

Newsletter June 2026 (BSL Friendly)

Carers Week 8–14 June 2026



You are a carer if you help someone who cannot manage alone.

Many people don't know they're carers.

Unpaid carers save the UK a lot of money every year.

Carers often feel tired, stressed, and have money problems.

Many people take about two years to realise they are carers and ask for help.

SSUK can support you.

We can help with information, communication, benefits, health and finding other services.

If you think you might be a carer, please contact us. You deserve support too.

Men's Health Week



Ever wish you could ask a health professional rather than Dr Google?

PHARMACY PHARMACY PHARMA

MEN'S HEALTH WEEK

If you're not sure what to do about a health problem, try your pharmacist.

There's one on most high streets. They're highly qualified health professionals and most have a private room for a chat. If they can't help, they'll point you in the right direction.

menhealthforum.org.uk #menshealthweek

Got a health question? Ask your pharmacist.

Many men go into pharmacies, but most don't talk about their health. Why men stay quiet:

- Feel embarrassed in a public shop
- Think asking for help is "weak"
- Put off getting advice

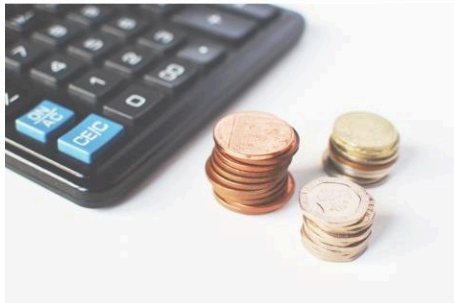
This can make life harder, stress, missed work, problems at home.

Men say they will talk if:

- The room is private
- They know the pharmacist can send them to the NHS if needed

Pharmacies can help by having a private room, a men's health champion, easy booking, and reaching out to men.

Legal Aid



New research shows many places in England and Wales have no legal aid for problems like benefits, housing or debt.

These places are called legal aid deserts.

This means many people cannot get the help they need.

It can lead to more stress, more problems, and more poverty over time.

Your experience matters

Have you tried to get legal help?

Was it easy or hard?

What barriers did you face?

Please tell us. It helps us understand what support our community needs.

Give the Gift of Life Donate Blood



Blood donation saves lives.

One donation can help up to three people.

We need blood for:

- childbirth
- severe anaemia
- surgery
- cancer treatment
- accidents
- long-term health problems

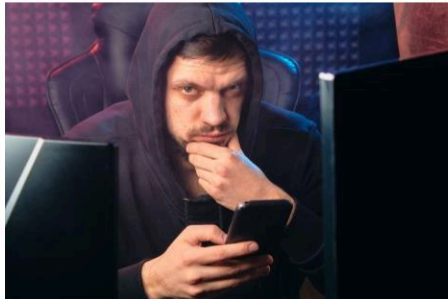
It helps people with bleeding problems and weak immune systems.

When you give blood, you show kindness and care.

Together, donors help keep our communities safe.

Thank you to everyone who donates.

Is Someone Trying to Scam You?



Fraud means someone tries to trick you to get money or personal information.

Be careful if:-

- Someone asks for money
- Someone asks for your personal details
- Something feels wrong or strange

It's ok to stop, walk away, and check.

Stay safe online:-

- Check the email address
- Check the website is real (look for https://)
- Don't click links if unsure

Stay safe in person:-

- Organisations will not ask for your PIN
- They should not pressure you
- Collectors should have an ID Badge and sealed tin.

SSUK can help you understand.

Free Dementia Support in BSL - Book Appointment



Dementia UK offers free video appointments with an Admiral Nurse.

BSL interpreter is included. Appointments on first Tuesday every month.

They can help with:

- Understanding dementia
- Caring for someone
- Stress, worry or changes at home

The appointment is private, one hour, and done on Microsoft Teams. Book online.

Helpline: **0800 888 6678** or ask SSUK to help.