

NEDDC Employee Wellbeing Update – 18 June 2020

Steps we can all take to help?

- Remember 2 meter Rita and 6 feet Pete!
- Limit contact with others as much as possible
- Wash your hands regularly

Today's Theme: Men's Health Week



Men's Health Week runs from 15-21 June. The theme for Men's Health Week 2020 is 'Take Action on Covid-19'. This will be focussing on what we can all do to prevent the virus doing more damage, more information is available on the Men's Health Forum links below.

Men's Health Week raises awareness of the health issues that affect men disproportionately and focuses on getting men to become more aware of health problems they may have or could develop and gain the courage to do something about it.

Campaigns such as Movember continue to do wonders in encouraging open discussion around men's health — as well as raising awareness around diseases such as testicular cancer. It's also good news for mental health, with a recent study finding more than 50% of men saying they would visit their GP with a mental health concern.

Of course, that means that half of men are still unwilling to address their mental health issues. And large numbers of men reported that they wouldn't go to the GP if they were urinating more than usual or if they discovered a lump, despite the fact that these can potentially be symptoms of significant illnesses. So, although progress has been made in raising men's health awareness, there is still a long way to go.

Regarding cancer screening during the pandemic - The NHS had to make difficult decision to delay screening programmes to support critical services needed and to protect people from unnecessary risk. It's important however to remember that screening is for healthy people with no symptoms. If you notice any unusual changes to your body that don't go away, talk to your GP. In most cases it won't be cancer, but it's best to get it checked out.

More Information:

- The NHS website has put together some useful links with common health problems specifically for men; <https://www.nhs.uk/common-health-questions/mens-health/>
- Further information on men's health and Covid-19 including some FAQ's are available at; <https://www.menshealthforum.org.uk/staysafe>.
- Information and awareness on male breast cancer is available at; https://walkthewalk.org/about-us/men-get-breast-cancer-too?gclid=EAlalQobChMltMik3Z-L6glVj-vtCh1csQ7JEAAYAiAAEgIT6vD_BwE
- Information booklet specially designed for men. It looks at the cancers that are most common in men, and gives lots of tips and advice on how you – or the men in your life – can be healthier and make cancer less likely; <https://www.wcrf-uk.org/uk/health-advice-and-support/resources-cancer-prevention/mens-health-guide>

More Information on Health & Wellbeing?

Please contact your manager or the HR Team on ext. 7677 and guidance is available in the Coronavirus Toolkit on the Extranet pages or S Drive HR & Payroll public folder.