LONDON ROAD SURGERY

Website: www.thelondonroadsurgery.co.uk

Telephone: 01268 765533

**NEWSLETTER April 2025**

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 May 2025. 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 local Pharmacist for advice or use e-consult online consultation and receive a reply within 48 hours. Pharmacy First is a new campaign that allows the Pharmacists to treat 7 conditions. Please ask your pharmacist for more information.**

**ACCURX or Online Consultations**

**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.

Thank you for your kind comments for some of our new reception staff.

These staff are trained professionals and if unable to support you they will refer you back to 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 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 660 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. We also have a Nurse Practitioner who is studying to become an Advanced Nurse Practitioner. These staff members join the doctors and nurses and the new Social Prescriber and Mental Health First Contact Practitioner to help you. NEW – we have a Physio who works here on Tuesday and Friday who you can see by booking in with reception.**

**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**

We have a new noticeboard in our Waiting Room and the Chair – Sue Bunney will be coordinating new campaigns for the group to action. They have recently done a survey and their minutes are on our website. The group will be promoting the NHS App.

**Next Patient Group meeting: Monday 19 May 2025 at 2pm**

**All are welcome!**

**Patient Newsletter on 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. It will integrate with secondary care so you can see future hospital appointments.

**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

**May 2025**

**Blood pressure and Stroke**

Do you know what “normal” blood pressure is? More importantly, do you know what YOUR blood pressure is? May Measure Month encourages us to have our blood pressure checked as high blood pressure can be a risk factor for some chronic diseases and premature death. High blood pressure can be an indicator that you’re at increased risk of a heart attack or stroke. What is “normal” blood pressure, and what can you do if your blood pressure is higher than it should be?

Every day in May, 240 people will wake up to the life-changing impact of a stroke. Some of the most common risk factors for a stroke are: high blood pressure, diabetes, atrial fibrillation, high cholesterol, your age, lifestyle factors, family history, ethnicity. While you can’t do anything about your age, ethnicity or family history, you may be able to help decrease the risk from other factors.

<https://www.maymeasure.org/>
<https://www.bhf.org.uk/informationsupport/risk-factors/high-blood-pressure>
<https://www.stroke.org.uk/stroke-awareness-month>

**Specific dates in May:

Celebrating our teams

International Day of the Midwife, 5th May
International Receptionists’ Day, 8th May
International Nurses Day, 12th May
National Day for Staff Networks, 14th May**

Midwives are incredible and can provide many essential services for mums, babies and young people. To recognise midwives and their extraordinary contribution, the theme of this year’s International Day of the Midwife is ‘Midwives: Critical in Every Crisis’.
May is also the month where we celebrate our reception and nursing teams.

In general practice, we couldn’t function without our amazing reception teams. Whether their official job title is “Receptionist” or not, they help to make sure our patients are seen and they deal with a million and one things that need sorting out behind the scenes, often working in challenging situations and with limited resources. We really don’t know how we’d manage without them!

Have you considered a career as a healthcare team receptionist? It’s a tricky job at times, but it’s incredibly rewarding too. Our reception and care navigation teams help patients to get appointments with the right people, by asking the right questions at the right time. They also help and support the wider practice team. Great healthcare reception staff are always in demand and it’s a great start to a career.

Nurses are amazing; they care for our patients and deal with a multitude of health problems. From situations that are challenging from a health perspective to a shoulder to cry on when times are hard, we don’t know what we’d do without our nurses. International Nurses Day reminds us that we need to look after our nurses as well as they look after us!

Staff networks help employees’ voices to be heard. 70% of 18-24 year-olds say they’re more likely to apply to an employer with a staff network. Are you ‘Ready for Change’ in 2025?

<https://internationalmidwives.org/idm2025-theme-announcement/>
<https://www.internationalreceptionistsday.com/>
[https://www.healthcareers.nhs.uk/ex...r-healthcare-team/administration/receptionist](https://www.healthcareers.nhs.uk/explore-roles/wider-healthcare-team/roles-wider-healthcare-team/administration/receptionist)
<https://www.icn.ch/how-we-do-it/campaigns/international-nurses-day>
<https://www.nationaldayforstaffnetworks.co.uk/>

**Mental Health Matters

Mental Health Awareness Week, 12th – 18th May
World Wellbeing Week, 31st May – 6th June**

In Mental Health Awareness Week, let’s think about the number of people impacted by poor mental health. In the UK, it’s estimated that one in four adults suffers from a mental health problem of some kind each year. People suffering from poor mental health need support and to have their voices heard.

This year, let’s focus on community in terms of our wellbeing. Feeling part of a community can have a significant positive impact on our overall wellbeing. While busy lives can mean that it’s difficult to set aside time to build relationships, contributing to our communities helps us and helps others too.

<https://www.mind.org.uk/get-involved/mental-health-awareness-week/>
<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>

**Equality, diversity and inclusion

Global Accessibility Awareness Day, 15th May
International Day against Homophobia, Transphobia and Biphobia, 17th May
Equality, Diversity and Human Rights Week, 19th – 23rd May**

It’s important to ensure that we’re inclusive and supportive. May has a number of awareness days to highlight important issues for Equality, diversity and inclusion.
It’s estimated that around 24% of the population in the UK have a disability. Global Accessibility Awareness Day aims to target technology and software development to ensure that accessibility is built into systems so that people with disabilities have equity and equality when it comes to digital access.
The International Day against Homophobia, Transphobia and Biphobia was created to support and raise awareness of those with diverse sexuality or gender identity. People of diverse sexuality or gender identity are often subject to discrimination or violence, and we need to increase inclusivity.
Later in May it’s Equality, Diversity and Human Rights Week, it’s important to recognise the challenges that people face. This week is all about ensuring equity, equality and inclusivity.

<https://accessibility.day/>
<https://may17.org/about/>
<https://www.nhsemployers.org/articles/equality-diversity-and-human-rights-week-2025>

**Physical wellbeing

National Walking Month
Walk to School Week, 19th – 23rd May**

Walking is amazing. It’s great for both your physical and mental health, and it’s also completely FREE! May is National Walking Month, so discover the magic of walking, and add some extra steps into your day.

19th-23rd May is Walk to School Week. If you work in a school, you might want to think about encouraging your pupils to walk to school where possible. If you’re a parent, you could use the following video as a way to start a discussion with your children about the importance of walking for our general health.

The theme for this year’s Walk to School Week is ‘The Great Space Walk’. For five days, let’s see if we can walk to school and help to improve our physical and mental wellbeing!

<https://www.livingstreets.org.uk/get-involved/national-walking-month/>
<https://www.bbc.co.uk/teach/school-radio/articles/z87nxbk>
<https://www.livingstreets.org.uk/walk-to-school/primary-schools/walk-to-school-week/>

**Sun Awareness Week, 6th – 12th May**

Sun Awareness Week is run with the British Association of Dermatologists, and they want your help! Looking after your skin is important no matter what the weather, but making sure you use appropriate sun protection is vital in the sun, and this can help to prevent skin cancers and other conditions from developing. Help to spread the word! The NHS has sound advice for us on how we should ensure we stay safe in the sun. The sun in the UK is strongest between March and October, so it’s time to think about how we manage our sunscreen routine, making sure we stay in the shade especially between the hours of 11 and 3.

<https://www.skinhealthinfo.org.uk/sun-awareness/sun-awareness-week/>
<https://www.nhs.uk/live-well/seasonal-health/sunscreen-and-sun-safety/>

**National Smile Month, 12th May – 12th June**

This year, National Smile Month is concentrating on how nutrition and hydration work to maintain a healthy smile. From brushing twice a day to making sure we eat and drink mindfully to look after our teeth, there’s a lot we can do to keep our teeth in good shape!
<https://www.dentalhealth.org/nationalsmilemonth2025>

**National Salt Awareness Week, 12th – 18th May**

The average salt consumption is around double the recommended average. Reducing salt (sodium) in your diet can help to reduce blood pressure which in turn reduces the risk of cardiovascular diseases, gastric cancer, obesity, osteoporosis, Meniere’s disease, and kidney disease. An estimated 1.89 million deaths each year worldwide are associated with consuming too much sodium.
<https://www.worldactiononsalt.com/awarenessweek/salt-awareness-week/world-salt-awareness-week-2025/>

**Pregnancy

Maternal Mental Health Awareness Week, 5th – 11th May
World Preeclampsia Day, 22nd May**

‘Your voice, your strength’ is the theme for Maternal Mental Health Awareness Week. Mental ill health in pregnancy, and during or after the birth, can significantly affect both mum and baby. In 2025, let’s ensure that we listen to women and help support them during and after pregnancy.
With regard to physical health, Preeclampsia is a condition of pregnancy that can result in serious complications for both mother and baby. Mothers experience high blood pressure and protein in their urine (proteinuria). In 1–2 out of 100 first pregnancies, preeclampsia is so serious that there’s a threat to the life of the baby, and in some cases the mother. [https://maternalmentalhealthallianc...health/maternal-mental-health-awareness-week/](https://maternalmentalhealthalliance.org/about-maternal-mental-health/maternal-mental-health-awareness-week/)
<https://action-on-pre-eclampsia.org.uk/>

**Babies**

If you have a baby under six months of age, it can be really difficult to know whether you need to make a medical appointment, or whether you can safely look after your baby at home. The Lullaby Trust built an app to help parents of young babies to know the difference:
<https://www.lullabytrust.org.uk/safer-sleep-advice/baby-check-app/>

**National Weaning Week, 12th – 16th May**

Babies are usually ready to start trying their first solid foods when they reach six months of age. Giving your baby a wide variety of normal family foods can encourage habits for life, but we do need to make sure we’re careful as some foods such as salt and honey aren’t suitable for very young children.
<https://www.nhs.uk/start-for-life/baby/weaning/how-to-start-weaning-your-baby/>

**Patient Voice

National Patient Participation Week, 31st May – 6th June**

If you’ve never considered joining your local Patient Participation Group, it’s a fantastic time to try. Patient participation doesn’t need to be time-consuming or difficult, but it really helps practices and the wider NHS build services that work well for patients. <https://napp.org.uk/ppg-awareness-week-03-09-june-2024-2/>

**Awareness Days

World Hand Hygiene Day, 5th May**

For 2025, the focus of World Hand Hygiene Day is ‘It Might Be Gloves’. It’s always hand hygiene. Why? Gloves aren’t a magic answer to infection prevention and control. Gloves are susceptible to contamination in the same way that bare hands are, so while we may be wearing gloves, good hand hygiene is still just as important.
<https://www.who.int/campaigns/world-hand-hygiene-day/2025>

**Dying Matters Week, 5th – 11th May**

Talking about death and dying can be challenging. This year’s Dying Matters Week encourages us to think about how our culture and religion might affect how we discuss death and dying, and how we can support a constructive conversation around the subject.
<https://www.hospiceuk.org/our-campaigns/dying-matters/dying-matters-awareness-week>

**Deaf Awareness Week, 5th – 11th May**

Deaf Awareness Week 2025 brings ‘Beyond Silence’ to the forefront, focusing on the varied ways in which deaf people communicate, along with breaking down barriers to full accessibility. You can download free fingerspelling cards, which can help you to communicate more easily with deaf people in your community.
<https://bda.org.uk/deaf-awareness-week/>

**World Asthma Day, 6th May**

Asthma is a condition that affects your breathing, and symptoms can include wheezing, shortness of breath, coughing or your chest feeling tight. Not everyone in the world has access to inhaled medication to ease symptoms and this World Asthma Day, we’re encouraged to think about how we can improve access to essential medications for those who don’t.
<https://www.nhs.uk/conditions/asthma/>

**World Lupus Day, 10th May**

Lupus is an auto-immune condition that causes your immune system to create antibodies which attack the body’s own tissues. Lupus is most often seen in women, and in those of Black Caribbean, African and Asian ancestries.
<https://lupusuk.org.uk/world-lupus-day-may-10th/>

**ME/CFS Awareness Day, 12th May**

This year, make ‘Just One Wish’ for research into ME and Chronic Fatigue Syndrome. With millions of people around the world, and at least 1.7 million people in the UK, affected, not enough is known about the causes or treatments that might help. Long Covid presents in a very similar way, and understanding more about it could help more people regain a fulfilling life.
<https://meassociation.org.uk/get-involved-mea__trashed/me-awareness-week/>

**World Fibromyalgia Awareness Day, 14th May**

Approximately 3 million people across the UK suffer from fibromyalgia. Fibromyalgia is a condition that presents with pain and fatigue. Research into the condition is in its early stages and there’s much we don’t know about why it begins and how we can help to treat the symptoms.
<https://www.fibroawarenessuk.org/>

**REDS4VEDS, 16th May**

Vascular Ehlers-Danlos syndrome (vascular EDS) is a rare and life-threatening inherited disorder. Vascular EDS affects connective tissues in the body, meaning that they’re more than usually fragile and this can lead to sudden arterial or organ rupture.
<https://www.reds4veds.org/>

**Dementia Action Week, 19th – 25th May**

If you’re worried about your memory, the Alzheimer’s Society has a fantastic checklist of 20 short questions to help you decide whether you should speak to your GP practice team about your concerns.
<https://www.alzheimers.org.uk/get-involved/dementia-action-week>