







WELLBEING COMMUNICATIONS CALENDAR 2024

FEB - MAY 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 16th 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