibly in several places, in your feet or ankles
- Joint stiffness in the morning lasting for more than an hour
- Swollen hands or feet – especially your wrists, knuckles or ankles, the middle of your foot or base of your toes?
- Difficulty making a full fist for the first hour or more after waking up in the morning

Find out more about rheumatoid arthritis and discover events and fundraising ideas at https://nras.org.uk/campaigning/ra-awareness-week/.

World Patient Safety Day, 17th September

World Patient Safety Day calls for global solidarity and concerted action by all countries and international partners to improve patient safety.

The Day brings together patients, families, caregivers, communities, health workers, health care leaders and policy-makers to show their commitment to patient safety.

The World Health Organization's 'Global action on patient safety' resolution recognises patient safety as a global health priority and the 17th of September is a day to focus on the importance of working together to achieve better safety for all.

Find out more at https://www.who.int/campaigns/world-patient-safety-day.

Youth Mental Health Day, 18th September

Youth Mental Health Day is organised by Stem4 to bring together young people, schools, families, professionals and organisations across the UK to focus on helping young people thrive.

The theme for YMHD 2026 is #BuildFutureYou.

- 53% of young people in the UK feel anxious about their future on a daily basis
- There has been as 65% rise in mental health admissions for young people to acute wards in England over the last decade
- 70% of young people still feel determined to achieve their goals.

Nearly half of young people in the UK say economic uncertainty makes them feel hopeless about the future. Wars, job insecurity, the cost of living, climate anxiety are all the daily backdrop to young people's lives right now.

But 70% of young people still say they're determined to achieve their goals. YMHD 2026 is about meeting young people where they are, acknowledging what's hard, and helping them build forward anyway, one step at a time.

You can use the hashtags #BuildFutureYou and #YMHD to spread awareness, or organise events in your school or organisation to mark the day. There are lots of free resources for schools, organisations and individuals to use on the Stem4 website: https://stem4.org.uk/youthmentalhealthday/#about.

Occupational Health Awareness Week, 21st–27th September

Occupational Health (OH) professionals are independent experts who maintain the wellbeing of employees, preventing ill-health and developing solutions to keep staff with health issues at work. They advise on staff unable to work due to long-term or short-term intermittent health problems, and organisational-wide steps to reduce sickness absence. A healthy workplace culture and the adoption of a systematic approach to OH contributes to the success of an organisation.

Occupational Health Awareness Week increases awareness of what occupational health (OH) is, and how important and valuable it is for workplace health.

Find out more about this year's theme, explore what is on offer this week, and discover more about working in occupational health at https://www.som.org.uk/ohaw.

Migraine Awareness Week, 21st–27th September

Migraine is often misunderstood, downplayed and stigmatised, and people with migraine are often told, 'It's just a headache, it can't be that bad.'

Migraine is a complex, long-term health condition involving repeated migraine attacks. These tend to involve a moderate to severe headache, but can be a whole-body experience that can make it difficult to function normally.

The most common symptoms of a migraine attack include:

- moderate or severe headache
- being very sensitive to light, sounds and smells
- feeling sick (nausea) and being sick (vomiting)

Up to 1 in 3 people also get migraine attacks with aura. An aura is a set of symptoms that includes problems with sight, speech and sensations. There are also some specific types of migraine involving additional symptoms such as dizziness, vertigo (a spinning sensation) and problems with hearing.

Migraine attacks vary from person to person and over time, but typically last between four hours and three days. Most people don't have any symptoms in between migraine attacks but it can take days to recover from a migraine attack, and some people with chronic migraine may have symptoms on a daily basis.

Migraine can have a huge impact on many aspects of life, including family and social life, education and work. It can have a negative effect on mental health too, and when migraine is having a substantial, negative impact on normal day-to-day activities, it may be considered a disability.

Migraine Awareness Week aims to raise awareness of how severe migraine really is, and change the perception of migraine.

Learn more about migraine, and what you can do if you or someone you know is experiencing it, as well as how you can help raise awareness and support the Migraine Trust charity at https://migrainetrust.org/get-involved/campaign-with-us/migraine-awareness-week/.

National Eye Health Week, 21st–27th September

Sight is the sense people fear losing the most, yet many of us don't know how to look after our eyes – National Eye Health Week aims to change all that by promoting the importance of good eye health and the need for regular eye tests for all.

- More than 2 million people in the UK are living with sight loss, that is severe enough to have a significant impact on their daily lives. Half of this sight loss is avoidable.
- A sight test can detect early signs of conditions like glaucoma, which can be treated if found soon enough
- During a sight test, other health conditions such as diabetes or high blood pressure may be detected
- For healthy eyes, eat well, stay active, don't smoke and protect your eyes when the UV Index rises to 3 or more

The best way you can support the week is to have an eye test if you haven't had one in the last two years. But you can also help by spreading awareness online, at your organisation or school, or in your local community.

The National Eye Health week website has lots of ideas and resources to help you fundraise and share the importance of keeping your eyes healthy, and also a clever eye condition simulator to help you understand what losing sight can feel like.
Visit https://www.visionmatters.org.uk/?evs=off to find out more and try it out.

Organ Donation Week, 21st–27th September

Organ donation is when you decide to give an organ to save or transform the life of someone else. You can donate some organs while you are alive, and this is called living organ donation. However, most organ and tissue donations come from people who have died. The waiting list has never been longer than it is now – over 8000 people are currently in need of a transplant to save or improve their lives .

Under the opt out system in the UK, it is considered that you agree to become an organ donor when you die, if:

- you are over 18
- you have not opted out
- you are not in an excluded group

If you die in a way that allows your organs to be donated, your family will be consulted, but you can register to become a donor, or opt out of being a donor, on the NHS website https://www.organdonation.nhs.uk/register-your-decision/. If you decide to become a donor, you can choose to donate all, or only some of your organs.

This year, we are asked to turn the skies pink for organ donation! Local landmarks and buildings across the country are asked to be lit up in pink, in memory of the more than 400 people who died last year waiting for an organ transplant, and to encourage people to confirm their decision on the NHS Organ Donor Register. Pink is the colour of the organ donation card and the more buildings light up pink, the more attention there will be for this life-saving act.

Find out more about organ donation and how to get involved at https://www.organdonation.nhs.uk/get-involved/organ-donation-campaigns/organ-donation-week/.

Stammering Awareness Day, 22nd September

Stammering, sometimes called stuttering, is a difference in how speech flows.

Someone who stammers might do one or more of these things at any point in a sentence:

- Repeat sounds or words. For example, ‘My name is J-J-J-J-John.’
- Stretch or prolong sounds. For example, ‘Can you read me a sssssstory?’
- Have a silent block where a sound gets stuck. For example, ‘---------Can I have…" A block could last for a few seconds or it could last longer

Everyone does these things occasionally. But for people who stammer they happen more often, sometimes nearly every time they speak. People normally stammer less on some days or in certain situations, and more in others. Lots of people find they stammer more when they are tired.

Stammering is hardly seen in society. Job advertisements often have 'excellent communication skills' on their list of requirements. This can make people who stammer feel uncomfortable about applying. However not all fluent people are engaging speakers. And lots of people who stammer are effective, even brilliant, communicators.

There is a huge stigma around stammering, which can start from a young age when children see their parents worrying that there's something wrong with them. It can lead to being singled out throughout for being different, and being told by teachers, co-workers and peers to 'spit it out', 'slow down' or 'speak properly'. People often joke about a stammerer, or laugh at them when they struggle to get a word out, causing the stammerer to feel hurt, and become anxious about speaking in public.

Whether you are a stammerer yourself, have a child, friend or family member who stutters, or just want to know what to do when a stammerer is talking with you, you can find out more at the Stamma website. You will also find lots of resources and events to help you get involved this awareness day! https://stamma.org/about-us/news-features/news/stammering-awareness-day-whats-happening.

World Pharmacists Day, 25th September

Pharmacists make a critical contribution to prevention, access to care, health system resilience and sustainability. Global health challenges increase every year, and FIP, the global leader in advancing pharmacy, is calling on governments, policymakers, regulators, health insurers and the public to strengthen supportive policies, invest in education and ensure the full integration of pharmacists within health systems.

The official theme of this year’s awareness day is ‘Empowering pharmacists for healthier futures.’ This means equipping them with the competencies, recognition and working environments necessary to meet evolving health needs.

In the UK, we are being advised to go to the pharmacy for many more common minor health issues, so why not make today a day when you go and thank your local pharmacist, recognising whatever help they have given you?

Find out more at https://www.fip.org/world-pharmacists-day.

World contraception day
World Contraception Day aims to improve awareness of all the available contraceptive methods, and to enable young people to make informed choices on their sexual and reproductive health.

In the UK we are fortunate to be able to access a great deal of contraception for free, helping women to avoid unwanted pregnancies and reducing the risk of sexually transmitted diseases. However, worldwide, contraception is not always so readily available, and even in the UK knowledge about contraception can be lacking or disapproved of among some social groups.

You can find out more about contraception in all its forms on the NHS website at https://www.nhs.uk/contraception/.

Like Quote Reply
Start conversation from post Report