

January Awareness Month

World Braille Day - 4th January

World Braille Day is held on the 4th of January every year to celebrate and raise awareness of Braille as a vital tool of communication for blind and visually impaired people across the world.



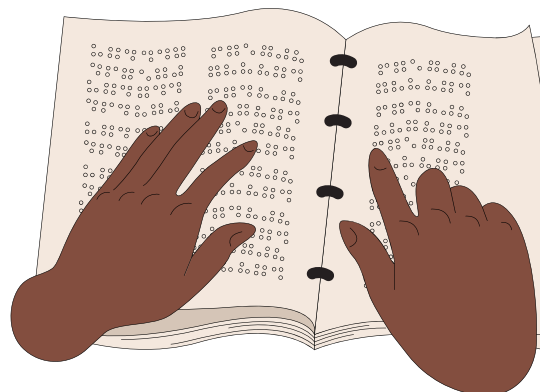
The date makes the birthday of Louis Braille, the creator of the writing system. He created Braille when he was 15 after he became Blind as a result of an accident at the age of four.

The day was first held in 2019 after it was formally proclaimed by the United Nations in November 2018. The day is often used to campaign for greater usage of Braille across the world as well as for the publication of new Braille Materials both by public and private organisations and companies. It is also used to honour and celebrate individual Braille users.

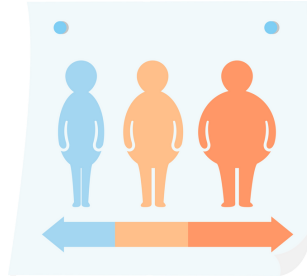
To read more about diabetes please visit here:

<https://brailleworks.com/what-is-world-braille-day/>

<https://www.un.org/en/observances/braille-day>



National Obesity Awareness Week 14th-16th January



Between the 10th to 16th January 2024 will be National Obesity Awareness Week. Obesity is a growing health concern in the UK affecting all age groups from children to the elderly. It is estimated that by 2050, on current trends, 50% of the population could be classed as clinically obese. A person is obese, as defined by the NHS, if they have excess body fat. It is usually diagnosed using the BMI calculation- with a reading of 30 or higher (or 27.5 for most people of non-white background) being an indicator of obesity.

Obesity is seen as a major health concern for many reasons. These include being at an increased risk of suffering from type 2 diabetes, coronary heart disease and of having a stroke. It is also linked to being both caused by and leading to mental health issues.

The main aim of National Obesity Awareness week is to remove the mystery that somewhat surrounds obesity and promote strategies to prevent it. The strategies that are normally promoted during the week revolve around eating a healthy and balanced diet and getting a healthy amount of exercise.

The week is designed to encourage people to “turn obesity around “. It is meant to be a week where the dangerous effects obesity is having on individuals and society as a whole is highlighted. Ways in which this is done involve sharing resources to help end obesity. These resources might include exercise plans, recipes to cook healthy meals, and advice on how much sleep to get every night. Various organisations use the week to campaign and support, hoping to help reduce the effects obesity is having on health in the UK.

To read more about diabetes please visit here:

[Healthwatch Medway](#)

<https://www.nhs.uk/conditions/obesity/>

Sexually Transmitted Infection

Question Day - 14th January

Sexually Transmitted Infection Question Day also known as STIQ day is held annually on January 14th. It is an educational day aimed at raising awareness and knowledge of Sexually Transmitted infections and diseases (STI's and STD's'). It is designed to be a day in which people want to ask questions about STI's in stigma free environment and manner.



It is held on the January 14th every year because many of the most frequently diagnosed STI's like Chlamydia take approximately two weeks to be diagnosed. The 14th is two weeks after New Year and three weeks after Christmas and the spread of STI's is said to rise during the festive season.

The date has also grown in importance because the rate of people being diagnosed with STI's is growing every year. And anyone can catch an STI. Young or old, LGBTQ+ or not, one partner or 10 partner - a single unprotected sexual act can spread an STI.



Many STI's have vague or no symptoms- and for many the earlier diagnosed the better it is for your health and the health of others. An early diagnosis could save your fertility, long term health and even your life.

There are several ways in which people and organisations can participate in the day. These ways include setting up question and answering session, the sharing of informative posts, articles and resources and the advocacy and provision of STI testing.

Read more information [here](#)

Blue Monday- 15th January

This year Blue Monday will be held on January 15th. The date is said to be most depressing day of the year and is always held on the third Monday of January. The date was invented in 2004 by psychologist Cliff Arnal when he was commissioned to help create an advertising campaign for Sky Travel. He calculated that the third Monday of January is most depressing in the UK because of the Weather, Debt, Monthly salary, time since Christmas, time since failing our New Year's resolutions, Low motivational levels and the feeling of needing to take action.

The date has not been scientifically proven and is therefore seen as 'pseudoscience' but has proven to be a successful marketing campaign.

It is noticed by promoting ways to make people feel happier. Such ways include focussing on the good things in one's life, being grateful for what has happened in one's life, trying to smile and laugh more and positive affirmations.

It is often used to sell things that are supposedly meant to help lighten the mood of people, often these things are expensive items discounted in the sales.

The day is very controversial and many mental health professionals would like it to no longer be mentioned while others appreciate the opportunity to use it to promote mental health awareness and advertise health support services and organisations.

'If you're struggling to cope, speak to your GP. The services below are also free and available 24/7 in the UK:

- Call the Samaritans helpline on 116 123
- Text SHOUT to 85258
- For urgent medical advice, call the NHS on 111
- In an emergency, or if you or someone else is in danger, call 999'



Cervical Cancer prevention week

Between the 22nd and 28th January 2024 will be Cervical Cancer prevention week. This is a week to raise awareness of Cervical cancer, the screening programmes that are currently run and the vaccination programme designed to greatly reduce cases in the future.

Currently on average two women die each day from cervical cancer and 9 are diagnosed - numbers that are expected to go down with the NHS currently pledging to effectively eliminate cervical cancer by 2040.

The week is used to promote the current screening programme known as smear testing as well the HPV vaccination programme. It also used to campaign for policies such as younger and more frequent smear testing.

It also involves the raising awareness of the symptoms of cervical cancer so that patients and medical professionals can improve their knowledge of when someone might have possible cervical cancer.

There is advocacy for workplaces to promote the week so that they become better aware of the issue of women missing smear tests due to work commitments- sometimes with tragic consequences.

These events also occur in June during Cervical screening awareness week - this year between the 17th and 23rd June.

Jo's Cervical cancer trust has a big involvement in the week.

Read more information here:

[Jo's cervical Cancer Trust](#)

[Healthwatch Medway](#)



Parent mental health day 27th January

Parent mental health day is held on the January 27th. It is a day to raise awareness and understanding of the mental health issues parents and carers might suffer from. It is designed to shine a light on parents/carers who have to continue to parent despite suffering from mental health issues. These issues might be caused by a variety of reasons like all mental health issues are but can have a bigger impact due to directly affecting other people as well as the person/s suffering from the illness.

This year the theme of the day is 'Creating positive relationships.'

Read more information here:

[Kelly's Heroes](#)

[NHS](#)

