

# Whats happening this month?



**Rare Disease Day** is observed every year on **February 28** or on **February 29** in leap years. It shines a spotlight on rare diseases and the challenges faced by those living with them.

World Cancer Day, observed annually on February 4. Its mission is to raise awareness about cancer, educate people about the disease, and inspire governments to take action.



International Childhood Cancer Day (ICCD) is observed annually on February 15, to raise awareness about childhood cancer, and to lend support to children and adolescents with cancer, cancer survivors, and their families.

On **February 17** let yourself be inspired by Random Acts of Kindness Day to bring joy to the people you come across. The day encourages people to do good deeds, and celebrate the pay-it-forward mentality.



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## Dunelm Medical Practice Newsletter February 2026



## Pharmacy First—Private consultation rooms, prescriptions for minor conditions and face-to-face advice.

Your local pharmacist can support you with earache, sinusitis and other common minor conditions, without needing an appointment.

Condition	Age
Earache	1 to 17 years
Sinusitis	12 years and over
Sore Throat	5 years and over
Uncomplicated Urinary Tract Infections	Women 16 to 64 years
Shingles	18 years and over
Impetigo	1 year and over
Infected Insect Bites	1 year and over

Go to [www.nhs.uk/service-search/pharmacy/find-a-pharmacy](http://www.nhs.uk/service-search/pharmacy/find-a-pharmacy) to find a participating pharmacy near you.

**Bowel cancer screening** is a test you do at home that checks for signs of bowel cancer. It's offered to everyone aged 50 to 74. This is because your risk of getting bowel cancer gets higher as you get older.

### How to do a bowel cancer screening home test (FIT kit)

Write the date on the sample bottle.

1. Collect your poo using one of the methods listed here
2. Open the sample bottle.
3. Gently scrape the end of the sample stick along your poo. Only a small amount is needed.
4. Put the sample stick back into the sample bottle and close the lid tightly.
5. Wash your hands.
6. Check you've written the date you did the sample on the sample bottle.
7. Put the sample bottle in the envelope included in your test kit and seal it.
8. Post the envelope with your sample as soon as you can. Postage is free and you do not need a stamp.

Your poo sample will be tested to check if it contains blood.  
**Having blood in your poo may be a sign of bowel cancer.**



Make 2026 the year you quit smoking for good!

When you quit smoking, good things start to happen. You'll begin to see almost immediate improvements to your health.

It's never too late to quit and it's easier to stop smoking with the right support. Why not start by downloading the free NHS Quit Smoking app to track your progress and get daily motivation?

You don't need to imagine a life without smoking, you can live it!



Use the NHS Quit Smoking app this 2026 to help you quit smoking and start breathing more easily.

The app allows you to:

- track your progress
- see how much you're saving
- get daily support
- get inspired by others

Once you reach 28 days smoke-free, you're much more likely to quit for good!

