

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

February Newsletter 2024

Themes for the month include:

Raynaud's Awareness month - #KnowRaynauds
www.sruk.co.uk

Boost Your Self Esteem Month
www.awarenessdays.com

Time to Talk Day
2 February 2024 -
Time to Talk Day is the nation's biggest mental health conversation.
www.timetotalkday.co.uk

World Cancer Day
4 February 2024
www.worldcancerday.org/

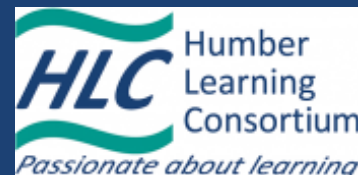
Children's Mental Health Awareness Week 5 -11 February 2024, this year's theme is 'My Voice Matters'.
www.childrensmentalhealthweek.org.uk

Safer Internet Day 6 February 2024
www.saferinternetday.org

Eating Disorders Week 26 February - 3 March 2024
www.edaw.beateatingdisorders.org.uk

If you, or your participants are facing financial difficulty please see the links below:
www.citizensadvice.org.uk www.nationaldebtline.org

Humber Learning Consortium Learning Hub



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



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