LONDON ROAD SURGERY

Website: www.thelondonroadsurgery.co.uk

Telephone: 01268 765533

**NEWSLETTER April 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 May 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.**

**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 1 May 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

**MAY 2024**

**Postnatal depression**  
  
“Baby blues” may last up to two weeks after a baby is born, but if you’re feeling low after that point, then you should seek advice as you could have postnatal depression.  
<https://www.nhs.uk/mental-health/conditions/post-natal-depression/overview/>  
  
**Skin cancer awareness**  
  
There are several forms of skin cancer. You should be aware of the symptoms so that you’re aware of any concerning changes in your skin or moles.  
  
Asymmetry, Border, Colour, Diameter, Elevation, Firm, Growing are the words we use to describe moles we should be concerned about. To help, Skcin have developed an app that will help you understand your risk of skin cancer. It will also help you monitor and assess any lesions.  
  
<https://www.macmillan.org.uk/cancer-awareness/skin-cancer-awareness-month>  
<https://www.melanomauk.org.uk/the-abcde-rule>  
<https://www.skcin.org/>  
  
**Diabetes essential checks**  
  
The symptoms of diabetes are: going for a wee a lot, especially at night, excessive thirst, losing weight without trying to, genital itching or thrush, slower healing, blurred eyesight, increased hunger.  
If you have diabetes, you should have regular health checks, at least annually, to make sure your diabetes is well controlled and to ensure you’re staying fit and well.  
  
<https://www.diabetes.org.uk/diabetes-the-basics/diabetes-symptoms>  
<https://www.diabetes.org.uk/guide-to-diabetes/managing-your-diabetes/care-to-expect>  
  
**Health checks**  
  
If you’re aged between 40 and 74, you may be eligible for a FREE NHS health check to help you understand your risk of some long-term health conditions such as diabetes and heart disease.  
<https://www.nhs.uk/conditions/nhs-health-check/>  
  
**Stroke Awareness Month**  
  
Face, Arms, Speech, Time (FAST): Problems with facial or arm weakness or speech problems can mean a stroke; think FAST and call 999.  
The Stroke Association provide vital help, support and information for those who have suffered a stroke and their families, carers and friends.  
  
<https://www.stroke.org.uk/stroke/symptoms>  
<https://www.stroke.org.uk/>  
  
**Arthritis**  
  
Arthritis causes pain and inflammation in and around the joints in your body and can occur at any age, though symptoms and types of arthritis will vary depending on the type of arthritis. <https://versusarthritis.org/>  
 **National Walking Month including Walk to School Week, 20th - 24th May**  
  
May is National Walking Month. It’s a free, simple form of exercise that you can do anywhere at any time. Why not try upping the number of steps you do each day?  
  
The Active 10 App helps you track how much walking and activity you’re doing. Working quietly in the background, the app measures just how far you’re walking.  
  
20th - 24th May is Walk to School Week! See if you can make part or all of your journey on foot. Walking is a great way to stay active and also to reduce the amount of traffic on the roads.<https://www.livingstreets.org.uk/walk-to-school/primary-schools/walk-to-school-week/>  
  
<https://www.livingstreets.org.uk/get-involved/national-walking-month/>  
<https://www.nhs.uk/better-health/get-active/>  
  
**Celebrating our NHS team in May**  
  
**International Day of the Midwife, 5th May**  
  
This year, the focus of International Day of the Midwife is on how midwives can support a sustainable future for all. This includes ideas around midwife-led models, climate action planning, carbon emissions and green technologies.  
  
**National Receptionists Day, 8th May**  
  
We’re celebrating our reception teams as it’s National Receptionists Day. Find out more about what our highly skilled staff get up to on an average day in reception.  
  
**International Nurse’s Day, 12th May**  
  
The theme for International Nurse’s Day this year is “the economic power of care”. This emphasises the importance of good nursing care in ensuring that we remain well in work or enjoy a healthy older age.  
<https://www.rcm.org.uk/international-day-of-the-midwife-2024/>  
<https://www.unsungheroawards.com/day-in-the-life-gp-receptionist/>  
<https://www.icn.ch/how-we-do-it/campaigns/international-nurses-day>  
  
**World Hand Hygiene Day, 5th May**  
  
Good hand hygiene is vital to ensure we reduce the risk of healthcare-associated infections. Ensure you know how to maintain excellent hand hygiene and help us keep patients across the world safe and healthy.  
<https://www.who.int/campaigns/world-hand-hygiene-day/world-hand-hygiene-day-2024>  
  
**Sun Awareness Week, 6th - 12th May**  
  
SLIP, SLOP, SLAP, SLIDE, SHADE! Slip on a T-shirt, Slop on Factor 30+ sunscreen, Slap on a hat, Slide on some sunglasses and Shade from the sun: this will keep you safer in summer weather.  
  
It’s Sun Awareness Week and it’s time to think about non-melanoma skin cancers. Non-melanoma skin cancers start in the top layer of the skin. The appearance of skin cancers can vary.  
  
<https://www.skcin.org/sunSafetyAndPrevention/theFiveSsOfSunSafety.htm>  
<https://www.nhs.uk/conditions/non-melanoma-skin-cancer/symptoms/>  
  
**Deaf Awareness Week, 6th - 12th May**  
  
12 million adults in the UK are deaf or have hearing loss. RNID has helpful advice to better understand communication needs.  
<https://rnid.org.uk/information-and-support/deaf-awareness/>  
 **Dying Matters Awareness Week, 6th - 12th May**  
  
This year, Dying Matters Awareness Week highlights that the way we talk about dying matters. Honest, timely conversations about death are important to ensure we deliver good end-of-life care.  
<https://www.hospiceuk.org/our-campaigns/dying-matters/dying-matters-awareness-week>  
  
**World Asthma Day, 7th May**  
  
The theme of this year’s World Asthma Day is “Asthma Education Empowers”. Understanding your condition offers you the best opportunity to manage your condition and stay in good health.  
<https://ginasthma.org/world-asthma-day-2024/>  
  
**National Day for Staff Networks, 8th May**  
  
Staff networks aim to be the voice of staff so that employers know and understand what’s important to their staff and can remain engaged with their teams and create an inclusive environment.  
<https://www.nationaldayforstaffnetworks.co.uk/>  
  
**World Lupus Day, 10th May**  
  
Lupus is an autoimmune condition. Over 55% of people with lupus had never heard of it before they were diagnosed. In lupus, your body’s immune system incorrectly attacks your own tissues.  
<https://lupusuk.org.uk/world-lupus-day-may-10th/>  
  
**Fibromyalgia Awareness Day, 12th May**  
  
Fibromyalgia causes widespread pain, fatigue and cognitive issues. It’s thought to affect around 1 in 20 people in the UK. Fibromyalgia Action UK offer help and support to sufferers and those recently diagnosed.  
<https://mail.fibromyalgia-associationuk.org/>  
  
**CIND Awareness, 12th May**  
  
The 12th of May is Chronic Immunological and Neurological Diseases (CIND) Awareness Day. These diseases cause pain, fatigue and other neurological symptoms, and these symptoms vary between individuals.  
<https://may12th.org/>  
 **Smile and Dental Health Month, 13th May - 13th June, 2024**  
  
National Smile Month encourages you to “Love Your Smile”. Smiles are important to humans, conveying many emotions. Being able to smile freely without fear of embarrassment is important for our self-confidence.  
Brushing your teeth twice a day, and using floss once a day, can help you care for your teeth. Regular dental check-ups are also an important part of good mouth health.  
<https://www.dentalhealth.org/national-smile-month>  
<https://www.nhs.uk/live-well/healthy-teeth-and-gums/take-care-of-your-teeth-and-gums/>  
 **Equality, Diversity and Human Rights Week, 13th - 17th May**  
  
The NHS is diverse, inclusive, together. We celebrate colleagues and patients without discrimination.  
<https://www.nhsemployers.org/articles/equality-diversity-and-human-rights-week-2024>  
 **Dementia Action Week, 13th - 19th May**  
  
There are some common early signs and symptoms of dementia. These include:  
memory loss, problems with language and communication, misunderstanding what is being seen, being confused about time or place, mood changes or difficulty controlling emotions and difficulty concentrating, planning or organising.  
<https://www.alzheimers.org.uk/get-involved/dementia-action-week>  
  
**National Weaning Week, 13th - 17th May**  
  
It’s National Weaning Week. Weaning is the process of babies beginning to eat solid foods and should begin at around six months of age. Weaning can be tricky and Weaning World offers helpful advice and support for parents navigating this part of the parenting journey.  
<https://weaningworld.com/>  
  
**Vascular Ehlers-Danlos Syndrome, 17th May**  
  
Vascular Ehlers-Danlos Syndrome affects the production of a type of collagen that makes connective tissue (in particular in the blood vessels, hollow organs and skin) less effective and more susceptible to damage.  
<https://www.reds4veds.org/>  
  
**Mental Health Awareness Week, 13th - 19th May**  
  
This week is Mental Health Awareness Week, and the theme is “Movement: Moving more for our mental health”. Physical exercise and getting outdoors, if we can, are beneficial to our overall wellbeing and mental health.  
<https://www.mentalhealth.org.uk/our-work/public-engagement/mental-health-awareness-week>  
  
**Learning at Work Week, 13th - 19th May**  
  
Learning at Work Week draws our attention to building learning cultures at work and inspiring learning. A learning culture helps our workplaces to grow, nurture and develop.  
<https://www.learningatworkweek.com/>  
  
**Global Accessibility Awareness Day, 16th May**  
  
Worldwide, a billion people have some form of disability. Global Accessibility Awareness Day encourages us to think about digital access and inclusion, so everyone can easily access technology.  
<https://accessibility.day/>  
  
**International Day Against Homophobia, Transphobia and Biphobia, 17th May**  
  
International Day Against Homophobia, Transphobia and Biphobia focuses on the violence and discrimination experienced by lesbian, gay, bisexual, trans, intersex people, and all of those with diverse sexual orientations, gender identities or expressions, and sex characteristics.  
<https://may17.org/about/>  
  
**National Salt Awareness Week, 13th - 19th May**  
  
On average, in the UK, we consume around 8g of salt per day; this is 2g per day more than the recommended maximum. Reducing our salt intake is one of the quickest and most effective ways to reduce blood pressure. Reducing by just 1g per day should prevent over 4,000 heart attacks and strokes each year.  
<https://www.actiononsalt.org.uk/awareness/salt-awareness-week-2024/>  
  
**#Gladtocare Awareness Week, 20th - 24th May**  
  
Glad to Care is a week dedicated to appreciating the amazing contribution that carers make to our society and the lives of those they care for. Without carers, many people would lead lonelier, more isolated lives.  
<https://gladtocare.com/>  
 **World MS Day, 30th May**  
  
Multiple Sclerosis (MS) is a condition that affects the brain and spinal cord. This year, World MS Day focuses on “My MS Diagnosis” which advocates for early and accurate diagnosis for everyone living with MS. <https://worldmsday.org/>