





WELLBEING COMMUNICATIONS CALENDAR 2024

OCTOBER 2024 EDITION

J F M A M J J A S O N D

-  Physical
-  Emotional
-  Sickness Absence
-  Financial
- H: for HR*
- L: for Line Managers*
- E: for Employees*

01-31 January

DRY JANUARY



- Information & resources *E*
- How does alcohol affect your sleep? *E*
- 10 tips for cutting down on drinking *E*
- Alcohol: Common questions answered *E*
- Does drinking alcohol affect your fertility? *E*



#DryJanuary

01-31 January

VEGANUARY



- Information & resources *E*
- Is going vegan good for you? *E*
- Keeping Veganuary going: three tasty recipes *E*



#Veganuary

13-20 January

NATIONAL OBESITY AWARENESS WEEK



Information & resources *E*

Obesity in adults *E*

Overweight in children *E*



#NationalObesityAwarenessWeek

16 January

BREW MONDAY (SAMARITANS)



Information & resources *E*

Connect with your colleagues this Brew Monday *HL*

How to deal with feeling lonely *E*

Financial wellbeing: Managing money worries *E*



#BrewMonday

22-28 January

CERVICAL CANCER PREVENTION WEEK



Information & resources *E*

Cervical cancer awareness - prevention & screening *HL*

Cervical cancer - Health information *E*

Cervical screening (smear test) *E*

Cancer screening - infographics *E*

Demystifying the facts about HPV & the importance of cervical cancer screening *E*



#CervicalCancerPreventionWeek - #WeCan

01-29 February

LGBT+ HISTORY MONTH



Training: Building bridges - collaboration at work *E*



Information & resources *E*



#LGBTplusHM

01 February

TIME TO TALK DAY



Workshop - Mental health complimentary taster / First Aid sessions *HL*



Podcast: Episode 10 - Why younger workers are prioritising mental health in the workplace *HL*

Video: Tips for having conversations at work about mental health *E*



Information & resources *HLE*

The power of open conversations: Nurturing workplace mental health *HL*

How can managers connect with employees and talk about mental health? *HL*

How are you? Talking about your mental health *E*

6 ways to start a conversation about mental health *HL*

Managing money worries *E*

How to help line managers handle sensitive issues *HL*

Workplace abuse in the new world of working *HL*



#TimeToTalk



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond *HL*



Information & resources *E*



What are antioxidants and why are they good for you? *E*



How to check a mole *E*



Six common misconceptions about cancer *E*



Smear test results explained *E*



Cancer and age: what you need to know *E*



How to reduce your risk of cancer *E*



Multilingual health kit: cancer screening *HL*



Advice & awareness (cancers - bowel, breast, cervical, lung, prostate, skin) *E*



#WorldCancerDay

EARLY REMINDER!

WEBINAR: Why is the first Monday in February such a 'sickie' day?

A 40-min webinar in partnership with Form Health 11:00 hrs, Tues 30th Jan



05 February

NATIONAL SICKIE DAY



Webinar: Why is the first Monday in February such a 'sickie' day? *HLE*



Podcast: Episode 9 - How return to work is evolving *HL*



Information & resources *HLE*

Why work ability is helping evolve absence management *HL*

What is burnout and can I do anything about it? *E*

How to tackle absence costs and FinWell pressures *HL*



#NationalSickieDay

05-11 February

CHILDREN'S MENTAL HEALTH WEEK



Information & resources *E*

Having health conversations with your child (activity) *E*

Helping your child with angry outbursts *E*



#Childrensmentalhealthweek



12-18 February

YOU CAN CARE WEEK



Training: Care for the caregiver *E*



Ways to support older people living in self-isolation *E*

What does support for working carers look like? *HL*



#YouCanCare

17 February

RANDOM ACTS OF KINDNESS DAY



Information & resources *E*



#RandomActsOfKindness

19-25 February

CANCER PREVENTION ACTION WEEK



Podcast: Episode 6 - Supporting employees, from cancer detection, to diagnosis, and beyond *HL*



Information & resources *E*



#CancerPreventionActionWeek



01-31 March

OVARIAN CANCER AWARENESS MONTH



Podcast: Episode 6 - Supporting employees, from cancer detection, to diagnosis, and beyond *HL*



Information & resources *HLE*

Returning to work after ovarian cancer *E*

Gynaecological cancer - all you need to know *E*

Ovarian cancer *E*



#OvarianCancerAwarenessMonth

01-31 March

ENDOMETRIOSIS AWARENESS MONTH



Podcast: Episode 1 - Endometriosis *HL*



Information & resources *HLE*



#EndometriosisAwarenessMonth

08 March

INTERNATIONAL WOMENS DAY



Training: Women's health *E*



Information & resources *HLE*

Women's health: key symptoms you should know *E*

Common signs you're in perimenopause *E*

Menopause and pelvic health: 5 unwelcome symptoms and 5 easy wins *E*

Sex drive taken a dive? Tips for him and her *E*

Poor sleep could be ruining your health *E*



#IWD2024

12-18 March

NUTRITION & HYDRATION WEEK



Training: Eating well to optimise performance *E*



Video: Nutrition - professional athletes open up *E*

Podcast: Plant-based diets and sustainable eating *E*

Podcast: Dieticians week - answering your questions *E*



Information & resources *HLE*

Nutrients for stress reduction *E*

What are electrolytes and why do I need them? *E*

10 water-rich foods to help you stay hydrated *E*

The real reasons your children won't eat their greens *E*



#NHWeek

13 March

NATIONAL NO SMOKING DAY



How to exercise after quitting smoking *E*

Healthy habits to replace smoking *E*

How to stop social smoking *E*

How to make a smoking quit list *E*



#NoSmokingDay

EARLY REMINDER!

WEBINAR: Social prescribing and its role in back to work support.

A 40 min webinar in partnership with Working to Wellbeing 11:00 hrs, Tues 5th March

14 March

SOCIAL PRESCRIBING DAY



Webinar: Social prescribing and its role in back to work support *HL*



Information & resources *HLE*



#SocialPrescribingDay

15 March

WORLD SLEEP DAY



Training: Getting restful sleep *E*



Video: Sleep health *E*



Information & resources *HLE*

Protect your health and wellbeing with a good night's sleep *E*

The CBT formula for good sleep *E*

Listen to our sleep podcast *E*

How much sleep do teenagers need? *E*

Eight benefits of a good night's sleep *E*

What is a sleep diary and how can it help your health? *E*



#WorldSleepDay

EARLY REMINDER!

WEBINAR: Workplace Stress: Let's get back to basics

A 40-min webinar in partnership with Absence Management Solutions 11:00 hrs, Tues 23rd April

18-24 March

NEURODIVERSITY CELEBRATION WEEK



Training: Building bridges - collaboration at work *E*



Information & resources *HLE*

Neurodifference: How to prevent mental health issues and promote teamwork *HL*

Neurodiverse workplaces: The small changes that can bring big benefits *HL*



#NeurodiversityWeek

20 March

INTERNATIONAL DAY OF HAPPINESS



Video: How to make remote working work for you *HLE*



Information & resources *E*

Getting Hygge with it - our top 10 tips *E*

How to talk to your employer about your mental health *E*

How to hang on to that holiday feeling *E*



#DayOfHappiness

20-26 March

DEBT AWARENESS WEEK



Information & resources *HLE*

Cost of living: signposting guide *E*

Managing money worries *E*

Managing finances in a time of turbulence *E*

How to help your employees make good financial decisions in challenging times *HL*



#DebtAwarenessWeek



Training: Stress relaxation techniques *E*

Workshop - Mental health complimentary taster / First Aid sessions *HL*



Webinar: Workplace Stress: Let's get back to basics *HL*

Webinar: Psych health & safety 101 *HL*



Podcast: Taking the ISO45003 psychological safety standards to action *HL*

Podcast: What does the push for mental health training for all Line Managers mean for HR? *HL*

Video: Understanding stress *E*

Video: Understanding anxiety *E*



Information & resources *HLE*

What does good mental health support for Generation Z look like? *HL*

How to get to the root causes of work related stress *HL*

How multinationals can tackle work-related stress and burnout in a hybrid working world *HL*

Stress and the workplace *HL*

How to relieve workplace stress *E*

Stress relief - could yawning help? *E*

Stress *E*

Nutrients for stress reduction *E*

Recognising stress and managing it *E*

Multilingual health kit: Mental health *HL*

How to build your resilience to emotional stress *E*

Diet tips to combat stress and anxiety *E*

How to combat stress with exercise *E*



#StressAwarenessMonth

01-30 April

INTERNATIONAL IBS AWARENESS MONTH



Podcast: Episode 3 - IBS *HL*



Information & resources *HLE*



Irritable bowel syndrome *E*



How to support employees with IBS *HL*



#IBSAwarenessMonth

01-30 April

BOWEL CANCER AWARENESS MONTH



Information & resources *HLE*



Multilingual health kit: cancer screening *HL*



Bowel cancer: risk factors, symptoms and when to get tested *E*



#BowelCancerAwarenessMonth

01-30 April

ACTIVE FOR APRIL (BOWEL CANCER UK CAMPAIGN)



Information & resources *HLE*



#ActiveForApril - #StepUpFor30 - #BowelCancerAwareness

02-08 April

WORLD AUTISM ACCEPTANCE WEEK



Information & resources *HLE*



Autism in children *E*



#WorldAutismAcceptanceWeek

05 April

WALK TO WORK DAY



Information & resources *HLE*



#WalkToWorkDay

07 April

WORLD HEALTH DAY



Podcast: From long-term conditions to multi-morbidity: things you need to know *HL*

Podcast: Dieticians week - healthy diets for a healthy planet *E*



Information & resources *E*

Indoor air quality and your health *E*

Multilingual health kit: How we live today *HL*



#WorldHealthDay

28 April

WORLD DAY FOR HEALTH & SAFETY AT WORK



Webinar: Psych health & safety 101 *HL*



Information & resources *HLE*

Why work ability is helping evolve absence management *HL*

Making working from home work for you: your physical health *E*

Healthy and sustainable homeworking habits *E*



#WorldDayForHealthAndSafetyAtWork

01-31 May

SKIN CANCER AWARENESS MONTH



Information & resources *HLE*



#ShareTheFacts - #SkinCheckChallenge - #ThisIsSkinCancerStory

03 May

WORLD MATERNAL MENTAL HEALTH DAY



Information & resources *HLE*

Prenatal depression - what it means for you and your baby *E*

Coping with life changes when you start a family *E*

Handling relationship changes after having a baby *E*

Postnatal depression *E*



#WMMHDay

07 May

WORLD ASTHMA DAY



Information & resources *HLE*

Asthma *E*



#WorldAsthmaDay

EARLY REMINDER!

WEBINAR: Managing Hypertension in the Workplace

A 40-min webinar in partnership with Teladoc Health 11:00 hrs, Tues 14th May

08 May

WORLD OVARIAN CANCER DAY



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis and beyond *HL*



Information & resources *E*



Returning to work after ovarian cancer *E*



Gynaecological cancer - all you need to know *E*



Ovarian cancer *E*



Multilingual health kit: cancer screening *HL*



#WorldOvarianCancerDay

12-18 May

ME AWARENESS WEEK



Podcast: Episode 8 - From Long Covid to ME *HL*



Information & resources *HLE*



#MEAwareness





Workshop - Mental health complimentary taster / First Aid sessions *HL*

Training: Building blocks for positive mental health *E*

Training: Leading a mentally healthy workplace *HL*

Training: Mental health in the workplace for employees *E*



Webinar: Psych health & safety 101 *HL*



Podcast: Taking the ISO45003 psychological safety standards to action *HL*

Podcast: What does the push for mental health training for all Line Managers mean for HR? *HL*

Podcast: Addressing psychological health & safety in the workplace *HL*



Information & resources *HLE*

Men's mental health: the case for adding peer-to-peer support to your toolbox *HL*

Men's mental health: the power of conversation *HL*

Ever been lonely? You're not alone *E*

Why women are more at risk of burnout *HL*

10 ways to take action against loneliness *E*

How to combat imposter syndrome *E*

Mental health and wellbeing tips for new dads *E*

Multilingual health kit: Mental health *HL*

Workplace mental health: Why the right foundations matter *HL*

How can managers connect with employees and talk about mental health? *HL*

A Psychologist writes: Practical tips for employees on mental health day *E*



#MentalHealthAwarenessWeek

17 May

WORLD HYPERTENSION DAY



Webinar: - Managing Hypertension in the Workplace *HL*



Information & resources *HLE*

High blood pressure (hypertension) *E*

Multilingual health kit: Know your numbers *HL*

How does my heart rate show if I'm stressed *E*



#WorldHypertensionDay

20-26 May

TYPE 2 DIABETES PREVENTION WEEK



Information & resources *HLE*



#KnowYourRisk - #DiabetesPreventionWeek

26 May-02 June

NATIONAL EPILEPSY WEEK



Information & resources *HLE*



#EpilepsyMatters - #NationalEpilepsyWeek

30 May

WORLD MS DAY



Information & resources *HLE*



#WorldMSDay

01-30 June

PRIDE MONTH



Brave spaces *E*



Information & resources *E*



#pridemonth #lgbt

03 June

VOLUNTEERS WEEK



Information & resources *E*

How relationships impact our health *E*

Why social prescribing should form part of back to work support *HL*



#volunteersweek

02 June

CANCER SURVIVORS DAY



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond *HL*



Information & resources *E*

Cancer screening: health kit *HL*

What are antioxidants and why are they good for you? *E*

How to check a mole *E*

Cancer and age: what you need to know *E*

How to reduce your risk of cancer *E*

Cancer prevention and awareness *E*



#nationalcancersurvivorday

EARLY REMINDER!

WEBINAR: How to best support employees dealing with grief.

A 40-min webinar for HR professionals and Line Managers. Thurs 6th June 11:00hrs

09 June

DIABETES AWARENESS WEEK



Information & resources *E*

How does sleep affect diabetes? *E*

Type 1 diabetes *E*

Type 2 diabetes *E*



#diabetesweek

10 June

CARERS' WEEK



Information & resources *E*

Working carers: why you shouldn't wait for a mandate *HL*

Six ways to look after yourself as a carer *E*

What does support for working carers look like? *HL*



#carersweek



10 June

INTERNATIONAL MEN'S HEALTH WEEK



Workshop: Mental health complimentary taster / First Aid sessions *E*



Training: Mental health in the workplace for employees *E*



Training: Workplace mental health leadership certificate program *E*



Podcast: Men and mental health *E*



Information & resources *HLE*



Men's health: health information *E*



Testicular cancer *E*



PSA testing for prostate cancer *E*



Prostate cancer *E*



Talking about men's mental health *E*



#menshealthweek

10 June

LONELINESS AWARENESS WEEK



Workshop: Mental health complimentary taster / First Aid sessions *HL*



Webinar: How to best support employees dealing with grief *HL*



Information & resources *E*



Why social prescribing should form part of back to work support *HL*



Ways to tackle loneliness in older people *E*



Loneliness and isolation in teenagers - a parent's guide *E*



How to deal with feeling lonely *E*



How relationships impact our health *E*



#lonelinessawarenessweek

17 June

CERVICAL SCREENING AWARENESS WEEK



Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond *HL*



Information & resources *E*

Cancer prevention and early detection: employer support *HL*

Cervical screening (smear test): Health information *E*

How to reduce your risk of cervical cancer *E*

How to prevent HPV infections *E*

Six myths about HPV: What you should know *E*

HPV home testing kits - all you need to know *E*

Cancer screening: health kit *HL*



#cervicalscreeningawarenessweek

18 June

AUTISTIC PRIDE DAY



Training: Diversity equity and inclusion in the workplace *HLE*

Training: Building awareness of a diverse equitable and inclusive workplace *HL*



Information & resources *E*

Neurodiverse workplaces: The small changes that can bring big benefits *HL*

Neurodiversity: How to prevent mental health issues and promote teamwork *HL*

Autism spectrum disorder *E*

Debunking eight misconceptions about autism spectrum disorder *E*



#autisticprideday

EARLY REMINDER!

PODCAST: Episode 11 - 'Healthy' sickness absence behaviours: A how to guide.

In partnership with Working to Wellbeing Release date - w/c 24th June

24 June

WORLD WELLBEING WEEK



Podcast: Episode 11 - 'Healthy' sickness absence behaviours: A how to guide. *E*

Podcast: The psychological health & safety of work *HL*

Podcast: New psych health regulations and risk assessment methodology *H*



Workshop: Mental health complimentary taster / First Aid sessions *HL*



Information & resources *HL*

New ways of working: Does absence management need a rethink *HL*

Sustainable return to work, with help from Vocational Rehabilitation *HL*



#worldwellbeingweek

24 June - 24 July

INTERNATIONAL SELF-CARE MONTH



Training: Introduction to mindfulness *HLE*

Training: The cost of caring: Overcoming cumulative stress and vicarious trauma *HLE*



Information & resources *HLE*



#selfcarepromise

EARLY REMINDER!

PODCAST: Episode 12 - Stress: It's often unavoidable, so how do we use it for good?
In partnership with Form health. Release date - w/c 22nd July

01 July

ALCOHOL AWARENESS WEEK



Information & resources *E*

The benefits of alcohol-free alternatives (and how to enjoy them) *E*

What are the weekly alcohol unit recommendations? *E*

Stress and anxiety: How alcohol affects your mental health *E*

What alcohol is gluten-free? *E*

Alcohol: Common questions answered *E*

Does drinking alcohol affect your fertility *E*

Does alcohol cause panic attacks *E*

Five ways to relax without alcohol *E*



#alcoholawarenessweek #understandingalcoholharm

15 July

WORLD YOUTH SKILLS DAY



Training: Brave spaces *E*

Information & resources *HLE*



What does mental health support for Generation Z look like? *HL*



#Worldyouthskillsday

24 July

TALK TO US



Training: Brave spaces *E*



Information & resources *E*



#talktous

24 July

INTERNATIONAL SELF-CARE DAY



Podcast: Episode 12 - Stress: It's often unavoidable, so how do we use it for good? *E*



Information & resources *E*



#selfcarepromise

30 July

INTERNATIONAL DAY OF FRIENDSHIP



Information & resources *E*



#internationaldayoffriendship

12 August

INTERNATIONAL YOUTH DAY



Podcast: Episode 10 - Why younger workers are prioritising mental health in the workplace *HL*



Information & resources *HLE*



#internationalyouthday

EARLY REMINDER!

WEBINAR: A data-informed approach to de-risking your workforce. 11 Sept 11:00hrs

A 40-min webinar for HR professionals and Line Managers, in partnership with INUVI - experts in health data and insights

1-31 September

WORLD ALZHEIMER'S MONTH



Information & resources *E*

Alzheimer's disease: Health information *E*

What's the difference between Alzheimer's and dementia? *E*



#worldalzheimersmonth

1-31 September

GYNAECOLOGICAL CANCER AWARENESS MONTH



Webinar: Cervical cancer screening: The vital role for employers. *HL*

Podcast: Episode 6 - Supporting employees from cancer detection, to diagnosis, and beyond *HL*



Information & resources *HLE*

Gynaecological cancer - all you need to know *E*

Cancer screening: health kit *HL*



#gynaecologicalcancerawarenessmonth

9-16 September

NATIONAL ECZEMA WEEK



Information & resources *E*



#nationaleczemaweek

10 September

WORLD SUICIDE PREVENTION DAY



Podcast: New psych health regulations and risk assessment methodology *H*



Training: Understanding suicide *HLE*



Information & resources *HLE*



#worldsuicidepreventionday

16 September

RHEUMATOID ARTHRITIS AWARENESS WEEK



Information & resources *E*

Rheumatoid arthritis: Health information *E*



#rheumatoidarthritisawarenessweek



19 September

YOUTH MENTAL HEALTH DAY



Workshop: Mental health complimentary taster / First Aid sessions *HL*

Training: Brave spaces *E*

Training: Building blocks for positive mental health *HLE*



Video: What is mental health: Multimedia health kit *E*

Video: What is stress: Multimedia health kit *E*

Video: What is anxiety: Multimedia health kit *E*

Podcast: New psych health regulations and risk assessment methodology - Podcast *H*

Podcast: Episode 10 - Why younger workers are prioritising mental health in the workplace *HL*



Information & resources *HLE*

What does mental health support for Generation Z look like? *HL*



#youthmentalhealthday - #controlyourscroll

23 September

NATIONAL EYE HEALTH WEEK



Information & resources *HLE*

Sight loss needn't mean job loss *HL*

What is long-sightedness? *E*

What is short-sightedness? *E*



#NEHW - #nationaleyehhealthweek

EARLY REMINDER!

WELLBEING360 PODCAST: How vocational rehabilitation can help bridge the health/work gap.
w/c 7 Oct. In partnership with Working to Wellbeing.

23-29 September

MIGRAINE AWARENESS WEEK



Podcast: Episode 5: Migraine *HL*



Information & resources *HLE*

Migraines: Multilingual health kit *HL*

Migraines and work *HLE*



#migraineawarenessweek

24 September

UK SAVINGS WEEK



Information & resources *HLE*

Scams awareness *E*

The current state of financial wellbeing *HL*

How to help your employees make good financial decisions in challenging times *HL*



#uksavingsweek - #takethesavingschallenge

29 September

WORLD HEART DAY



Information & resources *E*

Heart, blood and circulation: Health information *E*

Coronary heart disease: Health information *E*

Heart attack: Health information *E*

Six diet tips for a healthier heart *E*

The truth about heart disease *E*



#worldheartday

01-31 October

GO SOBER FOR OCTOBER



Video: Tracking your alcohol intake *E*



Information & resources *E*

How to enjoy a night out and stay sober *E*

What are the weekly alcohol unit recommendations? *E*

Does alcohol cause panic attacks? *E*

Alcohol: Common questions answered *E*

What is alcohol? *E*



#GoSober

01-31 October

STOPTOBER (STOP SMOKING)



Video: Smoking and cravings *E*



Information & resources *E*

Top 10 stop smoking myths *E*

5 minutes with our smoking cessation nurse, Kate *E*

Vaping - how do we support members who want to stop? *E*

Health Information: Effects of smoking *E*

Quitting smoking before treatment: What effect will it have? *E*

Staying healthy while stopping smoking *E*



#Stoptober #SmokeFree

EARLY REMINDER!

WEBINAR: Cervical cancer screening: The vital role for employers. 17 Oct - 11:00hrs
A 40-min webinar for HR professionals and Line Managers, in partnership with Check4Cancer.

01-31 October

ADHD AWARENESS MONTH



Information & resources *HLE*

How do you support someone you love with ADHD? *LE*

Evaluating and supporting neurodifferences at work *HL*



#ADHDMonth

01-31 October

BREAST CANCER AWARENESS MONTH



Information & resources *HL*

Supporting employees with breast cancer: Best practices for employers *HL*

Health information: Breast cancer *E*

How can I reduce my risk of breast cancer? *E*

Cancer prevention and early detection: employer support *HL*

How employers can help reduce workforce cancer risk *HL*

Cancer screening - infographics *E*



#BreastCancerAwarenessMonth - #BCAM

01-31 October

NATIONAL CHOLESTEROL MONTH



Information & resources *HLE*

Why running a 'know your numbers' event could be a lifesaver *HL*

Health information: High Cholesterol *E*

Cooking oils - A guide to the healthiest fats *E*



#NationalCholesterolMonth

EARLY REMINDER!

WEBINAR: How to tackle pension inadequacy. 5 Nov - 11:00hrs

A 40-min webinar for HR professionals and Line Managers, in partnership with Close Brothers.

02-08 October

BACKCARE AWARENESS WEEK



Information & resources *HL*

Sustainable return to work, with help from Vocational Rehabilitation *HL*

Social prescribing and its role in back to work support *HL*

Why are nearly 3 million UK people suffering from back and neck problems? *HL*

Health information: Lower back pain *E*

Health information: Upper back pain *E*

The link between back pain and your emotions *E*

How to look after your back *E*

Physiotherapy for lower back pain *E*

Health information: Back surgery *E*



#BCAW24

07-11 October

NATIONAL WORK LIFE WEEK



Video: Tips to stay stress-free at work *HLE*

Video: How to improve your posture at work *HLE*

Podcast: Healthy and sustainable homeworking habits *HLE*



Information & resources *HL*

Social prescribing and its role in back to work support *HL*

7 tips to look after your health while working from home *HLE*

Healthy home working snacks *HLE*

Healthy lunch ideas - one for each working day *HLE*



#WorkLifeWeek



Podcast: Menopause and your mental health *E*

Video: What is mental health? Multimedia health kit *E*

Video: Understanding depression - Multimedia health kit *E*



Training: Complimentary taster sessions: Mental health and absence management *HLE*



Information & resources *HLE*

Mental health strategy - free audit, guides and workshops *HL*

Social prescribing and its role in back to work support *HL*

How can managers connect with employees and talk about mental health? *HL*

A Psychologist writes - Practical tips for employees on world mental health day *E*

Looking after your mental health: A guide *HLE*

Depression: Am I OK? Are you OK? Talking about mental health *HLE*

Looking after your mental health if an operation has been delayed *E*

Looking after your mental health throughout the winter *E*

Talking about men's mental health *HLE*

How to spot the signs of poor mental health in children *E*

Is there a link between obesity and mental health? *E*

Can gut health affect mental health? *E*

Mental health and wellbeing tips for new dads *E*

Stress and anxiety: How alcohol affects your mental health *E*

How does sleep affect your mental health? *E*



#WorldMentalHealthDay



Podcast: Menopause and your mental health *E*

Information & resources *HLE*

5 tips for managers - Menopause awareness day *HL*

Health information: Menopause *HLE*

Symptoms of menopause: How to help hot flushes *E*

Can testosterone help with menopause? *E*

What's the best exercise for the menopause? *E*

How does the menopause affect your bone health? *E*

Why is strength training important for menopause? *E*

What is the perimenopause? *E*

What is an early or premature menopause? *E*

Night sweats and disturbed sleep after the menopause *E*

Six ways to stay healthy after menopause *E*

Can your diet reduce symptoms of the menopause? *E*

Menopause - your common questions answered *E*

How to support someone during the menopause *E*

Early menopause and fertility *E*

Are muscle aches and joint pains linked to the menopause? *E*



#WorldMenopauseDay



20 October

WORLD OSTEOPOROSIS DAY



Information & resources *HLE*

Health information: Osteoporosis *HLE*

How does the menopause affect your bone health? *E*

Stages of a woman's life *E*

Beginners' perimenopause workout - improve cardio, posture and stability *E*



#WorldOsteoporosisDay

29 October

WORLD STROKE DAY



Information & resources *HLE*

Why running a 'know your numbers' event could be a lifesaver *HL*

Health information: Stroke *HLE*

Heart disease in men: 6 lifestyle changes to lower your risk *E*

5 lifestyle habits you should be thinking about when it comes to heart disease *E*



#WorldStrokeDay

EARLY REMINDER!

WELLBEING360 PODCAST: Better workplace support for men.
w/c 18 Nov - speakers TBC

01-30 November

MOVEMBER (MEN'S HEALTH MONTH)



Training: Complimentary taster sessions: Mental health and absence management *HLE*



Information & resources *HLE*

Social prescribing and its role in back to work support *HL*

A GP writes - Are telehealth services good for men? *HL*

Nutrition for men's health *E*

Health information: Male infertility *HLE*

Health information: Vasectomy *HLE*

Health information: Vasectomy reversal *HLE*

Mental health and wellbeing tips for new dads *E*

What DIY health checks can men do at home? *E*

Talking about men's mental health *HLE*

How does age affect a man's sexual health? *E*

Five common myths about men's sexual health *E*



#Movember

01-30 November

LUNG CANCER AWARENESS MONTH



Information & resources *HLE*

Health information: Lung cancer *HLE*

Cancer and age: What you need to know *HLE*

Six common misconceptions about cancer *HLE*

How to reduce your risk of cancer *E*

Cancer prevention and early detection: employer support *HL*

How employers can help reduce workforce cancer risk *HL*



#LCAM

01-30 November

PANCREATIC CANCER AWARENESS MONTH



Information & resources *E*

How to reduce your risk of cancer *E*

5 myths on cancer and nutrition *E*

Cancer care - 4 ways to live a healthy lifestyle *E*



#PCAM

04-08 November

INTERNATIONAL STRESS AWARENESS WEEK



Training: Complimentary taster sessions: Mental health and absence management *HLE*



Information & resources *HLE*

Is absence the answer to workplace stress? *HL*

Nutrients for stress reduction *E*

Alleviate tension through exercise *E*

Recognising stress and managing it *E*

Health information: Stress *HLE*

Health information: Work related stress *HLE*

Stress and anxiety: How alcohol affects your mental health *E*

Does stress cause skin problems? *E*

Health information: Post-traumatic stress disorder (PTSD) *HLE*

Understanding Stress - multimedia health kit *E*

Understanding anxiety - multimedia health kit *E*

Sleep health - Multimedia health kit *E*



#InternationalStressAwarenessWeek - #StressAwarenessWeek

04-08 November

TALK MONEY WEEK



[Information & resources](#) *E*

[Financial wellbeing: Managing money worries](#) *E*

[Mental health and money](#) *E*



[#TalkMoneyWeek](#)

13 November

WORLD KINDNESS DAY



[Information & resources](#) *E*

[How to be kind to yourself: 10 top tips](#) *E*

[Be kind to yourself](#) *E*

[A guide to self kindness and compassion](#) *E*



[#WorldKindnessDay - #MakeKindnessTheNorm](#)

14 November

WORLD DIABETES DAY



[Information & resources](#) *E*

[Health information: Type 1 diabetes](#) *HLE*

[Health information: Type 2 diabetes](#) *HLE*

[How to reduce your risk of diabetes](#) *E*

[Finding the sugar balance infographic](#) *E*

[Family history health questions you should be asking](#) *E*



[#WorldDiabetesDay](#)

19 November

INTERNATIONAL MEN'S DAY



Information & resources *E*

Why running a 'know your numbers' event could be a lifesaver *HL*

3 easy ways to improve men's health *E*

What DIY health checks can men do at home? *E*

Talking about men's mental health *HLE*

How does age affect a man's sexual health? *E*

Five common myths about men's sexual health *E*



#InternationalMensDay

21 November

CARERS RIGHTS DAY



Information & resources *E*

Working carers: Why you shouldn't wait for a mandate *HL*

Six ways to look after yourself as a carer *E*



#CarersRightsDay

25-29 November

NATIONAL OLDER WORKERS' WEEK



Information & resources *E*

5 of the best exercise classes for the over 55s *E*

Ageism in recruitment could be final straw for over 50s made redundant *HL*



#agediversity

01-30 December

DECEMBEARD



Information & resources *E*

Health information: Bowel cancer *H L E*

Cancer prevention and early detection: employer support *H L*

How employers can help reduce workforce cancer risk *H L*

Cancer screening - infographics *E*



#Decembeard

02-08 December

NATIONAL GRIEF AWARENESS WEEK



Information & resources *E*

How employers can support employees after a bereavement *H L*

Bereavement - Why sickness absence is rarely the answer *H L*

How to deal with grief and bereavement *E*



#OpenUpToGrief

03 December

INTERNATIONAL DAY OF PERSON'S WITH DISABILITIES



Information & resources *E*

Being active with a disability *E*

Learning disability and exercise - overcoming barriers *E*



#InternationalDayOfPeopleWithDisabilities

EARLY REMINDER!

WEBINAR: Cancer: When support to stay in work makes sense. 14 Jan 2025 - 11:00hrs
A 40-min webinar for HR professionals and Line Managers, in partnership with Absence Management Solutions.

01-31 January

DRY JANUARY



Video: Tracking your alcohol intake *HLE*



Information & resources *HL*

How to enjoy a night out and stay sober *HL*

What are the weekly alcohol unit recommendations? *HLE*

Alcohol: Common questions answered *HLE*

What is alcohol? *HLE*



#DryJanuary

01-31 January

VEGANUARY



Information & resources *E*

Veganuary *E*

Are vegan ready meals a healthy option? *E*

Keeping veganuary going: three tasty recipes *E*



#Veganuary

10-17 January

NATIONAL OBESITY AWARENESS WEEK



Information & resources *HLE*

Health information: Obesity in adults *HLE*

Is there a link between obesity and mental health? *HLE*

Overweight and obesity in children *E*

BMI calculator - what do your results mean? *E*



#NationalObesityAwarenessWeek



Information & resources *E*

A GP writes - Cervical cancer prevention week *E*

Health information: Cervical screening (smear test) *E*

Health information: Cervical cancer *E*

How to reduce your risk of cervical cancer *E*

Cancer screening - infographics *E*



#CervicalCancerPreventionWeek - #WeCan

