

February Awareness Month

LGBT+ History Month

The month was founded in 2004 by Paul Patrick and Sue Sanders. The first LGBT+ History Month therefore was February 2005. February was chosen in part because of the abolition of Section 28 occurred during this month.

The 2024 theme will be 'Medicine - #UnderTheScope'. This theme celebrates LGBT+ contribution to healthcare both past and present. It will celebrate both LGBT+ staff past and present as well as highlighting issues with LGBT+ healthcare both past and present. It will be important for healthcare settings to celebrate and educate during this month.

The month is normally commemorated in a variety of ways and manners. One such way is the literal teaching of LGBT+ history throughout the ages. Another way is focus on the current day, teaching about biases and discrimination and ways in which to eliminate discrimination within society. Organisations could hire an LGBT+ speaker to talk about their experiences as well as hosting an inclusion workshop or a visit to an LGBT+ owned business,

The month normally features blogs, newspaper articles and TV and Radio programmes about LGBT+ History.

To read more about diabetes please visit here:

[Healthwatch Kent](#)

[LGBT+ History Month 2024](#)



National Heart Month

February 2024 will also be National Heart Month. This a month for people around the world to focus on their cardiovascular health. Cardiovascular disease is the biggest killer in England with one person dying from it on average every 3 minutes.

The month is used for campaigning for research and new treatments and raising awareness of all the various contributing causes of cardiovascular disease and how to reduce those causes.

For example, fetes and street fundraising are often used by charities during this month.

And to raise awareness there is often advertising campaigns, leaflets in medical facilities and street leafleting. Medical professionals are encouraged to offer their patients' blood pressure and cholesterol checks during this month. And also, to offer advice on healthily eating and exercise by running workshops and providing information to access external support.

To read more about diabetes please visit here:

[Heart UK](#)

[British Heart Foundation](#)



Children mental health week 5th-11th February

Children mental health week will be held from 5-11 February. It is a week to raise awareness of the increasing rate of mental health issues that children and young people in the UK are suffering from.

The week was launched in 2015 and is marked in a variety of ways. For example, fundraising for support services is held as well as running sessions and workshops to better train people in how to help children and young people who are suffering from mental health issues.

The theme for this year is 'My Voice Matters'. This theme is meant to empower children and young people with the ways and skills of express themselves.

Resources are available to help organisations run events to mark the week.

To read more about diabetes please visit here:

[Childrens mental health](#)

[Place2be](#)



National HIV Testing Week

5th-11th February

National HIV Testing Week will be held from the 5th to 11th February. This is a week to raise awareness of HIV and to encourage people across the UK to get a free HIV test.

The week was first held in 2014.

During the week free self-testing is offered. This test can either give a result at home or via posting it to a lab.

HIV testing is important to public health because of the effects HIV has on someone's life even with the advancement in treatment. The earlier someone is diagnosed the less effects it has on their body as well reducing the risks of it being transmitted around society. The British government has a target of ending HIV transmission in the UK by 2030 and this week is a big part of this strategy.

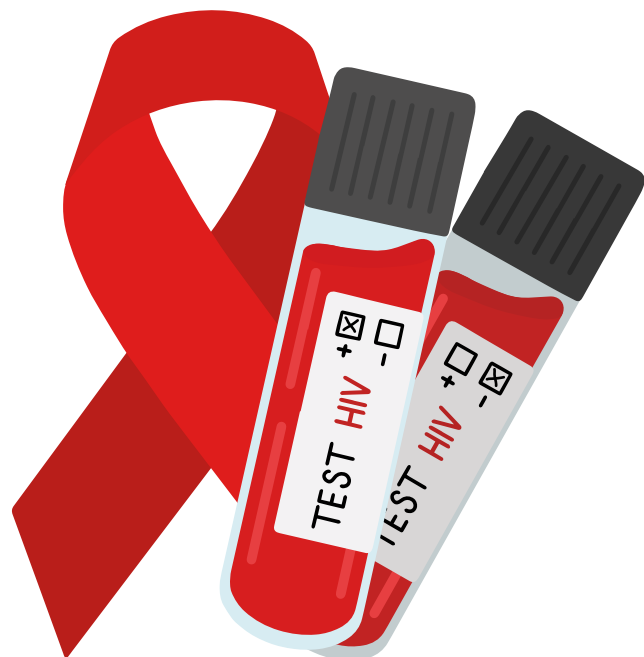
The week is also marked by social media campaigns as well as running street stalls and targeted sessions at demographic groups more likely to be diagnosed with HIV.

To read more about diabetes please visit here:

[Togetherwecan](#)

[Startswithme](#)

[Healthwatch Kent](#)



International Epilepsy Day

12th February

International Epilepsy Day will be held on the 12th of February. This is an annual day, always held on the 2nd Monday of February, to raise awareness of Epilepsy.

Epilepsy is condition that affects the brain, and which can cause frequent seizures.

The day was started in 2015.

International Epilepsy Day is a day to raise awareness of the treatment options available worldwide including the wide inequality in terms of access that people across the world have. The day can also be used to fundraise for people to access treatment as well as research into new treatments. The day can also be marked by posting posts on social media and hosting workshops and fact learning sessions.

A good slogan to use can be - "Epilepsy is More than Seizures".

To read more about diabetes please visit here:

[Healthwatch Kent](#)

[International Epilepsy Day](#)

[Healthwatch Kent](#)



Care Day

16th February

Care Day will be held on the 16th of February. This Day, always held on the third Friday of February, is to celebrate and mark both the achievements and difficulties those who are or have been in care as children face. It was first held in 2006 and was set up by the following five Charities, Voice of Young People in Care (Northern Ireland), Become (England), Empowering People in Care (Ireland), Voices from Care (Wales) and Who Cares? Scotland (Scotland).

Activities that can be help including holding workshops and information sessions and holding award ceremonies to honour those people for their achievements.

The day can also be used to fundraise to provide activities and support for children in care and for care leavers. This fundraising can be undertaken in a variety of ways such cake sales and street fundraising.

To read more about diabetes please visit here:

[Voypic](#)



Eating Disorders' Awareness

Week 26th February - 3rd March

Eating Disorders Awareness Week is an international awareness event, fighting the myths and misunderstandings that surround anorexia, bulimia, binge eating disorder and EDNOS.

Eating disorders are devastating mental illnesses that affect 1 in 50 people in the UK.

Recovery is possible, but we rely on our GPs to spot early warning signs that may have nothing to do with a person's weight or appearance. Their role is crucial and their responsibility is huge, but the average GP receives less than 2 hours of training on eating disorders throughout their entire medical degree, which is just not good enough! This means that so often, people with eating disorders don't get the help they need because GPs just don't have the right training to diagnose them.

Beat are fighting for better access to treatment for people with eating disorders. They have developed clear and comprehensive courses for medical students, which some schools have started to teach. The aim is to provide GPs with the proper training so that they can match the seriousness of these conditions and give people with eating disorders the best possible care.

This year Beat are focusing on highlighting their training program to help GPs make the right referrals for people with eating disorders. But their services are still there for those who need them right now. This EDAW Beat are asking for your help to be Bright and Bold so that they can make sure no one faces an eating disorder alone.

To read more about diabetes please visit here:

[Healthwatch Kent](#)

[Healthwatch Kent](#)

[Beat Eating Disorder](#)

