



Living Well
North Tyneside
Supporting Health and Wellbeing

What is Allergy Awareness Week?

Allergy Awareness Week is an annual event aimed at increasing public knowledge and understanding of allergies, their causes, and their impacts. This week focuses on raising awareness about common allergies, such as food, pollen, pet, and dust mite allergies, while promoting ways to prevent and manage allergic reactions.

Organisations like the UK Allergy and The British Society for Allergy and Clinical Immunology (BSACI) play a pivotal role in spreading awareness and providing resources for those affected by allergies, as well as educating the public on the prevalence of allergic conditions.

History of Allergy Awareness Week

The origins of Allergy Awareness Week date back to when the allergy community, including medical professionals and organisations, saw a need to educate the public about the growing concern of allergic diseases. In the UK, the event has been marked annually by the British Allergy Foundation, now known as Allergy UK, and other organisations. Over the years, it has helped to shine a spotlight on the increasing number of allergy sufferers, the impact on daily life, and the importance of early diagnosis and management.

How to Celebrate Allergy Awareness Week 2025

1. Raise Awareness

Use social media platforms to share facts, tips, and personal stories about allergies. By doing so, you help spread knowledge about the symptoms, treatments, and management strategies for different types of allergies. Share posts using the hashtag **#AllergyAwarenessWeek**.

2. Organise or Participate in Local Events

Check for local support groups, charity walks, or fundraising events focused on allergies. Participating in these events can help raise vital funds for allergy research and provide support to those living with allergies.

3. Educate Yourself and Others

Take time to learn more about the different types of allergies, including seasonal (pollen), food allergies, pet allergies, and environmental triggers. Schools, workplaces, and healthcare settings may also host events or seminars during Allergy Awareness Week.

4. Advocate for Better Allergy Management

If you or someone you know suffers from allergies, use Allergy Awareness Week as an opportunity to advocate for better healthcare practices, allergen-free environments, and proper management strategies in schools, workplaces, and public spaces.

How to Get Involved

If you are a healthcare provider or allergy specialist:

- Host a webinar or offer educational workshops to help others learn more about managing allergies.

For schools and universities:

- Organise allergy-awareness sessions, providing information to students and teachers about common allergens and ways to avoid them.

If you are part of a company or business:

- Promote allergy awareness by displaying materials or sending out communications to your staff. Offer allergy-

friendly options during meal times, and create an allergen-safe workspace.

Why is Allergy Awareness Important?

- **Increasing Prevalence:** The number of people diagnosed with allergies has risen dramatically in recent decades. It is crucial to increase awareness of allergies to ensure better management and quality of life for those affected.
- **Early Detection:** Many allergies can be life-threatening if not managed correctly. Raising awareness can help encourage people to seek medical advice if they suspect they have an allergy.
- **Improved Access to Resources:** With greater awareness, more resources will become available for research into the causes of allergies and better treatments.

Useful Links

Allergy UK – A leading charity that offers advice, support, and resources for allergy sufferers.

British Society for Allergy and Clinical Immunology (BSACI)– Provides resources for both healthcare professionals and the public.

NHS – Allergy Information and Resources– A comprehensive resource for understanding and managing allergies.

Food Standards Agency – Allergy Resources – Learn more about food allergies and how to avoid allergens.

Awareness saves lives

From food allergies to seasonal triggers, allergies affect millions and can be life-threatening. By learning, sharing, and supporting research, we can create a more informed, inclusive, and safer society. Let's use Allergy Awareness Week to build understanding and stand with those affected.

Related Links

- [Allergy UK](#)
- [British Society for Allergy and Clinical Immunology \(BSACI\)](#)
- [NHS – Allergy Information and Resources](#)
- [Food Standards Agency – Allergy Resources](#)
- [Anaphylaxis UK](#)

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