

# Cockhedge Medical Centre

## Newsletter October 2019

### GET PROTECTED!

Are you over 65 years old? Have you had your **Pneumonia vaccination**? Call Reception for an appointment today.

### FLU VACCINATION CLINICS

These are currently being held for all patients over 65 years of age. Please book in at reception. For our patients under 65 years age eligible for the flu vaccination appointments are available **for the first time** to book online as well as via reception. Please ensure your telephone number is correct so to receive test results etc from our new chain text messaging service.

### OCTOBER HEALTH PROMOTION AWARENESS CALENDAR

#### **Breast Cancer Awareness Month**

<https://www.wearitpink.org/about/breast-cancer-awareness-month> October is Breast Cancer Awareness Month, a worldwide annual campaign involving thousands of organisations, to highlight the importance of breast awareness, education and research.

**National Work Life Week 7th-11th** <https://www.workingfamilies.org.uk/campaigns/national-work-life-week/> Aiming to get employers and their employees talking about wellbeing at work and work life fit. Perfect opportunity for employers to show how their organisation is striving for a flexible working culture.

**World Mental Health Day 10<sup>th</sup>** <https://www.mentalhealth.org.uk/campaigns/world-mental-health-day> The annual event promotes mental health education, awareness and advocacy. This year's event will be focusing on mental health in the workplace.

#### **National Adoption Week 14<sup>th</sup>-20<sup>th</sup>**

<https://www.first4adoption.org.uk/nationaladoptionweek/> National Adoption Week is a campaign to raise awareness of the adoption process, and the importance finding loving permanent families for vulnerable children

#### **World Food Day 16th** <http://www.fao.org/world-food-day>

Bringing awareness to how our changing planet affects food production and distribution. With the goal that will eventually lead to building a Zero Hunger Generation

#### **Wear It Pink Day 25th** <https://www.wearitpink.org>

Wear it Pink day is one of the biggest fundraising events in the UK and is organised by Breast Cancer Now, a charity dedicated to research into preventing breast cancer, catching it earlier, and treating the disease properly at every stage to ensure it takes as few lives as possible.

#### **World Psoriasis Day 29<sup>th</sup>** <https://ifpa-pso.com/our-actions/world-psoriasis-day/>

World Psoriasis Day as an annual day dedicated to people with psoriasis and/or psoriatic arthritis. It has been celebrated on October 29th for more than a decade. The aim is to raise awareness on the effect it has on people's lives, spread information.