Mental Health Day - 10\textsuperscript{th} October 2017

The World Health Organisation predicts that depression will be the world’s most common illness by 2030 and suggests the global burden of the condition will be greater than for illnesses such as diabetes, heart disease and cancer.

What is mental health and why does it matter?

Poor mental health is one of the biggest issues in the workplace today, causing over 70 million working days to be lost each year. This includes everything from the most commonly experienced symptoms of stress and anxiety, right through to more complex mental health conditions, such as depression, bipolar disorder and obsessive compulsive disorder.

As well as having a huge impact on individual employees, poor mental health has severe repercussions for employers – including increased staff turnover, sickness absence due to debilitating depression, burnout and exhaustion, decreased motivation and lost productivity. But while companies of all shapes and sizes increasingly understand the importance of good mental health, many simply don’t feel confident handling and communicating these issues in the workplace.

https://www.mentalhealth.org.uk/campaigns/world-mental-health-day

One in four of us will experience a mental health problem and 9 in 10 of us say they have faced negative treatment from others as a result.

We want everyone with a mental health problem to be free of fear and feel supported.

We know it can be difficult to talk about mental health that’s why on World Mental Health Day we want to encourage everyone to open up to mental health, to talk and listen.

Why not have a conversation over a brew with your team/friends/family about mental health today?

Wigan Council will be hosting a travelling tea room in the borough which will be at the following places on Tuesday 10th October 2017:

- 10am – 11am: Pemberton (layby outside England’s Butchers)
- 12pm – 1pm: Ashton Market
- 2pm – 3pm: Hindley car park (car boot site opposite Tesco / next to Town Hall)

Why not come down for a brew and a chat?

For further support information for Mental Health problems please visit: https://www.wigan.gov.uk/Resident/Health-Social-Care/Adults/fit-and-well/Mental-health.aspx

If you need further information regarding World Mental Health Day please call: 01942 489606

If anyone wants to tell us their story or share pictures please send details to healthchampions@wigan.gov.uk
October is Breast Cancer Awareness Month

Many symptoms of breast cancer, such as breast pain or a lump, may in fact be caused by normal breast changes or a benign (not cancer) breast condition. However, if you notice a change, it’s important to see your GP as soon as you can. Some people think that having breast cancer will cause other symptoms apart from a breast change, such as feeling tired, having less energy or weight loss, but this is not the case. If you notice a change, even if you feel well, it’s important to visit your GP.

Signs and symptoms of breast cancer can include:
- a change in size or shape
- a lump or area that feels thicker than the rest of the breast
- a change in skin texture such as puckering or dimpling (like the skin of an orange)
- redness or rash on the skin and/or around the nipple
- your nipple has become inverted (pulled in) or looks different (for example changed its position or shape)
- liquid (sometimes called discharge) that comes from the nipple without squeezing
- constant pain in your breast or your armpit
- a swelling in your armpit or around your collarbone.

Learn more about how to check your breasts.

Most breast changes will not be cancer. However, breast cancer is the most common cancer in the UK so it is important that you find out what’s causing the change.

https://www.breastcancercare.org.uk/awareness-month?gclid=CKqZ0obN4sqCFQsCwwodMIALEq

Be Clear on Cancer Training

Be Clear on Cancer training is designed to state the importance of early detection, describe key facts about cancer in the UK, list early signs and symptoms of 8 key cancers, and know how to talk about symptoms with a GP.

The session is open for all to attend but places are limited so booking is essential.
For more information on the next course please contact the Public Health Team on 01942 489606 or Email: healthchampions@wigan.gov.uk

If you know anyone who wants to become a Cancer Champion ask them to contact the Public Health Team on the above contact details.
Signs and symptoms of breast cancer

How do I check my breasts?

- A change in **size or shape**
- A **lump or area** that feels thicker than the rest of the breast
- A change in **skin texture** such as puckering or dimpling (like the skin of an orange)
- **Redness** or a **rash** on the skin and/or around the nipple
- Your **nipple** has become pulled in or looks different, for example a change in its position or shape
- **Liquid** that comes from the nipple without squeezing
- **Pain** in your breast or your armpit that’s there all or almost all of the time
- A **swelling** in your armpit or around your collarbone
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.
Tuesday 24th October 2017 at 12.00 – 1.00 pm, Wigan Life Centre, Wigan, WN1 1NJ

Be Clear on Cancer training
Be Clear on Cancer training is designed to state the importance of early detection, describe key facts about cancer in the UK, list early signs and symptoms of 8 key cancers, and know how to talk about symptoms with a GP. This session is open for all to attend but places are limited so booking is essential.
Wednesday 25th October 2017 at 9.15 am to 4.00 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.
Wednesday 11th October – 10:00 -12:00 noon at Wigan Life Centre, Wigan, WN1 1NJ
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

October / November 2017

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Website</th>
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<tbody>
<tr>
<td>All October</td>
<td>International Walk to School month</td>
<td><a href="https://www.livingstreets.org.uk/what-you-can-do/campaigns/international-walk-to-school-month">https://www.livingstreets.org.uk/what-you-can-do/campaigns/international-walk-to-school-month</a></td>
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<tr>
<td>All October</td>
<td>Breast Cancer awareness month</td>
<td><a href="https://www.breastcancercare.org.uk/awareness-month?gclid=CKqZ0obbN4sgCFQsCwwodMIALEq">https://www.breastcancercare.org.uk/awareness-month?gclid=CKqZ0obbN4sgCFQsCwwodMIALEq</a></td>
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<td>10th Oct each year</td>
<td>World Mental Health Day</td>
<td><a href="https://www.mentalhealth.org.uk/tags/world-mental-health-day">https://www.mentalhealth.org.uk/tags/world-mental-health-day</a></td>
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<tr>
<td>16th October 2016</td>
<td>World Food Day</td>
<td><a href="https://www.actionaid.org.uk/?gclid=CIC_9N7L2c4CFYccGwodKd8QoA">https://www.actionaid.org.uk/?gclid=CIC_9N7L2c4CFYccGwodKd8QoA</a></td>
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<tr>
<td>20th October 2017</td>
<td>Wear it Pink</td>
<td><a href="https://wearitpink.org/">https://wearitpink.org/</a></td>
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<tr>
<td>All November</td>
<td>Movember</td>
<td><a href="https://uk.movember.com/">https://uk.movember.com/</a></td>
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<tr>
<td>All November</td>
<td>Mouth Cancer Action month</td>
<td><a href="http://www.mouthcancer.org/">http://www.mouthcancer.org/</a></td>
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<td>Pancreatic Cancer Awareness mth</td>
<td><a href="https://pancreaticcanceraction.org/support-us/awareness-month/">https://pancreaticcanceraction.org/support-us/awareness-month/</a></td>
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<td>13th – 17th Nov ‘17</td>
<td>National School Meals week</td>
<td><a href="http://www.thegreatschoollunch.co.uk/">http://www.thegreatschoollunch.co.uk/</a></td>
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<tr>
<td>14th Nov each yr</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>
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