

Health Aware

Making local surgeries aware of local, regional and national campaigns for health and wellbeing

Bowel Cancer Awareness Month 1-31 April



Nearly everyone diagnosed in the earliest stage of bowel cancer will survive it. However, in some areas of the UK only 1/3 of people receiving a bowel cancer screening pack in the post take the test, meaning millions of people are missing out on a life-saving opportunity. Bowel Cancer Awareness Month aims to correct this. You can help to raise awareness by displaying posters encouraging people to take the test, booking a talk on bowel cancer from one of [Bowel Cancer UK](#)'s volunteers, hosting a 'Be a Star, Bake a Cake' fundraising event or simply encouraging people you know to take the test or watch out for the symptoms.

[Click here](#) to find out more about Bowel Cancer Awareness month.

[Click here](#) for posters.

[Click here](#) to find out how to book a talk on bowel cancer.

[Click here](#) to find out more about Be a Star, Bake a Cake.

[Click here](#) to find out more about bowel cancer screening.

[Click here](#) for the symptoms of bowel cancer.

Nutrition and Hydration Week 13-19 March



Nutrition and hydration week aims to promote access to nutritious and safe food in health and social care settings, as well as encouraging patients to eat and drink healthily. You can help support the week by distributing fliers, posters and factsheets and by joining the Nutrition and Hydration Week Global Tea Party, which will be held on Wednesday 15 March.

[Click here](#) for more information on nutrition and hydration week.

[Click here](#) for fliers, posters and factsheets.

[Click here](#) to find out more about the Global Tea Party.

[World Health Day - Depression: Let's Talk 7 April](#)



**World Health
Organization**

The theme for World Health Day 2017 is Depression: Let's Talk. It aims to encourage people suffering from depression to seek and get help. You can

help with this by displaying posters encouraging people to seek the help they need and by distributing handouts which provide information on depression and how to deal with it for people in a variety of situations.

[Click here](#) for more information about World Health Day 2017.

[Click here](#) for posters.

[Click here](#) for handouts.

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