

# October Awareness Month

## Black history month

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Black History Month is a momentous occasion to recognise and celebrate the invaluable contributions of black people to British society. It also serves as an opportunity to inspire and empower future generations. This year, Black History Month will be dedicated to honouring the achievements of black women who are often the forgotten heroines.

Read more about black history month here:

<https://www.blackhistorymonth.org.uk/>

During the black history month we would like to mention the Windrush generation and highlight the experiences of those arriving in the UK back in the 1950's and 60's. This included the challenges and discrimination faced and how the Caribbean communities endured these difficulties in order to build a life for themselves.

Healthwatch produced a resource available below that shares and offers signposting to support around many of the health concerns faced by those belonging to the Windrush generation and their families, as well as sharing a little of the reason why the day is important.

[Click here to download resources](#)



# National ADHD Awareness Month



## What is ADHD?

ADHD is a neurodevelopmental disorder affecting both children and adults. It is described as a “persistent” or ongoing pattern of inattention and/or hyperactivity-impulsivity that gets in the way of daily life or typical development.

Individuals with ADHD may also have difficulties with maintaining attention, executive function (or the brain’s ability to begin an activity, organize itself and manage tasks) and working memory.

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There are three presentations of ADHD:

- Inattentive
- Hyperactive-impulsive
- Combined inattentive & hyperactive-impulsive

To read more about each type of ADHD please visit here

<https://www.adhdawarenessmonth.org/adhd-symptoms-and-diagnosis/>

To read more about ADHD please visit our website here:

<https://www.healthwatchkent.co.uk/advice-and-information/2022-10-11/what-do-you-know-about-adhd>

Visit ADDA (Attention Deficit Disorder Association) website here:

<https://add.org/>

To download resources on Neurodiversity, click here:

<https://www.healthwatchkent.co.uk/advice-and-information/2023-07-03/what-do-you-really-know-about-neurodiversity>

# Breast cancer awareness month

Breast cancer is the most common cancer in the UK.  
But at least 30% of cases are preventable.

Sadly, not all breast cancer cases are preventable.  
But studies have shown that by making changes to  
your lifestyle, you can reduce your chances of  
getting breast cancer significantly.

Breast Cancer UK uses the latest academic research  
on breast cancer prevention to provide guidance on  
how to reduce your risk.

[Read more about organ donation here:](#)

[Breast Cancer UK](#)

How do I check my breasts and what am I looking out for?

Check out this [very helpful guide](#) from 'Breast Cancer Now' which lists the  
signs and symptoms of breast cancer and illustrates how to check your  
breasts.

[Read more information about breast cancer here:](#)

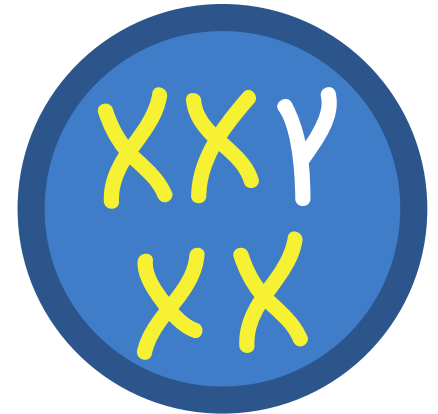
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# National Down Syndrome Awareness Month

“Down Syndrome Awareness Month,” or “DSAM,” it’s a month to raise awareness and celebrate the many abilities of our loved ones with Down syndrome. DSAM seeks to break down barriers and focus on promoting advocacy for people with Down syndrome. NDSS celebrates October in a different way each year and we invite you to get involved and spread the word.



Down Syndrome is one of the most common disorders but also one of the most misunderstood. With one in 800 children being born with Down Syndrome each year, many outside of those statistics cannot comprehend what it is like to have a child with the disorder or be a person with it. That’s why Down Syndrome Awareness Month is here to change that.

Read more about Down Syndrome here:

[Healthwatch Kent](#)

<https://ndss.org/>



# Mental Illness Awareness Week

## 3rd-9th October

Each year during the first week of October, efforts are made to draw attention to the millions of people suffering with mental illness in an effort to drive understanding, support and hope. Mental illness, or mental health disorder, refers to a wide range of illnesses or conditions that affect mood, thinking and behaviour. Certain examples include anxiety, major depressive disorder, post-traumatic stress disorder (PTSD,) panic attack, schizophrenia, and bipolar disorder. Individuals may experience short-term episodes or long-term illness that impacts their day to day lives. Serious mental illness (SMI) impacts functional abilities and limits major life activities.



**The theme of Mental Health Awareness Week 2023 is anxiety.**

Anxiety is a normal emotion in us all, but sometimes it can get out of control and become a mental health problem.

Lots of things can lead to feelings of anxiety, including exam pressures, relationships, starting a new job (or losing one) or other big life events. We can also get anxious when it comes to things to do with money and not being able to meet our basic needs, like heating our home or buying food. But anxiety can be made easier to manage.

Focusing on anxiety for this year's Mental Health Awareness Week will increase people's awareness and understanding of anxiety by providing information on the things that can help prevent it from becoming a problem. At the same time, we are keeping up the pressure to demand change - making sure that improving mental health is a key priority for the government and society as a whole.

**Read more information about anxiety here:**

[Mental health](#)

**Take a moment on World Mental Health Day on 10th October. Read more information here:**

[Healthwatch Kent](#)

# Dyslexia Awareness Week

## 2nd- 8th October

This is the week in the year where we go even further to help people understand what dyslexia is, that there is effective support available and to explain the up- and down-sides of having dyslexia.



The theme of this year's Dyslexia Awareness Week is **Uniquely You**.

Over the years, there has been much debate on the importance of the early identification of dyslexia. It is felt that this helps to ensure that an individual's self esteem is not negatively affected. It also enables support and interventions to take place whilst a child is still at school.

Many parents have reported that although they initially didn't want a 'label' for their child, they have seen that when the child comes to understand why they think differently, it helps them to develop a growth mindset.

There has been a lot of recent press surrounding neurodiversity and the benefits of dyslexic thinking in the workplace. It is widely understood that individuals with dyslexia have a creative mindset and are great problem solvers. Individuals also learn how to overcome their difficulties and develop resilience at an earlier age.

Although early identification has been shown as beneficial, this is not always possible for everyone. If you are over 18 and would like a full diagnostic assessment, please contact us to find out more.'

**Read more information about dyslexia here:**

<https://www.theashforddyslexiacentre.org>

<https://canterburydyslexiacentre.co.uk>

<https://www.dyslexiauk.co.uk/dyslexia-assessment-in-kent/>

<https://www.dyslexicum.co.uk/help/when-is-dyslexia-awareness-week-2023-activities-for-schools>

To download resources about Neurodiversity please visit our website [here](#)