

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

October Newsletter 2025

Themes for the month include:

Menopause Awareness Month

www.macmillan.org.uk

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

ADHD Awareness Month
www.adhd.org

International Happiness At Work Week
6 - 10 October 2025
www.interntaional.co.uk

**MENTAL
HEALTH
DAY**

**10 OCTOBER
2025**

**WWW.MENTAL
HEALTH-
UK.ORG**

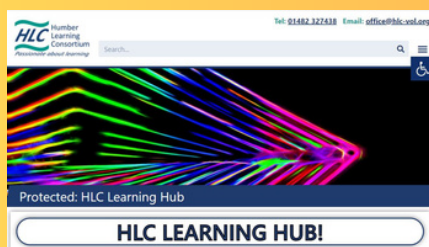


Breast Cancer Awareness Month & Wear It Pink Day 24 October 2025
www.breastcancernow.org

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/>

HLC Humber Learning Consortium

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

