

## January

- 1st - Dry January, Love Your Liver
- 17th - Brew Monday
- 17th - Cervical Cancer Prevention Week

## March

- 1st - Ovarian Cancer Awareness Month
- 8th - International Women's Day
- 9th - No Smoking Day
- 18th - World Sleep Day
- 10th - World Kidney Day
- 20th - World Oral Health Day
- 28th - Eating Disorders Awareness Week

## May

- 1st - National Walking Month
- 5th - Global Hand Hygiene Day
- 3-9 Sun Awareness Week
- 4-9 Deaf Awareness Week
- 9-15 Mental Health Awareness Week

## February

- 1st - Heart Month
- 4th - World Cancer Day
- 3rd - Time to Talk Day

## April

- 1st - Stress Awareness Month
- 1st - Bowel Cancer Awareness Month
- 28th - On Your Feet Britain

## June

- 6-12 Carers Week
- 6-12 Bike Week
- 14th - Blood Donor Day
- 16th - Clean Air Day
- 10-17 - Diabetes Week
- 12-19 - Men's Health Week
- 13-17 - BNF Healthy Eating Week
- 20-26 - Cervical Screening Awareness Week

Call free on 0800 84 84 84  
[www.nhs.gov.uk/quityourway](http://www.nhs.gov.uk/quityourway)

**QUIT YOUR WAY**  
with our support

The Employment and Health Team monthly newsletter keeps you up to date on the free training sessions and seminars that we offer, as well as highlighting the support and advice services available for workplaces. To subscribe, drop us an email [healthyworkinglives@ggc.scot.nhs.uk](mailto:healthyworkinglives@ggc.scot.nhs.uk)



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Visit the Healthy Working Lives website [www.healthyworkinglives.scot](http://www.healthyworkinglives.scot)

# Employment & Health Team Campaign Planner 2022

## July

- 28th - World Hepatitis Day

## September

- 6-11 Know Your Numbers Week
- 10th - World Suicide Prevention Day
- 13th - World Sepsis Day
- 12-18 Male Cancer Week
- 20-25 Organ Donation Week
- 23-30 National Eye Health Awareness Week
- 24th - World's Biggest Coffee Morning
- 25th - National Fitness Day

## November

- 1st - November Men's Health Awareness Month
- 2-5 International Stress Awareness Week
- TBC - Anti-bullying Week
- 7th - Talk Money Week
- 14-20 Self Care Week
- 18-25 Alcohol Awareness Week
- 25th - 16 Days of Action Against Domestic Violence

## August

- 4th - Cycle to Work Day

## October

- 1st - Stoptober
- 1st - National Cholesterol Month
- 1st - Breast Cancer Awareness Month
- 3-7 - Back Care Awareness Week
- 6th - World Cerebral Palsy Day
- 10th - World Mental Health Day
- 10-14 National Work Life Week
- TBC - Challenge Poverty Week
- 18th - World Menopause Day

## December

- 1st - World Aids Day
- 2-7 National Grief Awareness Week
- 3rd - International Day of Persons with Disabilities
- 10th - Christmas Jumper Day
- 10th - Human Rights Day



Public Health Scotland's Virtual Learning Environment hosts a wide range of learning modules, event information, resources and more [elearning.healthscotland.com](http://elearning.healthscotland.com)



NHS Support and Information Service provides support, information & direct referrals to services (money advice, weight management, stress, and more) [supportandinformation@ggc.scot.nhs.uk](mailto:supportandinformation@ggc.scot.nhs.uk)