

November Awareness Month

November

November is an annual event involving the growing of moustaches during the month of November to raise awareness of men's health issues, such as prostate cancer, testicular cancer, and men's suicide.

It is a portmanteau of the Australian-English diminutive word for moustache, "mo", and "November".

Read more about men's health and where to look for support [here](#)



National Stress Awareness Day 2nd November

National Stress Awareness Day was set up by the International Stress Management Association, with the mission of raising awareness of the effects of psychological distress in the workplace and strategies to address it. The day also aims to reduce stigma of stress in the workplace.

It includes a comprehensive programme of events, such as international online seminars, summits, interactive chats, and events. Access to expert advice both online and at events is also available. Organisations are welcome to run their own events for the day.

For more information about the National Stress Awareness Day visit [ISMA UK](#)

Find the tips to manage stress [here](#)



World Diabetes day 14th November



**KNOW YOUR RISK,
KNOW YOUR RESPONSE**

1 in 10 adults worldwide have diabetes. Over 90% have type 2 diabetes. Close to half are not yet diagnosed. In many cases, type 2 diabetes and its complications can be delayed or prevented by adopting and maintaining healthy habits. Knowing your risk and what to do is important to support prevention, early diagnosis and timely treatment.

To read more about diabetes please visit here:

<https://www.diabetes.org.uk/>

<https://www.diabetes.co.uk/>

[Healthwatch Mydway](#)

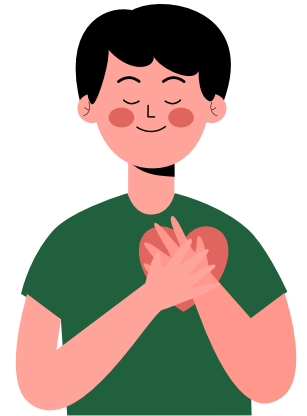


National self care week

Self Care Week returns 13-19 November this year. It's the annual, UK-wide awareness week run by the Self Care Forum, a charity aiming to further the reach of self-care in the population, making it everyone's everyday habit and culture, to think and practice self-care.

There's no need to wait though. Two new "Get Ready" winter fact sheets are already available for health organisations to support people's self-care practice during the winter.

Self Care Week is a well-established public health initiative, its purpose is to embed support for self-care across communities, families, and generations.



We know messages are amplified when spoken by many. Self Care Week provides an excellent opportunity to inform, educate and remind people about the many benefits of self-care to short and long-term health, giving them confidence and understanding to look after their physical health and mental wellbeing.

Winter health is just one of a myriad of self-care messages promoted during Self Care Week and, because November is early winter, the Self Care Forum is inviting organisations to use its new fact sheets.

The fact sheets focus on 'winter wellness' and 'winter illness' and are designed to help people:

- Understand more about winter illnesses, how long they typically last, and how to manage symptoms.
- Provide advice on planning ahead, looking after yourself, staying warm, diet, exercise and vaccinations.
- Get the best support from their community pharmacy team.

The fact sheets contain simple but useful advice for people to keep at hand as a resource to refer to and share with family and friends. They are also excellent take-away resources for patients, following shared consultations with their health professional, including nurses, pharmacists, GPs, social prescribers, link workers and others.

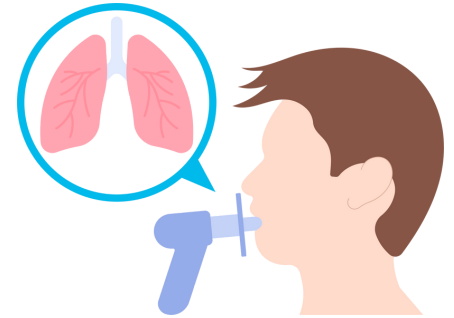
Read more about self-care week in a links below:

[Gov.uk](https://www.gov.uk)

[Self Care forum](https://www.selfcareforum.org.uk)

COPD Awareness Day- 21st November

World COPD Day is organized by the Global Initiative for Chronic Obstructive Lung Disease (GOLD) in collaboration with health care professionals and COPD patient groups throughout the world. Its aim is to raise awareness, share knowledge, and discuss ways to reduce the burden of COPD worldwide.



Read more about COPD here:

<https://www.asthmaandlung.org.uk/>

<https://www.england.nhs.uk/blog/world-copd-day-dont-ignore-the-symptoms/>

Carers' Rights Day - 25th November

Carers Rights Day is about raising awareness of carers' rights and entitlements, to help carers get the support they need.



What is Carers Rights Day?

Whether you are a new carer or have been caring for someone for a while, we believe that it's important that you understand your rights and are able to access the support that is available to you as soon as you need it.

This year, our campaign will focus on the ways in which Caring Costs unpaid carers. From carers' wellbeing and ability to access health services, to costs to their finances and employment options, to the current cost of living crisis which is being felt even more acutely by carers throughout the UK, Caring Costs in so many ways.

Each year, Carers Rights Day helps us:

- Ensure carers are aware of their rights
- Let carers know where to get help and support
- Raise awareness of the needs of carers.

Read more about carers right [here](#)

More information can be found in links below:

<https://www.carersuk.org/>

[Healthwatch Medway](#)

[Medway Council](#)

[Gov.uk](#)

