# The Wand Medical Centre Newsletter

## Issue month: May 2025

## NATIONAL WALKING MONTH

**A journey of a thousand miles begins with a single step**



May is National Walking Month 2025, a campaign to encourage people across all ages and backgrounds to get outside and embrace the simple, yet profound health benefits of walking. This month-long event is the perfect opportunity to explore the great outdoors, improve fitness, and connect with others in a healthy, enjoyable way.

**What is National Walking Month?**

National Walking Month is an annual initiative that promotes walking as a free, easy, and accessible form of exercise and transportation. The event encourages individuals, communities, and organisations to host walking challenges, share walking routes, and raise awareness about the health benefits associated with regular walking.

**When is National Walking Month?**

National Walking Month takes place throughout May. During this time, various activities and challenges are organised to inspire people to walk more, whether it's for commuting, leisure, or health.

Get out and about and walk, record this information on your fit bit/phone/watch/other device.

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World hygiene day is celebrated every year on the 5 May, Hand hygiene day mobilizes people around the world to increase adherence to hand hygiene in health care facilities protecting health care workers and patients from infections .

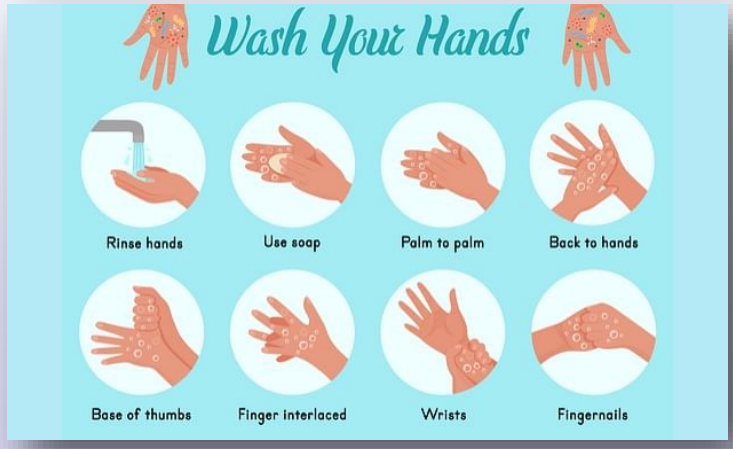
Washing your hands properly removes dirt, viruses and bacteria to stop them spreading to other people and objects, which c an spread illnesses such as food poisoning, flu or diarrhoea. It can help stop people picking up infections and spreading them to others.

Many diseases and conditions are spread by not washing hands with soap and clean running water.

Handwashing with soap is one of the best ways to stay healthy. If soap and water are not readily available ,use a hand sanitizer with at least 60% alcohol to clean your hands.

You should wash your hands for at least 20 seconds. This time allows enough friction and soap to effectively remove germs from all surfaces of your hands.

Handwashing with soap could protect about 1 out of 3 young children who get sick with diarrhoea, and almost 1 out of 5 young children with respiratory infections like pneumonia. Although people around the world clean their hands with water, very few use soap to wash their hands.

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## INTERNATIONAL DAY OF THE MIDWIFE




International day of the midwife is celebrated each year on 5 May. This is a chance for a midwives to celebrate their profession and for all of us top recognise their work and contribution to maternal and new born health.

It acknowledges the contributions of the midwives to the heath and well-being of women and families worldwide. The day is also an

opportunity to raise awareness about the importance of midwifery and its impact on global health.

Each year the international confederation of midwives chooses a theme for international day of

midwife. The 2025 theme is midwives critical in very crisis .



## HAYFEVER

Hay fever is a common allergy that causes sneezing, coughing and itchy eyes. You cannot cure it, but there are things you can do to help your symptoms, or medicines you can take to help.

Symptoms are usually worse between late March and September, especially when it's warm, humid and windy. This is when the pollen count is at its highest.

Hay fever can last for weeks or months, unlike a cold, which usually goes away after 1 to 2 weeks.

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National deaf awareness week in 2025 will be held from 5 May to the 11 May. The theme for this year is “Beyond silence” encouraging greater understanding of the diverse ways in which deaf and hard of hearing people communicate .

Deaf awareness week was established to address the informational gaps and misconceptions that often surround the Deaf community and to advocate for equal opportunities. It serves as a reminder of the importance of inclusion, communication accessibility , and recognizing the linguistic diversity of sign languages.

One in three adults in the UK are deaf, have hearing loss or tinnitus. Over 18 million adults in the UK are deaf, have hearing loss or tinnitus. Over half the population aged 55 or more have hearing loss.