

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

October Newsletter 2024

Themes for the month include:

Menopause Awareness Month

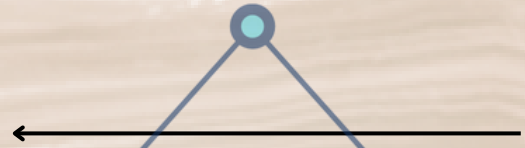
www.macmillan.org.uk

Stoptober -

Stoptober launches to give smokers the confidence to quit www.nhs.uk

ADHD Awareness Month
www.adhdawarenessmonth.org

Mental Health Day
10 October 2024
www.mentalhealth-uk.org



Hot Topic

STOP HATE UK

Hate crime and hate speak within our communities and online creates division and fear which impacts all areas of life, including education. At HLC we do our utmost to ensure our learners can access safe inclusive spaces to learn and we encourage our learners to talk to us about their concerns. However we know that disclosing hate can come with fear of reprisal. The Stop Hate UK website, allows people to report hate safely and access training and resources on recognise and address hate related issues. Click the image to access the website

CLICK HERE  STOP!

Breast Cancer Awareness Month & Wear It Pink Day 18 October 2024



www.breastcancer.org

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



For more information on

Health & Wellbeing topics click on the link, using the password: HLC2024 <https://www.hlc-vol.org/learning-hub/>



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

