

## The Green House Surgery Summer 2025 Newsletter

[www.thegreenhousesurgery.co.uk](http://www.thegreenhousesurgery.co.uk)



### Welcome to our Summer 2025 Newsletter

We would encourage our patients to read our newsletter as it contains some useful information, some of which you may not be aware of. You are welcome to take a copy home with you. However, an electronic copy is available on The Green House Surgery webpage for you to download.

Summer 2025 has finally arrived 😊 Please remember to take care in the sun by seeking shade, wearing protective clothing, sunglasses and sunscreen, and reapplying sunscreen regularly.

"Slip, slop, slap, seek and slide" is a mnemonic phrase reminding people to protect their skin from the sun. It's a way to remember five key sun safety measures: **slip on protective clothing, slop on sunscreen, slap on a hat, seek shade and slide on sunglasses.**

Protect yourself in **five ways** from skin cancer



SLIP



SLOP



SLAP



SEEK



SLIDE

Also, remember to stay hydrated in the sun and drink plenty of water 😊

## The Green House Surgery

We have pledged our support to the 30,000 unpaid carers across the South Tees during Carers Week, 9-15 June 2025. **We have committed to maintaining our accredited Carer Friendly status.**

Now it's your turn to sign up to one small action — together we can make a difference.

#wecareyoucare #carersweek #SouthTees #unpaidcare #caringaboutequality



Sign up and pledge your support for unpaid carers across South Tees at [wecareyoucare.info/carers-week-pledge-2025](https://wecareyoucare.info/carers-week-pledge-2025)

**WE CARE  
YOU CARE.**



Are you pregnant or do you have children under the age of four?

You could get help to buy fruit, vegetables, pulses, milk and infant formula. You could also get free Healthy Start Vitamins.

Apply online for NHS Healthy Start

[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

or scan QR code below:



**NHS**

**Are you pregnant or do you have children under the age of four?**

You could get help to buy fruit, vegetables, pulses, milk and infant formula.

You could also get free Healthy Start vitamins.

Apply online for NHS Healthy Start  
[www.healthystart.nhs.uk](http://www.healthystart.nhs.uk)

  @NHSHealthyStart

  
SCAN ME

## **Health and Wellbeing Summer 2025**

### **Awareness Dates for your diary:**

**1<sup>st</sup> June – 30<sup>th</sup> June 2025**

#### **Alzheimer's and Brain Awareness Month**

June is recognized as Alzheimer's & Brain Awareness Month, a time dedicated to raising awareness about Alzheimer's disease and promoting brain health. This month serves as an opportunity to educate the public, support those affected by the disease, and take proactive steps to maintain optimal brain health.

#### **Aphasia Awareness Month**

Aphasia Awareness Month is observed in June each year. It aims to raise awareness about aphasia, a communication disorder that affects speech, understanding, reading, and writing. This awareness is crucial to ensure individuals with aphasia feel supported and understood, not isolated.

#### **Cataract Awareness Month**

Cataract Awareness Month takes place throughout the month of June. It's a time to raise awareness about cataracts, a common cause of vision loss, and promote early detection and treatment. The goal is to educate the public about the symptoms, risks, and available treatment options.

#### **National Migraine and Headache Awareness Month**

June is National Migraine and Headache Awareness Month, a time dedicated to raising awareness about migraines and headaches, their impact on individuals, and the importance of early diagnosis and treatment. It's a chance to learn about different types of headaches, the causes of migraines, and available treatment options. This month also provides an opportunity to educate others about the many facets of migraine, including its invisible implications and its impact on daily life.

#### **Scleroderma Awareness Month**

Scleroderma Awareness Week is not a specific week-long event. World Scleroderma Day is on June 29th, and the entire month of June is recognized as Scleroderma Awareness Month. This time is dedicated to raising awareness about scleroderma, a group of autoimmune diseases that cause the body's tissues to thicken and harden.

#### **Pride Month**

Pride Month is a month-long celebration that recognizes the LGBTQ+ community and their contributions to society. It is a time to acknowledge the challenges faced by this community and to stand in solidarity with their fight for equality, acceptance, and human rights. Pride Month is a joyful and colourful display of love, unity, and resilience, with events and activities that promote inclusivity, educate the public, and celebrate the diversity of sexual orientations and gender identities.

## **9th – 15<sup>th</sup> June 2025**

### **Men's Health Week**

Men's Health Week is an annual awareness campaign, typically held the week leading up to Father's Day, to raise awareness about men's physical and mental health and encourage them to prioritize their well-being. It aims to provide men with access to information, resources, and services to promote healthier lifestyles and address unique health concerns.

## **19<sup>th</sup> June 2025**

### **World Sickle Cell Day**

World Sickle Cell Day is an annual event observed on June 19th to raise awareness about sickle cell disease (SCD) and its impact on individuals and communities worldwide. It's a United Nations-recognized day dedicated to educating the public about this genetic blood disorder and advocating for improved care and research.

## **27<sup>th</sup> June 2025**

### **PTSD Awareness Day**

National PTSD Awareness Day is observed annually on June 27th, and June is recognized as PTSD Awareness Month. The day aims to raise public awareness about Post-Traumatic Stress Disorder (PTSD), a serious mental health condition that can develop after experiencing or witnessing a traumatic event. PTSD Awareness Day is a time to educate the public about PTSD, its impact, and the importance of seeking help.

## **3<sup>rd</sup> – 9<sup>th</sup> July 2025**

### **National Health Information Week**

National Health Information Week 2025 will take place from January 20-26. This national campaign focuses on promoting high-quality health information for both patients and the public. The week has themes including winter health, mental health, wellbeing, health literacy/misinformation, and digital literacy.

## **28<sup>th</sup> July 2025**

### **World Hepatitis Day**

World Hepatitis Day, observed annually on July 28th, is a global initiative focused on raising awareness about viral hepatitis and its impact on health. It aims to encourage action and engagement to tackle this significant health problem, highlighting the need for prevention, testing, and treatment. The date is also significant as it is the birthday of Nobel laureate, Dr. Baruch Blumberg, the discoverer of the hepatitis B virus.



## **1<sup>st</sup> – 7<sup>th</sup> August 2025**

### **World Breastfeeding week**

World Breastfeeding Week is an annual campaign celebrated from August 1st to 7th, aiming to raise awareness about the benefits of breastfeeding and support breastfeeding mothers. It is organized by the World Alliance for Breastfeeding Action (WABA) and supported by organizations like the World Health Organization (WHO) and UNICEF.

## **7<sup>th</sup> August 2025**

### **Cycle to Work Day**

Cycle to Work Day is an annual event that encourages individuals to cycle to work, promoting the numerous benefits of active commuting. It's a chance for both regular and new cyclists to celebrate their commitment to sustainable travel and experience the physical, mental, financial, and environmental advantages of cycling.

## **12<sup>th</sup> August 2025**

### **International Youth Day**

World Youth Day (WYD) is a global gathering of young Catholics organized by the Catholic Church, initiated by Pope John Paul II in 1985. It's celebrated annually at the diocesan level on Palm Sunday, and every few years, an international gathering is held in a different location, bringing together millions of young people with the Pope. WYD serves as a pilgrimage, a celebration of youth, and an opportunity for spiritual growth and evangelization.

## **19<sup>th</sup> August 2025**

### **World Humanitarian Day**

World Humanitarian Day, observed annually on August 19th, is a global day dedicated to recognizing and celebrating the work of humanitarian aid workers and those who have lost their lives while serving others. It's a day to acknowledge the crucial role humanitarians play in responding to crises and supporting those affected by conflicts, natural disasters, and other emergencies.

**Thanks for reading our Summer newsletter. We look forward to providing a further newsletter in the Autumn. Please keep checking in with us via our website at [www.thegreenhousesurgery.co.uk](http://www.thegreenhousesurgery.co.uk) as things change constantly.**

