LONDON ROAD SURGERY

Website: www.thelondonroadsurgery.co.uk

Telephone: 01268 765533

**NEWSLETTER October 2023**

Welcome to the practice newsletter. In it you will find some useful information, especially if you are not able to use a computer. **However, there are references to important websites and it might be useful if you have a friend or relative who could gain access to the relevant information for you. This is a bumper issue this month as there are lots of campaigns listed for November 2023. Please see end of the newsletter.**

**All prescription requests must be made online via the NHS App or via Online Services accessed by using the London Road Surgery website. Alternatively, you can post your request through our letterbox or send it by Royal Mail.**

**We are experiencing a high demand for appointments please ask your Pharmacist for advice or use e-consult and receive a reply within 48 hours.**

**e-consults**

**We have available via the website** [www.thelondonroadsurgery.co.uk](http://www.thelondonroadsurgery.co.uk) **a platform for consulting online a clinical or admin queries. This is called e-consult. Please follow the instructions to submit your query. You will get a response within 48 hours.**

**New Reception Staff**

We have new staff who have joined our Reception team. Please be patient while they deal with your queries. Our Reception staff are now called Healthcare Navigators because they can sign post you to Health Care Professionals who support the doctors in primary care.

These staff are trained professionals and if unable to support you they will refer you back tp the doctor. These are: Pharmacists, Paramedic, Social Prescriber, Mental Health First Contact Practitioner, and retail Pharmacists. We also use the weekend appointments available to all the practices in Wickford.

**Ideas and Suggestions**

Please let us know if you have any ideas or suggestions by writing to us via the email address or by post.

Thank you

**Veteran Friendly Accreditation**

**We are now accredited as an Armed Forces veteran friendly accredited GP practice. Dr Richards is the Lead GP for this.**

**Patient Contact Details**

**Please keep us up to date with your contact details either by popping a note through our letterbox or by emailing us at** londonroadsurgery@nhs.net

**Last month we had 803 patients with no mobile number on their record. This month we have 785 patients with no mobile number on their record. Please email us with your mobile number and email address.**

**Primary Care Network (PCN) Staff**

**In line with NHS England guidance and the development of Primary Care Networks (PCN’s) some new allied Health Care Professionals have joined the team at London Road Surgery. We have a Paramedic and 2 Advanced Nurse Practitioners who can treat minor illness. These staff members join the doctors and nurses and the new Social Prescriber and Mental Health First Contact Practitioner to help you.**

**To assist you with your request to see a clinician our Receptionists/Care Navigators will ask you the reason for your appointment so that they can guide you to the correct clinician for your condition.**

**PCN Pharmacists – now work at the surgery and you may be contacted by them before you see a doctor. They can sort minor illnesses as well as review all medication.**

**We encourage self-care and there are lots of information on our website and NHS App.**

**Local Pharmacists are happy to discuss with you about your minor illness and we can refer you to them using our clinical system. They will call you back in a few hours.**

**Basildon & Brentwood CCG website also has Health Information** <https://basildonandbrentwoodccg.nhs.uk/>

**Looking after yourself**

**We continue to offer free health checks for patients aged 40-74 who have not had a health check in 5 years and for those over 75 years.**

**Please call reception to book your health check with Natalie or Mel our Paramedic.**

**Contacting Us**

**Please do not use our email address to send any clinical queries to us. Please call the practice to make an appointment or use e-consult (see above). Please use NHS App to order repeat medication. We can process requests faster this way.**

**Patient Group Activity**

The Patient Groups of all 3 practices in Wickford are working together with **Action for Family** **Carers** to develop a Carer’s Directory. The minutes of the meeting on 31.5.23 will be on the website. We will be discussing how the practices in Wickford can better identify patients who are unpaid carers. There is a Universal Form for patients to complete. Please check our website.

**Next Patient Group meeting will be in November 2023 – date to be decided**

**Website**

We understand that lots of our patients are unable to view our website if you know a member of your community is housebound or without any computer access please print this and deliver it to them. London Road Surgery thank you for this kindness.

**Healthwatch Essex**

<https://healthwatchessex.org.uk/>

Is an independent charity set up under the Health & Social Care Act 2012 and they use your voice to improve health and care in Essex. They undertake high-quality research and engagement to uncover your experience of services and use it to shape health and care. They are also proud hosts to the Essex Neurology Network.

They can help you find out about and access health and social care services through our Information & Guidance Service**. Call 0300 500 1895, text 07712395398** between 10am and 2pm on Monday, Wednesday and Friday. Outside of those times, you can use it to leave them a message. Check out how to get involved!

info@healthwatchessex.org.uk

Message on **07712395398**, Monday - Friday, 9am to 4:30pm

**Looking After Your Mental Wellbeing**

Looking after our mental wellbeing sometimes falls behind on our list of priorities. But keeping mentally well helps us to keep physically well too. Visit this website for some tips on how to look after your mind: <https://www.nhs.uk/oneyou/every-mind-matters/>

**Free listening services**

These services offer confidential advice from trained volunteers. You can talk about anything that is troubling you, no matter how difficult:

Call 116 123 to talk to [Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/), or email:  jo@samaritans.org for a reply within 24 hours.

Text "SHOUT" to 85258 to contact the [Shout Crisis Text Line](https://www.giveusashout.org/), or text "YM" if you're under 19.

If you are under 19, you can also call 0800 1111 to talk to [Childline](https://www.childline.org.uk/). The number will not appear on your phone bill.

**The Essex Wellbeing Service 0300** **303 9988**

We provide Essex residents (excluding Southend-On-Sea and Thurrock) with access to health checks; stop smoking services; weight management courses; and emotional health and wellbeing support.

We also support Essex organisations at work via our three-tiered Working Well Accreditation. This consists of workplace health and wellbeing sessions; Mental Health First Aid training; and the Working Well Accreditation itself where organisations can be recognised for their commitment to staff health and wellbeing.

EWS also runs a volunteering service where we recruit and connect volunteers with Essex residents in need of support with everyday tasks, social isolation and making long-term friendships.

The Service is commissioned by Essex County Council. But we couldn’t do this without our amazing alliance of partners…

**Provide CIC**

Provide CIC is a Community Interest Company (social enterprise) that delivers a broad range of health and social care services in the community throughout Essex, Cambridgeshire and East Anglia.

Provide works from a variety of community settings, such as three community hospitals, community clinics, schools, nursing homes and primary care settings, as well as within people's homes to provide more than 40 services to children, families and adults.

Provide CIC has been commissioned by Essex County Council to deliver the Essex Wellbeing Service, in partnership with all the organisations listed on this page.

**Priority Digital Health**

Priority Digital Health (PDH) build digital solutions which empower better self-management and service-management of patients' health and wellbeing.

PDH ensures people get the help and support they need, swiftly, whilst remaining true to their 'Tell Your Story Once' mantra.

PDH’s speciality is disease prevention; their background is in changing behaviour, and their focus is cost-saving and service efficiencies – but not at the expense of user experience.

They have three main products: The Priority Platform (customisable case management software); Diabetes Book & Learn (connecting people with Diabetes to the right education); and AmaraHealth™ (a whole-body health and wellbeing app).

For Essex Wellbeing Service, PDH provides the case management system that digitises lifestyle bookings; volunteer sign-up and management; and referral or self-referral for support with everyday tasks.

PDH provides their marketing services for the EWS and Working Well website and social media. EWS also have access to PDH’s AmaraHealth™ app where Essex residents can track, analyse, and manage their whole-body health inside one app.

**Age Well East**

Age Well East offers community friendship services to anyone in Essex who is over 18 with an aim to end loneliness. They provide one to one volunteer friendship (befriending), pen friending and access to social groups and activities to empower people to live happier and healthier.

Age Well East believes everyone deserves to age well and they have been empowering people in later years since 1950. Their knowledgeable staff and volunteers provide excellent support services which are easily available.

They understand that changes in circumstances make people particularly susceptible to loneliness. When left ignored, loneliness can escalate from a temporary situation to a chronic challenge, which the NHS estimates as having the same detrimental impact as smoking 15 cigarettes a day on health deterioration.In Essex alone, as many as 80,000 people are thought to be lonely, which is one of many reasons Age Well East is so committed to providing excellent and trusted support.

**HCRG Care Group**

HCRG Care Group changes lives by transforming health and care. They are one of the UK’s leading independent providers of community health and care services, working with health and care commissioners and communities to transform services with a focus on experience, efficiency and improved outcomes.

The children and family healthy lifestyle service is here to support your family in making long term, sustainable adjustments to suit your lifestyle. If you are unsure if your child is within the healthy weight range, you can check their body mass index (BMI) using the NHS BMI Calculator. The calculator takes into account your child’s age and sex as well as their height and weight.

If you find your child is outside the healthy weight range - don’t panic! There are lots that the team can do to support you in making healthier lifestyle choices and to help your child achieve a healthier weight as they grow.

Being active and making balanced food choices is important, but HCRG Care Group will work with your family to make sure our support is the right offer for you and your family.

HCRG Care Group’s teams have lots of resources that they would like to make available to your family. If you would like to register your interest or find out more about what HCRG can offer your family, please contact EWS.

HCRG Care Group also runs Essex Child and Family Wellbeing Service on behalf of Essex County Council.

**Rural Community Council of Essex**

Many Essex villages exude an air of prosperity. However, behind the affluent facade there is evidence of hidden deprivation, and with it the potential for people to be unreasonably disadvantaged by living in a rural location.

Rural communities are the reason for the existence of the Rural Community Council of Essex (RCCE) and remain the focus of the vast majority of their work, but they do provide some services, notably Community Agents Essex and United in Kind Coaches on a countywide basis.

Rural Community Council of Essex (RCCE) works to provide local communities with the skills, resources and expertise necessary to achieve a thriving and sustainable future.

RCCE provides support and facilitation for local community organisations and projects; develops initiatives that improve the life chances of disadvantaged people and families; and provides an influential voice for rural communities in Essex.

Part of their attention focuses on helping people who may experience disadvantage and exclusion through factors such as low wage employment, the high cost of housing, lack of access to essential services and a scarcity of public transport.

**Terrence Higgins Trust**

Terrence Higgins Trust (THT) team of specialist health and wellbeing coaches will work to re-engage those who have disengaged from or who have lost trust in the system.

The service works closely with a diverse range of populations across Essex, and in partnership with the wider EWS service to maximize opportunities for LGBT+, Traveller, Roma, and Racially Minoritised communities, as well as Drug and Alcohol Misusers, Homeless / those at risk of Homelessness, as well as those within the criminal justice system.

THT believes that involving and empowering local communities, particularly disadvantaged groups, and young people is central to both promotion of excellent Health and Wellbeing and the reduction of health inequalities.
THT champions that partnership approaches to service delivery, combined with innovation, improve engagement with service users, contribute to directly addressing marginalisation and powerlessness underpinning health and social inequalities and are effective in building sustainable communities.

THT is also the UK’s largest HIV and Sexual and Reproductive Health charity.

Building upon the already excellent established working relationship between THT and Provide in Essex the THT Essex Wellbeing Service (EWS) partnership will engage with and empower Seldom Heard From Communities.

Services

* [Stop Smoking](https://www.essexwellbeingservice.co.uk/services/stop-smoking)
* [Physical Activity](https://www.essexwellbeingservice.co.uk/services/physical-activity)
* [Social Isolation](https://www.essexwellbeingservice.co.uk/services/social-isolation)
* [Mental Health](https://www.essexwellbeingservice.co.uk/services/mental-health)
* [Alcohol Reduction](https://www.essexwellbeingservice.co.uk/services/alcohol-reduction)
* [Sleep](https://www.essexwellbeingservice.co.uk/services/sleep)
* [Health Checks](https://www.essexwellbeingservice.co.uk/services/health-checks)
* [Child Lifestyle Service](https://www.essexwellbeingservice.co.uk/services/child-lifestyle-service)
* [Weight Management](https://www.essexwellbeingservice.co.uk/services/weight-management)

T: 0300 303 9988

E: provide.essexwellbeing@nhs.net

**Opening Hours**

Monday to Friday 8.00am - 7.00pm

Saturday 9.00am to 12.00pm

All enquiries, will be responded to during the opening hours above

**Complaints / Feedback**

T: 0300 303 9951

E: provide.customerservices@nhs.net

**NHS App**

If you have a smartphone you can download the NHS App which allows you to order repeat prescriptions and book appointments quickly and easily.

We encourage use of the NHS App as this saves time for the patients.

**Contact Details**

Don’t forget to let us know if you have new phone number or change address. You can email us or call us.

**The Good Grief Trust**

**Website** [**www.thegoodgrieftrust.org**](http://www.thegoodgrieftrust.org)

If you have been affected by a sudden bereavement during this crisis and need support, advice and guidance.

PLEASE CALL; SUDDEN BEREAVEMENT HELP 0800 2600 400,

OPERATING HOURS: 10AM – 4PM MONDAY – FRIDAY.

**Mental Health Information**

VitaMinds offer a free and confidential NHS Service and Psychological talking therapies. They offer support for Anxiety, Low mood, Depression, Panic attacks, Social anxiety, sleep problems, PTSD, OCD and specific phobias. You can self-refer online vitahealthgroup.co.uk or call 01268 977 171 Monday – Friday 8am – 8pm and Saturdays 9am – 12.30pm or Out of Hours emotional support 24/7 01268 977 171

**Contact Us Online**

We have updated our website and added a tab called Contact Us Online. This is for patients to send us administrative queries or medical issues. Hopefully this will free up our phone lines for those patients without internet access.

**Useful Telephone Numbers**

Boots Allianz The Wick 01268 574018

Boots Mayflower 01268 820235

Boots Willowdale 01268 761911

Co-op 01268 970532

Garbetts 01268 732042

Medipharm 01268 735777

Sainsbury’s 01268 270282

Shadforths 01268 733313

Shotgate 01268 768547

Tesco Mayflower 01268 367647

Wells Pharmacy 01268 762605

**CARING FOR OTHERS**

If you are caring for a relative, you can access information & advice, specialist support, groups & activities through Carers First. Carers First is a charity commissioned by Essex County Council:

Telephone: 0300 303 1555

Email: hello@CarersFIRST.org.uk

Please let us know if you are an unpaid Carer and if you need support

**Useful Resources:**

**Alzheimer’s Society:** 01245 260911 3 Lockside Marina Chelmsford CM2 6HF

**National Domestic Violence Helpline**: 0808 2000 247 https://www.nationaldahelpline.org.uk

**NSPCC helpline**: 0808 800 5000

**ChildLine**: 0800 1111

**MIND**: www.mind.org.uk

**YoungMinds**: https://youngminds.org.uk

**ICON**: Babies cry: You can cope https://iconcope.org

**IRISi:** irisi.org/iris/find-your-local-iris-site

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**Domestic violence and coercive control**

There doesn’t need to be violence in your relationship for you to be a victim of domestic abuse. Coercive control is a criminal offence. Put simply, coercive behaviour is behaviour that controls you, your time and your relationships or finances. If you feel you sometimes don’t do things that you might want to because of what someone might say or do, it may be that they’re exhibiting controlling behaviour towards you.

The NHS website has a list of questions to consider when thinking about whether you may be in an abusive relationship.

Women’s Aid also have a range of resources for help and support, whether you’re a victim of domestic abuse or are supporting someone who is. Access web chats, email help, a supportive forum and the survivor’s handbook.

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/coercive-control/>
<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>
<https://www.womensaid.org.uk/information-support/>

**Movember**

Are you downing your razor for November? If not, perhaps you might consider it? Movember is an opportunity to show solidarity with other men, and to show the importance of men’s health – in particular, testicular cancer, prostate cancer, mental health and suicide.

If growing a “mo” isn’t really your thing, have you considered whether you could hold a fundraising event for Movember? You could have a “pub in the sitting room” or a “cafe in the kitchen”. Can you think of a better reason to get together with friends and family?

[https://uk.movember.com](https://uk.movember.com/)
<https://uk.movember.com/support-us/host>

**Mouth Cancer Action Month**

Mouth cancer causes more deaths each year than road traffic accidents, though only around 9% of people are aware of the major risk factors for mouth cancer. More than two in three mouth cancers are diagnosed in men, and almost two in three are diagnosed in those who are over 60.

The symptoms of mouth cancer are varied, and range from some you might expect, like lumps and swellings in the mouth, to others you might not have thought about like teeth that become loose, or dentures that stop fitting suddenly.

<https://www.mouthcancerfoundation.org/mouth-cancer-facts-and-figures/>
<https://www.mouthcancerfoundation.org/symptoms/>

**Pancreatic Cancer Awareness Month**

Currently, more than half of the people diagnosed with pancreatic cancer will die within three months. Symptoms of pancreatic cancer include: indigestion, tummy or back pain, changes to your poo, unexplained weight loss or lack of appetite and jaundice (yellowing of the eyes or skin). If you’re concerned about any of these symptoms, please contact your GP practice.

[https://www.pancreaticcancer.org.uk...rence/pancreatic-cancer-awareness-month-pcam/](https://www.pancreaticcancer.org.uk/get-involved/make-a-difference/pancreatic-cancer-awareness-month-pcam/)

**Stay well in winter and cold weather**

Some people are more vulnerable in cold weather, and as winter rapidly approaches, we need to think about how we can stay well when it’s wintry. This might include vaccinations if you’re vulnerable, making sure the temperature is warm enough indoors and making sure you’re getting all the help that’s available.

The Met Office have some fantastic guidance on the things that might help us to stay well over the winter, including links to some of the available financial support you may be entitled to.

<https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>
[https://www.metoffice.gov.uk/weathe...llbeing/top-tips-for-staying-well-this-winter](https://www.metoffice.gov.uk/weather/warnings-and-advice/seasonal-advice/health-wellbeing/top-tips-for-staying-well-this-winter)

If you have elderly or vulnerable neighbours, can you check that they’re okay? From knocking on the door to see if they’re alright if you haven’t seen them doing their normal activities, to sparing the time for a cuppa if they’re alone for long periods, there are many things we can do to foster great communities and support our older population.

Age UK run day centres for older people. With planned activities, a hot meal at lunchtime and with many offering accessible transport, you may find that getting out of the house, with a little support, is just what you need to have an enjoyable day – especially if enjoy some company and a warm welcome.

From transport to helping with small maintenance jobs around the home, Age UK can help across Great Britain. To find out more about the support Age UK offer, have a look at their local pages.

[https://www.thenationalcareline.org/SafetyAtHome/CheckOnYourNeighbour](https://www.thenationalcareline.org/SafetyAtHome/CheckOnYourNeighbour#:~:text=Knock%20on%20the%20door%20and,few%20minutes%20having%20a%20chat)
<https://www.ageuk.org.uk/services/in-your-area/day-centres/>
<https://www.ageuk.org.uk/services/in-your-area/>

**Herbert Protocol**

If you’re caring for someone at risk of going missing, you might want to have a look at the Herbert Protocol. Named after a war veteran called George Herbert, the Herbert Protocol helps you to establish information about someone who’s at risk before they go missing. In the event that they later do go missing, you’re able to quickly share the information with the police force. We’ve linked some national information below, but you’ll be able to find the information for your local police force and their forms by carrying out an internet search. The police will ask additional questions about what happened if/when the individual goes missing, but having the protocol ready helps you to think about important information beforehand when you’re not in a moment of intense stress.

[https://www.alzheimers.org.uk/get-s...gether-magazine/scheme-support-missing-people](https://www.alzheimers.org.uk/get-support/publications-and-factsheets/dementia-together-magazine/scheme-support-missing-people)

**Lung Cancer Awareness Month**

It’s Lung Cancer Awareness Month, and there are signs and symptoms that you should look out for. If you have a cough for over three weeks or a long-term cough that changes, if you have repeated chest infections or are short of breath or wheezy, if you have chest or shoulder pain that does not get better, or a hoarse voice for three weeks or more, you should make an appointment with your GP practice.

<https://www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness-month>
 **COPD Awareness Day and Month 15th November and all of November**

World COPD Awareness Day is on 15th November. COPD (chronic obstructive pulmonary disease) is the name for a group of lung conditions that cause similar issues and include emphysema and chronic bronchitis. COPD means you’re unable to breathe out quickly and air gets trapped in your chest due to narrowed airways and phlegm.

The main symptoms of COPD (chronic obstructive pulmonary disease) are shortness of breath, a phlegmy cough, frequent chest infections and wheezing. These symptoms continue over time, so if you’re experiencing these symptoms over a period of time, in particular if you’re over 35 and a smoker, it’s worth asking if we can check you over.

<https://www.asthmaandlung.org.uk/conditions/copd-chronic-obstructive-pulmonary-disease/what-copd>
<https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/> **Stress Awareness Day, 1st November**

Stress affects us all in different ways and at different times. There are some easy stress management tips that you can try, which can help to reduce your stress levels. If you’re finding things too difficult to manage with self-help, you can always talk to a member of our team.

<https://www.nhs.uk/mental-health/self-help/guides-tools-and-activities/tips-to-reduce-stress/>

**Bonfire Night, 5th November**

Bonfire Night is celebrated throughout the UK and it’s an opportunity to enjoy a bonfire and fireworks. However, there are some things we need to consider to make sure we stay safe – such as following rules on firework safety. To find out more about staying safe and for a downloadable guide, please see this information from Camps Solicitors and the RoSPA.
Greater Manchester Fire and Rescue Service have a fantastic resource to help you think about the practicalities of holding a bonfire event yourself, though it’s safer to attend an organised display if you can.

[https://bonfire-night-safety.co.uk](https://bonfire-night-safety.co.uk/)
<https://www.manchesterfire.gov.uk/your-safety/fire-safety/celebrating-safely/bonfire-safety/>

**UK Malnutrition Awareness Week, 6th to 12th November**

This year, UK Malnutrition Awareness Week is focusing on malnutrition and dehydration through preventable causes or disease. Our bodies are designed to work best with optimal levels of nutrients, vitamins, minerals and hydration. Where causes are known and preventable, we should ensure that we’re doing all we can to meet these needs.

<https://www.malnutritiontaskforce.org.uk/uk-malnutrition-awareness-week-2023>

**Odd Socks Day and Ant-Bullying week 13th November and 13th to 17th November**

Odd Socks Day marks the start of Anti-Bullying Week. Why odd socks? Odd Socks Day aims to celebrate the differences between us, helped by ‘Andy and The Odd Socks’ band.

“Make a noise about bullying” is the theme of this year’s Anti-Bullying Week, encouraging us to speak out when banter becomes something more serious or when we see bullying taking place. The more people who are happy to speak out against bullying, the easier life will become for those who are victims of bullying.

Whether you’re being bullied or know and care about someone who is, you can find help, support and advice from the Anti-Bullying Alliance.

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/odd-socks-day>
[https://anti-bullyingalliance.org.u...-bullying-week-2023-make-noise-about-bullying](https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/anti-bullying-week-2023-make-noise-about-bullying)
<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support>

**Self Care Week, 13th to 19th November**

Self-care is an essential part of our overall wellbeing. Becoming run-down, both physically and mentally, gives our bodies and minds additional challenges. But using appropriate self-care means that we’re better equipped to deal with life’s challenges.

<https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

**Transgender Awareness Week, 13th to 19th November**

Transgender Awareness Week leads up to the annual Transgender Day of Remembrance which allows us to remember victims of transphobic violence. Transgender people have suffered violence and abuse over many years.

<https://www.bbc.co.uk/news/explainers-53154286>
 **World Diabetes Day, 14th November**

It’s World Diabetes Day, and the theme this year is “Know your risk, Know your response”. One in ten adults suffer from diabetes. Over 90% have Type 2 diabetes and over 50% are not diagnosed. Type 2 diabetes is a risk for your long-term health and increases the likelihood of other long-term conditions.

Diabetes is a complex condition that affects the body in a number of ways. Diabetes can lead to other long-term conditions and increased risk of serious issues like heart attack, stroke, kidney disease and nerve damage.

[https://worlddiabetesday.org](https://worlddiabetesday.org/)
<https://www.diabetes.org.uk/guide-to-diabetes/complications> **Antimicrobial Awareness Week, 18th to 24th November**

One of the biggest challenges we face is the growing resistance of viruses, parasites, fungi and bacteria to the drugs and medicines that we use to treat them. Making sure we only use antibiotics when absolutely necessary helps to reduce the risk of resistance over time.

<https://www.nhs.uk/conditions/antibiotics/antibiotic-antimicrobial-resistance/>

**International Men’s Day, 19th November**

International Men’s Day falls on 19th November, and the theme for this year is “Zero Male Suicide”. Men provide positive contributions to their families, friends, workplaces and communities. But men are at greater risk of suicide as many find it difficult to talk about the things that are bothering them. This year’s campaign focuses on our ability to help and support men so they feel there is hope.

[https://internationalmensday.com](https://internationalmensday.com/)

**UK Disability History Month, 16th November to 16th December**

People living with disabilities face difficulties and discrimination in their lives which provide additional challenges for them to overcome. Understanding the difficulties faced and taking positive steps to ensure equity are important so that disabled people have the opportunities enjoyed by others.

If you’ve ever wondered about the challenges faced by disabled people and what you can do to help make their lives easier, this illustration neatly outlines the difference between equality and equity. Equality makes sure everyone has the same; equity makes sure everyone has what they need to access the same opportunities.

[https://ukdhm.org](https://ukdhm.org/)
[https://medium.com/@CRA1G/the-evolution-of-an-accidental-meme-ddc4e139e0e4](https://medium.com/%40CRA1G/the-evolution-of-an-accidental-meme-ddc4e139e0e4)

**International Day for the Elimination of Violence against Women, 25th November and 16 days of activism against gender-based violence, 25th November to 10th December**

The International Day for the Elimination of Violence against Women begins 16 days of activism against gender-based violence, culminating in International Human Rights Day on 10th December.

Violence against girls and women is a significant issue across the world. The annual campaign for 16 days of activism against gender-based violence aims to mobilise the world to stand against gender-based violence.

<https://www.un.org/en/observances/ending-violence-against-women-day>
<https://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite/16-days-of-activism>