

Health and Wellbeing

August 2023

Themes for the month include:

World Breastfeeding Week (1-7 August 2023)
<https://worldbreastfeedingweek>.

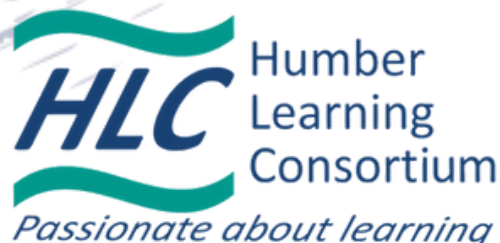
Cycle to Work Day (4 August 2023)
<https://www.cyclescheme.co.uk/cycletoworkday>
#CycleToWorkDay

International Youth Day (12 August 2023)
<https://www.un.org/en/observances/youth-day>

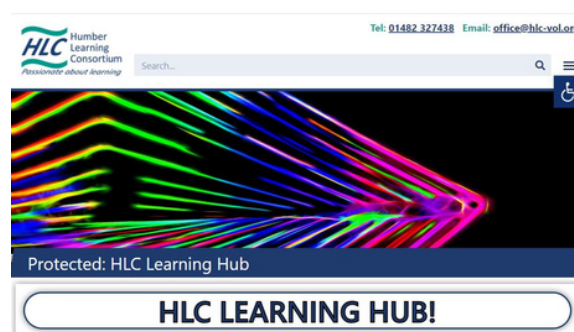
National Allotments Week (7 -13 August 2023)
<https://www.nsalg.org.uk/news-events-campaigns/national-allotments-week/>
@nationalallotmentsweek

Never Give Up Day (18 August 2023)
<https://www.nevergiveupday.com/>

International Overdose Awareness Day (31 August 2023)
<https://www.overdoseday.com/>
@InternationalOverdoseAwarenessDay



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/>



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

If you, or your participants are facing financial difficulty please see the links below:

www.citizensadvice.org.uk www.nationaldebtline.org

