

## "Your Practice, Your Voice" June 2026



**A**warm welcome to the newsletter for June, which may hopefully see a welcome return to lower temperatures. But, keep your sunscreen and summer hats within reach! Even though it feels cooler, sunburn, heatstroke and heat exhaustion are still risks if you spend too long in the sun or during the hottest part of the day.



**H**aving said that, time spent in natural green space has been proven to boost mental health and wellbeing. Just fifteen minutes a day can make a difference. "Growing for Wellbeing" week, from 2nd to 8th June, is an annual campaign celebrating the mental, physical and community benefits of gardening and connecting with nature. This is a time to promote the benefits of gardening and growing activities on overall wellbeing, improving mental health, boosting confidence and fostering community spirit.



Joining a community garden or volunteering in green spaces can introduce you to new skills, improve social interaction and combat loneliness.



**Cancer Survivors' Day:** Observed on the first Sunday of June, this is a day to celebrate the resilience and bravery of cancer survivors, and also show support for their loved ones. You can find out more at [ncsd.org](http://ncsd.org)



With regular screening campaigns rolled out by the NHS leading to early intervention and detection, combined with new treatments, survival rates are becoming far greater than ever. Not a month goes by without a particular type of cancer mentioned in this newsletter. Awareness of any changes to your body, and taking part in any screening invitations can make a world of difference.

**June 2nd: National "I love my Dentist Day"** .....we know, we know! Many of you may recoil at the very mention of the word Dentist, however with years of equipment and treatment advances making most visits no longer as intimidating, the importance of good oral hygiene cannot be emphasised strongly enough. In addition your dentist may well be able to spot issues such as potential signs of oral cancer very quickly.



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British Heart  
Foundation

**June 7th to 15th: British Heart Week:** a time to focus on cardiovascular health and prevention of heart disease. There are a number of factors to be aware of, including hypertension which is covered frequently. With 1 in 3 adults suffering with undiagnosed hypertension, the importance of regular blood pressure checks cannot be overstated. Further information can be found on the final page of this newsletter. We are keen to mention it in every edition because hypertension is one of the biggest issues for the NHS at primary and acute care; left untreated, hypertension increases the potential risks of heart attack and stroke, and greater risks to life.



*A holistic approach to all aspects of physical and mental health can make a big positive difference.*



**Men's Health Week** begins on the 2nd Monday of June, highlighting men's health issues and encouraging proactive health management. There are many aspects to consider, both physical and mental. As always awareness and early intervention are both crucial. Please do look out for the various topics as and when they arise.

**Diabetes Week** also begins on the 2nd Monday of June. This year, **Diabetes UK** is promoting the 1 million step challenge, from 1st July to 30th September. You can find more details and a wealth of resources and information at [step.diabetes.org.uk](http://step.diabetes.org.uk)



**June 7th: Tourettes Syndrome Day.** **Tourettes** is a genetically determined neurological condition, leading to "tics", plus involuntary and uncontrollable sounds and movements. You can find much more information at [www.tourettes-action.org.uk](http://www.tourettes-action.org.uk)



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# Carers Week



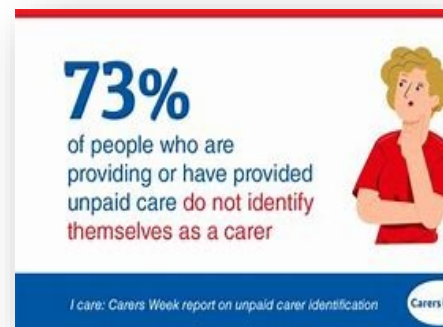
**Carers Week 2026 will take place from Monday, 8 June to Sunday, 14 June.**

The theme for 2026 is **"Building Carer Friendly Communities"**, focusing on creating environments where carers are recognised, valued, and supported in everyday life. This includes workplaces, healthcare settings, schools, local services, and neighbourhoods that actively identify carers and respond to their needs.

Carers in Herts is a superb local organisation that has provided a wealth of information and resources to Carers for many years now. They help thousands of Carers across Hertfordshire, providing information, resources and organising events. They also offer a Carers passport, providing concessions and discounts across the county. You can find out more information at [www.carersinherts.org.uk](http://www.carersinherts.org.uk).



Please do not hesitate to let the practice know if you are a Carer, especially a young patient still in education.



The practice has previously hosted a couple of successful and well attended Carer cafes, providing an opportunity for registered carers to come and enjoy each other's company, trading ideas and experiences with each other. There are plans to hold another one soon, when staff and time are available. Please do look out for invitations; you are more than welcome to attend!



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### Health issues: Recurring themes

Every month we look at a wide range of topics, which invariably link up with others, but it is also worth looking at those issues which if not monitored can lead to greater complications if left unchecked. One of the most important has been and continues to be undiagnosed hypertension, or high blood pressure. As many as 5 million adults (*source: British heart foundation*) go about their daily lives unaware their blood pressure may be too high and this applies to all ages. Left undiagnosed, hypertension can lead to more serious issues including heart attack or stroke. The NHS has had a long running campaign called "Know your Numbers" in place. Please do take every opportunity to check your blood pressure. There is an easy to use machine in the practice waiting room which you are more than welcome to use during practice opening times. Just ask at reception; once you have used the machine simply hand the reading to the reception team who will note it on your records. If the reading is high one of the healthcare professionals will contact you and invite you to submit blood pressure readings usually over 5 or 6 days. If further investigation and medication are needed they will organise an appointment for you.



Many of you may already wear a "smart watch" or fitness tracker which can provide estimates of blood pressure, heart rate etc but is only a guide. Cuff monitors are fairly reliable but the best option is always to be checked by your GP or Nurse.



You can find more information at [www.bhf.org.uk](http://www.bhf.org.uk)



**Cancer:** Always be aware of any changes to your body and if you notice anything different that causes you concern such as a mole changing colour, please do contact the practice as soon as possible. Awareness, screening and early intervention saves lives.

**Appointments.** If you are unable to attend a scheduled appointment please try and let the practice know as soon as possible by calling **01707 321500** and pressing **option 2** when prompted. "Did not attend" or DNA's continue to be an issue and do cost the NHS.



Services for out of hours:

- **NHS 111** For both physical & mental health issues
- **Herts urgent care: QEII Hospital, Welwyn Garden City**
- **Any of the local pharmacies** **See you in July!!!**

**Remember:** Awareness and **early intervention!**  
Take care.