

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

September Newsletter 2025

Themes for the month include:

Know Your Numbers Week
8 - 14 September 2025
www.bloodpressureuk.org

World Suicide Prevention Day
10 September 2025
www.samaritans.org

National Inclusion Week
15 - 21 September 2025
www.inclusiveemployers.co.uk

World Heart Day
29 September 2025
www.world-heart-federation.org

Sleeptember Month **#knowYourSleep**

www.thesleepcharity.org.uk

Who do I talk to if I can't sleep?
The National Sleep Helpline can help
with your sleep problems.

For more information click **HERE**

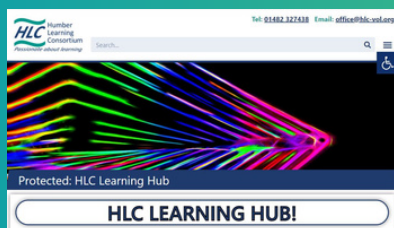


If you, or your participants are facing financial difficulty please see the links below:

www.citizensadvice.org.uk

www.nationaldebtligne.org

Humber Learning Consortium Learning Hub



For more information on Health & Wellbeing topics click on the link, using the password: HLC2024
www.hlc-vol.org

HLC Humber Learning Consortium

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

