



Humber Teaching

NHS Foundation Trust



Pharmacy
Wellbeing
Service

Pharmacy Wellbeing Service

Campaign plan Winter 2021

Working to improve access to
wellbeing support for pharmacy
staff and their families

PWS Winter/Spring Campaign Plan

A one stop shop for your HLP Campaign information

We know it can be hard to keep on top of all the campaigns happening locally and nationally. This is why we have brought all the campaigns into one simple document with links to resources and further information.

If you would like the PWS or YOURhealth to support your campaigns then please get in touch and we will be happy to discuss further:

hnf-tr.healthtrainers@nhs.net



**Caring, Learning
& Growing Together**



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Working to improve access to wellbeing support for pharmacy staff and their families



PWS Winter Campaign Plan

November 2021

Campaign	Date	Details	Resources & Links
Veg Pledge	November 2021	Going meat-free for a month to raise money for Cancer Research UK.	Veg Pledge Go vegetarian or vegan for a month Cancer Research UK
Movember	November 2021	Raising support and awareness for men's health on a global scale.	Movember - About Us - Our Story
Alcohol Awareness Week	Nov 15-21 2021	Raising awareness and campaigning for change. The theme this year is alcohol and relationships.	Alcohol Awareness Week Alcohol Change UK
World Diabetes Day	Nov 14 2021	Marking 100 years since the discovery of insulin, a treatment which has saved millions around the world.	World Diabetes Day 2021 Get involved Diabetes UK



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PWS Winter Campaign Plan

November 2021 continued



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Campaign	Date	Details	Resources & Links
International Stress Awareness Week National Stress Awareness Day	Nov 1-5 2021 Nov 6 2021	Raising awareness for stress-related mental health issues including stigmas preventing people's recovery.	International Stress Awareness Week 2021: What, When & Who? (champions-speakers.co.uk)
Sugar Awareness Week	Nov 8-14 2021	Celebrate successes and discuss what is next for sugar reduction in the UK.	Sugar Awareness Week 2021 - Action on Sugar
Self Care Week	Nov 15-21 2021	Aims to further the reach of self care and embed it into everyday life.	Homepage - Self Care Forum



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December 2021



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Campaign	Date	Details	Resources & Links
Decembeard 2021	December 2021	Men grow beards in December to raise money for Bowel Cancer UK.	Men grow beards in December for Decembeard Bowel Cancer UK

Winter Campaigns

Campaign	Date	Details	Resources & Links
Stay Well This Winter	Winter	Stay Well This Winter Campaign resources.	Stay Well This Winter Campaign Resource Centre (phe.gov.uk)
Winter Vaccinations	Winter	Winter Vaccinations resources.	Winter Vaccinations Public Facing Campaign Campaign Resource Centre (phe.gov.uk)
Covid-19 resource centre	Annually	Coronavirus resources.	Coronavirus Resources - Coronavirus Resource centre (phe.gov.uk)

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PWS Winter Campaign Plan

January 2022



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Campaign	Date	Details	Resources & Links
Dry January	January 2022	Challenging to go alcohol free for 31 days and aims to raise awareness of the effects of alcohol.	Dry January in your workplace Alcohol Change UK
Cervical Cancer Prevention Week	January 7-13 2022	Helping build awareness and supporting people diagnosed with cervical cancer.	Jo's Cervical Cancer Trust Cervical Cancer Charity (jostrust.org.uk)



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PWS Winter Campaign Plan

February 2022



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Campaign	Date	Details	Resources & Links
World Cancer Day	Feb 4 2022	Aiming to save millions of preventable deaths each year by encouraging people to take action.	Official website of World Cancer Day by UICC 4 February
Time To Talk Day	Feb 4 2022	Encouraging people to talk about mental health and doing so helping to change lives.	Take action Time To Change (time-to-change.org.uk) Suicide prevention and postvention NHS Employers
Children's Mental Health Awareness Week	Feb 7-13 2022	Encouraging children and adults to consider how they have grown and how they can help others. This year's theme is 'Growing Together'.	Children's Mental Health Week (childrensmentalhealthweek.org.uk)



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PWS Winter Campaign Plan

February 2022 continued



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Campaign	Date	Details	Resources & Links
National Heart Month	February 2022	Raise awareness about heart disease and encourage people to look after their hearts, stay healthy and informed about the risks of heart-related conditions.	National Heart Month 2022 - Event Info and Resources (twinkl.co.uk) British Heart Foundation - Beat heartbreak forever (bhf.org.uk)
Eating Disorders Awareness Week	Feb 28-March 6 2022	Raising awareness, raising funds to support vital services and share own experiences.	Eating Disorders Awareness Week - Beat (beateatingdisorders.org.uk)

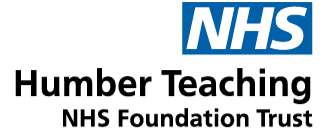


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PWS Spring Campaign Plan

March 2022



Campaign	Date	Details	Resources & Links
Prostate Cancer Awareness Month	March 2022	Encouraging people to check and raise awareness of Prostate cancer.	Prostate Cancer UK Prostate Cancer UK
Ovarian Cancer Awareness Month	March 2022	Encouraging people to check and raise awareness of Ovarian cancer.	March is Ovarian Cancer Awareness Month Ovarian Cancer Action
Nutrition and Hydration Week	March 11-18 2022	Highlight, promote and celebrate improvements in the provision of nutrition and hydration locally, nationally and globally.	N&H Week Nutrition and Hydration Week

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March 2022 continued



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Campaign	Date	Details	Resources & Links
World Sleep Day	March 19 2022	Raising awareness of important issues relating to sleep including medicine, education, social aspects and driving.	World Sleep Day March 19, 2021 Shift work in healthcare infographic NHS Employers Supporting the wellbeing of shift workers in healthcare NHS Employers
World Oral Health Day	March 20 2022	Celebrated globally every year, organised by FDI World Dental Federation.	World Oral Health Day
National No Smoking Day 2022	March 9 2022	Helping encourage people to quit smoking.	NATIONAL NO SMOKING DAY - March 9, 2022 - National Today



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April 2022



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Campaign	Date	Details	Resources & Links
Stress Awareness Week	April 1-5 2022	Increasing awareness about the causes and cures of the modern day stress epidemic.	The Stress Management Society - From Distress to De-Stress Supporting our NHS people experiencing stress NHS Employers
Allergy Awareness Week	April 20-25 2022	Raising awareness of allergic diseases and other related medical conditions.	World Allergy Awareness Week 2022 - Event Info and Resources (twinkl.co.uk)



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PWS Spring Campaign Plan

May 2022



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Campaign	Date	Details	Resources & Links
National Walking Month	May 2022	Encouraging people to go out and walk more throughout the month of May.	National Walking Month Living Streets
Sun Awareness Week	May 3-9 2022	Aiming to highlight the dangers of exposure to the sun.	National Sun Awareness Week 2022 - Event Info and Resources (twinkl.co.uk)
Mental Health Awareness Week	May 10-15 2022	Raising awareness of mental health issues in the UK and around the world, providing help and advice.	Mental Health Awareness Week 2022 Public Holiday Guide



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PWS Winter/Spring Campaign Plan

How can we help you?

- Information points at your pharmacy which support your campaign promotion.
- Support your staff with resources relating to the campaigns.

Utilisation of our YOURHealth team for specific campaign promotion support.

[Long-term health conditions | NHS Employers](#)

[Supporting our most vulnerable people | NHS Employers](#)



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