

# Humber Learning Consortium

Passionate about learning

## HEALTH & WELLBEING

March Newsletter 2026

Themes for the month include:

**Ovarian Cancer Awareness Month**

[www.ovarian.org.uk](http://www.ovarian.org.uk)

**Employee Appreciation Day** 6 March

[www.nationaltoday.com](http://www.nationaltoday.com)

**International Women's Day** 8 March

[www.iwday.com](http://www.iwday.com)

**No Smoking Day** 11 March

#NoSmokingDay

[www.bhf.org.uk](http://www.bhf.org.uk)

### Spotlight On

#### #JustDont

Every woman and girl deserves to feel safe - in public, online, and in their every day lives. The **Just Don't** campaign is here to call out harmful behaviour, challenge excuses, and empower people to do the right thing. Small actions make big change. Visit [Justdont.uk](http://Justdont.uk) for help and advice. Working together to help end male violence against women and girls. #JustDont #VAWG

### International Day of Happiness and Wellbeing

20 March 2026

#InternationalDayOfHappiness

[www.sdgresources.relx.com](http://www.sdgresources.relx.com)

### Nutrition and Hydration Week

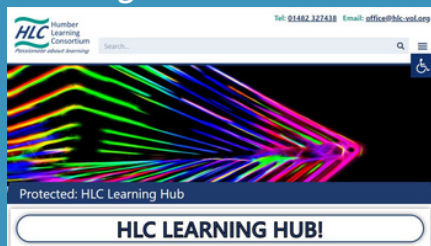
16-22 March 2026

[www.nutritionandhydrationweek.co.uk](http://www.nutritionandhydrationweek.co.uk)

If you, or your participants are facing financial difficulty please see the links below:

[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk) [www.nationaldebtline.org](http://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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