



Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

December Newsletter 2025

Themes for the month include:

World AIDS Day

1 December 2025

www.worldaidsday.org

National Grief Awareness Week

2-8 December 2025

www.thegoodgrieftrust.org

International Day of People with Disabilities

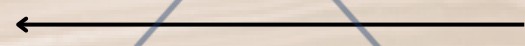
3 December 2025

www.who.int

Christmas Jumper Day

11 December 2025

www.savethechildren.org.uk



Hot Topic
Call NHS 111 for Mental Health Support

Christmas can be a difficult time for some. This Christmas people can use the NHS 111 service to access a full package of mental health crisis support. This is a reassuring step for anyone who is struggling or who knows someone who is. However the NHS still advise you dial 999 if there a serious risk to life.

More information can be found here



Festival of Winter Walks

17 December 2025

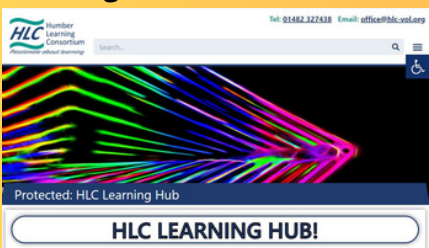
These walks are to encourage more people to get walking, especially in green, nature-dense areas to take in the wintery beauty of Britain. The walks are generally free and open to anyone to join. Each walk is different, allowing participants an option of the kind of views they want to take in when they participate.

www.nationaltoday.com

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/>

