



STOCTOBER

Encourage friends family and colleagues to Stop Smoking this October with FREE bespoke support from healthy lifestyles Gloucestershire



National Cholesterol Month

Devoted to raising funds for Heart UK and raising awareness about the dangers of high cholesterol.



Breast Cancer Awareness Month



National Work Life Week 12 -16 Oct

Aims to get both employers and their employees talking about wellbeing at work and work life balance



Backcare Awareness Week 5 - 8 Oct

The theme for this year's Backcare Awareness week is Back Pain in Nursing



World Mental Health Day 10 Oct

Raises public awareness about mental health issues.



World Menopause Day 18 Oct

Help raise awareness of the menopause and support options for improved health and wellbeing



Black History Month 2021

Find out about the Black History Month resource pack designed to support organisations and help them facilitate and promote Black History Month 2021.



November 2021

'Our fathers, partners, brothers and friends are facing a health crisis, yet it's rarely talked about. Men are dying too young. We can't afford to stay silent.' Find out how you can raise awareness in your workplace of men's health issues including testicular cancer prostate cancer and mental health and suicide prevention.



International Stress Awareness Week 2 - 6 Nov

Find out more about what your organisation can do to reduce stress and improve wellbeing at work in the wake of Covid 19. This year they host a new online global stress wellbeing summit



Alcohol Awareness Week 16 to 22 Nov

With the theme this year as alcohol and mental health, find out how you can help your employees think differently about alcohol



Anti-Bullying Awareness Week 16-20 Nov

Ensure your workplace is 'United Against Bullying'



16 Days of Action Against Domestic Violence 25 Nov - 10 Dec

16 Days of Action Against Domestic Violence is aimed at businesses to support them to take action against domestic abuse and violence. Employers have a legal obligation to assess dynamic risk and support the health and safety and wellness of their employees. Companies can do more to aid their employees who endure domestic violence, to train those who witness it, and to protect staff as a whole.'



World Aids Day 1 Dec

World AIDS Day is an opportunity to show solidarity with the millions of people living with HIV worldwide.