



# Health & Wellbeing Newsletter

## December 2023

### Themes for the month include:

World Aids Day (01 December 2023) [www.worldaidsday.org](http://www.worldaidsday.org)

International Day for Persons with disabilities (03 December 2023) [www.un.org/en/observances/day-of-persons-with-disabilities](http://www.un.org/en/observances/day-of-persons-with-disabilities)

National Grief Awareness Week (2-8 December 2023) [www.thegoodgrieftrust.org/](http://www.thegoodgrieftrust.org/)

International Volunteers Day (5 December 2023) [www.unv.org](http://www.unv.org)

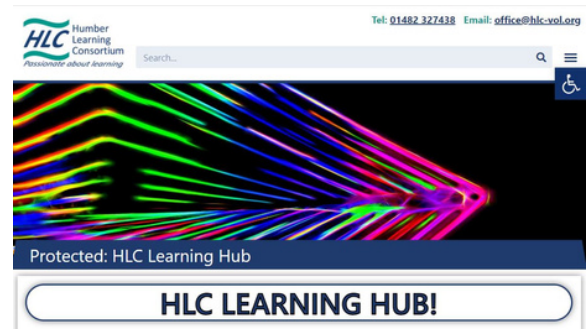
Human Rights Day (10 December 2023) <https://www.un.org/en/observances/human-rights-day>

World Spirituality Day (31 December 2023) <https://universespirit.org/world-spirituality-day-join-in-the-annual-world-spirituality-day-december-31st>

**Women's Aid Group**  
<https://www.hullwomensaid.org/>  
**Hull Women's Aid is the sole provider of safe and secure refuge accommodation on the north bank of the Humber for women and children fleeing domestic abuse.**



## 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](http://www.citizensadvice.org.uk) [www.nationaldebtline.org](http://www.nationaldebtline.org)

