

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

June Newsletter 2024

Themes for the month include:

Stress Awareness Month
[Stress Management Society](#)

PRIDE Month
en.wikipedia.org

World Environment Day
(5 June 2024)
www.worldenvironmentday.global

Global Wellness Day
(8 June 2024)
www.globalwellnessday.org

Hot Topic

Do you know what is in your vape?

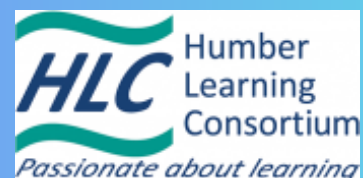


The dangers of illegal vapes are being highlighted after children and young people are becoming seriously ill after using vapes which have been cut with Class B substances such as spice and THC. These warnings come as the government plan to ban the sale of disposable vapes, in a bid to protect the health of children and young people. Click the image for more info.

Men's Health Week
(10 - 16 June)
www.menshealthforum.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/>