

# Health and Wellbeing

## May 2023

Themes for the month include:

Sun Awareness Week (1-7 May 2022)

<https://www.bad.org.uk/sun-awareness-campaign/sun-awareness-week>

World Asthma Day (2 May 2023)

<https://ginasthma.org/2023-world-asthma-day/>

Dying Matters Awareness Week (8-14 May 2023)

<https://www.dyingmatters.org/AwarenessWeek>

Mental Health Awareness Week (15-21 May 2023)

<https://www.mentalhealth.org.uk/campaigns/mental-health-awareness-week>

International Day of Families (15 May 2023)

<https://nationaltoday.com/international-day-families/>

National Walking Month

<https://www.livingstreets.org.uk/get-involved/campaign-with-us/national-walking-month>

National Smile Month

<https://www.dentalhealth.org/national-smile-month>

Make May Purple (Stroke Awareness Month)

<https://www.stroke.org.uk/fundraising/stroke-awareness-month>



## Humber Learning Consortium Learning Hub



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



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