

# Central European Practice

## News and Updates

May 2022

### CEP News

#### Maternal Mental Health Awareness Week 2<sup>nd</sup> – 8<sup>th</sup> May 2022



#### What is Maternal Mental Health Awareness Week?

Maternal Mental Health Awareness Week is a week-long campaign dedicated to talking about mental health problems during and after pregnancy.

It's all about raising public and professional awareness of perinatal mental health problems, advocating for women affected by it, changing attitudes and helping families access the information, care and support they need to recover. #MaternalMHmatters

For more information, support please check the Health Visitor EJSU Kerry Riley Facebook Page.

#### With the weather getting warmer we need to take time and look after our skin - Sun Awareness Week 2<sup>nd</sup> -8<sup>th</sup> May.

The British Association of Dermatologists (BAD) currently runs a national campaign around skin cancer called Sun Awareness, which includes National Sun Awareness Week in May. This campaign is overseen by the BAD's Skin Cancer Prevention Committee, comprised of leading medical professionals with expertise in skin cancer, vitamin D and public health messaging.

Sun Awareness is the British Association of Dermatologists' annual campaign to raise awareness of skin cancer. The campaign runs from April to September annually and includes Sun Awareness Week in May. The campaign is two-pronged and combines prevention and detection advice. The first aim is to encourage people to regularly self-examine for skin cancer. The second is to teach people about the dangers of sunburn and excessive tanning, and to discourage people from using sun beds, in light of the associated risks of skin cancer. In addition to public education about the dangers of sun bed use, the BAD has also been involved in campaigning for legislation to regulate the sun bed industry and is continuing to push towards further and improved regulation.

It's quite easy to be safe when playing outside, with the simplest and most important thing to do being putting on sun screen. Make sure you put on a hat, or cover your skin. It's the easy things like this that save your skin from harmful and painful damage caused by the sun when over-exposed.

#### What's on in May

[Make May purple](#) – Action on Stroke Month  
[National Walking Month](#)

1<sup>st</sup> – 8<sup>th</sup> [Time for a Cuppa](#) (Dementia)

4<sup>th</sup> [Big Asthma Bake Sale](#)

3<sup>rd</sup> – 8<sup>th</sup> [Deaf Awareness](#)

4<sup>th</sup> – 9<sup>th</sup> National Doughnut week

9<sup>th</sup> – 14<sup>th</sup> Food Allergy Awareness week

10<sup>th</sup> – 15<sup>th</sup> [Coeliac Awareness week](#)

10<sup>th</sup> – 15<sup>th</sup> National Vegetarian week

12<sup>th</sup> Birthday of [Florence Nightingale](#)

For the latest medical updates please refer to [EJUS.net](#)

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