

September Awareness Month

World Alzheimer's Month

World Alzheimer's Month is a global opportunity to raise awareness around, educate, encourage support of and demystify dementia.



World Alzheimer's Day takes place on 21 September as part of World Alzheimer's Month.

Globally there is thought to be poor understanding and a great deal of stigma surrounding dementia, so the work of World Alzheimer's Month is vital and is growing and targeting the stigma and lack of understanding and knowledge surrounding Alzheimer's disease and dementia as well as supporting those suffering with the disease.

The month is an opportunity for individuals, businesses and charities to hold events and raise awareness in their communities of the effects of dementia. Participants can get campaign materials for their event from ADI, and anyone unable to arrange their own event but keen to take part, can find events run by their National Alzheimer's Charity and participate in those. World Alzheimer's Month is an opportunity for sufferers, carers, professionals, press and media and communities to work together against dementia as well as raising awareness of the realities of it, while combating stigma and misinformation and lobbying the government for better help and care.

Read more information here:

[Healthwatch Medway- Alzheimer's is the most common cause of dementia in the UK](#)

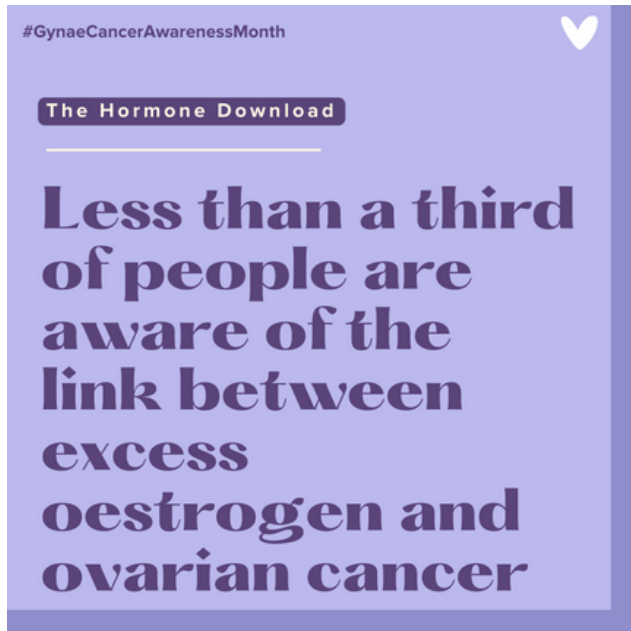
[Healthwatch Medway What should happen when you're diagnosed with dementia](#)

[Dementia.uk](#)

[Alzheimer Society](#)

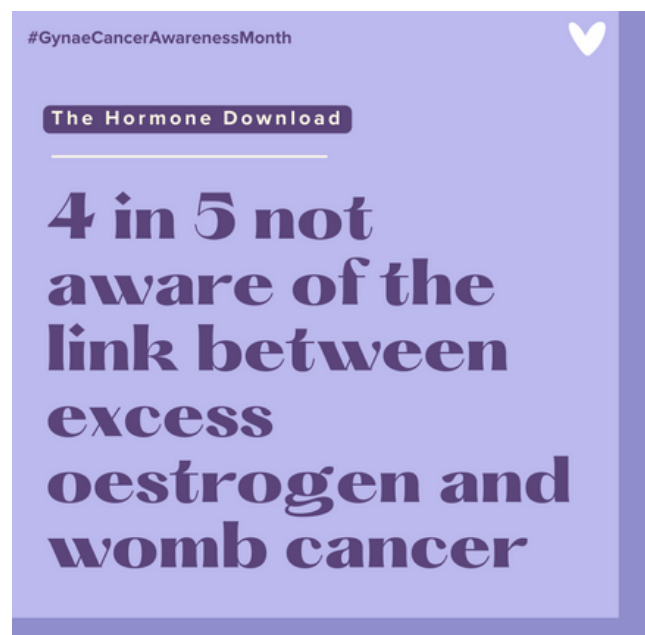
September Awareness Month

Gynaecological Cancer Awareness Month



- Ovarian cancer affects the 2 small organs (ovaries) that store the eggs needed to make babies.
- Anyone with ovaries can get ovarian cancer, but it mostly affects women over 50.
- Sometimes ovarian runs in families.
- The symptoms of ovarian cancer, such as bloating, are not always obvious.
- Ovarian cancer is often diagnosed late, but early diagnosis can mean it is more treatable.

**DID YOU
KNOW?**



Read more information here:

[The eve appeal](#)

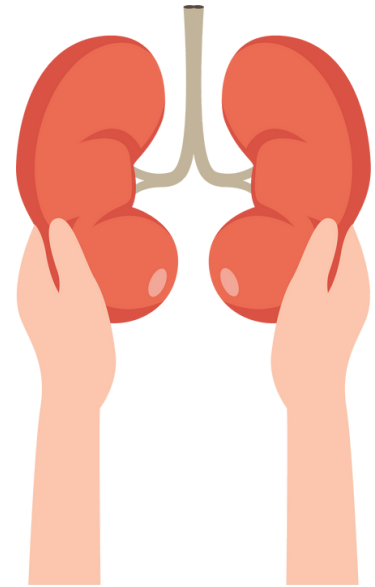
[Healthwatch Medway](#)

September Awareness Days

Organ Donation Week 19th-25th

You could save someone's life!

Organ donation is when you decide to give an organ to save or transform the life of someone else. You can donate some organs while you are alive, and this is called living organ donation.



Read more about organ donation here:

[Healthwatch Medway](#)

[NHS Blood and Transplant](#)

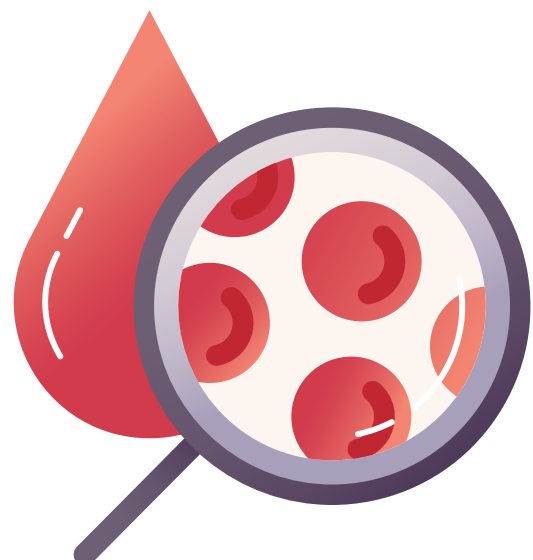
Blood Cancer Awareness Month

Blood cancer is a term that's used to describe many types of cancer that affect your blood, bone marrow or lymphatic system. It happens when something goes wrong with the development of your blood cells.

Read more about organ donation here:

[Healthwatch Medway](#)

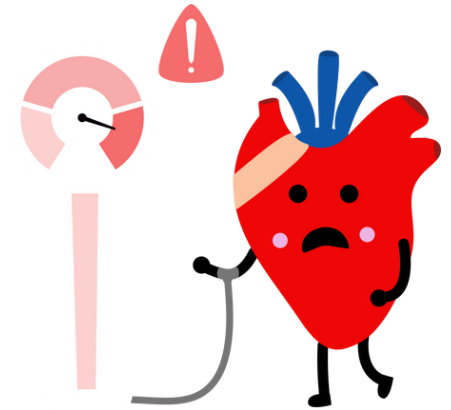
[Blood Cancer UK](#)



September Awareness Days

Know your Numbers Week 4th-10th

Know your Numbers Week is the UK's biggest and most far reaching blood pressure testing event and awareness week. Each year, hundreds of "Pressure Stations" offer free blood pressure checks across the UK, enabling thousands of people to get a free blood pressure check. It encourages adults across the UK to know their blood pressure numbers and take the necessary action to reach and maintain a healthy blood pressure.



Read more about organ donation here:

[Blood Pressure UK](#)

Read about Hypertension Hero project [here](#)

Word Suicide Day 10th September

World Suicide Prevention Day (WSPD) was established in 2003 in conjunction with the World Health Organisation (WHO) and is a significant advocacy and communication based event aimed at reaching national organisations, governments and the general public, giving a singular message that suicide can be prevented.

Read more about organ donation here:

[International Association for Suicide Prevention](#)

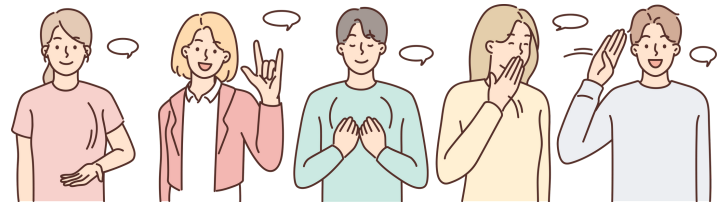


International week of deaf people and sign language 19th-25th

Theme for 2023 is - A World Where Deaf People Everywhere Can Sign
Anywhere!

Read more about organ donation here

<http://wfdeaf.org/iwdeaf2023/>



[Healthwatch Medway](#)

[Healthwatch Medway](#)

<https://diversity-inclusion-speakers.com/news/general-news/deaf-awareness-week/>

World Pharmacists Day 25th September

“Pharmacy strengthening health systems” is
the theme of World Pharmacists Day on 25
September.

Read more about organ donation here:

<https://www.fip.org/world-pharmacists-day>

[Healthwatch Medway](#)



National Eye Health Week 18th-24th September

This year's National Eye Health Week (NEHW) will take place from 18 to 24 September 2023, promoting the importance of good eye health and the need for regular eye tests for all.

Did you know?

- 2 million people in the UK are living with sight loss, that is severe enough to have a significant impact on their daily lives. Half of this sight loss is avoidable.*
- A sight test can detect early signs of conditions like glaucoma, which can be treated if found soon enough
- During a sight test, other health conditions such as diabetes or high blood pressure may be detected.
- For healthy eyes, eat well, don't smoke and wear eye protection in bright sunlight.

[Read more about organ donation here](#)

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

<https://nationaltoday.com/national-eye-health-week/>

https://www.healthwatchkent.co.uk/advice-and-information/2019-03-18/six-simple-sight-saving-tips-keep-your-eyes-healthy_

