

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

November Newsletter 2024

Themes for the month include:

Movember

Month of November
www.movember.com

Stress Awareness Day

6 November 2024
www.healthwatch.co.uk

Remembrance Day

11 November 2024
www.britishlegion.org.uk

World Kindness Day

13 November 2024
www.kindnessuk.com

Anti-Bullying Week

11-15 November 2024
www.anti-bullyingalliance.org.uk



Hot Topic

The live streaming of the Docudrama *Love?* will be held on Tuesday 10th December 2024.

Following International Day for the Elimination of Violence Against Women and Girls, and to acknowledge and close the 16th Day of activism on the 10th December 2024, White Ribbon are proud to be hosting in multiple venues throughout the Humber region a live streaming of the full 90-minute docudrama *LOVE?* depicting Sam Beckinsale lived experience of coercive and controlling behaviour.

Click to book on here



White Ribbon Day

25 November 2025

www.whiteribbon.org.uk

This White Ribbon Day, we're encouraging men to hold themselves accountable to women, and to each other, so we can affect positive behaviour change to transform harmful cultures.

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/>

