

This month we focus on what's going on in September, including protecting unborn babies from respiratory problems. In addition to free testicular cancer screening, we talk to you about the steps you can take to help alleviate loneliness according to the World Health Organisation.

For more information, please speak to your local Community Health Champion.

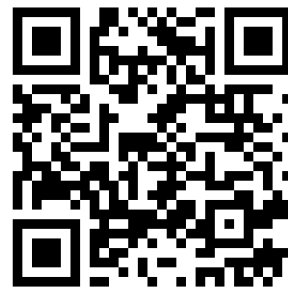
### Protect your winter babies against RSV

Pregnant women and birthing parents are being urged to get the respiratory syncytial virus (RSV) vaccine to protect their baby this winter. RSV is a virus that causes a cough and wheezing. It's a leading cause of infant death and a main cause of hospital admissions. But you can protect your baby from this illness by getting the RSV vaccine. Speak to your midwife or GP surgery about getting vaccinated.



### Free prostate screening for men over 40

Stoke-on-Trent Lions and Burslem Rotary are joining forces to offer prostate cancer screening at Port Vale Football Club between 6 - 9pm on Tuesday 23rd September. The screening consists of a simple blood test. Although all appointments have now been booked, you can be put on a waiting list by scanning the QR code or ask your local Champion to help you.



### Loneliness kills...but here's how to help

1 in 6 people worldwide is affected by loneliness, with significant impacts on health and wellbeing. A new report by the World Health Organisation (WHO) estimates that loneliness is linked to around 100 deaths every hour. WHO is now calling on communities and individuals to make social connections a priority. If you know someone who is lonely, reach out to them, put away your phone to be fully present in the conversation, encourage them to join a local group or to find a volunteering opportunity. If the problem is more serious, speak to your local Champion to find out what support services are available or visit <https://stokecommunitydirectory.co.uk/>

1 in 6 people are  
lonely

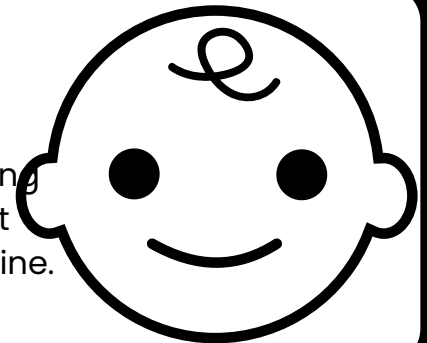


Here's how you can help...

This month we focus on what's going on in September, including protecting unborn babies from respiratory problems. In addition to free testicular cancer screening, we talk to you about the steps you can take to help alleviate loneliness according to the World Health Organisation. For more information, please speak to your local Community Health Champion.

### **Protect your winter babies against RSV**

Pregnant women and birthing parents are being urged to get the respiratory syncytial virus (RSV) vaccine to protect their baby this winter. RSV is a virus that causes a cough and wheezing. It's a leading cause of infant death and a main cause of hospital admissions. But you can protect your baby from this illness by getting the RSV vaccine. Speak to your midwife or GP surgery about getting vaccinated



### **Free prostate screening for men over 40**

Stoke-on-Trent Lions and Burslem Rotary are joining forces to offer prostate cancer screening at Port Vale Football Club between 6 - 9pm on Tuesday 23rd September. The screening consists of a simple blood test. Although all appointments have now been booked, you can be put on a waiting list by scanning the QR code or ask your local Champion to help you.



### **Loneliness kills...but here's how to help**

1 in 6 people worldwide is affected by loneliness, with significant impacts on health and wellbeing. A new report by the World Health Organisation (WHO) estimates that loneliness is linked to around 100 deaths every hour. WHO is now calling on communities and individuals to make social connections a priority. If you know someone who is lonely, reach out to them, put away your phone to be fully present in the conversation, encourage them to join a local group or to find a volunteering opportunity. If the problem is more serious, speak to your local Champion to find out what support services are available or visit <https://stokecommunitydirectory.co.uk/>

