

Humber Learning Consortium

Passionate about learning

HEALTH & WELLBEING

February Newsletter 2026

Themes for the month include:

Raynaud's Awareness month

#KnowRaynauds
www.sruk.co.uk

Boost Your Self Esteem Month

www.discovery-uk.org

World Cancer Day
4 February 2026

www.worldcancerday.org

Time to Talk Day
6 February 2026

www.timetotalkday.co.uk



#ITSNOTOK

Sexual Abuse & Sexual Awareness Week
2 - 8 February 2026
www.sexualabuseandsexualviolenceawarenessweek.org

Safer Internet Day 10 February 2026
www.saferinternetday.org

Eating Disorders Week 23 Feb – 1 March 2026
www.edaw.beateatingdisorders.org.uk

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/>



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