

WELLBEING COMMUNICATIONS CALENDAR 2024

OCTOBER 2024 EDITION

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

Physical Emotional

H: for HR

Emotional

L: for Line Managers

Sickness Absence

E: for Employees

Financial

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 **BREW MONDAY (SAMARITANS)** 16 January 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 #L



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

WORLD CANCER DAY







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	
8	Information & resources HLE	
	Returning to work after ovarian cancer <i>E</i>	
	Gynaecological cancer - all you need to know E	
	Ovarian cancer E	
	#OvarianCancerAwarenessMonth	
01-31 March	ENDOMETRIOSIS AWARENESS MONTH	
	Podcast: Episode 1 - Endometriosis #L	
	Information & resources HLE	
	#EndometriosisAwarenessMonth	
08 March	INTERNATIONAL WOMENS DAY	
	Training: Women's health <i>E</i>	
(a)	Information & resources HLE	
	Women's health: key symptoms you should know <i>E</i>	
	Common signs you're in perimenopause <i>E</i>	
	Menopause and pelvic health: 5 unwelcome symptoms and 5 easy wins E	
	Sex drive taken a dive? Tips for him and her <i>E</i>	
	Poor sleep could be ruining your health <i>E</i>	

#IWD2024

Training: Eating well to optimise performance ε Video: Nutrition - professional athletes open up ε Podcast: Plant-based diets and sustainable eating ε Podcast: Dieticians week - answering your questions ε Information & resources με ε Nutrients for stress reduction ε What are electrolytes and why do I need them? ε 10 water-rich foods to help you stay hydrated ε The real reasons your children won't eat their greens ε

How to exercise after quitting smoking ε Healthy habits to replace smoking ε How to stop social smoking ε How to make a smoking quit list ε #NoSmokingDay

EARLY REMINDER!

#NHWeek

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 **WORLD SLEEP DAY** 15 March 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



18-24 March	NEURODIVERSITY CELEBRATION WEEK	
	Training: Building bridges - collaboration at work <i>E</i>	
R	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	
80/11	Information & resources <i>E</i>	
	Getting Hygge with it - our top 10 tips <i>E</i>	
	How to talk to your employer about your mental health $\boldsymbol{\varepsilon}$	
	How to hang on to that holiday feeling <i>E</i>	
	#DayOfHappiness	
20-26 March	DEBT AWARENESS WEEK	
	Information & resources HLE	
	Cost of living: signposting guide <i>E</i>	
	Managing money worries E	
	Managing finances in a time of turbulence <i>E</i>	
	How to help your employees make good financial decisions in challenging times HL	
	#DebtAwarenessWeek	

01-30 April

STRESS AWARENESS MONTH



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

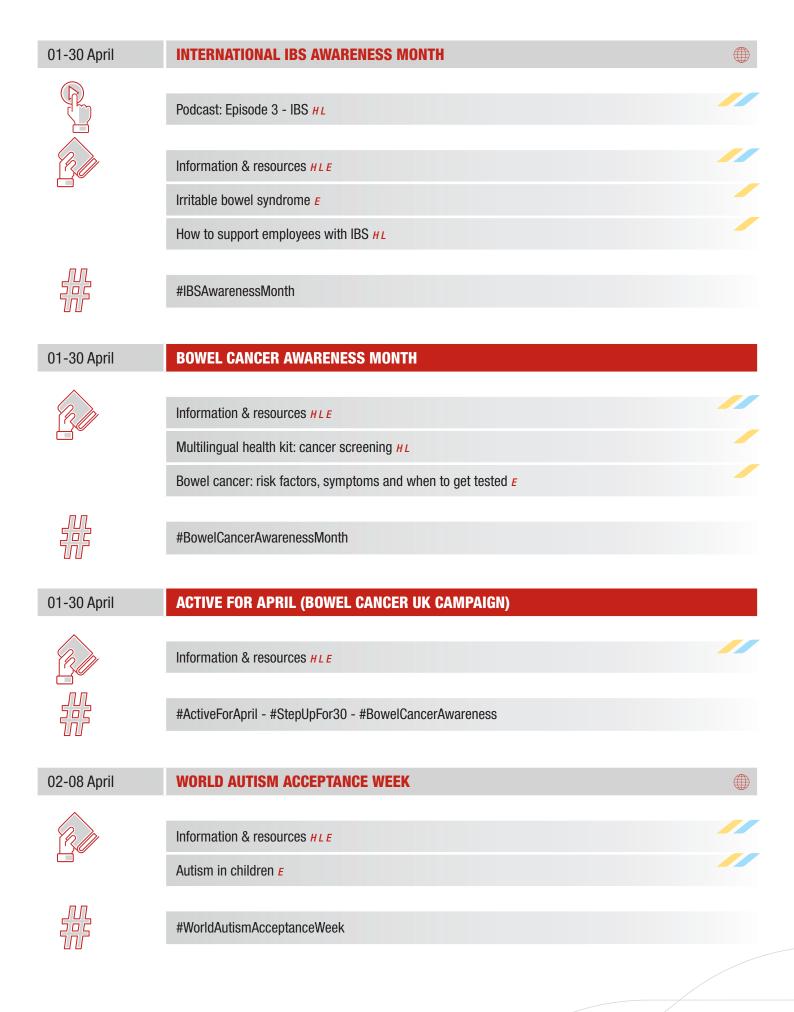
How to build your resilience to emotional stress E

Diet tips to combat stress and anxiety E

How to combat stress with exercise E



#StressAwarenessMonth



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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 μ_L Podcast: Dieticians week - healthy diets for a healthy planet ϵ	
	Information & resources <i>E</i>	
	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 <i>E</i>	
	Healthy and sustainable homeworking habits <i>E</i>	
	#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 **WORLD ASTHMA DAY** 07 May 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



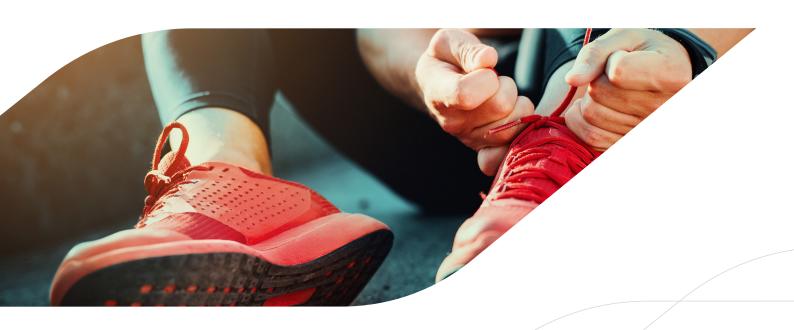
Podcast: Episode 8 - From Long Covid to ME HL



Information & resources HLE



#MEAwareness



13-19 May

MENTAL HEALTH AWARENESS WEEK



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) <i>E</i>	
	Multilingual health kit: Know your numbers #L	
	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	
R.D.	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 **VOLUNTEERS WEEK** 03 June 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



#nationalcancersurvivorday

Cancer prevention and awareness E

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? €

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 <i>E</i>	
	Training: Mental health in the workplace for employees <i>E</i>	
	Training: Workplace mental health leadership certificate program <i>E</i>	
	Podcast: Men and mental health <i>E</i>	
(0 m	Information & resources HLE	
	Men's health: health information <i>E</i>	
	Testicular cancer E	
	PSA testing for prostate cancer <i>E</i>	
	Prostate cancer E	
	Talking about men's mental health <i>E</i>	
	#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	
(S)	Information & resources <i>E</i>	
	Why social prescribing should form part of back to work support HL	
	Ways to tackle loneliness in older people <i>E</i>	
	Loneliness and isolation in teenagers - a parent's guide $\boldsymbol{\varepsilon}$	
	How to deal with feeling lonely <i>E</i>	
	How relationships impact our health <i>E</i>	
ПП		

#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 detenction: 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

Nerodifference: How to prevent mental health issues and promote teamwork HL

Autism spectrum disorder E

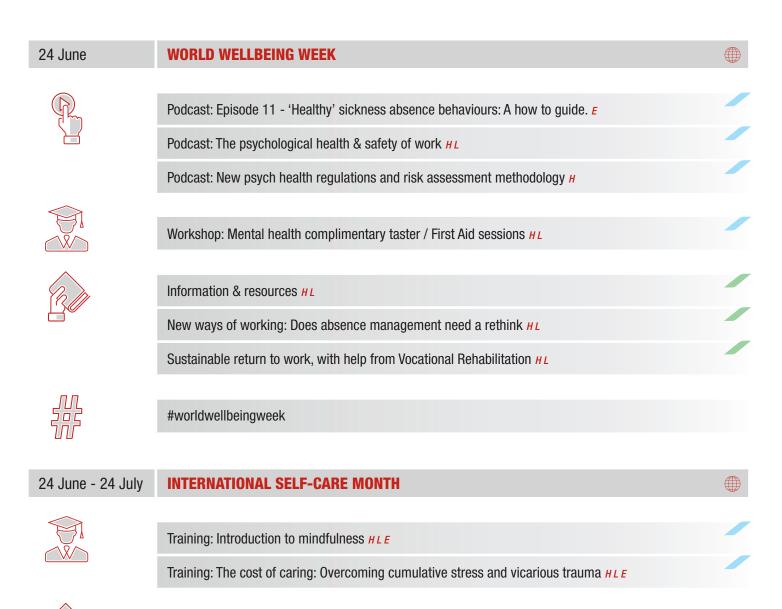
Debunking eight misconceptions about autism spectrum disorder E



#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





Information & resources HLE



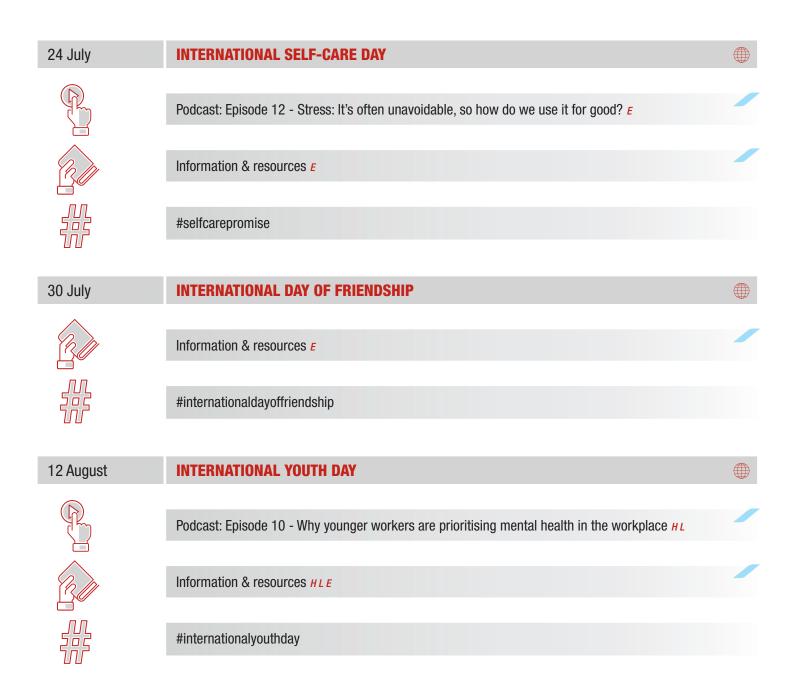
#selfcarepromise

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

ALCOHOL AWARENESS WEEK 01 July 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 alohol 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



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 <i>E</i>	
	What's the difference between Alzheimer's and dementia? <i>E</i>	
	#worldalzheimersmonth	
U U		
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	
SO	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 <i>E</i>	





WORLD SUICIDE PREVENTION DAY





Podcast: New psych health regulations and risk assessment methodology #



Training: Understanding suicide HLE



Information & resources HLE



#worldsuicidepreventionday

16 September

RHEUMATOID ARTHRITIS AWARENESS WEEK



Information & resources E

Rheumatoid arthritis: Health information E



#rheumatoidarthritisawarenessweek



YOUTH MENTAL HEALTH DAY 19 September 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 # 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

Information & resources #LE Sight loss needn't mean job loss #L What is long-sightedness? E What is short-sightedness? E #NEHW - #nationaleyehealthweek

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

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 <i>E</i>	
	Heart, blood and circulation: Health information <i>E</i>	
	Coronary heart disease: Health information <i>E</i>	
	Heart attack: Health information <i>E</i>	
	Six diet tips for a healthier heart <i>E</i>	
	The truth about heart disease <i>E</i>	
	#worldheartday	
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01-31 October

GO SOBER FOR OCTOBER

Information & resources E





Video: Tracking your alcohol intake 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.

Information & resources HLE How do you support someone you love with ADHD? LE Evaluating and supporting neurodifferences at work HL #ADHDMonth

Information & resources #L Supporting employees with breast cancer: Best practices for employers #L Health information: Breast cancer #E How can I reduce my risk of breast cancer? #E Cancer prevention and early detection: employer support #L How employers can help reduce workforce cancer risk #L Cancer screening - infographics #E

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!

#BreastCancerAwarenessMonth - #BCAM

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 #L

Sustainable return to work, with help from Vocational Rehabilitation #L

Social prescribing and its role in back to work support #L

Why are nearly 3 million UK people suffering from back and neck problems? #L

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 <code>HLE</code>

Video: How to improve your posture at work <code>HLE</code>

Podcast: Healthy and sustainable homeworking habits <code>HLE</code>



Information & resources HL

Social prescribing and its role in back to work support HL

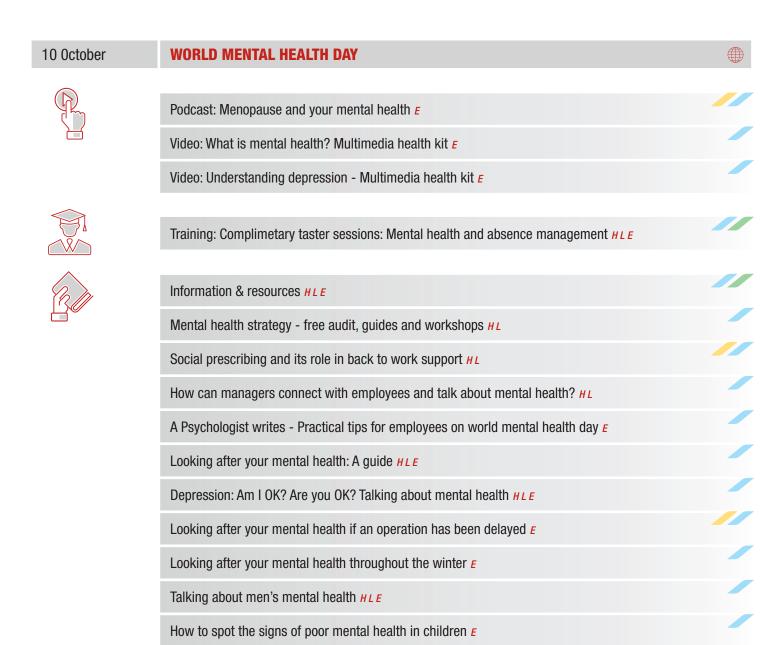
7 tips to look after your health while working from home HLE

Healthy home working snacks HLE

Healthy lunch ideas - one for each working day HLE



#WorkLifeWeek





#WorldMentalHealthDay

Is there a link between obesity and mental health? E

Mental health and wellbeing tips for new dads E

How does sleep affect your mental health? E

Stress and anxiety: How alcohol affects your mental health E

Can gut health affect mental health? E

WORLD MENOPAUSE DAY







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? <i>E</i>	
What's the best exercise for the menopause? E	
How does the menopause affect your bone health? <i>E</i>	
Why is strength training important for menopause? <i>E</i>	
What is the perimenopause? <i>E</i>	
What is an early or premature menopause? <i>E</i>	
Night sweats and disturbed sleep after the menopause $\boldsymbol{\varepsilon}$	
Six ways to stay healthy after menopause <i>E</i>	
Can your diet reduce symptoms of the menopause? E	



#WorldMenopauseDay

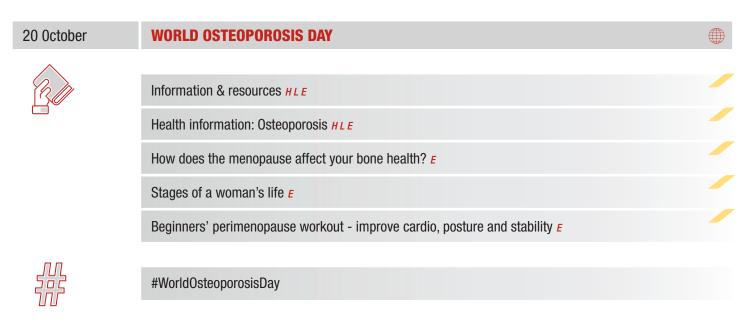
Early menopause and fertility *E*

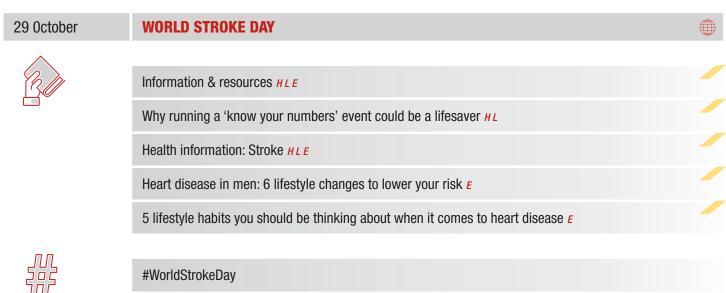
Menopause - your common questions answered E

How to support someone during the menopause $\boldsymbol{\mathcal{E}}$

Are muscle aches and joint pains linked to the menopause? $\boldsymbol{\varepsilon}$







EARLY REMINDER!

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

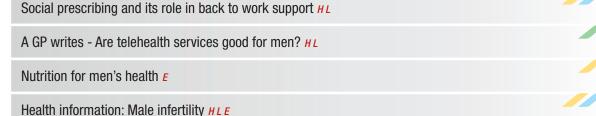
01-30 November

MOVEMBER (MEN'S HEALTH MONTH)





Training: Complimetary taster sessions: Mental health and absence management HLE



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Health information: Vasectomy HLE

Information & resources 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 <code>HLE</code>

Health information: Lung cancer <code>HLE</code>

Cancer and age: What you need to know <code>HLE</code>

Six common misconceptions about cancer <code>HLE</code>

How to reduce your risk of cancer <code>E</code>

Cancer prevention and early detection: employer support <code>HL</code>

How employers can help reduce workforce cancer risk <code>HL</code>



#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: Complimetary 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 stres 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	
(D)	Information & resources <i>E</i>	
	Financial wellbeing: Managing money worries <i>E</i>	
	Mental health and money E	
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	#TalkMoneyWeek	
13 November	WORLD KINDNESS DAY	
	Information & resources E	
	How to be kind to yourself: 10 top tips ϵ	
	Be kind to yourself <i>E</i>	
	A guide to self kindness and compassion <i>E</i>	
	A guide to sell killuliess and compassion E	
	#WorldKindnessDay - #MakeKindnessTheNorm	
U U		
14 November	WORLD DIABETES DAY	
	Information & resources <i>E</i>	
	Health information: Type 1 diabetes HLE	
	Health information: Type 2 diabetes HLE	
	How to reduce your risk of diabetes <i>E</i>	
	Finding the sugar balance infographic <i>E</i>	
	Family history health questions you should be asking E	
	#WorldDiabetesDay	

19 November	INTERNATIONAL MEN'S DAY	
	Information & resources <i>E</i>	
	Why running a 'know your numbers' event could be a lifesaver HL	
	3 easy ways to improve men's health <i>E</i>	
	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 $\boldsymbol{\varepsilon}$	
	#InternationalMensDay	
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21 November	CARERS RIGHTS DAY	
\wedge		
BØ	Information & resources <i>E</i>	
	Working carers: Why you shouldn't wait for a mandate HL	
	Six ways to look after yourself as a carer <i>E</i>	
	#CarersRightsDay	
25-29 November	NATIONAL OLDER WORKERS' WEEK	
	Information & resources <i>E</i>	
	5 of the best exercise classes for the over 55s E	
	ט טו נוופ שפטנ פעפורוטפ רומסספט וטו נוופ מעבו טטט ד	
	Ageism in recruitment could be final straw for over 50s made redundant HL	

#agediversity

01-30 December **DECEMBEARD** Information & resources E Health informtion: Bowel cancer HLE Cancer prevention and early detection: employer support HL How employers can help reduce workforce cancer risk HL Cancer screening - infographics E #Decembeard **NATIONAL GRIEF AWARENESS WEEK** 02-08 December Information & resources E How employers can support employees after a bereavement HL Bereavement - Why sickness absence is rarely the answer HL How to deal with grief and bereavement E #OpenUpToGrief 03 December **INTERNATIONAL DAY OF PERSON'S WITH DISABILITIES**



Being active with a disability E

Information & resources 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.

DRY JANUARY 01-31 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 **VEGANUARY** 01-31 January 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

BACK TO

20-26 January

CERVICAL CANCER PREVENTION WEEK



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

