

# Humber Learning Consortium

Passionate about learning

## HEALTH & WELLBEING

August Newsletter 2026

Themes for the month include:

National Wellness Month  
[www.nationaldaycalendar.com](http://www.nationaldaycalendar.com)

National Immunisation Awareness Month  
[www.cdc.gov](http://www.cdc.gov)

World Breastfeeding Week 1 - 7 August 2026  
[www.waba.org.my](http://www.waba.org.my)

Grief Awareness Day  
30 August 2026  
[www.nationaltoday.com](http://www.nationaltoday.com)

### Spotlight On HAPPINESS HAPPENS MONTH

Happiness Happens Month in August is a time to remember ourselves to be happy as much as we can. This fun celebration allows everyone to find happiness in everything we do.

*be happy* 🍷

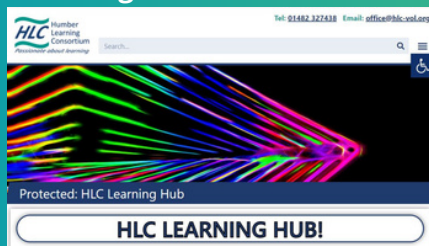


**#HappinessHappensMonth**

**National Allotment Week**  
10 - 16 August 2026  
[www.nsalg.org.uk](http://www.nsalg.org.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



[www.hlc-vol.org](http://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/>