

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

January Newsletter 2026

Themes for the month include:

World Braille Day
4 January 2026

www.rnc.ac.uk/even

Brew Monday/Blue
Monday

19 January 2026

www.samaritans.org

Cancer Talk Week
19-23 January 2026

www.nationaltoday.com

Hot Topic

BREAKING THE CYCLE
Helping you have impactful conversations with young people about the realities of knife crime.

Knife crime can have a devastating impact on those affected, their friends, families, and communities. Over the past ten years, like everywhere, knife crime has become more prevalent in our area. The Humber Violence Prevention Partnership lead the campaign to educate young people on the risks of carrying a knife.

Click here for more information on the Breaking the Cycle 

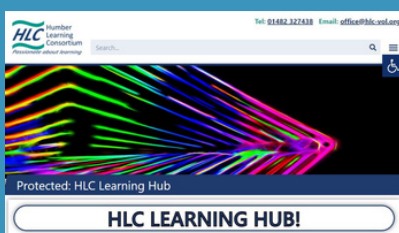
Parents Mental Health Day #PMHD
30 January 2026 www.awarenessdays.com

Dry January. Are you in?
www.alcoholchange.org.uk

Veganuary awareness month
#Veganuary www.veganuary.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/>

