

JUN - SEP 2024 EDITION

WELLBEING COMMUNICATIONS CALENDAR 2024

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



H: for HR



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 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 <i>E</i>	
(n)	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 $\boldsymbol{\varepsilon}$	
	Sex drive taken a dive? Tips for him and her <i>E</i>	
	Poor sleep could be ruining your health <i>E</i>	
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#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 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>	
8	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 <i>E</i>	
	Getting Hygge with it - our top 10 tips E	
	How to talk to your employer about your mental health <i>E</i>	
	How to hang on to that holiday feeling \mathbf{E}	
	#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 #L	
	#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

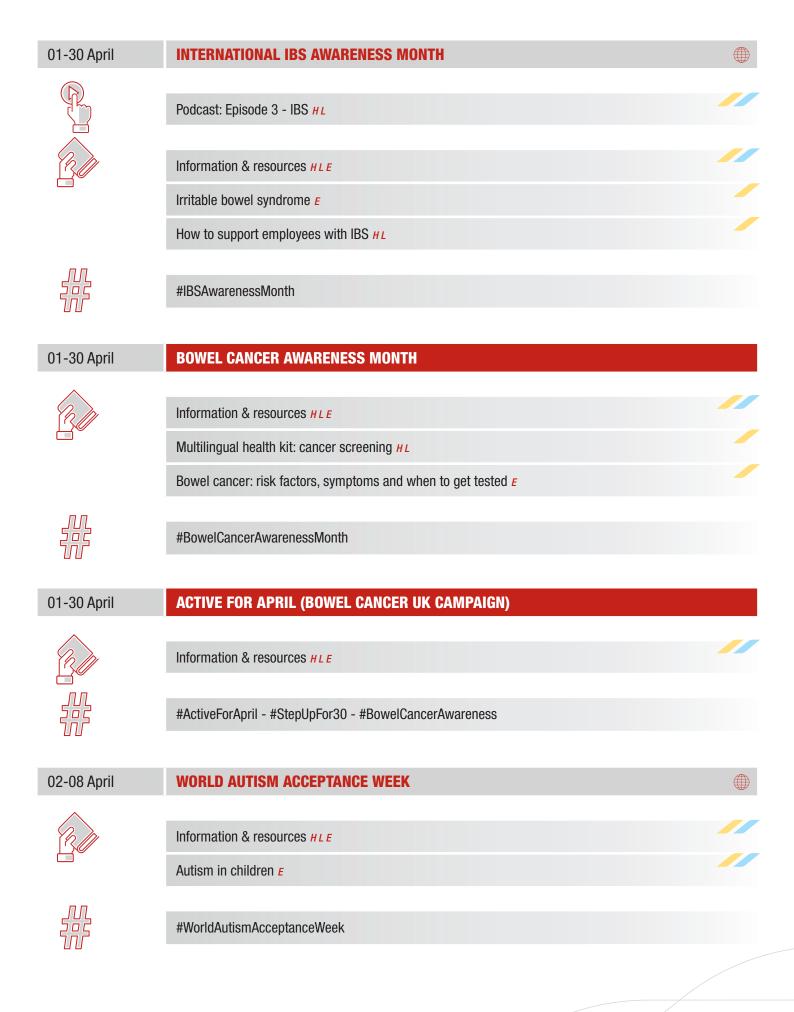
How to build your resilience to emotional stress E

Diet tips to combat stress and anxiety E

How to combat stress with exercise E



#StressAwarenessMonth



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 <i>E</i>	
	Information & resources E Indoor air quality and your health E	
	Multilingual health kit: How we live today #L	
	#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	
	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

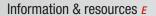
WORLD OVARIAN CANCER DAY







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



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

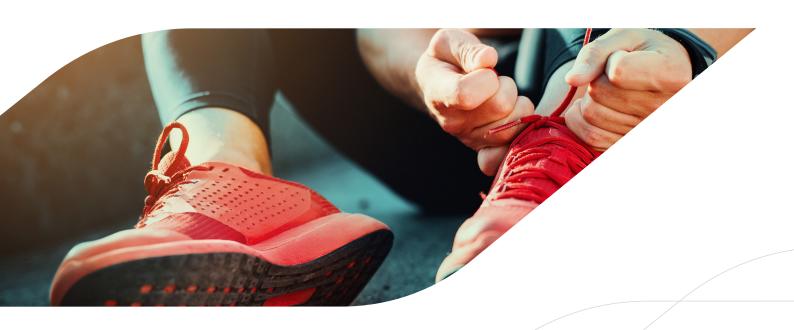




Information & resources HLE



#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	i
	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 **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



Cancer prevention and awareness E

#nationalcancersurvivorday

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 ${\it E}$	
	Podcast: Men and mental health <i>E</i>	//
(a)	Information & resources HLE	
	Men's health: health information <i>E</i>	
	Testicular cancer E	
	PSA testing for prostate cancer <i>E</i>	
	Prostate cancer <i>E</i>	
	Talking about men's mental health <i>E</i>	
	#menshealthweek	
10 June	LONELINESS AWARENESS WEEK	
	Workshop: Mental health complimentary taster / First Aid sessions #L	
Î	Webinar: How to best support employees dealing with grief HL	
80	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 E	
	How to deal with feeling lonely <i>E</i>	
	How relationships impact our health <i>E</i>	
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#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



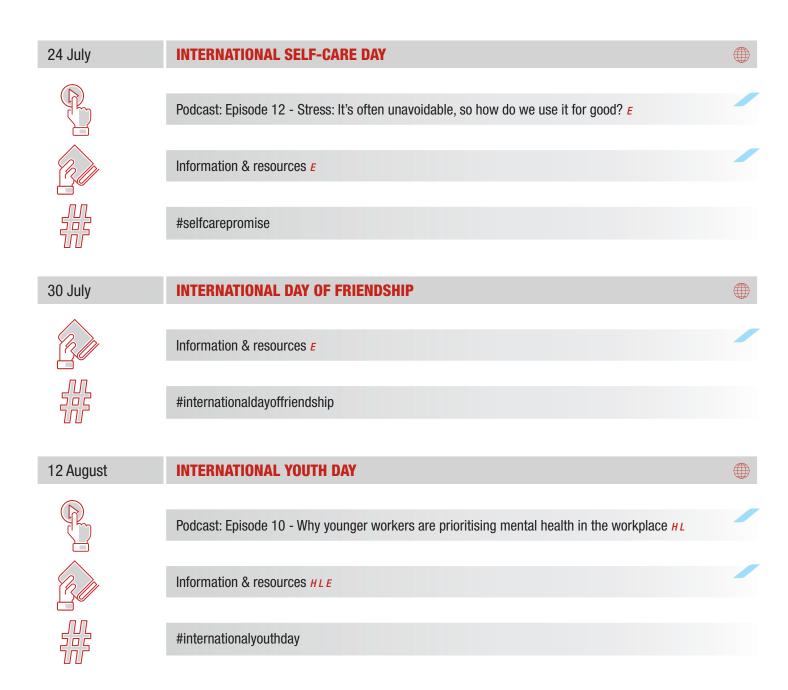
#selfcarepromise

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: Cervical cancer screening: The vital role for employers. *Tues 24 Sept 11:00hrs A 40-min webinar for HR professionals and Line Managers, in partnership with Check4Cancer.*



1-31 September	WORLD ALZHEIMER'S MONTH	
80	Information & resources E	
	Alzheimer's disease: Health information <i>E</i>	
	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 #L	
80	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



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



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 # 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



23-29 September MIGRAINE AWARENESS WEEK



Podcast: Episode 5: Migraine HL

Information & resources HLE

Migraines: Multilingual health kit HL

#uksavingsweek - #takethesavingschallenge

Migraines and work HLE



#migraineawarenessweek

UK SAVINGS WEEK Information & resources #LE Scams awareness E The current state of financial wellbeing #L How to help your employees make good financial decisions in challenging times #L

29 September	WORLD HEART DAY	
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(S)	Information & resources <i>E</i>	
	Heart, blood and circulation: Health information <i>E</i>	
	Coronary heart disease: Health information $\boldsymbol{\varepsilon}$	
	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>	
205 205	#worldheartday	
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