

# The Wand Medical Centre Newsletter

## March 2024



Breathe easier and celebrate a smoke-free life. National No Smoking Day is an annual health awareness day in the UK, aiming to inspire and support smokers to quit for good. For those considering breaking free from the hold of tobacco, this may presents the perfect opportunity to take that crucial step.

This vital awareness day falls on the **second Wednesday of March** every year. In 2024, smokers and supporters alike will unite in their mission to promote healthier, smoke-free lives on March



### Nutrition and Hydration week

11-17 March 2024

Its goal is to **raise awareness about the important role food and drink play in preserving our well-being in the social and healthcare setting.**

The goal of Nutrition and Hydration Week is to connect with healthcare practitioners working in medical, catering, and care settings, and to use their knowledge to create a fantastic campaign that everyone can get behind.

International Women's Day is celebrated in many countries around the world. It is a day when women are recognized for their achievements without regard to divisions, whether national, ethnic, linguistic, cultural, economic or political.



International Women's Day is a global holiday celebrated annually on March 8 as a focal point in the women's rights movement. IWD gives focus to issues such as gender equality, reproductive rights, and violence and abuse against women.

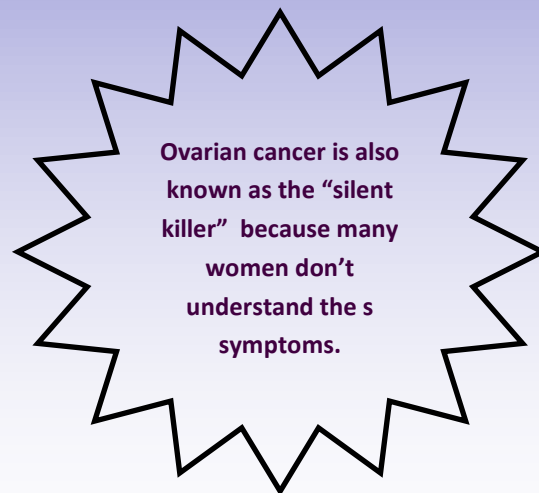
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### March is ovarian cancer awareness month

Ovarian cancer is a type of cancer that affects the ovaries, which are part of the female reproductive system. It can develop when abnormal cells grow in and around the ovaries and fallopian tubes .

Ovarian cancer starts when abnormal cells in and around the ovary and fallopian tubes grow and divide in an uncontrolled way and form a cancerous Tumour. The cancerous cells grow into surrounding tissues and can spread to other parts of the body.



If you experience any of the four Possible symptoms of ovarian cancer (persistent bloating, persistent stomach pain, difficulty eating or feeling full more quickly, and needing to wee more urgently ) then you should make an appointment with your GP.

Keep a record of your symptoms to take with you to your appointment, this will help to support you with your conversations with your GP and any other Healthcare professional you may be referred to. Use a downloadable symptoms diary to help you keep track.

**SYMPTOMS**

- Persistent bloating
- Pelvic or abdominal pain
- Feeling full quickly & loss of appetite
- Needing to wee more urgently or often than normal
- Changes in bowel habits
- Feeling very tired
- Unexplained weight loss

SEE YOUR GP, ESPECIALLY IF SYMPTOMS ARE: **FREQUENT - PERSISTENT - NEW**

IntrustCare



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### Carer support

Birmingham carers hub offers a wide range of support and services to unpaid carers in Birmingham. If you are new to Birmingham carers hub, and need any help or support you can email:

**[info@birminghamcarershub.org.uk](mailto:info@birminghamcarershub.org.uk)**

Or call

**0333 006 9711**



### Are you a Carer?

A carer is someone of any age who provides paid/unpaid support to family or friends who **could** not manage without this help. This **could** be caring for a friend or elderly family member who due to illness, disability, a mental health problem or an addiction cannot cope without their support.

If this sounds familiar, please let reception know by filling out the tear off slip at the bottom and we can add this information to your record.

This does not apply for looking after your children.

Your Name: \_\_\_\_\_

Your Address: \_\_\_\_\_

Your Date of Birth: \_\_\_\_\_

Name of the person you care for: \_\_\_\_\_

Relationship to person you care for: \_\_\_\_\_

I hereby give my consent for my information to be forwarded to Carers UK who will contact me with further help and support.

Please tick the box if you wish for us to forward your information

### Get help and advice

Get expert benefits advice, plus help filling in claim forms, from:

[Carers UK](#) helpline on 0808 808 7777

- Carers Direct helpline on 0300 123 1053

[Age UK](#) on 0800 678 1602

[Citizens Advice](#) on 0800 144 8848

[Gingerbread](#) (for single parents) on 0808 802 0925

[Family Rights Group](#) on 0808 801 0366

A carer is anyone who helps somebody (usually a relative or friend) who needs support in their day to day life due to illness, frailty, disabilities or mental health or substance misuse problems. This is an unpaid role, and is not the same as someone who is paid, provides care professionally, or through a voluntary organisation. Carers may frequently provide support including assistance with personal care, household tasks, finances, emotional support and leisure.

Any one of us, including children and young adults, at any time could become a carer either on a short-term basis or for a longer period. It is also important to recognise that some carers will experience more complex situations such as caring for more than one person, for example a parent and a child ("sandwich caring") or an older couple caring for each other ("mutual caring").

If you're caring for someone, it is important you get the advice, information and support you need to help in your caring role.