LONDON ROAD SURGERY

Website: www.thelondonroadsurgery.co.uk

Telephone: 01268 765533

**NEWSLETTER February 2024**

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 March 2024. 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 online consultation and receive a reply within 48 hours.**

**e-consults 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](mailto: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.**

**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. 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.

On 15 December 2023 the Alzheimer’s Society did a Drop-in session for those looking after someone with Dementia. We had 16 meaningful conversations, and they will be back later in 2024 to give more support.

**Next Patient Group meeting will be 1pm Wednesday 6 March 2024**

**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](mailto: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](tel:116123) to talk to [Samaritans](https://www.samaritans.org/how-we-can-help/contact-samaritan/), or email:  [jo@samaritans.org](mailto: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](tel:0800%201111) 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](mailto: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](mailto: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](mailto: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

**March 2024**

**Ovarian cancer, 1st to 31st March**  
  
March is Ovarian Cancer Awareness Month.  
  
Over 90% of women don’t know the main symptoms of ovarian cancer; There are a number of risk factors including age and lifestyle.  
  
The main symptoms include bloating, stomach pain, struggling to eat and weeing more.  
  
<https://ovarian.org.uk/ovarian-cancer/am-i-at-risk/>  
<https://ovarian.org.uk/ovarian-cancer/ovarian-cancer-symptoms/>  
  
**Prostate cancer, 1st to 31st March**  
  
One in eight men will get prostate cancer. If you’re a trans-woman or non-binary, your risk may be different. You can check your risk on the Prostate Cancer UK website:  
  
Most men with early prostate cancer won’t notice any signs or symptoms. If you notice any of the following:

* difficulty starting to urinate or emptying your bladder
* a weak flow when you urinate
* a feeling that your bladder hasn’t emptied properly
* dribbling urine after you finish urinating
* needing to urinate more often than usual, especially at night
* a sudden need to urinate – you may sometimes leak urine before you get to the toilet...

you should make an appointment to speak to a member of your GP practice team.  
  
<https://prostatecanceruk.org/risk-checker>  
  
**Endometriosis awareness, 1st to 31st to March**  
  
Endometriosis affects one in ten women and those assigned female at birth. Endometriosis Action Month 2024 aims to raise awareness of the impact of endometriosis.  
  
Endometriosis is a condition where cells similar to those in the lining of the womb develop elsewhere in the body. These cells react in the same way as those inside the womb, building up and then breaking down. Unlike the cells in the womb, the blood has nowhere to go and this can cause inflammation, pain and scar tissue.  
  
<https://www.endometriosis-uk.org/endometriosis-action-month-2024>  
<https://www.endometriosis-uk.org/what-endometriosis>  
  
**Healthy eating**  
  
It’s important to try and eat a healthy diet, including a variety of fresh fruit and vegetables, along with starchy carbohydrates like potatoes, rice and pasta, and lean protein.  
  
The Eatwell Guide gives clear guidelines and images to show you what we should aim for in terms of balancing our food intake across a week.  
  
It can be difficult to work out how much we should be eating as a portion. The British Dietetic Association has an easy guide to portion sizes. You don’t even need to have your scales to hand!  
  
<https://www.nhs.uk/live-well/eat-well/how-to-eat-a-balanced-diet/eight-tips-for-healthy-eating/>  
<https://www.nhs.uk/live-well/eat-well/food-guidelines-and-food-labels/the-eatwell-guide/>  
<https://www.bda.uk.com/resource/food-facts-portion-sizes.html>  
  
**Child abuse and safeguarding**  
  
Safeguarding is everyone’s responsibility. When we say ‘safeguarding’, what do we mean? It means thinking about the safety of children, and taking steps to make sure they’re safe from harm. You can find out more about the signs of child abuse here, so that you can help to protect children from harm:  
<https://www.nspcc.org.uk/what-is-child-abuse/spotting-signs-child-abuse/>  
  
**Importance of attending review appointments**  
  
If you’re invited to have a review for your long-term condition, it’s important to attend. During your review appointment, we’ll check how you’re managing, and you’ll get the opportunity to discuss any concerns or new treatment options available. [Insert link to your own LTC page OR create your own image – why not try Canva?]  
  
**Prescribing reviews**  
  
To make sure you’re on the best medicine for your needs, we undertake regular medication reviews. After a medication review, we may suggest changes to your medication to keep up with the latest guidance or advice. [Insert link to your own prescribing review page OR create your own image – why not try Canva?]  
  
**1st to 3rd March  
  
Zero Discrimination Day, 1st March**  
  
The theme of this year’s Zero Discrimination Day is “Protect everyone’s health, protect everyone’s rights”. The NHS provides a comprehensive service, available to all, and we respect the needs of every individual.  
<https://www.unaids.org/en/zero-discrimination-day>  
  
**Overseas NHS Workers Day, 1st March**Around 19% of workers in the NHS come from overseas. We’re incredibly pleased that our colleagues and friends have chosen to make the UK their home and to provide care to our patients.  
<https://www.kingsfund.org.uk/insight-and-analysis/data-and-charts/nhs-international-recruitment>  
  
**World Birth Defects Day, 3rd March**  
  
The theme for this year’s World Birth Defects Day is “Every Journey Matters”. Over 8 million people are born each year with a birth defect. It’s important to address birth defect inequities and help individuals to thrive.  
<https://www.worldbirthdefectsday.org/every-journey-matters-2024/>  
  
**World Hearing Day, 3rd March**  
  
Living with damaged hearing is challenging. Whether it’s profound deafness or someone is subject to hearing loss or tinnitus, the impact on the individual’s life is enormous.  
  
By 2050, it’s estimated that one in four people will have hearing problems or hearing loss. A relatively small change to funding could make a world of difference.  
  
<https://worldhearingday.org/>  
  
<https://www.who.int/news-room/fact-sheets/detail/deafness-and-hearing-loss>  
  
**National Day of Reflection, 3rd March**  
  
Marie Curie have organised a National Day of Reflection to commemorate the losses felt by the nation through the COVID-19 pandemic. It’s a day to remember those we have lost.  
<https://dayofreflection.org.uk/>  
  
**4th to 10th March  
  
No More Week, 3rd to 9th March**  
  
No More Week aims to support communities to create a culture of safety, respect and equality with a view to ending domestic abuse and sexual violence. <https://nomore.org/ourwork/campaigns/no-more-week/>  
  
**World Obesity Day, 4th March**  
One in seven people worldwide are currently living with obesity. Worldwide, it’s estimated that one in four of us will be living with obesity by 2035. That’s just over ten years from now.  
  
The BMI for being overweight and obese varies by ethnic background as the health impacts of excess weight vary.  
<https://www.worldobesityday.org/>  
  
<https://www.worldobesityday.org/people-living-with-obesity>  
  
<https://www.nhs.uk/conditions/obesity/>  
  
At 5ft 4” (165 cm) and 12 stone (75 kg), you’ll move from overweight to obese, and for someone measuring 6ft (183 cm) and weighing 16 stone (101 kg), this will put you into the obese category. You’d need to be under 10 stone or 13 stone respectively to be considered a healthy weight at each of these heights. [https://www.healthyweightgrampian.s...oolkit-materials/getting-started-2/bmi-chart/](https://www.healthyweightgrampian.scot.nhs.uk/on-line-training/toolkit-materials/getting-started-2/bmi-chart/)  
  
**International Women’s Day, 8th March**  
  
The theme for this year’s International Women’s Day is “Inspire Inclusion” – imagining a world free of gender bias, and filled with diversity, equity and inclusivity.<https://www.internationalwomensday.com/>  
  
**11th to 17th March  
  
Healthcare Science Week, 11th to 15th March**  
This week is Healthcare Science Week which aims to highlight the importance of science in the world of healthcare.  
[https://www.healthcareers.nhs.uk/ca...rs/teaching-resources/healthcare-science-week](https://www.healthcareers.nhs.uk/career-planning/career-advisers-and-teachers/teaching-resources/healthcare-science-week)  
  
**Brain Awareness Week, 11th to 17th March**  
  
DANA organise Brain Awareness Week to highlight the importance of brain science in our lives. The study of the brain has brought advances in medical science and continued research will bring new and deeper understanding.  
<https://dana.org/brain-awareness-week/>  
  
**Nutrition and Hydration Week, 11th to 18th March**  
  
Good nutrition and hydration are essential for the body. Nutrition and Hydration Week aims to ensure that we raise the profile of this in Health and Social Care. <https://nutritionandhydrationweek.co.uk/>  
  
**Swallow awareness, 13th March**  
  
The ability to swallow is important to protect your airway. If you or someone you care for has difficulty swallowing, there are a number of causes, and a number of things that may help symptoms. <https://www.nhs.uk/conditions/swallowing-problems-dysphagia/>  
  
**Young Carers Action Day, 13th March**  
  
Young carers face challenges as a result of the caring role they undertake. It’s important to make sure we’re dedicating time and energy to ensuring they get the best possible opportunities. <https://carers.org/young-carers-action-day/young-carers-action-day>  
  
**No Smoking Day, 13th March**  
  
It’s No Smoking Day and there’s never been a better time to quit than now! Eight hours after quitting, the harmful carbon monoxide in your blood will have halved and your oxygen levels will be recovering.  
If you’ve smoked ten cigarettes a day for the last 20 years, you’ll have spent the equivalent of almost £50,000 pounds. If you smoke a different number of cigarettes, you can check what your spending is at the NHS Inform website. :  
  
In just a few easy steps, you can get a FREE personal plan to help you quit smoking:  
  
<https://www.nhs.uk/better-health/quit-smoking/>  
<https://www.nhsinform.scot/stopping-smoking/calculate-my-savings/>  
  
<https://www.nhs.uk/better-health/quit-smoking/personal-quit-plan/>  
  
**World Kidney Day, 14th March**  
  
Around 1.2 million people in the UK have kidney disease and don’t know it. One in ten million people in the world have kidney disease.  
  
Kidneys remove waste products and toxins from the body, they help regulate blood pressure and help your body to use vitamin D. They’re essential for a healthy body.  
  
Signs of kidney disease are tiredness, swollen feet, ankles or hands, shortness of breath, feeling sick and blood in your urine.  
  
High blood pressure and diabetes are the main causes of kidney failure. Your age and ethnicity may also contribute to your risk.  
  
<https://www.worldkidneyday.co.uk/>  
  
<https://www.worldkidneyday.co.uk/are-you-kidney-aware/>  
  
<https://www.nhs.uk/conditions/kidney-disease/>  
<https://kidneyfailurerisk.co.uk/>  
  
**Social Prescribing Day, 14th March**  
  
Social prescribing helps to manage the many things that are non-medical that affect our health. Things like debt, loneliness and stress can have a long-term effect on us, but social prescribing can help you get back on track.  
<https://socialprescribingacademy.org.uk/what-is-social-prescribing/>  
  
**International School Meals Day, 14th March**  
  
International School Meals Day focuses on healthy and sustainable school meals across the world. All children should have access to good nutrition regardless of their circumstances.  
<https://internationalschoolmealsday.com/>  
  
**World Sleep Day, 15th March**  
  
Access to good sleep is critical for our bodies and our mental health. World Sleep Day helps to promote the importance of good sleep.  
  
Problems sleeping can lead to long-term health consequences. Good sleep hygiene, such as avoiding screen time before bed, regular bedtimes and getting up at the same time every day, can help.  
  
<https://worldsleepday.org/>  
<https://www.nhs.uk/every-mind-matters/mental-health-issues/sleep/>  
  
**18th to 24th March  
  
World Oral Health Day, 20th March**  
World Oral Health Day brings our attention to the importance of oral health for our overall health. Good oral health helps with eating, breathing, swallowing and disease prevention.  
<https://www.who.int/health-topics/oral-health#tab=tab_1>  
  
**International Day for the Elimination of Racial Discrimination, 21st March**  
  
The international community agreed on a set of common values and acknowledged that rights are inherent to every single human being and not granted by the State. These rights are enshrined in the [Universal Declaration of Human Rights](https://www.un.org/en/about-us/universal-declaration-of-human-rights), a blueprint for international human rights norms.  
The UDHR states that everyone is entitled to all the rights and freedoms, without distinction of any kind, such as race and colour, among others. However, racism and racial discrimination continue to affect people all over the world.  
<https://www.un.org/en/observances/end-racism-day>  
  
**World Water Day, 22nd March**  
  
“Water for peace” is the theme of World Water Day in 2024. Access to clean, safe water is essential for life. 2.2 billion people still live without safely managed water.  
<https://www.un.org/en/observances/water-day>

**25th to 31st March  
  
World TB Day, 24th March**  
  
Tuberculosis (TB) usually affects the lungs but can spread to other parts of the body. If you’ve had a cough that’s lasted over three weeks, or a continuing high temperature or night sweats, you might want to check the information on the NHS website:  
<https://www.nhs.uk/conditions/tuberculosis-tb/>  
  
**Epilepsy awareness, 26th March**  
  
Let’s turn the world purple to raise awareness of epilepsy. Epilepsy is a condition of the brain which means you have repeated seizures. Many people will have one seizure but that does not necessarily mean they have epilepsy.  
<https://www.epilepsy.org.uk/info/what-is-epilepsy>  
  
**International Trans Day of Visibility, 31st March**  
  
International Trans Day of Visibility is an opportunity to support and celebrate our trans or non-binary family, friends and colleagues, who choose to be visible.  
<https://www.stonewall.org.uk/our-work/campaigns/trans-hub>