

Health and Wellbeing

February 2023

Themes for the month include:

Raynaud's Awareness month -

#KnowRaynauds

<https://www.sruk.co.uk/get-involved/awareness-events/knowraynauds/>

Boost Your Self Esteem Month

<https://www.awarenessdays.com/awareness-days-calendar/boost-your-self-esteem-month-4/>

Time to Talk Day 2 February 2023 -

#TimeToT - Time to Talk Day is the nation's biggest mental health conversation.

<https://timetotalkday.co.uk/>

World Cancer Day 4 February 2023

<https://www.worldcancerday.org/about/2022-2024-world-cancer-day-campaign>

Children's Mental Health Awareness Week 6 -12 February 2023, this year's theme is Let's Connect.

<https://www.childrensmentalhealthweek.org.uk/about/>

Safer Internet Day 7 February 2023

<https://www.saferinternetday.org/>

Love Your Pet Day 20 February 2023

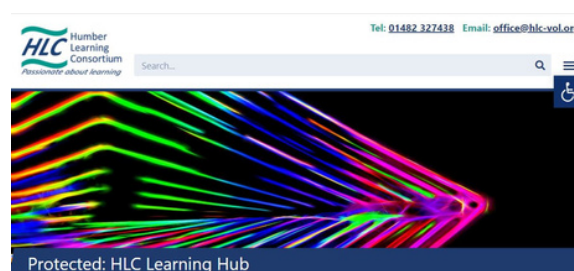
<https://www.awarenessdays.com/awareness-days-calendar/national-love-your-pet-day-2023/>

Eating Disorders Week 27 February - 5 March 2023

<https://www.beateatingdisorders.org.uk/>



Humber Learning Consortium Learning Hub



HLC LEARNING HUB!

For more information on Health & Wellbeing topics click on the link, using the password: HLC2022
<https://www.hlc-vol.org/learning-hub/>



<https://www.hlc-vol.org/>

