November is Mouth Cancer Action Month

Mouth Cancer Action Month is a charity campaign which aims to raise awareness of mouth cancer and make a difference by saving thousands of lives through early detection and prevention.

Throughout November the aim will be to get more mouth cancers diagnosed at an early stage by increasing education of the risk factors and signs and symptoms while encouraging everybody to discuss them with their dental professional.

In the UK more than 7,000 people were diagnosed with mouth cancer last year. The disease has grown by a third in the last decade and remains one of very few cancers which are predicted to increase further in the coming years, that’s why Mouth Cancer Action Month is so important.

Although there are risk factors heavily linked to the disease, mouth cancer can affect anybody – that’s why it’s so important that we all know what to look out for.

Don’t leave a mouth ulcer unattended for more than three weeks. Don’t ignore any unusual lumps or swellings or red and white patches in your mouth.

Early detection could save your life. If you notice any changes in your mouth please speak to a dentist or doctor immediately.

Mouth cancer takes the lives of more than 2,000 people each year in the UK, which is more than testicular and cervical cancer combined. Mouth cancer also takes more lives a year than road traffic accidents.

By knowing more about the risk factors, living healthier lifestyles and by learning what to look out for you can help reduce your risk.

As mouth cancer can strike in a number of places, including the lips, tongue, gums and cheek, and given that early detection is so crucial for survival, it’s extremely important that we all know what to look out for.

Three signs and symptoms NOT to ignore are:

- Ulcers which do not heal in three weeks
- Red and white patches in the mouth
- Unusual lumps or swellings in the mouth or head and neck area.

If any of these are noticed, it is essential that you tell your dentist or doctor immediately.


If anyone wants to tell us their story or share pictures please send details to healthchampions@wigan.gov.uk
The Turn It Purple campaign calls for businesses and individuals to highlight the fifth deadliest cancer in the UK by turning the UK purple every November which is Pancreatic Cancer Awareness Month. Turning It Purple will help generate discussion and awareness of pancreatic cancer, which we know can directly impact awareness of symptoms and boost GP visits.

Classic pancreatic cancer symptoms can include:

- Painless jaundice (yellow skin/eyes, dark urine, itching)
- Weight loss which is significant and unexplained
- Abdominal pain which is new-onset and significant.

Other possible symptoms of pancreatic cancer:

- Pain or discomfort in the upper abdomen that radiates to the back which is new. This is significant and can be persistent but also intermittent, this pain or discomfort can vary between patients.
- Back pain
- Diabetes which is new-onset and not associated with weight gain
- Vague indigestion (dyspepsia) or abdominal discomfort (not responding to prescribed medication)
- Loss of appetite
- Nausea and vomiting
- Pain when eating
- Steatorrhea (fatty stools that are often pale and smell foul).

For further details and information please do get in touch – email: Lu@panact.org or call 0303 040 1770.


Doing Movember means raising funds for men’s health. And growing a Mo is your chance to do just that. Or men and women alike can embrace the sweaty Mo this Movember by being active. It’s what we like to call ‘Move’. Set a distance goal at the start of the month, and walk, run, cycle, swim or row your way to achieving it. You can raise much needed funds for men’s health while you’re at it.

For further details about men’s health follow the link ……

https://uk.movember.com/
Smart Meters

Citizens Advice Wigan Borough (CAWB) have received funding to raise awareness of smart meters for the over 65s who have no personal internet access. Gas and electricity suppliers are aiming to change gas and electricity meters to smart meters by the end of 2020.

Between October - December 2017, through funding from Smart Energy GB, Citizens Advice Wigan Borough (CAWB) are running events to raise awareness of Smart Meters for residents of the Borough who are over 65.

The project will concentrate on providing information and support to anyone over 65 with no personal internet access. They have planned a three month period of activities aimed at engaging with consumers, giving them information on the roll out of Smart Meters and the benefits that these will bring. Activities will range from raising general awareness, through to offering places on workshops which will be facilitated by their accredited Energy Champions.

The promotional days will take place in accessible locations and will have two main objectives. Firstly; to provide information about the roll out of smart meters and the benefits they will bring, and secondly to identify those who would benefit from the workshops which will offer additional support and information.

CAWB will be displaying publicity materials in numerous locations to raise awareness of the events and to enable people to be clear on the benefits of Smart Meters and how they can help to control energy costs. CAWB staff and volunteers are able to offer information as well as additional support to help people to understand smart meters and explain the benefits to individuals.

On Wednesday 25th October Citizens Advice Wigan Borough will be holding an awareness event at:
The Grand Arcade
Wigan Town Centre
10.00 am – 4.00 pm

Smart Meters are the new generation of gas and electricity meters. Installed by your energy supplier, they make it even easier to keep control of your energy. Replacing your traditional meters with smart meters means you can:

• see exactly how much energy you use in pounds and pence
• get accurate bills instead of estimates
• say goodbye to manual meter readings.

For further information, or to arrange a workshop, please contact opsmanager@cawb.org.uk or telephone 01942 267960 / 267961.

Fuel Poverty training dates:

9th November 10.00 am -12.00 noon at the Wigan Life Centre South
12th December 2.00 pm - 4.00 pm at the Wigan Life Centre South
Contact healthchampions@wigan.gov.uk for further details.
TRAINING OPPORTUNITIES & DATES FOR YOUR DIARY

Dementia Friends Information session
Increase your understanding about dementia and learn a little more about what it’s like to live with dementia.
**Wednesday 22nd November 2017 at 12.00 – 1.00 pm, Wigan Life Centre, Wigan, WN1 1NJ**

Fuel Poverty & Health training
This training looks at fuel poverty in Wigan – its causes and consequences, health impacts of cold homes, identifying people at risk, and assessing need and referring to AWARM provided by Care and Repair.
**Thursday 9th November – 10:00 - 12:00 noon at Wigan Life Centre, Wigan, WN1 1NJ**
**Tuesday 12th December - 2.00 - 4.00 pm at Wigan Life Centre, Wigan, WN1 1NJ**

To book your place or for more information of any of the above training courses please contact the Public Health Team on 01942 404243 or email healthchampions@wigan.gov.uk

**November / December 2017**

<table>
<thead>
<tr>
<th>All November Movember</th>
<th>Lung Cancer Awareness Month</th>
<th><a href="https://www.roycastle.org/how-we-help/our-campaigns/lung-cancer-awareness-campaigns/">https://www.roycastle.org/how-we-help/our-campaigns/lung-cancer-awareness-campaigns/</a></th>
</tr>
</thead>
<tbody>
<tr>
<td>All November</td>
<td>Mouth Cancer Action month</td>
<td><a href="http://www.mouthcancer.org/">http://www.mouthcancer.org/</a></td>
</tr>
<tr>
<td>All November</td>
<td>Pancreatic Cancer Awareness month</td>
<td><a href="https://pancreaticcanceraction.org/support-us/awareness-month/">https://pancreaticcanceraction.org/support-us/awareness-month/</a></td>
</tr>
<tr>
<td>13th – 17th Nov 2017</td>
<td>National School Meals week</td>
<td><a href="http://www.thegreatschoollunch.co.uk/">http://www.thegreatschoollunch.co.uk/</a></td>
</tr>
<tr>
<td>1st Nov 2017</td>
<td>National Stress Awareness day</td>
<td><a href="http://isma.org.uk/national-stress-awareness-day">http://isma.org.uk/national-stress-awareness-day</a></td>
</tr>
<tr>
<td>14th Nov 2017</td>
<td>World Diabetes Day</td>
<td><a href="http://www.diabetes.co.uk/World-Diabetes-Day.html">http://www.diabetes.co.uk/World-Diabetes-Day.html</a></td>
</tr>
<tr>
<td>1st December 2017</td>
<td>World AIDS Day</td>
<td><a href="http://www.worldaidsday.org/events/">http://www.worldaidsday.org/events/</a></td>
</tr>
</tbody>
</table>

**Alcohol Awareness Week 2017 - ‘Alcohol and Families’ – 13-19 November 2017**

For this year’s **Alcohol Awareness Week**, we will be partnering with Adfam.

**Start a conversation**
We’ll be using this opportunity to start a conversation around problematic alcohol use to help break the cycle of silence and stigma that is all too often experienced by families.

**Signpost people to the help they need**
We will be helping individuals who have suffered from alcohol misuse and their families to find the support they need.

**Join the discussion**
We’ll be sharing information, resources and stories throughout the week on Facebook and Twitter. You can get involved by using the hashtag #AAW2017.
If you are a family member who has been affected by a relative’s drinking and would like to share your story, please get in touch at: contact@alcoholconcern.org.uk

https://www.alcoholconcern.org.uk/alcohol-awareness-week