

## A P R I L

### Stress Awareness Month

Stress in the workplace can affect every aspect of an organisation, from absenteeism rates to interpersonal relationships. Have a look at the great resources to support workplaces from The Stress Management Society.



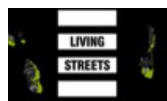
### World Health Day

World health day is to highlight a priority area of public health concern in the world.



### On Your Feet Britain

On Your Feet Britain (onyourfeetday.com)  
Take part in our national day when workers across Britain unite together and participate in a variety of fun and simple activities to #SitLess and #MoveMore at work on Thursday 29th April 2021.



## M A Y

### National Walking Month

Get involved in promoting National Walking Month with Living Streets this May. Download free resources and ideas for your workplace on their website - National Walking Month | Living Streets

### Sun Awareness week 2022 3rd to 9th May

Sun Awareness week is a vital campaign, as skin cancer is the most common cancer in the UK, and rates continue to rise.

### Mental Health Awareness Week 2022 10th to 16th May.

The theme for the week will be "Nature and the Environment". The theme was chosen in part because of evidence from the Foundation's ongoing research into the coronavirus pandemic that access to nature has been one of the main ways people have supported their mental health during lockdowns.

### Deaf Awareness Week 3 to 9 May 2022

The aim of Deaf Awareness Week is to raise awareness of hearing loss in the UK and its impact on people's lives. Get involved through the UK Council on Deafness website.



## J U N E

### Nutrition and Hydration Week 14-21 June

Its purpose is to bring people together to create energy, focus, and fun in order to highlight and educate people on the value of food and drink in maintaining health and wellbeing N&H Week | Nutrition and Hydration Week

### Diabetes week - 8th – 14th June

### Men's Health Week 14 to 20 June 2022

Led by the Men's Health Forum, the purpose of Men's Health Week is to raise awareness of preventable health issues and encourage men and boys to seek professional advice for health-related problems.

### Cervical Screening Awareness Week 14 to 20 June 2022

### Carers Week 7 to 13 June 2021