

Domestic violence

There doesn't need to be violence in your relationship for you to be a victim of domestic abuse. The NHS website has a list of questions to consider when thinking about whether you may be in an abusive relationship.

<https://www.nhs.uk/live-well/getting-help-for-domestic-violence/>

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

<https://www.womensaid.org.uk/information-support/>

Coercive control

Coercive control is a criminal offence. Put simply, coercive behaviour is behaviour that controls you, your time and your relationships or finances. If you feel you sometimes don't do things that you might want to because of what someone might say or do, it may be that they're exhibiting controlling behaviour towards you.

<https://www.womensaid.org.uk/information-support/what-is-domestic-abuse/coercive-control/>

Movember

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

<https://uk.movember.com>

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

<https://uk.movember.com/support-us/host>

Mouth Cancer Action Month

Mouth cancer causes more deaths each year than road traffic accidents, though only around 9% of people are aware of the major risk factors for mouth cancer. More than two in three mouth cancers are diagnosed in men, and almost two in three are diagnosed in those who are over 60. <https://www.mouthcancerfoundation.org/mouth-cancer-facts-and-figures/>

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

<https://www.mouthcancerfoundation.org/symptoms/>

Pancreatic Cancer Awareness Month

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

<https://www.pancreaticcancer.org.uk...rence/pancreatic-cancer-awareness-month-pcam/>

Child flu

If your child has a medical condition that means they're more at risk of complications from flu, you can arrange to have your child vaccinated with us in surgery rather than waiting for a school flu clinic.

If your child was aged 2 or 3 on 31st August 2023, they're entitled to a free flu vaccination through their GP practice. If you haven't already booked an appointment, please contact us to book.

Stay well in winter and cold weather

Some people are more vulnerable in cold weather, and as winter rapidly approaches, we need to think about how we can stay well when it's wintry. This might include vaccinations if you're vulnerable, making sure the temperature is warm enough indoors and making sure you're getting all the help that's available. <https://www.nhs.uk/live-well/seasonal-health/keep-warm-keep-well/>

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

<https://www.metoffice.gov.uk/weathe...llbeing/top-tips-for-staying-well-this-winter>

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

Age UK run day centres for older people. With planned activities, a hot meal at lunchtime and with many offering accessible transport, you may find that getting out of the house, with a little support, is just what you need to have an enjoyable day – especially if you enjoy some company and a warm welcome. <https://www.ageuk.org.uk/services/in-your-area/day-centres/>

Age UK run a variety of services to help and support older people. From transport to helping with small maintenance jobs around the home, Age UK can help across Great Britain. To find out more about the support Age UK offer, have a look at their local pages. <https://www.ageuk.org.uk/services/in-your-area/>

Herbert Protocol

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

<https://www.alzheimers.org.uk/get-s...gether-magazine/scheme-support-missing-people>

Lung Cancer Awareness Month

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

<https://www.macmillan.org.uk/cancer-awareness/lung-cancer-awareness-month>

COPD Awareness Month

The main symptoms of COPD (chronic obstructive pulmonary disease) are shortness of breath, a phlegmy cough, frequent chest infections and wheezing. These symptoms continue over time, so if you're experiencing these symptoms over a period of time, in particular if you're over 35 and a smoker, it's worth asking if we can check you over. <https://www.nhs.uk/conditions/chronic-obstructive-pulmonary-disease-copd/>

Stress Awareness Day, 1st November

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

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

Bonfire Night, 5th November

Bonfire Night is celebrated throughout the UK and it's an opportunity to enjoy a bonfire and fireworks. However, there are some things we need to consider to make sure we stay safe – such as following rules on firework safety. To find out more about staying safe and for a downloadable guide, please see this information from Camps Solicitors and the RoSPA.

<https://bonfire-night-safety.co.uk>

Greater Manchester Fire and Rescue Service have a fantastic resource to help you think about the practicalities of holding a bonfire event yourself, though it's safer to attend an organised display if you can.

<https://www.manchesterfire.gov.uk/your-safety/fire-safety/celebrating-safely/bonfire-safety/>

UK Malnutrition Awareness Week, 6th to 12th November

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

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

Odd Socks Day, 13th November

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

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying/odd-socks-day>

Anti-Bullying Week, 13th to 17th November

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

<https://anti-bullyingalliance.org.uk/anti-bullying-week-2023-make-noise-about-bullying>

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

<https://anti-bullyingalliance.org.uk/tools-information/advice-and-support>

Self Care Week, 13th to 19th November

Self-care is an essential part of our overall wellbeing. Becoming run-down, both physically and mentally, gives our bodies and minds additional challenges. But using appropriate self-care means that we're better equipped to deal with life's challenges. <https://www.verywellmind.com/self-care-strategies-overall-stress-reduction-3144729>

Transgender Awareness Week, 13th to 19th November

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

<https://www.bbc.co.uk/news/explainers-53154286>

World Diabetes Day, 14th November

It's World Diabetes Day, and the theme this year is "Know your risk, Know your response". One in ten adults suffer from diabetes. Over 90% have Type 2 diabetes and over 50% are not diagnosed. Type 2 diabetes is a risk for your long-term health and increases the likelihood of other long-term conditions. <https://worlddiabetesday.org>

Diabetes is a complex condition that affects the body in a number of ways. Diabetes can lead to other long-term conditions and increased risk of serious issues like heart attack, stroke, kidney disease and nerve[PS1] damage.

<https://www.diabetes.org.uk/guide-to-diabetes/complications>

COPD Awareness Day, 15th November

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

<https://www.asthmaandlung.org.uk/conditions/copd-chronic-obstructive-pulmonary-disease/what-copd>

Antimicrobial Awareness Week, 18th to 24th November

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

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

International Men's Day, 19th November

International Men's Day falls on 19th November, and the theme for this year is "Zero Male Suicide". Men provide positive contributions to their families, friends, workplaces

and communities. But men are at greater risk of suicide as many find it difficult to talk about the things that are bothering them. This year's campaign focuses on our ability to help and support men so they feel there is hope.

<https://internationalmensday.com>

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

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

If you've ever wondered about the challenges faced by disabled people and what you can do to help make their lives easier, this illustration neatly outlines the difference between equality and equity. Equality makes sure everyone has the same; equity makes sure everyone has what they need to access the same opportunities. <https://medium.com/@CRA1G/the-evolution-of-an-accidental-meme-ddc4e139e0e4>

International Day for the Elimination of Violence against Women, 25th November

The International Day for the Elimination of Violence against Women begins 16 days of activism against gender-based violence, culminating in International Human Rights Day on 10th December. <https://www.un.org/en/observances/ending-violence-against-women-day>

16 days of activism against gender-based violence, 25th November to 10th December

Violence against girls and women is a significant issue across the world. The annual campaign for 16 days of activism against gender-based violence aims to mobilise the world to stand against gender-based violence. <https://www.unwomen.org/en/what-we-do/ending-violence-against-women/unite/16-days-of-activism>