Haemochromatosis • UK
Saving lives and preventing ill-health

International Haemochromatosis Awareness Week (1st week of June each year) is a great excuse to organise something - but don't let this date stop you. Any date is a good date to share this vital news and information.

And finally, In the words of the great Douglas Adams or Corporal Jones "Don't Panic!". (If you get both of those references it will date you by the way).

There is time to get the message around everyone. Iron overload progresses slowly. It is very, very, rarely an emergency – but it is still important to make the wider family aware.

COMMUNITY FUND

Have a cuppa on us

GET **FAMILY** TOGETHER FOR AN IRON-BREW

Pass it On – Host a Family Iron Brew

A Family 'Iron Brew' is a get-together over tea, coffee, cake and buns (if you like). It is a great way to let family and even neighbours know about haemochromatosis.

It's entirely up to you how you do it – a small close family chat around the kitchen table or invite in everyone you know!

Set a date and time you think will work for most people – or just catch people at a family event.

What to say?

Tell your story. Outline the typical symptoms. Explain how it is passed on. Remember to be reassuring, that early diagnosis is good news and the treatment is effective.

Give space for people to ask questions and remember – you don't need to know every answer. We have a helpline for that.

What to Do?

Use the Haemochromatosis UK Pass it On family pack. More packs can be ordered, and the helpline info is on our website **www.haemochromatosis.org.uk.**

Provide *lots* of tea / coffee and snacks.