



## Health and Wellbeing March 2018



### St David's Day – 1<sup>st</sup> March



Saint David the patron saint of Wales was born in Caerfai in Pembrokeshire. He was recognised as a national patron saint at the height of Welsh resistance to the Normans and for centuries the 1<sup>st</sup> of March has been a national festival, the date of Saint David's death in 589AD.

We celebrate St David's by wearing a Daffodil, the national symbol of Wales or a leek, St David's personal symbol.

You will probably see all the children (and some adults) dressed in traditional dress (red shawls and chimney hats)

Why not try some traditional Welsh foods on St David's Day for example:

[Bara Brith](#) | [Leek and Potato Soup](#) | [Welsh Rarebit](#)

[Slow-roasted Shoulder of Lamb](#) | [Welsh Cakes](#)



### The Daffodil Appeal 1<sup>st</sup> – 31<sup>st</sup> March

The Daffodil not only symbolises Wales and St David's day but is also the logo for Marie Curie who run the Great Daffodil Appeal in March.

Marie Curie are a charity that care and give support to people with any terminal illness and their families.

### Autism Awareness Week 26<sup>th</sup> March – 2<sup>nd</sup> April



Autism is often called Autism Spectrum Disorder (ASD). There are approximately 7000,000 people in the UK diagnosed with Autism. Autism is a disability. It is not an illness or disease. It is a lifelong condition. Autistic people may also have a learning disability and or a mental health condition.

#### Diagnosis

A diagnosis is the formal identification of autism, usually by a multi-disciplinary diagnostic team, often including a speech and language therapist, paediatrician, psychiatrist and/or psychologist.

#### Social communication

Autistic people have difficulties with understanding both verbal and non-verbal language like gestures or tone of voice. Many have a very literal understanding of language, and think people always mean exactly what they say. They may find it difficult to use or understand:

- facial expressions
- tone of voice
- jokes and sarcasm.

#### Social interaction

Autistic people often have difficulty 'reading' other people - recognising or understanding others' feelings and intentions - and expressing their own emotions. This can make it very hard for them to navigate the social world. They may:

- appear to be insensitive

As an ageing population, it means that more people are living with a terminal illness in the UK. Whether that terminal illness is dementia, cancer, motor neurone disease, heart failure, Parkinson's disease or any other illness, the Marie Curie is there for an individual and their families to help them cope after a terminal diagnosis.

How they can help:

### Information and support

They offer a range of information and support, online through freephone support line, via web chat and in free publications and resources. Whether you need specific, practical guidance or you just need someone to talk to – they are there for you.

### Nursing

Marie Curie offer free nursing care to people with all terminal illnesses across the UK, as well as support for family and friends.

The nurses generally provide one-to-one nursing care and support overnight in your home, usually for eight or nine hours.

### Helper volunteers

The helper volunteers offer someone a chat over a coffee, help people get to an appointment or just be there to listen when you need a friendly ear.

Helpers can offer:

- Companionship and emotional support
- Practical help
- A break for families and carers
- Information on further support
- Bereavement Support

Further Information is available on the Marie Curie website :- [www.mariecurie.org.uk](http://www.mariecurie.org.uk)

- seek out time alone
- not seek comfort from other people
- Appear to behave 'strangely' or in a way thought to be socially inappropriate.

Autistic people may find it hard to form friendships. Some may want to interact with other people and make friends, but may be unsure how to go about it.

### Repetitive behaviour and routines

An autistic individual usually prefers routine so that they know what is going to happen every day. They may want to always travel the same way to and from school or work, or eat exactly the same food for breakfast.

### Highly-focused interests

Many autistic people have intense and highly-focused interests, often from a fairly young age. These can change over time or be lifelong, and can be anything from art or music, to trains or computers. An interest may sometimes be unusual.

### Sensory sensitivity

Autistic people may also experience over- or under-sensitivity to sounds, touch, tastes, smells, light, colours, temperatures or pain. For example, they may find certain background sounds, which other people ignore or block out, unbearably loud or distracting. This can cause anxiety or even physical pain. Or they may be fascinated by lights or spinning objects.

**You can get more information about autism from:**

**The Autism Helpline,  
Phone: 0808 800 4104**

**The National Autistic Society website  
[www.autism.org.uk](http://www.autism.org.uk)**



### Challenge yourself to give up chocolate for March!

Why not join the British Heart Foundation in their National DECHOX campaign? They are challenging the nation to give up chocolate for March while simultaneously raising money for life saving heart research.

Visit the [British Heart Foundation](http://www.bhf.org.uk) to find out how to sign up for the challenge!

