

## June Awareness Month

### Volunteers' week 1 - 7 June

- Volunteers' Week is an annual celebration of the contribution millions of people make across the UK through volunteering in their communities.



#### WHY IS VOLUNTEERING IMPORTANT?

As well as helping others, volunteering has been shown to improve volunteers' wellbeing too.

It's human nature to feel good after helping someone out. Volunteering can also help you gain valuable new skills and experiences, and boost your confidence.

If you're interested in volunteering, here's [how to get started](#)

Read our volunteers stories and download resources [here](#) – **LINK TO article**

### Carers week 6 - 12 June

#### What is Carers Week?

Carers Week is an annual campaign to raise awareness of caring, highlight the challenges unpaid carers face and recognise the contribution they make to families and communities throughout the UK. It also helps people who don't think of themselves as having caring responsibilities to identify as carers and access much-needed support.



The campaign is brought to life by thousands of individuals and organisations who come together to provide support for carers, run activities, highlight the vital role carers play in our communities and draw attention to just how important caring is.

Being a carer can be lonely, but there is support out there for you.

Find out more information in our article [here](#).

# June Awareness Month

## Diabetes week 10 - 17 June

Held every year by [Diabetes UK](#), raising awareness is one of the most important aspects of providing a support system for those who are living with diabetes.

Diabetes is a lifelong condition that causes a person's blood sugar level to become too high.



There are 2 main types of diabetes:

type 1 diabetes – where the body's immune system attacks and destroys the cells that produce insulin

type 2 diabetes – where the body does not produce enough insulin, or the body's cells do not react to insulin

Type 2 diabetes is far more common than type 1. In the UK, around 90% of all adults with diabetes have type 2.

During pregnancy, some women have such high levels of blood glucose that their body is unable to produce enough insulin to absorb it all. This is known as gestational diabetes.



## Diabetes : What are the headlines?

50% of people with diabetes are currently undiagnosed. That's roughly 232 million people.

One in 11 people are living with diabetes. That's 463 million adults, but that number is expected to rise to 578 million by 2030.

Two-thirds of people with diabetes live in urban areas and three-quarters are of working age.

1 in 5 people with diabetes are above 65 years old.

Diabetes is a serious condition, causing 4.2 million deaths worldwide in 2019. A new report has projected that the NHS's annual spending on diabetes in the UK will increase from £9.8 billion to £16.9 billion over the next 25 years, a rise that means the NHS would be spending 17% of its entire budget on the condition.

The report also suggests that the cost of treating complications from diabetes is expected to almost double from £7.7 billion to £13.5 billion by 2035.

## Could you be at risk?

You're more at risk of developing type 2 diabetes if you:

- are over 40 (or 25 for south Asian people)
- have a close relative with diabetes (such as a parent, brother or sister)
- are overweight or obese
- are of Asian, African-Caribbean or black African origin (even if you were born in the UK)

Don't wait until it's too late. Act now! Check your risk with the NHS Risk Checker [here](#).

Read more information about causes, symptoms and where to get support [here](#).

Source: NHS, Diabetes UK and the International Diabetes Federation



# June Awareness Month

## Men's health week 12 - 18 June

Men's Health Week (MHW) is designed to give all boys and men access to the information, services and treatment they need to live healthier, longer and more fulfilling lives.



The overall aims of the week are to:

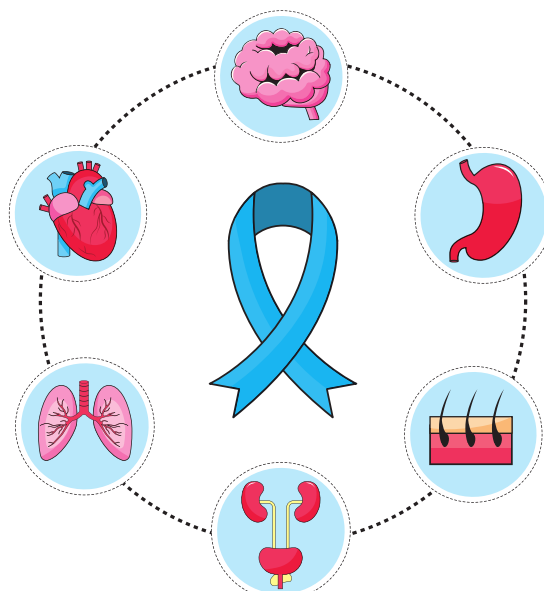
Heighten awareness of preventable health problems for males of all ages.  
Support men and boys to engage in healthier lifestyle choices / activities.  
Encourage the early detection and treatment of health difficulties in males.

Last year MHW focused on raising awareness of men's mental health and suicide prevention.

You can read more information [here](#).

This year the theme is to highlight men's health and the internet.  
Find handy tips and guides about men's health [here](#).

[Men's Health Forum](#) offers all important information, guidelines and support to help you IMPROVE physical and mental health.



## June Awareness Weeks

### Breathe Easy Week

21st-  
27th  
June

Breathe Easy Week or Love Your Lungs Week is an initiative started by the British Lung Foundation, to raise awareness and focus on lung health and will take place between the 21st and 27th June this year.

Events will be organised by support groups across the UK.

Derek from South Wales has founded the online International Breathe Easy group. Meetings are informal and friendly offering lots of information with the occasional speaker that ranges from a health care specialist to someone that will make you laugh.

International Breathe Easy meets every Wednesday using the Zoom platform at 7pm. Meetings usually last for about an hour and twenty minutes and are very interactive with discussions on a variety of topics . Please contact [supportgroups@asthmaandlung.org.uk](mailto:supportgroups@asthmaandlung.org.uk) or call 0300 222 5800 and ask for support groups.

To find out more about lung conditions, support and guidelines please visit [here](#).

### World blood donor day

14th  
June

Every year countries around the world celebrate World Blood Donor Day (WBDD). The event serves to raise awareness of the need for safe blood and blood products and to thank voluntary, unpaid blood donors for their life-saving gifts of blood. Give blood and do something amazing.

### Are you considering to become a blood donor?

For more information about how to become blood donor, why it is important and how the donation process looks, click [here](#).

