LONDON ROAD SURGERY

Website: www.thelondonroadsurgery.co.uk

Telephone: 01268 765533

**NEWSLETTER August 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 September 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 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.**

**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**

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: Wednesday 18 September 2024 at 1pm**

**All are welcome!**

**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. 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](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

**September 2024**

**Anytime in the month  
  
Blood donation**  
  
Did you know that you’re no longer able to take children aged 11 and under to a blood donation session with you unless you’re with another adult who is known to the children, and who doesn’t have an appointment booked within an hour of yours. There are other reasons you may not be able to donate and you can check these out on the NHS Blood and Transplant site.  
  
<https://www.blood.co.uk/the-donation-process/children-at-donation-venues/>  
  
**NHS number**  
  
You can easily find your NHS number through your NHS app, or by using the Find your NHS number service.  
  
<https://www.nhs.uk/nhs-services/online-services/find-nhs-number/>  
  
**Blood Cancer Awareness Month, 1st - 30th September**  
  
Blood Cancer Awareness Month is all about fundraising and spreading awareness of blood cancer, the signs and symptoms, and how to help yourself and others around you. This year, during Blood Cancer Awareness Month, you can fundraise by using the fundraising kit supplied by Cancer Research UK. This includes things to help you with your fundraising.  
It’s important to be aware of the symptoms of blood cancer, and what to look out for. Some of the main symptoms of blood cancer include: weight loss, blood and bruising, shortness of breath, night sweats and fatigue. If you’re worried that you or someone you know might have some of these symptoms, you should contact your GP for advice. To find out more about the symptoms of blood cancer and what to do if you’re concerned, you can use the link below.  
  
[https://www.cancerresearchuk.org/get-involved/do-your-own-fundraising/get-fundraising-pack](https://www.cancerresearchuk.org/get-involved/do-your-own-fundraising/get-fundraising-pack?gclid=b359bba045371193325bdd17104c51a4&gclsrc=3p.ds&msclkid=b359bba045371193325bdd17104c51a4)  
  
<https://bloodcancer.org.uk/understanding-blood-cancer/blood-cancer-signs-symptoms/>  
  
**Urology Awareness Month, 1st - 30th September**  
  
Urology Awareness Month raises awareness of issues within the urinary system. This can include bladder cancer, prostate cancer, UTIs, kidney stones and other issues. It’s important to raise awareness for these issues, as living with urinary problems can be life-changing and debilitating. Living with a UTI is incredibly difficult, especially if it’s a chronic issue that you’re dealing with. Some ways in which you can help a UTI at home include: drinking cranberry juice, drinking plenty of water, and taking D-mannose or cranberry supplements. For more advice about dealing with a UTI, please see below.  
  
<https://www.theurologyfoundation.org/impact-achievements/campaigns/urology-awareness-month/>  
  
<https://www.nhs.uk/conditions/urinary-tract-infections-utis/>  
  
**Vascular Disease Awareness Month, 1st - 30th September**  
  
Vascular Disease Awareness Month focuses on the different vascular diseases that impact a large number of people across the UK. The four main types of vascular disease are: coronary heart disease, aortic disease, peripheral arterial disease and TIAs.  
There are several ways that you can help prevent the development of coronary heart disease, and being aware of them could make a huge difference to your long-term health. One way to decrease your chance of developing coronary heart disease is to try and eat a balanced and healthy diet. Try avoiding foods that are high in saturated fats, and aim to eat foods with unsaturated fats instead. Exercising regularly can also improve your overall cardiovascular health – walking daily, running or a bike ride can significantly improve your health when implemented as part of your daily routine.  
  
<https://www.circulationfoundation.org.uk/>  
  
<https://www.nhs.uk/conditions/coronary-heart-disease/prevention/>  
  
**World Alzheimer’s Month, 1st - 30th September**  
  
Every September, World Alzheimer’s Awareness Month takes place. World Alzheimer’s Month aims to focus on the fact that Alzheimer’s should not be seen as a normal part of aging, and that people suffering with Alzheimer’s and their families need support. You can get involved by posting on social media, fundraising or attending a local fundraising event. To find out more about how you can contribute, use the link below.  
  
<https://www.alzint.org/get-involved/world-alzheimers-month/>  
  
**Gynaecological Cancer Awareness Month, 1st - 30th September**  
  
Gynaecological cancer can affect any woman of any age. Gynaecological cancers are womb, ovarian, vaginal, vulval or cervical. Symptoms of gynaecological cancers vary, but include bloating, unusual bleeding or bleeding after the menopause, pain, ulceration, and swelling in the legs. Support and advice are available if you’re concerned.  
  
Attending your first smear test can be worrying, but it can be very important for your health. If you’re nervous, you can let your doctor or nurse know, and they’ll be able to reassure you and explain what they’re going to do. There are videos on the NHS website describing the process of a smear test, and a description of what will happen during your appointment. If you’re nervous about your smear test, you can use the link below to find out more.  
  
<https://www.macmillan.org.uk/cancer-awareness/gynaecological-cancer-awareness-month>  
  
<https://www.nhs.uk/conditions/cervical-screening/what-happens/>  
  
**Know Your Numbers Week, 2nd - 8th September**  
  
Know Your Numbers Week is about finding out your normal blood pressure numbers, to help you easily identify whether something is wrong. High blood pressure can increase the risk of chronic disease. Being aware of what is a normal blood pressure reading for you is important.  
  
<https://www.bloodpressureuk.org/know-your-numbers/know-your-numbers-week/>  
  
**Sexual Health Week, 9th - 15th September**  
  
Sexual health is important, because sexual infections can cause long-lasting issues, and although you may feel that the issue is resolved, underlying problems can continue long term. Regularly getting your sexual health tested can make a difference to your fertility and prevent disease spreading. Using protection is important.  
Sexual health problems can affect not only your physical health but your mental health as well. This year, Sexual Health Week will focus on the link between mental health and sexual health. To find out more information about what this means or how you can get involved, you can use the link below.  
  
<https://www.nhsinform.scot/campaigns/how-to-prevent-stis/>  
  
<https://www.brook.org.uk/shw/>  
  
**World Suicide Prevention Day, 10th September**  
  
Every year, we reflect on the ways in which we can help people suffering with their mental health, and aim to prevent deaths caused by suicide. Discussions about suicide can be hard and upsetting, but they can be the difference between life and death. The Samaritans work every day to prevent suicide, and to offer support to anyone who needs it. You can call the Samaritans at any time of the day or night, and they’ll be able to offer you support. It’s important to learn how to approach or discuss issues surrounding suicide if you’re concerned about someone you know. The language we use can make a big difference. If you’re unsure of how to bring up your concerns with someone you’re worried about, you can watch the videos provided on the Samaritans website.  
  
<https://www.samaritans.org/support-us/campaign/world-suicide-prevention-day/>  
  
**World Sepsis Day, 13th September**  
  
Sepsis is a response to infection, where the body starts to injure its own organs and tissues. Sepsis can be fatal, and aiming to prevent it is vital. Vaccinations, hygiene and cleanliness, and avoiding the overuse of antibiotics can help to prevent sepsis. Finding out the signs of sepsis could save your, or someone else’s, life. To learn about the signs of sepsis and what to do if you’re concerned, you can use the link below.  
  
<https://www.worldsepsisday.org/preventsepsis>  
  
**Male Cancer Awareness Week, 16th - 22nd September**  
  
Male Cancer Awareness Week raises money for cancers that only affect men, such as testicular cancer, prostate cancer and penile cancer. Funding research into male cancers will help to save lives. You could host a coffee morning, do a sponsored walk or run, share information around your community or simply donate anything you can. If everyone gets involved, even in a small way, more awareness will be raised and more funding will be dedicated to research.  
  
<https://orchid-cancer.org.uk/>  
  
**National Eczema Week, 16th - 22nd September**  
  
Eczema is a dry, irritating skin condition that affects many people across the UK. Atopic eczema affects 1 in 5 children and 1 in 10 adults. Often eczema can affect the areas of the body where joints are, such as the elbows or the knees. Eczema can change your skin and cause scarring, which can affect both physical and mental health. There are booklets available for both adults and children in the link below for information about eczema and how to deal with it.  
  
Living with eczema can be very difficult, and seeking help from your GP practice is the best thing to do. Your medical practice may be able to provide you with creams and medication, and help you to identify your triggers. If you think you’re suffering from eczema, you should book an appointment with a member of your GP team.  
  
<https://eczema.org/wp-content/uploads/Living-with-Eczema-info-for-adults-2023.pdf>  
  
<https://eczema.org/information-and-advice/treatments-for-eczema/>  
  
**Rheumatoid Arthritis Week, 16th - 22nd September**  
  
Rheumatoid Arthritis Awareness Week highlights the issues that people with this condition suffer with on a daily basis, and increases public awareness and understanding. Rheumatoid Arthritis (RA) impacts roughly 2-3 times more women than men. In RA, the immune system doesn’t know when to stop doing its job, so mistakenly attacks the synovial membrane around the joints, causing pain and swelling, and it can also affect other organs.  
  
<https://nras.org.uk/campaigning/ra-awareness-week/>  
  
**EveryWoman Day, 16th September**  
  
EveryWoman Day recognises the issues that women face on a daily basis, from periods to hormones, weight and pregnancy. EveryWoman Day recognises that funding is normally spent on conditions that can be fatal, and women’s health is often overlooked. The day-to-day health of women is vital, and managing things like menstrual cycle issues can be difficult. It’s important that everyone is aware of the issues that women struggle with, and what we can do to help each other.  
  
<https://everywomanday.com/>  
  
**Youth Mental Health Day, 19th September**  
  
The internet and social media can impact youth mental health significantly. It’s important to keep an eye on your children’s social media usage and mental health, offering them ways in which they can improve their mental health, such as going for a walk or spending time with friends and family. It’s important to let your children know that they can speak to you, and ask you for advice.  
  
If you’re a teenager struggling with your mental health and you don’t know what to do about it, there are plenty of places where you can go for help. Your school will have a mental health advisor who can help you, your family and friends can listen and understand, or you could ask your parents to book you a doctor’s appointment if you’re not able to book one yourself. You can try and help your mental health at home, by doing things that you enjoy, and taking time to reflect on where these feelings are coming from and how you can help yourself. The Mind website has plenty of information about who you can talk to or how you can help your mental health.  
  
<https://stem4.org.uk/youthmentalhealthday/>  
  
[https://www.mind.org.uk/for-young-p...mental-health/#HowCanILookAfterMyMentalHealth](https://www.mind.org.uk/for-young-people/introduction-to-mental-health/understanding-mental-health/#HowCanILookAfterMyMentalHealth)  
  
**Cycle to School Week, 23rd - 29th September**  
  
Cycle to School Week, held by Bikeability, promotes health for you and for the earth. Cycling to school, instead of going in a car or on a bus, can start your day with some exercise and reduce the emissions being released from vehicles. You can make a pledge and cycle to school every day, and see what a difference it makes to how you feel. To find out how to get involved, click on the link below.  
  
<https://www.bikeability.org.uk/cycletoschoolweek/>  
  
**Migraine Awareness Week, 23rd - 29th September**  
  
1 in 7 people live with migraines consistently. Often being thought of as ‘headaches’, migraines are actually a neurological disorder. Migraines can affect not just your head but also your vision, awareness and ability to complete day-to-day tasks. Migraines can also affect your stomach, and cause vomiting and nausea. Migraines are painful and there isn’t really a cure, but taking pain medication and over-the-counter painkillers can help.  
  
<https://migrainetrust.org/understand-migraine/what-do-we-currently-know-about-migraine/>  
  
**National Eye Health Week, 23rd - 29th September**  
  
Two million people in the UK are struggling with sight loss that’s severe enough to impact their daily life. Making sure you’re attending your eye tests and regularly checking on your eyesight can prevent it from getting any worse. Sight issues can cause eye strain and headaches, and can cause issues more complex than just your eye health. Making sure you’re taking care of your eyes is important, and if you’re often in front of screens, you could try buying blue-light glasses, which can help to preserve the health of your eyes.  
  
<https://www.visionmatters.org.uk/>  
  
**National Inclusion Week, 23rd - 29th September**  
  
National Inclusion Week is about ensuring that workplaces are inclusive and fair, and providing the same support for all employees. Discussing National Inclusion Week in your workplace can help to encourage important conversations and raise awareness. To get involved, you can use the link below and join in with fundraising and discussions.  
  
<https://www.inclusiveemployers.co.uk/national-inclusion-week/>  
  
**Organ Donation Week, 23rd - 29th September**  
  
This year is the 30th year of the Organ Donor Register, so the focus is on the impact that organ donation has had on so many lives so far, and to say thank you to all the people who have donated organs. This Organ Donation Week, the theme is ‘paint the sky pink’ and pink lights will represent organ donation to say thank you to those who have donated. Recognising the importance of organ donation is crucial, and organ donation will continue to save many lives in the future.  
  
[https://www.nhsbt.nhs.uk/how-you-ca.../turn-the-skies-pink-for-organ-donation-week/](https://www.nhsbt.nhs.uk/how-you-can-help/get-involved/tips-and-guidance/turn-the-skies-pink-for-organ-donation-week/)  
  
**World Contraception Day, 26th September**  
  
Your life, your choices. No one else should have any input regarding what contraception you choose, and choosing the right one for you can be difficult. Hormonal contraception, barrier methods and more are available to you, and it’s important that you choose the right one. Your GP or local sexual health clinic can help you decide what might be right for you, and they can discuss possible outcomes with you.  
  
A woman’s right to choose the number, timing and spacing of her children is fundamental. World Contraception Day aims to ensure that women all over the world are given access to methods of contraception.  
  
<https://www.your-life.com/en>  
  
<https://www.unfpa.org/events/world-contraception-day>