

Wellbeing Communications Calendar 2019/20



September 2019

RESOURCE KEY



**Workshops
Training**



**Webinars
Discussions**



**Useful
Resources**



**Useful
Hashtags**

FOCUS AREA KEY

Physical

Emotional

Sickness Absence

Financial

RESOURCE AUDIENCE KEY

H: resource for HR

L: resource for line managers

E: resource for employees

4 February

WORLD CANCER DAY



Watch out for Working Towards Wellbeing's webinar in March:
Return to work following a cancer diagnosis (resource audience: H/L/E)



4 reasons other than a lump to get a breast check (resource audience: E)

Cutting through the noise: how to best support employees with cancer
(resource audience: H)

Infographic: Cancer - Hard Facts (resource audience: E)

Cancer in the workplace & what it means for HR (resource audience: H)

Should you tell your boss if you have cancer? (resource audience: E)

Health update on: Cancer (resource audience: E)



#WorldCancerDay - #IAmAndIWill

FEBRUARY 2019

6 February INTERNATIONAL WELLBEING WEDNESDAY



How new digital solutions can enhance wellbeing programmes globally (resource audience: H) ▶



What are the links between financial wellbeing and physical & mental health? (resource audience: H) ▶

Digital solutions to global wellbeing problems (resource audience: H) ▶

How to sneak exercise in at work (resource audience: E) ▶

How to boost your productivity when working remotely (resource audience: E) ▶

Ensuring the effectiveness of workplace wellbeing schemes (resource audience: H) ▶



#internationalwellbeingwednesday

7 February TIME TO TALK DAY



Mental Health First Aid Courses (resource audience: H/L) ▶

Struggling to fund essential Mental Health training? We can help (resource audience: H) ▶



An organisational perspective on mental health (resource audience: L) ▶

Employee assistance is not a cheap, box ticking investment (resource audience: L) ▶

Mental Health matters: reducing stigma around mental health in the workplace (resource audience: H) ▶

How to be a better boss (resource audience: L) ▶

Male suicide: status, society and a big unspoken issue (resource audience: H) ▶



#TimeToTalk

25 Feb - 3 Mar EATING DISORDERS AWARENESS WEEK



Resources from Beat Eating Disorders (resource audience: E) ▶



#EatingDisorder - #NEDAwareness

25 February **YOU CAN CARE WEEK**



Case study - Finding a care home (resource audience: E) ▶

“How to” find a care home (resource audience: E) ▶



#YouCanCareWeek - #YouCanCare

1-31 March **OVARIAN CANCER AWARENESS MONTH**



Working Towards Wellbeing: Return to work following a cancer diagnosis (resource audience: H/L/E) ▶



Top ten cancer facts everyone should know (resource audience: E) ▶

Gynaecological examination - An appointment you must not overlook (resource audience: E) ▶

Cancer doesn't discriminate so why would an employer (resource audience: H) ▶

Macmillan poster templates (resource audience: E) ▶



#OvarianCancer - #OvarianCancerAwarenessMonth

8 March **INTERNATIONAL WOMEN'S DAY**



Tackling breast cancer (resource audience: E) ▶

Top 15 Q&As about breast cancer (resource audience: E) ▶

The menopause & the Equality Act: why it pays to provide support (resource audience: H) ▶

Motherhood, career and well-being: 10 ways to make it work (resource audience: E) ▶

Putting return to work on the map following a cancer diagnosis (resource audience: H/L) ▶



#BeBoldForInclusion - #InternationalWomensDay

11 March

NO SMOKING DAY



Why employers need to introduce a vaping policy (resource audience: H) ▶

Drugs, Alcohol & Tobacco: A Toolkit for employers (resource audience: H/L) ▶



#NoSmokingDay

15 March

WORLD SLEEP DAY



The importance of a good night's sleep (resource audience: E) ▶

Is fatigue the same as sleepiness? (resource audience: E) ▶

World Sleep Day Toolkit (resource audience: E) ▶



#WorldSleepDay

20 March

INTERNATIONAL DAY OF HAPPINESS



Is fatigue the same as sleepiness? (resource audience: E) ▶

World Happiness Report (resource audience: H/E) ▶

Making fitness fun by making it a group activity (resource audience: E) ▶



#InternationalDayOfHappiness

16-22 March

BRAIN AWARENESS WEEK



Workshop on brain awareness, led by a specialist in neurodiversity
eligible for Wellbeing Investment Matching email eb.enquiries@generali.co.uk (resource audience: H/L/E) ▶



#BNA2019



16-22 March

NUTRITION & HYDRATION WEEK



Foodmap diet for IBS (resource audience: E) ▶

Why nutrition is key to weight loss (resource audience: E) ▶

Three ways to get employees to care about their cholesterol (resource audience: H) ▶

NHW Resources & The Global Tea Party (resource audience: E) ▶



#NHW2019

1-30 April

STRESS AWARENESS MONTH



Stress Awareness & Resilience Training (resource audience: H/L/E) ▶

Mental Health First Aid Courses (resource audience: H/L/E) ▶

Struggling to fund essential Mental Health training? We can help (resource audience: H) ▶



Call Centre Stress Management, 22nd March, 2pm (resource audience: H/L) ▶

Communicating during times of change, 5 April, 2pm (resource audience: H/L) ▶

Dealing with challenging people, 19 April, 2pm (resource audience: L/E) ▶



Financial wellbeing (resource audience: H) ▶

Why work related stress could be the thing that unifies HR and Risk (resource audience: H) ▶

It's not 1 in 4; it's all of us (resource audience: H/L) ▶

Carve out time for your health every day (resource audience: E) ▶

10 tips for living within your means (resource audience: E) ▶

5 quick tips to reduce your debt (resource audience: E) ▶

Tuning into your stress (resource audience: E) ▶



#Stress - #MentalHealth

FOCUS AREA KEY

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1-30 April

BOWEL CANCER AWARENESS MONTH



Working Towards Wellbeing: Return to work following a cancer diagnosis
(resource audience: H/L/E)



Bowel cancer - detection, prevention & cure



Keeping moving: The benefits of exercise after a cancer diagnosis (resource audience: E)



Best Doctors Article: (resource audience: E)



Macmillan poster templates (resource audience: E)



#BowelCancerUK

7 April

WORLD HEALTH DAY



Vitality360: Bespoke webinars & workshops

eligible for Wellbeing Investment Matching email eb.enquiries@generali.co.uk (resource audience: H/L/E)



Struggling to fund essential Mental Health training? We can help

(resource audience: H)



Vitality360: Healthy living, avoiding burnout

eligible for Wellbeing Investment Matching email eb.enquiries@generali.co.uk (resource audience: H/L/E)



Foodmap diet for IBS (resource audience: E)



What does good health look like in the 21st century?

(resource audience: E)



#WorldHealthOrganisation - #WorldHealthDay - #HealthForAll

20-26 April

ALLERGY AWARENESS WEEK



Best Doctors Article: (resource audience: E)



Allergy UK Factsheets, info & advice (resource audience: E)



#AllergyUK - #AllergyAwarenessWeek



1-31 May NATIONAL WALKING MONTH



Exercise as you age, 28 June, 2pm (resource audience: E) ▶



Case study: Getting back to work (resource audience: E) ▶

Exercise is medicine: The benefits of walking outside (resource audience: E) ▶

Guide to Geocaching (resource audience: H/E) ▶

Living Streets' resource library (resource audience: E) ▶



#NationalWalkingMonth - #WalkThisMay - #Walkingcities - #Try20

15 May INTERNATIONAL DAY OF FAMILIES



Best Doctors Article: (resource audience: E) ▶

United Nations' Resources (resource audience: E) ▶



#UnitedNations - #InternationalDayOfFamilies

11-17 May MENTAL HEALTH AWARENESS WEEK



Form Health: Stress Awareness & Resilience Training (resource audience: H/L/E) ▶

Mental Health First Aid Courses (resource audience: H/L/E) ▶

Struggling to fund essential Mental Health training? We can help (resource audience: H) ▶



Handling a death in the workplace, 3 May, 2pm (resource audience: H/L) ▶

Staying focused during times of change, 31 May, 2pm (resource audience: L/E) ▶



Summary report: Mental Health at Work 2018 (resource audience: H/L) ▶

Disability issues due to mental health issues can be avoided (resource audience: H/L) ▶

Mental well-being a contributing factor to job loss (resource audience: E) ▶

Coping with grief & loss in the workplace (resource audience: E) ▶

What tailored in-house mental health support should look like (resource audience: H/L) ▶

Looking after your own mental health article (resource audience: E) ▶



#MentalHealthFoundation - #MentalHealthAwarenessWeek

20 May

DEMENTIA ACTION / AWARENESS WEEK



Case study: Finding a care home for a loved one with dementia (resource audience: E) ▶

How to support employees caring for someone with dementia (resource audience: H/L) ▶

Dementia Action: Workplace Toolkit (resource audience: E) ▶



#UnitedAgainstDementia - #AlzheimersSociety - #caregiver

31 May

WORLD NO TOBACCO DAY



Why employers need to introduce a vaping policy (resource audience: H) ▶

Drugs, Alcohol & Tobacco: A Toolkit for employers (resource audience: H) ▶

World Health Organisation: Useful campaign information (resource audience: E) ▶



#WorldNoTobaccoDay - #WorldNoSmokingDay

MAY 2019



1 June GLOBAL PARENTS DAY



[3 ways to save money when you have young kids \(resource audience: E\)](#) ▶

[Funding the next generation \(resource audience: E\)](#) ▶

[The hidden benefits of working from home \(resource audience: E\)](#) ▶

[Global Day of Parents Resources \(resource audience: H\)](#) ▶



[#GlobalParentsDay #ParentsDay](#)

2 June CANCER SURIVORS DAY (INTERNATIONAL)



[Keep moving: The benefit of exercise after a cancer diagnosis \(resource audience: H/L/E\)](#) ▶

[7 steps to organising a successful survivors day event \(resource audience: H/L/E\)](#) ▶



[#SurvivorsDay #NCSD2019](#)

10-14 June HEALTHY EATING WEEK



[Understanding Food Labels \(resource audience: E\)](#) ▶

[How to make your own trendy & healthy brunch at home \(resource audience: E\)](#) ▶

[The everyday vitamins seniors need \(resource audience: E\)](#) ▶

[Healthy Eating Week Resources \(resource audience: H\)](#) ▶



[#Foodafactoflife](#)

10-16 June CARERS WEEK



[Employer support for carers: How to plug the gap \(resource audience: H/L/E\)](#) ▶

[How to support employees caring for someone with dementia \(resource audience: H/L/E\)](#) ▶

[Generali Eldercare Support Service \(resource audience: H/L\)](#) ▶

[Information & Resources - Raising Awareness \(resource audience: H/L/E\)](#) ▶



[#CarersWeek](#)

15-21 June

MENS HEALTH WEEK



Encouraging men to talk about the uncomfortable (resource audience: H/L/E) ▶

How to sneak in exercise at work (resource audience: E) ▶

Struggling with the 9-5? Flexible working inspiration for parents and carers (resource audience: E) ▶

Men's Health Week Resources (resource audience: H) ▶



#MensHealthWeek

14 June

WORLD BLOOD DONOR DAY



Information & resources (resource audience: H) ▶

21 June

WORLD WELLBEING WEEK



Impact of financial health on overall wellbeing (resource audience: H/L/E) ▶

Financial Wellbeing Index Infographic (resource audience: H/L/E) ▶

Why Financial Wellness belongs in the workplace (resource audience: H/L/E) ▶

How financially fit are your employees (resource audience: H/L/E) ▶

Concerned about your finances (resource audience: H/L/E) ▶

Effective workplace wellbeing schemes: The key questions you should ask (resource audience: H) ▶



World Sight Day Webinar (resource audience: H/L/E) ▶

1-7 July

HEALTH INFORMATION WEEK



Understanding Blood Pressure (resource audience: E) ▶

Top tips for taking care of your teeth (resource audience: E) ▶

Information & resources (resource audience: H/L) ▶



#HIW2019 #HealthInformation

1-7 August **WORLD BREASTFEEDING WEEK**



[Returning to Work While Breastfeeding](#) (resource audience: E) ▶

[Surprising benefits of breastfeeding](#) (resource audience: E) ▶

[Information & resources](#) (resource audience: H/L) ▶



[#WBW2019](#)

September **UROLOGY AWARENESS MONTH**



[The benefits of a second medical opinion](#) (resource audience: E) ▶

[Information & resources](#) (resource audience: H/L) ▶

September **NATIONAL BLOOD CANCER AWARENESS MONTH**



[How Anthony Nolan is supporting people who have had a bone marrow stem cell transplant return to work](#) (resource audience: E) ▶

[Information & resources](#) (resource audience: H/L) ▶



[#MakeBloodCancerVisible](#)

10 September **WORLD SUICIDE PREVENTION DAY**



[Suicide Signs and Prevention](#) (resource audience: H/L/E) ▶

[You can make a difference](#) (resource audience: H/L) ▶

[Information & resources](#) (resource audience: H/L) ▶



[#WSPD](#)

14-20 September **KNOW YOUR NUMBERS WEEK**



[Information & resources](#) (resource audience: H/L) ▶



[#KnowYourNumbers](#)

21-27 September

NATIONAL EYE HEALTH WEEK



Taking care of your vision through the lens of technology (resource audience: H) ▶

Keeping an eye on your eyes is essential for healthy living (resource audience: H/L/E) ▶

Why everyone needs vision care (resource audience: H/L/E) ▶

Information & resources (resource audience: H/L/E) ▶



World Sight Day Webinar (resource audience: H/L/E) ▶



#NationalEyeHealthWeek

7 October

NATIONAL WORK LIFE WEEK



Are we forgetting the life in work/life balance? (resource audience: E) ▶

The Lifetime savings challenge (resource audience: H/L) ▶

What are my savings choices? (resource audience: E) ▶

Achieve your goals by budgeting well (resource audience: E) ▶

Improving vitality: Balancing activity, rest & sleep (resource audience: H/L/E) ▶

Don't overdo it at work. How to avoid burnout. (resource audience: E) ▶

Struggling with the 9-5? Flexible working inspiration for parents and carers (resource audience: E) ▶

National Work Life Week Toolkit (resource audience: H/L) ▶



#WorkLifeWeek

FOCUS AREA KEY

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10 October

WORLD SIGHT DAY



Webinar - The changing landscape of eye-care in the modern workplace (resource audience: H/L) ▶



Case study: How the Best Doctors' Expert Medical Opinion service helped Isabella and her parents (resource audience: E) ▶

Employers reminded of eye test obligations for users of display screen equipment (resource audience: H/L) ▶

Poor driver vision could cost lives (resource audience: H/L) ▶

Eye tests can play a key part in regular employee health checks (resource audience: H/L) ▶



#WorldSightDay

10 October

WORLD MENTAL HEALTH DAY



Mental Health First Aid Courses & Bespoke Training (resource audience: H/L/E) ▶

Mental Health Awareness Training: complimentary 'Taster' session (resource audience: H/L/E) ▶



Webinar - Mental Health Pathways - Making the most of what you've got (resource audience: E) ▶



Get wellness planning! (resource audience: L) ▶

Generali - Mental Health Pathways Flyer (resource audience: H/L) ▶

Generali - Mental Health Second Opinion - Employee Flyer (resource audience: E) ▶

Why is women's financial wellbeing so much poorer than men's? (resource audience: H/L) ▶

On World Mental Health Day, find out if you really understand employees' financial wellbeing (resource audience: H/L) ▶

Information & resources (resource audience: H/L) ▶

Mental Health Guidance for Line Managers (resource audience: H/L) ▶

Case study: How the Best Doctors' Expert Medical Opinion service helped Elin understand she had to reduce her stress level (resource audience: L) ▶



#WMHD19 - #WorldMentalHealthDay

7-10 October BACKCARE AWARENESS WEEK



Back in shape: managing employees with back pain (resource audience: H/L) ▶



Back Facts & Mythbusters (resource audience: E) ▶

Don't pull a muscle! How to warm up before exercising (resource audience: E) ▶

Information & resources (resource audience: H/L) ▶

Back pain: The facts & what to do if you have it (resource audience: H/L) ▶

Back Care tips (resource audience: E) ▶

Healthy Work Habits - Correct posture and musculoskeletal diseases (resource audience: H/L/E) ▶



#BackPainWeek

24 October MAKE A DIFFERENCE DAY



Information & resources (resource audience: H/L/E) ▶

Information & resources (resource audience: H/L/E) ▶

How involvement in charitable activities can help boost a business (resource audience: H/L) ▶

Want to encourage volunteering with your employees? Here are some ideas (resource audience: H) ▶



#MakeADifferenceDay

1-30 November MOVEMBER MEN'S HEALTH AWARENESS MONTH



Mental Health Awareness Training: complimentary 'Taster' session (resource audience: H/L/E) ▶

Mental Health First Aid Courses & Bespoke Training (resource audience: H/L/E) ▶



Webinar - How MRI scanning has transformed corporate prostate screening with PSA, and what cancer awareness looks like for men in the workplace (resource audience: E) ▶



Men's health promotion: a support service round-up (resource audience: E) ▶

Information & resources (resource audience: H/L) ▶

Ways to get your male employees talking (resource audience: H/L) ▶

Male suicide: status, society and a big unspoken issue (resource audience: H/L) ▶



#MovemberUK

4-8 November INTERNATIONAL STRESS AWARENESS WEEK



Mental Health Awareness Training: complimentary 'Taster' session (resource audience: H/L/E) ▶

Mental Health First Aid Courses & Bespoke Training (resource audience: H/L/E) ▶



Top tips to help you boost your resilience (resource audience: E) ▶

How to find out if you really understand employees' financial wellbeing (resource audience: H/L) ▶

Is debt keeping you awake at night? (resource audience: E) ▶

Information & resources (resource audience: H/L) ▶

5 benefits of meditation on your mental health (resource audience: E) ▶

MH Guidance for Line Managers (resource audience: L) ▶



#StressAwarenessDay

6 November NATIONAL STRESS AWARENESS DAY (UK)



Mental Health Awareness Training: complimentary 'Taster' session (resource audience: H/L/E) ▶

Information & resources (resource audience: H/L/E) ▶

Mental Health First Aid Courses & Bespoke Training (resource audience: H/L/E) ▶



Case study: How the Best Doctors' Expert Medical Opinion service helped Elin understand she had to reduce her stress level (resource audience: E) ▶

Are you worried about paying back your student loan? (resource audience: E) ▶

What does financial wellbeing mean to you? (resource audience: H/L) ▶

How technology can help your mental health (resource audience: E) ▶

MH Guidance for Line Managers (resource audience: L) ▶



#StressAwarenessDay

12 November

FINANCIAL CAPABILITY WEEK



Preparing your staff for retirement (resource audience: H/L/E) ▶

Is retirement coming into focus? (resource audience: H/L/E) ▶



Three crucial ways that employers can help employees with property costs (resource audience: H/L) ▶

Four simple steps to help employees get retirement ready (resource audience: H/L) ▶

What's so good about pensions? (resource audience: E) ▶

Managing Lifetime and Annual Allowances (resource audience: E) ▶

10 questions to ask when choosing a financial planner (resource audience: E) ▶

Information & resources (resource audience: H/L) ▶

Getting married or moving in with your partner? This stress-free financial management guide will help (resource audience: E) ▶

Follow our plan for first-time parent financial success (resource audience: E) ▶

How to teach your child financial literacy (resource audience: E) ▶

Five steps to smart budgeting (resource audience: E) ▶

What to look for in a childrens bank account (resource audience: E) ▶

How to get your first mortgage (resource audience: E) ▶



#FinCapWeek

14 November

WORLD DIABETES DAY



World Diabetes Day: Making those behavioural changes (resource audience: E) ▶



Regular eye tests can detect life-threatening conditions and improve employee wellbeing (resource audience: H/L) ▶

Diabetes: Focusing on prevention and treatment (resource audience: E) ▶

Information & resources (resource audience: H/L) ▶

Diabetes 101: Causes, Symptoms & Prevention (resource audience: E) ▶



#Type1Superheroes

21 November CARERS' RIGHTS DAY



- Information & resources (resource audience: H/L) ▶
- Employer support for carers: how to plug the gap (resource audience: H/L) ▶
- Welcome to Generali's Eldercare Support Service (resource audience: E) ▶
- How to take care of an elderly relative while taking care of yourself too (resource audience: E) ▶



#CarersRightsDay

3 December INTERNATIONAL DAY OF PERSONS WITH DISABILITIES



Webinar - Reasonable adjustments for people with long-term conditions (resource audience: H/L) ▶



Information & resources (resource audience: H/L) ▶

Why the pressure's on to evidence disability support (resource audience: H/L) ▶



#FutureIsAccessible

1-31 December DECEMBEARD (BOWEL CANCER AWARENESS)



Webinar - Bowel cancer - it will never happen to me! (resource audience: E) ▶



Colon health basics: simple changes can prevent bigger problems (resource audience: E) ▶

Never judge a beard by its cover (resource audience: H/L) ▶

Information & resources (resource audience: H/L/E) ▶



#Decembeard

FOCUS AREA KEY

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20 January **DRY JANUARY**



Information & resources (resource audience: H/L/E) ▶



#AlcoholChangeUK

20 January **VEGANUARY**



Why employers need to get to grips with veganism now (resource audience: H) ▶

Information & resources (resource audience: H/L) ▶



#Veganuary

20 January **BLUE MONDAY**



Mental Health First Aid Courses & Bespoke Training (resource audience: H/L/E) ▶



Webinar - Blue Monday: Switching focus (resource audience: E) ▶



A look at seasonal affective disorder (SAD): Causes, symptoms & treatment (resource audience: E) ▶



#BlueMonday

20 January **NATIONAL OBESITY AWARENESS WEEK**



Beating the cake culture (resource audience: E) ▶

Information & resources (resource audience: H/L) ▶

How to help your children start running (resource audience: E) ▶

3 ways to get employees to care about their cholesterol (resource audience: H/L) ▶



#ObesityAwareness

Please contact us at eb.enquiries@generali.co.uk with any questions.

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