

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

November Newsletter 2025

Themes for the month include:

November

www.movember.com

Stress Awareness Day

5 November 2025

www.healthwatch.co.uk

Remembrance Day

11 November 2025

www.britishlegion.org.uk

World Kindness Day

13 November 2025

www.kindnessuk.com

Anti-Bullying Week

10 - 14 November 2025

www.anti-bullyingalliance.org.uk



Spotlight On VAPING

WHAT'S REALLY IN THAT CLOUD

Disposable vapes may look harmless and taste sweet, but the reality is very different. Behind the flavours are high nicotine levels, hidden chemicals, and long-term risks to your lungs and heart.

With new bans and restrictions on disposables coming in, now's the time to rethink the habit.

Don't let vaping control your health - get the facts before you inhale.

Find out more at: www.nhs.uk/live-well/



White Ribbon Day

25 November 2025

www.whiteribbon.org.uk

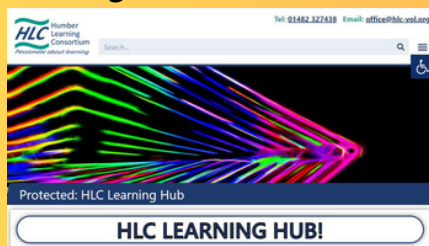
This White Ribbon Day, we're encouraging men to hold themselves accountable to women, and to each other, so we can affect positive behaviour change to transform harmful cultures.

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



www.hlc-vol.org



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